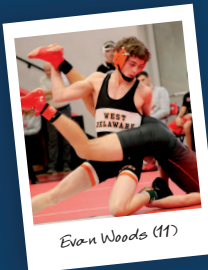


You had to be there!



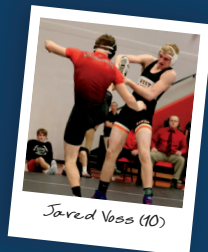
Kieran Monaghan (10)

At the state dual tournament, Kieran Monaghan (10) faces his opponent from Sergeant Bluff-Luton. Monaghan ended his season with a 15-0 JV record and a 10-5 varsity record.



Evan Woods (11)

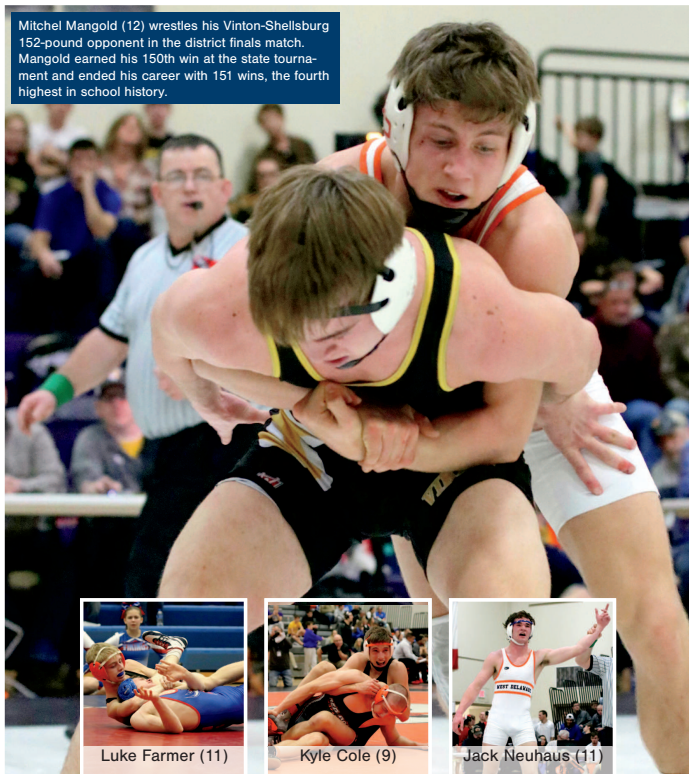
Evan Woods (11) takes down Williamsburg's 120-pound wrestler. The Hawks went undefeated as a dual team in the WaMaC conference.



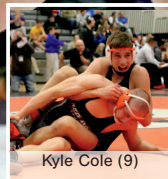
Jared Voss (10)

In a dual meet, Jared Voss (10) works to take down his 160-pound Williamsburg opponent. "All of our hard work paid off at the state tournament. We swept the competition while having fun at the same time."

Mitchel Mangold (12) wrestles his Vinton-Shellsburg 152-pound opponent in the district finals match. Mangold earned his 150th win at the state tournament and ended his career with 151 wins, the fourth highest in school history.



Luke Farmer (11)



Kyle Cole (9)



Jack Neuhaus (11)

Hawks Make History

At the 2019 state wrestling tournament, the Hawks made history using their four mindset principles.

Every day before and after practice, the wrestlers recited the four principles: "One—I am thankful for the opportunity to wrestle. Two—I am aggressive and relentless. Three—I have no fear of losing or making mistakes. Four—I never ever give up."

They followed up the principles with their end goal by chanting, "State champs on three. One, two, three—state champs, state champs, state champs."

These principles reinforced the team's mindset and reminded them what they were working towards every day in practice.

"We started saying the principles at practices during my sophomore year," fifth-place finisher Mitchel Mangold (12) said. "The more you say them, the more you begin to

believe in them."

The No. 1 ranked Hawks started the state tournament by claiming the state dual championship over No. 2 ranked Solon, 45-12. After winning, the team repeated the same four principles that guided them to their victory.

"It gave me goose bumps," state qualifier Jordan Bries (12) said. "It was something we said every day and wrestled by. From the beginning, we said we wanted to win it all, so repeating our principles after winning the championship felt pretty amazing."

Throughout the rest of the tournament, eight qualifiers competed in the individual tournament, earning 76.5 team points, clinching the team's second state championship title of the week.

The Hawks and their principles made history by sweeping the class 2A state tournament.

On the Mat



At the district tournament, Wyatt Voelker (9) stares down a Camanche opponent. The Hawks earned first place at the district tournament, scoring 130.5 points.

Ryan Phillips (12) pins Marion's 132-pound wrestler at the Maquoketa/Marion dual. "I'm proud of our season because we achieved our goals," Phillips said. "The coaches pushed us every day. They definitely deserved the Coach of the Year Award."



A "You Had to be There" Moment The Curse is Broken



Isaac Fettkether (9), Tyger Vaske (10), and Reily Dolan (10) hold up their digi camo singlets.

During a dual tournament at Gladbrook-Reinbeck, the JV team broke the superstitious curse of the digi camo singlets after wearing them in the championship dual and winning.

In 2013, the varsity team lost to Davenport while wearing the singlets in the championship match of the state dual tournament. They hadn't been worn since.

"It was such an exciting feeling after we beat Western Dubuque in the finals," Reily Dolan (10) said. "We broke the curse."



State Qualifiers. From Left: Carson Petton (285, 5th), Jordan Bries (195), Jack Neuhaus (182, 8th), Wyatt Voelker (170, 4th), Mitchel Mangold (152, 5th), Cael Meyer (145, 8th), Jadyon Peyton (138, 4th), Ryan Phillips (132, 4th).



Wrestling. Front Row: Coach Pat Phillips, Coach Dale Meyer, Ethan Proper, Jesse Thurn, Conner Funk, Ryan Phillips, Mitchel Mangold, Luke Farmer, Daniel Woods, Tyger Vaske, Evan Woods, Isaac Fettkether; Row 2: Coach Kris Lenz, Coach Scott Litterer, Conner Turnis, Ethan Hoefler, Mason Gillihan, Jadyon Peyton, Reily Dolan, Wyatt Voelker, Zachary Fisher, Benton Ridenour, Jordan Bries, Staveley Maury, Kobe Peters, Trevor Soppe, Blake Engel, Coach Doug Engel, Coach Jeff Voss; Back Row: Coach Mitch Peyton, Dylan Linderwell, Sam Lyness, Coach Brian Klaus, Christian Nunley, Jack Neuhaus, Carson Petton, Kody Wenger, Benjamin Petton, Carter Klein, Kieran Monaghan, Jared Voss, Kyle Cole, Coach Adam Reth, Cody Monaghan, Coach Brent Lammers, Cael Meyer, Coach Jason White.