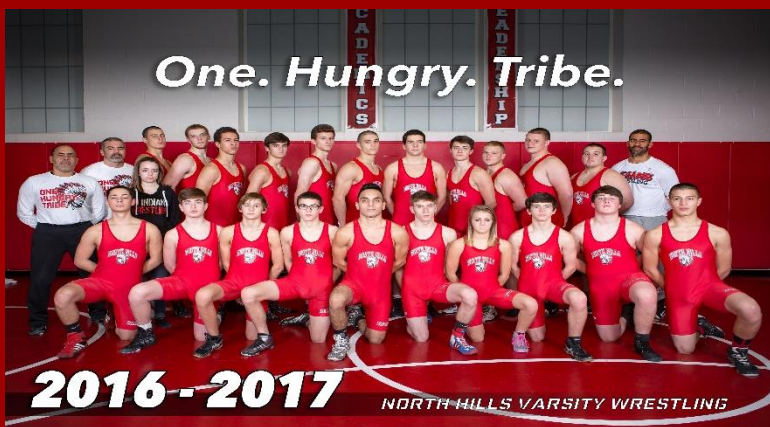


One. Hungry. Tribe.



North Hills Varsity WRESTLING

INDIAN STRONG

Varsity Newsletter 2016-17 Volume #1

December 11, 2016

CONSIDER IT A CLEAN SWEEP – INDIANS WIN TEAM TITLE HILLEGAS, MANKEY & BRIGHT - CHAMPS

This weekend the Indians traveled I-79S to compete in the Chartiers-Houston wrestling tournament. At the end of competition, the Indians would find themselves taking the top three awards back home to the North Hills. Those awards being first place team title, tournament's most outstanding wrestler and the most pins in the least amount of time. The latter two awards were won by Indian freshman Sam Hillegas.

The Indians put on a strong performance demonstrating how "good things happen" when you train hard and wrestle with confidence. The Indians started the tournament off strong with all 14 wrestlers winning a match and advancing to the second day of competition. A feat that hasn't been accomplished in quite some time, if ever. The Indians finished the first day of competition with a 91 to 90 lead over the Butler Golden Tornadoes.

On the second day of competition, the Indians elevated their competitive wrestling spirit to a different level. The Indians would end up securing the team title before the semi-finals were even over with a 38.5 lead over the next closest team. Throughout the competition, the Indians got productive performances from many different wrestlers: from multiple freshman to seasoned seniors. Sam Hillegas, Nathan Mankey, and Sean Bright were crowned champions. Jeremy MacPherson and Jake Stotz finished as runner-up. Veterans Zane Curry, John MacPherson, and Brian Fulton earned fourth place. Dakota Grupp and Damon Thompson finished in fifth place.



2016 Chartiers-Houston Team Champs

Chartiers-Houston Individual Champions



Sam Hillegas



Nathan Mankey



Sean Bright

Highlights from this weekend's action:

- Freshman Jeremy MacPherson stepping up big, placing second in his first varsity outing.
- Freshman Sam Hilllegas completely dominated the competition proving why he is one of the best incoming freshman in the country; pinned all four of his opponents in the first period.
- 170lb Freshman Damon Thompson found a way to place fourth in his first varsity action. Win or lose, this 9th grader makes his opponents "hurt."
- Seniors Dakota Grupp and Brian Fulton wrestling at their highest level ever earned their first varsity medals.
- Senior HWT Sean Bright wins Chartiers-Houston tournament title for the second time in three years.
- Jake Stotz wrestled to his first varsity finals appearance finishing as runner-up.



Indian of the Week:

This guy proved to be an absolute tank this weekend. On his way to winning the 160lb bracket, he took out the fourth, first, and third seeded wrestlers. For his grit and great wrestling performance, Junior Nathan Mankey is this week's Indian of the week. **Congratulations Nathan Mankey!**

Coach's Message:

This weekend proved to be a valuable experience for everybody. Allow this to be an example of how good this North Hills wrestling team can be when it "embraces the "TRIBE"". Be proud of yourself and be proud of your teammates. Evaluate your wrestling and Focus Forward because there will be different and tougher challenges ahead. This is the first of many steps in our journey together this season.

Quote: "Today's Preparation Determines Tomorrow's Success" now get back to work.
What have you done today to prepare for tomorrow...

Next Up:

The Indians will be back in action this Wednesday, 7:00pm at home against the Fox Chapel Foxes. This Saturday the Indians will host the North Hills Duals at our North Hills Middle School. The duals will consist of a total of 6 different teams competing head to head in a dual meet format. Varsity will be competing in the middle school palace while the North Hills Jr. High team will be hosting action in the middle school annex. Please come out and show support for your North Hills Indians Wrestling Team.