

Date:	December 4, 2023	Team Place:	N/A
Location:	Sioux City		
Teams:	BH/RV, Canton (SD), CL/GLR, Dakota Valley (SD), Denison, Hinton, LeMars, MOC-FV, Okoboji-HMS, Ridge View, SB-L, Sheldon-SOB, Sioux Center, Sioux Central, SC East, SC North, SC West, Spencer, Spirit Lake, West Lyon, Western Christian		
Bracket 3	Alexa Tremblay	1st Place	
Round 1	Won by Decision (8-2) over Teresa Andres-Felipe (MOCFV)		
Round 2	WBF (1:40) over Ashley Alvarado (Sioux Central)		
Bracket 7	Addison Ransom	2nd Place	
Round 1	WBF (1:11) over Alissa Porreca (SSO)		
Round 2	LBF (1:57) to Avalynne Gemberling (HINT)		
Bracket 8	Marisol Granados	3rd Place	
Round 1	LBF (3:32) to Jadya Friedrichsen (RV)		
Round 2	WBF (3:25) over Haylie Mesmer (SCE)		
Bracket 13	Ana Castillo	3rd Place	
Round 1	LBF (2:58) to Tegan Robertson (RV)		
Round 2	WBF (0:34) over Clare Kappenman (CANT)		
Bracket 22	Briana Perez	3rd Place	
Round 1	LBF (2:14) to Emily Alvarado (Sioux Central)		
Round 2	Won by Decision (SV-1 2-0) over Miley Herke (SPEN)		
Bracket 25	Belinda Garcia	4th Place	
Round 1	LBF (1:08) to Kiely Morrow (Sioux Central)		
Round 2	Lost by Decision (9-8) to Avery Littlefield (CLGLR)		
Bracket 26	Giana Garcia	1st Place	
Round 1	WBF (3:57) over Alondra Jeronimo (SCN)		
Round 2	Won by Decision (7-3) over Candace Kanjanabout (SBL)		
Bracket 28	Andrea Alcaraz	3rd Place	
Round 1	Lost by Decision (1-0) to Carlee Pieper (Sioux Center)		
Round 2	WBF (0:42) over Anna Folkens (CANT)		
Bracket 33	Katerin Rodriguez	4th Place	
Round 1	LBF (1:36) to Alexandria Vaul (SCW)		
Round 2	Lost by Decision (8-1) to Morgan Divis (HINT)		
Comments from the Monarch coaching staff:			

It was a good night of wrestling in Sioux City as we were able to get two matches for every girl that went. Getting mat time is so crucial to our development as wrestlers at this point, but it's even more important to get mat time against the correct level of competition like we did tonight. Marisol Granados, Ana Castillo, and Briana Perez were all able to pick up their first wins of the season so that's always a nice little confidence boost to get that monkey off your back.

We made it pretty clear to the girls that the wins and losses aren't the "main thing" at an event like this. We'd much rather see them go out on the mat with a plan and try to execute that plan. I thought we saw that from a number of the girls. They're starting to know what they're looking for to get to those pinning combinations, but we still have some work to do on our feet.

We pushed some matches to decision rather than getting pinned, which is a good sign, and we were able to gut out some wins by decision as well.

Alexa Tremblay and Giana Garcia were both 2-0 to win their respective brackets.