

**CONGRATULATIONS TO THE CENTRAL
REGION IRON MAN WRESTLERS AND
NATIONAL TRAVELING SQUAD!**



**STATE PROMISES TO BE A BIG SHOW
AND CREATE MEMORIES TO
LAST A LIFETIME!**

At Heart of Texas last month we presented the Iron Man Hoodies to all of the wrestlers throughout Texas who had competed in all 4 Texas National Tournaments. This is not only a commitment of the wrestlers but their coaches and parents! I am proud to say that we more than doubled the number of participants from last season!

IRON MAN

AAWA – BAILEY

Stefan Moreno
Nate Howard
Brian Hubbard
Walter Harris

LCP

John Geiger
Cole Newby

UVALDE

Reynaldo Perez
Dominique Quiroz
Abraham Davila
Adelyhda Perez
Derek Reyna

VISTA RIDGE

Mitchell Landgrebe
Christian Duvall
Michael Duvall
Justin Hamilton

CRNTS – Tulsa in Place of Panhandle

LCP

Tyler Young
Nathan Harrison
Curtis Harrison
Chris Giddens

CEDAR PARK

Rowdy Keith
Chase Petty
Kevin Schryver

WOW!!!!
**There were 4 wrestlers
who went to ALL 4
Texas Nationals &
Tulsa Nationals!**

**Christian Duvall
Michael Duvall
John Gieger
Cole Newby**

While going through some old bags this past weekend I found an old bracket that was worn and folded titled State Championships. I noticed Levi's name wrestling at 61lbs. This was the bracket from El Paso State 4 years ago. A flood of memories came rushing back. That year Levi had "one of those wrestlers" in his bracket that had beaten him all season. He wound up facing him at that tournament and was about to lose by a technical fall when in the last seconds of the match he cradled him and pinned him for the win. Needless to say, I was pretty loud and had to explain to all the strangers around me what this had meant. Levi didn't even place that year at State but he still walked away with a victory of his own. Tyler on the other hand did advance to the championship match stepping up to the challenges that presented him. And while I do not want to spoil the surprise El Paso has in store for their parade of champions, just know that it will be one that both you and your wrestler will remember!

Just as it was some weird fate that I found that bracket, this Monday I heard of news from a parent of a Capital City Alumni, Joe Pace. He is a senior now in Missouri heading to his last State Tournament but just 4 years ago he was a young man of 13 who made a pledge to his dad before both parents were deployed overseas - to win State in El Paso. Scott Norton traveled to Killeen to pick Joe up for tournaments, weigh-ins and the few practices he could make. But, mostly he would shadow wrestle, lift weights and run on his own and manage his weight on his own. We all watched him at State that year with great pride and respect and we all celebrated when he accomplished his goal and kept his pledge to his father of winning State!

FREESTYLE AND GRECO SEASON TO START IN MARCH!

You know what they say...*summer wrestlers make winter champions!* As we discussed at our previous regional meeting we would like to help build this program in our area for the youth. If your club is interested in continuing to train please let me know so we can include you in our contact list. We will be hosting an open mat to go over the rules for all coaches and technique for wrestlers of all ages in March.

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To all the wrestlers, coaches and families heading to El Paso tomorrow – be safe and enjoy the moment!

~Debbie

**"TO ACHIEVE THE POSSIBLE, YOU MUST ATTEMPT
THE IMPOSSIBLE. TO BE ALL YOU CAN BE, YOU
MUST DREAM OF BEING MORE."**

~ BRANDON SLAY

