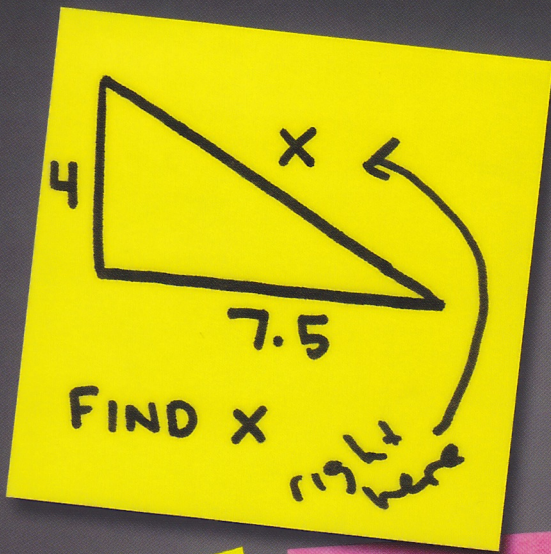
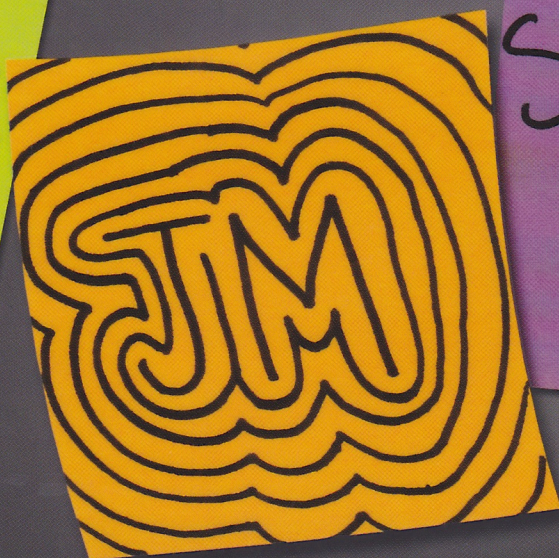
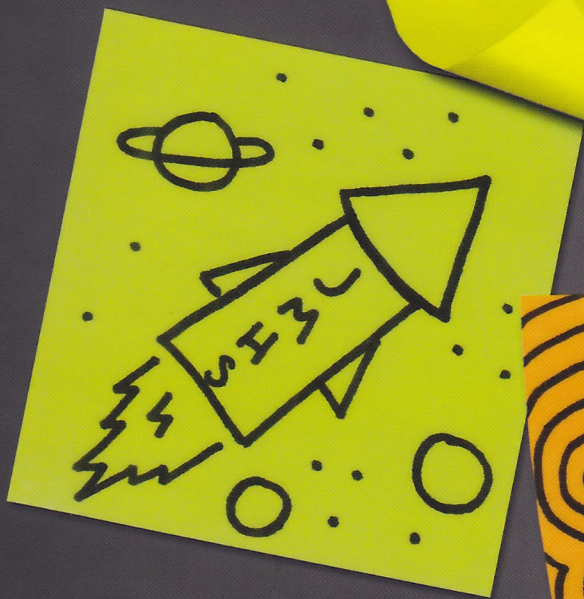
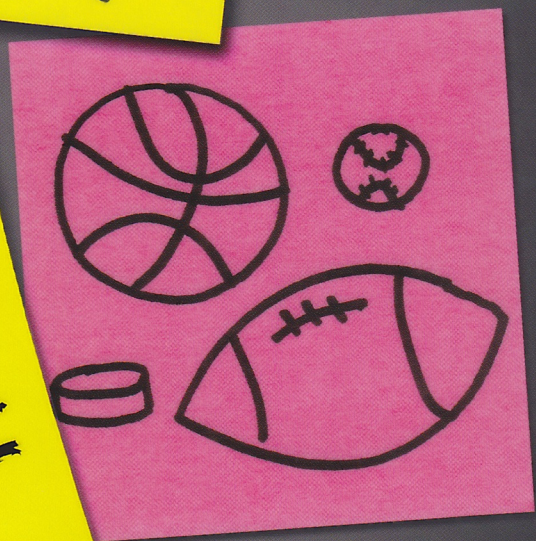


J M
T G



TAKE
NOTE



Seniors
2015!
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# ROCKET WRESTLING



Logan Saltou  
and Kenny  
Maclin on their  
way to the  
state  
tournament

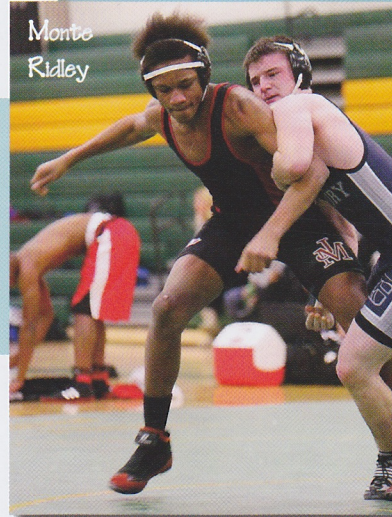


"Wrestling is the most mentally and physically demanding sport, it makes you realize what kind of person you are, and prepares you for the real world by giving you the necessary traits to succeed in anything you do," 11th grader and captain Logan Saltou says. Logan has been wrestling since he was in fourth grade, and plans to continue wrestling in college, although he doesn't know where he wants to go. When people think of wrestling, they don't generally think of all the hard work wrestlers have to go through to get to where they want to be. Just a few of the hardships wrestlers have to go through are cutting weight, as well as working out. Logan says, "Cutting weight is optional and you don't have to do it. I just cut out the junk food during the wrestling season and work out a lot and put in a lot of extra work." If you don't make weight cuts, you'll either bump up a weight class, or you're unable to wrestle at that meet. As well as any other sport, teammates like seeing each other work hard and succeed. Most athletes have a crazy before competition ritual, but not Logan. Logan just likes to relax and listen to music. Logan says that the hardest part of wrestling is cutting weight, although it is optional. Logan has a favorite part of wrestling, as any athlete does for their sport. Logan says, "getting your hand raised after beating your opponent is an amazing feeling." Logan Saltou holds the record for all time wins for JM, is captain, placed 5th at the state tournament in 2014, and has a record of 38-1 heading to the 2015 state tournament. Logan has just one regret, to take back some of the losses he's had over the years. With Logan's wins, as well as the rest of the Rockets' exceptional skills, the Rockets had a great season.

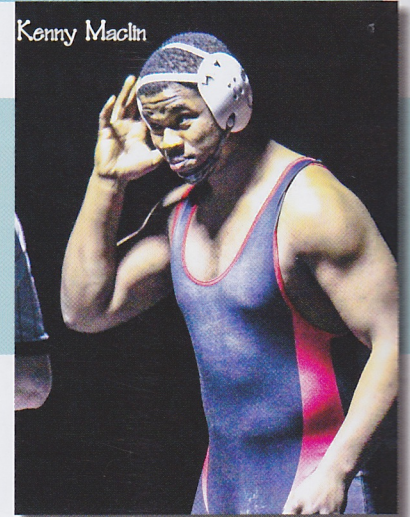
**IF THERE'S STILL TIME ON  
THE CLOCK, THEN THERE'S  
STILL TIME TO WIN.**



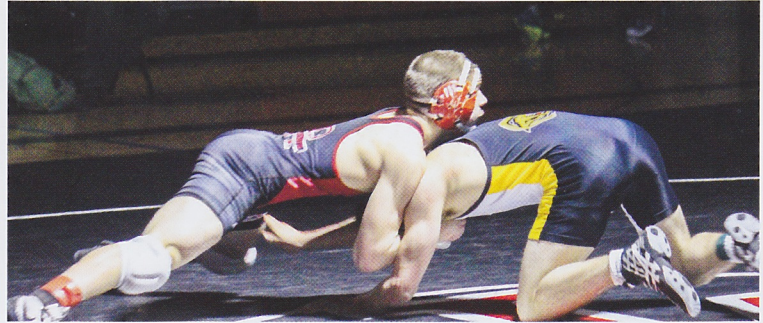
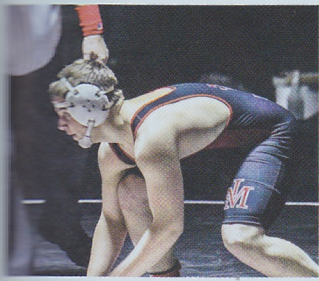
Logan Saltou



Monte  
Ridley



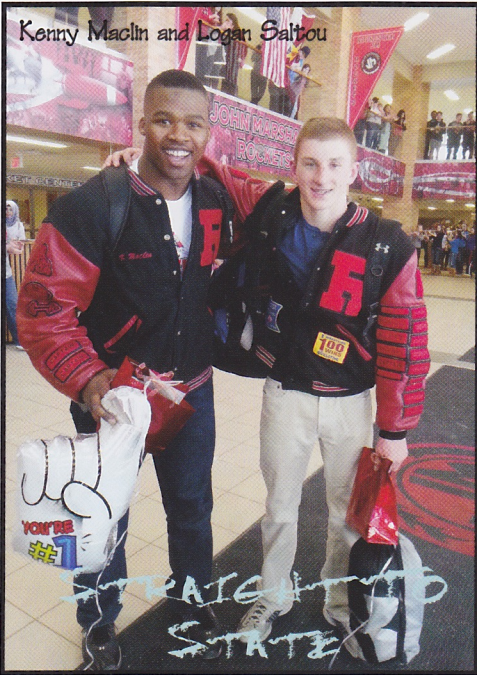
Kenny Maclin



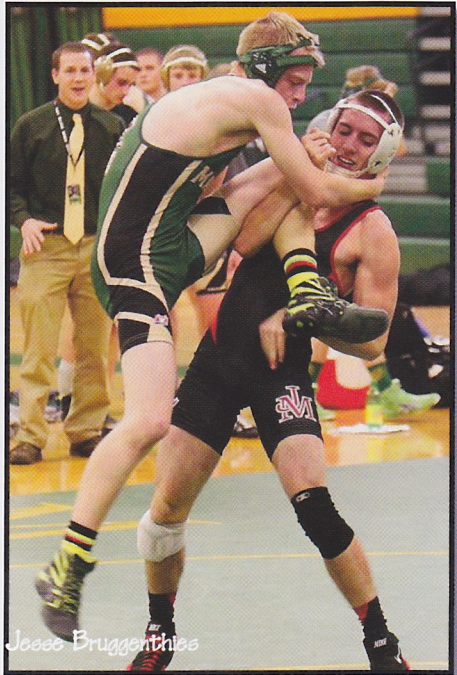
Photos by Ally Gran



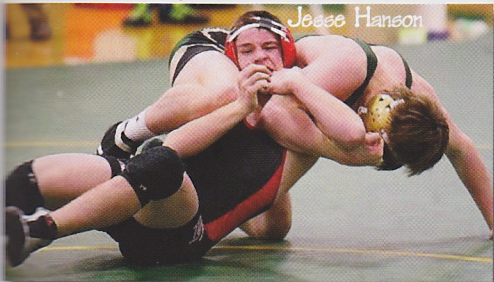
Steven Bruggenthies



Kenny MacLin and Logan Saltou



Joese Bruggenthies



Joese Hanson

**PIN IT TO WIN IT**

**SCOREBOARD**

|                         | us | them |
|-------------------------|----|------|
| New Richland            | 30 | 41   |
| Pine Island             | 43 | 21   |
| Benilde- St. Margaret's | 52 | 29   |
| Mankato West            | 22 | 50   |
| Farmington              | 21 | 52   |
| Anoka                   | 6  | 59   |
| Osseo                   | 50 | 23   |
| Century                 | 54 | 18   |
| Mayo                    | 42 | 26   |
| Austin                  | 36 | 33   |
| Owatonna                | 27 | 44   |
| Albert Lea              | 9  | 59   |
| Hastings                | 6  | 64   |
| Northfield              | 6  | 66   |
| Faribault               | 42 | 33   |
| Winona Cotter           | 37 | 31   |
| PEM                     | 18 | 60   |
| Kenyon-Wanamingo        | 23 | 48   |
| Cannon Falls            | 10 | 63   |
| Mankato East            | 45 | 22   |
| Austin                  | 49 | 21   |
|                         | 43 | 27   |



Liban Abdullahi, Andrew Alger, Tyler Bertschinger, Joese Bruggenthies, Steven Bruggenthies, Joee Cieneroe, Griffin Ferguson, Jason Geleter, Joese Hanson, Connor Higgins, Justin Higgins, Ethan Haase, William Krueger, Miguel Limon, Kenneth MacLin, Kori McCarthy, Joseph Miller, Kyle Miller, Michael Nakada, David Nguyen, Riley Orr, Jarod Rudy, Monterrius Ridley, Logan Saltou, Victor Yargas, Derek Woltman, Darnell Wheatley. Manager: Britny Thompeon.

Pages by Alexie Brehmer