

YEAR 2 OF GIRLS WRESTLING PROGRAM AT AHS



The Wrestling team at Alamosa High School is an important sport and adds a lot of culture to the Alamosa community. With the Girls-Wrestling team recently added to Alamosa sports last year, it has helped shaped and gave the girls of AHS an opportunity they did not have before. The girls wrestling team has

a roster of 2, Junior, Sarah DeLaCerde and Freshman, Alexa Adolf.

Although the girls wrestling team is fairly small, these girls showed hard work and dedication everyday by having morning team runs and afternoon practices to help prepare for every dual and tournament. These 2 girls are still relatively new to the AHS flow and tendencies relating to wrestling but have already adapted. They had a successful season with Sarah De La Cerda qualifying for the Colorado State Tournament. Winning the state title last year, Sarah stepped up the competition and walked away with a 3rd place finish. As the sport of girls wrestling grows, competition gets harder and these girls work hard in search for success as they showed everyday throughout season.

EVERY MOVE MATTERS

PIN TO WIN
Sarah DeLaCerde looking for the five count.



SQUEEZE!
Alexa Adolf squeezing for the pin.



3-TIME STATE PLACER
Sarah DeLaCerde finishes her season with a 3rd place finish and continues to add to her wrestling legacy.