



R O C K F O R D

Competitive Spirit

"The wrestling team this year was a young one, but we did have a bunch of outstanding wrestlers," said Jeremy Koch (12). The captains were Koch, Mark Bertschinger (12), and Nate Holmes (12).

Before the season started both Koch and Bertschinger went to Nice, France, to wrestle on a foreign exchange USA team. It was a great experience, and it helped better their wrestling skills because they "wrestled mostly adults," said Bertschinger.

Wrestling isn't like any other sport at JM. Wrestling takes determination and

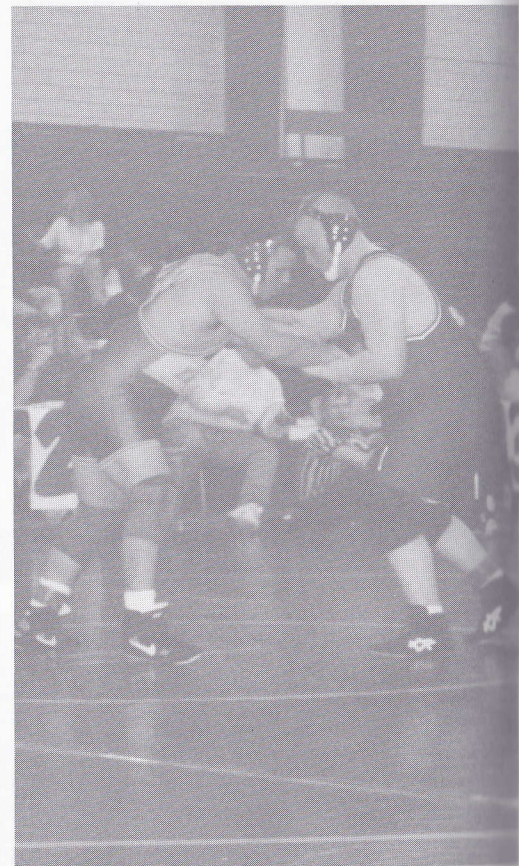
effort, but a wrestler must watch his diet rigorously to maintain his weight. In order to be a good wrestler and be competitive, he has to have the desire and the "animalistic" attitude. It takes more than just after-school practices to be good. Wrestlers must train constantly; after-dinner jogs and dieting are all part of a wrestler's desire to win.

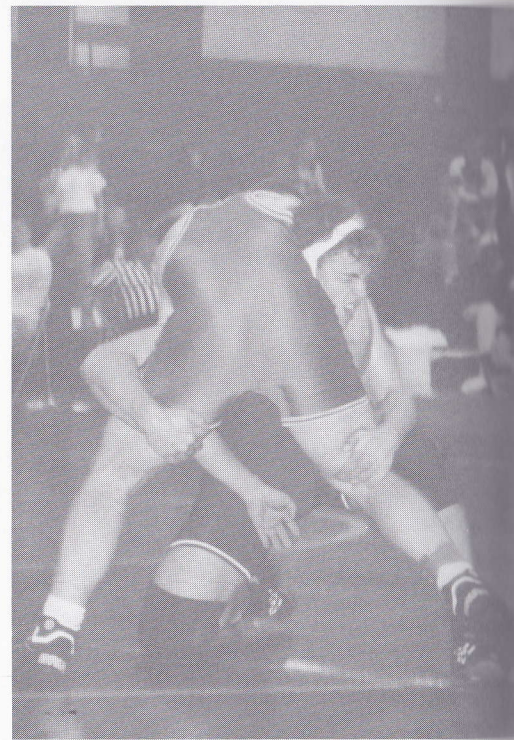
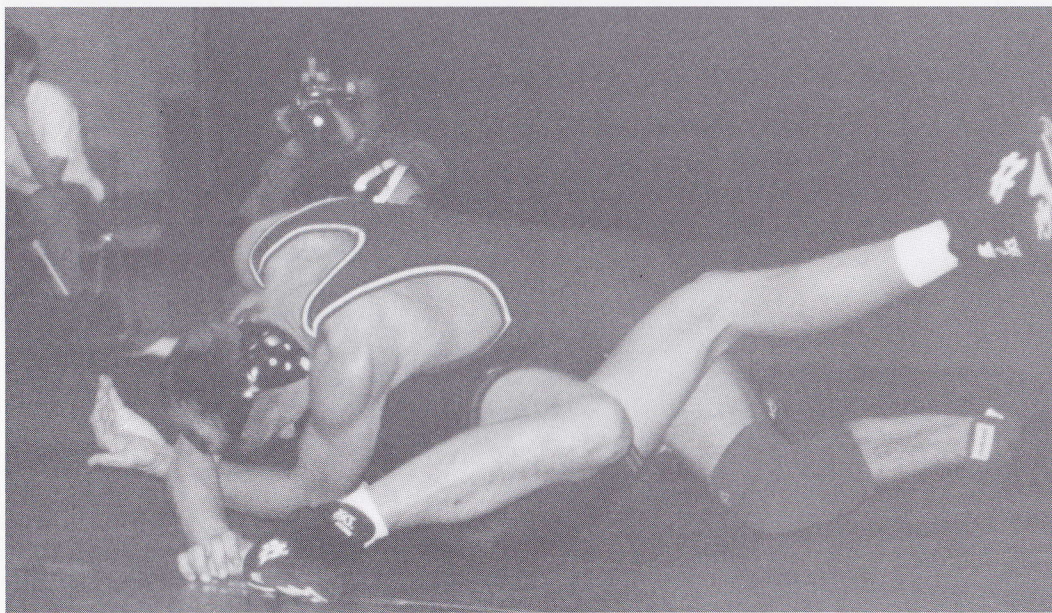
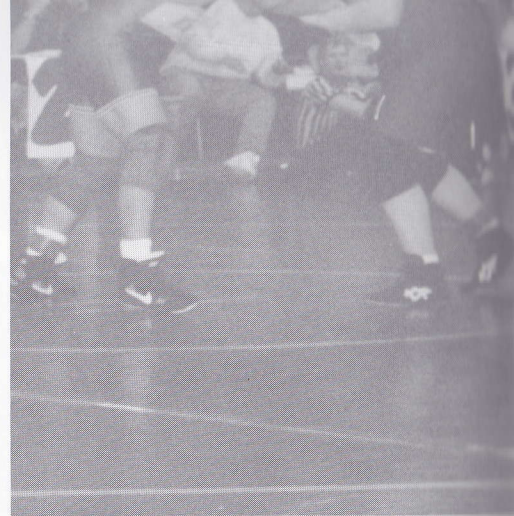
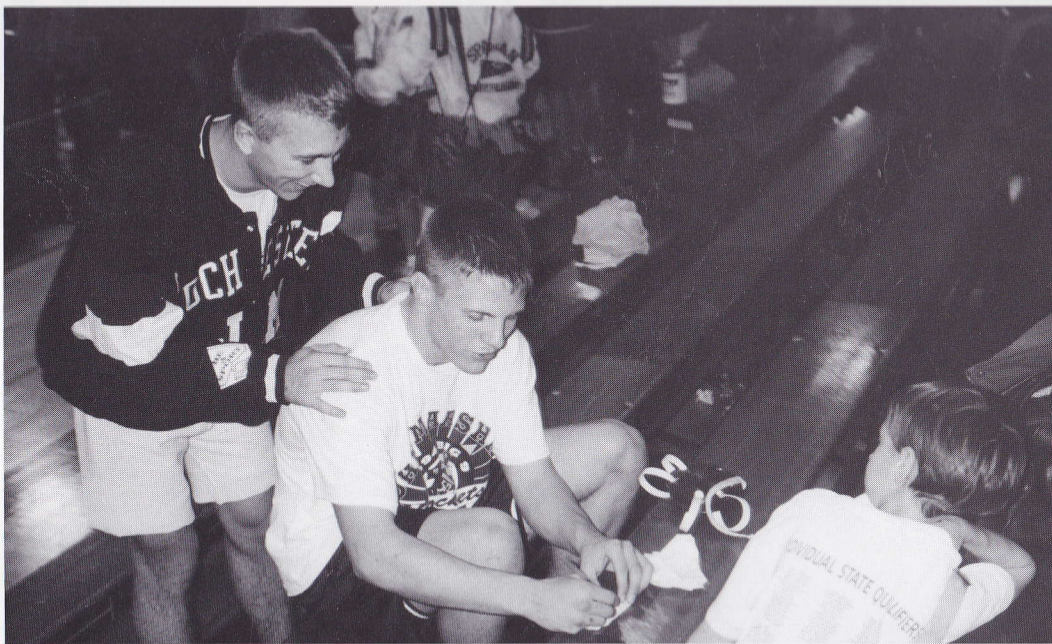
The season ended with an outstanding performance at the state tournament by Mark Bertschinger. He finished 2-2 in the 160 lbs. weight class.

by Chad Onsgard

↓ Sophomore Tripper Povar tries to overpower his opponent in the heavy weight division.

photo by Julie Golla



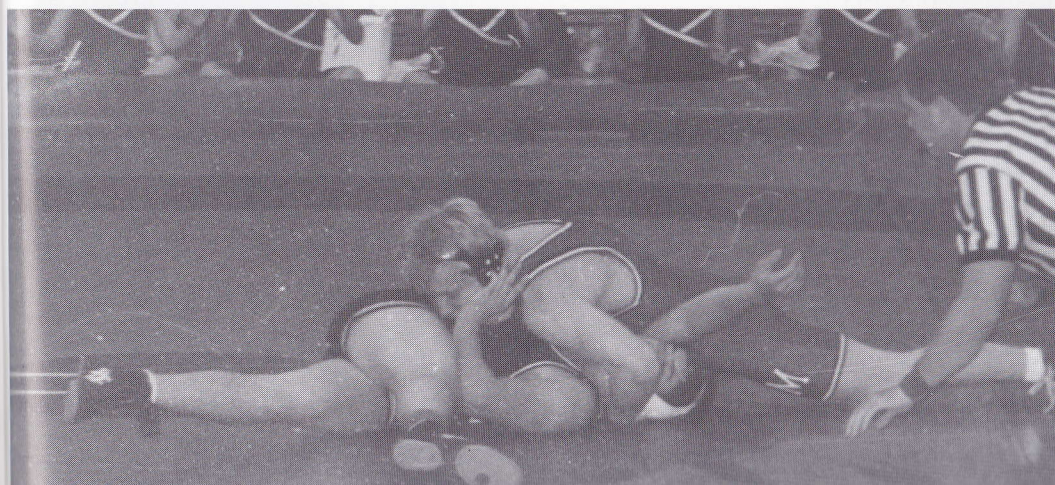


↑ Jeremy Koch (12) struggles to pin his opponent at a home meet. For a wrestler to make a successful pin, both of his opponent's shoulders must touch the mat.
photo by Julie Golla

↑ Josh Schneider (11) gets in position to throw a move on his Eagan opponent.
photo by Julie Golla

↑↑ After a match Nate Holmes (12), with Jeremy Koch (12) looking on, takes time to appreciate his fans and sign an autograph.
photo by Julie Golla

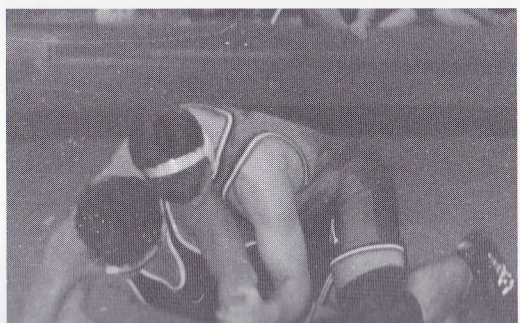
Wrestling. Front Row: C. Griffin, A. Davis, L. Kappesser, V. Duangdom, S. Eaton, K. Siebert. Second Row: A. Kuisle, T. Povar, J. Koch, J. Schmidt, C. Su, J. McLaughlin, J. Schneider, N. Holmes, Coach D. Burkman. Third Row: S. Covarrubias, K. Snyder, C. Snyder, J. Schnieder, T. Carman, H. Nguyen, J. Allen, A. Conway, S. Witter, Coach M. Kuisle. Back Row: S. Friedt, R. Erdmann, D. Reynolds, P. Priebe, J. Eggert, C. Muller, M. Bertschinger, B. Van Oosbree.
 photo by Elle's

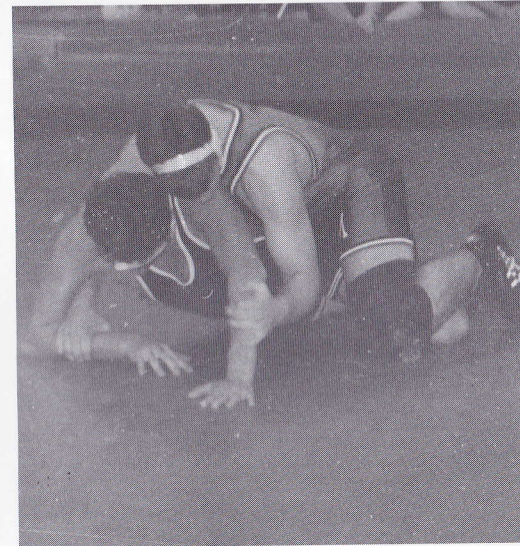
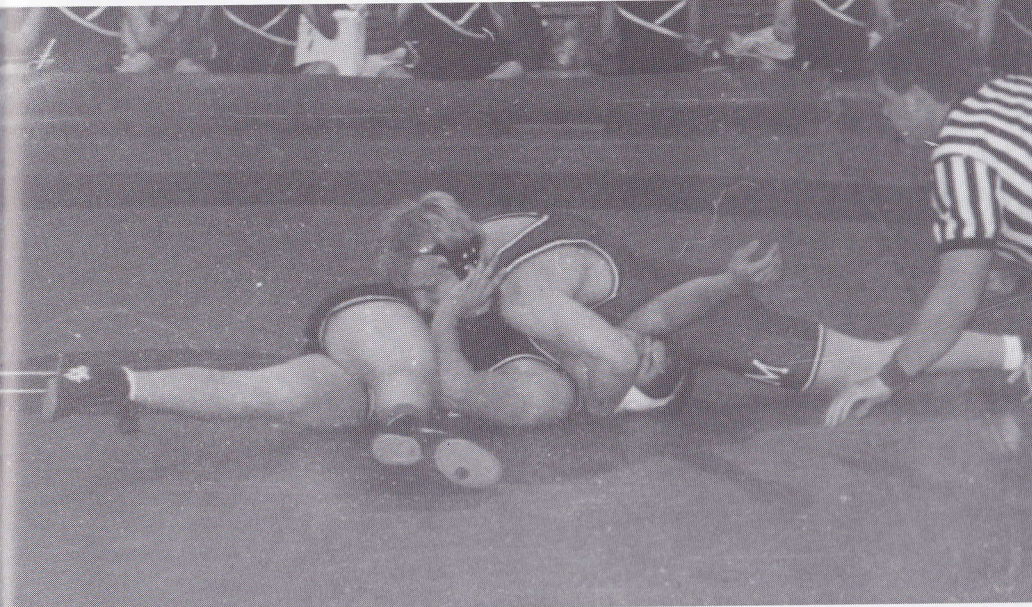


WRESTLING

11-12

Opponent	Score
Rochester Invite	2nd
Winona	W 39-26
Fairmont Invite	2nd
Austin	L 30-37
Fairmont	W 39-27
Cresco, Iowa	L 27-41
Owatonna	L 18-43
Mankato East	W 47-14
Farmington Invite	6th
Mayo	W 36-24
Stewartville Invite	6th
Mankato West	W 34-24
Faribault	L 15-46
Janesville	W 31-23
New Prague	L 26-29
Albert Lea	L 19-39
Apple Valley	7th
Sections	L 26-29





↑ Sam Witter (12) tries to flip his opponent. It is important for a wrestler to have good position in order to win the match.
photo by Julie Golla

← ↑ Taking advantage of his opponent's weaknesses, Mark Bertschinger (12) moves in for the pin.
photo by Julie Golla

← Nate Holmes (12) is in action trying to out muster his opponent.
photo by Julie Golla

