

“You can’t ever work too much because there’s no such thing as being in too good of condition [sic]. You can’t ever lift too many weights because you can’t ever get too strong. You can’t ever wrestle too much because you can always do better.”

Dan Gable Olympic Gold Medalist



If you have any questions about wrestling, ask a senior:

Gabe Bartok

Keegan Henderson

Jake Behan

Ryan Thomas

Chris Culp

Kyle Helton

JD Helton

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CARTERVILLE WRESTLING



**It’s not the size of
the dog in the fight.
It’s the size of the
fight in the dog.**

Facts about Wrestling

Mentally- You will learn...

Respect

Sportsmanship

Discipline

Physically-You will improve ...

Agility

Quickness

Balance

Flexibility

Coordination

Strength


Power

Aggressiveness


Endurance

Winning Attitude


Myths about Wrestling

 I am too small to wrestle.


False. Wrestling has 14 different weight classes starting with 106 and ending at 285 lbs.

 You have to wear a singlet.

False. We never put you in an uncomfortable situation. You can compete when you are ready.

 You have to starve yourself.

False. We teach you to make healthy meal choices.

 You have to lose weight.

False. We want you to have energy and to be healthy.

Last year's accomplishments

State Qualifier

Dan Frey

Sectional Qualifiers

Brayden Dees
Luke Eaton
Gabe Bartok
Dan Frey
Kefren Hunter

Regional Champion

Kefren Hunter

All Conference

Brayden Dees
Gabe Bartok
Dan Frey
Kefren Hunter

All South

Dan Frey
Kefren Hunter