



NORTH HILLS INDIANS

Varsity Wrestling

2018 - 2019

Varsity Newsletter 2018-19 Volume #1

December 9, 2018

NO EXCUSES, WHATEVER IT TAKES

**Two CHAMPIONS crowned at
Chartiers-Houston tournament; a rookie
(Serwatka) and a veteran (Hillegas).
MacPherson runner-up.**

The North Hills wrestling team competed in the 2018 Chartiers-Houston Invitational this past weekend. The tournament was a successful event as 3 out of 8 Indians entered placed in their weight classes. North Hills finished 11th out 27 teams in the field. Sam Hillegas led the way by winning his second C-H Invitational title at 138 pounds. Sam finished the weekend with a 4-0 record. The other two place winners Freshmen Matthew Serwatka, who won the title at 106 pounds also was 4-0 for the weekend. Junior Jeremy MacPherson lost a hard-fought battle for the 126 pounds title by the score of 6-2. Jeremy finished the tournament with a 3-1 record. The following wrestlers Damon Thompson, Andrew Szymczak, Ethan Mikovitz, Zach Slagel and Ulrich Sobehart all contributed to our 11th place finish.

Indian of the Week:

This weekend was the coming out party for freshman wrestler Matt Serwatka. Matt used a combination of competitive experience and technical execution to earn his first varsity individual tournament championship in his varsity debut. Along the way of winning the title, Matt knocked off the number four and number one seeded wrestlers in his weight class. Please congratulate freshman wrestler Matt Serwatka!



Next Up:

- Wednesday, December 12, 7:00pm at Hampton (Hampton High School)
- Saturday, December 15, 9:00am **NORTH HILLS DUALS** at (North Hills Middle School)

Coach's Message:

No Excuses — You have every opportunity to be as good as you want to be here at North Hills.

Make the most of every opportunity and do your job by being the best student and athlete as possible!

Do More — Look at your goals sheets. All of your goals on there must be earned. Just showing up and doing what is required will not get the job done. You must commit to the attitude and discipline to **do more**.

No Whining, No Complaining, No Excuses.