



North Hills Varsity WRESTLING 2017 - 2018

Varsity Newsletter 2017-18 Volume #4

January 21, 2018

INDIANS. TOGETHER. STRONG.

Indians fall to North Allegheny Tigers; Indians flex their SOPHMORE STRENGTH at Allegheny County Tournament; Hillegas earns Most Outstanding Wrestler

We hope that your 2018 is off to a great start. It's been a few weeks since our last recap. Since then the young Indians, lost two tough dual meets, a nail biter against the Indiana Area High School Indians by the score of 33-32 and losing our last home meet against North Allegheny Tigers by the score of 50-30. The Indians finished the month of January with a strong finish. The Indians placed eighth out of 35 teams participating in the 2018 Allegheny County Wrestling Championships held at Fox Chapel High School January 19-20. Eleven wrestlers entered the tournament and six wrestlers earned All-County honors. The following wrestlers earned All-County, Jeremy MacPherson, 7th place, Ethan Uechi, 6th place, Damon Thompson, 6th place, Maxwell Badamo, 6th place, Nathan Mankey, 3rd place and Sam Hillegas, 1st place. Sam was also awarded the outstanding wrestler award for the tournament.

Coach's Message:

The season will be over before you know it. You must use every opportunity to improve. Training the mind is just as if not more important than training the body. Don't be afraid to step outside of your comfort zone and go down to Pitt Wrestling Club for extra training and confidence building. Remember that you get out what you put in.

Next-up:

Next for the Indians is a dual meet on February 2nd, at Peters Township High School.

Indian of the week:

The Indians got strong performances from multiple wrestlers who placed All-County and who are very deserving of The Indian of the Week award. Sophomore Sam Hillegas dominated the competition by pinning all his opponents and winning the tournament's most outstanding wrestler award. Sophomore Jeremy MacPherson turned in a great performance by battling back through the tournament and placing seventh. In his match for seventh place, Jeremy beat an opponent who beat him earlier in the tournament.

After considering the complete body of work for the entire week of all wrestlers, the coaching staff has decided on an Indian of the week. In Wednesday's dual against the Tigers and losing in the third period of his match; this Indian never stopped wrestling, reversed his opponent to his back and pinned him. This weekend at the Allegheny County Tournament he turned in a work-man like performance with a sixth-place finish earning him the recognition of "All-County." For demonstrating great character, poise, resilience, and trust throughout our competitions this week, we would like to tip our headgear to Max Badamo! Congratulations Max!

