



...When we're grappling

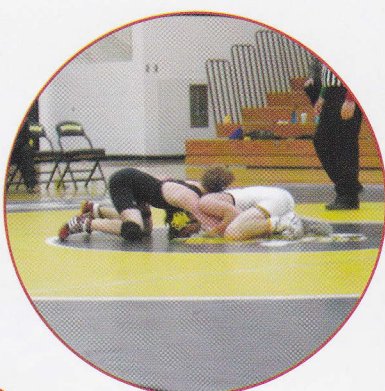
WRESTLING



First Row: Nickita Woltman (9), Megan Swayze (9), Austin Giordano (7), Tim Vanderwiell (7), Garrett Steiger (11), Charlie Stellpflug (9), Nathan Evan (7), MiKayla Herrick (12) Row 2: Josh Borth (10), Ryan Williamson (8), Jacob Bosshart (9), Brett Vanderwiell (9), Ryan Galvan (11), Tim Morre (7), Jon Comisky (9), Juan Canales (9) Row 3: Tyler Lande (11), Paul Johnson (11), Kyle Frazier (11), Alex Evan (10), Josh Waldee (12), Tylor Giordano (11), Matt Borth (12), Luke Robison (11), Marshall Richards (10) Row 4: Coach Kaupa, Coach Giordano, Coach Ties, Cole Swanson (10), Pen Maclin (11), Jared Shcuster (11), Ian Naatz (11), Coach Parlin, Coach Robison, Coach Woltman

Photo By M. Herrick

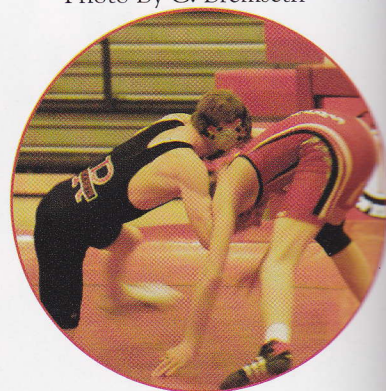
Photo By C. Bremseth



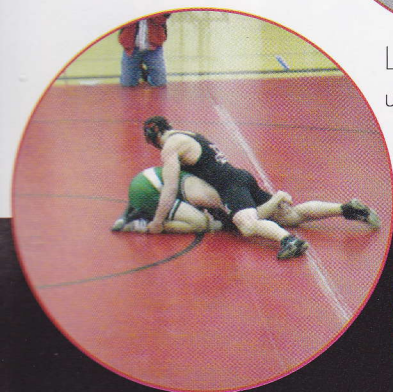
Luke Robison (11) locks up his opponent



Josh Waldee (12) pins his opponent

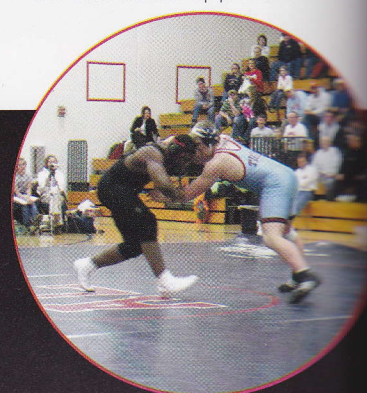


Garret Steiger (11) puttin' the hurt on his opponent.



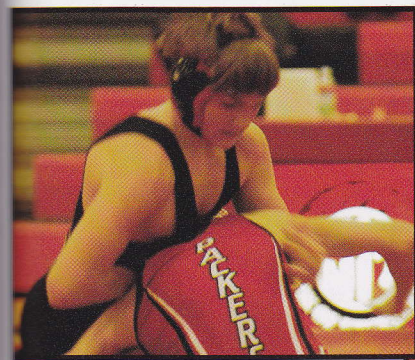
Taylor Giordano (11) sprawls out to defend a takedown.

Pen Maclin (11) clenches his opponent working for a take down.

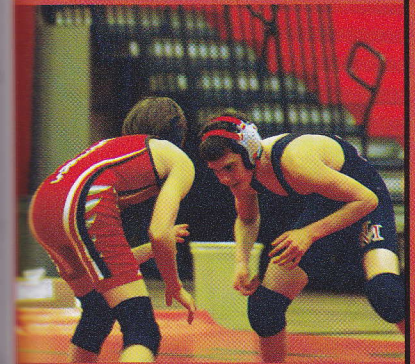


For four months out of the year a group of elite JM athletes dedicate a large portion of their lives to the sport they love. The 07-08 John Marshall wrestling season was one to remember. This season the team was faced with many challenges but with their hard work and dedication they were able to overcome them. This year the team had its first season with a new head coach, Brian Parlin. This year the team followed the lead of veteran, senior captains Matt Borth and Josh Waldee. Three of JM Wrestling's finest found themselves ranked among the best in the state this season. Senior captain Josh Waldee was ranked second in the state at 189 lbs and achieved his 100th career win this season. Junior Garret Steiger was ranked fourth at 119 lbs and represented the Rockets in the state tournament. Junior heavyweight Pen Maclin was ranked ninth in the state at 285 lbs. The team worked incredibly hard all season, which began with captain's practice in November and ended in the section/state tournament in February. Wrestling is a sport dominated by strong work ethic, as well as mental and physical toughness. Not only are these wrestlers challenged in tough practices everyday, but then are faced with the pressure of making weight week after week. Wrestling is not just a sport; It's a lifestyle. A lifestyle that takes total dedication to become successful. The wrestling boys are some of JM's most serious athletes, and we should be very proud of each and every one of them for the excellence they've displayed on and off the mat this season.

Photo By C. Bremseth

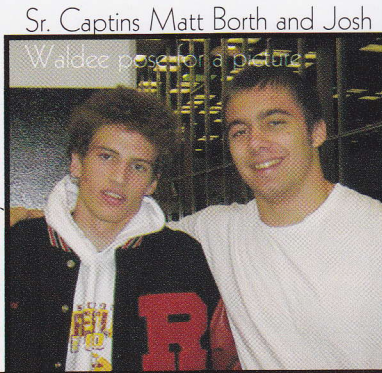


Ryan Williamson (8) taking control and rolling his opponent



Jacob Boschart (9) stalks his opponent going for a takedown.

Photo By M. Herrick



Sr. Captains Matt Borth and Josh Waldee pose for a picture

Scoreboard

Rochester Duals	JM	Opp.
Stewartville L	31	39
Grand Meadow L	21	49
5th Place		
Byron L	24	45
Lakeville South W	45	33
Dover-Eyota L	30	42
Hayfield L	33	40
Winona W	54	6
St. Charles Duals		
Lewiston-Altura L	27	38
St. Paul Central W	83	0
St. Paul Highland W	57	21
Saint Charles W	54	21
Rochester Tri-Meet		
Century W	42	25
Mayo W	42	33
Chris Flanagan Invitational		
4th Place		
Mankato East L	34	39
Mankato West L	28	41
Austin L	34	41
Henry Sibley Invite		
4th Place		
Owatonna L	13	58
Faribault W	35	31
PEM L	22	53
Cannon Falls L	32	38
La Crescent W	56	20
Montgomery L	24	54
Albert Lea L	7	63

TAKE FIVE WITH COACH PARLIN



What's your favorite part about coaching?

Being around students and teaching them how to be a better wrestler. It's fun to see athletes improve and to show them that hard work pays off.

What's been the biggest accomplishment in your wrestling career?

I'm proud about going to state 3 times in high school, but probably my favorite moment was going to state with my brother when I was senior and he was a 7th grader.

For you what was the highlight of the season?

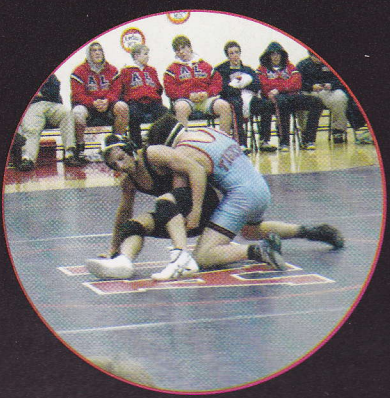
Winning the Rochester Tri by beating Mayo and Century, and advancing to the Section 1AAA semi-finals. Beating Austin, my alma mater.

Any words of wisdom or personal philosophy?

Take advantage of opportunities given to you. Don't be afraid to go after something you love. It will take you a long way in life. Be smart and think before you act.

What is a typical practice like for a JM wrestler?

We get a good warm up in with some tumbling drills to loosen up. It's nothing like the gymnastics team, but we make them do flips and cart wheels everyday. After that we drill moves that we've gone over. The rest of the practice is usually spent showing new technique and wrestling live. Sometimes we'll do some cardio towards the end of practice. Sometimes we'll play some dodgeball.



Josh Borth (10) works a reversal from the bottom to regain control.