

# NP WEIGHTWATCHERS

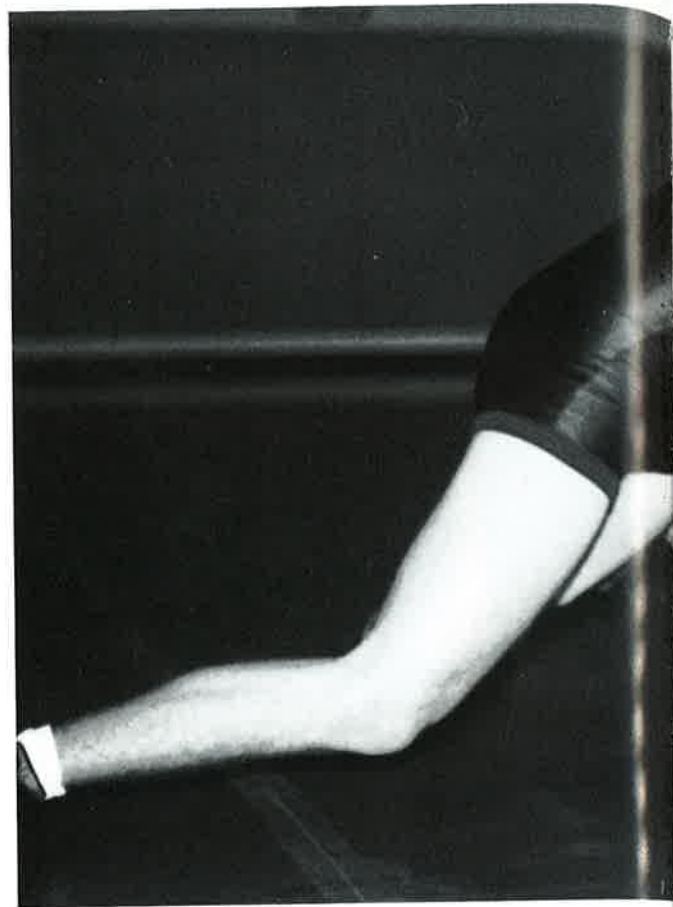
Making weight is one of the more difficult requirements of the sport of wrestling. This season some North Putnam wrestlers starved themselves, ran until they were exhausted, and found ways to make themselves perspire until they were nearly dehydrated; just to make the proper weight. Others had just the opposite problem. They had to find innovative ways to gain weight.

The old belief that only boys can wrestle fell by the wayside this year as a girl wrestler joined the team.

"Sometimes it was stressful because I didn't know how people would react to a girl wrestler. Other than that it was usually fun," said Bree Haislop.

"I felt the wrestling team was strong for the amount of people we had," said Ron Perkins.

Diets, grueling practices, and facing your opponent on the mat was all part of being devoted to the team.



Chris Alexander uses his hand to keep his balance. Chris was a senior member of the team.



"I was surprised to get the trophies, but I was glad to receive them."

**Adam South**

"The team would have been better if we would of had a little more experience, because we were a young team. I cannot wait for next year's season to begin."

**Chad Oliver**