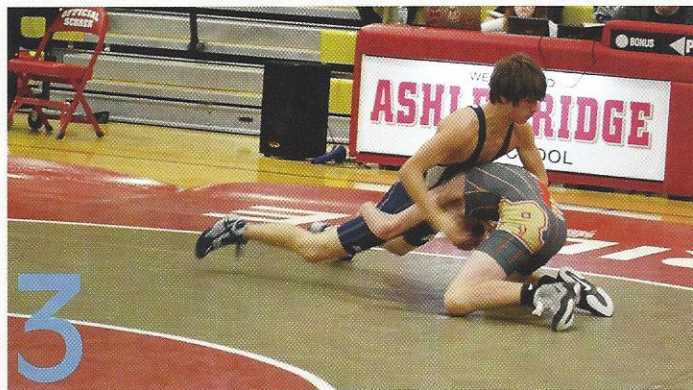
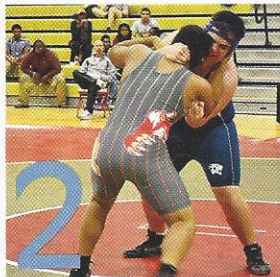
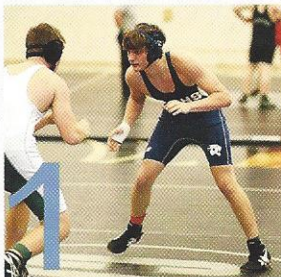


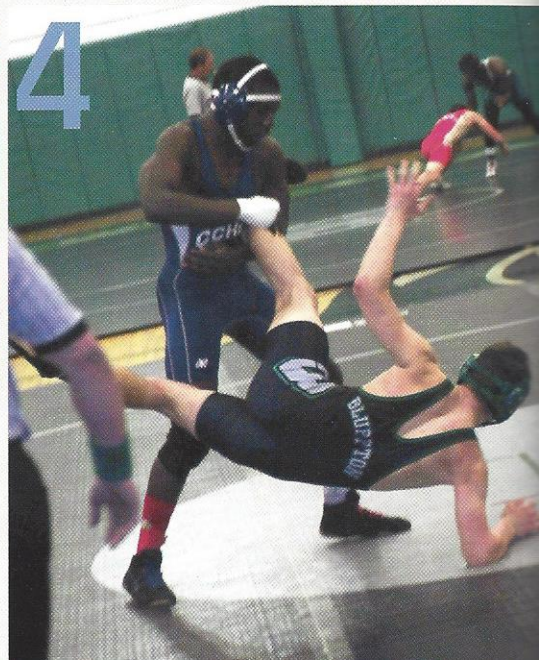
"This year I learned new moves, and beat guys that I didn't think I could beat before!" - Freshman Justin Williams

varsity wrestling

Wrestling requires two different areas of strength: physical strength, the ability to be able to compete and possibly pin the opponent, and mental strength, the ability to keep one's mind focused when in a tight situation. The guys had many different experience levels this year on the mats, with a few new wrestlers and many returning. The wrestlers worked hard to finish with a winning season. Thankfully, the Cougar wrestling team had a decent season this year. Although their team scores were not always winning, some individuals came out on top! Senior captain Griffin Brandt said, "Our guys showed a lot of heart, and I'm proud of everyone who constantly showed that." The whole team showed constant improvement throughout the season.



Sophomore Ian O'Brian gets his match started and is ready to defeat his opponent. "I did good for my first year, and most of my team did really well too," Ian added.



Sophomore Dakota Snyder works to get a few points on the board for the Cougar wrestling team. "I feel like my season went pretty well. It was a big improvement over last year," mentioned Dakota.

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