

IS HOW
This WE
DO IT

PRACTICE, MEET, OR TOURNAMENT- WHAT'S ONE ITEM YOU CAN'T FORGET TO BRING?

"Head gear so you can protect yourself from head injuries like concussions that could mess you up and put you out of wrestling for awhile." **Wilson Fran** '23 said.

"With knee pads, it's easier to shoot with, it doesn't hurt your knee as much." **Zachary Stacy** '23 said.

"I need the mouth guard since I have braces. It's a new rule for people with braces to have a mouth guard when they wrestle." **Matthew Stacy** '22 said.

RISE UP. In a bind, **Ishan Vedagiri** '22 and his opponent rush for each other's leg in order to get control of each other. Vedagiri struggled with matt returns and escapes.



YOU BRING ME UP. Grasping both of the Evergreen player's legs with both hands, **William Pham** '24 tries to cut the corner and bring his opponent down to the mat. Pham, who started from scratch, accepted help and critique from the captains and coaches. "They spent a lot of time teaching us different techniques and going over the basics for the beginners," Pham said.

CAN'T STOP ME NOW. Nearly having a fall moment, **Jesus Chavez** '23 arches his back to work his way back into a base. Chavez moved to varsity after he took out all his opponents in a JV tournament. "It's tougher because there's a lot more ranked wrestlers there [at varsity tournaments], but you get a lot more experience," Chavez said.



WINNING

AUAGO NWACHUKWU AND COACH FRANK CHAVEZ- THE DUO THAT WON IT ALL.

I am very grateful that I got to meet a wonderful Coach like you. You taught me the very first move I learned in wrestling and that move brought me to where I am today. I just want to let you know how grateful I am.

You pushed me to my limit this season and brought out the best in me. You were by my corner at all the tournaments, even through thick and thin you were always there for me. You made me do extra sprints, workouts, and I knew all that was for my own good.

YOUR DEDICATION PUT FIRE IN MY SOUL

and gave me a drive to work even harder next season. You taught me about commitment, perseverance, and hope.

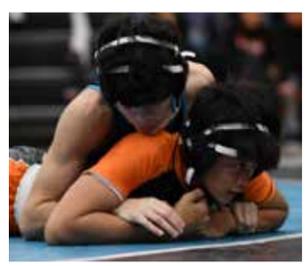
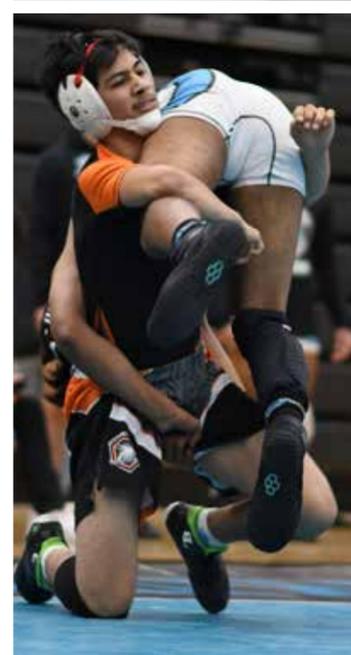
The best moment of my whole wrestling career so far was at State.

Before the finals, we went to the hotel room with the team and you were hungry so you gave us money to buy you pizza. After we bought the pizza, I messed around and got burned by the pizza. So I said, "I'm gonna win State with the pain of my burnt pizza hand." After we went back to the arena, my Coach told me what to do when I got on the mat for the finals match. At this time, I was very confident in myself. Even before all this, **YOU SAID YOU WOULD BE PROUD OF EVERYONE, OF ALL OF US, NO MATTER HOW WE PERFORMED** and that reassured me that I only needed to wrestle smartly. **YOU ARE LIKE A FATHER TO ME**, because you literally treat me like a daughter, as well as us having a very good relationship as a coach and an athlete.

I am very thankful for everything you've done for me.

WE ARE LOOKING FORWARDS TO THE OLYMPICS!

Thanks Coach Frank, from Aduago <3



LET'S WRAP IT UP. The wrestling team works together to roll up the mats to finish off a successful Senior Night. **PC: KAYANNA PHAM**

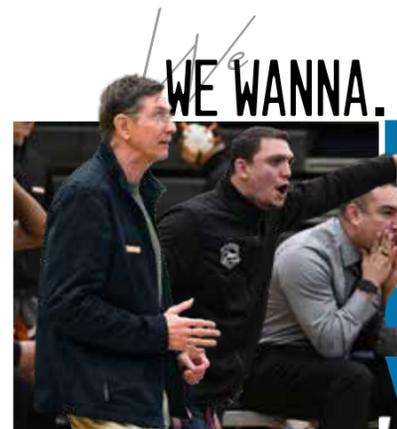
BREAK 'EM DOWN. **Kelani Tumale** '23 applies pressure on her opponent. Tumale came in seventh at the Napa Valley Girls' Classic tournament, but losing first place motivated her to move forward and win at state. "I started looking at how I came in on the brackets-- I wasn't even ranked, I was supposed to lose the first round and be out, so just winning a few of them makes me think that I have a chance at winning at state," Tumale said. **PC: KAYANNA PHAM**

LOCK DOWN. **Calvin Nguyen** '23 lays on his stomach as he tries to break the locks on his wrists in order to work back into his base and hopefully escape or reversal. Nguyen aspired to improve his perseverance and technique. "I messed up because my stamina ran out and I didn't pin him," Nguyen said. **PC: KAYANNA PHAM**

UP WE GO. **Christian Molina** '24 lifts his opponent up in a double leg in order to finish the takedown and earn two points. "Molina has done really well, he's won a couple tournaments. We have some good sophomores and freshmen and juniors still on the team, so we'll be pretty strong next year," **Coach Werner Haag** said. **PC: KAYANNA PHAM**

NO PAIN NO GAIN. **Robert Lee** '20 tries to roll to his stomach in order to avoid being pinned by an opponent from Evergreen. **PC: KAYANNA PHAM**

MY LOVE. **Juliannah Boli** '20 starts riding and pulls her opponent's arm to gain control and break her down. Boli ranked first at CCS and attributed her wins to the team's parents and her coaches-- **Coach Gilbert Ortiz**, **Coach Frank Chavez**, **Coach Werner Haag**, and **Coach Sonia Bern** who added a family element by cooking on tournament mornings and fundraising for the team. "This is a sport where you walk in and you fall in love or you fall out because you sacrifice a lot of things that you want to do because you're so in love with what you do here," Boli said. **PC: CHRIS MORA, @INSIDETHEMAT**

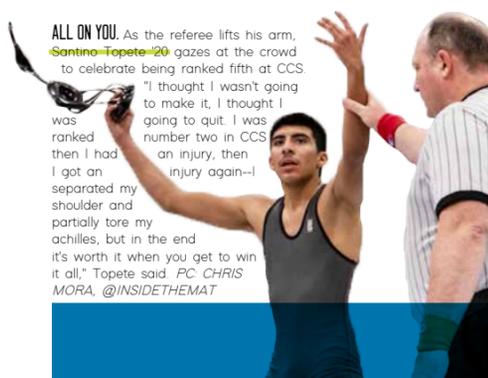


WE WANNA.

COACH WERNER HAAG DESCRIBES THE DIFFICULTIES WITH BUILDING A TEAM UP.

- Q** How are wrestling tryouts different from other sports?
A Well, one of the coaches that used to be here would say "average teams rebuild after their seniors graduate, good teams reload"
- Q** How many people sign up to be on the team?
A Typically we'll start out having 70 people sign up, maybe 30 or 40 will actually come to a practice, out of those, maybe 32 will be on the team when the season starts.
- Q** How do you rebuild a team once seniors leave?
A That means you have the same gun, the same weapon, you just bring the new guys and fill those spots and they perform just as well as the previous team did.

TWO. **Coach Werner Haag**, **Coach Frank Chavez**, **Coach Gilbert Ortiz** yell out "two points" to the referee. **PC: KAYANNA PHAM**



ALL ON YOU. As the referee lifts his arm, **Santino Topete** '20 gazes at the crowd to celebrate being ranked fifth at CCS. "I thought I wasn't going to make it, I thought I was going to quit. I was ranked then I had an injury, then I got an injury again--I separated my shoulder and partially tore my achilles, but in the end it's worth it when you get to win it all," Topete said. **PC: CHRIS MORA, @INSIDETHEMAT**

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