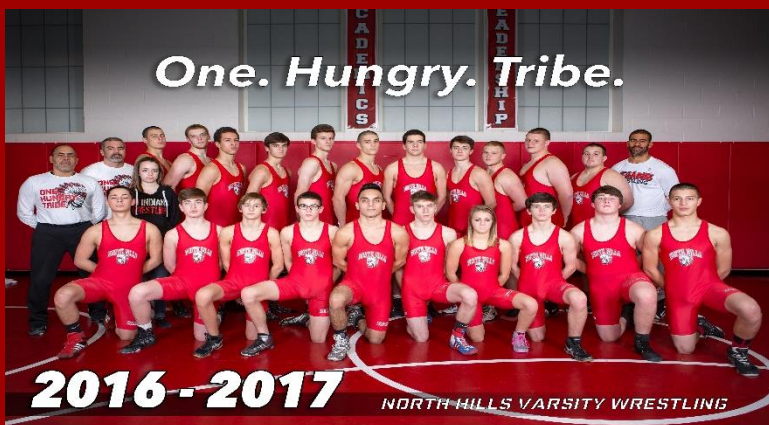


One. Hungry. Tribe.



North Hills Varsity WRESTLING

INDIANS - HUSTLE

Varsity Newsletter 2016-17 Volume #3

December 22, 2016

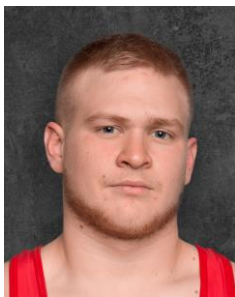
Indians Pound the Dawgs

The Indians had a short week of competition as their only match of the week was on the road against the Hampton Talbots. The Indians have had a couple of close battles with the Talbots over the past few years with playoff implications on the line, but this year's dual was a route by the score of 53-9 in favor of the Indians.

The Indians set the tempo early in the first match of the night, as Freshman Phenom Sam Hillegas started the dual with a 41sec pin. The Indians continued to pile on the points, as the Indians would earn ten more wins throughout the dual by the way of two major decisions, three decisions, and five forfeits. The Indians are now 2-0 in subsection 3B competition and 6-1 overall on the season.

Indian of the week:

We tip our headgear to this week's Indian of the week. He stepped into varsity action against Hampton, filling in for starter Jake Stotz. This wrestler came through with a controlling 10-2 major decision victory over the Hampton 195lb starter. After missing his Junior year with an injury, he is embracing every opportunity he has to help his team succeed. Some of you may know him as "Kentucky," but his real name is Zach Smith. Congratulations to Senior Zach Smith!!



Senior
Zach Smith

Coach's Message:

Training the mind is just as if not more important than training the body. Control your thoughts and replace the negative with positive. Remember we don't invite negative thoughts, they just happen. A skill to help with developing a positive mindset is writing, visualizing, and verbally rehearsing your goals and positive affirmation statements. Practice what the great ones practice. It's not by luck that these two champion wrestlers were able to win NCAA titles!

Kyle Dake – 4X NCAA Champion

Over 3 1/2 years, Dake wrote in the same spiral notebook variations of one line, his goal of "National Champion" 2,978 times.

PLEASE CLICK THE LINK TO VIEW THIS STORY

<http://www.si.com/sports-illustrated/video/2013/05/22/2013-college-athlete-year-kyle-dake>

Nico Megaludis – NCAA Champion

Megaludis had come up short of earning an NCAA title his first three years of college. Before his senior season started this is what he put on the steering

wheel of his car and looked at it every day while driving in his car.



Next Up:

December 29th & 30th, 2016 @ Powerade Tournament - 8:15am @Canon McMillan HS
Please come out and show your support for your North Hills Indians!

Happy Holidays from Your Varsity Wrestlers!

And the winner of the ugly Christmas sweater contest is that guy (Kentucky) in the top row with the little kitty cat on it! It's an official clean sweep this week for Kentucky, Indian of the week and ugly Christmas sweater winner!

