

CONNECTIONS



Smelly clothes?

Dieting, hard work, and smelly clothes are part of the rigorous training that the JM wrestling team goes through.

The wrestling team's season was not quite as successful as it was in the past. They lacked a lot of experience and they also had to leave spots unfilled on the varsity level.

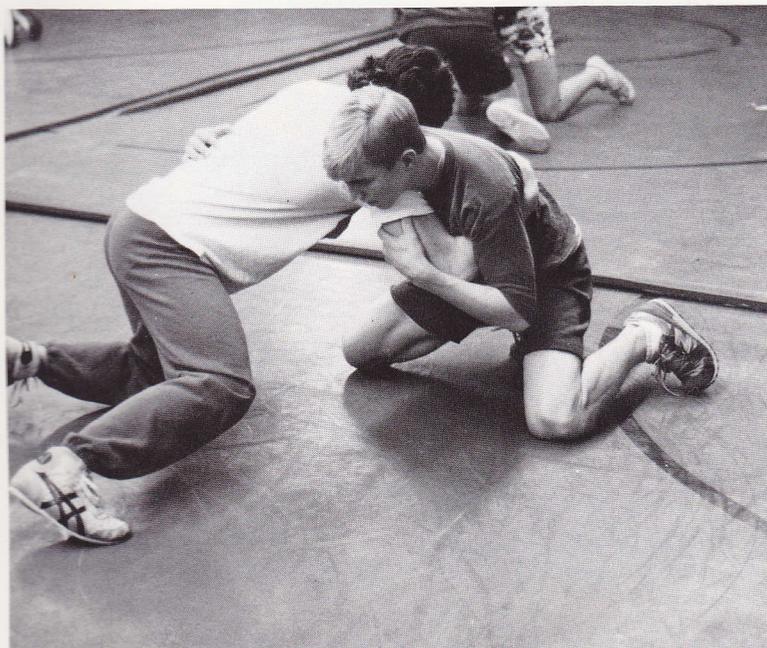
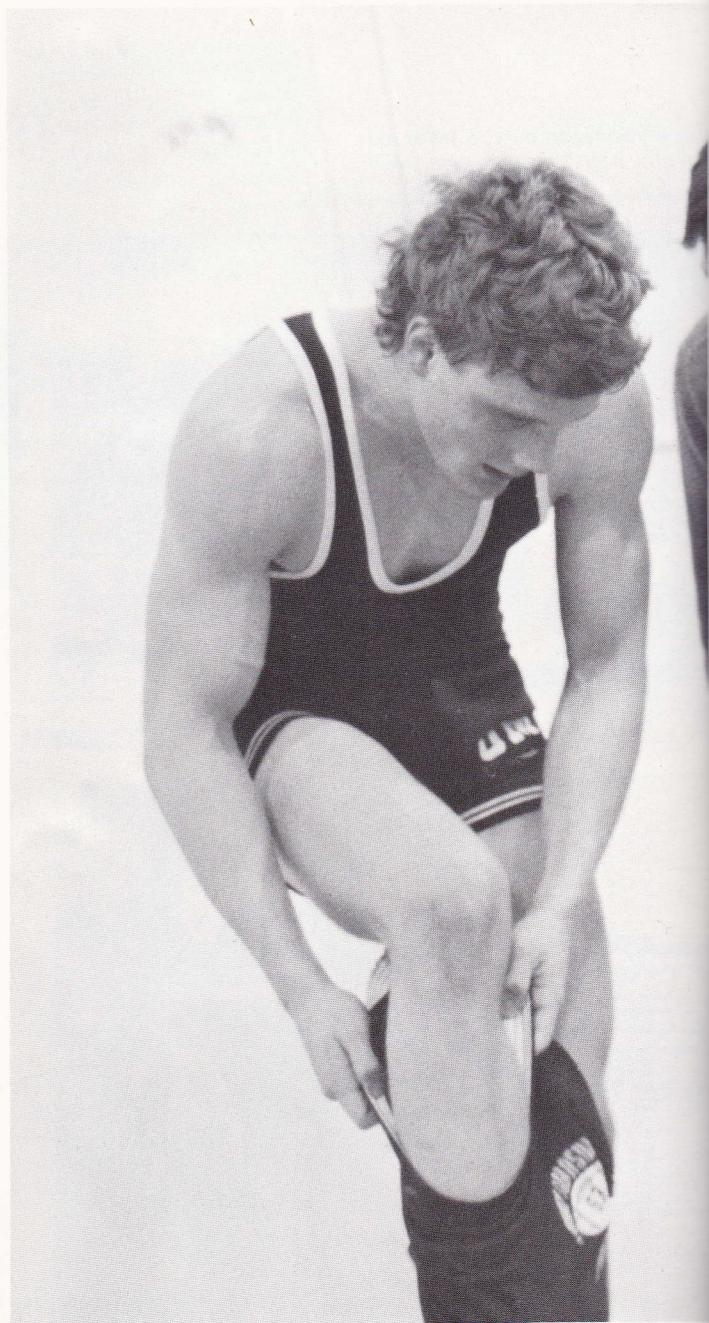
New coach Dan Hayes worked the team more on technique than on conditioning. This was a new style for the team due to the fact that old coach Dean Jeagar loved to run the team to death. "Coach Hayes cares about us and was fun to hang around with" says Ron Fite(9).

JM finished seventh at the Rochester invitational and sixth at the Burnsville invitational in which Steve Larson(12), at 155 pounds, finished first, and Joe Miller(11), Jeremy Philo(11), and Danny Larson(9) all finished third. They had four in the final and all four came out with the victory. Although their only

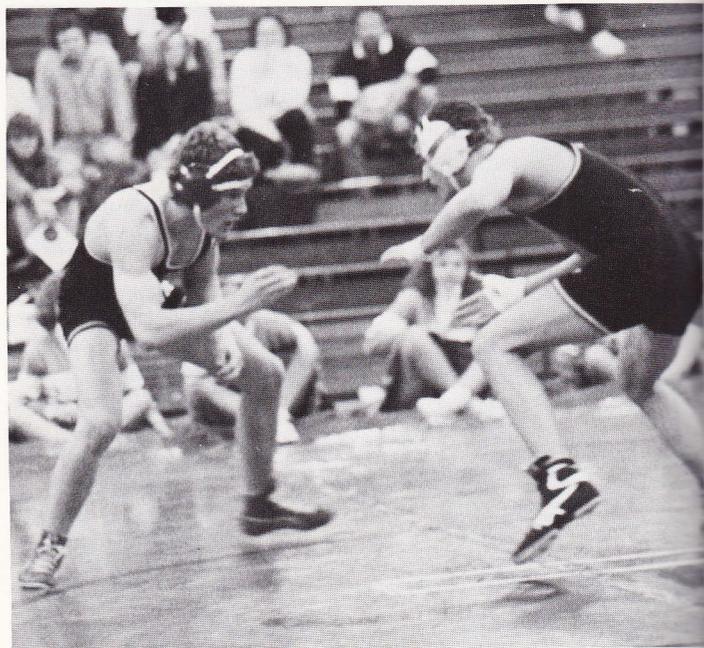
team wins were against Mayo, Edina, and Lourdes they feel excited for next year's competition.

They don't just work hard during practice, but after dinner jogs and starvation diets are part of their training. Steve Larson(12) and Joe Miller(11) are the two captains who encourage their team members to develop an animalistic desire to win. Paul Oelfke(11) exclaimed that "it hardens you into a machine that cannot be broken!" Their coach never "got into the pain", but enjoyed watching the captains dish it out.

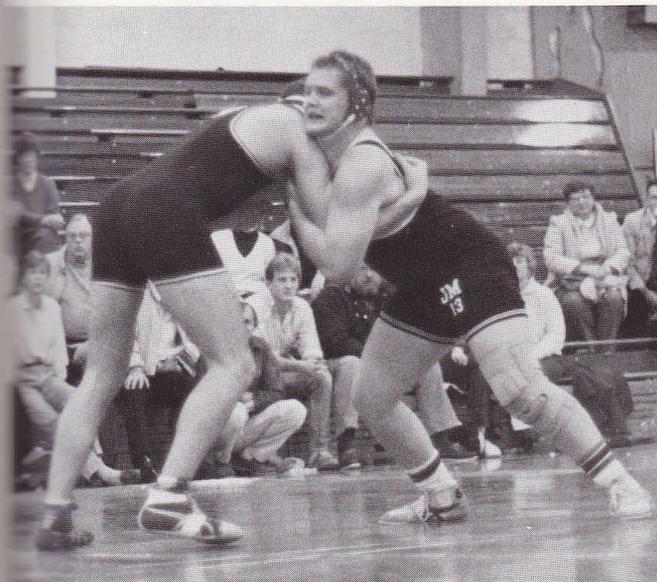
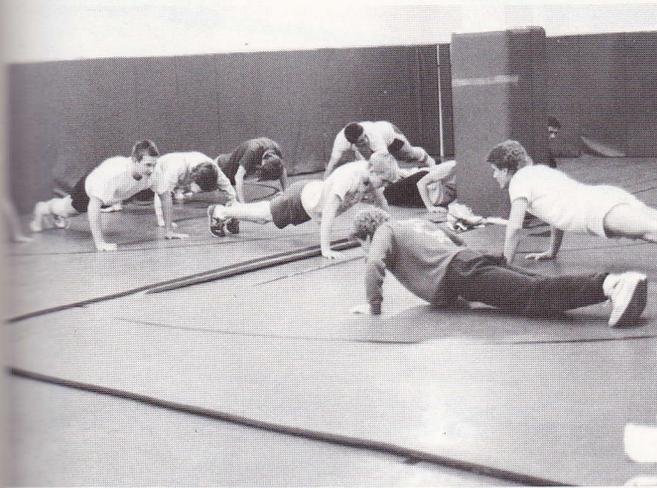
People are getting hurt all the time in one way or another. Some with scars on their faces, some with pulled muscles, and some becoming very depressed. The trick is to keep working hard and to win important matches; that makes you feel like you can do anything, and then it's all worth it. — Shane Decker and Joe Miller



Steve Larson(12) (left) Prepares to make a move against his opponent. (JL)



Grant Olson(11) battles with a teammate during a wrestling practice. (JL)



JM wrestling team works hard doing push-ups. (JL)

Battle of the Buldge shown here as Ty Lange(12) sets up a throw. (JL)

"Water, water!" Tim Morris(8) takes a much deserved drink during a meet (JL)



Steve Larson(12) settles down after a victory. (JL)