

Ponderosa Senior Wrestler

James Cohen's last year

By Avery Van Spronsen

As the new year arrives, another graduating class will roll out. The Ponderosa wrestling team will conclude their final duals (and tournaments) and head to the state championship in the coming weeks to finish the 2023-2024 season. Varsity wrestler James Cohen will complete his high school wrestling career this year. James has wrestled at PHS for four years and currently wrestles in the 150-weight class. With the season coming to a close, James was asked about his final high school season.

Q: How have you liked wrestling at Ponderosa for the last four years?

A: "Wrestling has been awesome. It's been super fun, and it's great to have such a good team that we place in state year after year."

Q: What is your biggest wrestling achievement?

A: My biggest achievement, personally, is wrestling at home duals and hopefully making it to state this year."

Q: What is your favorite wrestling memory?

A: "My favorite memory is home duals and conversations with friends on the team."

Q: What is an inspirational message for those who may want to join wrestling?

A: "The sport is hard, very hard - but it gets you in shape, and you meet some really great people."

James and his teammates will work hard towards the state championship with another season almost over. With the support of their fellow Mustangs and determination, a state title may be attainable! Photo credit to Avery Van Spronsen.

