

Lighting up the Season

By Jessie Brokel

Wrestling is a battle using both mind and body, and coaching it takes determination and skill. Head coach Vance Light has been involved with wrestling his whole life. From taking seven individuals to state this year (including his son Justin), to winning a state title twice as a wrestler for the Lisbon Lions, to being inducted into the IHSAA Wrestling Hall of Fame this year with six other former wrestlers, this sport is in his blood, sweat and tears.

Light was honored for being named the Ed Thomas coach of the week and being inducted into the Hall of Fame during the Lisbon vs Mount Vernon wrestling meet on Jan. 2. "I think it's pretty awesome, it was something he obviously deserves," said junior Tristan Wirfs.

The lights in the gym and the crowd were focused on a single mat in the middle of the gym. Coach

Light was introduced by Dave Ryan, who named all of Light's accomplishments from high school to now. Coach Light was the main event of the night.

Not only was the night honoring Mount Vernon's head coach, but also his wife, Marsha Light. She was being honored for her resilient battle against cancer. "Marsha is the sweetest person ever," said senior Hali Rawson, a wrestling manager. "She has such a big impact on everybody she knows. Whether it is a wrestler, parent, fan or a friend she has impacted everybody in her life."

Lisbon took over the mat that night winning the dual 35-27. However, the wrestling team had a successful season, sending seven individuals to state: Justin Light (126), Tony Garcia (132), Charlie Engelbrecht (145), John Engelbrecht (160), Jack Cochrane (195), Bryce Cox (220), and Tristan Wirfs (285).

SENIORS

What was your most memorable win?



"Beating a sixth ranked wrestler to advance to the state tournament."
- John Engelbrecht '16



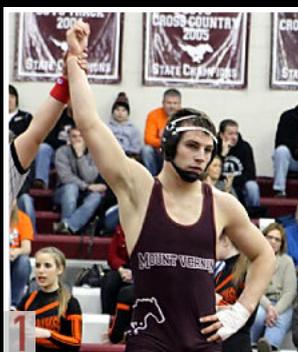
"When I pinned the seventh ranked heavyweight to win the Cascade Invite."
- Tristan Wirfs '17



"When I won my match in overtime at the regional dual against Assumption in front of our home crowd."
- Liam Conroy '17



STATE QUALIFIERS

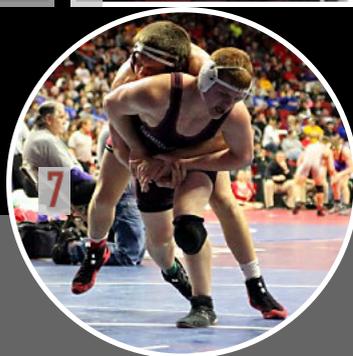


1. Sam Moore wins his match against West Delaware opponent at the home dual on Jan. 21. 2. Josh Hanson, senior, takes down a Monticello opponent. Hanson won 18-6 at the Sectional meet. 3. Senior Charlie Engelbrecht wrestles an East Buchanan opponent at the Mount Vernon Invitational Dec. 12. Engelbrecht won 12-5. 4. At the Sectional Meet at Cascade, freshman Jack Streicher wrestles a Cascade opponent. 5. Tony Garcia wrestles his Crestwood opponent at the state wrestling meet on Feb 19-21. 6. Junior Jack Cochrane wrestles a Benton opponent. Cochrane won 10-4. 7. At the state wrestling tournament Bryce Cox attempts to escape his Creston opponent. Photo by Jessica Brokel. 8. Tristan Wirfs tries to put Solon's Tyler Linderbaum on his back at the home dual.

WRESTLING

Team Us-Them

Marion	42-30
CR Washington	49-12
Solon	42-30
Dyersville	48-23
DeWitt	37-33
Maquoketa	54-25
Lisbon	27-35
W. Dubuque	21-39
CPU	49-27
South Tama	43-27
Anamosa	73-0
West Delaware	61-7
Solon	46-17
Benton	73-4
Solon	56-9
Assumption	25-31





Josh Hanson



Charlie Engelbrecht



John Engelbrecht



Levi Wade



Bryce Cox



Brandt Pitlik



Mallory Scieszinski



Hali Rawson

TRIM LINE TRIM LINE

TRIM LINE TRIM LINE



Above: Freshman Paul Ryan (120) wrestles his opponent from Anamosa at the district wrestling meet.

Right: Junior Justin Light (126) wrestles an Anamosa opponent at the dual Jan. 21.



WRESTLING TEAM. Front Row: P. Hampton, M. Louwagie, T. Elliott, A. Louwagie, N. Casey, R. Clark, P. Ryan, J. Hunter, M. Rechkemmer. Row 2: Coach, Murphy, Z. Niehaus, J. Streicher, J. Light, G. Akers, N. Hinrichs, A. Cabrera, G. Riedesel, C. Bilden, M. Stanbro, L. Conroy, Row 3: Coach Truitt, L. Wade, S. Moore, P. Shultz, J. Engelbrecht, C. Martin, J. Cochrane, T. Wirfs, J. Norton, B. Cox, A. Garcia, J. Hanson, C. Engelbrecht, Coach Light.

Senior John Engelbrecht wrestles in the State Wrestling tournament on Feb. 19 at the Wells Fargo Arena in Des Moines, IA. John went on to place fourth in the state tournament. Photo by Kelsey Shady.

Wrestling Layout by Maggie Rechkemmer and Jessie Brokel 101