

ALPHA WOLF NEWS

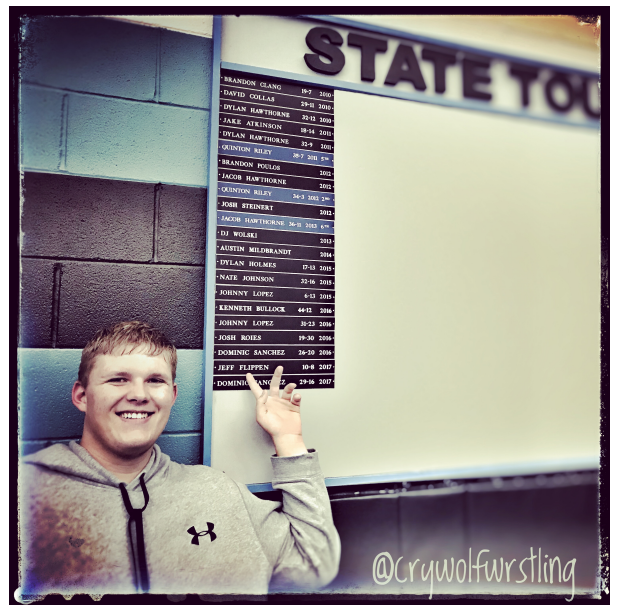
A Vista Ridge Wrestling Program Review



Wolves History

2008 - 2018 State Championships

Vista Ridge High School was established in 2008 and has qualified at least one wrestler for the State Wrestling Championships since 2010. Prior to the coaching staff turnover for the 2016-2017 Season, Vista Ridge had 20 State Qualifiers and 3 State Placers. Troy Bonewell accepted the Head Coach position in October 2016. Prior to Vista Ridge, he was a Colorado State Champion for Las Animas and wrestled at Adams State University. He coached at Wiley (1995-1998), Del Norte (1998-2001) and Sand Creek (2001-2014). After accepting the Vista Ridge position, he called Eric Everard and said "we are coaching again" after taking an 18 month break. They had coached together for almost a decade at Sand Creek, where they qualified 23 for the State Championships with 10 State Placers (2005-2014). At Vista Ridge, Jason Lloyd was added to the 2016-2017 coaching staff. Together, they coached 3 Regional Placers and 2 State Qualifiers their inaugural season. For the 2017-2018 Season, we doubled our coaching staff by adding Brian Galetta and Cory Carter, both former Sand Creek Wrestlers, as well as Ron Salazar. We also doubled our Regional Placers to 6 and both State Qualifiers placed (5th and 6th).



In March 2017, we established an off-season schedule that provides wrestlers with a free option for strength training 3-times a week and technique twice a week. The only requirement is that at least two wrestlers attend each day, 5-times a week, but it does not have to be the same two wrestlers each day. The first day that one or no wrestlers show up on-time then off-season will be cancelled until the upcoming season starts. To our surprise, we averaged between 6 to 14 wrestlers each day from March through October 2017 and we are currently going strong!

In addition, we established the “Werewolf Challenge,” where a wrestler can earn a trophy for completing an Agoge inspired gauntlet of events. They have to participate in freestyle tournaments, hike the Manitou Incline, climb 14er mountains and coordinate Wolfpack Team Building Events. Only 3 wrestlers completed the “Werewolf Challenge” to transform themselves mentally and physically. The 2018 Werewolf Challenge Checklist includes: 72 days of coach supervised strength training, 36 days of coach supervised wrestling practice, compete in at least 3 freestyle tournaments, and the remainder of the checklist can be found on the last page of this newsletter or on our Team Facebook Page.

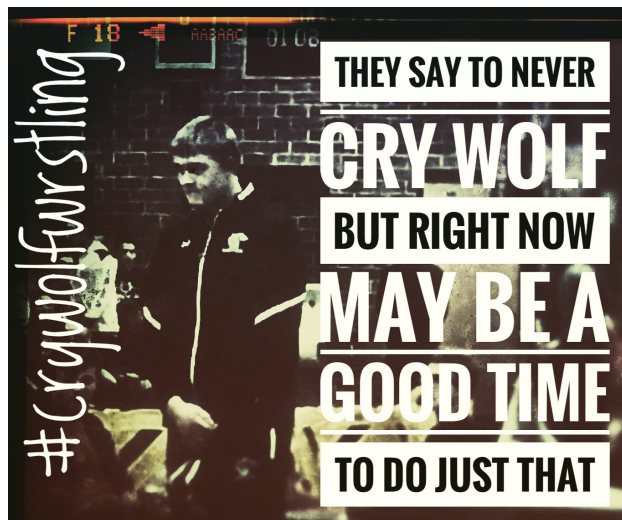


Another part of off-season includes attending Team Camp at the University of Nebraska in June, where the team will learn from Olympic Champion, 4x World Champion and 2x NCAA Champion, Jordan Burroughs. We will be attending Team Camp 1 (June 18-22, 2018). Wrestlers will have the opportunity to experience 12-15 matches against teams and wrestlers from across the nation.

Cry Wolf Wrestling Club #crywolfwrstling @crywolfwrstling

The idea for “Cry Wolf Wrestling” was inspired by the moment captured in this picture of Jeff Flippen, to the right, while he patiently waits to be called for the 285 4A Region Championship match on

February 11, 2017. Jeff had lost 55 pounds just to compete at 285, was not seated in Regionals and pinned everyone in the bracket. The Boy Who Cried Wolf is one of Aesop’s Fables that teaches us to not give false alarms. However, when a wolf is at edge of the forest, as Jeff was, it would not have been a false alarm for his opponents to Cry Wolf! The Cry Wolf Wrestling Club became a



USA Wrestling Chartered Club (1800182602) in 2018. Our goal is to continue a free wrestling club for all Vista Ridge Wrestlers. We also aspire to provide a free girls wrestling club for the Colorado Springs Metro area.

We finished our 2017-2018 Season with 7 girls on the roster, which is the most we are aware of in the entire State of Colorado. Bella Mitchell placed 2nd at the 2018 Colorado Girls State Championships Invitational. She is the first Vista Ridge Female Alpha Wrestler to place at the Girls State Championships and was invited to compete on the Pepsi Center floor before the CHSAA State Championships Semi-Finals. Bella and Gaby Norman represented Team Colorado at the 2018 USMC Girls Folkstyle Nationals in Oklahoma City in March. Bella also competed in her first freestyle match this past weekend. CHSAA sanctioned girls wrestling for the 2020-2021 Season and we will continue to develop opportunities.

2018 Regionals and State Championships Results

Jeff Flippen (27-8, 285, Sr) is our only Senior and finished his high school wrestling career on a win, placing 5th at State. He is a 2x 4A Region Champion, 2x State Qualifier, Colorado Springs Metro Championships Runner-up, Team Captain and the first to earn the Werewolf Trophy. He signed his commitment to play football for Adams State University in the Fall of 2018.

Ronnie Salazar (23-6, 152, Jr) was one of 3 transfers to Vista Ridge and placed 6th at State. He is a 3x State Qualifier, 4A Region Runner-up, 2x Colorado Springs Metro Championships Runner-up and 3x placer, Team Captain, and is currently only 11 career varsity wins away from 100!

James Bullock (23-21, 145, Jr) did not wrestle his freshman year and missed the second half of his sophomore year due to injury. After committing to off-season, he earned the Werewolf Trophy, was selected as Team Captain, and placed 5th at Regionals...1/2 inch away from State.

Gage Bonewell (24-19, 120, Jr) also earned the Werewolf Trophy for his off-season dedication and placed 5th at Regionals, finishing on a win.

Tyler Bemrose (11-8, 126, So) moved from Ohio to Colorado after Christmas. He earned the Varsity spot after winning 2 wrestle-offs in a row and placed 4th at Regionals. The first rule of Regionals is we do not talk about Regionals. The second rule of Regionals is we do not talk about ...

Ashton Fine (4-11, 138, So) was our third transfer, moving from Georgia to Colorado after his father retired from the military. He also earned the Varsity spot after winning both wrestle-offs in a row and placed 6th at Regionals. He has been the most committed to off-season.

Season Awards

The *David Collas Citizenship Award* is established in 2018 to recognize the wrestler who completes the current wrestling season, projects a spirit that honors David Collas' memory and positively represents our wrestling program.

The *Pack Leader Award* recognizes the parents of our graduating seniors for their time, dedication and support to the wrestling program.

The *Werewolf Trophy* recognizes those wrestlers who complete the entire Werewolf Challenge Checklist, without exception, between the first Full Moon in February and the first Full Moon in November.

Alpha Wolf Award is awarded to the outstanding wrestler (i.e. OW).

Beta Wolf Award is awarded to the most outstanding freshman.

Teen Wolf Award is awarded to the most improved wrestler.

Varsity Letters are awarded to wrestlers who earn at least 50 varsity team points, or compete at Regionals, or do not miss a single practice, or place at either Girls State Championships or JV State Championships.

The *Wolfpack Medal* represents induction to the Vista Ridge and Cry Wolf Wrestling Wolfpack. It is awarded to wrestlers after they complete their first full wrestling season with Vista Ridge High School.

Coach Biographies

Coach Troy Bonewell graduated from Las Animas High School in 1988 and has been wrestling since the 2nd grade. He is a 2x State Qualifier and a 1988 Colorado State Champion. He wrestled at Adam's State University for 4 years, graduating in 1994 with a Degree in Education and minor in Psychology. He earned his Master Degree in Administration Education in 2009. He has taught High School for over 23 years and coached wrestling for over 25 years. He is currently a teacher at Sand Creek High School and married Collette this past summer.

Coach Eric Everard started wrestling by accident. He was supposed to attend his first Cub Scouts meeting in 1980, but never made it past the room where youth wrestling practice was happening. He earned his first gold medal in the 2nd grade and has been addicted ever since. He is a Wisconsin Regional Champion and 3x Sectional Placer. He served 9 years in the Army, deploying twice with Special Operations, and earned 2 Master Degrees. He has been coaching high school wrestling for over 13 years. He currently works for the Colorado Springs Military Health System and has been married for over 19 years to Missi (she exists, ask Dana).

Coach Jason Lloyd started wrestling in 9th grade. He was a 3x Missouri State Qualifier for Hazelwood Central High School and a 3x National NAIA Qualifier with York College, NE. His biggest wrestling achievement is finishing Top 12 at Nationals twice, with once being the Top 8. He graduated with a Bachelor Degree in Physical Education with an emphasis in Coaching and Adapted Physical education. He is currently the K-12 Physical Education Teach at Pikes Peak Christian School, is also an Assistant Football Coach for Vista Ridge and has been married to Sara for over 6 years.

Coach Brian Galetta has lived in Colorado since he was 4 years old. Raised by his mother, Deborah, and two older sister, Kristina and Nicole. He graduated from Sand Creek High School in 2006, where he played Football, Baseball, and Lettered in Wrestling all 4 years. He served 5 years in the U.S. Marine Corps and graduated from UCCS with a Degree in Strength and Conditioning. He currently owns his Farmers Insurance Company, where he hopes to use it as a resource to get involved and support the community he grew up in. A big part of why he enjoys the Wolves Wrestling and hopes to grow the program is because of the fact he was coached by Coach Bonewell and Coach Eric at Sand Creek. The perspective he has gained as an adult is motivates him by illustrating how much he truly underachieved in the sport of wrestling during high school, which could have really influenced his path after high school.

Coach Cory Carter is a Volunteer Coach and former Sand Creek Wrestler. He wrestled for 15 years, where Coach Bonewell coached him for 6 years and Coach Eric for 4 years. After graduating high school, he walked onto the School of the Mines wrestling team and is the first Sand Creek Wrestler to complete an entire college wrestling career. He graduated with a Degree in Bio-Mechanical Engineering and currently works for DAWSON as a Project Engineer at Thule Air Base, Greenland. He enjoys coaching his brother, fishing and looks forward to running our youth club or taking over as Head Coach one day.

Coach Ron Salazar is a Volunteer Coach for the Wolfpack. He is married to Jennifer, father of Anthony, 19, Ronnie, 17, and Alisha, 14. He is a 4 year varsity letter winner while wrestling for La Junta High School and is a Colorado State Qualifier. He was an Assistant Coach with the Rocky Mountain Wrestling Club for 3 years. He also served as President and Head Coach with the Pine Creek Wrestling Club for 9 years.

Wolfpack Class of 2017: Where are they now biographies

Zach Wortkoetter has returned to our practice room, since graduating and as time allows, to share his knowledge as a clinician. He wrestled for Vista Ridge for 3 years, placing 5th at Regionals and served as Team Captain his Senior Year. He walked onto Adams State University wrestling team and just finished his freshman season. His major is Elementary Education. "When I was wrestling at Vista, I thought I learned the most from when people who were my teammates before came in to help out so I wanted to do the same."

Dominic Sanchez has returned to our practice room, since graduating and as time allows, to share his knowledge as a clinician. He is a former Team Captain and 2x State Qualifier for Vista Ridge. He currently attends Colorado State University, where he is an Assistant Middle School Wrestling Coach and pursuing a Degree In Construction Management.

Pedro Giron has returned to our practice room, since graduating and as time allows, to share his knowledge as a clinician. He is a former Team Captain and was coached by Troy Bonewell and Eric Everard his Freshman Year at Sand Creek then his Senior Year at Vista Ridge. He currently attends college and working towards a Degree in Wildlife Management, where he goes by the name "Playdro."



A Personal Message to the Wolfpack

Tuli Laulu has visited our practice room on multiple occasions, since graduating and as time allows, to share his knowledge as a clinician. He is a self-described "nerd" who loves sports, exercise and science. He is in his Senior Year as a student-athlete for Adams State University, where he maintains a 3.4 GPA studying Exercise Science with an emphasis in Physical Therapy. He has been the Adams State University starting heavyweight all 4 years and graduates this Spring. Growing up, Tuli loved football and it was the passion that drove to wrestling. He started wrestling in the 8th grade, where he was the undefeated Tri-County Champion, Regional Champion and placed 3rd in Middle School State. Sand Creek High School was not known for their football, but he played defensive end and nose guard while also continuing wrestling. However, most of his success came from wrestling. He is a 4x State Qualifier, 2x Runner-up and placed 3rd his Senior year. He was recruited by Adams State for wrestling and started with 25 percent scholarship. Through his work ethic, learned from wrestling, he became the 2nd most paid athlete on the wrestling team.

"If I could do one thing over again, it would have been to invest more of my time in the sport of wrestling. Football was my goal growing up. That lifelong dream. i was going to be a NFL football player, dreaming of making millions to support my family and myself. Growing up, you find out very quickly how life changes those dreams and aspirations you strive for. Things do not always go the way they are planned and that was my downfall. Do not take things for granted. The more time I would have invested in wrestling, the more I would have been successful in high school and maybe I wouldn't have all these shoulda, woulda, coulda. I had the coaches, the support and an awesome environment. What was missing was me. I was caught up in football and wrestling was just a tool to improve myself for the big leagues.

The best advice I had coming to college was a quote from my psychology professor Dr. Zueleger, "the most successful coaches are the coaches that teach, not coach." Bonewell and Eric have made a huge impact in my life, not because they were my coaches, but because they taught me many things. Utilize and take advantage of them, because you are the ones that compete, not them. The ol' timers have a lot of knowledge and experience, so take it for what it's worth.

Best of luck next year! Now that my life as an athlete is over, I'll be paying close attention to the Wolves this upcoming season. Train effectively and perform gracefully!"

2017-2018 Season Banquet Schedule of Events

6:30 - 7:00 pm **Arrive**

7:00 - 7:30 pm **Eat** unlimited pizza, spaghetti with meatballs and salad, while drinking unlimited soda, lemonade and iced tea

7:30-7:45 pm **Funny Season Certificates** (Coach Bonewell)

7:45 - 8:30 pm **Award Presentations**

Wolfpack Medals and Varsity Letters

Teen Wolf, Beta Wolf and Alpha Wolf Awards

Werewolf Trophy and Pack Leader Presentations

The David Collas Citizenship Award Dedication

8:30 - 9:00 pm **Guest Speakers** *as*

Erin Golston is from Lake in the Hills, IL and started she wrestling when she was 6 years old. She competes in Freestyle Wrestling on the Senior and World Level. She is a 3x Junior World Medalist, 3x University National Champion and ranked Top 3 in the US at 50kg.

Juan Herrada is a Project Manager at DAWSON and Coach Carter's Boss. He is from Chicago, has two little girls, Ava and Ella. He was awarded the El Paso County PTA Volunteer of the year in 2017. He enjoys coaching basketball and plays in the local softball league. DAWSON is a Native Hawaiian small business and he will be presenting a significant donation to the team on behalf of DAWSON.





The Werewolf Challenge Checklist

The Werewolf Challenge is an Agoge inspired gauntlet of tasks to transform a Wolves Wrestler into a Champion! Every Vista Ridge wrestler who completes the Werewolf Challenge, within the full moon schedule beginning on the Snow Moon in February through the Beaver Moon in November, will be transformed for the upcoming season.

The Werewolf Trophy is earned by completing 100% of the following without exception. Werewolves will be presented their custom trophy at the end of season banquet.

Strength TRAINING & TECHNIQUE

72 Participate in at least 72 days of coach *supervised* strength training (Monday, Wednesday & Friday; 4:29-5:29 pm; 6 months)

36 Participate in at least 36 coach *supervised* wrestling practices (Tuesday & Thursday; 4:29-5:29 pm; 4 1/2 months)

COMPETITION

1 Register and purchase a USA Wrestling Card

<http://www.usawmembership.com>

1 Compete in at least three (3) Freestyle Tournaments

<http://www.cusaw.org>

1 Compete in the Freshman/Sophomore State Championships –OR–

<http://assets.ngin.com/attachments/document/0116/9697/FreshmanSophomore2017.pdf>

1 Compete in Rocky Mountain or Girls USMC Nationals (Folkstyle) –OR–

1 Attend a wrestling camp (i.e. <http://huskerwrestlingcamps.com>)



WOLF PACK TEAM BUILDING

1 Organize AND participate in at least one (1) *coach approved* team-building event where at least four (4) other wrestlers participate

1 Organize AND participate in at least one (1) *coach approved* team fundraising event where at least four (4) other wrestlers participate

1 Hike at least one 14er (https://www.14ers.com/photos/photos_14ers1.php)

Was she

3 Hike the Manitou Springs Incline at least three (3) times