

SORRY FOR THE LENGTH OF THIS , MORE TO GET OUT THAN NORMAL

Coaches Corner-

Varsity was at the Cobb County Invitational, and JV was at Denmark HS Friday this weekend. Our JV wrestlers are really doing well this season and keep bringing home medals each weekend! Mason, Peter, Tristan, and Michael all kept the streak going. The Varsity team got hit with the illness and injury bug this week, but Vic and Eli wrestled exceptionally well and made the podium at the Cobb Co Inv!

It's been a very long few weeks with Friday/Saturday tournaments 3 weekends in a row. Wrestlers and coaches usually talk about "the grind"; it's part of wrestling and is what makes it the toughest sport in my opinion. I'm really proud of how you all kept working and working, even though I'm sure you're a bit run down. Please use the next few days to rest and relax, and get back to as close to 100% as possible. We don't compete again until Dec 30.

I've always told my teams in the past that there are essentially 2 parts to wrestling season. Everything before Christmas is about learning technique, getting to the right weight classes, and working on cardio. Everything after Christmas is really what matters....Region Duals, State Duals, Traditional Region, Sectionals, State.

I know that we aren't collecting the wins as we have in the past, but we are a much younger and less-experienced team than before, and that's ok! Just keep practicing, keep working hard, stay motivated....if you all do that, the wins will come, I promise! Wrestling is more than just getting your hand raised; it builds self-confidence, toughness, grit, and determination. I can see things starting to click for many of the new guys; it just takes time.

Congratulations to Santi and Mason Frisbie for being our wrestlers of the week!! We'll announce these each Monday and our managers will get with them and create a video for social media. You can follow us on Instagram if you search for LassiterWrestling.

Below you'll find the schedule for the rest of 2025. PLEASE be sure you're at all of them, unless you're out of town. Be sure to communicate through the BAND app with me.

Notes:

- Please be sure to watch your matches on Matboss, it's a good way to review what you're doing right and what you're doing wrong. If you haven't set up your account, do so ASAP! **This is mandatory for every wrestler, I can monitor logins.** --<https://app.matboss.com/invite/8aVQ-2KM0>
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Varsity Stat Leaderboard:

Top Wins

1	Diaz, Evan	16
2	Freeland, Elijah	15
3	Esclusa, Victor	13
4	Haskin, Jon	13
5	Tobar, Alejandro	11
6	Armer, AJ	10
7	Brickley, Jax	10

Top Falls

1	Diaz, Evan	11
2	Esclusa, Victor	10
3	Tobar, Alejandro	10
4	Freeland, Elijah	8
5	Burkhart, Barrett	6
6	Haskin, Jon	6
7	Whitehouse, Knox	6
8	Brickley, Jax	5

Top Takedowns

1	Freeland, Elijah	26
2	Haskin, Jon	25
3	Brickley, Jax	21
4	Armer, AJ	19
5	Diaz, Evan	17
6	Burkhart, Barrett	13
7	Pates, Jensen	12

Schedule:

21 Off

22 9-11:00 Practice

23 9-11:00 Practice—Holiday Party to follow in the Trojan House -Served at 11:45-You must shower before coming.

24 Off

25 Off—*Every wrestler receives a 2LB growth allowance for the remainder of the season.*

26 9-11:00 AM Practice

27 9-11:00 AM Practice

28 9-11:00 AM Practice

29 3:35-5:00- Setup gym for Trojan Duals

30 Trojan New Years Duals (more info to come)

31 Off

1 Off