

Meet area high school wrestlers, coaches

WRESTLING



From the coaches' perspective

'You can still win or lose in a moment'

Area wrestling coaches get that nervous anticipation too

By Dan Gilles
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As a high school wrestler, you can't help but feel excited and anxious, nervous with anticipation, for the start of the postseason.

The high school wrestling coaches still feel that nervous anticipation as well.

"I don't know if we've had a guy make the district finals in my two previous years, so all of a sudden, it's lose or go home for our kids," Keystone coach Chris Vondruska said.

"Every little mistake,

even if you're beating a kid 8-4, you can still win or lose in a moment. Wrestling is a unique sport where you get in a bad position and can't get out of it.

"I don't think that feeling is ever going to go away as long as I care about what I do.

"I know kids really want it bad. So, obviously, I want it for them. Coach (Jim) Pycraft and Jimmy (Pycraft) put in a lot of time and effort in along with me, and once we're done with that consolation semifinal at district, we can breathe a sigh of relief and, hopefully, start planning our trip to Columbus."

Lutheran West coach Dave Ressler said he remembers those feelings of anticipation when he wrestled, and they've never gone away.

"I always get nervous energy before sectionals and districts," he said.

"No matter how many times you get down there, that feeling of walking through that tunnel to the arena is indescribable.

"Every year, we take those kids through the tunnel first-thing so they can experience that and look up at 17,000 seats.

"I remember as a wrestler having that feeling and it's never gone away as a coach."



JEN FORBUS — THE MORNING JOURNAL

Keystone's Justin Ocheltree wants to come out on top in his bout with Justin Bell of Columbia in the 182-pound weight division at the Patriot Athletic Conference Championships on Feb. 10 at Brooklyn.

COACHES » PAGE 11

Good Luck! Lorain County Wrestlers @ Sectionals, Districts & State!



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Opinion*Journey is what makes state wrestling special*

Ask any high school wrestler in Ohio, and they'd tell you there's nothing like a trip down to Columbus, competing in the state tournament.

Ask any wrestler that hasn't been there before and they'd tell you the ultimate goal is to get there.

But what is so special about making the state tournament?

It's the journey.

If you snap your fingers and get there — there's no fun in that.

But if you go through trials and tribulations — suffer brutal losses and finally reach that point — there isn't a better feeling in the sport.



Fuad Shalhout
Columnist

That's why it's important for any kid to just enjoy the process.

We live in an impatient world, and with that we look for shortcuts.

But the beauty about wrestling

is there are no shortcuts. If you don't have the patience to perfect a shot, or improve on your feet, or go through the necessary repetition, then you'll get chewed up quickly.

There's an adage in basketball that in order to win a title, you have to get knocked down on your butt a few times beforehand.

That is an absolute requirement in wrestling.

That's why the look on a kid's face when he clinches a state berth for the first time is priceless. It's always a look of that kid knowing years of hard work paying off.

And for a kid that has gotten there before — the hunger to return is incomparable.

"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill — none have wrestled without pride," Olympic gold medalist Dan Gable once said.

It's why when I embark to the Schottenstein Center at Ohio State for the state tournament March 8-10, I'll have one thing in mind: Every kid I'll talk to

down there will have gone through their own journey.

Whether it was struggling earlier in their careers before taking off or building on an already successful resume, everyone has their own story to tell.

I remember last year covering Moe Zayed from Westlake, who was a senior.

He went four years trying to get that taste of a state tournament berth. Once Zayed clinched it at the district meet at Mentor, he flew into his coach's arms in thrilling fashion. I pulled him aside him shortly after for an interview and his mother was standing nearby.

It didn't take a rocket

scientist to figure out what that win meant to him.

Or about how Elyria's J.T. Brown last season?

Brown suffered a shoulder injury the year before that prevented him from having a stronger showing at the state finals.

When Brown finally clinched his first state title, he bursted into emotions and pointed towards his family and friends sitting in the stands.

Those emotions were because of years of grind it out work that not many average Joe's can really understand.

Firelands' Payton Burgdorf was unranked going into the postseason before placing a shocking fourth.

JOURNEY » PAGE 10

"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill — none have wrestled without pride."

*Olympic Gold Medalist
Dan Gable*



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Midview wrestling

Seniors hope to finish careers strong



RANDY MEYERS — THE MORNING JOURNAL

Midview's Trever Begin has a hold advantage over Anthony Cole of Mansfield Madison at the Division I Team Dual Tournament regional quarterfinals on Jan. 24.

Pair has sights set on trip to Columbus

By Scott Sommers

Sports@MorningJournal.com
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For Midview seniors Seth Frambach and Trever Begin, this postseason represents not only the end of their high school wrestling careers, but also perhaps a little redemption.

Frambach (195) was a state qualifier last season, but he didn't place. Begin (182) just missed on joining Frambach in Columbus as he lost in the consolation semifinals and finished as a state alternate.

Now the duo hope they can make the trip together

down to Columbus.

Frambach suffered an injury at the end of the football season and had a late start getting into wrestling shape.

Though he was highly touted throughout the preseason, Frambach's season got off to a bit of a tough start.

In the Brecksville Holiday Tournament, Frambach went 2-2 in his first matches back onto the mat.

Though he was disappointed about the way the tournament went, Frambach felt the tournament gave him some answers as to what he needed to do.

"Losing those two

matches pushed me more," Frambach said. "It made me realize that I had to push harder."

"It also helped in the aspect of making me work harder because I felt I was behind and had to play catch-up."

Meanwhile the Brecksville Holiday Tournament gave Begin a fair amount of confidence. Considered one of the toughest tournaments in the state — if not in the nation — Begin placed fifth.

It was a summer of work, which resulted in a trip to Fargo, N.D., that forced Begin to get better on his feet. After being uneasy about it, the Brecksville result showed he was making strides.

SENIORS » PAGE 9



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Amherst wrestling**‘...ready to see all my hard work pay off’****Heavyweight taking it step by step****By Scott Sommers***Sports@morningjournal.com
@MJournal Sports on Twitter*

With one big thing out of the way, Amherst senior Matt Lee can focus on the other.

On Feb. 7, Lee signed with Tiffin University to continue his football career.

But he still has one last chapter to write for his wrestling career: Another trip onto the podium at the state tournament.

“(The season) has been pretty good so far,” Lee said.

“I have gotten in better shape along with working

on my technique. I’m excited.

“I’m ready to see all my hard work pay off and hope it ends with a state championship. But I have to take it step-by-step.”

The heavyweight comes into the postseason with lofty credentials.

He had only one loss on the season heading into the Southwestern Conference tournament and is ranked as high as second in the state in Division I in some publications.

He started the season strong as he defended his Knights of Columbus championship in impressive fash-

ion. Perhaps his biggest win during the regular season came when he pinned Bedford (Mich.)’s Austin Emmerson to claim the Maaumee Bay championship. Emmerson came into the bout ranked sixth in the nation.

In mid-January, Lee recorded his 129th career win, which surpassed Jake Percival as the school’s all-time leader.

But Lee’s career almost didn’t get started.

After doing one year in biddy, Lee didn’t start wrestling until the seventh grade when his junior high coach suggested he should start wrestling since it would help him with football.



COLEEN MOSKOWITZ — THE MORNING JOURNAL

Amherst’s Matt Lee and Cathedral Prep’s Kawaun Deboe face off during the 285-pound championship bout at the Perry Pin City Invitational on Jan. 6.

PAY OFF » PAGE 8

LORAIN COUNTY ALL STAR WRESTLING MEET

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Elyria wrestling

Pioneers poised to make some noise

'Young, but fairly seasoned' team ready to take on postseason

By Dan Gilles
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The last two years, the high school wrestling postseason has been pretty special for Elyria.

In 2016, the Pioneers finished second in both the Division I State Dual Meet and Individual Wrestling Tournaments behind St. Edward.

In 2017, Elyria lost to Massillon Perry in the semifinals of the State Duals but rebounded for another runner-up finish behind St. Edward at the Individual State Tournament.

A lot of talent from those two teams has graduated, leaving Elyria with a young team with a few bona fide hammers in the lower weights and some question marks at others. But, after winning the Greater Cleveland Conference Tournament and making it to the Division I State Dual Meet for the fourth-straight year, the Pioneers are poised to make some noise.

"It should be a lot of fun, man," said Elyria coach Erik Burnett, in his 21st year at the helm of the Pioneer wrestling program. "The kids are working hard, and as long as they keep mak-

ing progress, good things should happen. That's my hope — just continue to make progress and get some good results to come with it.

"You always hope for best for the kids. You want things to go right for them. I tell the kids the same thing around this time each year — worry about the things you can control and don't worry about the things out of your control.

"You don't have control over the draw. You don't have control over your opponent. All you can control is how you approach each match and what you do out on the mat. Just go out and do the best you can, that's how I approach it."

The Pioneers are built around four returning state

placeholders in seniors Brendan Fenton (two-time defending state champ) and Josh Breeding (fifth last year) and sophomores Dylan Shawver (fourth) and Mick Burnett (sixth). Shawver (113), Fenton (120), Burnett (126) and Breeding (132) make up a dominant group of wrestlers that are expected to do well down in Columbus on March 8-10.

"It's great to have our tough guys at the beginning of the lineup," said Breeding, who is ranked fourth in his weight class by wrestling guru Josh Lowe.

"I have a lot of good drill partners and kids to work with. We're hoping to take that momentum into the state duals and beyond.

"I'm feeling great. I feel

"I tell the kids the same thing around this time each year — worry about the things you can control and don't worry about the things out of your control."

Elyria wrestling Coach Erik Burnett

like our team is really meshing well and I feel like we have our eyes on the prize."

Mick Burnett, as the son of the longtime Elyria coach and the former four-time state wrestling champion at Oberlin, has grown up around wrestling and trips to Columbus his entire life. But being a spectator for many years was different than actually being on that mat competing for the first time.

"I think I'm a lot more confident than I was last year," Mick Burnett, ranked third by Lowe, said. "I'm more mature than I was last year.

"It's definitely a different animal after being a spectator for years. It was pretty overwhelming last year. Now that I got that experience out of the way, I'm ready to go down there this year and do some damage."

NOISE » PAGE 7

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Noise

FROM PAGE 6

Coach Burnett said there are a few unsettled positions on his wrestling team going into the postseason.

Sophomore Bryce Allison and freshman Colin Noel are competing for the 106-pound spot, junior Jimmy Schill and freshman Enrique Munguia are competing for 145, and freshman Jake Evans and junior Haydon Rockman are competing for spots at 160 and 170.

However, the Pioneers have several spots locked down besides their four standouts.

Juniors Matt Zuckerman (138), Farouq Muhammed (152), Lewis Aguilar (182) and Andrew Lewis (195) are all poised to do well this postseason, with Zuckerman (12th) and Muhammed (fourth) ranked by

Lowe.

Muhammed, a transfer from Shaker Heights, has hit the ground running despite being forced to sit out half the season due to OHSAA transfer rules and has given Elyria a strong middleweight force.

"It's huge having Farouq," Breeding said.

"He's just so dominant at all positions. It's nice having a guy who knows what he's doing, has experience and has been there before in the middle of our lineup. I'm excited to see what he'll do in postseason because I'm confident he'll do really well."

This year, Elyria's district moved from Mentor to Perrysburg.

With the Brecksville Sectional (Brecksville, St. Ignatius) joining the Westlake Sectional (St. Edward, Elyria, Midview, Lorain) in Perrysburg along with two sectional tournaments from the Northwest, it's shaping up to be one of the toughest

est — if not the toughest — district tournaments in the state.

"We are young but fairly seasoned, and we're excited for this postseason run," Erik Burnett said.

"It's going to be tough. There are a lot of highly ranked teams in Ohio coming to our district. You concern yourselves with what you can control. All we can do is prepare and try to get ready to get through that thing.

"You want to get as many as you can to Columbus and you're going to have to navigate through there the best you can. It is what it is, I'm not going to cry about it. We're going to try to get them ready and do what they can do."

He added that they won't know what will be a realistic goal for the state tournament until the dust settles from sectionals and districts.

"You've got to get as many through sectionals

as you can," he said.

"Then, you take all those guys to districts and then you get as many as you can through there. A lot depends on how many guys you get down to Columbus.

"You can run around the room all day and say we want to be state champs, but you've got to figure out a way to make it happen."

Both Breeding and Mick Burnett believe that if you finish in the top four at their district you should be able to place in the top eight at state.

"It's kind of an advantage if you can make it out of there," Mick Burnett said. "Our district is so loaded with quality teams and wrestlers. I look at it as a great test.

"The top four at districts should easily in the top eight wrestlers in the state. I'm hoping to get some great matches and get out and shoot for a state championship this year."

Added Breeding, "The



RANDY MEYERS — THE MORNING JOURNAL

Elyria's Brendon Fenton has a hold advantage over Clay's Kyle Maville during the 120-pound match at the Team Dual Tournament regional finals on Jan. 31.

competition there is insane. From top to bottom. We all have to wrestle our best. Perrysburg will be much tougher than Mentor was last year. All that's going to do is push me and make me wrestle even harder to reach my goal, which is a state championship."

Dan Kelley and Lorenzo Gentile

wish all of the Lorain County Wrestlers the best of luck for the upcoming 2017 - 2018 season!



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Pay off

FROM PAGE 5

Thus, his career was born, and over the years Lee learned how much wrestling and football go together.

As he progressed on the wrestling mat, Lee's football career also blossomed. He helped Amherst post a 6-4 record this past season. His football achievements allowed Tiffin to notice him. It's not by accident Lee is still going to be able to use his wrestling skills in college as he will play defensive line. It won't be just his wrestling skills he will carry onto the gridiron this fall.

"(Wrestling) has made me mentally tough," Lee said.

"Without wrestling, I don't think I would be where I am today. All the achievements I got in foot-

"Without wrestling, I don't think I would be where I am today. All the achievements I got in football are due to wrestling. It's hard to believe I did it on a whim."

Amherst's Matt Lee

ball are due to wrestling. "It's hard to believe I did it on a whim."

The hard work Lee put in has certainly made a difference, especially working on his technique. Lee is also a good study, learning from mistakes and correcting them.

Coach Brian Cesear has seen the development of Lee's repertoire on the mat.

"He's learned a lot of technique," Cesear said. "When he was a freshman, he didn't have good technique. He was bigger and stronger than most of the other wrestlers and for the most part he still is, but he added technique. It's deadly.

"He's learned over the years on how to improve different things. He's gotten better at hitting different moves and not being one-dimensional ... (he's) thinking three moves ahead and (things) are flowing a little bit more"

After Lee suffered his first loss of the season, his mental toughness and his ability to learn came to the forefront. He hasn't lost since and according to Cesear it has made him even better.

"Sometimes losses are OK as long as you learn something from it," Cesear said. "He worked really hard after that. It was a wake-up

AMHERST » PAGE 10



COLEEN MOSKOWITZ — THE MORNING JOURNAL

Amherst's Matt Lee works to cover Cathedral Prep's Kawaun Deboe during the 285-pound championship bout at the Perry Pin City Invitational on Jan. 6.



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Seniors

FROM PAGE 4

"I wasn't comfortable on my feet," Begin said.

"At Fargo, I had to take them down and let them back up. It forced me to get better on my feet. (Being comfortable) has helped me in a lot of my matches. This is the first season I can say I feel comfortable on my feet."

Being comfortable on his feet isn't the only thing which Begin has been at ease with.

For the first time in his high school career, he hasn't had to worry about cutting weight.

Last season, there were times when he had to cut more than 10 pounds to make weight.

"It's nice coming into practice and being able to go through it instead of going through it just to cut weight," Begin said.

"I eat a ton as I'm trying to keep on as much mass as possible. It's nice to being able to do that during wrestling season. I recover a lot faster and I feel a

lot better."

As the season has progressed, the duo is excited and anxious for the postseason to start.

Having Shawn Bristow as coach has helped them tremendously throughout the season, but his experience in the postseason is where they really benefit.

Bristow, who was a three-time state placer which included a state championship in his senior season, is always there to give support and advice whenever they need it.

"It really helps having Shawn as a coach," Frambach said.

"He knows what you need to do to get down there and he shares his experiences, whether it is in the postseason or when he wrestled in college. He just helps all-around with everything."

Frambach began biddy wrestling when he was in the first grade. Begin quit soccer in the fourth grade to join wrestling, but it wasn't until the eighth grade when he fell in love with the sport.

The duo also played foot-

ball for the Middies and were a part of the success they have had over the past few seasons. They also have done things this season to get out of their comfort zone.

Begin worked all summer to improve on his feet, while Frambach has been working on trying to open things up offensively. Though Frambach has improved on being able to control a match and doing what he wants to do, he admits there are times when he is waiting for the perfect opportunity to take a shot.

"I think I need to get more offensive," Frambach said.

"I've been struggling with it, but have been working hard to improve in that area. I have to get my shots rolling. I think if I can do that I will be able to reach my goals.

"I like to tie up and react off of what they do, but I also know I need my offense."

Now with the postseason right around the corner, both wrestlers are happy it is here.

Though Frambach was at state last year, the late start

gives him a little bit more of incentive.

"I think I have something to prove," Frambach said.

"Coming into the season I was ranked and projected to place at state. That is something I want to do.

"(But) I'm not going to let the pressure get to me. I'm pretty laid-back as a person, but I am excited for this (postseason). But after the injury I was just happy to get back out onto the mat. Just going to practice every day and not being able to compete was tough."

Having found success at Brecksville, Begin feels he is ready to make the journey and eventually make it to Columbus.

"I haven't made it to a state tournament, but I'm excited to see what I can do and have fun finishing out the year," Begin said.

"Even though I haven't been to state I feel that I am ready to be there. I worked all summer to get better on my feet and getting ready for Fargo. Now I'm ready to see if that work pays off for me."

"He knows what you need to do to get down there and he shares his experiences, whether it is in the postseason or when he wrestled in college. He just helps all-around with everything."

Seth Frambach on Midview Coach Shawn Bristow

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Journey

FROM PAGE 3

Now that is a heck of a story — and journey.

Columbus is everything to these wrestlers. It's high school wrestling's version of the Super Bowl or Kentucky Derby.

But let's also not forget about the coaches here. High school wrestling coaches aren't in it for the money (trust me on this).

They are in it because it's what they love to do. Most of them have been in their wrestler's shoes before — and dedicate their livelihood's to help their wrestlers achieve their dreams.

They sacrifice family time to see exactly what Zayed, Brown and Burgdorf did. But more importantly, these coaches want their kids to become better men (and women) in life.

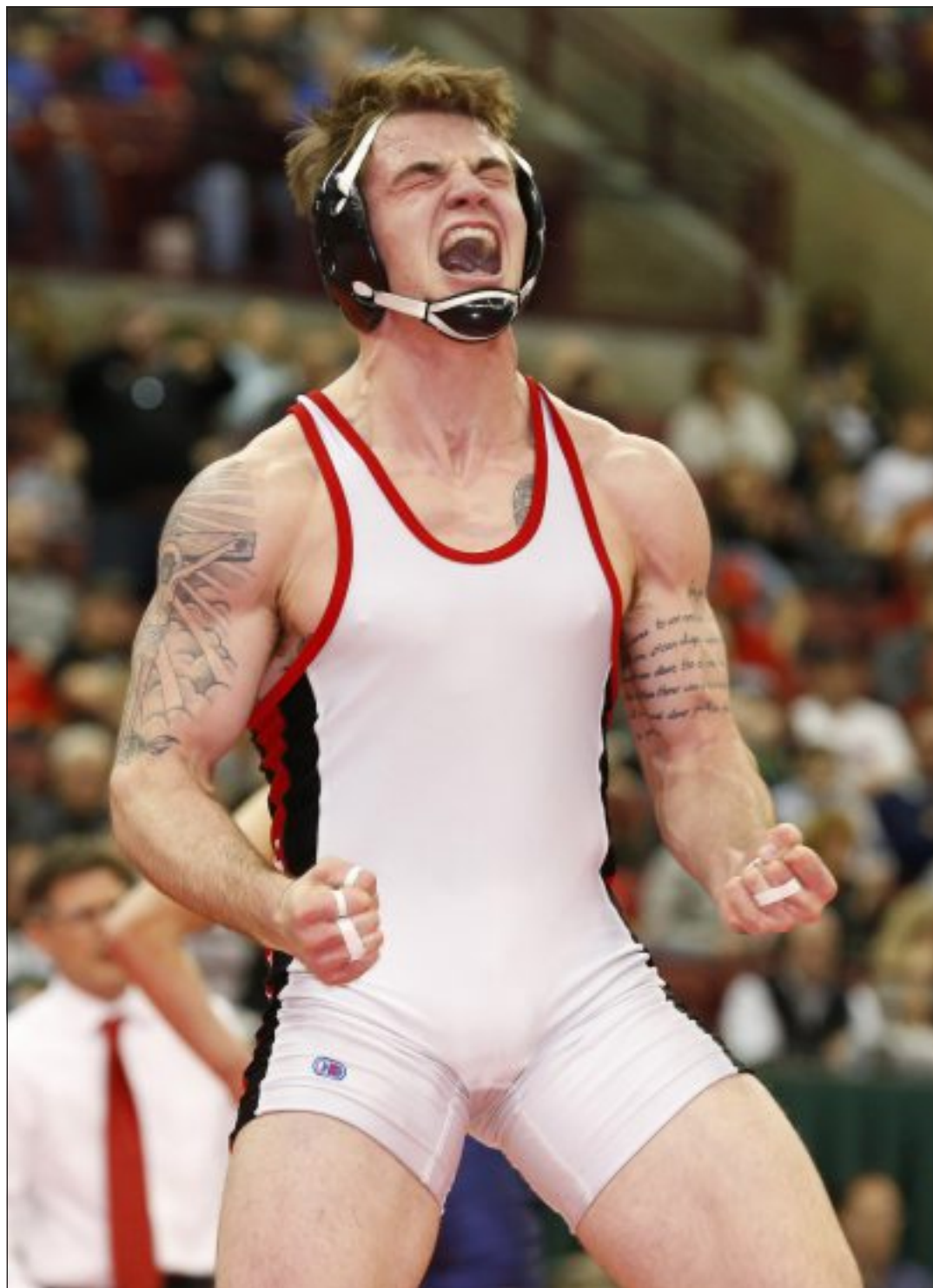
The eight-hour long tournament days, practices after school, year-round travel to tournaments is all worth it at the end.

Coaches understand the importance of the journey — and try to teach their wrestlers to understand that.

So, if you are making the trek to Columbus like I will — just remember that every kid that earned their way there has a story to tell.

The journey is what makes it worth it.

Fuad Shalhout can be reached at FShalhout@MorningJournal.com; @shalhoutf on Twitter



Elyria's J.T. Brown celebrates his state title in the OHSAA State Wrestling Finals at Value City Arena, Columbus in 2017.

JOE MAIORANA - IMPACTACTIONPHOTOS.COM

But the beauty about wrestling is there are no shortcuts. If you don't have the patience to perfect a shot, or improve on your feet, or go through the necessary repetition, then you'll get chewed up quickly.

Amherst

FROM PAGE 8

call for him.”

When Lee stepped into the room as a freshman neither Lee or Cesear had an idea of what kind of career he was going to have.

Now, when Lee steps onto the mat there is a sense of calm for Cesear.

“I knew he was good,” Cesear said. “(But) so many things can happen. Did I think he would break the school record for wins or tie the state record for the fastest pin at the state tournament? I didn't think he would be as dominate as he is.

“It's really nice knowing you are going to get six points from your heavyweight in every match.”

As Lee mentioned earlier, the postseason is a grind. The competition gets better with each and every round. Having the experience of placing at state, Lee feels he is prepared. But he knows there are other aspects he needs to make sure he does well.

Little things like icing down and getting plenty of rest go a long way in helping the body to stay healthy. While the physical aspect is just one part, Lee knows each week will get tougher, which is where the mental toughness comes in.

Cesear, who made the trip to Columbus a few times in his career, has his own idea of making sure Lee is ready for the match.

Making sure Lee gets a good warm-up in, Cesear has gone as far as bringing extra clothes to warm-up with Lee to make sure he works up a good sweat.

According to Cesear, it helps Lee focus on the match and being ready to take the mat.

When the match is going on, Cesear knows Lee will face adversity. But the message Cesear preaches is to just wrestle the full six minutes and not worry about the score. If Lee does that, he will be very tough to beat.

Lee knows he can only take it one match as a time, but he can hardly believe his wrestling career is nearly over. He expressed how he was just thinking about it recently and couldn't believe how fast it has gone by. Having accomplished so much during his wrestling career, he does not rest on his laurels. Instead he is looking to make the ending even better.

“I don't live in the past, but I am happy with what I have achieved so far,” Lee said. “But, I'm never satisfied and always looking to do better.

“(Placing) fifth in the state is cool, but I want to do better.”



JEN FORBUS — THE MORNING JOURNAL

Lutheran West's Donovan Palmer and Firelands' Eric DeFranco contend for third place in the 138-pound weight class at the Patriot Athletic Conference Championships on Feb. 10.

Coaches

FROM PAGE 2

Both Keystone and Lutheran West, despite competing against one another in the Patriot Athletic Conference, will go their separate paths come postseason. Keystone competes in Division II and will travel to Bay for sectionals before going to Norwalk for districts. The Longhorns compete in Division III and will go to Independence for sectionals before Garfield Heights for districts.

For Olmsted Falls, which competes at the Division I level, it will have to contend with state powerhouses St. Edward and Elyria starting at sectionals in Westlake all the way through districts at Perrysburg.

"Our (Southwestern) Conference is tough, but no offense to any of them, none of them are St. Ed's,"

Bulldogs coach Bryce Burkhard said. "It's not going to get any higher than that for us, at least. That lets guys know where they are and lets you know what you're going to see at sectionals. You know it's not going to get much tougher than that going into the postseason."

"We have one of the toughest districts around each year. Chances are good if you can survive that and get to Columbus, you will land somewhere on the podium."

Vondruska says he enjoys having his team compete against the best at districts.

"I know there are tough teams in our sectional and in our district, but the reality is there are tough teams everywhere you go," he said. "All divisions are loaded. The tougher it is at sectional and districts, the easier it is at state. We had a four-seed at district tech a one-seed at state last year because of the competition

he saw at our district.

"As long as you place in the top four in each of those two Saturdays, you give yourselves a chance in Columbus. And we've been fortunate to send one guy down every year and have that one guy reach the podium."

The Division III schools have been going to Independence the last few seasons for sectionals, advancing to districts at Garfield Heights — a site that has been used for at least the last 10 years. The familiarity of the sites is a big help, according to Ressler.

"It's nice when year after year you go to the same place, the kids feel comfortable there," Ressler said. "Those that qualified before help the others out. You know what teams will be there, and a lot of them are from our conference."

"It helps going against guys we've beaten already. That gives us extra confi-

dence going in. It's really exciting. Everything we work for is for the postseason."

Ressler has spent the last three state tournaments sitting on the big podium coaching a wrestler in the state championship match. James Handwerk graduated with two state championships and a state runner-up finish in his last three years in high school.

"Finishing with James having two state titles and a runner-up is pretty special," he said.

"He is the best wrestler in Lutheran West history. He really helped to put out there that you can come to Lutheran West and be a state champ. That inspires the younger guys to work hard in the offseason to be atop the podium like he was."

"The goal is for multiple guys to get down again this year. We always knew we had one in James but we always got two, and that's

something we want to keep doing."

Ressler said his top two wrestlers this year are juniors Robert Pinkie (120) and Parker Watson (132). Both are ranked in wrestling guru Josh Lowe's midseason top 16 in their respective weight classes. Watson was a state alternate last season.

For Keystone, Justin Ocheltree returns to try for another state placement. Fellow senior David McCullough is back after back-to-back near misses at districts and is hoping the third time is the charm. Ocheltree is ranked seventh at 195, while McCullough is ranked eighth at 182 by Lowe.

"After coming up just short the last two years, David's really just been training up at a different level," Vondruska said. "The guys on the team are following suit with that. So it's going good."

"Justin has already been there and we expect him to go again. It's the best time of the year. It's time to kick the training up a notch and let it all hang out."

Olmsted Falls has four wrestlers ranked by Lowe — seniors Michael Shaw (fourth, 106), Jihad Salti (10th, 138), Josh Jaekin (fifth, 145) and Jaden Mendeluk (13th, 182).

"Those guys attack and try to keep scoring points," Burkhard said.

"They keep going after their opponents and they don't shy away from any challenge."

With conference tournaments wrapping up, the road to Columbus is set to begin.

"We have two main goals — to try to win conference and to get to state," Ressler said.

"Those are the two things we work for. Everything else is practice to get ready for that."

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