

PANDEMIC PINS

Even during a pandemic, this team found a way to succeed

The North/Hoover wrestling team has been on the rise these recent years and they are looking for a shot at state this season. Covid-19 slowed them down but it surely won't stop them. Senior Asante Gordon is finding it challenging but that isn't stopping him. "Covid has been a pretty big setback but I've been working around it just by lifting weights, getting stronger, and staying in shape," Gordon said.

Gordon has big goals for himself as well this year. "I have four goals for this season. Upset the #1 wrestler in my weight class, win a medal at state, win a second conference title, and qualify for Fargo nationals in the summer," Gordon said. He has had to make some serious changes to his training during this pandemic. "Since I can't wrestle as often as before, I've been mainly focusing on my strength and conditioning, I also study a lot of film from college wrestlers, so even though I'm not wrestling as often, I'm still improving as a wrestler by absorbing knowledge," Gordon said. Not only is it challenging for the players, it's also really challenging for the coaches as well. Head coach John Bingham is in his second year coaching this team and hopes to make great strides of improvement. This pandemic has forced him to change things up but he's down for the challenge. "So many changes have been made due to Covid. The way I teach, coach, and interact daily has been changed. Wrestling will look a lot different this year when we are able to take that over not being able to at all. There are lots of new safety protocols we will have to follow. Our wrestlers deserve to be able to compete. I am hopeful we will get to soon, because I think those who make the decisions will end up making correct decisions for the well-being of everyone," Bingham said. This season will be challenging but these guys are up for it, and ready to shock everyone!



ASANTE GORDON
SENIOR

“ I LOVE WRESTLING
BECAUSE IT
MAKES ME MENTALLY
AND PHYSICALLY
TOUGHER. ”

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CAN THESE WRESTLERS REACH THE ULTIMATE GOAL DURING THIS PANDEMIC?



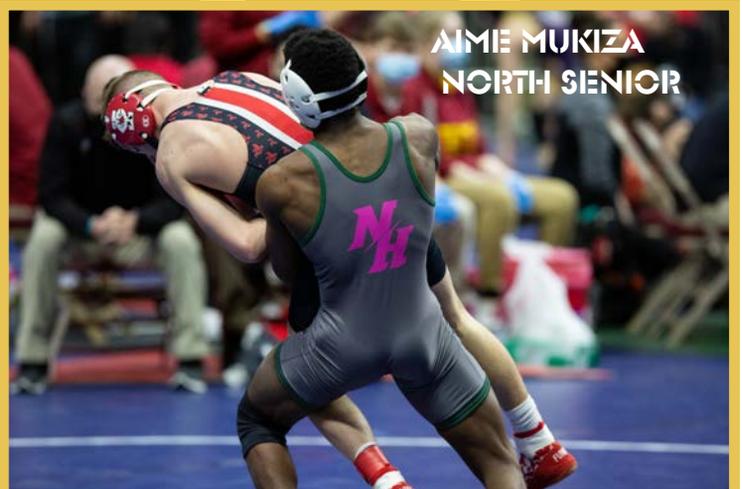
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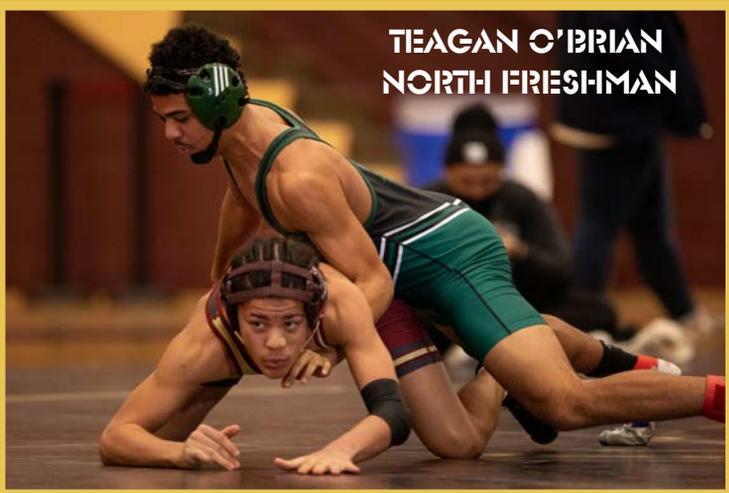
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