



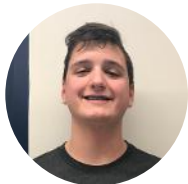
Max Wetteland



Wyatt Land



Rafe Sullivan



Sullivan Mayer

Under New MANAGEMENT

Boys swim team discusses changes with new coach.

Many sports can seem repetitive season after season: doing the same practices, running the same drills and playing the same teams over and over again. For the boys swim team, however, things had gotten interesting with a new coach who shook up their normal routine.

Coach Brian Heller, who had already been coaching the girls team, joined the boys team after Coach Stahl retired from coaching the previous year. Heller brought new strategies, a new perspective and a different way of working to the team. "The only thing that is different is practices are harder because he pushes us to do

"The only thing that is different is practices are harder because he pushes us to do better and work hard." -Max Wetteland ('22)

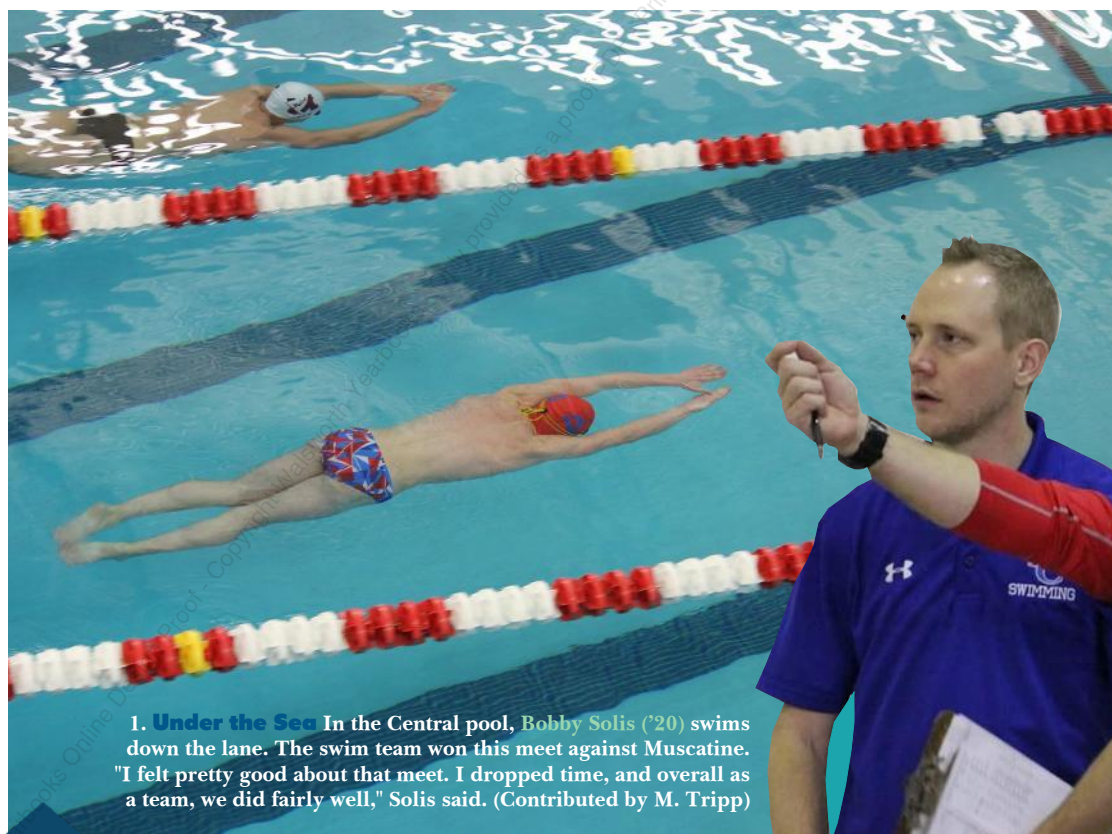
better and work hard," said **Max Wetteland ('22)**.

Other veterans on the team agreed about the difficult practices. "This season has had much harder practices and has just been challenging in general," said **Wyatt Land ('20)**.

Many of the swimmers liked the changes and the new coach, despite missing their former role model. "Stahl was great in his own way, but Coach Heller has made some amazing improvements to the team," said **Rafe Sullivan ('20)**.

In addition to harder practices, some newer swimmers appreciated the new atmosphere. "It's a better environment because parents have the opportunity to become more involved. We also have the chance to get closer as a team and with other teams we compete against," said **Sullivan Mayer ('23)**.

The team faced changes and challenges with the addition of Coach Heller, but the new coach, new strategies and harder practices paid off with a successful season. (M. Jones and M. Verdon)



1. Under the Sea In the Central pool, Bobby Solis ('20) swims down the lane. The swim team won this meet against Muscatine. "I felt pretty good about that meet. I dropped time, and overall as a team, we did fairly well," Solis said. (Contributed by M. Tripp)

1. Put Your Heads Together

At a swim meet, coaches **Mike Wells** and **Brian Heller** discuss strategy. This was Heller's first year as head boys coach, although he had already been coaching the girls swim team and had coached at West. "Coaching boys and girls is really the same, but this year's boys listen a lot better than the girls," Heller said. (B. Thomas)



2.

2. Head to Head In a meet against North Scott, **Alonzo Duarte ('22)** faces off against his opponent. The Blue Devils lost against the Lancers overall. "I did pretty good. I was taking a lot of shots, but I was struggling with my hand control, so I'll work with a partner who has the same strength," Duarte said. (S. Holtam)



Seniors Say Goodbye

"It's kind of emotional and sad because you're not going to be with the team anymore. All three of them have to make the most out of every day." -Rayvaugn Bogan ('20)

WRESTLE LIKE A GIRL

Wrestling opens up equal opportunity to all genders

Have you ever been told that you hit like a girl? Well, in the case of the wrestling team, that was a good thing. Central had a history of being accepting of people from different backgrounds, but the wrestling team faced a change head-on when female wrestler **Sydney Park ('22)** joined the previously all-male team as a freshman.

"Female wrestlers are not new to me. In the feeder program and in middle school, female wrestlers were common, and it was not weird for them to be a part of the team. I think it's good to have representation of the other gender in a male-dominated sport," said **Isaac Penzol ('21)**.

The wrestlers needed strong athletes, and having lightweight wrestlers benefited the team. "Having teammates in the lower weight category who are strong helps us win matches. The players who win against their opponents help the team get more points in the end," said **Marcos Martinez ('20)**. Although wrestling is a largely individual sport, everyone had to work together to get points for the team.

The wrestlers all put a lot of time and energy into the sport, and they felt that wrestling offered a space for anyone to

compete. "It's good to have diversity on the team. It helps the team as a whole, but it's also an opportunity to show that this isn't just a sport for guys; anyone can do it," said **Brogan Swanson ('21)**.

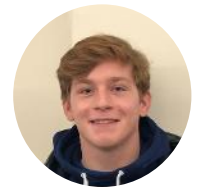
As the only girl on the team when she first came to Central, Park happily took the opportunity to join the sport. "The atmosphere on the team has changed only a little since I've been on it. I was surprised last year when I made it on the team. They were all so welcoming to me. It's a good way to show how strong I can be against opponents on the mat," Park said.

However, female wrestlers recognized that they would have to compete just as hard as the boys. "It brings new challenges not only to the guys already on the team but also to the young women who would like to be on the team in the future. It gives them the opportunity to join the team if they want to. They don't have the fear of not being accepted by the male athletes. I believe that the male athletes are pushed mentally and physically by me every day," said Park.

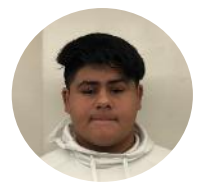
The male wrestlers welcomed new female athletes to the team and learned about how to be inclusive and accepting of diversity on the mat. (H. IntVeld)



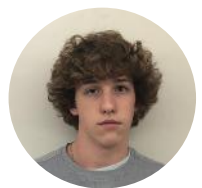
Sydney Park



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