

# Wrestlers put their worries on the scales

Terrell McKinney, 119 weight class



Nicole Ryley  
by sports editor

When Terrell McKinney takes off his warm up for weigh in, a feeling of nervousness goes through his body. He steps onto the scale and all his worries come to an end.

"I feel so happy when I make weight because that means I can eat again and if I don't make weight, there is always the next tournament to try for," McKinney said.

This is the world of high school wrestling. If McKinney, a junior on the wrestling team, makes his 119 weight class he is able to wrestle. If not, he doesn't.

Wrestling is in a sports class all its own. No other sport is so concentrated on the weight of its competitors that they go without eating.

A lot of pressure is put on these wrestlers to meet their weight because if they don't they will not be able to do the sport they have worked hard to perfect.

"Meeting weight is everything to this sport. Before a meet, I cut down on my eating, I run everyday and after practice on Mondays, Wednesdays, and Fridays, I go and practice even more," McKinney said.

This year the wrestlers have a new method for meeting the weight requirements. Weight management is a formula, which passes certain levels, and is then put into a computer. This way the team members will not be able to lose a lot weight, and it makes it safer and healthier for them.

A daily practice for the team involves running, and wrestling. The team runs to maintain their weight.

"There is a lot of preparation, running, and conditioning. We pack as much as we can into practices," Coach Andrew Juranek said.

Making weight is harder than what it seems because muscle weight has to be counted after building it up from practices.

These boys will go through anything just to wrestle and be good at it. The North wrestling program has always had a large amount of talent.

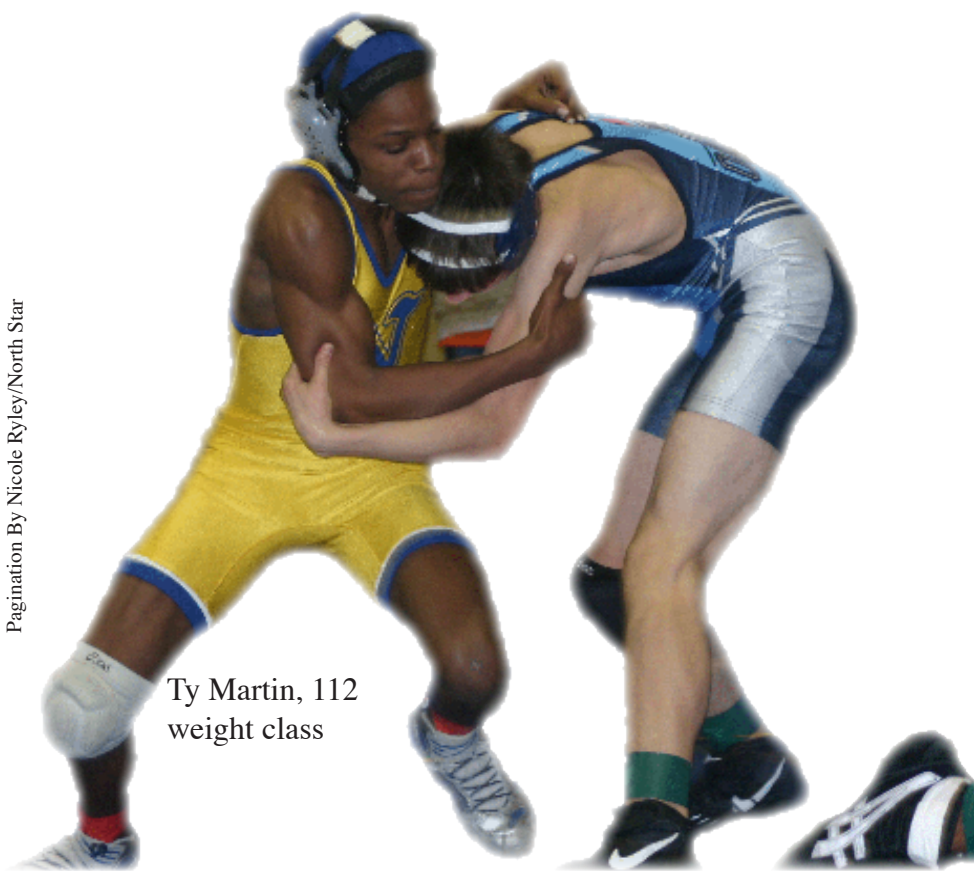
Last year, North was state runner up and several boys took home state finishes.

This year, several of the boys are ranked high in their weight classes. Davaugh Perkins is undefeated and McKinney is ranked number one.

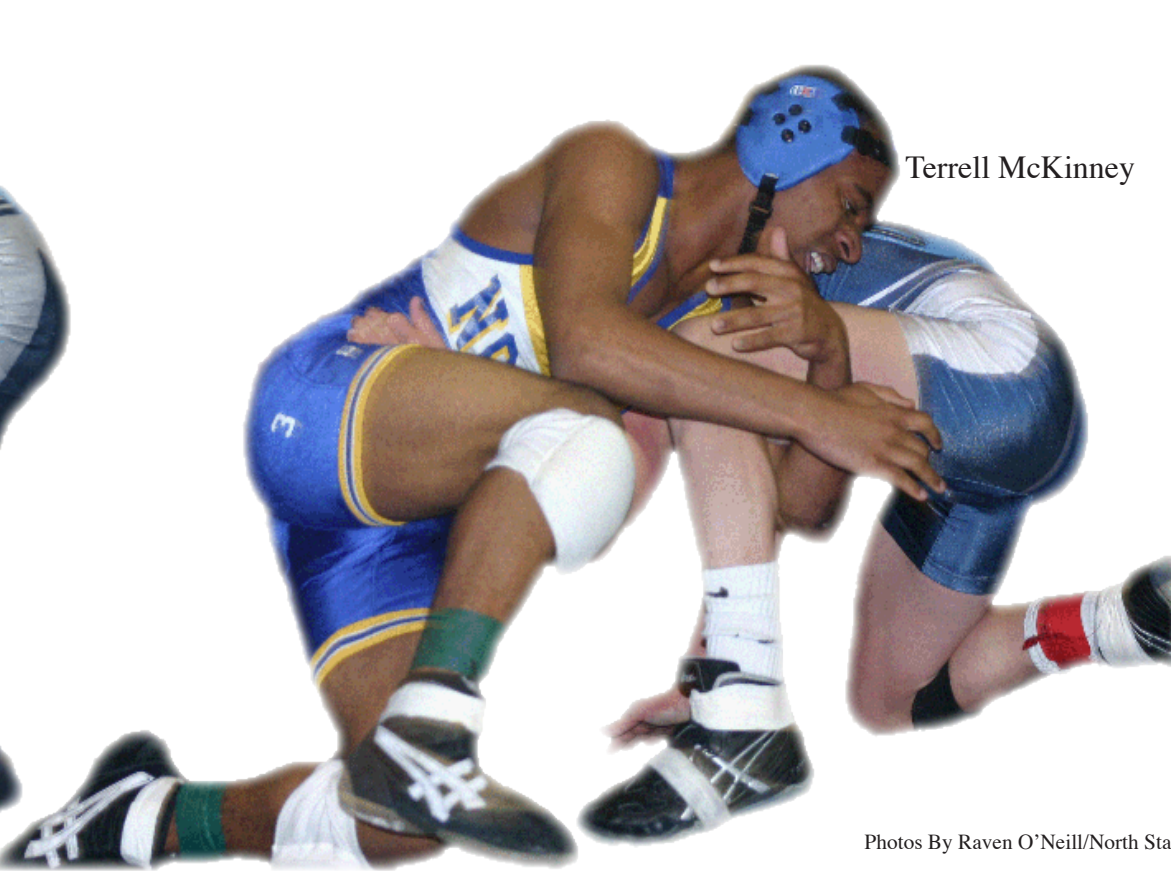
"We have two freshmen who are looking very promising to the team. Juranek and I feel that Ron Coleman and Ravaughn Perkins will be the filler to the team," Coach Curlee Alexander said.

The Wrestling team has finished in the top 10 the past 25 years and in the top five the past five years. The team is currently ranked fourth in state and are looking for another top season.

"Wrestling doesn't get the credit it deserves. People would rather go watch the basketball team, but we are just as entertaining and good," McKinney said.



Ty Martin, 112 weight class



Terrell McKinney

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