

“WHENEVER I GET ON THE MAT, I AM DETERMINED TO WIN. THERE IS NO OTHER OPTION. MY GOAL WAS TO GO ALL THE WAY TO STATE, AND I WAS ABLE TO DO JUST THAT.”

isabella smouse '25

1. TIME TO WIN. In the 105 lb match, Isabella Smouse '25 attempts to pin her opponent as the referee waits to blow his whistle so she can advance in the Brighton Tournament on Jan. 19. Smouse ended up taking first place at the tournament. *photo by e.rolfs*

AND these GIRLS aren't Playin'

Girls wrestling sends two athletes to State in first year

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1. HANG ON. In a heavyweight match, Emma DeCrescentis '23 thinks about her next move while facing her opponent from Poudre on Jan 5. "I always go in giving my best in a match," DeCrescentis said. *photo by n.duran* **2. READY TO PIN.** Giselle Contreras '25 holds her opponent down as she prepares to pin her to advance in the Brighton Tournament on Jan. 19. *photo by e.rolfs* **3. YOU GOT THIS.** During

the Brighton Tournament Lydiah Nevarez '26 and Olivia Fuentes '26 coach fellow teammates Yosahara Prado '26 and Giselle Contreras '25 wrestle. "Yosi and Giselle were put in the same bracket for the tournament so we asked our coach if we could cheer them on and give them pointers," Nevarez said. *photo by e.rolfs* **4. YOU'RE ON VIDEO.** As one of her friends wrestle at the Brighton Tournament, Fallon Bravo-Chavez

'23 records her so she can review the film after her match. *photo by e.rolfs* **4. EYE ON THE PRIZE.** While competing at the CHSSA State Wrestling Tournament on Feb. 17, Kiahna Spellman '26 gets ready to escape from her opponent from Adams City. "It was the third quarter and I was just focusing on not getting pinned. I needed to pin her down to win and that is what I ended up doing," Spellman said. *photo by n.nevarez*

AS GIRLS ON THE WRESTLING TEAM REPORTED TO TRYOUTS IN NOVEMBER, THERE WAS MIX OF ATHLETES WITH EXPERIENCE AND THOSE WHO HAD NEVER WRESTLED BEFORE. Assistant Coach James Garcia had wanted to start a girls wrestling team for years and wanted to give every girl an opportunity to learn how to wrestle.

"I'm in love with wrestling as I have never done it before. I am so happy they have something for us girls," Giselle Contreras '25 said. "I'm very competitive with my sports and I've done basketball and soccer and volleyball but nothing compares to wrestling."

The girls faced their first team on Dec. 1 against Eaglecrest in the Bill Gamble Gymnasium. The girls won the duel.

"I'm really happy they finally added a girls team especially because I know Brighton

is known for their boys team. Winning our first duel definitely set the pace and tone for the season," Piper Simard '26 said. "With this being my first year wrestling, I learned a lot from the coaches and my teammates and want to continue to grow even more."

Both Isabella Smouse '25 and Kiahana Spellman '26 won their Regional matches and advanced to CHSSA Wrestling State Tournament on Feb. 16-18 at Ball Arena. Both wrestlers did not advance past to the semi-finals.

"I really wanted to win State with this being my first year on the team. I now know what I have to do to get there again. I plan to strengthen my skills on the mat," Spellman said.

According to Taylor Madsen '24, she was excited to see how the team will continue to grow and believed the best was yet to come for the team.



Special Instructions

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