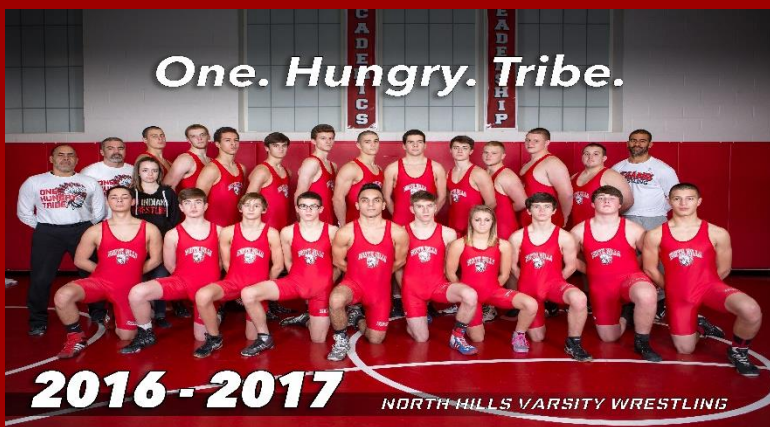


One. Hungry. Tribe.



North Hills Varsity WRESTLING

INDIANS - BELIEVE

Varsity Newsletter 2016-17 Volume #2

December 17, 2016

Indians Cruise by the Foxes

The Indians were back in action on Wednesday as they opened dual meet competition with a home opener against the Fox Chapel Foxes. The Indians would get off to a strong start and never look back. Senior HWT Sean Bright started the dual with a convincing 5-0 win against the #4 ranked HWT in the WPIAL. Following Bright's lead, the Indians never looked back, cruising to a 46-15 win. The Indians won 10 of the 14 matches; four of those wins coming by fall.

Indians Finish Second at North Hills Duals

Saturday the Indians hosted the North Hills Duals; a competition the Kiski Area Cavaliers have won nine of the past fourteen years. If the Indians wanted to earn the North Hills team duals title, they would have to go through the #1 WPIAL ranked Cavaliers.

The Indians started the day off by defeating their first three opponents of the duals by a combined score of 196-46. 33 of those 46 points they gave up were scored by the Panthers of Upper Saint Clair. The Panthers gave the Indians a great dual, but Junior Nathan Mankey and Freshman Damon Thompson would secure victories down the stretch to help secure the win for the Indians, putting them in a position to battle Kiski Area for the team title.

In the fourth round of competition, the Indians proved to be competitive in quite a few of the

individual match-ups against the Cavaliers, but the Cavaliers demonstrated why they are one of the top 15 wrestling teams in the country. Earning wins for the Indians were three wrestlers. Jeremy MacPherson got the only pin of the meet. Sam Hillegas won by technical fall. Nathan Mankey won a close and very entertaining 2-1 decision. The Indians lost by a score of 62-14.

The Indians final match of the duals was against Pittsburgh Central Catholic. The Indians got back on the winning track and finished the duals strong with a 57-18 win over PCC. The Indians finished the duals with a 4-1 record earning them their second 2nd place finish in as many years.

Indian of the week:

This week's Indian of the week went 5-1 overall. He had a pin against Fox Chapel and was 4-1 at the North Hills duals. His biggest win of the week was against Kiski Area. He would find himself down late in the match, but he would remain calm and demonstrate the ability to not only come from behind and win but the ability to come from behind and pin his opponent. For his "never give up attitude" and great performance, congratulations to Freshman Jeremy MacPherson!



Freshman
Jeremy MacPherson
Record 7-2

Individual Records from North Hills Duals:

Jeremy MacPherson – 4-1, 3 pins
Zane Curry – 4-1
Sam Hillegas – 5-0, 1 pin, 1 tech
Zach Slagel – 1-1
Malakai Bennett – 0-3
Armend Murtezi – 3-2, 1 pin
Ethan Uechi – 2-3
John MacPherson – 4-1, 2 pins
Dakota Grupp – 4-1, 2 pins
Nathan Mankey – 5-0, 3 pins
Damon Thompson – 4-1, 1 pin
Jake Stotz – 4-1, 3 pins
Brian Fulton – 3-2
Kevin Dreyer – 3-2, 2 pins
Sean Bright – 4-1, 1 pin

Team Recap from North Hills Duals:

North Hills 78 Brashear 6
North Hills 40 Upper Saint Clair 33
North Hills 78 Penn Hills 6
Kiski Area 62 North Hills 14
North Hills 57 Pittsburgh Central Catholic 18

1st Place – Kiski Area Cavaliers
2nd Place – North Hills Indians
3rd Place – Upper Saint Clair Panthers
4th Place – Pittsburgh Central Catholic Vikings

Coach's Message:

We are well on our way of mapping out the JOURNEY we share this season. While the season may be early, I can promise you it will go by quickly. Most of you will have 28 – 38 matches this season. When you really think about it, that is 28 – 38 opportunities to step on the mat and make the most of it. DON'T WASTE IT! You will not get those opportunities back. Be sure you are doing everything in your control to set yourself up to achieve your full-potential. To help you improve every day, you must be consistently and honestly evaluating your wrestling. All of you have wrestled a number of matches, and it is time to evaluate your performance. It is critical that you continue to improve from now until the end of the season and post season, and to do so you must know where you currently are. For improvement to take place, you must be aware of what is working and what is not working and then have a plan to make gains in all areas. Ask yourself; what is your best position, best takedown, best match and why, worst match and why, biggest area of improvement, how is your mindset, how are opponents scoring on you, what technique are you scoring the most points with, etc.?

***“Victory comes at a price. The question we must ask ourselves is:
What are we willing to pay?”***

Next Up:

Wednesday, December 21st, 2016 @ Hampton High School - 7:00pm
Thursday, December 29th & Friday, December 30th, 2016 @ Powerade Tournament - 8:15am
(Canon McMillan HS)

Please come out and show your support for your North Hills Indians!