



Cottage Grove Wrestling



Team Rundown:

The Cottage Grove wrestling team is depending on quality and not quantity this season. With less than 20 students out for wrestling this year, the Lions have four returners with state wrestling experience under their belt.

What the Lions do have to look forward to is having four wrestlers on their roster, Aaron Boitz, Adam Lamb, Chance Ralston and Nate Farrell, who have qualified for the state meet. Of that group Lamb is especially notable due to his promising season being cut short by an injury last year.

"I'm looking for that state title because last year I broke my arm and I ended up beating the champion that year in 30 seconds so I want to try to walk through state this year," said

Lamb.

During the summer Lamb travelled around the country for wrestling nationals and was part of a group that competed in Russia.

"I'm excited about Adam Lamb because he's had an unfortunate couple years but I hope he takes home the state champ because he deserves it," said Boitz. "He's probably been in the mat room longer than the football player practice."

The wrestling coaches, Chris Joyce and Rich Herzog, while excited about this year are also thinking about the long-term of the program.

"We're rebuilding right now... You know in the grand scheme of things, we're still green, still young. We don't have a whole lot of experience with returners and that type of thing," said Joyce.

Team Perspective with Nate Farrell

On his progress:

I definitely think I've gotten better. I pushed myself on the bike so that when I got on the mat I wasn't lacking. And then I started, I ended up going to state last year. I went two and out at state, so I didn't go very far but it was my first year going there so I was really excited.

On his goals:

You know, I think to be honest with you, it would be nice to place as a senior going out. But the main goal is just to get better on the mat. It's definitely not my main sport, I haven't been doing this since I was three years old.

But I just want to get better on

the mat. Whether that is winning more matches than I did last year. Or maybe placing in a tournament. I've never placed in a tournament except for the regional and I only placed fifth.

On a teammate he is excited for:


For the most part it would be my partner Drew. Because I have a personal connection with my partner. Last year he wrestled a match against this kid against Sisters and this kid was good and we knew it was going to be a tough match but he destroyed the kid. Dominated. It was the coolest thing to see my partner go out and dominate somebody. So I want to see him get better, too.

Tires LES SCHWAB

GO LIONS! 

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