



Isaac Gawronski

Junior

120/126

<u>Season</u>	<u>Weight</u>	<u>Record</u>	<u>Conf Duals</u>	<u>Post Season Results</u>
2018-19	106	29-19	4-1	Conference Tournament - 3 rd Place, 3A East Regional - Final 8
2019-20	113	41-12	5-0	Conference Tournament Champion, 3A East Regional - Final 6
Combined	N/A	70-31	9-1	2 x Conference Place Winner (3 rd , 1 st)

Personal Information

2019-20 Season Recap: Isaac had a highly successful sophomore season, going 5-0 in conference duals while posting a combined 42-11 record. He won the Coastal Conference tournament, was named to the All-Conference Team for duals, and made it to the final six at regionals. He also won the Onslow County Cup and finished as the runner-up at the Dirty Bird and Jerry Daniels Invitationals.

Family: Isaac is the oldest son of Ken and Jennifer Gawronski. He has two siblings: Katelynn (13) and Grant (9).

Birthplace: Isaac was born in Okinawa, Japan but has lived in Minnesota, Virginia, California, and North Carolina.

Other Sports, Extracurriculars, and Academics at SHS: Isaac competed as a member of the SHS Track and Field Team during the 2018-19 season, and again during the 2019-20 season until it was abruptly ended due to COVID. He pole vaulted and participated in the 800M and 1600M races. He was also a member of the 2019 JV Football Team. Isaac is an active member of the Hospital Occupation Students of America (HOSO) program and the school's Chess team. He currently maintains a 4.25 grade point average and was a 2019 NCHSAA Scholar Athlete selection (no 2020 selections due to COVID).

Hobbies: Isaac enjoys weightlifting, soccer, playing Chess, cooking/baking, video games, and being around his family. He also enjoys watching his siblings compete in sports (wrestling and soccer).

When Did You Start Wrestling and Why? "I started at age 6 when we lived in Minnesota. Wrestling was a major part of my father's life, and still is, so I was introduced to it an early age."

Why did you continue wrestling? "Early on, I continued because I had a lot of success and it was something my dad and I could share. I competed a lot during my first three years in Minnesota, and though I continued to win, I also started to burn out. That led to me taking a season off when we moved to Virginia the following year. My dad was disappointed and even told me he thought I was making a mistake, but he also allowed me to make the decision, and I'm glad he did. From a purely wrestling standpoint, I wish I hadn't sat out that year because my skills atrophied; however, from a life standpoint, it was good because it made me realize how much I missed the sport. I returned the following year as a fifth grader when we moved to Swansboro the first time. Soccer was still my favorite sport though. I played traveling soccer for years and was pretty good at it. It was also less demanding and more fun than wrestling. It wasn't until eighth grade, when my family returned to Swansboro after a year in California, that I would say wrestling became a part of my identity. My dad always says, "everything worth having in life requires hard work and discipline." That's hard to understand when you're really young, but I think it truly hit me in eighth grade and even more so in ninth. Add to that middle school gave wrestling a team environment that had previously been missing and I really enjoyed that because I like helping others. I continue to wrestle now because there's no greater sport. It may not always be fun, but you only grow when you're challenged and there's no sport that challenges you like wrestling!"