

Lakewood High School

COUGAR WRESTLING

2019-2020

Men's Varsity

113	Jack O'Hara	9
119	Trevor Schut	12
126	Logan Stacey	10
132	Zach Bauer	9
138	Punchy O'Hara	10
145	Gage Welzel	11
152	Brenden McClellan	12
160	Dylan Ang	11
170	William Hayen	12
195	Barrett Meyer	11
220	Anthony Kiocho	10
285	Keegan Bach	11

Women's Varsity

110	Emma Kramer	9
115	Trinity Jackson	11
120	Torrance Blackwood	11
145	Angela Reed	12
190	Makenna Lampinen	10
235	Elizabeth Aleo	10

Men's J.V.

119	Josh Green	9
138	Ben Nuss	9
138	Rohan Prasad	11
138	Cris Alva	9
145	Rylan Dunc	9
152	Ephraim Wright	11
152	Brendan Miller	10
152	Sean Spencer	11
152	William Perkins	12
160	Jackson Hodgins	11
160	Jackson Lovell	9
170	David Sosa	11
170	Elias Dumke	11
285	Joseph Schut	10
286	Eric Hernandez	9
285	Aaran Parker	9

Head Boys Coach
Tom O'Hara

Head Girls Coach
Nic Caldwell

Assistant Coaches
Tony DelPozo
Danny Hutchinson
Christina Ordonez

Principal Jeanette Grisham
Assistant Principal Matt Blair
Athletic Director Kristin Twedt
Asst A.D. Steve Jensen
Managers: Aisha Bility, Alexis Allen

