

# DIFFERENT COACH, NEW OUTCOME

Tanna Jones,  
Editor-In-Chief

The 2015-2016 wrestling season is coming to an end and with Districts just passing. The North-Hoover wrestling team has been spending more and more time in the wrestling room than ever before. With losing former coach Bryan a new but familiar face entered the room.

Coach Cody Swim has been involved with wrestling ever since he was freshman at Indianola High School. Being a four-year state qualifier and placing either second or third during those years and successfully ending his high school career with the impressive record of 158-8, this young wrestler moves to coaching.

Swim has wanted to be a wrestling coach since he was in high school. With being fresh out of college he got the opportunity to coach when he was approached by North's Athletic Director over the summer.

"If I could compare the guys from day one to now you would see a great difference in how they wrestle and conduct themselves. This season we have won seven

from the start," Swim said.

It doesn't stop there. Swim went to Grand View University to not only to pursue his education but to also keep doing what he loves most, which is to wrestle.

"Wrestling has carried over to every single thing I do in life," Dan Gable once said, "Once you have wrestled, everything else in life is easy..." Wrestling teaches you so many things about life. It teaches you every trait you need in order to be successful. Wrestling is not an easy sport and it makes you appreciate things," Swim said.

Josh Rattray, senior at North-High, has been a leader in the program since he was a freshman. With the record of 31-6 for this season and nearly 100 wins overall. This season he has been wrestling at weight class 126.

Rattray ended last season short due to tearing a Librium in his shoulder, taking away one more chance to do one thing every high school wrestler dreams of doing. Making it to state.

"My injury has made wrestling very difficult. It makes it hard to shoot on certain sides and it's hard to actually

diet of a wrestler isn't exactly easy to maintain.

"Water becomes your best friend. I try to eat a lot of pasta to keep me strong and I try to eat light meat for protein, but as of right now I only have two percent body fat. I always get stronger during season so it makes it super hard staying down at 126," Rattray said.

Rattray is planning to go to Grand View and wrestle all four years. One major goal he wants to accomplish while in college is to win a national championship and be on the championship team they have there.

"Wrestling has honestly benefited me as a person. It's taught me self discipline and has made me think about what I actually want to do for college," says Rattray.

Shadrach Zarwie, junior at North High, started wrestling as a freshman along with his identical twin brother Meshach.

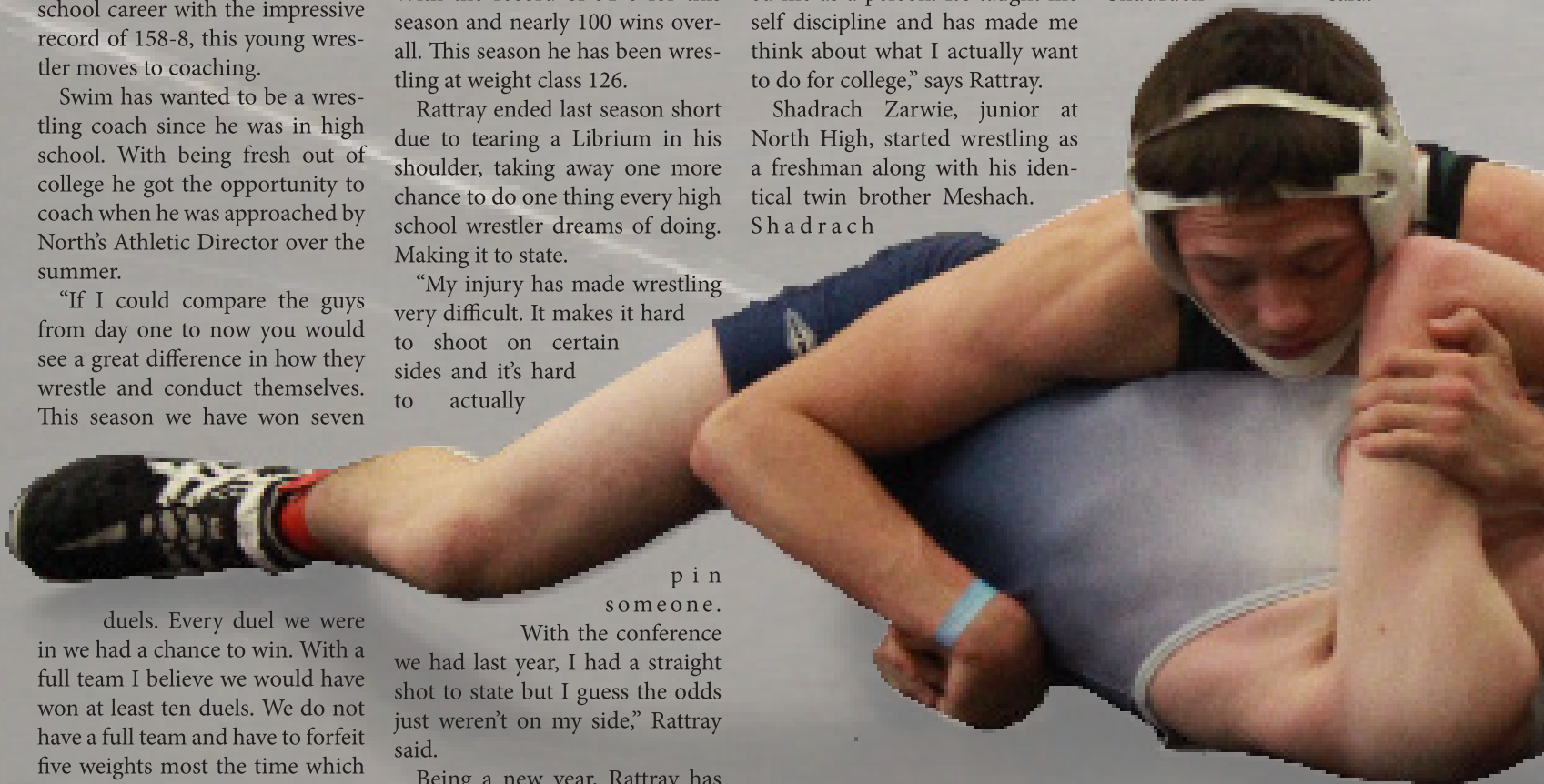
Shadrach

wrestles at weight class 120.

"My goal is to go to state, nothing more. I know if I push myself hard enough it's not impossible," Shadrach said.

His record for this season is 33-10 and has over 80 wins total. With always being in the weight room, the transition from cutting weight wasn't hard for him to do. Shadrach is also a leader in the program, always pushing his teammates to give their all on the mat and encouraging them in the process.

"It's nice having my brother with me, he never stops pushing me and helping me when I need it. He never fails to encourage me," Shadrach said.



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someone.

duels. Every duel we were in we had a chance to win. With a full team I believe we would have won at least ten duels. We do not have a full team and have to forfeit five weights most the time which means we are down 30 points

With the conference we had last year, I had a straight shot to state but I guess the odds just weren't on my side," Rattray said.

Being a new year, Rattray has been putting in a lot of work. The

# DISTRICTS PLACEMENTS

Shadrach Zarwie 3rd place

Josh Rattray 3rd place

Meshack Zarwie 3rd Place

Ad Edwards 2nd Place

# ON TO STATE

Ad Edwards



Coach Swim directs his team before conferences hosted at South East Polk, January *Photo Credit: Jenna Long*

