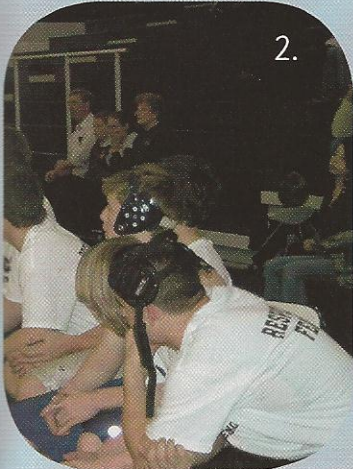
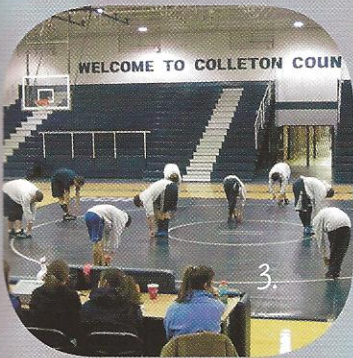


1. Senior Dylan Fraiser skillfully held down the member of the other team as he pondered his next move.



2. Members of the team watched and cheered on their teammate as he wrestled on the mat.



3. The wrestlers warmed up their muscles by doing a few stretch routines before a match.

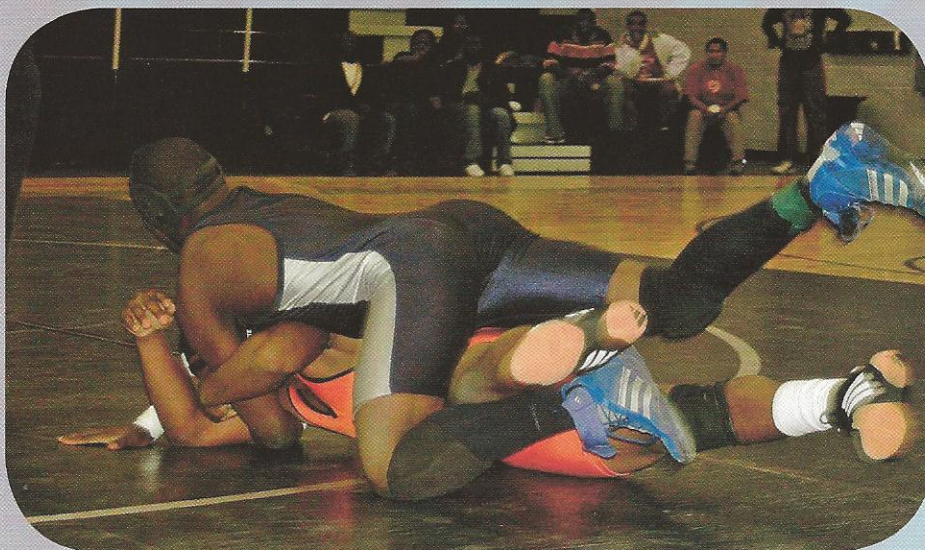


“My goals for the team are to win a conference match and to have the returning boys improve their skills,” senior Nick Bishop said.



During a match it is quite the task to be throwing someone around (or to be thrown around) and think about your positioning according to your appointed and how that relates to what your next move should be. It is always helpful to have your coach giving you pointers and your team members routing you on as you preform during a match.

Wrestling



Senior Christopher Shider showed no mercy to the member of the opposite team as he slammed him to the mat, thrustured himself on top of him, and entangled his arms into his opponents. “Before a match I just keeping telling myself that it’s going to be easy and right before I go on the mat I say a prayer,” Chris said.

