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Holmen Women's Wrestling Newsletter April/May

Sparta Old Timers Champs!



Banquet Group Photo!



- Our banquet was a success! (Other than Coach Carl dropping and shattering some awards...)
 - Huge congrats to our pillar award winners: Freya Finn (Fun), Peyton Kratochvill (Improvement), Ava Kelemen (Leadership), Maddie Hall & Lauren Barnett (Anytime/Anywhere), Aini Anderson (Elite Mindset), and Keionna Noel (Unity). Your hard work and dedication shine through!

A special shoutout to Kaytlynn Lambries for dominating with the most wins, pins, takedowns, and team points! We're excited to see what the future holds for you!

Another quick shout to all of our letter winners, scholar athletes, and all that got recognized by the Mississippi valley conference! We are so proud of all of your hard work!

And let's not forget our perfect practice club: Alexa Szak, Maddie Eggerichs, Anna Strasser, Haley Dezelske, Maddie Hall, and Allison Weiss. You never missed a beat!

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especially our seniors - Lauren Barnett, Nat Johnson, and Maddie Hall - for making this season unforgettable. We can't wait for next season!

- We had 12 wrestlers make the Academic All-State team! That's by far the most we've ever heard of and half our team. Good work!

Allison Weiss
 Alexa Szak
 Ava Kelemen
 Abby Molling
 Maddie Eggerichs
 Aini Anderson
 Anna Strasser
 Kaylee Mosser
 Kaytlynn Lambries
 Jozie Collins
 Freya Finn
 Natalie Markos

- Coach Carter and Coach Carl laced it up and competed in the Sparta Old Timers tournament and both went 2-0! Helen Maroulis and others might have just qualified for the Olympics, but they've been Sparta Old Timers champs.
- Shout out to Maddie Hall for signing her letter of intent to wrestle at UW-Steven's Point.
- Good job to Haley Dezelske for competing at freestyle state and going 2-2 at the Northern Plains regionals.
- Aini Anderson was selected to represent Team Wisconsin on the national junior duals in June.
- Coach Carl won the first ever Wisconsin Girls State Coach of the Year Award. Thank you to everyone who reached out to say congratulations!
 - That is a great award and we did have a very successful year, but it doesn't change our process. No matter what type of season we have and even after we become State Champions, our offseason conversations will always be based on the same concept - What can we do better?
 - Coach Carl started the season with about 30 offseason ideas/improvements to work on. About 35 are now finished and there are still 15 left...Either his math is bad or we keep thinking of ideas.

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Hope all the Mothers had a great Mothers' Day! Thank you for all you do for your families.



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