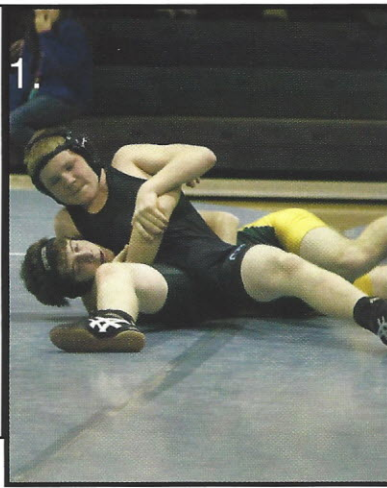


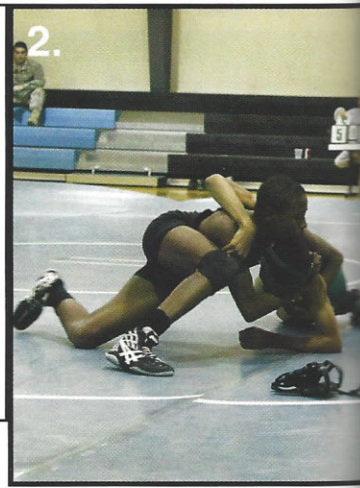
"This is the first time I have wrestled, and every time I walk onto the mat, win or lose, I leave with a feeling of regret for not having joined years ago."

- Nicholas Sheffron of Columbus North Carolina



1. Eric Emery takes his opponent down with a "Head and Arm" for a pin.

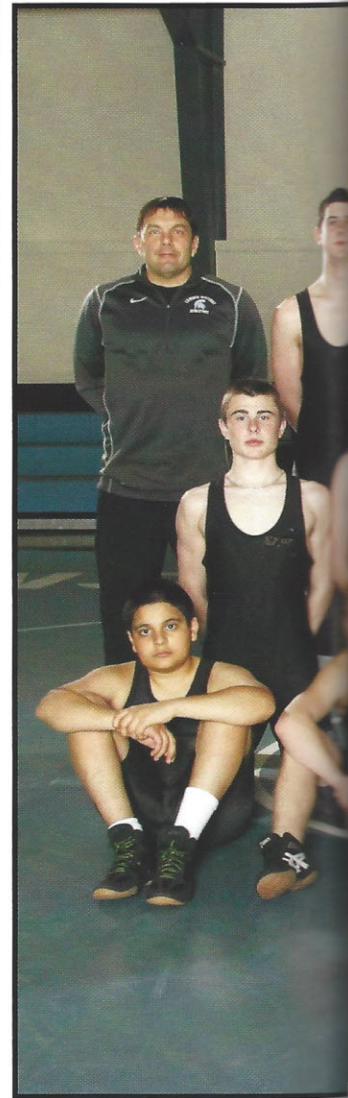
2. Terrance Alfred drives hard into his opponent despite the loss of his headgear.



No Holds barred

Spartans take to the mat with determination.

"It has been said that winning is contagious. I would add that the development of a winning program requires a culture of strong leadership. This leadership should come primarily from members of the team themselves. Team Captains are the force that drives a culture of winning. This group of team captains is the finest I have ever had the privilege of being associated with. They have established a culture of leadership that will hopefully be passed on to succeeding CMA wrestling teams. I thank these gentlemen." Head Wrestling Coach Mark Dority. This years awards were the following: Most Valuable Wrestler: Saurya Neupane of Cary, North Carolina. Most Improved: Trey Bowen, Atlanta, Georgia. Spartan Award: Evan Lowe, Lexington, South Carolina. Coaches Award: Walker Leverett Mt. Pleasant, South Carolina.



7. Ray Gradwell goes head to head with his opponent looking for an easy takedown.
 8. Alexander Newton, of Decatur, Georgia, sprawls on his opponent, as they attempt a "shot," slamming them to the mat.

"The 2013-2014 wrestling season has been a thrill. Coach Dority and Coach Borowski have taught me a lot of moves and positions, and they taught me how to control my anger. I became a wrestler so I could put my stress out on the mats and enjoy the craft of the sport. There's also a lot of discipline in wrestling. At first I only trusted myself because it's called a single man sport, and I was always mad, but I learned to motivate and be motivated by other people on my team. In the end, this team I wrestled with became my family."

-Alexander Newton, of Decatur, Georgia.

