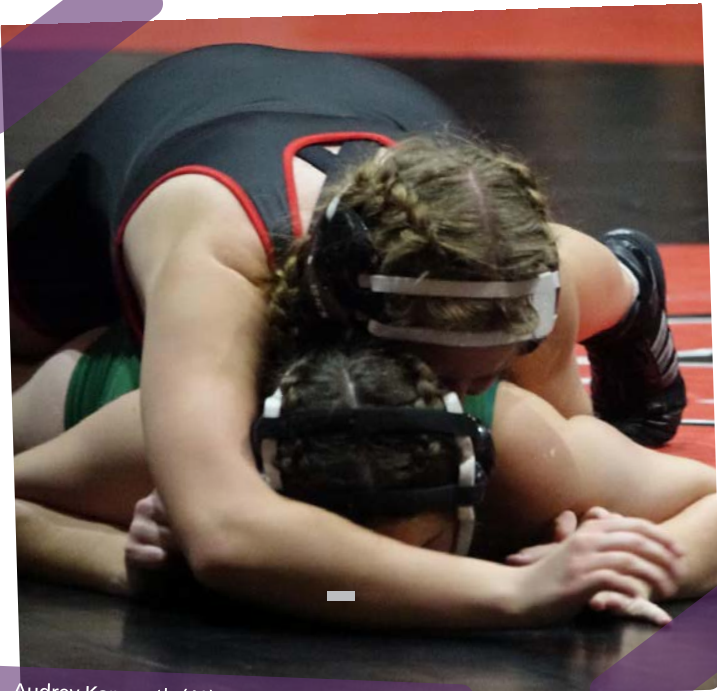
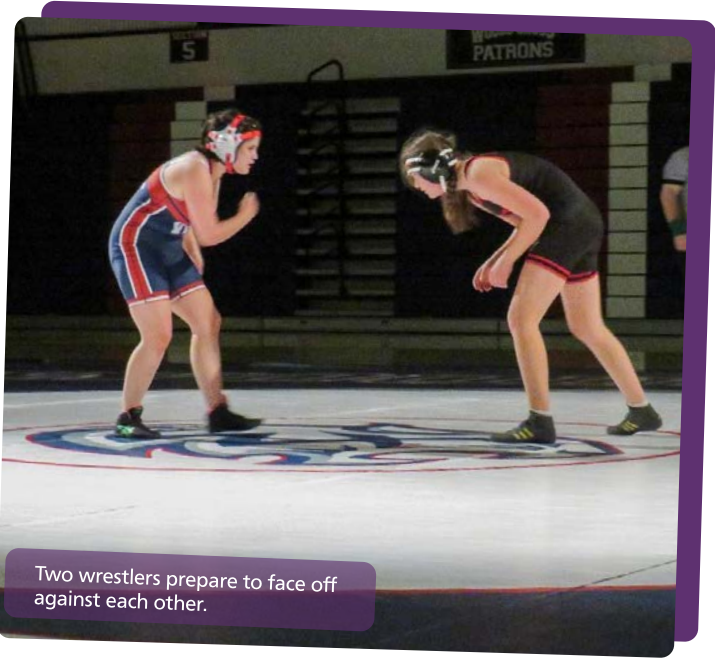


GIRLS WRESTLING: TAKEDOWN



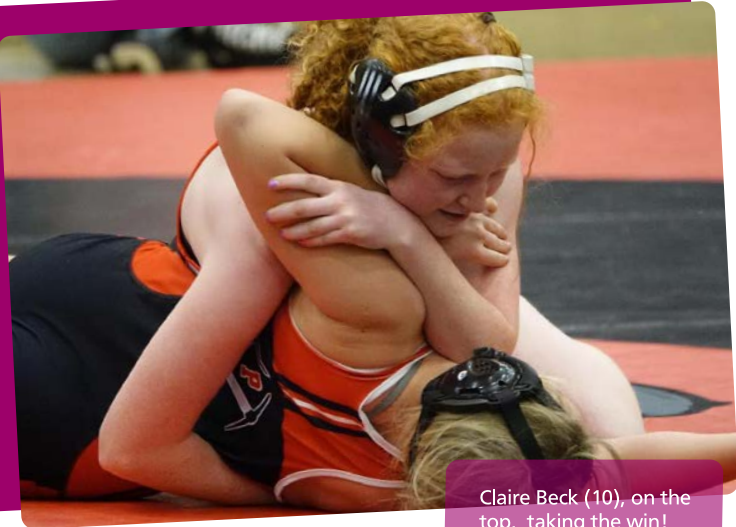
Audrey Kamerath (11) pins her opponent.



Two wrestlers prepare to face off against each other.

Girls wrestling had an exciting year! The team spent hours tirelessly practicing in preparation for tournaments. The girls did intensive weight workouts not only to stay in shape, but also to meet the weight limit requirement. Students could even spend months cutting down weight or bulking up to reach the required weight. Wrestling was a good fit for first year wrestler, Claire Beck (10), who said, "I wanted to try a winter sport, and I enjoy physical sports."

The community was very friendly, enjoyable, and dedicated to having another successful year. The sport was very physical and intense, but the girls welcomed each other and shared bonds to build confidence against other schools. There were multiple new students, and veteran members helped to settle them in. All students formed great connections with each other and built a lot of respect for themselves. "It's a really great community, even with the guys we're cool," said Claire Beck (10).



Claire Beck (10), on the top, taking the win!

"WE'VE JUST BECOME
REALLY GOOD FRIENDS."

- Audrey Kamerath (11)





CAPTAIN
SPOTLIGHT

AUDREY KAMERATH

Audrey Kamerath (11) was an outstanding captain and demonstrated great leadership. Audrey encouraged the girls to work hard and play their best. As a captain, it was imperative to keep the team active in preparation for tournaments. “My responsibilities as a captain are to teach the girls different things and answer any questions they have for me,” said Audrey. Answering other students’ questions helped them feel more comfortable and confident for the team.



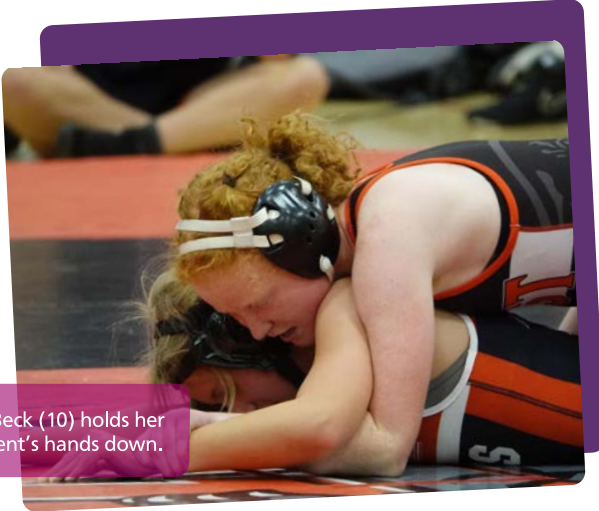
Audrey Kamerath (11) attempting a pin to secure the win!



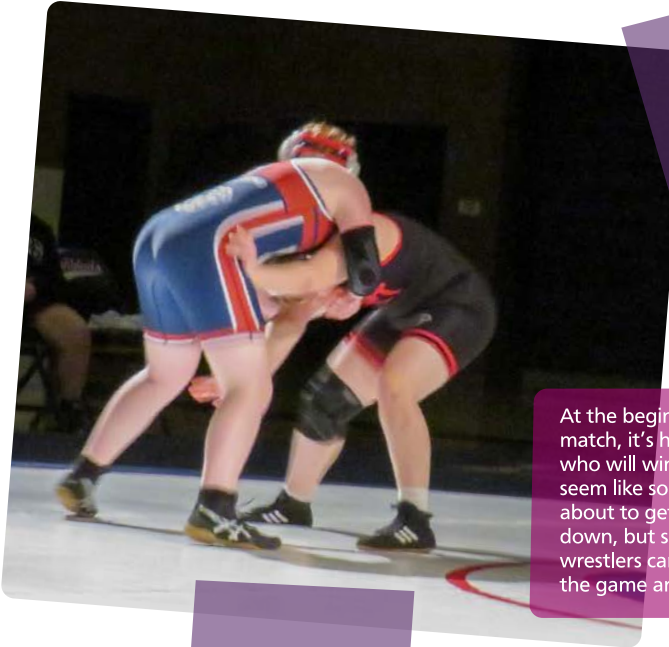
SMALL BUT MIGHTY



Wrestlers came from all walks of life: hard-working individuals who joined for fun, curious onlookers who joined to see what it was, or legacy athletes who joined because their family members did wrestling before them. Whatever the reason was, the team stayed together and worked hard to have fun and build friendships. Audrey Kamerath (11) said, “I love the confidence wrestling gives me, it just makes me feel strong and empowered.” Girls Wrestling helped the girls build confidence and friendships, things that they will never forget.



Claire Beck (10) holds her opponent's hands down.



At the beginning of a match, it's hard to tell who will win! It might seem like someone is about to get pinned down, but skilled wrestlers can quickly turn the game around.