

ALPHA WOLF NEWS

Vista Ridge High School | Wrestling | Colorado Springs, Colorado

2016-2017 Season

Please see Alpha Wolf News (Volume 1, Issue 1) published on January 30, 2017 for information about Regionals, State Championships, our off-season program, our Wolf Pack Youth Wrestling Club "Howl for Help," and the Nebraska Wrestling summer team camp.

Coaching Staff

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Social Media



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Full Snow Moon Eclipse

In addition to February's full moon, called the "Snow Moon," on February 10th, there will also be a "penumbral" lunar eclipse during the full moon and a green comet (45P). These lunar events coincide with the 2017 Regional Tournaments across Colorado and serve as a motivational tool to inspire the inner *Werewolf* of our Vista Ridge Wolves wrestlers competing for a qualifying spot at 2017 Colorado State Wrestling Championships.

To learn more about these lunar events, please visit the site below.

<http://www.usatoday.com/story/tech/sciencefair/2017/02/07/penumbral-lunar-eclipse-snow-moon-comet/97593778/>





The Werewolf Medal

Earned by completing 100% of the following without exception:

- Participate in at least 24 wrestling practices
- Complete the 12-week Werewolf Weight Training Program designed specifically for the High School Wrestler
- Attend an additional 36 days of Vista Ridge coach or faculty supervised weight training
- Hike at least one 14er https://www.14ers.com/photos/photos_14ers1.php
- Hike the Manitou Springs Incline at least three (3) times
- Compete in at least one Freestyle *AND* at least one Greco Roman tournament
- Organize and lead at least one 5K team run with a pack of at least 4 other Wolves Wrestlers
- Participate in at least one positive team building event *AND* one fundraising event
- Attend a wrestling camp *OR* compete in Rocky Mountain Nationals *OR* compete in the Fr/So State Tournament

The Werewolf Challenge is an Agoge inspired gauntlet of tasks that will transform every Wolves Wrestler into a Champion! The Werewolf Challenge starts on the Snow Moon, February 10, 2017, and ends on the Beaver Moon, November 4, 2017. Any wrestler who completes the Werewolf Challenge, within the full moon schedule, will be awarded the Werewolf Medal on the first day of practice for the 2017-2018 season. The Werewolf Medal will be revealed at the 2017 end of season banquet in March 2017.

All past, present and future Wolves Wrestlers are eligible to complete the Werewolf Challenge and earn the associated medal. Current and future Wolves Wrestlers can earn this medal each year, if they are up to the challenge. We realize there are associated costs with the Werewolf tasks and we encourage wrestlers to seek individual sponsorship to help fund their journey towards becoming a Champion in the sport of wrestling.

A Werewolf Challenge Worksheet will be provided to each wrestler accepting the challenge, which includes additional details about each task. Winter Champions are made between the February and November full moons, not born in the winter.

