



Iowa City West Trojan Wrestling News



From the Coach's Corner

By **Mark Reiland**

July 3, 2007

USA Wrestling's Cadet National Dual Championships

Two members of the Trojan Wrestling family, **Griffin Weihe (91)** and **Tracy Bowers (130)** competed at the Cadet National Duals in Kansas City, Missouri at the end of June. The two were part of an Iowa team that got some valuable experience at the tournament. The team participated in both the Greco Roman and the Freestyle portions of the tournament. Both wrestlers gained valuable experience that should help them during the next 3 years at West High.

USA Wrestling's Junior National Dual Championships

Five members of the Trojan Wrestling family competed at the Junior National Duals in Oklahoma City, Oklahoma. Team Iowa finished 4th in both the Greco Roman and Freestyle tournaments. All these wrestlers were a major part in the Iowa team finishing with an 8-2 record in both Greco Roman and Freestyle.

- **Nate Moore (125)** finished with a 3-0 record in Greco Roman and 10-0 record in Freestyle and was named to the All Tournament team in Freestyle.
- **Grant Gambrall (171)** finished with a 6-1 record in Greco Roman and 9-1 record in Freestyle.
- **Derek St John (140/145)** finished with a 5-1 record in Greco Roman and 7-2 record in Freestyle.
- **Brad Lower (160/171)** finished with a 4-2 record in Greco Roman and 3-2 record in Freestyle.
- **Jon Skarda (98)** finished with 2 wins in both Greco Roman and Freestyle.

AAU's Ironman World Championship Tournament

Two members of the Trojan Wrestling family competed at the Ironman Tournament in Omaha, Nebraska.

- **Jeremy Garvin (160)** won his weight class in all three styles, Freestyle, Greco Roman, and folkstyle and was the overall winner for his weight class.
- **Gradey Gambrall (120)** won the Greco Roman tournament and finished 2nd in both Freestyle and folkstyle. Gradey finished as the runner up in the overall competition.

Check out the new West High Wrestling Home page at www.icwestwrestling.com.