

## 2020 — HIGH SCHOOL — WRESTLING

### **NORTH STAR HIGH SCHOOL**

#### **Austyn Dougherty**

##### **Senior**

Austyn is an intelligent, determined and a driven student/athlete. He is self-motivated and consistently strives to help his peers in becoming better athletes. He has a strong desire to learn and continually grow and his work ethic is incredible to witness. Austyn has a 3.45 GPA and has received several scholarship offers for college. Austyn played football his Freshmen year in High School but sustained two concussions that year. Since then he has focused exclusively on wrestling for the past 3 years. He plans on going to school and becoming a Fire Fighter/Paramedic after graduation. ~Stewart Venable

### **STRONG ROCK CHRISTIAN SCHOOL**

#### **Trevor Borom**

##### **113lbs & 120lbs Weight Class**

##### **Senior**

Trevor competes in Cross Country, Wrestling, & Soccer here at Strong Rock Christian School. He dedication to improving himself physically was on display last spring as he claimed the Single A-Private 113lbs State Wrestling Championship. He commitment to being the true definition of "Student -Athlete" not only has led to success in the athletic arena but also the classroom as he has a Grade Point Average of 4.25 and been named to the Honor Roll each semester during his high school career. Trevor is one of the hardest working young athlete's I have ever had the pleasure to coach in my career. ~Tobias Jacobi

### **THE WEBER SCHOOL**

#### **Zamir Norry**

##### **Weight Class 152**

##### **Sophomore**

Zamir spent the first half of the school year in the weight room. He always worked with focus and determination. He is a self-started who would set goals for himself and diligently work in the weight room to achieve those

goals. Although he was quiet and focused, he was always a leader and there to help others push themselves to be better. As winter season approached, Zamir began his first year as a wrestler. At practices he showed the same level of maturity and discipline and he soaked in every word from his coaches. As a first year wrestler in the beginning of the season he had to rely heavily on the strength gains he achieved. As the season continued, Zamir developed technique that drove him to dominate at Area, through sectionals and ultimately placing 10th in the state in the 152 weight class. Even though this was his first year, the benefits from his strength training coupled with his coachable attitude helped bring him through to a very successful season. Zamir is the epitome of an All American Strength and Conditioning Athlete of the Year, taking the advantages he has gained from his strength training and translating that to success on the mat. ~Jessica LaGala

### **VICTORY SPORTS PERFORMANCE**

#### **Gavin Damasco**

##### **Senior**

Gavin Damasco's worth ethic and will to win is like nobody else. I've known he was a great athlete since I started training him 4 years ago. The most inspiring act he did was after losing in the Suffolk County Finals, he was in the weight room the next day. Everyone else was taking the day off, which is not out of the questions. In his mind, he wanted to be better than anyone. Aside from wrestling and the weight room, Gavin excels in the classroom, he recently committed to Davidson College. As many people know, Davidson is an extremely competitive school academically. Not only am I confident he will emerge as their first wrestler to All-American out of Davidson, but he will also maintain excellent grades. Athlete's like Gavin are true role models and should be recognized as such. ~Anthony Vernice