

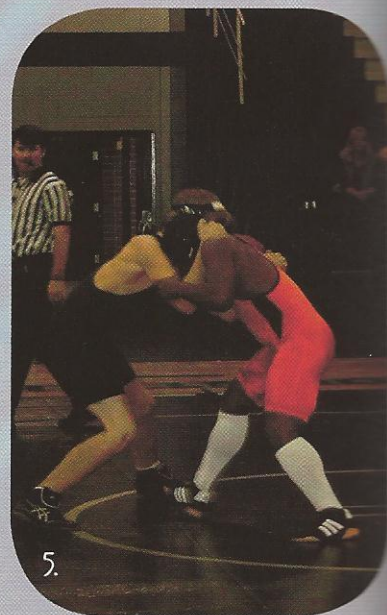
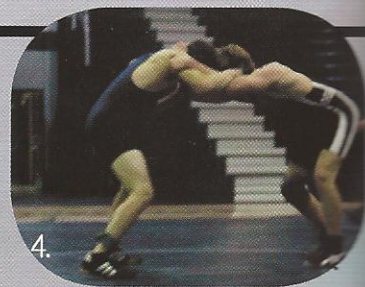
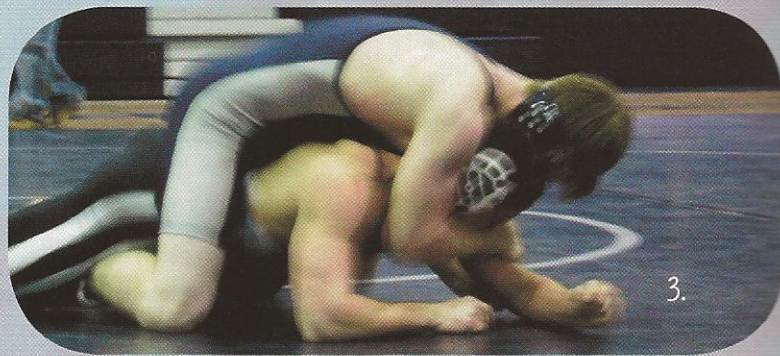
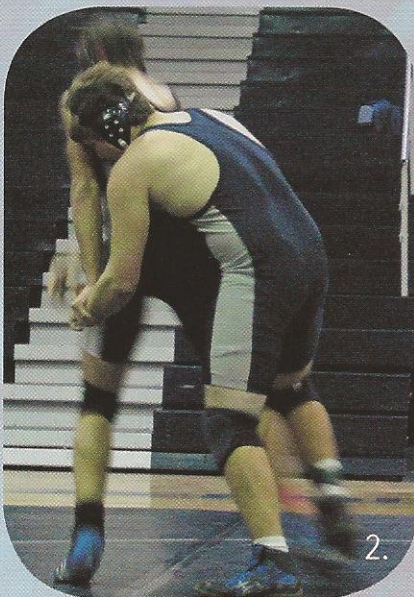
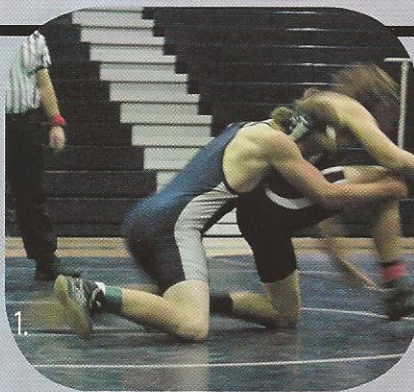
1. "An injury I had was when I sprained my knee, I couldn't work as hard as usual and I had to take it easy for a while," junior Micheal Avant said.

2. "Before a match I've just got to focus and think about what I need to do when I get there," junior Tristan LaPresta said.

3. "I like being on top of your opponents base because it's easier to win when you're on top," junior Cameron Lawson said.

4. "I was on the team since last year and I wanted to join again this year because wrestling is a good way to keep in shape, a bunch of my friends are on the team, and just in general I like the sport," sophomore Casey Rowe said.

5. "I was influenced a lot by my older brother Dylan -who is a veteran on the wrestling team- to join the team," freshman Brandon Fraiser said.



Give it One Good Try

When someone thought of a sport they automatically assumed that it was always a team effort. Wrestling was somewhat of an exception to the everyday idea of a sport. They practiced almost everyday, lifted weights, ran, and tried to eat right to maintain their

weight- all as a team. However, when they got on the mat it was all about the individual team member. "Wrestling is more of an individual sport when it comes down the match because it's just you and the guy from the other team. However, during practice everyone works as a

team to get better as a team," junior Joshua Ryan Norton said. In the end, they had to progress together, win and lose together, so wrestling is a team effort and it takes a team to get it done.
- Lindsey Lowery