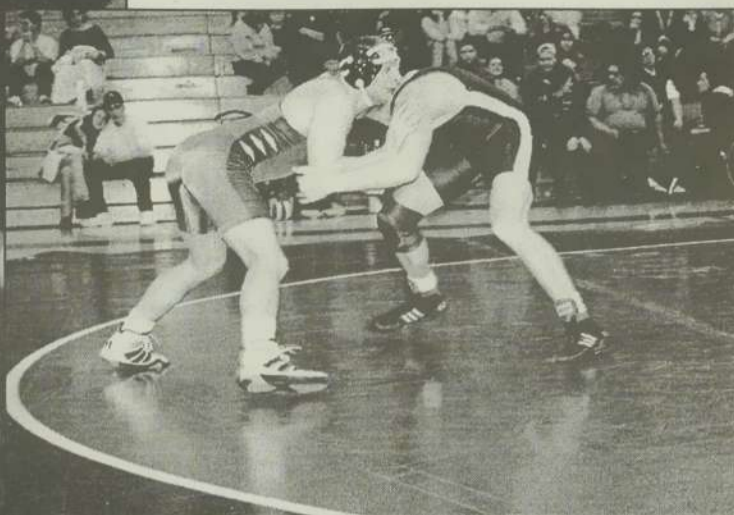
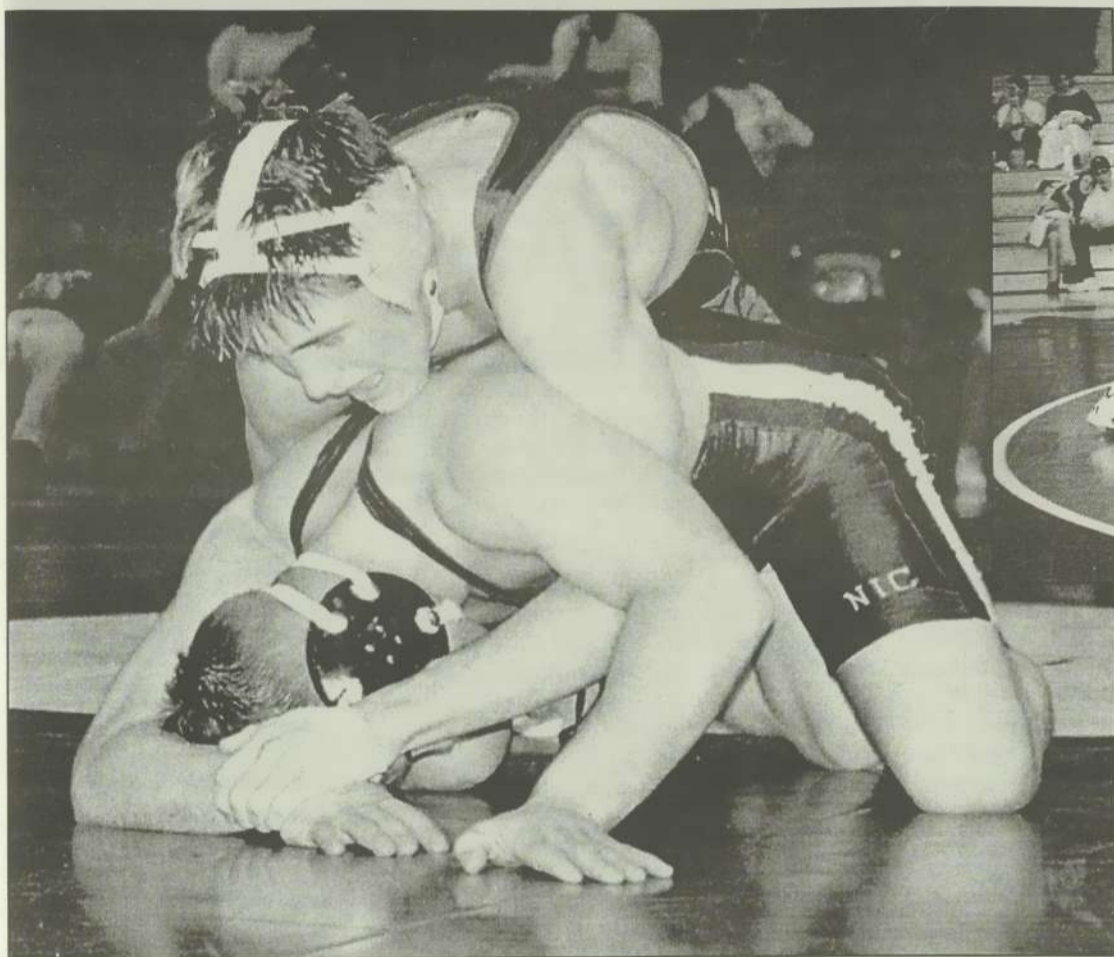


## Wrestling



PHOTOS BY TIMOTHY A. BELL / Clackamas Print

(Above) Mark Croman, a freshman, locks up with an opponent.

(Left) Jacob Pence, a sophomore, grinds his opponent's face into the mat.

# Squad gains momentum as regionals approach

MANDY GOOD  
Sports Editor

Clackamas wrestlers took down a 35-15 win at the Triangular meet at Yakima on Jan. 14. "We are looking good, the team is coming together well. I think that we are going to have a great regional tournament. So this is a good time to start turning things up," said Lloyd Martindale head wrestling coach.

Throughout the season, two duel meets are scheduled with every school for seating purposes.

Martindale's wrestlers showed strength and growth, and looked very promising for good seating positions.

"Jason Pence (174) in ranked

in the first seat in his class, he has yet to be defeated by anyone in the region," said Martindale. Kjell Nykriem wrestled a great match we bumped him up to 197 pounds and he wrestled a great match, Cody Sacher our heavy weight also wrestled very well."

According to Martindale; this is the first time that the squad was dominating people instead of just winning their matches. James Adams placed third, Kjell Nykriem placed fourth, Ja-

son Pence placed fourth and Mark Croman placed fifth.

Dominance was apparent throughout the weekend. On Saturday, Jan. 15 Cougar wrestlers competed among the best of the best at Central Washington's Open Tourney at Ellensburg. The competition level was similar to last week's competition; their experience from last week allowed them to

know what should be expected. "They wrestled much better, especially James Adams. This

is the first time that he finally started to be aggressive and wrestled to win instead of wrestling not to lose," said Martindale. "Jason Pence had a great tournament; he beat some really tough guys, and he only lost to one guy."

According to Coach Martindale the team has been working on mat wrestling, takedowns, and quickness on their feet.

In the following week they will be working on a couple of technical positions that have been an obstacle in past tournaments, such as a front headlock position. The team is on track and their intense practicing shows in their performance.

"These guys really wrestled

up to their ability this weekend," said Martindale "Its good to see these freshmen learn to step up and learn to wrestle like college wrestlers."

On Jan. 22 Clackamas will compete in Oregon's Classic Duels at Portland Memorial Coliseum. Ten or fifteen schools are expected to attend.

Coach Martindale is confident with his squad and feels that they have strong advantages over other teams in the region.

"One real strength that we have is our conditioning, we work harder then probably anyone in the region and it shows. We can wrestle in the third round and these other guys are tired, that has been a big attribute," said Martindale.

*We work harder than probably anyone in the region and it shows.*

Lloyd Martindale  
Head Coach

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