

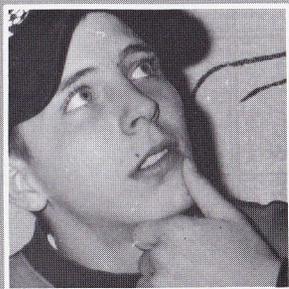


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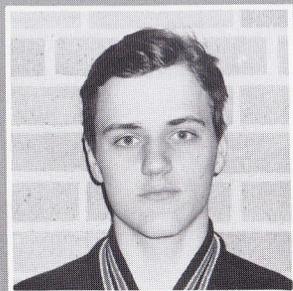
R O C H O R D

Wrestling

How do you maintain a constant weight throughout the entire season?



Tony Carman(10) "I wrestle hard in practice, and if I'm still over weight, I'll stop eating just to make weight."



Josiah Schneider(10) "I totally cut down on fast food, and I only try to eat grains and fruits."

Take It To The Mat

Amy Davis

Wrestling is unlike any other sport at John Marshall. Each wrestler has to maintain a strict diet to keep his certified weight. He cannot go over this weight or he will not be able to wrestle in his weight class. Keeping weight is hard work sometimes. "I would like to be able to eat whatever I want, whenever I want; but when weigh-in is close, I have to really cut down on what I eat," said David Scranton (12).

Even though wrestling is a team sport, wrestlers can achieve on an individual basis. A wrestler can win his own match, but the team could lose the meet if the majority of the matches are lost. Even though the sport is more individual than a team, wrestlers have to work together to win the meet.

Unlike last year, the majority of this year's wrestlers were underclassmen. Sophomores dominated the squad, while there were only three seniors. There were many outstanding wrestlers

this year. As Tony Carman (10) put it, "We had so many strong individuals this year. Many of the sophomores, especially Pat Preibe (10) and Josiah Schneider (10), really improved from last year and helped out the team in a great way."

The season started out with rigorous workouts, special diets, and pep talks by the two senior captains, Josh Schneider and Kyle Snyder. One of the most memorable moments of the season was the JM/MAYO meet on December 15. It was thought the game would be close; if JM won, it was going to be by a close margin. They did win; but to everyone's surprise, the win was by a huge margin (45-16). David Leos (11) walked on to the mat for the first time in two years, and in the third period he pinned his opponent. Scott Snyder was 0-5 against his 4-0 opponent; he won by major decision. This was the eighth year in a row that John Marshall beat Mayo.

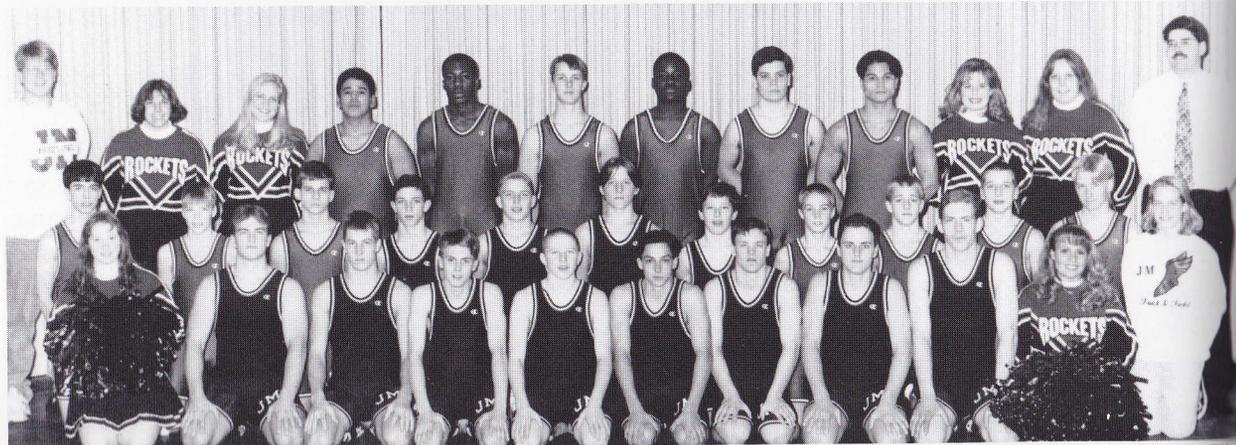
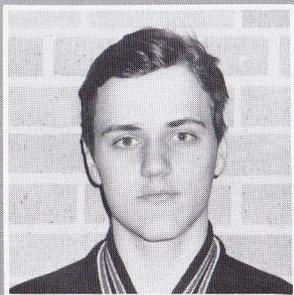


Photo by Elle



Josiah Schneider(10) "I totally cut down on fast food, and I only try to eat grains and fruits."



Kyle Snyder(12) " I work extremely hard in practice, and I watch my diet carefully. I make sure that I cut down on food just before weigh-in."

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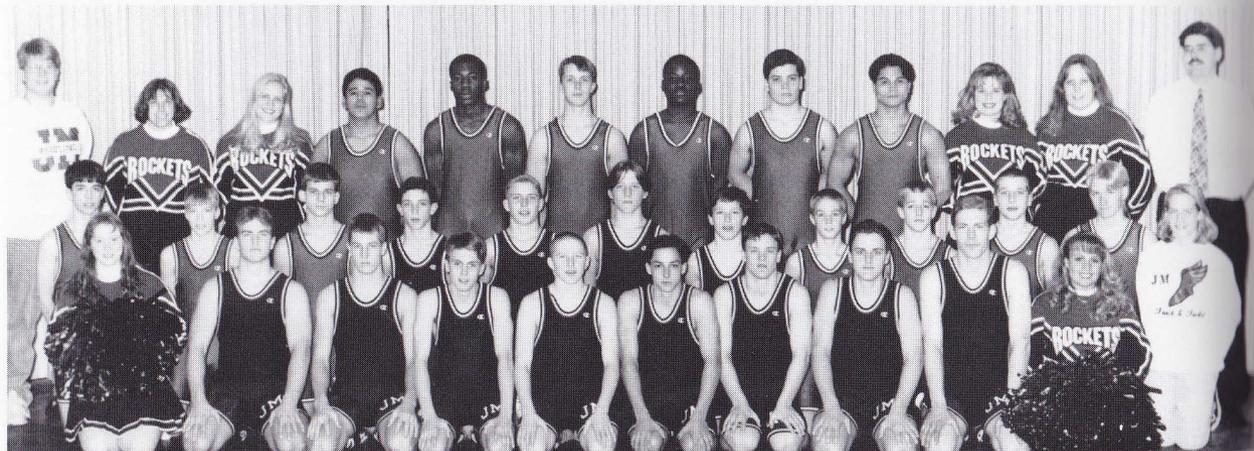


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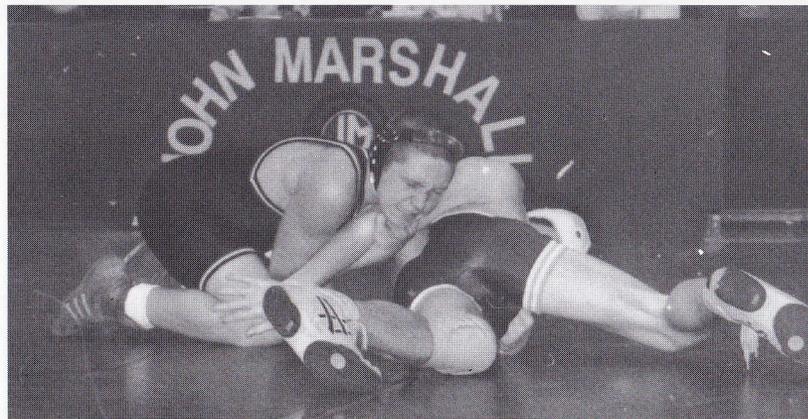


Photo by Amy Davis

▲ Pat Preibe (10) struggles to flip his opponent over to set him up for a pin. Pat's dad helped coach the team this year.

▲▲ Wrestling. Front Row: A. Kuisle, J. Schneider, S. O'Reilly, D. Reynolds, P. Priebe, K. Snyder, J.Eggert, J. Schneider, D. Scranton, W. Tucker. Second Row: B. Underwood, S. Blakstad, J. Erdmann, R. Maxwell, T. Carman, J. Jirsa, M. Priebe, B. Derby, N. Jenson, A. Friedt, H. Holmberg, Manager A. Carman. Third Row: Asst. Coach D. Burkman, C. Endicott, N. Benson, S. Covarrubias, L. Livingstone, D. Muller, D. Pierre, J. Allen, D. Leos, A. Davis, H. Wesely, Head Coach M. Kuisle.

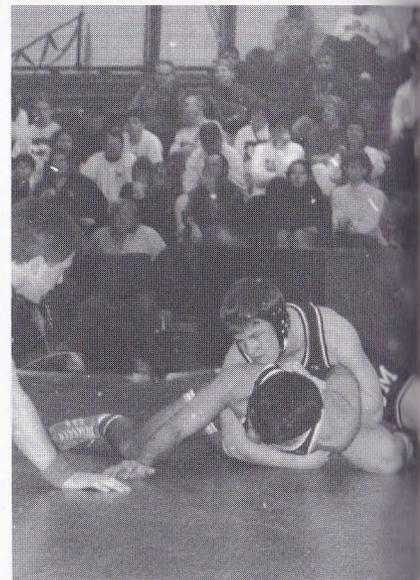
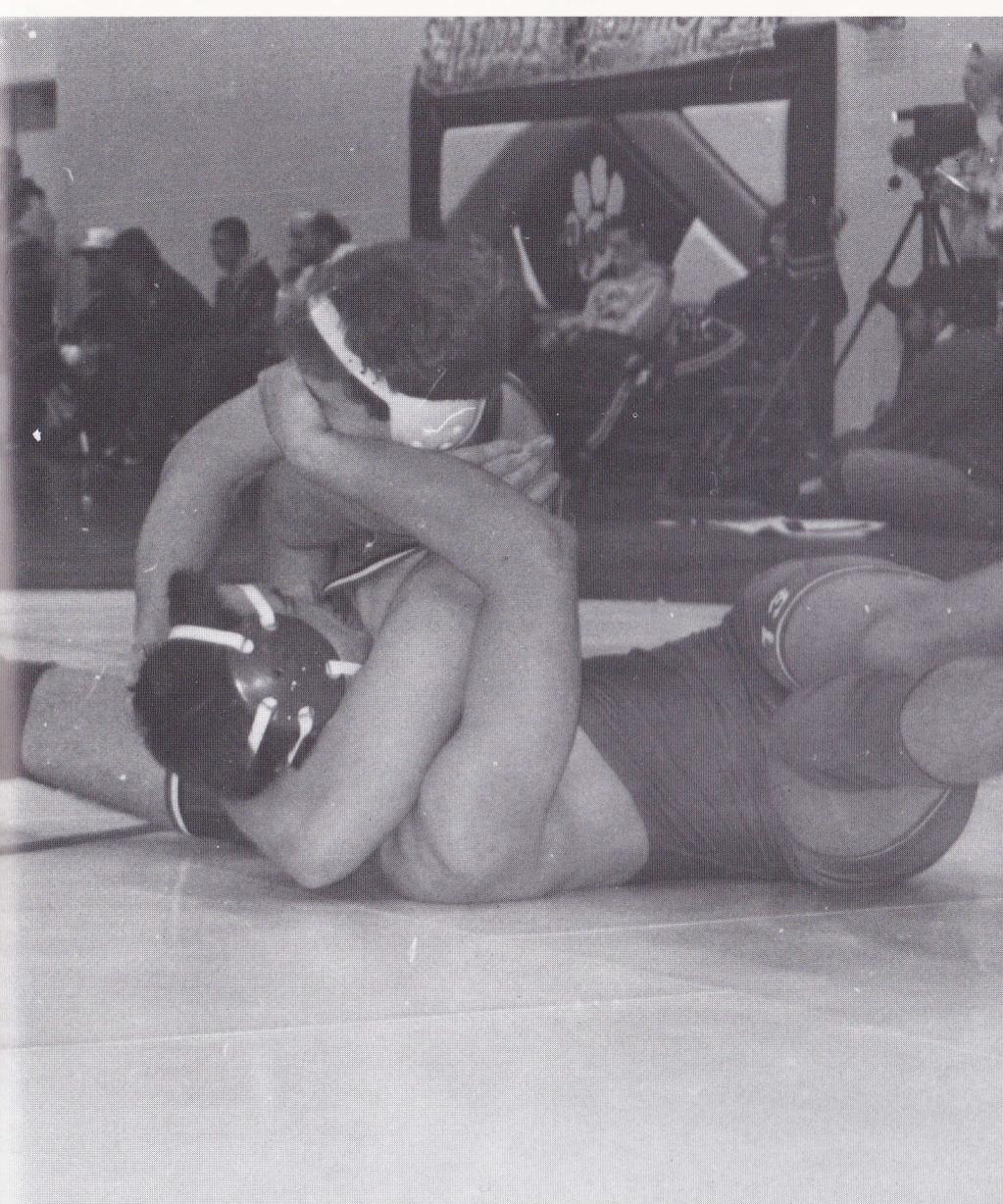


Photo by Amy Davis

▲ With the referee watching closely and the seconds ticking away, Jason Eggert(10) attempts to score.



◀ Sometimes wrestling can get you in some twisted situations as Josh Schneider (12) shows. Josh was trying to pin his opponent and within a minute, he succeeded, giving six points to the team.

Wrestling

	<u>JM</u>	<u>Opp.</u>
Chatfield	21	41
Stewartville	37	32
Mayo	33	27
Austin	31	26
Crsko	9	54
Mayo	45	16
Mankato East	47	23
Redwood Valley	44	17
Fairmont	30	35
Mankato West	21	30
Winona	34	42
Rosemount	30	30
Shakopee	31	34
Northfield	18	52
Montevideo	21	50
White Bear	40	29
Sibley East	24	36
Albert Lea	12	57
Riceville	33	35
DoverEyota	23	43
Minneapolis Rosevelt	54	24
LeCenter Cleveland	39	26
Faribault	15	45
St. Paul Como Park	44	22
Mankato East	51	19
Owatonna	9	51
Rosemount	36	28
Owatonna	3	63

Photo by Amy Davis

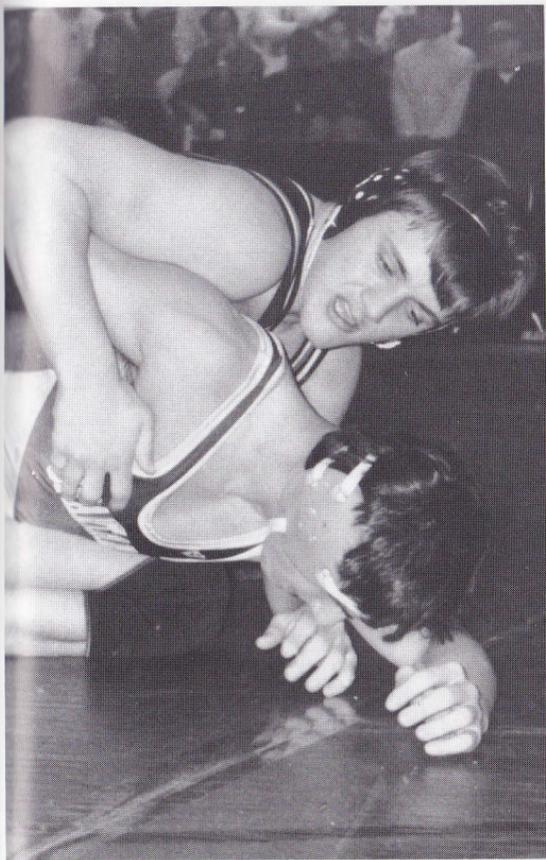


Photo by Amy Davis

▲ Josiah Schneider (10) concentrates hard to gain control of his opponent, hoping to take him down. A take down would give him two points and help him set his opponent up for a pin.



Photo by Amy Davis

▲ Kyle Snyder (12), one of this year's co-captains, faces his opponent in a tough match which he won by decision. Due to a leg injury, Kyle spent part of the season watching rather than wrestling.