

# HAWK WRESTLING

**No Fear All Faith!!!**



## Week One!



History was made this past Friday and Saturday at the McAllen Memorial Mustang Invitational. For the first time ever, the Hawks competed in a varsity wrestling tournament. The event was a grueling 2 days with 36 schools competing and the Hawks made their presence known in their first ever competition.

The first ever match won went to Josh Manuel. He ended the tournament with a 3-2 record. Fellow wrestler Vince Rodriguez also made it to the second day of competition with a 3-2 record as well. Tyson Tatum, Max Palacio and Gilbert Lerma also picked up match wins for the Hawks.

Four girls made it to the second day of competition.

Fernanda Rodas and Alyssa Luna won matches. Junior Selena Espinoza made history of her own, becoming the first ever Hawk to medal in a competition. Selena finished 3rd in her weight class with a 4-1 record!

The Hawks will host a quad meet this Friday at 5:30 PM in the South Gym. We hope to see everyone there to support the new program and hopefully witness some more Hawk History!! Go Hawks!!

# 2 Words of the Week!!

## TOUGH ENOUGH

Tough people win because they never give up. But tough people also win because they are tough enough to accept correction. Acceptance is not most people's default response to correction, though. In fact, it's pretty common to respond from a place of fear and either ignore or forget the correction.

So the three ways to respond to correction or critiques are to ignore it, forget it, or accept it. Let's look at each.

Tough people find success because they are tough enough to make the trades necessary to accept correction despite fears of being wrong. Acceptance may not be the default response to correction, but it's the only response that's going to help you find success in sports and the game of life.

## Weekly Schedule

**Mon: Practice 4:30-6:00**

**Tue: Practice 4:30-6:00**

**Wed: Practice 4:30-6:00**

**Thu: Practice 4:30-6:00**

**Fri: 5:30 PM Quad Meet @ South Gym  
South, Harlingen, Donna North,  
Los Fresnos**

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*“To accept correction requires you to be tough and humble.” Coach Mackey*

## Upcoming Events

**12/9: Quad Meet @ South Gym**

**12/17: CC Rumble in the Jungle**

**12/20: Tiger Takedown @ Valley View**

**1/6&7: ECISD Cat Classic**

**1/14: Gator Roll @ La Grulla**

**1/20: Boys District**

**1/21: Girls District**

**1/28: JV District**

**2/1&2: Individual District**

**Most match results can be found on  
[www.trackwrestling.com](http://www.trackwrestling.com)**



**JR. Selena Espinoza Wins 3rd  
Place in Her Weight Class**

**#IGY6#NFAF**