



## MIDDLE SCHOOL CHAMPIONS

The Wisconsin Rapids Middle School (WRAMS) Wrestling team brought home their second consecutive Conference Team Championship in late January!

The team outscored second place DC Everest by 80 points, with Marshfield taking third. Along with the team championship, the WRAMS wrestlers also had 4 individual champions, Matthew Sering, Wil Weidman, Brett Back, and Sam Scheidegger.

“It’s been a privilege to work with such an outstanding group of young wrestlers,” said Coach Travis Tritz. “We have a great group of kids that have pushed each other to get better all season, and the hard work that they put into this program paid dividends in the end. As coaches you can’t hope for more than that.”

The Conference Championship caps off a successful season for the team, who also brought home several individual and team championships at major events over the course of their season. The team has swelled to over forty wrestlers.

“I’m really proud of how hard the kids worked this year,” said Coach Nate Weidman. “Their success is a reflection of their hard work and dedication. It’s something built and carried through from our youth program. A huge thank you to all of our youth program coaches that have helped shape what this is.”

Individual place winners include:

Matthew Sering **1st** (70 lbs)  
Wil Weidman **1st** (77 lbs)  
Carter Freeman **3rd** (84 lbs)  
Lucas Bean **2nd** (91 lbs)  
Kailar Tritz **4th** (98 lbs)  
Ben Weidman **3rd** (105 lbs)  
Ethan Freeman **2nd** (120 lbs)

Brett Back **1st** (128 lbs)  
Jacob Bender **3rd** (136 lbs)  
Sam Schutz **2nd** (144 lbs)  
Marcos Simonsen **5th** (152 lbs)  
Brian Olds **5th** (175lbs)  
Tanner Gormanson **6th** (210 lbs)  
Sam Scheidegger **1st** (285 lbs)





## ACTS OF KINDNESS PROGRAM HAS STUDENTS EXCITED ABOUT HELPING OTHERS

The Wisconsin Rapids School District Wrestling program celebrated another successful season of “Acts of Kindness” by holding an awards presentation in January!

Seventy-eight wrestlers completed several hundred acts of kindness over the course of the district youth wrestling season. These acts of kindness ranged from helping relatives at home to teachers and classmates at school. Several students went above and beyond, finding truly impactful ways to help members of our community.

Hazel Holden, a first grader from THINK Academy in Rudolph, Wisconsin won this year’s grand prize. “Hazel really liked working on the random ‘Acts of Kindness’ initiative and looked forward to deciding what to do each week,” shared her mom, Jennifer. “She thinks that it is important to be kind because being kind to others and helping others can make them smile and have a better day.” Hazel’s grandma, who suffers from back problems, was in need of an extra hand, and Hazel jumped in to assist, helping her bake and package several totes of baked goods for a local fundraiser raising money for kids in need. Hazel didn’t stop there; she also volunteered to help residents at a local assisted living facility by making beaded napkin clips, and colored pictures for an organization that sends them to those in need of a smile. She also found ways to help her teacher at school, and even her brother at home.

“I absolutely love that the youth wrestling program has added the random ‘Acts of Kindness’ program,” added Jennifer. “I think that it is so important that these young athletes learn that they can and should strive to make a positive impact in their schools, their communities, and in the world. With Hazel, I really tried to help her focus on acts that she could do every day and not have to go too far out of her way to do. I thought it was important that she saw that even a small everyday task, like coloring pictures or baking cookies, can have a positive impact on someone else.”

Coaches began the program to highlight that wrestling is about so much more than what happens on the mat. Athletics provide youth with larger life lessons and opportunities for long term character development, self-esteem, and confidence. Hazel’s experience truly highlighted this.

“Despite her size and her shyness, she was still able to make an impact and find ways to help others,” Jennifer said. “She is not the type of kid to walk up to a person and talk to them or offer them help. While I try to help her step out of her comfort zone, and wrestling helps a lot with that, it was great to show her that she can make a difference ‘from the sidelines’ without making herself the center of attention.”

A dozen local businesses helped sponsor the Acts of Kindness program, donating prizes to support the wrestlers who participated. “We’ve been encouraging this program for several years now, and each year these local businesses offer some really great prizes to recognize the special things our athletes are doing,” said Coach Justin Tritz. “We couldn’t be more proud of the kids in our program for the truly impactful things they are doing, as well as our local businesses for supporting our local youth.”

