



# LYNDEN LIONS

## 2023 Varsity Boys Wrestling



Wt Class	Name	Year
113	Angel Cartagena	11
113	Grady VanDalen	9
120	Hugo Contreras	11
120	Moises Feliciano	12
120	Christian Velasquez	11
126	Ivan Garcia-Zapata	9
126	Kaleb Oostra	12
132	John Dykman	9
132	Lee Vazquez	11
138	Connor Holgate	12
138	Steven Hollinsworth	12
145	Julius Colborn	11
152	Carlos Nava Gonzalez	12
152	Clarence Valladares	11
160	Bennett Amsberry	9
160	Charles Jenkins	12
170	Enrique Rodriguez	11
182	John Johnston	10
195	Logan Ostry	9
220	David Hernandez Solano	12
285	Eric Antonio	9
285	Blake Holman	10

### Head Coach

Hans Henderson

### Assistants

Daren Oostra

Levi Oostra

Ryan Holgate

Dane Welch

### Manager

Benjamin Jenkins

### Athletic Trainer

Duane Korthuis

### Superintendent

David VanderYacht

### Principal

Ian Freeman

### Athletic Director

Mike McKee