



# Captains



Cole Swanson (12)



Isaac Levorson, Hayden Herzog, Dami Adebayo, Cole Swanson, Alexander Evan, Timothy Moore, Joshua Borth, David Gallardo, Marshall Richards, Alexander Galvan, Alexander Brown, Makayle Brennan, Ryan Williamson, Austin Minea, Mark Jorgensen, Charlie Stelpflug, Seth Scott, Jacob Bosshart, Britney Roberson, Brendan Mulvey, Andrew Moore, Dontorrie Chatman, Nathan Evan, Tim Vanderviel, Nick Borth, Dallas Kennedy, Carter Williamson, Tony Latwesen, Nickita Woltman, Keatton Steiger, Austin Bishop, Jorge Lopez, Connor Smith, Adam Herzog, Kenny Maclin, Austin Giordano, Jeffrey Laive



Alexander Evan (12)



The varsity boys warm up before a match against Mankato West (above)



## Q and A

with Captain Cole Swanson

1. When did you start wrestling?  
"First grade. I pinned the first kid I ever wrestled."

2. What is your favorite part of wrestling?  
"The conditioning. It keeps me in shape."

3. What is the most difficult wrestling position?  
"I'm not very strong on my feet."

4. When and where was your best wrestling match?  
"Last year at sectionals. I beat a guy I lost to earlier in the season."

Opponent	Score
Mankato West	33-36 (L)
Fairbault	33-37 (L)
Austin	25-48 (L)
Mankato East	52-28 (W)
Albert Lea	9-64 (L)
Byron	33-42 (L)

# Wrestling

When most people think wrestling, they only think of two guys rolling around on a mat covered in their own sweat, but there is more to the sport. When you sign up to be a wrestler you are kissing your right to eat what you want, when you want, good bye. The dietary habits of wrestlers are complex and at times a little ridiculous. Wrestlers must keep their weight under control all season whether it means pigging out or not eating at all. If a wrestler has to go up or down a weight class it sometimes means that they have to go up or down five pounds. Something the wrestlers have to look forward to is the days when they have a match. This means that they get to weigh in and then shove their face before they go out to wrestle. So next time you go to a wrestling match don't think that the sport is just two guys rolling around on a mat covered in their own sweat. There is more to being a wrestler than most people think.



Interview with  
Coach Brian  
Padin

Q: Did you wrestle in high school?

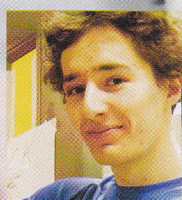
A: "Yes for five years in Austin."

Q: Did you win any awards?

A: "I went to state three times"

Q: What is your favorite wrestling move?

A: "The tuck under"



Interview with  
Sen10r Mark  
Jorgenson

Q: When did you join wrestling?

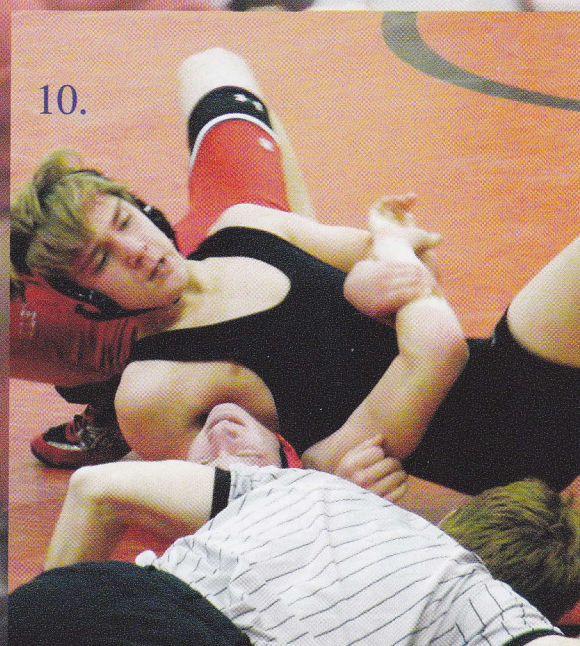
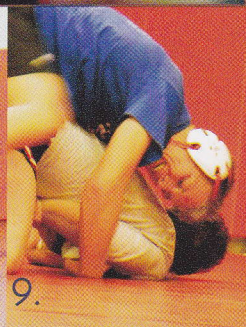
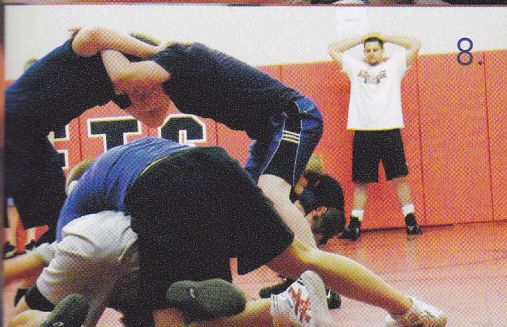
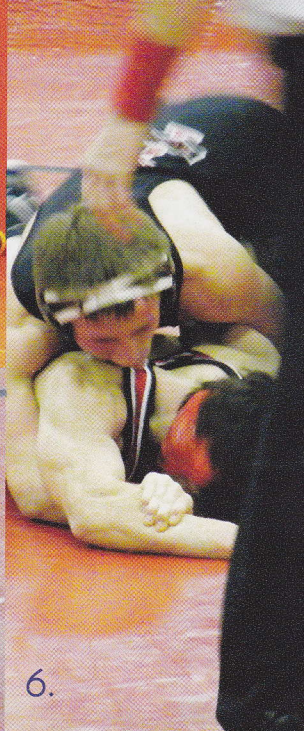
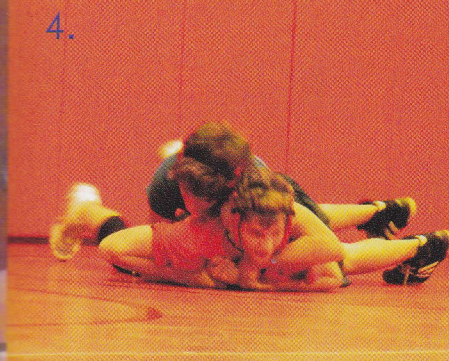
A: "In ninth grade"

Q: What is your favorite thing to eat before a match?

A: "Mandarin oranges with chop sticks"

Q: How long have you been wrestling?

A: "Three years"



Nathan Evan (9) just before he pinned his opponent from Mankato West.

1. Makayle Brennan (9)
2. Carter Williamson (8)
3. Damilola Adebayo (10)
4. Carter Williamson (8) Nick Borth (8)
5. Hayden Herzog (9)
6. Tim Moore (9)
7. Marshal Richards (12)
8. Alex Brown (9) Seth Scott (11) Tim Moore (9) Alex Even (12)
9. Alex Evan (12) Tim Moore (9)
10. Nathan Evan (9)

