

# Former Viking will wrestle for CCC

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Trevor Hess, a 2008 Colton High School graduate, will wrestle for **Clackamas Community College** during the 2009-2010 season.

Hess was vying for a spot on the varsity team in the 174 weight class but lost a wrestle-off match to Justin Martin of Redmond. Hess will now drop down to either the 157 or 165 weight class.

Wrestling at the college level will not be new to Hess, who spent his first year wrestling on a full scholarship at Neosho County Community College in Chanute, Kan. But NCCC ended up not being the right fit for the recent grad.

"I decided to leave because I didn't like the school and Clackamas ended up doing better in wrestling," he said. "So I just figured I would come home and attend CCC."

In order to make the team at Clackamas Hess had to make it through a rigorous fall training program that included conditioning, speed training and distance running. Of the 65 hopefuls who attended the training sessions only 30 made the team. Some quit the very first day, others lasted through the sessions but were cut in the end.

"He is a hard working kid," said head wrestling coach Josh Rhoden. "We are glad to have him."

As for the future Hess, who started wrestling in the second grade and is quite possibly the only wrestler in the state who was the state championship runner-up his freshman, sophomore, junior and senior years of high school, is not sure where he will go next.

"I have the opportunity to come back and wrestle for CCC for another year after this year," he said. "Or I can graduate and move on to a four year school. I'm not sure what my plans are at the moment because they depend on how I do this year."

Hess's first year at NCCC has given him the experience he will need on the mats at CCC. Rhoden notes that in high school many wrestlers can get by on their strength or athletic ability alone but in college the speed of the match is kicked up a notch.

"In high school lots of guys are three sport athletes," he said. "Here you are now

up against guys whose only focus is wrestling.”

The CCC Cougar wrestling program is know for its success in the National Junior College Athletic Association, taking fifth in 2007, seventh in 2008 and most recently, third in 2009.

The program has produced nine All-American wrestlers and eleven academic All-American wrestlers in the past two seasons.

Five-time national champion and silver medalist in the 2000 Sydney Olympic games Matt “The Law” Lindland is a former CCC wrestler.