

Ralston Invite

Weight	Name	Record	Place
103	Kevin Griggs	3-1	3 rd
112	Nathan Quandt	3-0	1 st
130	Renee Ramos	2-2	4 th
130	Jake Miller	0-2	DNP
135	Justin Heatherington	3-0	1 st
135	Dillon Duermeyer	1-2	DNP
145	Chase Sears	2-0	1 st
171	Roman Pagnano	0-2	DNP

The freshman wrestling team competed in the Ralston Freshman Wrestling Tournament on Saturday, January 16, 2010. The day turned out to be quite successful for the freshman compared to earlier tournaments this year. We placed 5 out of the 8 wrestlers, 3 of them taking home the gold.

One of the highlights in this tournament was Renee Ramos earning his first win of the season, but he didn't stop there. Renee went on to win one more putting himself in the consolation medal round to finish 4th place in his bracket. Kevin Griggs had a slip up in his first match, but didn't quit and came back to finish 3rd with no questions asked. Must have been that 5 hour energy he took after his first match. Nathan, Justin, and Chase all walked through their respectable brackets showing signs of improvement.

So overall it was a good day for our freshman wrestling team, and I believe they have come a long way since the beginning of the season. With a couple tournaments left we will see how this group rounds out the year. Next week the freshman travel to Papillion-Lavista South on Monday, and Omaha Gross on Wednesday.

Wrestler of the Week Honors go to: Renee Ramos