



Frank Criger (12), in black, demonstrates holding pressure on Seth Adams (12) in order to set himself up for a two-point take-down. This move, called the sprawl, is the defensive counter-move to the high-crotch.

The Perfect Pin

Adams, Criger demonstrate common wrestling maneuvers

Seth Adams (12) snaked his arm around Frank Criger's (12) leg, setting himself up for a perfect finish. Adams lifted Criger into the air then dropped him down to complete the common move, the high-crotch.

In a match, the high-crotch, also known as a "high-c," would earn the attacker two points if completed successfully.

Wrestling is a complex sport, filled with intricate maneuvers, which wrestlers are required to perfect in order to excel.

To some, it may look simple and easy, but anyone with experience understands the skill and practice it takes to execute the moves. With years of experience, Coach Perry Watson knows first-hand that it takes dedication and practice.

"For someone whose never watched [wrestling] before, it might just look like two guys rolling around," Wat-

son said. "But [the viewers] have to understand that everything the person is doing, there's a purpose and a reason why he's doing what he's doing."

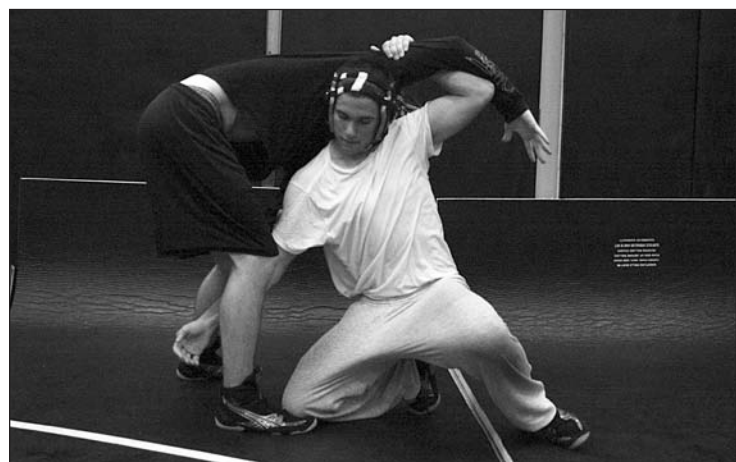
Wrestlers must equally prepare offensive and defensive moves, normally called sprawls.

The first graphic below depicts the high-c, while the second graphic shows a defensive move that is specifically executed in order to counter the high-c. The wrestler's goal is to not be taken down and to regain control of the play. If the defender is able to finish their counter-move successfully, he also can get two points.

Throughout the beginning of the season, the Wolverines have employed these specific procedures in match situations. Adams said that the high-c is used whenever possible in a match, and can affect it greatly.

"[Once you get a take-down] you have the control of the guy," Adams said, "It can affect the match greatly."

High Crotch



Shot: The first part of the high-c is shooting for the opponent's left leg with the right arm. Adams lunges towards Criger after starting in a neutral position.



Snaking Leg: After the attacker performs the shot, he snakes his arm around the opponents leg, just like Adams does to Criger in order to keep Criger from pushing back away from Adams.

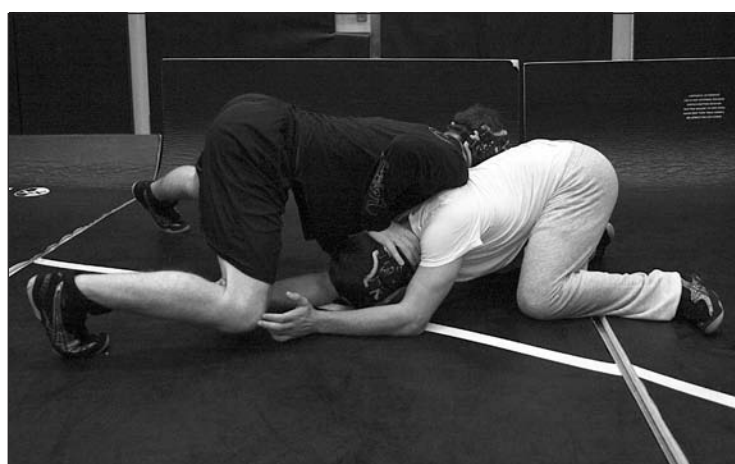


Lifting and Finishing: The final move of the high-c is Adams taking advantage of Criger's restricted leg, held by the snaking leg move, by lifting him up into the air then dropping him back down for a take-down.

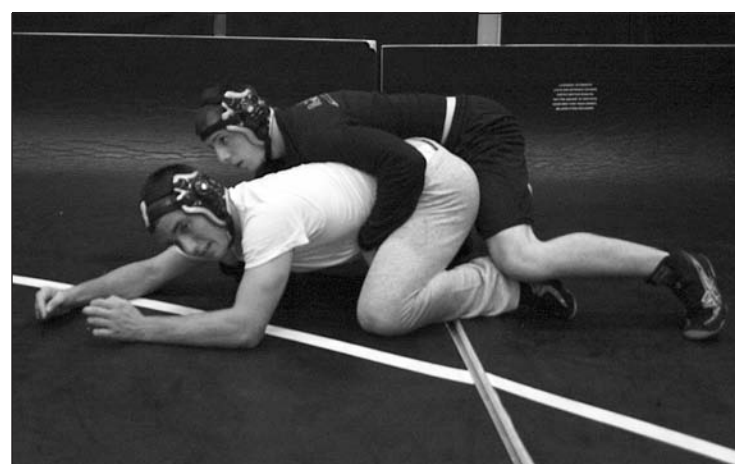
Sprawl



Jumping back: The first part of the defensive move is the sprawl. Criger, as the defender, jumps back while holding Adams, bringing Adams down and shifting his own stance.



Pressuring: After Adams is already close to the ground, Criger takes advantage of the opportunity and puts pressure on his head, putting Adams in a position where he is unable to move.



Circling: The final part of the counter-move is keeping the pressure on Adams, where Criger circles around Adams to get behind him. If the entire move is executed successfully, a take-down for Criger is inevitable.

Photos by Tim Chu
Information compiled by Andra Kovacs



Jason Kurth (12) helps a group of Mesa Verde hockey players with a practice drill. Kurth and his teammate Ian Rogers (12) volunteer to help coach in addition to playing Varsity hockey.

Kurth, Rogers share knowledge of hockey with middle school players

Jessica Chang
PHOTO EDITOR

Ian Rogers (12) and Jason Kurth (12), drove up next to each other in the Kit Carson Park parking lot. They lugged their roller hockey gear from their cars and head towards the rink. Neither had to be at the rink. But they chose to, for at the back of the rink, they saw the Mesa Verde roller hockey team waiting for them.

Since middle school, the two have bonded over their love of roller hockey and together they decided to give some of their knowledge back to the middle school team.

They started freshman year when Jason's dad, science teacher and roller hockey coach Mike Kurth was coaching for Mesa Verde. The boys were simply looking for some extra hockey time to practice.

"Back in freshman year when we still had Saturday morning practices, Ian and I just stuck around after the varsity and JV finished, and Mesa Verde came in," Jason said. "My dad

was shorthanded when coaching the team, so we helped with the drills and training."

Jason and Rogers would help the middle-schoolers start out and take steps gliding towards learning how to roller skate.

"At first it was kind of hard remembering how to teach from the bottom up," Jason said. "I had to think way back and remember how [I learned to skate]."

Rogers said teaching the boys made him recall his days of middle school hockey. He said interacting with the Mesa Verde kids made him remember almost identical situations he went through when he was that age.

"This kid was new to the sport and slipping all over the place because he didn't have the right kind of wheels so I gave him advice on what kind of wheels he should get and try out," Rogers said. "That reminded me of when I was first coming back to roller hockey and Jason's dad gave me the same lecture."

The two friends initially took a more serious role in mentoring the Mesa Verde kids this year because of a civics project, but

as time went by they began to commit more time to the school team.

"Since we know drills that we have learned competitively, the coaches look to us for more of the finer points for when the boys are ready for more than simply roller skating," Rogers said. "For example, breaking the puck out from behind the net more quickly or cycling the puck."

However, the two agree that the objective of this service is not to help bring or "farm" the younger boys for the future of Westview's roller hockey team, but to pass down knowledge that they have both learned.

"Our goal is to stand on the rink before the younger boys and demonstrate what we know as varsity players," Rogers said.

Rogers said that he also likes preserving the game and sharing something that he likes to do. Jason sees the process the same way.

"It's good to know and to watch the next generation of roller hockey kids stepping up," Jason said. "It's also rewarding to know who's stuck it out and continues in high school."

Behind the Numbers

13

Total **saves** made by Julie Lupfer (11) in a water polo game against Oceanside on Dec. 11. Throughout the season, she has made a total of 35 saves.

Lupfer's saves prevented the Pirates from constantly scoring, allowing the Wolverines to **win** 7-4. Because Oceanside players were quick to race toward the other side to score a goal, it was crucial that Lupfer aid the team when her teammates weren't available on defense. Her saves in the beginning of the game also boosted the team's confidence.

31-6

The **goal differential** through roller hockey's first five games.

A combination of a high-powered offense and a stingy defense has allowed the team to dominate through the first part of the season. Roller hockey's record stands at 5-0, and they are considered a strong contender for a **CIF title**. The team had a shot at the title last year, but lost to Rancho Bernardo. They hope to return to the title game and leave victorious. A combination of Greg Kurth (10) and Scott Carlisle (12) between the pipes has held their opponents to a meager 6 goals.

17

The number of **three-pointers** Denise White (11) scored in the last six games.



Along with White's three-point success, girls basketball took advantage of their strong **defense** and focusing on improving their offense, trying to make use of their "Bruno" play, basic motion offense. The team is 8-1 at the start of the season, only losing to cross-town opponent, Poway.

2

Number of **goals** scored by midfielder Brian Robinson (12) in the Dec. 5 game against Canyon Crest Academy.

In the first game of the season, Robinson helped the boys soccer team defeat the Ravens 4-0. Forty-two minutes into the game, from **25 yards** out, Robinson scored a goal from outside the 18 yard box.

Although they have yet to play any league games, this **win** has helped to propel the Wolverines to one win out of their three total games.