

Jake Howell ‘Makes Wrestling a Lot More Fun’

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For most people, not thinking leads to dumb decisions.

But for senior Jake Howell, it leads to success.

Although Howell grew up wrestling, his love for the sport only started later on in his life. “I hated it up until eighth grade,” he said. “Then I really started to realize I was good at it.”

Even though he started wrestling competitively relatively late, Howell’s talent and dedication to wrestling quickly began to show. In his first year wrestling for Creek as a sophomore, he was immediately placed onto the varsity team.

“His technique has just gotten better and better and better, after every season,” wrestling coach Michael Luhring said. “It’s credit to his hard work and dedication.”

His passion isn’t the only reason Howell is very successful. Throughout the years, due to constant drills and practice, he has been able to let his body do the work for him.

“During [a match] it’s nothing but muscle memory. I just shut my brain off,” Howell said. “Thinking usually creates hesitation, hesitation creates failure.”

All of Howell’s preparations have been working for him; he ranked third in the state 5A class in his weight class as a junior and has multiple tournament wins. His success doesn’t end there. Over Feb. 15-17, Howell competed in the Colorado State Class 5A Championship, and this year he placed second, winning three fights.

“I did everything I could. Obviously not the performance I would want, but that happens,” Howell said. “[When] you compete in anything there has to be a winner and a loser.”

While second place wasn’t the result he wanted, it’s nothing to be ashamed of; he only lost three fights over the entire season, all of them to the same wrestler.

“Overall I had a good tournament. I’m not going to let one match define it,” Howell said. “Looking back there’s nothing that

could change really.”

Instead of using his status as the second best wrestler in the state to separate himself from others, Howell uses it to fulfill his role as Senior Captain, by helping his teammates succeed and make the sport more enjoyable for them.

“He makes wrestling a lot more fun to them, but at same time, he does demand a lot from his teammates,” Luhring said. “He has a good ratio of toughness and making games and practices more enjoyable for others.”

Howell’s impact isn’t just noticed by his coaches, but players close to him have also noticed his dedication and intensity towards wrestling.

“Jake always has his foot on the pedal when it comes to wrestling,” senior Henderson Cabell said. “Seeing that drive that he had and the success [it] brought him has helped me become the wrestler I am today.”

Howell’s career in wrestling won’t stop at Creek though. He’s already committed to wrestling for the University of Iowa and looking forward to a new experience, and a new opportunity.

“I went to a camp up in Iowa, and I just loved it,” Howell said. “The coaches, everybody, they’re all great wrestlers that just seemed like a perfect fit.”

Those close to Howell can see that his future is bright. Not everyone has the skill to get second in the state and go to one of the best-known colleges for wrestling.

“I’ll be very excited to see how he evolves even more under a new roof over at Iowa,” Luhring said.

WHAT ARE JAKE HOWELL’S PRE-GAME RITUALS?

1 LISTEN TO MUSIC TO CALM DOWN
Howell’s favorite songs are compiled into his Pre-Game playlist below.

2 INTENSE WORKOUT TO GET BLOOD FLOWING
Howell likes to warm up before matches by doing a series of small workouts like shoulder exercises.

3 PREPARE AND GET READY FOR FIGHT
Howell prepares for a match through ‘shadow wrestling’, where he works the motions of the sport without an opponent.

PRE-GAME PLAYLIST



TAKE-DOWN: Senior Jake Howell tackles a Valor wrestler during a meet on Feb. 2. Howell won the match, but Creek lost 45-24.

The Other Oscars

Best Wig

Trolls Band Together

The luscious magenta poof of Poppy's hair in *Trolls 3* is truly unlike her previous looks and has redefined the hairstyles used in film and seen on the streets today. I think we can all learn something from Poppy's coiffure.

-Ava Segale

Best Bathtub

Saltburn

Just know as soon as this thing of a movie ended, I jumped onto the *Bed Bath and Beyond* website and bought myself a Sinkology Euclid 6' Copper Freestanding Bathtub with Overflow (on sale) for \$3,022.59.

-Alex Gribb

Best First Half of a Movie

Spider-Man: Across the Spider-Verse

I didn't think the team behind *Into the Spider-Verse* would be able to revolutionize animation for a second time. But they did! And what a phenomenal, stunning movie this was until it ended. It's high time for filmmakers to stop ending on cliffhangers. I left the theater angry.

-Katya Roudakov

Best Movie About the High School Experience

Meg 2: The Trench

Imagine swimming through the deep blue sea, and you've got to paddle for your life. What's chasing you? A swarm of blood-thirsty, massive, prehistoric sharks. I simply imagine this as a mundane, completely relatable day of our Cherry Creek life. Any teenage realistic fiction absent of behemoth krakens and vicious dino-dogs is grossly inaccurate.

-Peter Philpott

Best Chevy Product

Placement

Barbie

I have never seen a car commercial so smoothly integrated into a movie. Perfect execution — all the angles, plenty of logo, a freshly polished car at its best. The Chevy Blazer SS EV gets as much screen time as Allan.

-Katya Roudakov

Best Executed

Motorcycle Jump Off Cliff

Mission: Impossible - Dead Reckoning Part 1

No one could have executed this better than Tom Cruise. His form as he flew through the air was poetic, swanlike, too entrancing to be faked by CGI. It takes someone as buff and rugged as Cruise to accomplish something so breathtaking.

-Ava Segale

Best Bomb Test

Oppenheimer

Plutonium-239 really blew up above any other bombs! An earth-jittering explosion? Who wouldn't want to see a bomb that weighs 9,000 pounds explode in a barren area of New Mexico? That's just pure showmanship! Great on you, Christopher Nolan.

-Nick BeDan

Best Unexpected Cry

Guardians of the Galaxy Vol. 3

This movie hurt me to my core. I expected a light-hearted movie following the first two volumes. Maybe I'd shed a tear at the end if someone died. Two at most. But

I was sobbing from the first 30 minutes. Something about animal cruelty plus the abandonment and the innocent, childlike creatures tortured for the sake of scientific advancement... Enough.

-Amanda Castillo-Lopez

