



Painting a new picture

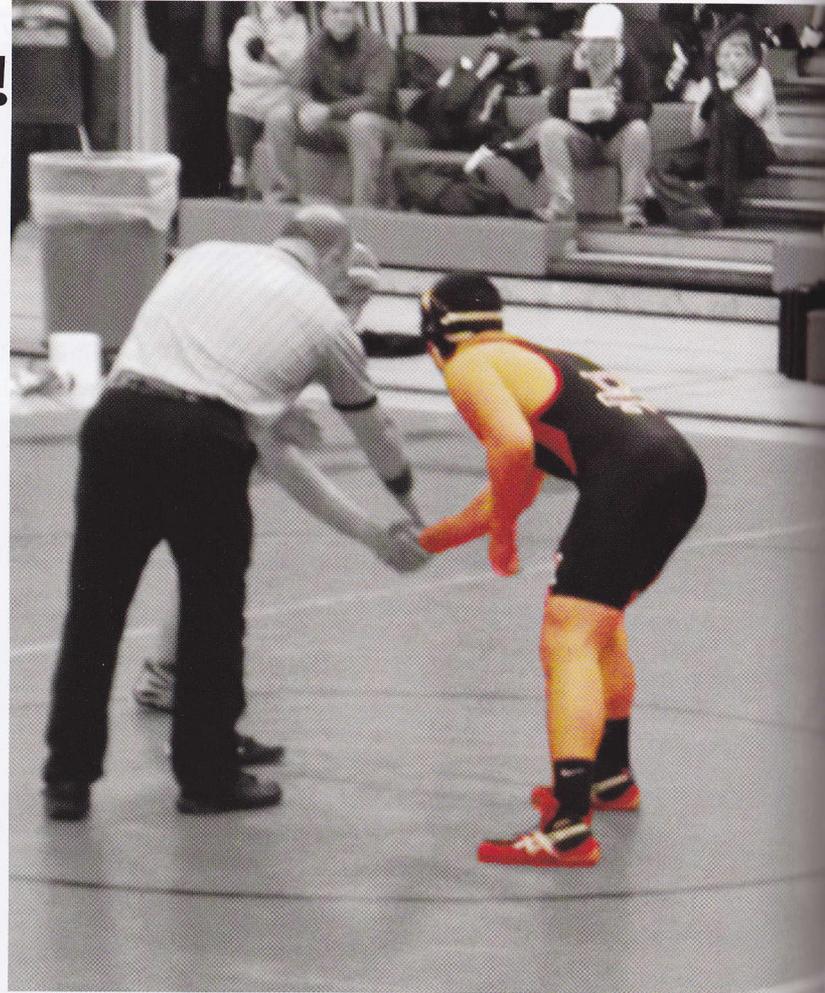
# Taking it to the Mats!

"The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart."

Dan Gable

When most people think of wrestling, the usual first thought is about how grueling the practices are and how much the wrestlers endure. The wrestlers themselves instead focus on how **rewarding** the sport itself is. This season the Rocket Wrestling team showed how big their **hearts** were with impressive showings at all of the meets, especially during their in-city tournament. They showed that hard work and **dedication** pays off at the All-City Triangular meet where they slammed down Century and Mayo, winning 1st place! They also reminded the alumni wrestlers how to "**Tame** a Panther", "**Slay** a Spartan", and show true Rocket Pride. With elite teams grappling in the Big 9 competition, there was more **motivation** to train harder and put all their hearts into the season.

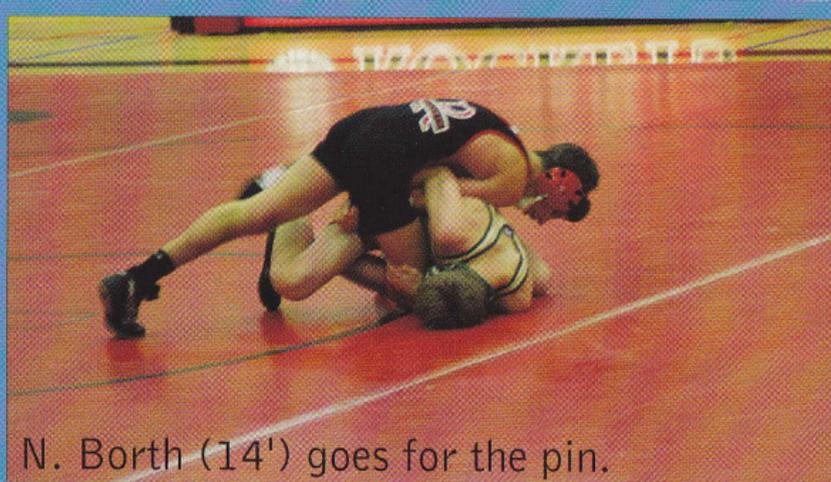
**Training** harder and giving it their all, they could reach their team goal of getting 3rd in Big 9. They had ups and downs but they will always remember getting 1st in the All-City Triangular over Century and Mayo. The Rocket wrestling team has **confidence** in themselves that they can be the best; they showed this throughout the **season**. The JM wrestlers will always remember this season by all the Rocket **Pride** and confidence they had this year.



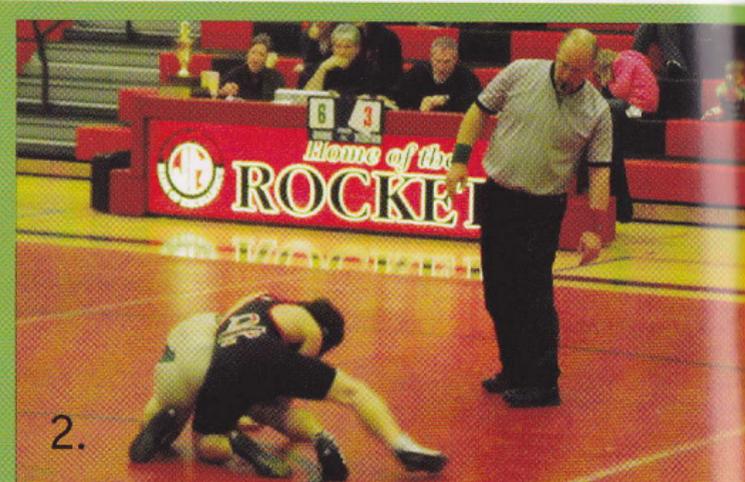
1. H. Kaltak (14') grapples with an opponent.
2. A. Latwesen (13') cradles an opponent.
3. Coach talks to the team in between matches.
4. J. Bosshart (11') takes down a Mayo wrestler.
5. H. Kaltak (14') talks to his coach after the period ends.
6. M. Brennan (13') waits for the match to begin.
7. R. Just (14') is about to start his match.
8. A. Minea (12') circling his opponent.



1.



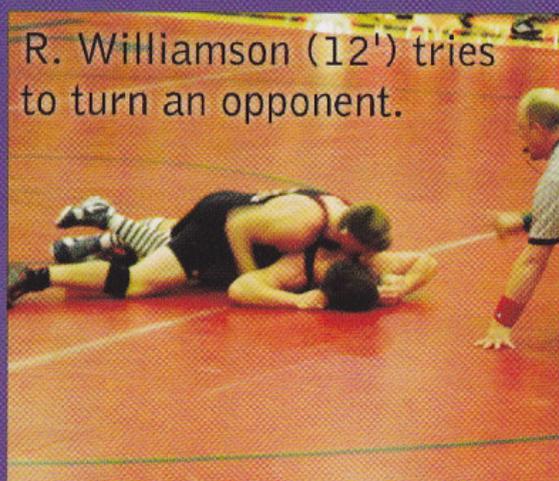
N. Borth (14') goes for the pin.



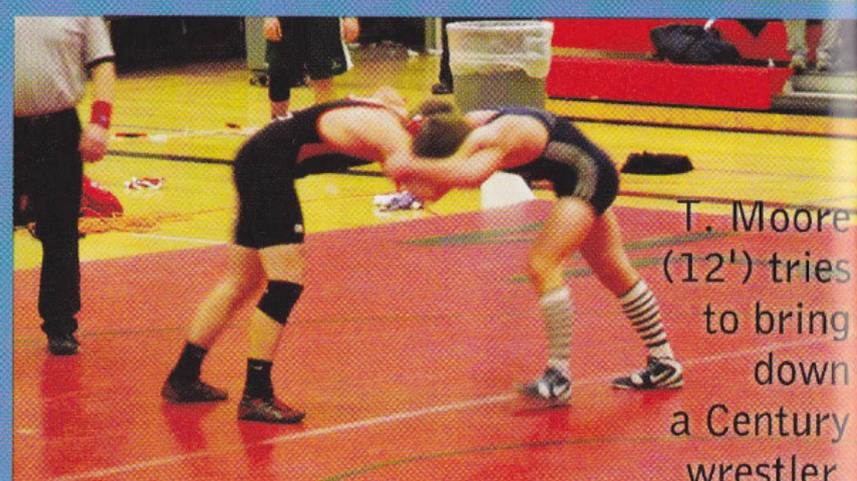
2.



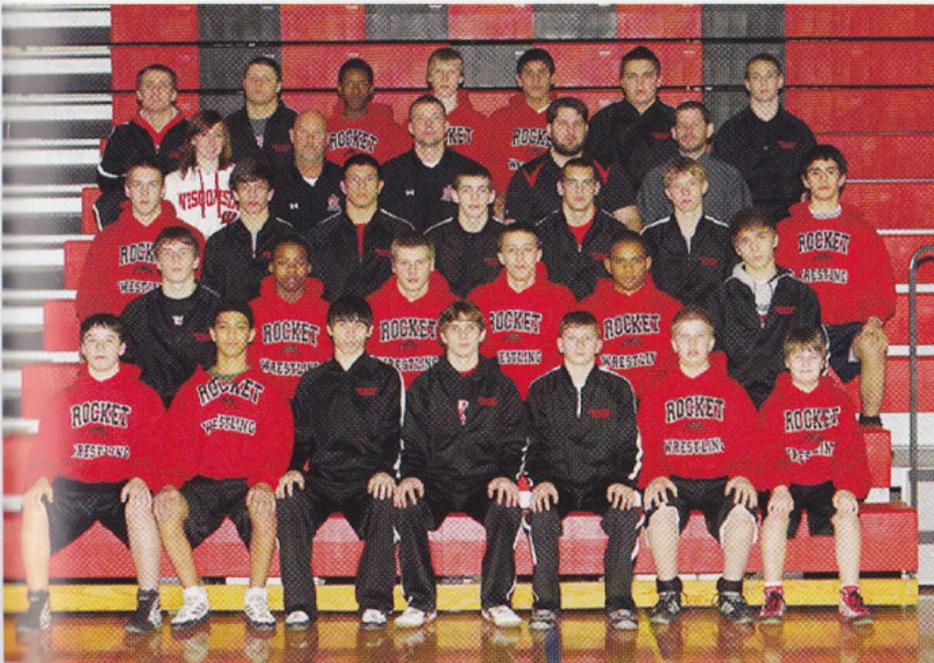
3.



R. Williamson (12') tries to turn an opponent.



T. Moore (12') tries to bring down a Century wrestler.

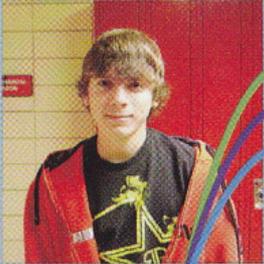


Front: (from left) J. Laivell ('13), J. Wehrenberg ('14), T. Latwesen ('13), C. Williamson ('14), L. Saltou ('16), L. Schlobohm ('15), R. Orr ('16)  
Second row: (from left) T. Vanderwiel ('10), K. Maclin ('15), D. Sinnwell ('14), A. Moore ('14), D. Chatman ('13), N. Evan ('14)  
Third row: (from left) I. Levenson ('13), N. Borth ('14), A. Minea ('12), M. Brennan ('13), J. Bosshart ('11), C. Stellpflug ('15), J. Loyo ('13)  
Fourth row: (from left) T. Crom-Strand ('12), Coach Kappa, Coach Steffus, Coach Ties, Coach Parlin  
Fifth row: (from left) T. Moore ('13), R. Just ('13), D. Adebayo ('12), H. Herzog ('13), D. Gallardo ('14), H. Kaltak ('14), R. Williamson ('12)

Trevor Ellingson ('11)

Q: What makes you unique or different from others?

A: "I enjoy being outdoors snowboarding or riding dirt bikes instead of sitting inside all day."



"Success is the sum of small efforts, repeated day in and day out." -Robert Collier



Interview with Captain  
Jacob Bosshart '11



What was the teams' goal and your individual goal?

"The teams goal was to get 3rd in Big 9 and my personal goal is to get to state."

What was the biggest accomplishment of the season?

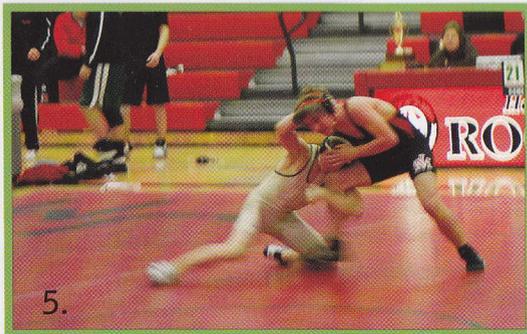
"Winning the All City Triangular!"

How do you prepare for a match?

"I warm up a lot and get mentally focused."

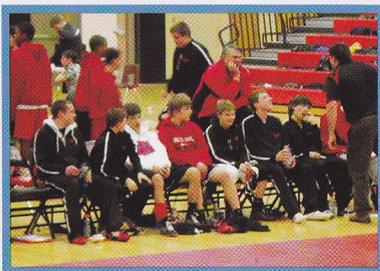
In your opinion, what's the hardest part of wrestling?

"The mental grind of the season between the tough practices and cutting weight."

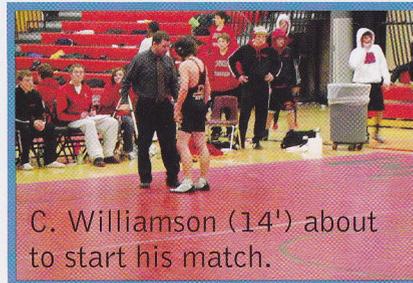
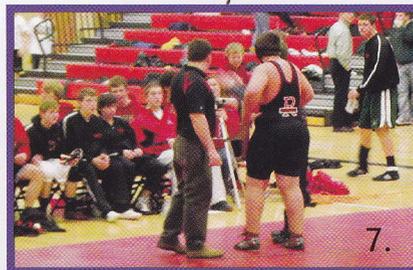
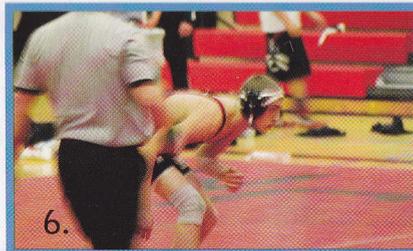


## Scoreboard

Rochester Invite	3rd
JM Invite	2nd
Saint Charles Invite	3rd
Owatonna	L 0-67
All-City Triangular	1st
Mankato West	L 37-39
Crestwood	4th
Austin Triangular	1st
JM Triangular	1st
Henry Sibley	4th
Albert Lea	L 24-51
Faribault	L 26-36
Cannon Falls	W 45-31
Goodhue	L 33-36



Left: The team takes a break during a home meet.



C. Williamson (14') about to start his match.

