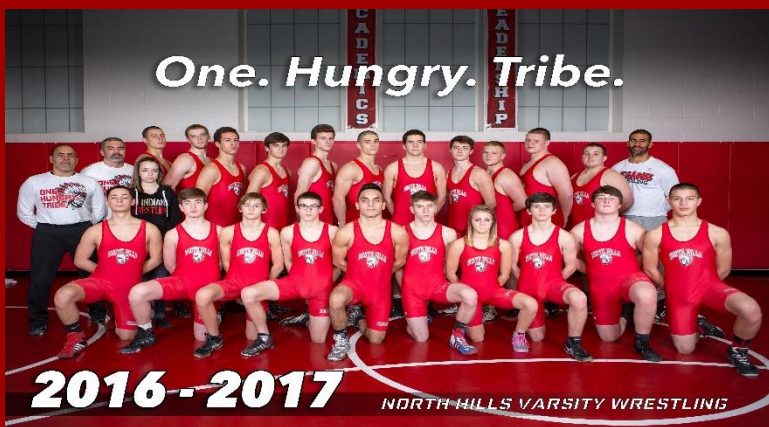


One. Hungry. Tribe.



North Hills Varsity WRESTLING

INDIANS - HUSTLE

Varsity Newsletter 2016-17 Volume #4

December 31, 2016

Mankey 7th, Hillegas Champ and OW At 50th PowerAde Tournament

The Indians were back in action this week with their first ever appearance in the prestigious and powerful PowerAde Wrestling Tournament. This year's PowerAde Wrestling Tournament is regarded as the toughest tournament in Pennsylvania and the second-best tournament in the USA by Wrestling Report. The tournament consisted of 50 teams from across the USA, and 18 of those teams are located here in the mecca of high school wrestling, the "WPIAL."

Throughout the first day of competition, the Indians had trouble finding consistency in winning through the early rounds of the tournament. The Indians proved to be competitive in most of their matches but ended up advancing only three wrestlers to the second day of competition. Wrestlers providing strength for the Indians on day one were freshman Sam Hillegas and Senior Sean Bright, who wrestled their way into the championship quarter-finals. Junior Nathan Mankey earned a hard fought 1-0 decision in the round of 32 before losing in the round of 16. Freshman Damon Thompson was very competitive in his four matches going 2-2. Jeremy and John MacPherson were the final two wrestlers to earn wins in the tournament.

Day two of the tournament proved to have even stiffer competition as the better wrestlers moved into position to battle for medals. Sam Hillegas opened the day with a dominant 11-4 victory over the #4 seeded wrestler at 113lbs. Sean Bright lost by a 3-1 decision in the quarter-finals dropping him into the consolations where he came up one win short of placing. Nathan Mankey had the most matches of all Indian wrestlers in

the tournament with seven. He battled to a 5-2 record over the two days earning him a solid 7th place finish. Wrestling like a man on a mission, Indians' Hillegas had his mind set on nothing but gold. In the semi-finals, the Indian Freshman beat the returning state runner-up from last year's PIAA State Tournament in an exciting 4-2 decision. Hillegas would go on to earn his first PowerAde Championships with a 4-2 victory in the finals over the #2 seeded wrestler.

Indian of the week:

This week's Indian of the week proved why he is considered one of the top wrestlers in the country. On his way to earning his first PowerAde Championship, he knocked off the #5, #4, #1, & #2 seeds. He also was voted the tournament's Most Outstanding Wrestler, an award that is voted on by all the participating team's coaches. For his awesome display of wrestling skills, leadership and competitive greatness, we would like to tip our headgear to Freshman Sam Hillegas. Congratulations Sam!



Sam Hillegas – 2016 PowerAde Champion & OW

Coach's Message:

As we look forward to 2017, take some time to reflect on your "JOURNEY" through 2016. While there are many things outside of our control, there are a lot of things we can control. Our attitude, our actions, our effort, our self-talk, our behavior, and our work-ethic, are within our control. Do everything you can to be a better person, student, and wrestler as we embrace the arrival of a New Year. The smallest choices we make now will ultimately shape a large part of the future. Choose wisely, Indians!

Quote –

Life has no limitation, except the one's you make. – Les Brown

Next Up:

- January 4th, HOME vs. Shaler, 7pm
- January 11th, HOME vs. Indiana, 7pm

Please come out and support our North Hills Indians and support our Youth Wrestling Program by volunteering a helping hand at next weekend's NH Youth Wrestling Tournament.

