



1. **Listening to authority.** Andrew Cain, 10, takes some tips from the ref. Without guidelines wrestling could get brutal. 2. **Practice run.** David Grubbs, 10, and Ra'ed Samman, 10, walk through some pregame strategies. Better safe than sorry. 3. **Just hangin' out.** David Grubbs, 10, takes a short rest before going back to the mats. The wrestlers get in some serious bonding time. 4. **The lone wrestler.** Ross Patterson, 10, waits for his match to begin.

Moving it up

At a higher pace

By Mandy Hauser

"This is my first year wrestling and it's intense. All my friends are on the team so I am looking forward to competing again next year," Ben Willis, 10

NOT GOING ANYWHERE OVER THE SUMMER, DO NOT PLAY ANY SPORTS DURING THE FALL OR SPRING, OR JUST LOOKING FOR A WAY TO POSITIVELY TRANSFER YOUR ANGER? Maybe you should have tried wrestling. For these boys it was a full-time commitment. They pulled long hours even during the summer, and trained in the off season. As for the anger management parts, there were not any reports of anybody on the team having a problem with that.

Filled with mostly sophomores, this team worked really hard to make an impression. With more wrestlers than weight-classes, it was important for each wrestler to win against one of his teammates so he could get the coveted spot in the tournaments.

"I didn't really get nervous before the meets, I was just more excited about getting started," said Ra'ed Samman, 10.

The guys finished the season strong.

"We only have a little break before we're back in the weight room getting ready for next year," David Grubbs, 10.

In this sport, there is rarely any off- time so the boys have to use it wisely.



Pin him to the mat! Ross Patterson, 10, pins his opponent down. The object is to get the other guys shoulders glued to the floor.



He's out for the count. Named the winner, Kyle Pruitt, 10, pins his opponent. He's got to get this guy all the way down, and off his feet.

