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1 Prepared. When Wyatt Streets 14 hears the whistle, he is ready to escape. Wyatt said, "It's hard sometimes because the opponent puts all of his weight on you." [photo] Morgan Johnson

2 Force. Sam Maresh 17 creates leverage with his hips against North-Linn. "The Bobcat Tournament is the most fun because all the matches are so close," Sam said. [photo] Kristen Skow

3 Ease. A takedown relieves Dylan Beaver 15 against Solon. "All I was thinking was thank goodness I got the takedown," Dylan said, "because I was gassed." [photo] Morgan Johnson

Powerful Pro. After a win against West Delaware's heavyweight, the official raises Quintin Taylor's 14 hand. "The feeling of winning is indescribable," Quintin said. [photo] Kristen Skow



Pin. Keaton Bonewitz 17 pushes all of his body weight into his Anamosa opponent for the win. Keaton said, "I had a lot of good but tough matches." [photo] Mataya Hammes



The 3 hardest workouts

Crawls

During practice the wrestlers crawl across the room on their hands and knees and are timed.

Horseshoes

The wrestlers start by running in a loop through the school hallways for a distance of about 400 meters. While this happens, other wrestlers wait for their turn. While waiting, they hand-fight.

Wrestle n' Run

The wrestlers wrestle for ten minutes and then go straight to running for ten minutes. The running is either sprints or stairs.

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Dominate Control. To take the first shot is part of Keaton Sherwood's 15 strategy against his Jefferson opponent. "I like to wrestle on the attack and never back up," Keaton said. "I am always trying to push the pace." [photo] Kristen Skow

Double-Duty

[Wrestlers take on twice the challenge for conditioning]

The team started two-a-days as a means to stay in shape. Before two-a-days, morning weightlifting and running were only suggestions by the coaches, then the routine was expected.

"In the mornings we weight-lifted and ran, and in the afternoons we actually wrestled and practiced our moves," Garrett Werner 15 said.

For Bryar Pederson 16, the extra time encouraged him throughout the season.

"The two-a-days helped me increase my weight gain for all of my lifts," Pederson said. "It helped with conditioning and made each match much easier."

The workouts inevitably aided the wrestlers once on the mat against the competition, but they also helped build a team connection.

Drew Kithcart 15 said, "Being with each other all the time helped us stay committed, and hanging out in the weight room in the mornings is pretty fun, too."

Although wrestlers only met twice a week in the mornings and afternoons and those days proved more difficult, it did help, especially since practices cancelled so much because of the weather.

"It was tough to work around and manage your weight when we had so many snow days," Matt Gessner 14 said. Many of the wrestlers were focused on cutting weight rather than perfecting their technique."

Since two-a-days had begun, the coaches saw a desire in their wrestlers as they committed themselves to be the best throughout the entire season.

"It shows that when kids become more invested in themselves and in their team, they put forth more effort into themselves," Coach Murphy said. "That is what separates their wins and losses in a close match."

~Caitlyn Conway

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Triumphant Takedown. About to receive the takedown, Tate Buck 16 shifts his weight to win the match against North-Linn. "I believe it is the hardest sport out there," Tate said, "and when you win, it feels like you're on top of the world." [photo] Kristen Skow

Opponent	Score
HIV	69-9
West Branch	52-27
Iowa Valley	34-40
Western Dubuque	18-55
Center Point-Urbana	37-42
Independence	18-63
B-G-M	57-24
Williamsburg	19-48
Dyersville Beckman	46-32
Marion	49-27
Central Dewitt	39-36
West Delaware	16-55
Anamosa	73-5
Clear Creek-Amana	59-18
Vinton-Shellsburg	45-31
Mount Vernon	10-65
Salon	49-26
Tournaments	
Belle Plaine	3rd
Aplington Parkersburg	3rd
Waukee	None
Bobcat Invite	7th
Jefferson Invite	12th
East Marshall	4th
WaMaC	8th
Sectionals	3rd
State	Quintin Taylor 14-7th Place

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