

# Take a six minute trip to heli or, what is a wrestling match?

by Jeff Johnson

Blueprint Staff Writer

### Competition.

Yes, eagerness and competition. A good description of a wrestling team.

A visit to the wrestling room 4th hour proves this.

But it's not all as easy as it looks. By no means. Ask any wrestler.

"Those are the toughest 6 minutes of my life," says Dan Johnson, captain of the Ramsey wrestling team, wrestling at 175 pound weight class. "After my match, I'm completely exhausted. It takes all the energy I've got."

"I really think wrestling is the toughest sport of them all," comments Ray Hermanson, the only returning junior letterman. "You really have to be in good shape. I know in other sports you need to be in shape too but this is the only one where you're that tired after 6 minutes."

You can see why the wrestlers have it tough. And their practices. Sweat and desire. Desire to win.

"Wrestling is really individual. It's team too," declares Tom Maze, heavyweight grappler, "but a lot individual. Sometimes a whole meet rests on one wrestler's shoulders. If he wins, we win. If he loses, we lose. Occasionally, that happens to me because I'm the last guy to wrestle in each meet. You really get nervous."

### Pre-match "downs"

You might wonder how a guy feels before a meet and what he thinks about.

Hermanson comments, "I try not to think too much about it until the day before. It sort of keeps me from getting too nervous."

Conversely, Dan Johnson mentions, "It's on my mind all week. I'm not too tense until the night before. Then it

gets bad. I'm most nervous about 15 minutes before my match. But, as soon as I'm out there, it all goes away. When my match is over, I'm more pooped than I was tense." The strain must be unbelievable.

### Strategy - Key Factor

Strategy is another key factor in wrestling. "To win in wrestling, you've got to know a little about your opponents. You have to keep them from doing what they want to do," comments Coach Ken Bergstedt. "If they like to sit-out, we've got to keep them from doing that. For example, Anoka has all their team members work on relatively the same thing. Therefore, we all work on countering that one basic move. Each wrestler must work on his individual opponents actions. This is what we mainly concentrate on in practice." Just plain hardworking desire.



Tom "Bubba" Maze, heavyweight, is at a stand off with his opponent. Ken Bergstedt's wrestlers meet Kellogg, Friday, Dec. 5.

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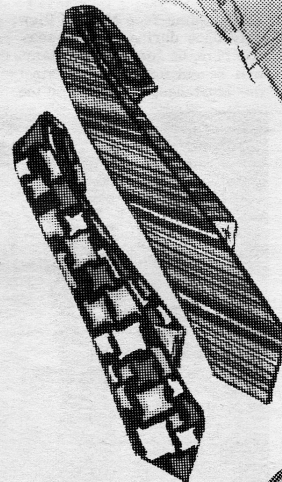
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