



# NEWS FROM THE DRAGON'S DEN

## REMINDERS:

- **CALLING ALL PARENTS, GRANDPARENTS and ALUMNI!** We need all hands on deck once again for our Folkstyle Open Home Meet on 02/04. Please see Coach Pat Bledsoe or Danielle Mitchell for volunteer opportunities.
- The **HOSPITALITY ROOM SIGN-UP** includes items for a **Taco Bar!** Thank Jen Lavin for the fantastic idea and sign up to contribute [here](#).
- Not sure what to do with your weekends now? Check [Track Wrestling](#) for local freestyle meets and ask around the wrestling room to see where other families are competing. Instructions can be found in the Dragons Wrestling 101 manual posted on the DWC [home page](#).

## UPCOMING EVENTS:

- DWC Folkstyle Open on 02/04
- DWC Folkstyle Close on 02/25

Click [here](#) to find more information about these and other events.

## 01/14 IWL STATE RESULTS

Is wrestling an aerobic (requiring endurance and large amounts of oxygen) or anaerobic (requiring the use of fast twitch muscles, less oxygen and more power) sport? Based on the experience of the DWC team last Sunday, we can safely conclude that it is both. The *aerobic* stars of the day were our DWC coaches, who spent over 12 hours motivating, coaching, consoling and demonstrating moves. What an amazing group of endurance athletes we have supporting our wrestlers. Of course, the *anaerobic* stars of the day were our wrestlers. There were no easy brackets at IWL state, and Dragon Wrestlers placed in almost each and every one. The team ended up with another 4<sup>th</sup> place finish, and many wrestlers went home with plaques and enormous medals. Thanks for a fantastic finish to the Duals Season, kids!

### Varsity Results from the day:

- 40 lbs. Warren Sanford: 5<sup>th</sup> Place
- 50 lbs. Carter Sanford: 1<sup>st</sup> Place
- 55 lbs. Cohen Wuethrich: 4<sup>th</sup> Place
- 65 lbs. Gunner Butt: 4<sup>th</sup> Place
- 70 lbs. Cole Vandygriff: 3<sup>rd</sup> Place
- 75 lbs. Blake Dammann: 5<sup>th</sup> Place
- 105 lbs. Sydney DeLois; 6<sup>th</sup> Place
- 115 lbs. Damon Mink: 3<sup>rd</sup> Place

### Jr. Varsity Results from the day:

- 65 lbs. Brysen Wood: 2<sup>nd</sup> Place
- 70 lbs. Tyler Lavin: 3<sup>rd</sup> Place
- 90 lbs. Connor Shatz: 3<sup>rd</sup> Place
- 105 lbs. Sydney DeLois; 6<sup>th</sup> Place
- 115 lbs. Damon Mink: 3<sup>rd</sup> Place



Clockwise from top left: Cohen Wuethrich takes the podium in 4<sup>th</sup> place, Sydney DeLois exits the mat after a victory, Damon Minks poses with Coach D. and his bronze medal and a proud Sydney hugs Carter Sanford after his championship match.

**"It simply isn't an adventure worth telling if there aren't any dragons."**

**J.R.R. Tolkien**

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01/14 MOORESVILLE  
BEGINNER'S

While most dragons competed in Beech Grove at the IWL state, there were seven other Dragon Wrestlers putting on a fantastic show twenty miles away in Mooresville. Our youngest team members are truly impressive and their hard work at practice is paying off each weekend. A special shout out to Mr. Oliver May who competed in his very first wrestling tournament. We're all so very excited to see yet another May wrestler in a DWC singlet. Congratulations Oliver!

## Results from the day in Mooresville include:

Paxton Babcock (1-1) 3rd Place

Logan Sostre (1-2)

Ryker Yonts (2-1) 2nd Place

Joey Dawson (1-2)

Tucker Harbert (2-2) 4th Place

Wade Ball (1-2)

Oliver May (1-2)

*Left: Oliver May poses with his first medal.*

*Right: Tucker Harbert poses with his 4<sup>th</sup> place medal.*



## ATHLETES OF THE WEEK:



Sydney DeLois is in the 6<sup>th</sup> grade at SCE and her 5<sup>th</sup> and final year in DWC. Sydney has been a club leader in both character and achievements for many years. The highlight of her wrestling career was winning the Matt Hayden award, which goes to the wrestler with the best attitude and work ethic on the team, at last year's Club Picnic. Sydney absolutely exhibits these traits. Her goal this year is to win Freestyle Nationals so that she can go to the Pan Am games. Her hero is Helen Maroulis (who would no doubt be just as impressed by Sydney), and the highlights of her wrestling career include: winning Folkstyle State three times, placing 3<sup>rd</sup> at Folkstyle Nationals, winning Freestyle Nationals, and winning the Viper Pit. When she isn't wrestling, Sydney is most likely to be found doing gymnastics, playing football, or participating in any sport she can. We've all enjoyed watching her lead the club on and off the mat, and can't wait to see what her future brings.

Gavin Wilcher is another 6<sup>th</sup> grader who is in his last year as an elementary school wrestler. Gavin has been wrestling for 4.5 years and has shown remarkable improvement this past season. He is known for stepping up to wrestle titans much larger than himself on the mat, and bending down to mentor and assist wrestlers much smaller off the mat. He sets a goal to pin at least one opponent each week and does everything in his power to reach that goal. When he's not wrestling, Gavin enjoys playing football, baseball, and his Xbox. Gavin's hero is his dad, who helps balance out his family, which includes 3 sisters and his Mom. The Wilcher family is a big asset to the Dragon Wrestling Club and we are so thankful for their contributions, and Gavin's over the years.



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## TEAM ROSTERS:

Weight	Red Team Wrestler	White Team Wrestlers
40	Warren Sanford	Cooper Price
45	Connor Maddox	Paxton Babcock
50	Carter Sanford	Jordan Lebron, Logan Soskre
55	Cohen Wuethrich	Jackson Lavin, Ryan Cain, Morgan Hutchinson, Joey Dawson, Tucker Halpert
60	Charlie May	Emmit Abernathy, Ryker Yonts
65	Gunner Butt	Aiden Olson, Colt Pratt, Brysen Wood
70	Cole Vandygriff	Tyler Lavin
75	Blake Dammann	Brantley Minchin, Preston Boyd, Brad Tully
80	Daysen Wood	Nathan Hartinger, Jack Kessinger
85	Connor Shatz	Zeke Jefford
90	David Pack	
95		
105	Sydney DeLois	Anthony Clevenger
115	Gavin Wilcher	Carter Simpson
130		
150	Damon Mink	
HWT		

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www.dragonwrestlingclub.com

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