

MAPLE VALLEY WRESTLING

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BEAR CLAW COMPETES AT USA NATIONALS



ALL-AMERICAN JAMES SOUZA
SCORES ON A 3-POINT THROW
PHOTO BY JEDI
WWW.JEDICETAH.COM

Several of the Bear Claw wrestling clubs finest competed at national level events this past June and July and the boys hard work and training paid off. After our club won the Washington State Freestyle Championships in April, several wrestlers set post season goals and competed on national dual teams or with the Washington State

National Freestyle and Greco team in Fargo North Dakota. James Souza was our club's top placer and our only Bear Claw All-American at Fargo, this year. Every Bear Claw wrestler that attended nationals won matches in both styles. The Cadet National Dual team placed 4th in Greco and 6th in Freestyle. I am extremely proud of our boys efforts and am excited about the new goals that our national team boys have set for this upcoming Folk style, Freestyle and Greco season coming up.

-School Boy Dual Team-

Garret Austry THS

-Cadet National Dual Team-

Steve Hopkins- THS

Tanner Mjelde- THS

Dan Haniger-THS

Joey Palmer- RHS

James Souza- ERHS

-Jr. National Dual Team -

Ty Lamb- THS

Mitch Steed-ERHS

- Cadet and Jr. Nationals -

Gabe Bonyay- THS

Steve Hopkins- THS

Bryce Evans-RHS

Lucas Sumera-EHS

Joey Palmer- RHS

James Souza- ERHS

Konner Knudtsen- THS

GOLD WINS GOLD

Under the watch of Head Coach Al Turnbow and former THS state placer Zack Novak, the Tahoma Gold Middle School Wrestling team has quickly made its way to the top of the Kent/Tahoma league. In the last two years the Gold team has gone undefeated in dual meet completion and won the league tournament championships this year. Coach Turnbow's focus on basic grinding pressure has resulted in a scrappy and tenacious crew of young Bears that have a two-year win streak. The Gold team looks solid again as they embark on their third season and have set high goals. Come out and support the Gold team as they work to improve form last year and take another league championship home to the Bear Den.

SUMMER WARRIORS

Once again the Bear Claw Wrestling Club was able to bring world class clinicians to Maple Valley for the wrestlers in our area to train with. During June, Olympic Champion Brandon Slay came to town to teach his devastating 'knee-pound' double leg along with several other techniques and strategies. The majority of the High school team attended this year's US Camp at THS to work with coach Slay so we are excited to see some of those 'knee pound' doubles once the high school season starts.

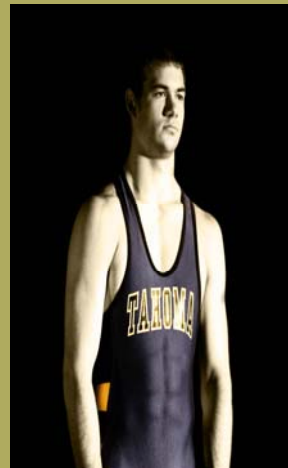
Also, two THS wrestlers kept our team's JRob wrestling camp tradition going this summer; Jordan Jolly attended the 28 day intensive training at the University of Minnesota and Jeff Thompson attended the 14 day JRob intensive in Oregon.

Bears 2009-2010 Battle Ready and Senior Loaded

Leading the charge for this year's Senior loaded wrestling squad are 2x State Champion, Nick Bayer, and state finalist Tyler Lamb. Besides Bayer and Lamb, this years team also returns three other Seniors that have state experience. Konner Knudtsen took third last year and is ready to join some of his team mates in the finals this February. Knudtsen and several other THS wrestlers spent e their Spring and Summer training for national team events and are much im-

proved from last year. In addition, seniors and state veterans Jordan Higa and Mike Milat are also returning with high goals and aspirations for their final season with the program. Also returning to help anchor the line up are regional qualifiers: seniors. Ryan Ota, Zach Dopps, 10th graders: Steve Hopkins, Tanner Mjelde, Jesse Vaughn and Daniel Haniger. After a strong post season finish in 2009 that brought home a 4th place trophy to the Bear Den,

the boys are hungry to contend for the top spot-
Go Bears!



OUR NATIONALLY RANKED WRESTLERS

Steven Hopkins

Joey Palmer

Lucas Somera

Nick Bayer

Konner Kundtsen

Mitch Steed