



Theo Yager

Sophomore

138/145

<u>Season</u>	<u>Weight</u>	<u>Record</u>	<u>Conf Duals</u>	<u>Post Season Results</u>
2019-20	126/132	25-14	2-0	Did not compete due to injury

Personal Information

2019-20 Season Recap: Theo compiled an impressive 25-14 record while competing as a freshman at 126 and 132 pounds. He placed third at both the Dirty Bird and Jerry Daniels Invitationals. Unfortunately, a late season injury prevented him from competing in the post season. Despite the cancellation of most off-season wrestling activities due to COVID, Theo put in a lot of time training during the off-season, working out 2-3 times per week with other members of the team, traveling to camps, and attending wrestling clubs as far away as Wilmington. Unfortunately, that training came to a halt after suffering a broken arm in late October that resulted in 12 screws, a plate, and three months away from the mat. However, within days of being cleared by doctors, Theo was back on the mat training with his teammates. Expect big things from Theo during the 2020-21 season.

Family: Theo is the youngest child of Joe and Jill Yager. He has two older siblings: Sydnie (23) and Allie (20).

Birthplace: Jacksonville, North Carolina

Other Sports, Extracurriculars, and Academics at SHS: Theo would have been a 2020 NCHSAA Scholar Athlete selection had COVID not cancelled the program. He currently boasts a 3.87 GPA.

Hobbies: Theo enjoys fishing with his father and wrestling Freestyle and Greco Roman in the off-season.

When Did You Start Wrestling and Why? “I started in third grade. My father wrestled in high school and he introduced me to the sport. I’m glad he did, because it was a good fit for my personality.”

Why did you continue wrestling? “The simple answer is I got good at it. Beyond that, I enjoy the adrenaline rush of winning and the toughness of the sport. I enjoy working hard and no sport pushes you to your limits more than wrestling!”