

Wrestling team boasts big numbers for winter season

by Kaylan Orphanos
Staff Writer

“The wrestling team this year, consisting of over 30—four of them girls, is the largest group I’ve ever had since coaching here at Riverdale High School,” says head coach Ben Bowers.



There is strength in numbers. Junior Joseph Donovan said, “With the team being larger this year, I’m able to wrestle a lot more people in practice. Additionally, I gain a lot of knowledge and really learn new ways to take down my opponent.”

As in all athletic pursuits, conditioning has a great influence on preparation for competition. Donovan says, “Wrestling is the

hardest sport, both mentally and physically. It’s important to be in tip-top shape when going into the season because there are no rests while you’re competing—it’s just you and your opponent.”

Bowers said, “Officer Jones, who used to help coach Blackman’s wrestling team, has been doing a wonderful job helping me get the team ready for their season and is also providing a lot of feedback to our wrestlers.”

The RHS wrestling kicks off their season Nov. 12 against Tullahoma. Bowers anticipates this season to be successful. “We have two returning top wrestlers, juniors Scottie Boykin and Alex Woods. Both placed at the state tournament last year and will hopefully get the opportunity to do so again,” says Bowers.

One thing Bowers plans to do differently this year is to be two or three deep in each weight class. With this depth, RHS will have a better chance ranking in competitions.

Along with the upcoming match, the wrestling team is hosting a chili supper on Nov. 11 at 6 pm. Tickets are \$5.00 and can be purchased from any wrestler.