

Crowell places fourth at Elwood for W-P wrestling

Written by Wauneta Breeze
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By Diane Stamm

The Wauneta Breeze

Gage Crowell was Wauneta-Palisade's only wrestler Friday, Nov. 30, in Elwood, but the Bronco sophomore brought home fourth place in the 171 weight class.

Crowell's best match was in the Consolation Finals against Maxwell' Cal Boland.

Coach Chad Cochran said the match could have gone either way.

"Gage had Boland on his back at the beginning of the second period but was only able to get a near fall out of it before losing his position and allowing Boland to get a reversal and ultimately a pin," said Cochran.

"Gage wrestled well but we definitely saw some things we need to work on this week at practice," added Cochran.

Despite being undersized at 171, Cochran said Crowell held his own and now has a positive attitude going into this week.

When asked about wrestlers' weight loss program, Cochran said Nebraska started using The Optimal Performance Calculator in 2007.

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Before their first competition, every athlete has to take a hydration test. If they pass, they take a body fat test and weigh in. After the testing is done, the information is entered by a NSAA approved assessor into the OPC to figure out a healthy weight class an athlete can participate at.

The OPC will allow a wrestler to lose 1.5% of their weight each week until down to that optimal weight class.

Crowell will wrestle 171 pounds at Southern Valley Friday, before dropping to the 160 pound weight class for the Cambridge Invite on Dec. 15.

Results:

Round 1: Crowell over Remmenga (ELW), Pin 0:52

Semi Finals: Connely (KC) over Crowell, Pin 0:45

Consolation Semi Finals: Crowell over Kearney (SEM), Pin 1:37

Consolation Finals: Boland (MAX) over Crowell, Pin 1:43