



WEST OTTAWA WRESTLING MATRIX

Name: _____ Date: _____

- Neutral

- Set Up #1 _____
 - Takedown #1 _____
 - Takedown #2 _____
 - Takedown #3 _____
- Set Up #2 _____
 - Takedown #1 _____
 - Takedown #2 _____
 - Takedown #3 _____
- Set Up #3 _____
 - Takedown #1 _____
 - Takedown #2 _____
 - Takedown #3 _____

- Top

- Series #1 _____
 - Move #1 _____
 - Move #2 _____
 - Move #3 _____
- Series #2 _____
 - Move #1 _____
 - Move #2 _____
 - Move #3 _____
- Series #3 _____
 - Move #1 _____
 - Move #2 _____
 - Move #3 _____

- Bottom

- Move #1 _____
- Move #2 _____
- Move #3 _____

WEST OTTAWA WRESTLING

District Champs '98, '01, '10, '13

MWA Academic All-State '16 '17 '18

