



Head Coach – Ruben Navejas

PRACTICE SCHEDULE

Practice at Kentwood this week is Wed-Thur only 6 to 7 for 8 and under and 7 to 8:30 for 9 and over

SEASON SCHEDULE

What's up Next

Sub-Division Championship
Saturday Jan 7th 2012
Weigh-ins 7 to 9 wrestling at 10

Teams: Kent-Bethel-Olympia-Orting-White River

CONGRATULATIONS

Placers for Rising Star.

1st place- Gunner Cronuer, Chase Baker, Adrian Enciso, Elijah Garcia, Hunter Kraght, Nathan Gartland and Tony Hiemann

2nd place- Ellianan Enciso, Dominic Kremer, Paris Smith and Colton Baker

3rd place- Porter Smith, Caden Loudermilk, Anthony Delvo, Andres Enciso, Avery Smith, Ivy Kraght and Sabastion Delvo

4th place- Colton Gueck

IMPORTANT

If you have registered for wrestling but have not turned in a copy of your wrestlers birth certificate and/or still need to pay for wrestling please see Rebecca Shores to settle up or make arraignments.

A message from Coach Ruben

I would like to say Happy New Years to everyone and hope all where safe in ringing in the New Year! I would like to also thank the Parents, Wrestlers and Coaches that showed up and helped out at the Rising Star Tournament on New Years eve. I know that most people would rather be some place else, but for the 19 kids that where able to make it, I thank you for showing up and giving 100 percent when you stepped out on the mat! I believe all kids deserve to be coached wether they are the team stud or the 1st year wrestler that has not won a match. All year every kid deserves there coaches best effort. I was having kind of a hard time Saturday as I was sick and had lost my voice, but I managed to make it through the day and was part of some good wrestling! With the help of Rick Yonkens, Rodger Berlin, Steve Delvo and Sandy Baker, even though Sandy Baker was kicked out of the corner at one point, which was a high lighting moment for my self.

I was asked by a referee Saturday with all the State Placers, Champions, National Placers and Champions I have trained why do I keep coming out here to a Rising Star Tournament? My Answer was simple; the coaches and I are here for the kids nothing more nothing less! We are here to support them threw Wins and Losses. We are here to make sure they are safe and treated fare. When the time allows I am always open to questions and, if I do not have an answer at the time, I will find one for you. This is something I have tried to live by and show any coach that is willing to listen. OK, Enough on that.

We had 19 wrestlers with Seven 1st place, Four 2nd place, Seven 3rd place and One 4th place. A good showing by the Kent Cougar Team. We did have some Stand out wrestlers as Chase Baker placed 1st and only had 2 points scored on him, way to step up Chase. Gunner Cronuer, finished his season with a hard fight and a 1st place finish. Elliana Enciso all but choked out at one point and came back to win that match in overtime and placed 2nd. Adrian Enciso looked strong with his Championship performance as did Elijah Garcia and Hunter Kraght. I watched with great pride in my heart as Anthony Delvo got his hand raised for the first time this year. He wrestled hard, never gave up and took a 3rd place finish.

As we all should know by now, we are hosting Sub Division Championships this Saturday at Kentwood High School so we will need some help Setting up and Running Tables as well as help in the bracketing room and working concessions. So lets all lend a BIG helping hand and assisting in running a smooth tournament as we always do. Thanks again to all the parents and wrestlers and the Coaches that showed up Saturday.

Coach Ruben

LET'S GO COUGARS!!
