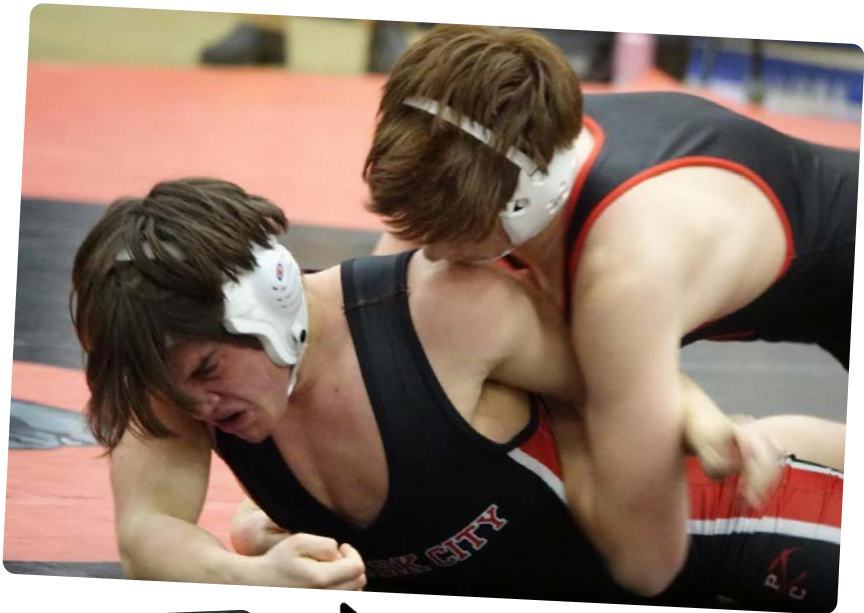


Boys Wrestling:

PIN IT TO WIN IT



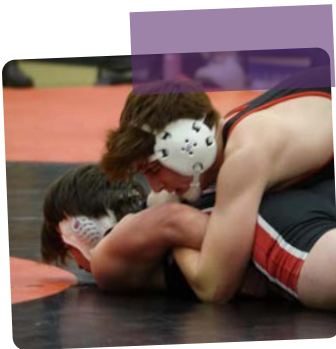
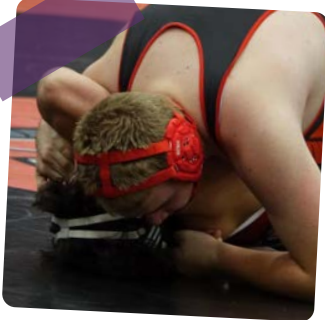
Noah Bagnall (10), right, pins his opponent under his arm.



Marquise Cornay (11), right, takes the starting position in preparation to "shoot" his opponent from Park City.

HOW TO WRESTLE

Wrestling is very difficult and challenging. All players must have strong endurance through daily training of body and mind. It's difficult to amass the sheer amount of strength and power necessary to last six minutes while using all your muscle strength to defeat your opponent. The goal of this sport is to take down the opponent and pin him to the ground. If the opponent is not taken down within the time limit, the winner wins by points. With a various number of ways to pin your opponent, there are also many opportunities for the opponent to counterattack, meaning wrestling is a strategy sport.



ARM BAR: an effective way to pin your opponent to the mat



The Boys Wrestling team grew drastically from last year — People joined because of friends, family members, or just to gain experience. The wrestlers loved the sport, and connected with not only their teammates but also their coaches and community. The team was kind, friendly, and felt like a big family. Some favorite memories from wrestlers were attending their first tournament and traveling to other schools. "It's always a really fun time traveling to other schools and messing around with friends on the bus", said William Holdcroft (9). Bonding experiences through everyday practices and optional afterschool exercises created a team with members who could depend on each other. The team's major accomplishment was making it to the state level. There, a big goal for the wrestlers was making it into the top three. Ian Nielsen (11) offered this advice: "Don't think so much, just start doing it"!



## NOE HERNANDEZ

Noe Hernandez (11) was one of the captains and “the king of tricks” for the team. He always had a move he could pull out his sleeve to take his opponent down. “I motivate people, help people out. Just support the team in general and help them learn. It’s a great honor, I’ve been working for two years now and it’s a great privilege. I’m very honored to be the captain of the fine team,” he said. The pride and dedication from Noe is always shown and loved by his team.



## IAN NIELSEN

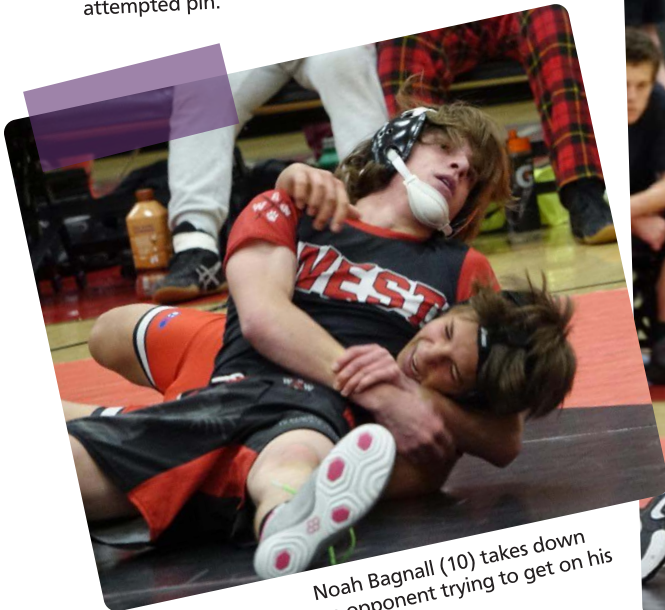
Ian Nielsen (11), another captain, was passionate about his team. “I think it’s the best sport to do,” he said. Ian’s biggest accomplishment was making state in past years as well as making friends. He supported his team and his team supported him, everyone cheered each other on the whole season, wanting “my team to be the best they can be”. The love and care he had for his team allowed everyone to grow and learn.

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**PIN THE OPPONENT**  
Ayden Anderson (11) takes down his opponent in an attempted pin.



Noah Bagnall (10) takes down an opponent trying to get on his back.



Dominic Jones (9) attempts to “sprawl” on top of an opponent.

## LET'S TALK STRATEGY

The team extensively practiced conditions and trainings such as monkey rolls, the reverse gator roll, the double leg takedown and the duck under. To perform a monkey roll, three people are needed: two on each side, and one in the middle. The middle person rolls to one person and then that person rolls into the person on the other side. You repeat this process until someone gives in. A reverse gator roll is grabbing someone’s neck and arm, rolling back, picking them up, and then slamming them. A double-leg takedown is where you grab your opponent’s legs, wrap your arms around them, pick them up, and then slam them. The duck under is where you go under your opponent’s arm and trip them over.