



North Hills Varsity WRESTLING 2017 - 2018

Varsity Newsletter 2017-18 Volume #1

December 11, 2017

INDIANS. TOGETHER. STRONG.

INDIANS SEARCH FOR IDENTITY at Chartiers-Houston Tournament

This past weekend the Indian's wrestling team competed at the Chartiers-Houston Invitational. The Indians finished 20th out of 28 teams competing. In most of the matches our wrestlers may not have been the best wrestlers, but our toughness and effort has made this young Indian's wrestling team much better. As they become better wrestlers and sustain that mental toughness, this Indian's wrestling team will be a very good team. This team is excited about the challenges ahead and look forward in proving how good of a team they can become. Our schedule only gets tougher. Enjoy the updates and follow the Indians at www.gonhwrestling.com

Coach's Message:

The most important person you ever talk to is yourself, so be careful what you say.

The most important person you will evaluate is yourself, so be careful what you think.

Keep your thoughts positive. Practice positive affirmation statements: examples "*I can... I am strong... I am well-conditioned...*"

Quote of the Week:

"Today's preparations determines tomorrow's success."

Kendal Cross

Indian of the week:

Our first Indian of the week award for the 2017-2018 season goes to sophomore 113lb wrestler, Jeremy MacPherson. Jeremy lead the way for the Indians with two falls on his way to a second-place finish at 113lbs this past weekend at the Chartiers-Houston Tournament. His second runner-up finish in as many years. Congratulations to sophomore Jeremy MacPherson!



Next-up:

Up next is a section 3 meet at Fox Chapel HS on Wednesday, December 13th.

North Hills Duals this Saturday, December 16th, at the North Hills Middle School.

Chartiers-Houston Tournament Completed Results:

[CH Final Brackets.pdf](#)

[2017 Final Team Scores.pdf](#)