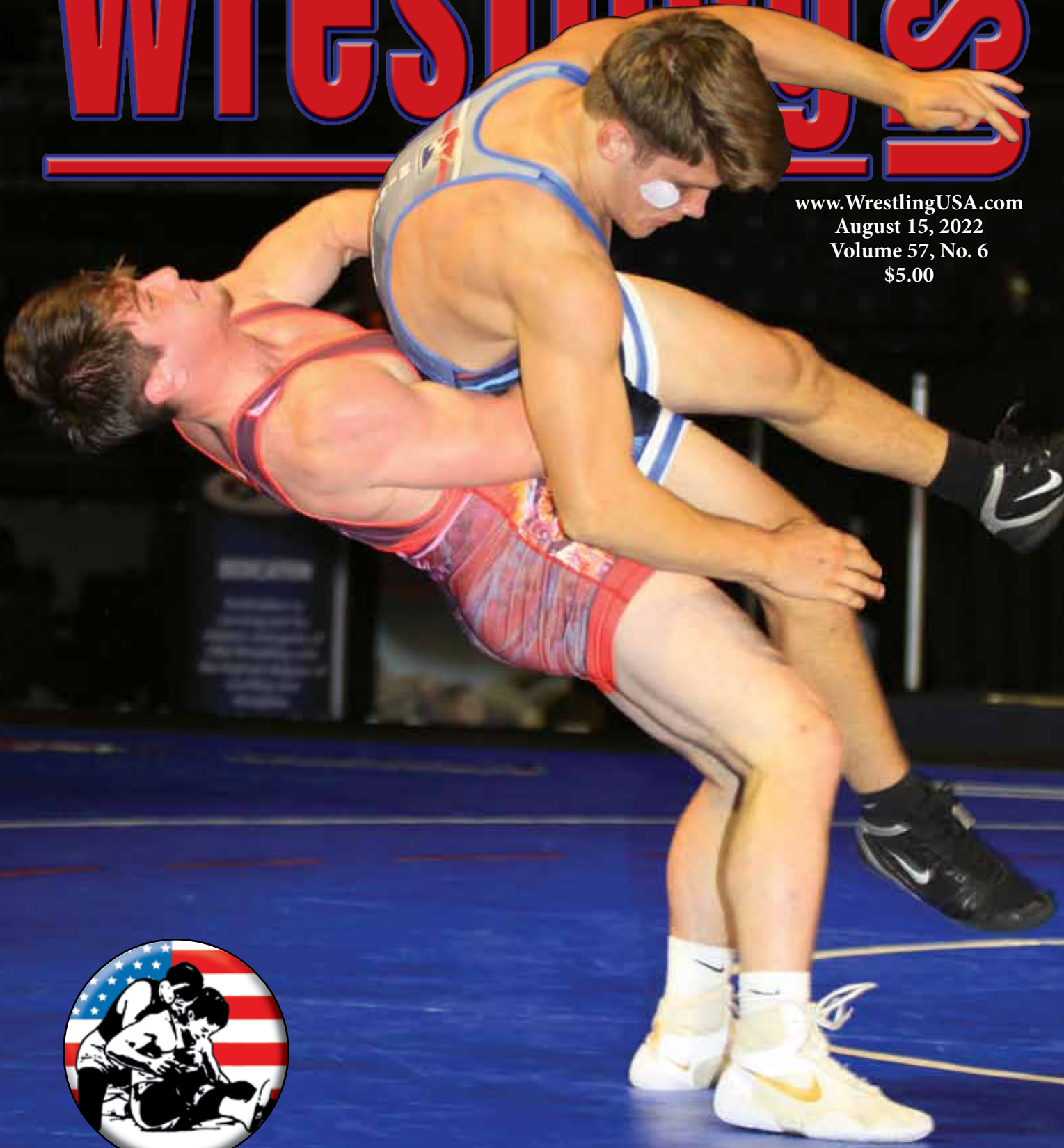


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2022 Senior All-American Poster

By Cody Bryant, Managing Editor

For 23 years, Dan Fickel has put together our Senior All-American nominations which included 13 Dream Team members, 13 Academic Team members, 96 All-American members and 120 Honorable Mention members. Now that he has stepped down from that consuming process, I have stepped in to just get a taste of all the time and energy it requires to get information from coaches, administrations and parents, etc. Our first Senior All-American team selection in 1968 began with 23 All-Americans and 43 Honorable Mentions. Over the years, there wasn't a set number of All-Americans and Honorable Mentions until Dan took over the nomination process in 1999.

This year's *2022 Senior All-American Poster* has some significant changes as well. The 13 Dream Team and 13 Academic Team members by weight class hasn't changed, but reduced the 96 All-American Team members to 78 and added just 12 Honorable Mention members to the poster. I personally like the fact that now there are at least some Honorable Mention members on the poster but a major loss of 108 Honorable Mention wrestlers. Even with over half of the selections gone, it was still a major undertaking reaching out to schools and coaches. Although Dan is no longer doing the All-American selections, he was still very active in assisting me in the process - something that I am very grateful for! Dan's forty plus years in contributing to the high school and college ranks and his wrestling knowledge is second to none - only Ron Good, *Amateur Wrestling News*, can give Dan a run for his money. I have witnessed Dan and Ron at the NCAA Wrestling Championships talking about different wrestlers. It is like seeing two super computers ready to overheat with wrestling knowledge. Again, I can't thank Dan enough for all he does for *Wrestling USA Magazine* and this great sport.

The Dream Team I think is the easiest of the four teams to put together. These wrestlers are selected not only on their credentials but by weight class so it narrows the selection process. It's not clear-cut by any means, but these selections (most would agree) are the best seniors in the country. Topping that list is 3x National Prep Champion Nicholas Feldman, from Malvern Prep in Pennsylvania. Feldman was the Northeast Dave Schultz Excellence Award selection from the *National Wrestling Hall of Fame*, the Junior Dan Hodge Trophy winner from *Wrestling Insider Newsmagazine*, and *Wrestling USA Magazine/Cliff Keen Athletic* 2022 Outstanding Wrestler.

The Academic Team selection is also determined by weight class, but puts slightly more weight on GPA than on credentials like the Dream Team. Although we don't select an Outstanding Academic Wrestler, I would have to lean towards Alabama's Cory Land from Moody High School. Cory's a 5x State Champion, Dave Schultz Excellence Award winner, and he leads our All-Americans with 307 career victories. Cory's 307 career victories ranks him 8th all-time on our *Scholastic National Records* individual victory list.

Like every year, there are outstanding high school seniors that do not get recognized on our Senior All-American Poster for a number of reasons. In most cases I didn't receive the information needed for me to consider the individual for one of the teams. I realize coaches have a lot on their plates during the season, and once the season has ended, it's really never over (I know after coaching for 27 years). Coaches and parents, if you have an outstanding senior wrestler coming up, please don't hesitate to e-mail me information at cody@wrestlingusa.com. Thank You!

"For the body is not one member, but many." 1 Corinthians 12:14

As Always, let's be "On The Go Together;"

Cody

COVER PHOTO

Junior Nationals Greco-Roman Championship Finals - 182 lbs. Michael Altomer (New York) with a gutwrench lift on Ryder Rogotzke (Minnesota). Altomer won by technical fall 12-3, 3:35. Photo by Johnnie Johnson.

NATIONAL ACTION WRESTLING PHOTOS

Send your best action wrestling photos to cody@wrestlingusa.com. The best photos will be recognized each issue. All photos should be submitted digitally at 300 dpi.



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Junior Nationals Freestyle Championship Finals - 152 lbs. Ty Whalen (New Jersey) fighting to counter a takedown attempt by Cody Chittum (Tennessee). Chittum won by technical fall 13-3. Photo by Johnnie Johnson.



16U Nationals Freestyle Championship Finals - 132 lbs. Brock Mantanona (California) grabbing the ankle of Tyson Charmoli (Minnesota). Mantanona won by decision 8-5. Photo by Johnnie Johnson.

IDAHO'S LEVI JONES IS "ALL IN" WITH THE INNOVATION AND GROWTH OF WRESTLING IN THE GEM STATE AND BEYOND

By Al Fontes

The question of whether people are born leaders or just developed through time is a subject that is often debated within a multitude of intellectual circles in society. Some of the essential traits of a leader include having positive energy, the ability to motivate others, make difficult decisions, execute and complete objectives, and above all to have the passion to lead. One such leader in the Gem State of Idaho that possesses these traits and was literally born into the sport of wrestling is Levi Jones of Eagle, Idaho. At the age of 3, Levi was introduced to wrestling by his father, Scott, an accomplished high school coach for twenty plus years and a 2010 inductee into the Washington State Wrestling Hall-of-Fame. From his early beginnings, Levi was surrounded by many great leaders that influenced and contributed to his development at the kids level, high school, through his college days at Boise State University, and today as he mentors and coaches others, he is continuously learning and growing from his day-to-day experiences. Presently, Levi leads a very active and exciting life of balancing family, faith, friends, enjoying his hobbies, and passion for coaching wrestling, which

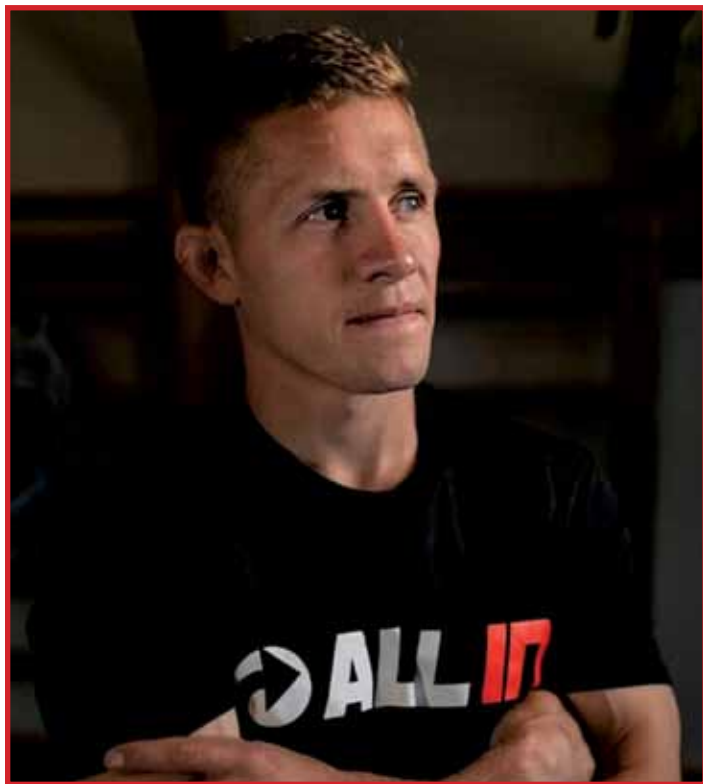
from my observation is not only making a significant impact to the development of skilled wrestlers, but also building future leaders in our community. The founder of the "ALL IN" Wrestling Training System and Academy, Levi's recipe for success is to follow the three G's – Grounded, Grateful, and Growth Mindset, but more importantly as a leader he leads by example and lives by his motto, "SERVE WITH LOVE AND LOVE TO SERVE."

Having grown up in the state of Washington, Levi was surrounded by the sport of wrestling at home with his family, community, and naturally gravitated to the sport from the start. He competed during his childhood years at local competitions and in the state. During his prep years, he attended Lakeside High School in Nine Mile Falls, Washington, where his father was the head coach. Graduating in 2006, Levi finished his prep career with three trips to the Washington state finals, winning an individual title his senior season and being an inherent part of three state championship teams. Additionally, he earned All-American honors at the Fargo Nationals in Greco-Roman and FILA Nationals in 2007. Moreover, Levi won numerous state Freestyle and Greco-Roman titles and was a multisport athlete, earning a total of 10 varsity letters while competing in Soccer, Football, and Wrestling.

Earning All-State Academic honors while in high school, Levi continued his academic and wrestling career at Boise State University. While at Boise State (2007 – '11), he made three trips to the NCAA Division I Championships while competing in the 141 pound weight division and just missed the All-American round by one match in the blood round (ranked #2 – made it to the round of 12). A member of three PAC 10 Championships teams, Levi held a 3.8 GPA throughout college and graduated in 2011 with a Bachelors degree in Communications.

Upon graduating from Boise State, Levi wasted no time and joined the coaching staff at Arizona State University. While at Arizona State (2011-'12), he was the Director of Operations training the lightweight wrestlers in the program. Levi and his Family decided to move back to Boise State and help out with the team fundraising for the broncos while he worked during the day. Despite his desire to spend all his efforts coaching, Levi had to also provide for his young family and obtain a day job. Ironically, he found a job selling potatoes of all things in Idaho. In this job, Levi sold potatoes around the world and in short order took a small business that was negative 20k in sales per month to just over 12 million in sales in 3.5 years. Then in 2016, Levi was provided an opportunity to take on his dream job and joined the coaching staff at his alma mater. While at Boise State, his coaching responsibilities included recruiting and running the day-to-day practices.

Unfortunately, his dream coaching job was cut short in 2017 when the Boise State administration made the decision to cut the accomplished and long standing wrestling program (est. 1959) in order to add varsity baseball to its sports roster. It was at this point that Levi wasted no time and transitioned from coaching



Levi Jones "ALL IN" Wrestling Training System and Academy coach. His motto, "SERVE WITH LOVE AND LOVE TO SERVE." Photo by Carter Youcham.

Leanest, Meanest Weight for Female Wrestlers - Is 12% Body Fat the Glass Ceiling (Floor)?

By Craig A. Horswill, PhD.

When body fat testing became a requirement of wrestlers in the 1980's and 1990's, a minimum (lowest) body fat of 5% was set for collegiate wrestlers. For high-school age and younger wrestlers, the cutoff was fixed at 7%.

Female wrestling arrived on the scene after the methods and programs for males were validated and implemented. Similar programs were needed for females, though the methods had not received the same scrutiny as done for the males. The leanest body fat was set at 12%, no lower, for females. One may wonder where this limit originates.

Regardless of origin, the 12% lower limit generates confusion and is often interpreted as the ideal or absolute best weight that a female wrestler should make. That is not the case. The concept of %body fat, the origin of 12%, and the misconception of minimal as ideal will be discussed here.

What is % Body Fat

Percent body fat is the proportion of fat mass relative to total body mass (body weight). The fat can be found anywhere in the body, but it is the total from everywhere in the body. Some of it is stored as excess energy – our “love handles,” belly fat or that on our hips – and is somewhat disposable. Other fat, though, is essential, like the hormones testosterone and estrogen in our blood or the membranes making up our cells (“bi-lipid layer”). We cannot do without the essential fat.

The body mass that is not fat is composed of our lean tissue, or

“fat-free mass.” It is the stuff we want to preserve or even increase during training – muscle, bone, heart, liver, etc. If a person has 5% fat, then the remaining 95% of the body is lean tissue. A female at 12% fat has 88% fat-free mass. To compute fat and fat-free mass in pounds, multiply the current weight by the decimal form of % body fat. For example, a female wrestler weighing 120 lb. and having 12% body fat has 14.4 lb. of fat (120×0.12) and 105.6 lb. of fat-free mass ($120 - 14.4$).

The goal of the minimal weight program is to reduce reasonable amounts of dispensable fat to lower the body weight without adversely affecting the essential fat or lean tissues.

Origin of 12%

According to the National Athletic Trainers Assoc. and the American College of Sports Medicine, 12% body fat is the lowest proportion of body fat that will sustain health and performance in hard training, female athletes. It is based on what has been observed and reported in the sports medicine literature on fit, lean female athletes. Rarely, though, do we actually see this leanness in females. It becomes more of a hypothetical value, the bare minimum for good health. Dropping below 12% risks the female athlete losing endurance, muscle mass, bone, and becoming ill. Even maintaining 12% or attempting to reduce to 12% can be challenging and unsafe.

All methods of measuring body fat have a range of error, about +3% fat. If a female wrestler is told she has 14% body fat, she



Junior Nationals Girls Freestyle Championship Finals - 106 lbs. Clare Booe (Florida) working a half nelson on Aspen Blaske (Minnesota). Booe won by technical fall 10-0, 3:25. Photo by Johnnie Johnson.

2022-2023 NCAA DIVISION I PRELIMINARY INDIVIDUAL RANKINGS

By Dan Fickel

Editor's Note: Here are 2022-23 NCAA Division I Preliminary Individual Rankings as of 7-14-22. These rankings will be affected by weight class changes, redshirt decisions, eligibility issues, transfers, wrestlers who may decide not to compete, and injuries. True freshmen are not ranked in the top-30 or special mention sections in these initial rankings, but some are listed at the end of each weight class. Many true freshmen will likely redshirt. For any corrections and/or updates, E-Mail: dfickel@netlink.net

125 lbs. TOP RANKED SPENCER LEE, SR. IOWA

2. Patrick Glory, Sr, (Princeton)
3. Michael DeAugustino, Sr, (Northwestern)
4. Patrick McKee, Sr, (Minnesota)
5. Brandon Courtney, Sr, (Arizona State)
6. Eric Barnett, Sr, (Wisconsin)
7. Brandon Kaylor, Jr, (Oregon State)
8. Killian Cardinale, Sr, (West Virginia)
9. Jacob Camacho, Jr, (NC State)
10. Matt Ramos, So, (Purdue)
11. Brody Teske, Jr, (Northern Iowa)
12. Trevor Mastrogiovanni, So, (Oklahoma State)
13. Joey Prata, Sr, (Oklahoma)
14. Noah Surtin, So, (Missouri)
15. Anthony Noto, So, (Lock Haven)
16. Malik Heinselmann, Sr, (Ohio State)
17. Dylan Shawver, So, (Rutgers)
18. Ryan Miller, So, (Pennsylvania)
19. Robert Howard, RSFr, (Penn State)
20. Caleb Smith, So, (Appalachian State)
21. Kysen Terukina, So, (Iowa State)
22. Liam Cronin, Sr, (Nebraska)
23. Jack Medley, Sr, (Michigan)
24. Eddie Ventresca, RSFr, (Virginia Tech)
25. Stevo Poulin, RSFr, (Northern Colorado)
26. Braxton Brown, RSFr, (Maryland)
27. Jake Ferri, Sr, (Kent State)
28. Joe Manchio, Jr, (Columbia)
29. Justin Cardani, Jr, (Illinois)
30. Logan Ashton, So, (Chattanooga)

Special Mention:

- Antonio Lorenzo, So, (Cal Poly)
 Greg Diakomihalis, So, (Cornell)
 Sheldon Seymour, So, (Lehigh)
 Joseph Fischer, So, (Clarion)
 Tristan Daugherty, So, (Buffalo)
 Blake West, RSFr, (Northern Illinois)
 Tanner Jordan, So, (South Dakota State)
 Tyler Klinsky, So, (Rider)
 Brock Bergelin, Sr, (Central Michigan)
 Jack Wagner, Sr, (North Carolina)
 Eli Griffin, RSFr, (California Baptist)
 Patrick McCormick, Jr, (Virginia)
 Anthony Molton, So, (Campbell)
 Colton Camacho, So, (Pittsburgh)
 Josh Jones, Jr, (George Mason)
 Diego Sotelo So, (Harvard)
 Antonio Mininno, Sr., (Drexel)
 Jacob Moran, So, (Indiana)

- Garrett Ricks, Jr, (Wyoming)
 Kase Mauger, So, (Utah Valley)
True Freshmen:
 Joey Cruz (Oklahoma)
 Nicolar Rivera (Wisconsin)
 Jore Volk (Wyoming)
 Gabe Whisenhunt (Oregon State)
 Brett Ungar (Cornell)
 Cole Hunt (North Carolina)
 Nico Provo (Stanford)
 Ethan Perryman (Iowa State)
 Dominic Mendez (Cal Poly)
 Evan Tallmadge (Navy)
 Kenneth Hendricksen (Chattanooga)
 Mason Leiphart (Franklin & Marshall)
 Jacob Van Dee (Nebraska)
 Gabe Giampietro (Drexel)
 Nick Corday (Michigan State)
 Brendan McCrone (Ohio State)
 Daniel Guanajuato (SIU Edwardsville)
 Peyton Fenton (Virginia)
 Preston Spray (Missouri)
 Christian Noble (South Dakota State)

133 lbs. TOP RANKED RAMON BRAVO-YOUNG, SR. PENN STATE

2. Daton Fix, Jr, (Oklahoma State)
3. Vito Arujau, Jr, (Cornell)
4. Michael McGee, Sr, (Arizona State)
5. Lucas Byrd, So, (Illinois)
6. Chris Cannon, So, (Northwestern)
7. Dylan Ragusin, So, (Michigan)
8. Micky Phillippi, Sr, (Pittsburgh)
9. Rayvon Foley, Sr, (Michigan State)
10. Taylor LaMont, Sr, (Wisconsin)
11. Sam Latona, So, (Virginia Tech)
12. Michael Colaiocco, Jr, (Pennsylvania)
13. Kai Orine, So, (NC State)
14. Wyatt Henson, RSFr, (Oklahoma)
15. Jaime Hernandez, Sr, (North Carolina)
16. Chance Rich, Jr, (CSU Bakersfield)
17. Kyle Biscaglia, Jr, (Northern Iowa)
18. Joe Heilmann, Sr, (Rutgers)
19. Josh Koderhandt, So, (Navy)
20. Haiden Drury, So, (Utah Valley)
21. Cullan Schriever, So, (Iowa)
22. Ramazan Attasauev, So, (Iowa State)
23. Richie Koehler, Jr, (Rider)
24. Brayden Palmer, Jr, (Chattanooga)
25. Aaron Nagao, RSFr, (Minnesota)
26. Connor McGonagle, Jr, (Lehigh)

27. Domenic Zaccone, So, (Campbell)
28. Gabe Tagg, Jr, (South Dakota State)
29. Kellyn March, So, (North Dakota State)
30. Jack Maida, So, (American)

Special Mention:

- Jace Koelzer, Jr, (Northern Colorado)
 Erik Roggie, RSFr, (Virginia)
 Richard Treanor, So, (Army West Point)
 Jackson Cockrell, RSFr, (Maryland)
 Jaxon Maroney, So, (Drexel)
 Anthony Sobotker, Sr, (Binghamton)
 Boo Dryden, Sr, (Nebraska)
 Angelo Rini, Jr, (Columbia)
 Gable Strickland, So, (Lock Haven)
 Jackson DiSario, Jr, (Stanford)
 Job Greenwood, Jr, (Wyoming)
 Jordan Titus, RSFr, (West Virginia)
 Andre Gonzales, RSFr, (Ohio State)
 Jason Shaner, Sr, (Oregon State)
 Sean Carter, Jr, (Appalachian State)
 Gio DiSabato, Jr, (Ohio)
 Cole Rhone, So, (Bloomsburg)
 Brendon Fenton, Jr, (Kent State)
 Hunter Leake, So, (California Baptist)
 Kurt Phipps, Jr, (Bucknell)

True Freshmen:

- Nic Bouzakis (Ohio State)
 Troy Spratley (Minnesota)
 Cory Land (Northern Iowa)
 Zeke Seltzer (Missouri)
 Jack Gioffre (Virginia)
 Emilio Ysaguirre (Arizona State)
 Braden Basile (Army West Point)
 Zach Blankenship (Oklahoma State)
 Zeth Romney (Cal Poly)
 Evan Mougalian (Pennsylvania)
 Brock Bobzien (Wisconsin)
 Carter Fousek (Iowa State)
 Kyle Montaperto (Virginia)
 Christopher Martino (Princeton)
 Briar Priest (Pittsburgh)
 Brennen Cernus (Navy)
 Tyson Lane (Gardner-Webb)
 Caleb Thoennes (South Dakota State)
 Brady Hankin (Northern Colorado)
 Marcel Lopez (SIU Edwardsville)

141 lbs. TOP RANKED COLE MATTHEWS, JR. PITTSBURGH

2. Real Woods, Sr, (Iowa)
3. Jake Bergeland, Sr, (Minnesota)

WRESTLING USA
OFFICIAL OF THE YEAR
MAGAZINE

DON CHRISTENSEN

Kaysville, Utah

Like so many others, Don Christensen's love of wrestling began by watching older brothers. "My parents traveled to all their competitions. I tagged along. The energy in the stands during a match was electric. Swarming the mats with every other kid in the place to replay the wrestling we had just witnessed was pure joy. Christensen remembers "shouting when his brothers won and hurting when they did not."

Wrestling creates tight families. It is simply impossible to go through a season with a wrestler and not know the difficulty of hard work, discipline, and personal responsibility that wrestling demands. At an early age, Christensen learned how hard the sport could be when he joined the same high school program that his brothers knew. All wrestlers learn how to deal with the highs and lows of match outcomes. It is as much a part of the sport as securing your shoelaces. As Don put it, "The chasm between effort and expectation is deep because wrestling is so honest."

In wrestling, preparation predicts outcome and there is no hiding from it. All wrestlers know that following a loss you pick yourself up, get your attitude right and 45 minutes later lay it all on the line once again. "Taking responsibility for your own outcome is the brilliance of the sport," Christensen said. "There is nothing like it. In no other sport can a young person enter into such demanding, physical, hand-to-hand combat and come away gaining more than a win or a loss."

Christensen was fortunate to be both an athlete and a coach in a great program at Viewmont High School in Bountiful, Utah. Under the direction of Coach Bart Thompson, the Vikings put in a run of four State High School Championships that produced two High School National Champions, Nate Larsen and Shea Lawrence.

Although passion drew Christensen to the sport, it is the principles within it that keep him growing, learning, and getting better. It was inevitable that Christensen would officiate but like everything, he learned from the sport that he intended to give back to the sport and more. Years later when he stepped on the mat as an official, Christensen vowed never to underestimate the preparation of athletes. At the same time, always protecting the outcome of the match by keeping them safe through consistent application of rules and correct judgment.

Author John C Maxwell calls improving everyone around you "raising the lid." If every official in your group performs at a level three, how do you get them all to a level 8 or better? An official can work an entire tournament and make great calls but if you miss one in a key match, the crowd knows, the other officials know and the wrestler, coach, and every friend or relative of the team knows as well. Christensen became obsessed with removing bad calls from the sport.

As Don puts it, "As an officer in the Utah Wrestling Officials Association (UWOA), I chose to not just be part, but to influence and raise the lid of the entire group."

He continued, "I am determined to be as good as I can be and never stop learning. I officiated our state championships for the past 16 years. I had to do more. I put forth the effort to meet and participate in other big tournaments like the Beast of the East, the Big 32, and Reno National and then on to college. This year I did the National Junior College Championships and the PAC 12 at the college Division 1 level. At the UWOA, I pioneered training. We combined technology with experience. We invited Division 1 officials to work with us. We put a microphone on them and recorded officials in training. The result was immediate. A trusted voice was confirming all you did well and mentoring every moment that could be improved.

"Our officials are collectively better. We are not losing young officials. Our training occurs during challenge or low-ranking matches. Experienced officials removed the 'I'm not

sure' and the 'what do I do now' moments."

Don, recently elected secretary of the ICWOA (Inter Collegiate Wrestling Officials Association), plans to integrate effective training technology that he has used into the college ranks. "Hopefully we can shorten the learning curve from new to qualified official while sharpening officiating abilities within the entire sport."

Wrestling USA Magazine would like to congratulate official Don Christensen for all he does for the great sport of wrestling. We are honored to select him as the 2022 National Wrestling Official of the Year Award Winner!



A Wrestler's Thought on Successful Living

By William A. Welker, Ed.D.

I have made many mistakes in my life as a wrestler on and off the mats. But haven't we all. Now that I'm a retired teacher, wrestling coach, and mat official, I have thought about what beliefs assisted me in coping with the challenges of living a life of personal fulfillment.

I want to share with wrestling enthusiasts the five principles I have strived to obey in my human journey. It is my hope that they will help you in your own lifetime travels as well.

Be Humble

Always take your classes in school and wrestling on the mats seriously, but not yourself. To do so, is the beginning of arrogance. Arrogance offends others and has no redeeming qualities.

As an athlete, respect your adversaries. Likewise, lose with grace and win with class.

The late Coach John Wooden, the ultra-successful basketball coach at UCLA, said it quite simply:

*"Natural Talent is God-given, be humble;
Fame is man-given, be grateful;
Conceit is self-given, be careful."*

Be Prepared

Strive to be a well-rounded, student-athlete to prepare yourself for college, the trades or the military. Plato, the ancient Greek scholar, philosopher, and formidable wrestler, wrote:

*"He who is only an athlete is too crude, too vulgar, too much of a savage;
He who is a scholar only is too soft;
The ideal citizen is the scholar-athlete;
A man of thought and a man of action."*

Be Perseverant

My father was a simple, but astute German parent, who gained practical knowledge and experience on the streets, fighting to gain respect from his adolescent peers. He later opened a successful cigar store with his partner, Andy Ryan, a wonderful Irish fellow. Dad saw to it that his two sons attended college, an experience he was never afforded.

He emphasized, *"If You fall on your face, get right back up and keep moving forward."*

Likewise, my grandmother, Ada Bertolette, often stressed with my brother and me: *"No matter how bad things seem to be, the sun will come up in the morning. A new day to follow your dreams."*

She was a true believer in Norman Vincent Peale's Power of Positive Thinking philosophy.

Be Patient

During my initial years as a teacher and wrestling coach, I would become very frustrated that I wasn't making more money to support my growing family, and that my wrestlers weren't performing better in competition.

My wife, Peggy, put me in my place.

"Bill, don't rush things. Be patient. Anything that is worthwhile in life doesn't happen overnight."

I have been blessed with a very loving and wise spouse.

Later, I came across a little-known quote from Mark Twain. I must say it really hit home.

"The two most important days of your life are the day you were born – and with patience – the day you find out why."

Be Able To Kneel

As soon as my brother and I were able to understand, my mother explained to us the significance of God and prayer in our lives.

To begin with, Mom taught us to thank God for our good health and blessings in life – and to pray for others in our lives and those who were much less fortunate.

But she did not stop there. Though never an athlete, herself, Mom told us how to pray before our matches.

"Boys, always pray to do your best and that no one gets hurt."

She went on to tell us that we shouldn't pray to win because God has no favorites. Mom further stated praying to win is a form of arrogance, suggesting that we were better than our opponents in God's eyes.

"If your wrestling abilities are better than your opponent's, that should be the winning factor."

Mom and Grandma were the most spiritual persons my brother and I have ever known. We were truly blessed.

I must admit there were times in my life when I felt my prayers were ignored by God. But then I learned from an individual I would have never expected to enlighten me on such unanswered prayers – the late famous actor, Kirk Douglas.

Kirk Douglas found God later in life and was a fervent proponent regarding the power of prayer. He was once confronted by a friend who suggested that God doesn't answer all prayers.

"Kirk, there were things that I prayed for throughout my life, and none of those prayers were ever answered. How do you explain that?"

"That's easy, John. God does answer all prayers, but sometimes, for your own good, the answer is 'NO'."

Prayer is still a very important part of my daily routine. Through prayer, I have experienced "subtle" miracles throughout my entire life.

In closing, I would like to share with my readers a prayer I devoted entirely to the mat sport.

The Wrestling Prayer

Dear Heavenly Father,

Bless all wrestlers that they may perform to their fullest potential on the mats, in the classroom, and throughout life;

Bless all wrestling coaches that they may stress the highest standards of good sportsmanship;

Bless all wrestling officials that they may keep wrestler-safety foremost in their thoughts;

And finally: Bless all wrestling parents that they may understand – win or lose – their child is learning much about life through the sport of wrestling.

In Jesus' Name we pray,

Amen



TAYLOR AND BARR REPEAT AT USMC JUNIOR FREESTYLE NATIONALS

By Gary Abbott, USA Wrestling

It was a star-studded finals for the Junior Nationals on Tuesday, as the nation's best men's freestylers went after it with national titles up for grabs.

There were a pair of returning champions who won their second straight Junior National freestyle title, Hunter Taylor of Missouri (113) and Joshua Barr of Michigan (170).

Taylor repeated as champion with a 9-2 win over Deion Johnson of Illinois. Taylor jumped to a 6-0 lead at the break, with two takedowns and a turn. He added a step out point and a takedown for a nine point lead, with Johnson scoring his only takedown late in the match. Taylor is ranked No. 14 in the nation by FloWrestling.

Barr needed an inspiring comeback to defeat Rocco Welsh of Pennsylvania, 8-5. All of the scoring, except for a first-period shot clock penalty against Welsh, came in the second period. Welsh scored five straight points on two takedowns and a step out. Barr responded with two takedowns, then scored a clutch turn for a 7-5 lead. One more point on a step out secured Barr's comeback win. Barr is ranked No. 6, while Welsh had a No. 3 ranking.

Three wrestlers remain alive in the hunt for the Junior Triple Crown, Mack Mauger of Idaho (106), Cory Land of Alabama (132) and Aden Attao of Idaho (285). A person wins the Triple Crown when they capture USA Wrestling national titles in folkstyle, freestyle and Greco-Roman the same year.

In an all-Idaho finals, Mauger had an explosive series of moves early on, and went on to beat Kolter Burton by technical fall, 11-1. With Burton on the shot clock in the first period, Mauger nailed a four-point takedown and a quick turn for six points, and added a point for the shot clock, to lead 7-0. In the second period, he added two more takedowns to close out the win. Mauger, ranked No. 6 by FloWrestling, was a 16U Nationals freestyle champion one year ago.

Land finished off returning Junior Nationals champion Kannon Webster of Illinois quickly in the finals with an 11-1 technical fall. Land scored a first-period takedown right into a trapped arm gut wrench and turned Webster five times to end the match. Both came in with No. 3 rankings from FloWrestling, Land at 126 pounds and Webster at 132 pounds.

Attao fell behind in his finals match before blitzing Dillan Johnson of Illinois late for a

9-6 win. Johnson led 6-2 at the break, scoring three takedowns with Attao getting a pair of stepouts. In the second period, after a point to Attao on a step out made it 6-3, Attao scored a four-point double leg takedown for a 7-6 lead. A spin behind for Attao closed out the win.

Mauger, Land and Attao must win the Junior Greco-Roman title on Friday to close out the Triple Crown.

It has been a great year for Iowa, which won the Junior National Duals in both styles earlier this year. Iowa has been dominant in the Junior Nationals in freestyle this week, claiming the team title with 214 points, a full 98 points ahead of runner-up Pennsylvania with 116 points and third-place California with 115 points.

Iowa won four individual titles today, only the third time in their Junior Nationals history that they had four champions.

In one of the most anticipated finals, No. 1 Nathan Jesuroga of Iowa stopped No. 5 Caden Horwath of Michigan in a 12-2 technical fall at 120 pounds. Jesuroga scored first on a step out then Horwath scored a takedown for a 2-1 lead. From then, it was all Jesuroga with 11 straight points, which included multiple takedowns, two ankle lace turns and a step out to finish it off. Jesuroga was U17 World bronze medalist

At 138 pounds, No. 10 Ryder Block of Iowa was dominant in a 12-2 technical fall over Ismael Ayoub of Ohio. The match was tied 2-2 at the break, but Block scored a second-period takedown with four straight turns to secure the technical fall.

In the most wide-open final of the session, No. 5 ranked Aiden Riggins of Iowa secured a 15-8 decision over Nicco Ruiz of California at 160 pounds. The bout was tied at 4-4 at the break, and then the action picked up in the second period. The key to Riggins' win came late in the match, when a four-point takedown by Riggins was challenged by the California corner. After an extended review, the jury did not award Ruiz any points in the exchange and Riggins had his margin of victory.

It was an all-Iowa finals at 220 pounds, as Bradley Hill upset No. 8 Kolby Franklin, 10-5. Hill established himself in the first period, leading 6-2 at the break. He blasted open the match in the second period with a four-point counter throw, from which Franklin could

not recover.

The Outstanding Wrestler went to Kyle Dutton of Missouri, who blitzed No. 11 Beau Mantanona of California in a 10-0 technical fall at 145 pounds. Dutton, who is heading to Little Rock for college, scored two takedowns and three turns to stop the match in 1:28.

Winning a Fargo national title for the second straight year was No. 11 Mason Gibson of Pennsylvania, who needed last-second heroics to edge Luke Stanich of New Jersey, 7-6 at 126 pounds. Gibson trailed 4-2 at the break, and tied the bout at 4-4 early in the second period. After Stanich took a 6-4 lead on a takedown, Gibson scored a takedown in the closing seconds to tie it at 6-6. A challenge by the New Jersey corner was denied, giving Gibson the win. Gibson was a 16U Greco-Roman Nationals champion last year.

No. 2 ranked Cody Chittum of Tennessee opened up his par terre offense on the way to a 13-3 technical fall in the first period over No. 7 Ty Whalen of New Jersey at 152 pounds. Whalen scored the first takedown, but a four-point Chittum counter throw put him ahead 4-3. From there, Chittum scored a step out, a takedown and multiple gut wrenches to close out the win.

At 182 pounds, in a battle of highly-ranked athletes, No. 4 Connor Mirasola of Wisconsin shut out No. 7 AJ Heeg of Oklahoma, 3-0. Mirasola scored a first-period takedown and added a second-period step out, while stopping Heeg from completing his offense.

With a strong second period on his feet, Cody Merrill of California won the 195-pound title, defeating No. 3 ranked Rylan Rogers of Idaho, 7-1. Rogers led 1-0 at the break after getting a point from the shot clock, but Merrill took over from there. Merrill scored three second period takedowns for the win. Merrill was a 16U Nationals Greco-Roman champion last year and added a U17 Greco-Roman National title earlier this season.

Winning the opening match of the finals at 100 pounds was Tyler Garvin of Maryland, who had a strong second period to defeat 2021 16U Greco-Roman champion Jvaan Yarbrough of Ohio, 9-4. Garvin led 3-2 at the break, but Yarbrough opened the second period with a takedown for a 4-3 lead. Garvin scored two straight takedowns, then countered a Yarbrough head pinch attempt to take command of the event.

MAUGER, ATTAO WIN JUNIOR TRIPLE CROWNS

By Gary Abbott, USA Wrestling

The last session of the record-setting 2022 USMC Junior and 16U Nationals at the FargoDome completed with an exciting championship round for the Junior Greco-Roman Nationals on Friday afternoon.

The week concluded with the crowning of two new Junior Triple Crown winners, Mack Mauger of Idaho at 106 pounds and Aden Attao of Idaho at 285 pounds.

To complete a Triple Crown, a wrestler must win a folkstyle, freestyle and Greco-Roman national championship in the same calendar year.

Mauger made quick work of his finals, defeating Brayten Casey of Wisconsin in a first period 8-0 technical fall. Mauger opened with a four-point throw, then scored on a go behind takedown, and closed it out with a head pinch roll for exposure.

After his win, Mauger raised four fingers on the mat, to signify the four titles he has won in Fargo so far in his career.

Attao was spectacular in his finals match, scoring an 8-0 technical fall over Sebastian Lopez of Kansas in the finals. Attao scored a four-point throw, then scored a pair of front headlock turns from par terre to end the match in the first period.

Now only nine athletes have won 11 Junior Triple Crowns since the award was launched in 2007. The only other year with more than one Triple Crown winner was in 2014, when Randon Miranda of California and Danny Vega of Arizona won the Triple Crown.

Avenging his loss in the finals of the Junior freestyle tournament, Kannon Webster of Illinois defeated Cory Land of Alabama, 8-1 at 132 pounds. It ended Land's attempt to win the Triple Crown.

Land led 1-0 at the break, with a point for Webster's passivity. In the second period, Webster forced a step out to tie the score. After Land was hit for passivity, giving Webster a 2-1 lead, Webster responded with three gut wrench turns to secure the margin of victory. Land beat Webster by technical fall in the freestyle finals.

For Webster, it was a second Junior Nationals title, after winning a freestyle stop sign last summer. Webster was named Outstanding Wrestler of the 2022 Junior National Greco-Roman tournament.

There was no returning champion this year. Jack Darrah of Missouri defeated 2021 Junior Nationals Greco-Roman champion Wyatt Voelker of Iowa, 5-1 at 195. Darrah led 3-0 at the break after getting a point on Voelker's passivity, then scoring on a gut wrench. In the second period, Voelker got a point on Darrah's passivity, but Darrah closed it out with an exposure for the final margin of victory. Both wrestlers move on to NCAA Div. I careers, Darrah to Stanford and Voelker to Northern Iowa.

It was a great year for Illinois, which handily won the team title with 164 points, a full 60 points ahead of runner-up Wisconsin. Illinois had nine All-Americans this year.

Illinois dominance was cemented with four individual champions, Webster plus Anthony Ruzic (113), Braden Stauffenberg (152) and Bradley Gillum (170).

Ruzic won Illinois's first title of the night with a 5-5 criteria decision. Nogle emerged from an active first period with a 5-3 lead. Ruzic scored the only takedown in the second period, with a counter takedown after a Nogle attack to tie up the score and take over the criteria. Nogle could not score in the final minute of the bout.

Stauffenberg was in control from the start of the match, going on to defeat Dylan Evans of Pennsylvania, 7-5. Stauffenberg scored four points on a hip toss to jump out fast, then led 7-0 at the break. Evans scored the only points in the second period, but could not close the first-period gap. Stauffenberg heads off to Michigan State this fall.

Gillum fell behind in his finals match against Omaury Alvarez of Georgia, but powered back late for a 7-5 win. Alvarez hit a four-point first-period throw and led 5-0 at the break. In the second period, Gillum scored on a takedown and a passivity call to close it to 5-3. In the final seconds, Gillum scored a takedown and a gut wrench turn for an exciting victory.

Javaan Yarbrough of Ohio had a strong second period and secured a 9-1 technical fall over Isaac Stewart of Montana at 100 pounds. The match was tied in the first period, on a passivity point to Stewart and a forced stepout point to Yarbrough. In the second period, Yarbrough scored three takedowns with a variety of attacks,

on a body lock, a go-behind and a duck under. He also turned Stewart with a high gut wrench. As a 16U wrestler, Yarbrough made the Fargo finals four times, winning two titles, a Greco-Roman gold this year and a freestyle gold last year.

Kael Lauridsen of Nebraska fell behind early to Massey Odiotti of Illinois at 120 pounds, giving up a pair of takedowns to trail 4-0. Lauridsen blocked a throw attempt and stepped over, putting Odiotti to his back, where he finished off the first period pin.

Otto Black of Colorado made fast work of his finals at 126 pounds, scoring a 9-0 first-period technical fall over Derek Guanajuato of Arizona. Black leading 3-0, Black finished it off with a takedown and two gut wrenches.

Keith Smith of Nebraska kept up the pressure and defeated Colton Parduhn of Alaska in the 138-pound finals, 11-6. Smith had a four-point throw in the first period, but Parduhn battled back in the second period to trail only 7-6. Smith closed out the win with a four-point bodylock late in the match. Smith will attend Northern State this fall.

The 145-pound title went to Florida's Brennan Van Hoeke, who blitzed Jayden Collins of Illinois in a 10-2 technical fall. Van Hoeke jumped to an 8-2 lead with both takedowns and a turn, then completed the win with a powerful four-point takedown.

In the fastest pin of the finals, Brendon Abdon of Florida nailed a headlock on Jaden Skellenger of Idaho, and finished it off with the fall in just 46 seconds. It marked the end of Abdon's high school career, as he will attend Little Rock in the fall.

Putting on a big-time show with high amplitude throws, Michael Altomer of New York claimed the 182-pound title with a 12-3 technical fall over Ryder Rogotzke of Minnesota. Altomer hit a five-point throw in the first period, and a high-flying four-point throw to close it out in the second period.

The 220-pound champion was Max Ramberg of Wisconsin, who secured a 9-0 technical fall over Ryan Stein of New York. Ramberg got on top in par terre after a passivity, then turned Stein with four consecutive gut wrenches for the win.

WOLBERT MAINTAINS TRIPLE CROWN ELIGIBILITY

By Adam Engel, USA Wrestling

With a finals session full of action and drama, a new set of 16U freestyle national champions were crowned on the raised center mat in the FargoDome on Monday afternoon

Kellen Wolbert of Wisconsin kept his Triple Crown goals intact with a freestyle national championship at 113.

In the team race, Pennsylvania won its fourth consecutive team title and seventh overall, scoring 223 points ahead of runner-up California with 212 points. Ohio, New Jersey and Wisconsin rounded out the top five.

In the opening bout, a challenge brick changed it all. A backflip celebration turned premature. At 88 pounds, Caleb Noble of Wisconsin flipped after apparently winning his match over Iowa's Mac Crosson.

With seconds remaining, Noble dumped Crosson to his back which Noble thought was a takedown for him. As the whistle blew, Noble pumped his fist, galloped around the mat and jumped into a backflip. After the officials review, Crosson actually scored the winning takedown. In response, Crosson performed a backflip of his own.

At 94, Haakon Peterson of Wisconsin avenged a runner-up finish in 2021 with a freestyle national championship. He used poise and his technique to beat Indiana's Nathan Rioux, 5-1. After being hit for passivity early in the first period, Peterson began to let his offense show and attacked Rioux.

Rioux's pesky handfighting canceled out Peterson's deep underhook until Peterson shot and dumped his opponent on the edge of the mat. After a passivity point and another takedown, Peterson secured a national championship at 94. He celebrated the same way Crosson did with a backflip.

California's Michael Romero charged from the whistle against Keanu Dillard of Pennsylvania, in the 113 final. The mindset to consistently attack and limit Dillard's time to stand around proved to be a major difference in the bout. Romero grabbed several takedowns and punished Dillard, 13-4, to win a national championship.

Two returning champions entered the afternoon with an opportunity to repeat. Seth Mendoza of Illinois sought a repeat with a national championship at 106. But Kentucky's Jayden Raney had different plans. He beat Mendoza, 6-4. After a 4-4 score at

the break, the bout's outcome depended on the final seconds. With about 10 seconds left, Mendoza circled and reached for Raney, who responded with a slick counter and climbed up the leg for the winning takedown as time expired.

At 113, Wolbert continued his Triple Crown eligibility with a 12-9 victory over California's Moses Mendoza. To win a Triple Crown, a wrestler must claim folkstyle, freestyle and Greco-Roman national championships.

A bout later, another returning champion finished as runner-up. Marcus Blaze of Ohio used consistent attacks and pressure to defeat 2021 16U national champion Anthony Knox of New Jersey, 3-3, on criteria. After the whistle, Blaze shrugged and grinned as if he wasn't surprised with the result.

Illinois' Benjamin Davino concluded his warpath with a national championship at 126. He clipped Landon Robideau, 3-0. After taking a 3-0 lead, Davino dodged constant pressure from Robideau and pushed toward the mat a second before time expired. Much like his previous wins in this tournament, Davino separated the score and soundly defeated his opponent. With the victory, Davino claimed his first Fargo championship and outscored opponents, 59-0.

Up at 132, Brock Mantanona of California attacked from the whistle and ended up as Fargo champion, using several big moves to defeat Minnesota's Tyson Charmoli, 8-5.

In a tightly contested bout at 138, PJ Duke, a New York state champion, used a decisive second period takedown to roll past Pennsylvania's Vince Bouzakis, 6-4. Duke shot toward Bouzakis and followed through for two. He continued to apply pressure and limit offense from Bouzakis. Despite the runner-up finish, Bouzakis became a repeat All-American.

In one of the more intriguing weights, Kody Routledge of Oklahoma emerged as a contender at 145, without the load of credentials boasted by some of the other Fargo finalists.

In a battle with Kollin Rath of Pennsylvania, Routledge worked a takedown in the first period and added another via pushout. With about 65 seconds left in the second period, Rath lifted Routledge from his lower leg out of bounds to grab a point. But Routledge's firm position in the tie ups didn't cause any offensive opportunity for Rath. As the final

whistle blew, Routledge won, 4-2.

At 152, Ladarion Lockett made it two in a row for Oklahoma, as he stymied Alessio Perentin of New Jersey, 6-1. Lockett's championship adds to a collection of national titles. A year ago, Lockett won a U15 national championship. Like Crosson and Peterson, Lockett celebrated with a backflip.

Up at 160, Pennsylvania's Bekhruz Sadriddinov make quick work of California's Travis Grace, via a 10-0 technical fall. With the win, he gave Pennsylvania its first and only individual national championship of the day.

Nearly 20 seconds into the bout, Sadriddinov circled around Grace, lifted his opponent and dumped him to the back for a four-point fall. After that, Sadriddinov continued to attack with another four-pointer before he closed it out with a takedown. With the win, Sadriddinov continued his family's wrestling history. His father, Saviddin Navrusov competed on the Uzbekistan world team. Sadriddinov moved to the U.S. when he was 7.

Ohio's Jarrel Miller Jr. edged Minnesota's Bryce Burkett, 7-4, in a high paced bout with plenty of scrambling. Miller enthusiastically celebrated with his coaches after the victory.

At 182, in this scramble heavy battle between returning Junior and 16U All-Americans, Wisconsin's Aeoden Sinclair ended the Triple Crown dreams from Indiana's DeAlcapon Veazy with a dominant 12-1 victory. Sinclair started the scoring with a speedy takedown, but Veazy quickly turned belly up and earned a reversal. But that was all Veazy would score. Sinclair ended it with a series of gut wrenches after scoring a takedown.

The 220 final featured one of the highest scoring bouts of the night. Utah's Jay Henderson defeated Adam Farha of California, 10-8. These light heavyweights scored a flurry of points in short time. In this back-and-forth battle with several lead changes, Henderson conquered a 6-2 deficit to eventually come back and score the winning takedown with only seconds remaining.

The last match of the afternoon didn't last long, 68 seconds to be exact. Ohio's Aaron Ries bowled over Georgia's Jacob Levy and trapped him for a pin. Ries hopped up with arms extended and yelled with pumped fists.

PETERSON REPEATS AS CHAMPION AT USMC 16U GRECO-ROMAN NATIONALS

By Adam Engel, USA Wrestling

In a final session filled with numerous technical falls and a pin, 17 champions were decided during the USMC 16U Greco-Roman Nationals finals at the FargoDome on Thursday afternoon.

Two talented wrestlers — Haakon Peterson of Wisconsin at 94, Kentucky's Jayden Raney at 113 — doubled up after they won a freestyle championship earlier in the week. Peterson also won the 16U Greco-Roman title last year at 88 pounds, making him the only repeat champion.

In the team standings, California grabbed the national championship after crushing the competition with three champions and 183 points. Wisconsin finished second with 137 points.

Wisconsin's Caleb Noble became the day's first champion with an 8-7 win over Tanner Tran of Tennessee at 84. Noble carried a 6-0 lead via takedown and two gut wrenches for the majority of the first period. A few seconds before the break, Tran tossed Noble for a five-point throw to trail by one at the break. Noble continued to be the aggressor and scored a late takedown to secure his first Fargo championship. In the fall, Noble will be a freshman at Spire Academy in Ohio and will be coached by Olympic gold medalist Kenny Monday.

At 94, Peterson continued the Wisconsin party with a 4-0 win over Nebraska's Cole Welte. Despite early pressure, Peterson remained patient and carried a 1-0 lead after the first period. He charged toward Welte out of the break and worked for a takedown. Later in the period, he forced a step out for the bout's final point. With the win, Peterson secured his third Fargo championship and second of the week. In every Fargo appearance so far, Peterson has made the finals.

Lincoln Sledzianowski of Florida pummeled Nebraska's Hudson Loges for a speedy 8-0 tech fall at 100. A four-point throw of Sledzianowski accounted for half the points. He closed it out with a two and two combo with nearly 50 seconds remaining. Sledzianowski was named Outstanding Wrestler.

A bout later at 106, Oregon's Jeremiah Wachsmuth shut down Iowa's Ryker Graff, 6-0. Both wrestled a fast-paced, push-heavy match but Wachsmuth's positioning and immovable defense caused problems for Graff. In the second period, with a 2-0 lead, Wachsmuth worked from top on par terre and threw Graff out of bounds for four points. Despite late forward action from Graff, Wachsmuth

stopped any production from Graff.

At 113, Kentucky's Jayden Raney found his offense at the most critical time. In a tied match, with limited time, he rolled through a headlock to defeat Declan Koch of Wisconsin, 3-1. With the win, Raney doubled up with stop signs in Fargo, one in each style.

Raney's twin brother, Jordyn, followed with a national championship of his own at 120. Jordyn created a second-period surge of offense to beat Wisconsin's Amryn Nutter, 6-3. The brothers became Kentucky's first 16U Greco-Roman Nationals champions.

At 126, Colorado's Thomas Verrette used patient defense and positioning to defeat California's Elias Navida, 2-0. The bout's only points originated about 30 seconds into the match with a whip around takedown from Verrette, who won in his first Fargo appearance.

Verrette spends a lot of time training at the U.S. Olympic and Paralympic Training Center in Colorado Springs, Colorado. He'll be a freshman at Ponderosa High School in the Denver metro area.

Billy Greenwood followed Verrette with another title for Colorado. He attacked and pushed around Nathaniel Askew of Georgia, for a 10-2 victory at 132. Greenwood snapped Askew down for a four-point throw to win as time expired. Greenwood's win follows his family's strong Fargo Greco-Roman history. His brother, Job, a senior at University of Wyoming, earned two Junior Greco All-American honors. He is also a current member of the U23 Greco-Roman World Team.

Gabriel Bouyssou of Rhode Island continued his successful week with a 12-5 win over Minnesota's Alex Braun at 138. He is the first Rhode Island wrestler to win a 16U Greco-Roman national championship. Bouyssou took a 2-0 lead with a quick takedown and rolled through for two more. He led 6-0 at one point but allowed Braun to find offense and make it a battle. But near the end, Bouyssou separated the score for a national championship. Earlier in the week, Bouyssou placed third in 16U freestyle. Braun finished seventh. Now, Bouyssou is a four-time Fargo All-American.

California's Aliaksandr Kikinou topped Tennessee's Hunter Sturgill, 4-2, for a stop sign trophy at 145. After a 2-1 lead at the break, Kikinou scored a takedown with seconds remaining to win it. His next goal is to be an Olympic champion — inspired by his dad who

won a 2009 World bronze medal for Belarus.

Ohio's Tristin Greene contained Kaleb Shine of Montana, 7-0, at 152. Greene carried a 1-0 lead into the break but settled into his offense. He pummeled Shine, who sported a bulky protective face mask. Nearly thirty seconds into the second period, Greene chopped Shine down for a takedown and later finished the win with a four-point throw near the edge.

Tristian Steldt of Wisconsin's needed 28 seconds to win a national championship at 160. He punished California's Angelo Posada in a tight headlock and pinned him early in the match. Steldt became Wisconsin's third champion of the day. Steldt anticipated his throw from Posada's underhook and successfully countered.

At 170, Minnesota's Bryce Burkett stopped Jarrel Miller Jr., a 2022 16U Freestyle champion, for a 3-0 win. Burkett scored the only takedown of the match. This was a rematch of the 16U freestyle finals, won by Miller, 7-4.

Coby Merrill of California concluded his strong week with a national championship at 182. He defeated Adam Waters of Pennsylvania, 3-1, and stymied any offense from Waters. Merrill finished as runner-up in the 16U freestyle tournament. His brother, Cody, won the Junior freestyle tournament at 195.

Missouri's Brennan Carey made quick work of Florida's Michael Mocco at 195. Carey finished Mocco in 33 seconds with an 8-0 tech fall. Carey attacked from the whistle and grabbed four points from an arm spin. From there, with Mocco on the ground, he rolled through for two gut wrenches. Mocco's corner challenged the sequence, but the call remained.

California's Nicholas Sahakian returned to All-American status after he placed seventh last year. He defeated Rylan Kuhn of Missouri, 3-1 for the title. After an early 1-0 lead, Sahakian worked on top in par terre and twisted Kuhn for two.

In the session's final championship bout, Missouri's Sampson Stillwell crushed Wyatt Schmitt, 8-1. After a 2-1 lead late in the first period, Stillwell sent Schmitt to the mat and rolled through for a two-and-two combo before the break. Stillwell contained Schmitt for the rest of the bout.

There was no 16U Triple Crown winner this year.

BOMMARITO REPEATS AS USMC JUNIOR NATIONAL CHAMPION

By Koral Sugiyama, TheMat.com

The USMC Women's Nationals came to an end this afternoon at the conclusion of the Junior division. The arena was loud with the competitors' teammates cheering from the moment the All-Americans were presented until the last whistle at 225 pounds.

No. 7 pound-for-pound wrestler and now back-to-back Junior Nationals champion Eliana Bommarito of Brighton, Mich. defeated last year's 16U runner-up Dasia Yearby of Wellford, S.C. Yearby tried to throw Bommarito as she was being pushed out of bounds right off the whistle. Bommarito landed on top for four points. Yearby got a takedown and turn herself, but Bommarito ended it early as she drove through Yearby for a 1:21 pin.

Two states earned their first Junior Women's National champion—Nevada and Massachusetts.

University of Iowa signee Sterling Dias of Las Vegas, Nev. defeated Makennah Craft of Urbana, Ohio who is ranked No. 21 at her weight. The two previously wrestled in the finals of 2020 Super 32s where Dias defeated Craft, 9-2.

Dias was awarded the first point, but with a snap down to a go-behind, Dias captured the first takedown of the match. In the second period, pressure on the edge got Dias another two points and a pushout. Craft's first points came from a step out and a fleeing penalty which left her still trailing 9-2. With ten seconds left, Craft scored another two with a crotch lift, but it's not enough to stop Nevada from earning their first Junior women's title, by a 9-4 margin.

Skylar Hattendorf of Hooksett, N.H. who competes with Team Massachusetts, wrestled Amitria McNack out of Clinton, Missouri. Hattendorf racked up a quick eight points out of the gate and another takedown in the second minutes gave her the 10-0 tech over McNack for the 138-pound national title. Neither Massachusetts nor New Hampshire previously had a Junior National champion.

At 112 lbs., Szkotnicki of Maryland defeated Easton, Pa. rising sophomore Aubre Krazer. Szkotnicki chased the corner from a standing front headlock into the single to capture the first two points. A perfectly timed level change and attack to Krazer's lead leg gave Szkotnicki her third takedown. Krazer got on the board with her own single leg attack to bring the score 6-2 with only 40 seconds left, but the Maryland star held onto the two-on-one until the clock ran out. The traditional Maryland rubber chicken was thrown onto the stage as Szkotnicki became the state's first Junior National women's champion since Helen Maroulis in 2008.

Maroulis became the first U.S. woman to win an Olympic gold medal.

No. 2 Janida Garcia from Lathrop, Calif. defeated Skylar Little Soldier of Welch, Minn. in the 132-pound final bout of highly ranked stars. Garcia scored the first two points after exposing Little Soldier as she tried to scramble out of Garcia's leg attack. Garcia earned a takedown to lead 4-0 in the first period. She got another quick takedown after the second-period whistle blew and unsuccessfully attempted to turn her with a bow and arrow. They were brought back to their feet and Little Soldier got her first score of the match with a takedown; she tried to transition into a leg lace on the edge, but was unable to get the ankles crossed. With 20 seconds left, Little Soldier got another takedown and the ref blew the whistle before she was able to get the exposure. Time ran out to solidify Garcia's defeat over Little Soldier, a two-time 16U Nationals champion 6-4.

Minnesota's other two-time 16U champion, Ella Pagel, also fell in the finals. At 164 pounds, Brooklyn Hays of Linden, Utah attacked low and finished. Pagel came in for a double and powered through to finish with a big suplesse, but got caught and gave Hays two more points. Hayes stopped Pagel again when she attempted a lateral-drop and another two points were added for Hayes. The Augsburg signee capitalized off of Pagel's attack once more to spin behind Pagel's shot for an 8-0 lead. Hayes pushed for the step-out on the edge, but when Pagel pressured back, the Utah wrestler took Pagel down for an outstanding 10-0 tech-fall. This is a mighty feat for Hays who has only been wrestling less than two years after switching to wrestling from her high school basketball team as a junior.

Three 2022 16U champions did double-up this week, adding a 2022 Junior Nationals title—Mishell Rebisch, Sabrina Nauss, and Savannah Isaac.

Rebisch of Washington, Mich. pinned Stella Steigler of Orange, Va. for the 152-pound title. Steigler opened the match powerfully and snapped Rebisch where she pushed her out for one point. Steigler scored another takedown from her single leg for a 4-0 lead. Rebisch shut it all down though when she tripped Steigler to her back with a confirmed pin at 1:57.

Nauss, of Brighton, Mich., took down Alivia White of Lake Stevens, Wash. on the edge to start out the 180-pound final match. White got a takedown of her own along with an exposure, but Nauss came back with another takedown to tie the score 4-4. White took the lead back when

she crotch-lifted Nauss, but Nauss ended any doubt when she took White to her back for the fall in 3:25.

Savannah Isaac of Toledo, Ohio scored the first takedown on 2021 Junior Nationals champion Sam Calkins of California. With the clock counting down its last seconds in the first period, Calkins powered through Isaac for her own two points. Isaac came back from the break to recapture the lead with a push-out. Isaac went for a head-an-arm. The refs called it for a slip and Isaac needed injury time. The two returned back to the match with 53 seconds left and Isaac leading 3-2. Isaac was able to hold the lead and stop Calkins attacks, and double up her 220-pound national titles.

At 106 lbs, No. 7 Clare Booe of Tarpon Springs, Florida wrestled two-time state champion Aspen Blasko of Forest Lake, Minn. The two wrestled each other here in Fargo last year in the 16U quarterfinals, where Blasko won 5-2.

Booe earned the first takedown off Blasko's attack. Blasko attempted the same attack twice more and Booe caught her arm each time. Blasko's shoulder flexibility saved her and she only gave up a takedown. With another takedown before the break and another after the break, Booe scored a technical fall over Blasko, 10-0.

At 117 pounds, Juliana Diaz of Orlando, Fla. defeated Alexis Montes of El Paso, Texas. Diaz won their last meeting at U20 Women's Nationals in a challenge deciding match, 13-11. Diaz, who will attend Missouri Baptist in the fall, captured her first takedown and ran right into a cradle. Montes fought off her back and soon returned the favor and put Diaz to her back, but was also unsuccessful in the pin attempt. Diaz captured another takedown with the same cradle lock up late in the second period for another takedown and defeated Montes 6-2 for the 117-pound title.

The 122-pound final bout featured Cadence Diduch of Freeport, Ill. and Emily Sindoni from Nichols, N.Y. This was Diduch's third time under the Mat 1 finals spotlight. She was 16U champion last year and runner-up on Sunday in the 2022 16U finals against Skylar Little Soldier from Minnesota at 127 pounds.

Diduch scored the first takedown with a leg attack. Sindoni slid in for two fireman carries and was rewarded exposure on the second. Diduch captured two more points after finishing an attack and leg laced her way to a Junior National title to a 12-2 technical fall.

Junior Folkstyle National champion Sarah Savidge of Colorado Springs, Colo. wrestled