

## Ponderosa Wrestling Team Bringing Success to the Mat

A sneak peek into the future of the season

By Avery Van Spronsen

Admiration, diligence and dedication are all words that describe the athletes involved in Ponderosa's wrestling team. Each athlete strives to bring forth greatness in their teammates and themselves. They spend countless hours a week devoting their time to a sport that only gives back. Ponderosa's team efforts have allowed them to obtain ten state titles while building some of the country's top wrestlers. The Mustang Wrestling Program teaches the importance of teamwork and shared knowledge while allowing athletes to set and reach their goals. With the 2022-2023 season coming to an end, Payton Harris, a senior varsity wrestler, was asked a few questions about how the team's success has grown over the season.

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Q: What is your favorite memory?

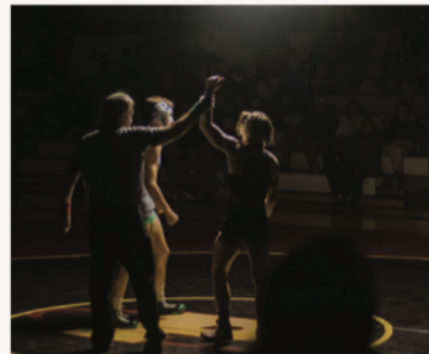
A: "Placing at state and both trips to Reno."

Q: What have you gained through the Ponderosa wrestling program?

A: "I've gained many friendships and relationships with coaches. I've learned that if you work hard, results will show."

Q: What does your future look like as it pertains to wrestling?

A: "My future with wrestling will hopefully go to college-level."



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With Ponderosa's successful past of winning ten state titles, Payton and his teammates are working towards another title. Both the encouragement of their team and coaches, the mustangs are a squad to watch out for. Photo Credit Micah Sage