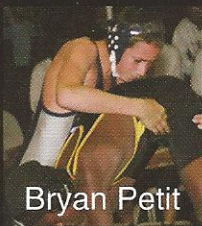


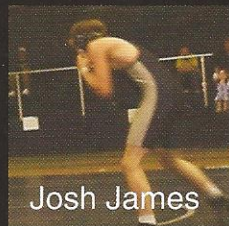
Cam Lawson



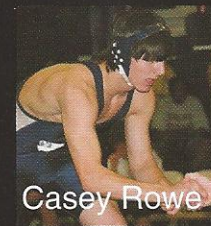
Bryan Petit



Johnathan
Washington



Josh James



Casey Rowe



Michael Avant

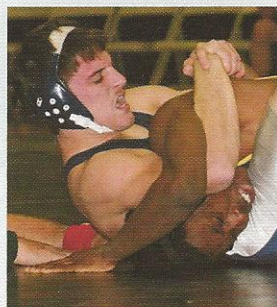
Fighting for the Gold

Pinned Down

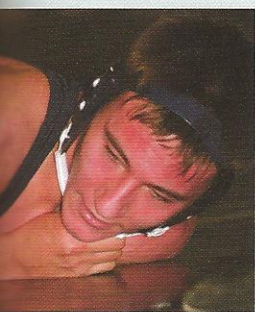


"Before a match I feel really anxious and nervous, I think about all the possibilities of what could happen," Junior Nick Bishop said.

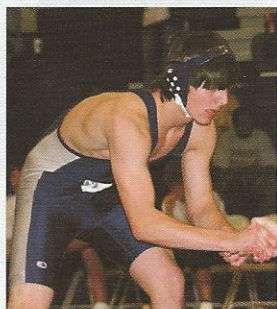
"I've done martial arts for 11 years and I think it helped to prepare me for wrestling. I like any type of 'fighting,'" Senior Eric Avant said.



"I think wrestling my senior year has been the best because I was more of a leader and I felt like I had a lot of experience so I could win more," Senior Justin Gravano said.

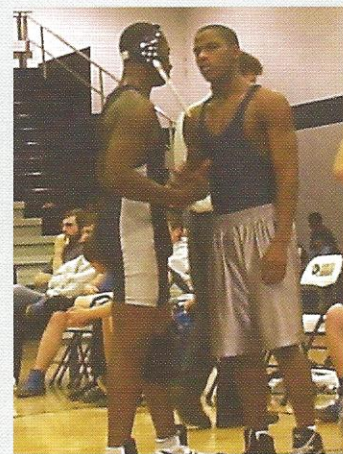


"I get ready for a match by listening to music. It keeps me calm and focused," Freshman Casey Rowe said.

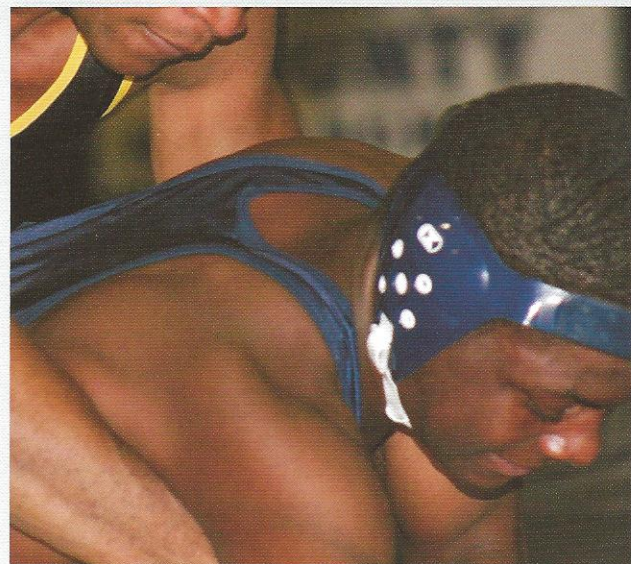


Wrestling is an intense sport that is not often recognized. The third year for the team, the wrestlers struggled to gain acknowledgement and prove they have talent. The cougar wrestling team practiced hard and worked even harder during matches.

-Lauren McLees



Junior Pierre McMillian commends Senior Nick Moore for working hard during his match.



"To prepare for a match we practice 5 days a week at school until about 5:30 and I run about 2 miles 3 days a week," Junior Chris Shider said.