

Varsity Wrestling

by Melissa Lamb

The 1993 Cougar wrestling team had a total of eight wrestlers who finished the season. Senior Mike Whitaker won the county and sectional championship, finished second at regionals, and semi-state. He was third in the WCC meet. Along with Mike at regionals were Jerry Alexander and Chris Alexander. Eric Hites placed second at County and placed third at sectionals. Daniel Attkisson placed second in the county and WCC and placed third at sectionals. Michael Murphy placed third at county

and both Heath Kerns and Joe Sparks placed fourth at the county and sectional meets.

Coach Kenny Kerns and coach Larry Attkisson taught the team that first you have to have dedication and self-discipline to gain self knowledge of the sport itself.

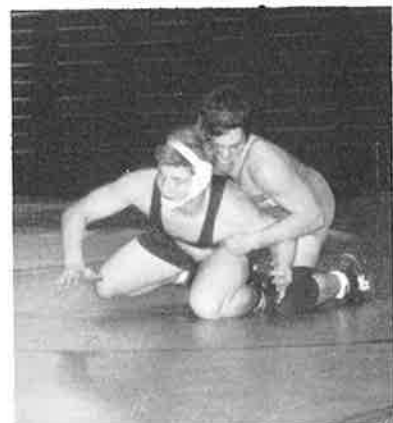
A typical practice would begin with coach Kerns having the team do army exercises. Then, he had them practice the basics and wrestle each other. At the end of the practice, he had them run many laps around the gym.



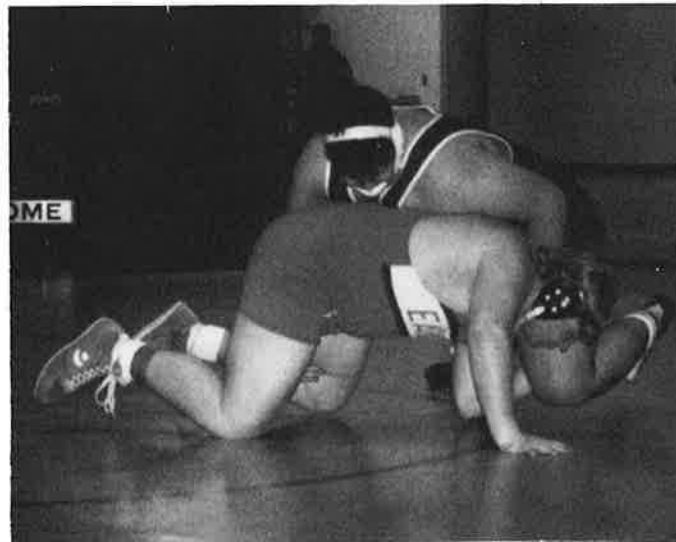
At weight 112, Jerry Alexander pins his opponent to advance to regionals.



Sophomore Chris Alexander tries to escape and put a move on his opponent at sectionals.



Senior Eric Hites attempts a pin on the South Putnam Eagles at sectionals.



Scoreboard

Tri-West W
 Monrovia Inv. W(1) L(3)
 North Montgomery L
 F. C. (L) S. V. (L) S. P. (L)
 Rockville L
 County L(3)
 Southmont L
 Cascade Inv. L(2)
 Turkey Run L
 WCC
 Sectionals W(3)

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