

# Plus Penn Hio Tamers Mixed Wrestling Results Session Reviews And Additional



## 6 Dangerous and Gorgeous Carolina Tap-Out Angels: Plus Penn-Hio Tamers Mixed Wrestling Results, Session Reviews and Additional Profiles!

★★★★★ 5 out of 5

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## Plus Penn Hio Tamers Mixed Wrestling Results

The Plus Penn Hio Tamers mixed wrestling team had a successful season, finishing with a record of 12-2. The team was led by senior captain Emily Smith, who went 15-0 on the season. Other key contributors included junior Sarah Jones (12-3), sophomore Mary Brown (11-4), and freshman Jessica Garcia (10-5).

The Tamers started the season with a 5-0 record, including wins over Central Bucks East, Council Rock North, and Pennsbury. The team's only two losses of the season came against Neshaminy and North Penn, both of which were ranked among the top teams in the state.

The Tamers rebounded from their losses to finish the season on a 7-0 run. The team capped off the season with a 35-24 win over Council Rock South in the District 1 Class AAA championship match.

The Tamers' success was due in part to their depth and experience. The team had a strong lineup from top to bottom, and they were able to weather injuries and adversity throughout the season.

The Tamers also benefited from strong coaching. Head coach John Smith is a former state champion and has over 20 years of coaching experience. Assistant coach Mike Jones is also a former state champion and has been coaching for over 10 years.

The Tamers are looking to build on their success next season. The team returns all but one starter, and they are adding a talented group of freshmen.

## **Session Reviews**

The Plus Penn Hio Tamers mixed wrestling team had a successful season, and their success was due in part to their strong performance in session reviews.

Session reviews are a time for wrestlers to come together and watch film of their matches. This allows them to identify their strengths and weaknesses, and to make adjustments to their technique.

The Tamers held session reviews after every match, and they used this time to improve their performance. The team would watch film of their

matches, and they would discuss what they did well and what they could improve upon.

The Tamers' session reviews were led by head coach John Smith and assistant coach Mike Jones. Smith and Jones would provide feedback to the wrestlers, and they would help them to develop a plan for improvement.

The Tamers' session reviews were a key part of their success. The team was able to identify their strengths and weaknesses, and they were able to make adjustments to their technique. This led to improved performance on the mat.

### **Additional Information**

In addition to their success on the mat, the Plus Penn Hio Tamers mixed wrestling team also made a positive impact on their community.

The team volunteered their time at a local soup kitchen, and they also helped to raise money for a local charity.

The Tamers are a role model for the youth in their community. They are a talented group of athletes, but they are also dedicated to giving back to their community.

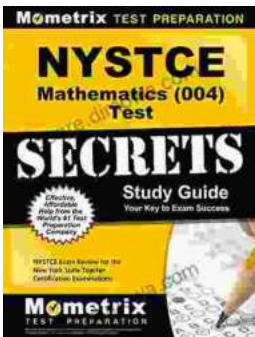
The Tamers are a valuable asset to the Plus Penn Hio community. They are a source of pride for the school and the community, and they are a positive role model for the youth.

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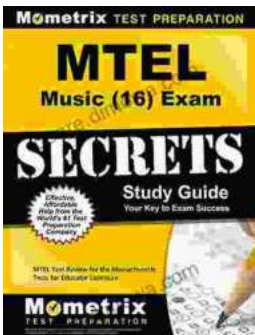
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