



North Hills Varsity WRESTLING 2017 - 2018

Varsity Newsletter 2017-18 Volume #2

December 17, 2017

INDIANS. TOGETHER. STRONG.

INDIANS fall to Fox Chapel; Place 3rd at North Hills Duals

This past Saturday the Indians even their season record to 3-3 by going 3-2 at the North Hills Duals. The Indians opened the duals by defeating the Gateway Gators by the score of 46-34. A big win by Damon Thompson sealed the victory.

The Indians followed that victory with a win against Pittsburgh Central Catholic Vikings by the score of 42-36. Coming up big for the Indians was Nathan Mankey with a pin to assure the win.

The Indians' third opponent, Cumberland Valley Eagles from Central Pennsylvania proved why they are ranked high in the state by handling the Indians their first defeat of the day by a score of 66-9. Ethan Uechi and Nathan Mankey earned wins for the Indians.

Following the defeat, the Indians would face the number one ranked team in the WPIAL, the Kiski Area Cavaliers. It was another tough defeat for the Indians as they were defeated by Kiski Area by the score of 72-9. Kiski Area would go on and win the North Hills Duals. Nathan Mankey would defeat the number two ranked wrestler at 195 pounds, Danny Starr by the score of 8-2.

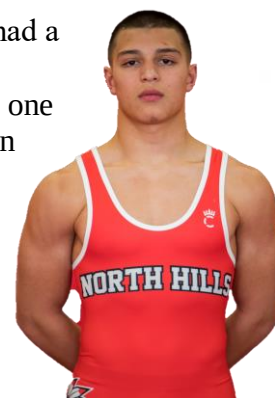
The Indians had one more opponent, the Penn Hills Indians. It was a battle of the Indians for third place. The Indians of North Hills prevailed and defeated Penn Hills by the score of 45-34 to place third. Zane Curry's win ended Penn Hills last hope for a victory.

Our wrestlers showed a great deal of effort and our young wrestlers continue to improve with every competition.

Indian of the week:

This week's Indian of the week had a record of 5-1 in competition. He recorded three falls on the week; one in the Fox Chapel dual and two in the North Hills Duals.

Wrestling his opponent from Cumberland Valley and losing by a score of 10-0 with under 30 seconds left in the match, Ethan never stopped wrestling and in the closing seconds of the match, Ethan found a way to reverse his opponent and put him on his back to earn the fall as time on the clock expired. Congratulations to **Sophomore Ethan Uechi** for his attitude to keep wrestling no matter the score.



Coach's Message:

As we continue to grow as a team, we must be mindful of and practice demonstrating habits of a champion wrestler. Be the first to arrive to practice and the last to leave. Seek opportunities to do extra. Value the quality of work that you put in more than the time you put in. Set goals and evaluate them often. Practice being resilient and have a clear vision no matter the challenge(s).

Next-up:

Home Opener - Wednesday, December 20th vs. Hampton

Recognition Night:

First ever North Hills High School Wrestling State Champion Sam Hillegas to be recognized before home match vs. Hampton, along with other former North Hills' wrestlers. **Youth wrestler night:** We also will have a couple of our North Hills youth wrestlers dual vs. Hampton youth wrestlers.