

2023-24 Denison Girls Wrestling Preseason Information

Returning Letter Winners

Yarecze Rodriguez
Angie Rivera (SQ)
Nallely Rivera
Taylor Totten

Ana Castillo
Jessica Cabrera
Adrianna Lupian

Taya Adams
Remigia Raymundo
Kasandra Barroso

Team Strengths:

The major strengths of our team are the number of girls we have out as well as the blend of youth and experience throughout the team. We should be able to fill nearly every weight class and that will make us more competitive from a team standpoint. We have returning wrestlers with some experience that are going to understand how things work a little bit, but they are also getting challenged by some newcomers. Our practice room is going to a place where we don't shy away from competition and it's expected that our varsity/upperclassmen/returning wrestlers get pushed by everyone else.

Team Concerns:

The major question as of now is wondering how we will respond when the lights come on and you're in varsity competition. Filling a lineup is great, but you don't have a true understanding of the quality of your lineup when you're just in practice. Wrestling, and especially girls wrestling at this stage, is a unique sport in that you could wrestle a first year wrestler one match and a state qualifier 30 minutes later. The importance of how we respond to the physicality and mental/physical grind of varsity competition is something that we are very open about and something we will continue to stress.

Season Outlook:

Our season outlook is extremely positive and we are embracing the high expectations we have of ourselves. We have two returning state qualifiers - Daniela Salinas (100) and Angie Rivera (135) - that are looking to get back to Coralville. We're looking to lean on their experience and leadership to help the girls at the weights around them improve to become a solid varsity lineup.

Monarch Girls Wrestling Roster 23-24

Head Coach: Jacob Brawner

Assistant Coach: Joe Brawner

Managers: Zahyra Flores and Cheyenne Vang

<u>Weight Class</u>		<u>Wrestlers</u>
100	Daniela Salinas (11)	Shelby Lima (9)
105	Alexa Tremblay (11)	Alisson Barroso (9)
110	Addison Ransom (10)	
115	Marisol Granados (9)	
120	Grace Collins (9)	
125	Yarecze Rodriguez (11)	
130	Ana Castillo (11)	Jaslyn Vasquez (9)
135	Taya Adams (12)	Briana Perez (9)
140	Angie Rivera (10) Jessica Cabrera (12) Remigia Raymundo (11)	Nyamun Koang (11) Zoey Gonzales (12) Belinda Garcia (9)
145	Andrea Lupian (9) Giana Garcia (10)	Aremy Santos (12)
155	Andrea Alcaraz (9) Nallely Rivera (11)	Miranda Estrada (11) Katherine Ramirez (9)
170	Adrianna Lupian (12) Kasandra Barroso (11)	
190	Taylor Totten (12)	Samantha Espinoza (9) Guadalupe Ramos (9)
235	Alexis Hartwig (11)	