

# **EARLHAM**

# **WRESTLING**



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TEAM  
HANDBOOK

**2026-27**

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Welcome to the Earlham Wrestling Team. This handbook contains the general rules, expectations, and guidelines for all team members.

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# COACHING PHILOSOPHY

Wrestling is a sport that demands dedication, perseverance, and resilience. Focusing on these attributes helps to open outstanding opportunities for student learning and development. It is the responsibility of the coach to foster an environment that not only develops well-rounded student-athletes, but also future leaders in our communities.

A successful wrestling program is able to incorporate the instruction and technique from the sport of wrestling, while maintaining a cohesive teamwork mindset. This team attitude helps to create a family atmosphere for student athletes to develop within. As a coach, I dedicate my efforts to developing student-athletes who are prepared not only for our beloved sport of wrestling, but also for future challenges they may encounter in life.

Athletes should feel a sense of pride and ownership in their endeavors. This is achieved through relationships and structure within the program. I encourage family involvement and support for our wrestling team. This involvement strengthens our team mission and vision. It is of the utmost importance that all members of our wrestling family are invested in the philosophy and direction of the program. This establishes consistency in all areas of the student-athlete's life.

Earlham wrestlers and coaches will embrace our championship lifestyle. These principles serve as guidelines for how we as a team should conduct ourselves in all situations. By following the championship lifestyle we as a team will uphold high standards for each other regardless of the challenge. The sport of wrestling upholds the values and characteristics of the men we strive to be in life. We, together, will hold each other accountable to these standards. Through our wrestling journey, we will develop strength and honor together towards our common goal of being "Champions in Life".

# COACHES

Our staff brings wrestling experience from youth and club programs to the college level.

## BEN STRANDBERG

### HEAD COACH

Coach Ben Strandberg is in his sixth year at Earlham, with 17 years of head coaching experience and 205 career dual meet wins. He has coached 59 state qualifiers, 21 state place winners, and four state finalists. His teams have won four conference championships and three district titles, with three state team trophies. As a wrestler, he was a four-time NCAA national qualifier: twice in Division II at the University of Nebraska at Omaha (UNO) and twice in Division III at Buena Vista University (BVU). He was also an Iowa high school state runner-up and an NCAA Division III national runner-up.

## ISAIAH LUELLEN

### HEAD ASSISTANT COACH

A 5x All-American and National Champion, Isaiah Luellen won the 2024 NAIA title at 184 pounds for Grand View University. The Rossville, Kansas, native was a two-time NAIA national finalist. His collegiate national finishes were fifth, fourth, third, second, and first. He brings that competitive experience to Earlham as head assistant coach.

## CHRIS SWALLA

### ASSISTANT HIGH SCHOOL / JH COACH

Coach Swalla has spent 16 years coaching at the youth, middle school, and high school levels. He was a two-time state qualifier and a 1991 Iowa state champion. After high school, he wrestled at Central Missouri State University for one season.

## DREW EVANS

### GIRLS COACH / BOYS ASSISTANT

Coach Evans serves as head coach of the girls' team and an assistant with the boys' team. Before joining Earlham, he led the girls' program at Iowa City Regina. As an athlete, he wrestled at Independence High School, where he was a state place winner.

## NIC SWALLA

### JH COACH

Coach Nic Swalla is an Earlham alumnus and a member of the school's inaugural wrestling team in 2021. As a Cardinal, he was a district qualifier and helped lay the foundation for the program's success.

## JAY COX

### ASSISTANT COACH

Jay Cox was a three-time high school state place winner, finishing second, third, and second. He was a two-year junior college starter and a national qualifier. His coaching experience includes two years at Waterloo Columbus (1996-97), one year at Van Meter, and six years with youth and club programs at various schools. He has also served as a high school and college wrestling official.

## ERIC NIXT

### ASSISTANT COACH

Coach Eric Nixt coaches at the high school level at Earlham. He helped establish the Earlham Wrestling Club and has remained involved as a club coach. He wrestled at Simpson College, where he earned two varsity letters.

## CHARLIE LENZE

### ASSISTANT COACH

Charlie Lenze has coached at multiple levels within the Earlham Wrestling program, beginning with the Earlham Wrestling Club and most recently volunteering with the middle school team. He has also coached Team Iowa youth squads and brings a strong commitment to developing young athletes.

## CALEB SWALLA

### JH COACH

Coach Caleb Swalla is an Earlham alumnus and a two-time state placer, finishing seventh as a junior and third as a senior. He continued wrestling at Grand View University. His experience and dedication help him mentor young wrestlers.

# CONTACT INFORMATION

## Ben Strandberg

bstrandberg@ecsdcards.com

## TeamReach

For safe and direct communication, team notifications will be sent through the TeamReach app. Please install the app and enable notifications.

## Updates and information

Follow the team on X (Twitter) at @EarlhamWrestle for the latest updates and information.

## Promotions and highlights

Find us on Facebook at @EarlhamWrestling and Instagram at @EarlhamWrestle for promotional content, event highlights, and more.

**Stay connected and informed through these platforms.**

# CODE OF CONDUCT

Our conduct, both on and off the mat, creates our identity, establishes expectations for future generations, and helps our program develop integrity in which we can all take pride. The following expectations will help you become a champion in life. Remember, your identity is that of an Earlham wrestler.

## Conduct on the mat

1. Be on time to practice, matches, meetings, and all wrestling-related activities.
2. Be a good practice partner.
3. Respect all coaches, teammates, officials, and opponents.
4. Look, act, and perform like a member of a first-class program at all times.
5. Be a competitor.
6. Maintain a positive attitude.
7. Be a team player.
8. Be a student of the sport.
9. Work toward becoming the best YOU can be.
10. Always see a coach following matches.
11. ASK when uncertain as to what is expected of you.

## Conduct off the mat

1. Represent the program, school, and community in a positive manner at all times.
2. Keep healthy sleeping and eating habits.
3. Be a good citizen.
4. Avoid the use of illegal substances.
5. Be aware of the company you keep and the environments you are in.
6. Work to socialize with team members.
7. Follow all Athletic Department and team rules.
8. Maintain personal relationships in a mature manner that does not interfere with your or your teammates' academic and athletic performance.
9. Treat others around you as you would like to be treated.
10. ASK when uncertain as to what is expected off the mat.

## Conduct in the classroom

1. Go to class prepared and on time.
2. Uphold a mature and scholarly attitude while in the classroom.
3. Inform the head coach upon realizing a problem in the classroom.
4. Look, act, and perform like a member of a first-class program at all times in the classroom.
5. Take pride in achieving team academic goals.
6. Strive to become the best YOU can be in the classroom.
7. GRADUATE.
8. Respect all teachers, counselors, and administrators.
9. ASK when uncertain about what is expected in the classroom.

# PRACTICE POLICIES AND PROCEDURES

## Before practice

- Complete a physical for the current school year and the concussion form.
- Practice starts at 3:45 p.m. unless otherwise announced. Arrive on time, dressed, and ready.
- High school practices take priority over club practices and other outside training.

## Practice expectations

- Work with controlled intensity. Stay calm, confident, and mentally alert.
- Pay attention when technique is demonstrated. Keep comments constructive and helpful.
- Support one another. Fighting, harassment, hazing, bullying, and swearing are not tolerated.
- Coaches control practice music. Do not sit without permission.
- Wear appropriate practice attire; no hoodies during live wrestling.
- Bring multiple sets of clothes and take used clothing home to wash.
- Keep the wrestling room, locker room, and other areas clean.
- Shower after every practice and maintain proper hygiene. Do not share water bottles.
- Remain at practices, tournaments, and team functions until dismissed by a coach.

## Attendance and illness

- Call, text, or email a coach if you are sick or have a family or personal emergency. Stay home when sick to avoid spreading illness.
- If injured and unable to practice, attend every team meeting and observe practice unless excused by the head coach.
- For illness lasting two or more consecutive practice days, a doctor's note is required for the absences to be excused.
- The head coach may classify an absence as unexcused or require a doctor's note if illness appears to be used as an excuse to miss practice.

## Unexcused absence policy

- 1st time: Meeting with the head coach
- 2nd time: One-competition suspension
- 3rd time: Two-competition suspension
- 4th time: Indefinite suspension from competition

Suspensions will be handled in a timely and fair manner. Suspended athletes should still report to practice. After the fourth offense, consistent attendance and work ethic are required before competition status can change.

## Challenge matches

- Coaches have final discretion over varsity and junior varsity lineups. Attendance, school conduct and behavior, academic standing, and effort affect challenge opportunities.
- Coaches assign weight classes to give the team the best chance of success.
- Challenge matches determine tournament lineups only.
- Matches last six minutes and follow all high school rules.
- Coaches establish the initial depth chart from past wrestling experience. After a varsity spot is established, challengers must work through the depth chart.
- Initial varsity challenges are one match. Once a varsity wrestler is established, a challenger must win two consecutive matches to take the spot.

## Drug and alcohol code of conduct

The Earlham Wrestling program will follow the school's Good Conduct Policy as stated in the Student Handbook. Use or possession of alcohol, tobacco, vaping products, or illegal drugs is prohibited at all times. Violations will be handled according to the school's Good Conduct Policy and may also carry additional team consequences.

# COMPETITION PROCEDURES AND CONDUCT

## Weigh-in procedures

- Challenge matches: Wrestlers must be within 5 pounds of the weight class they are challenging for. A coach must verify the weight of each wrestler.
- Home match weigh-ins. All wrestlers must be at least 30 minutes early to all weigh-ins. If there is concern about making your assigned weight class then you need to show up earlier.
- Away match weigh-ins. Check weight prior to leaving for the competition and notify coaches if there are any concerns about your weight. Upon arrival check competition scale at the host site. Notify coaches of any weight issues as soon as possible.
- Maintain a proper diet. Consult your coaching staff for help with proper weight management.

## Competition conduct

- Represent your team in a positive manner with regard to your words, actions, and demeanor at all times.
- Sit with and support your team.
- Use good sportsmanship regardless of the outcome of your match.
- Wear appropriate clothing. We don't dress to impress, we wrestle to impress.
- Nobody shall stay in your room other than your teammates on overnight trips.
- Everyone must travel with the team unless parents have made special arrangements with the coaches prior to the event.
- Food may be brought to the meet, but all garbage should be picked up and carried off the bus.
- All wrestlers will help with tournament and dual setup and teardown. Do not leave until dismissed by a coach.
- No jewelry will be worn during competition. Leave these items at home. IHSAA rules do not permit jewelry during weigh-ins.
- Athletes may wear only one piece of club apparel, but must also wear at least one visible piece of Earlham team gear such as a sweatshirt, warm-up top, pants, or shorts, and the singlet does not count. During postseason events, full Earlham warm-ups are required for Grand March and awards, and no club affiliation may appear on singlets.

# EQUIPMENT, PARENTS, AND NUTRITION

## Basic equipment

- wrestling shoes
- shorts, compression shorts, shirt, supportive undergarment, socks
- headgear, singlet
- dirty clothes bag and clean clothes bag
- water bottle
- antibacterial soap (DEFENSE SOAP is a great option)

**The school will provide a singlet, warm-up, and headgear for all team members. Lost school-issued equipment will be replaced at the wrestler's expense.**

## Parents

- Remember that you are a representative of your community and our wrestling team when you are at tournaments.
- As coaches, our goal is to support our athletes' efforts positively. Please do the same.
- Let our coaches do the coaching.
- Treat all coaching and officiating personnel with courtesy and respect.
- Promote and model mature and sportsmanlike behavior at all events.
- Make sure to sign your wrestler out if they are going home with you.

## Nutrition

The competitive weight classes are designed to ensure the safety of the wrestler by matching athletes of equal size, and provide competition on an equitable basis. The unique feature of competitive weight classes affords a wrestler the opportunity to learn healthy lifestyle habits. A working knowledge of body composition, weight control, nutrition, muscle strength and cardiovascular conditioning is beneficial to optimum wrestling performance.

Competitive weight classes present many nutritional challenges to the high school wrestler. To be effective, wrestlers must remain well nourished and properly hydrated while attempting to compete at a weight that supports a minimal body fat.

Weight classes reward a wrestler for properly achieving an optimal competitive wrestling weight. Well-planned meals that include a variety of healthy food choices combined with vigorous exercise frequently result in optimal competitive wrestling weight, a weight that has a maximum muscle mass, minimum body fat (7%) and proper level of hydration.

An effective weight control program that is planned in advance, has clearly documented and reasonable goals, and is organized around a sound knowledge of nutrition and fitness will bring a wrestler to his optimal competitive wrestling weight with the greatest success.

# LETTERING AND IRONMAN

## Varsity letter requirements

**Must meet one of the following:**

- Compete in 50% of varsity duals and tournaments.
- Win a medal in the conference or district tournament.
- Seniors who complete the full season will letter if they have participated for at least two years.

**Junior varsity wrestlers can earn a varsity letter by accumulating 55 points:**

- 1 point for each win in JV duals and tournaments.
- 2 points for each pin in JV duals and tournaments.
- 5 points for first, 3 for second, and 1 for third at JV tournaments.
- 10 points for attending all practices.
- 5 points for missing two or fewer practices.
- 1 point for each match competed at the varsity level.
- 2 points for each match won at the varsity level.

## Season-ending injuries

- Must have previously lettered or have been on track to meet JV or varsity lettering criteria before the injury.
- Attend all practices and team events when physically able, supporting teammates and staying engaged.
- Maintain good academic standing and contribute to team culture, such as assisting coaches, mentoring younger wrestlers, or helping with team logistics.

**Wrestlers must be in good academic and athletic standing to letter.**

## Ironman award

The Ironman award is given at the end of the season to the individual or individuals who show outstanding dedication to the program.

## Point system

- In-season practices: 4 points per practice.
- Morning runs and lifts: 2 points per session.
- Duals and tournaments count toward attendance and are required team events.
- Open mats: 1 bonus point per session. Missing open mats does not count against an athlete.

## Eligibility

**Wrestlers must meet all three requirements:**

- Earn at least 95% of the required, non-bonus attendance points for the season.
- Make weight at every tournament.
- Have no unexcused absences.

# SOCIAL MEDIA

Competing for Earlham is a privilege. Student-athletes at Earlham are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your school, and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Facebook, X (Twitter) and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at Earlham in one form or another.

Student-athletes should be aware that third parties - including the media, faculty, future employers and IHSA officials - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posts. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the school district. This can also be detrimental to a student-athlete's future employment options. Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posts showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posts that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender).
- No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Information that is sensitive or personal in nature or is proprietary to the Earlham Wrestling Team or school district, which is not public information (examples: student-athlete injuries and eligibility status).

If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he will be subject to the following penalties:

1. Verbal warning
2. Written warning
3. A meeting with the AD and head coach
4. Penalties as determined by the coaching staff, including but not limited to possible suspension from the wrestling team

For your own safety, please keep the following recommendations in mind as you participate in social media websites.

- Set your security settings so that only your friends can view your profile
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention
- Be aware of who you add as a friend to your site
- Consider how the above behaviors can be reflected in all Facebook applications

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as Earlham Wrestling's. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or school.

# SEASON POSTER ELIGIBILITY

The team poster at the beginning of the season recognizes wrestlers who meet at least one of the qualifications below.

**Meet at least one of these four qualifications**

**1**

**Senior in good standing**

A senior who finished the previous season in good standing.

**2**

**Ironman award winner**

An athlete who has earned the Ironman award.

**3**

**State qualifier or place winner**

An athlete who has qualified for or placed at the state tournament.

**4**

**Fargo National Qualifier**

An athlete who has qualified for Fargo Nationals.

## Social media features

We will feature as many Earlham Wrestling athletes as possible on social media throughout the season, unless specifically asked not to include an athlete.

Please let the coaching staff know if you or your family would like to opt out of social media features.

# PROGRAM GOALS

## Academic Success

Every wrestler should prioritize their academic success by aiming high, demonstrating consistent improvement, and applying the work ethic learned on the mat to the classroom.

## Wrestling Success

Each wrestler is encouraged to achieve their highest potential in athletic performance. By doing so, they contribute not only to their personal success as a high school wrestler but also to the overall success of the wrestling team.

## Personal Growth

Wrestlers should strive for continuous maturity and improvement in their virtues, character traits, attitudes, and habits. By working hard, maintaining a positive mindset, and achieving their goals, everyone can be considered a winner. Our aim is for all individuals to develop self-confidence and become better people through the values of self-discipline, cooperation, integrity, and teamwork.

## What It Takes to Be on the Earlham Wrestling Team

To be part of a great wrestling team, you must be willing to pay the price! Competing on this winning team requires you to BATTLE every practice session and match. Only through excellent conditioning can you develop the confidence and physical ability necessary to give your all. Each rule is designed to help achieve standards of conduct and foster winning teams. Our standard of excellence applies to all aspects of life: BATTLE ALL OUT, ALL THE TIME, ALL THE WAY!

As a wrestler, certain behaviors that may be acceptable for other students are not appropriate for you. To be on a championship team, you must embody the qualities of a champion and be willing to “pay the price.” The following qualities are essential for Earlham wrestlers:

- **CHARACTER:** Prioritize your character over your reputation; your character defines who you truly are. A wrestler must be dependable and consistent, no matter the time or place—whether it’s the opening whistle or the final seconds of a match. Character is as vital as physical ability. (John Wooden, Calvin Hill)
- **CLASS:** Class means being honest with yourself and others. It’s about treating others as you would like to be treated. (Jack Nicklaus)
- **COMMITMENT:** Strive to be your best in life. Be honest with yourself, your family, your friends, and your community. True commitment means giving 100 percent, showing loyalty, and being someone who can be relied upon in tough situations. (Joe Paterno, Vince Lombardi)
- **COURAGE:** Courage isn’t measured by how one stands or falls, but by how one rises again. It is the first of all human qualities, as it guarantees all others. (Joe Louis, Winston Churchill)

# 2026-27 JV AND VARSITY SCHEDULE

| DATE       | OPPONENT / EVENT                          | TIME      | LOCATION                       |
|------------|-------------------------------------------|-----------|--------------------------------|
| Dec. 5     | @ Winterset JV                            | TBD       | Winterset                      |
| Dec. 5     | @ Sergeant Bluff-Luton Tournament         | 10:00 AM  | Sergeant Bluff                 |
| Dec. 8     | @ Van Meter / WCV / Panorama              | 5:30 PM   | Van Meter                      |
| Dec. 12    | @ Riverside Tournament                    | 9:00 AM   | Oakland                        |
| Dec. 15    | vs ACGC / Pleasantville / Central Decatur | 5:30 PM   | Earlham                        |
| Dec. 17    | vs Interstate 35                          | 5:30 PM   | Earlham                        |
| Dec. 18    | @ Roland-Story Invite (JV)                | 10:00 AM  | Story City                     |
| Dec. 19    | @ Roland-Story Invite (V)                 | 10:00 AM  | Story City                     |
| Jan. 2     | Earlham Dual Tournament                   | 10:00 AM  | Earlham                        |
| Jan. 4     | Home JV Tournament                        | 4:30 PM   | Earlham                        |
| Jan. 7     | @ Ogden / Southeast Valley                | 5:30 PM   | Ogden                          |
| Jan. 8     | Norwalk JV Invitational                   | 5:00 PM   | Norwalk                        |
| Jan. 9     | @ Tri-Center Tournament                   | 10:00 AM  | Neola                          |
| Jan. 12    | @ Van Meter / Nodaway Valley / Clarke     | 5:30 PM   | Van Meter                      |
| Jan. 16    | @ WCAC Tournament                         | TBD       | Pleasantville                  |
| Jan. 21    | vs Martensdale / West Central Valley      | 5:30 PM   | Earlham                        |
| Jan. 22-23 | @ Southwest Valley (John J Harris)        | 10:00 AM  | Corning                        |
| Jan. 30    | @ Charger Invite                          | 9:30 AM   | Guthrie Center                 |
| Feb. 2     | Regional Duals*                           | 6:00 PM   | TBD                            |
| Feb. 6     | State Dual Championships*                 | See below | Coralville<br>(Xtream Arena)   |
| Feb. 13    | District Championships                    | 11:00 AM  | TBD                            |
| Feb. 18-20 | Individual State Championships (1A)       | See below | Des Moines<br>(Casey's Center) |

Dec. 2026; Jan.-Feb. 2027 • All times Central • Home events shaded • TBD = to be determined

\* Regional and state duals require qualification. Individual state participation also requires qualification.

## STATE DUALS • CLASS 1A

Feb. 6 • Xtream Arena, Coralville

|          |                                        |
|----------|----------------------------------------|
| 9:00 AM  | Quarterfinals - top half of bracket    |
| 10:45 AM | Quarterfinals - bottom half of bracket |
| 12:30 PM | Consolation first round                |
| 2:15 PM  | Semifinals                             |
| 4:00 PM  | Fifth- and seventh-place matches       |
| 6:00 PM  | Championship and third-place matches   |

## INDIVIDUAL STATE • CLASS 1A

Feb. 18-20 • Casey's Center, Des Moines

**Feb. 18 / Session 3.II • Not before 5:30 PM**

Rounds 1-2; consolation rounds 1 (byes) and 2

**Feb. 19 / Session 4.II • Not before 12:00 PM**

Quarterfinals; consolation rounds 3-4

**Feb. 19 / Session 5 • 5:00 PM-9:00 PM (shared)**

Semifinals; consolation round 5

**Feb. 20 / Session 6 • 9:00 AM-2:15 PM (shared)**

Consolation semifinals and placement finals

**Feb. 20 / Session 7 • 5:30 PM**

Grand March and championship finals

Shared times cover the full session; 1A follows earlier classes.

Schedule is subject to change.

# THE PATH TO SUCCESS

## Show up. Work hard. Wrestle smart. Finish strong.

Build a blue-collar work ethic and bring these habits to every practice and match. Focus on what you can control: preparation, effort, decisions, and your response.

### 1 Show up ready

- Be on time, prepared, and ready to work.
- Warm up with purpose so you are physically and mentally ready to compete.
- Lead by example. Be a dependable teammate and represent Earlham with pride.

### 3 Control from the top

- Break your opponent down and maintain pressure with sound position.
- Control wrists and elbows; work from control to turns and a fall.
- Make your opponent earn every escape. Stay active and keep looking to score.

### 5 Respond to adversity

- Control your breathing and body language. Reset after mistakes and focus on the next exchange.
- Wrestle with controlled intensity. Keep your technique and effort when you are tired.
- Communicate injuries and illness to your coach. Make responsible decisions about your health.

### 2 Attack with purpose

- Control the center, hand-fight with intent, and create scoring opportunities.
- Build a reliable leg attack. Connect your first move to a second and third.
- Look to score first, finish at the edge, and build toward bonus points with smart decisions.

### 4 Keep moving on bottom

- Build your base, free your wrists, and work to your feet.
- Chain your escapes. If the first attempt stops, move immediately to the next.
- Protect your position and keep working to stay off your back.

### 6 Finish with pride

- Hustle back to center and compete through the whistle.
- Stay engaged in the action and make smart decisions about score, time, and position.
- Shake hands, leave the mat calmly, and learn from every match.

#### BUILD CONFIDENCE THROUGH WORK

After each practice or meet, name one thing you did well and one thing to improve. Ask your coach how to work on it, then bring that focus to the next practice.



# CHAMPIONS IN LIFE

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## FOLLOW THE CARDINALS

Team news, highlights, and updates



FACEBOOK

@EarlhamWrestling

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INSTAGRAM

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