



# Iowa City West Trojan Wrestling News



From the Coach's Corner

By **Mark Reiland**

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## USA Wrestling ASICS/Vaughan Junior and Cadet National Championships, Fargo, North Dakota

### Junior Freestyle National Championships

Three Trojan Wrestling family members participated in the Freestyle National Championships.

- **105 – Jack Hathaway:** All-American (2<sup>nd</sup> Place) with a 5-2 record. Hathaway had 5 wins including 4 pins on his route to the finals.
- **145 – Matt Mougín:** Finished 5-2 record, beating the 8<sup>th</sup> place finisher during the tournament.
- **160 – Derek St. John:** Champion with a 9-0 record while not surrendering a match point on his way to the title. St. John's season also included Junior Folkstyle and FILA Junior Freestyle titles.

### Cadet Freestyle National Championships

Three members of the Trojan Wrestling family competed in the Freestyle National Championships.

- **91 – Phillip Laux:** All-American (Runner-up) with a 7-1 record.
- **135 – Gradey Gambrall:** Finished 3-2 record just missing placing in the top eight. Gambrall's three period loss in the 5<sup>th</sup> round turned out to be the difference in becoming an All-American.
- **145 – Justin Koethe:** Champion with a 9-0 record and did not lose a period on his way to the title. Koethe reached the finals for the 2<sup>nd</sup> time in a week and capitalized on the opportunity this time in winning his Cadet National title.

### Junior Greco-Roman National Championships

Three Trojan Wrestling family members participated in the Greco-Roman National Championships.

- **105 – Jack Hathaway:** All-American (5<sup>th</sup> Place) with a 4-2 record. Hathaway's losses were to last year's national champion and this year's national champion.
- **171 – David Solis:** Finished 0-2 record and gained valuable experience through camp as well as the Fargo experience.
- **285 – Max Pelfrey:** Finished 0-2 record and gained valuable experience through camp as well as the Fargo experience.

### Cadet Greco-Roman National Championships

Four Trojan Wrestling family members competed in the Greco-Roman National Championships.

- **91 – Phillip Laux:** All-American (3<sup>rd</sup> Place) with a 5-1 record.
- **105 – Jack Hathaway:** Finished 0-2 record. Lost his first two matches, both going 3 periods, with one of those losses to the eventual runner up. Hathaway had victories over wrestlers that placed in his bracket during the tournament.
- **135 – Gradey Gambrall:** Finished 2-2 record with both losses to the wrestlers that finished 2<sup>nd</sup> and 4<sup>th</sup>. Gambrall had victories over wrestlers that placed in his bracket during the tournament.
- **145 – Justin Koethe:** All-American (Runner-up) with a 8-1 record losing a hard fought battle in the finals to Brad Dolezal of Wisconsin. This was the 4<sup>th</sup> meeting between Koethe and Dolezal this summer in Greco Roman with each wrestler winning 2 of the meetings.

Check out the West High Wrestling Home page at [www.icwestwrestling.com](http://www.icwestwrestling.com).