

Cottage Grove Wrestling



CGHS wrestling will look to build on past individual accomplishments as a team, with over 40 students out for the team this year.

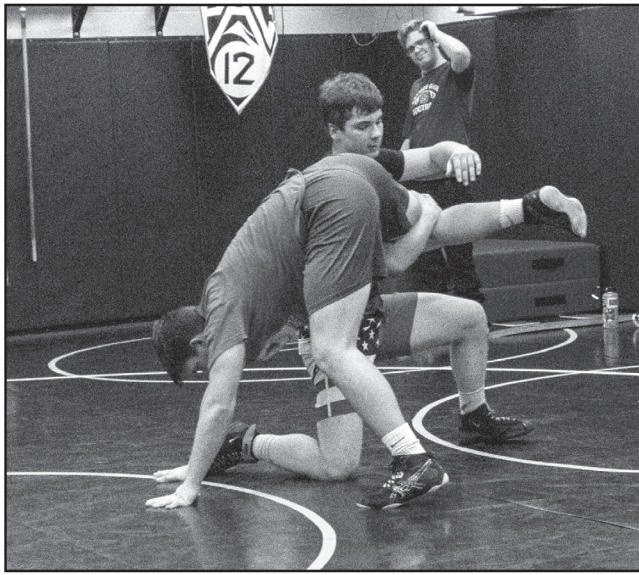
Head Coaches: Chris Joyce, Rich Herzog
Asst. coaches: Alex Fairchild, Charlie Kent, Christina Kent, Josh Stanley, Nate Farrell
Managers: Adriana Mestaz, Annie Gibson-Becker, McKenzie Herzog, Trace Nelson

To get a feel for the Cottage Grove boys' and girls' wrestling squads, *The Sentinel* sat down with seniors Jacob Dunn, Raina Herzog and Drew Swenson before they embark on their final season as Lions.

What are you hoping to see out of the team?

JD: Just improvement from last year. I think, overall, getting better. More teamwork, cumulatively.

DS: From what I've seen on the first day of practice, we've got a lot of freshies. Not a lot of people who have wrestled before, so to see them improve throughout the season from where we're at now,



to get to a state level is going to be pretty exciting.

RH: Especially for the girls, being able to bring a team to Kelso rather than one or two because that's the biggest tournament the girls go to and just being able to have a girls team here and represent Cottage Grove.

What are some of your personal goals for the season?

JD: I want to place top-three at State again. That would be the main one. Throughout the season, I want to try to place top-three at every tournament.

RH: Win State again and then go place at least top-eight and All-American at Nationals.

DS: I'd just like to see my athleticism built up throughout the year and again making it to State and hopefully placing.

What are you most excited about as you head into the year?

RH: Just seeing where everyone's at and watching everyone improve and seeing everyone have fun.

Team Home Meet Schedule

| Date | Location | Time |
|------------|--|-----------|
| 12/1/19 | Perry Burlison @Cascade H.S. | 9 a.m. |
| 12/7-8/19 | Coast Classic @North Bend H.S. | 2 p.m. |
| 12/22/19 | Larry Owings Inv. @Canby H.S. | 9 a.m. |
| 12/29/19 | Elmira Holiday Inv. @Elmira H.S. | 9 a.m. |
| 1/4/19 | Junction City Inv. @Junction City H.S. | 9:30 a.m. |
| 1/9/19 | 4-Way Dual Meet @Creswell H.S. | TBD |
| 1/11/19 | Sky-Em Dual Champ. @Junction City H.S. | 12 p.m. |
| 1/12/19 | Sutherlin Classic @Sutherlin H.S. | TBD |
| 1/19/19 | Nick Lutz Inv. @Siuslaw H.S. | 9 a.m. |
| 1/22/19 | vs. Sutherlin | TBD |
| 1/25-26/19 | CG Invitational | 12 p.m. |
| 2/1-2/19 | Girls State Qual. @TBD | TBD |

It's no fun if you just come and get beat up all the time.

DS: I'd like to see these people stick around, all these new guys, and see some dedication, and you know, have fun.

JD: You know, just like they said. I want to see everyone have a good time. It's senior year, so I want to see everyone that is a senior do as well as they possibly can, put in all the work they can.

What's one interesting thing about yourself outside of wrestling?

RH: I solved a Rubik's Cube in 28 seconds.

JD: I'm very veiny. I don't know why. I've been getting a lot of comments about it.

DS: I can play guitar.

Shane Parsons, DMD, PC

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