



What Wrestling Can Do for You...

You Learn Self-Discipline

- We all need to learn and need help in learning to make ourselves do what is difficult or unpleasant. Wrestling demands your ultimate in out-thinking your opponent, sacrificing your unpleasant-but-poor eating habits, and keeping your body and mind clean.

Gain Confidence, Self-Reliance

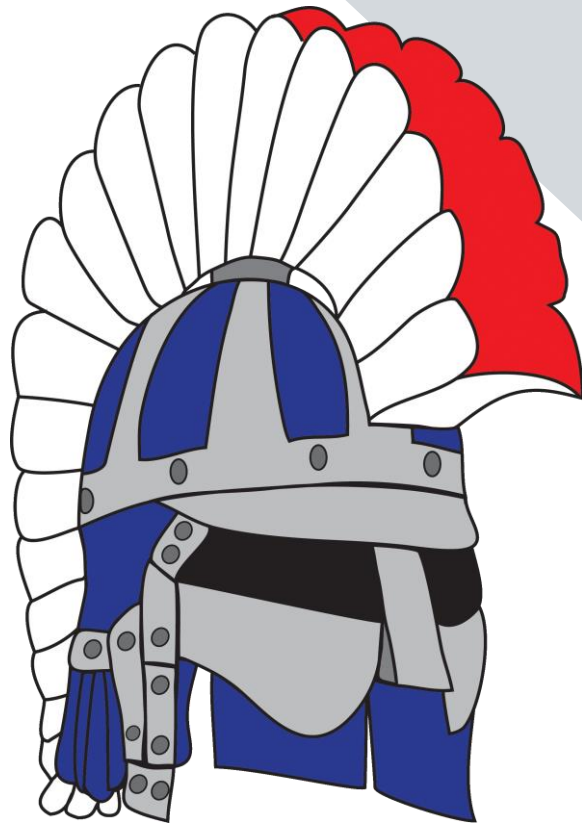
- You learn to face difficult situations time after time...entirely on your own. You can't hold anyone else responsible. Your errors are clearly defined; their correction is therefore certain. Your achievement is your own, and the team's as well.

Earn Respect from Others

- Wrestling is a demanding sport; not everyone had the intestinal fortitude to participate. To excel, you must train and tune in your strength, reflexes, and attitude to optimum effectiveness.

Develop Mentally, Physically

- Make the most of your youth-in enjoyment, and in building something of value for your future.





FFCHS Seniors

Dwayne China-Frickey- 157 lbs.

Xavior Collazo- 138 lbs.

Kaemon Gabaldon- 144 lbs.

Kyle Jack- 120 lbs.

Alexsys Jacquez- 105 lbs.

Gabriel Martinez- 175 lbs.

Devin McFarlane- 165 lbs.

Cortez Mima- 126 lbs.

Jesus Munoz- 138 lbs.

Eliezer Rivera- 175 lbs.

Katherine Seals- 120 lbs.

Jonathan Villegas- 190 lbs.

Deanna Williamson- 130 lbs.



Our Trojan Family

The strength of the team is each individual member. The strength of each member is the team.

Phil Jackson

Seniors...

Happy journey. You are now on a ship that sails you in a new voyage of opportunities and career establishments. Good luck on your new journey. May success always be with you!

Love, Your Trojan Family