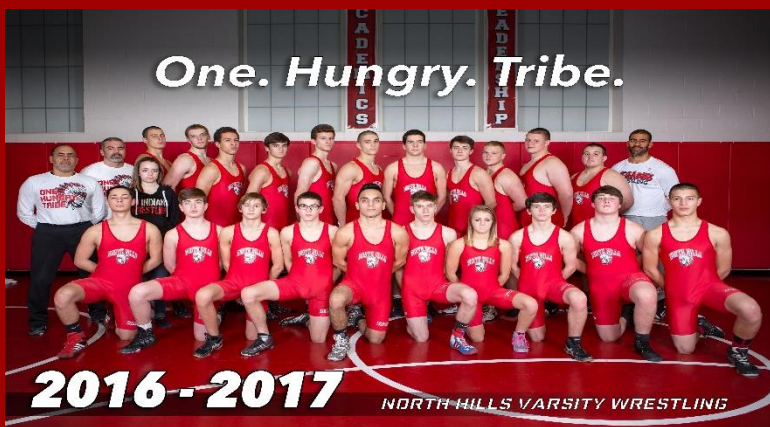


One. Hungry. Tribe.



North Hills Varsity WRESTLING

INDIANS - TOGETHER

Varsity Newsletter 2016-17 Volume #5

January 8, 2017

Indians come up short in Section 3B dual vs. Shaler

The Indians entered the week of competition with one thing on their mind; a showdown with Section 3B rival, the Shaler Titans. Both teams entered the dual with identical records in sub-section competition at 2-0. This dual started at 170lbs where the Titans struck first with a pin. The Indians would respond with a pin of their own by Brian Fulton in the second match of the night at 182lbs. With the meet even at 6, this dual would be a back and forth battle for the next 6 weight classes with each team exchanging pins and forfeits. After the Titans secured a major decision at 126lbs and a double forfeit at 132lbs, the Indians lead by a score of 30-22 with four matches remaining. Unfortunately, the titans would secure victories in the next three matches and put this one out of reach for the Indians. The Titans forfeited the last match of the night to the Indians but the damage was already done. The Indians came up short losing to the rival Titans by a score of 37-36.

Next-up:

The Indians will be home this Wednesday and Friday against Indiana and Peters Township. Action will start at 7:00pm.

Coach's Message:

We must consistently work towards improving. Use these strategies to stay the course...

1. **Effort** - to improve, you must realize it will take a significant amount of effort to start.
2. **Attitude** - you can always control your attitude and you must remain positive despite circumstances.
3. **Focus** - there are no shortcuts on the road to success. Stay focused to prevent distractions.
4. **Consistency** - win the day, do your best at your very next chance and repeat. "Rome wasn't built in a day."
5. **Belief** - you must believe that everything you are doing is bringing you closer to your goals, that all the effort is working, or someday will.

Quote of the Week:

"Success isn't always guaranteed, but improvement is."