

JACKSON WEISSINGER, ETHAN GREEN GRAB 3RD-PLACE FINISHES AT SOLON CLASSIC

by [Rich McGowan](#) | Dec 9, 2019 | [Boys Wrestling](#)



Written by coach Matt Guhn

Our Little Giant wrestling team started its season off this weekend at the toughest tournament in the state, this past Friday and Saturday at Solon's Comet Classic. This was also the first time, as a head coach, I was able to travel our team overnight, and they're behavior was excellent.

We made it back home with 13 healthy wrestlers. Now that we have film on each of these wrestlers, we can begin working on areas where they need improvement.



Ethan Green



Jackson Weissinger

After losing in the first round, Jackson Weissinger made his way back through the bracket to claim 3rd place. Ethan Green lost his first match in the semifinals, where he ran into a two-time returning state placer, who also has a full scholarship to Cleveland State next year. Green rebounded to win his next two matches also to claim third place in his bracket.

As a team, the Little Giants finished 15th out of 29 teams.

Our next meet will be a quad on Dec. 18, at home, against Ashland, Perkins and Sandusky.

LITTLE GIANT WRESTLING UPPING THE INTENSITY AS SEASON GETS GOING

by Rich McGowan | Dec 20, 2019 | Boys Wrestling



FREMONT – If forced to boil down to one word what he aspires to bring to the Fremont Ross wrestling program, first-year head coach Matt Guhn would probably say, ‘Intensity.’

From the moment the Little Giants walk into the wrestling room, Guhn holds them to high expectations and highly focused drills and conditioning.

But, underneath the hard-driving training is a sense of cooperation and fun while giving his athletes a sense of ownership in their own success.

“It’s tough to have fun in wrestling,” Guhn said. “It helps if you’re winning, but, at the same time, if you’re not having fun in practice, it will be harder to win in meets. So, it starts with having fun in the practice room and getting these kids in

lots of live situations, working hard for an hour and 15 minutes, instead of showing up and going through the motions.”

Guhn has thrown new conditioning calisthenics at the Little Giants, incorporated yoga, gymnastics, tumbling, and pool workouts. While he’s kept his team on its toes, his athletes have impressed him with how readily they’ve taken to his methods.

“I haven’t been shut down with anything I’ve given them yet; we’re just starting to tap into some more advanced skills, and they’re answering really well,” Guhn said.

“We have a lot of freak athletes on this team, I’m finding out. Now it’s about getting that potential out of them. There are a dozen of them that can do a front-hand spring like it’s nothing. It’s crazy, the athletic ability we have in this room. Now, the goal is to pull that into high-intensity wrestling. It’s coming together, and it’s exciting to see the results from where we were back on Day 1.”

This weekend Ross will compete in only its second event of the season, Saturday at 9 a.m. at the Mark Coleman Invitational at St. Joseph Central Catholic. Having had a lighter schedule to start the year has afforded Guhn a chance to get to know his athletes and glimpse what the year may have in store for his squad. One point of optimism for the season is knowing that an issue that was a consistent problem a year ago – being able to field an entire lineup for meets and tournaments – should be a thing of the past. With a full squad at varsity and JV levels, having to forfeit three or four weight classes at the onset of a match should allow Ross to enjoy more team success.



Jackson Weissinger

But that team success will come with a slew of new faces. Of Ross' five wrestlers who qualified for the district tournament last year, only one, senior Jackson Weissinger, returns.

As his most accomplished letter-winner returning, Guhn is excited to see how Weissinger leads the team on and off the mat.

"If Jackson will cut the risk and focus on the benefit, he will have a very successful senior year," Guhn said. "Jackson is a great leader on the mat and off. Other wrestlers try to compete against him in our room; he always brings his A-game. We, coaches, are excited for the challenge to see if we can keep him focused on scoring, and not just scrambling. He is a freak athlete and a ton of fun to watch wrestle."

Weissinger headlines a senior class that includes returners Bryce Moreland and Isaac Smith, as well as Xavier Urbina and Jason Burling, newcomers to the program who Guhn hopes can provide depth and competition in practice and at meets.

"Bryce and Isaac have been around this sport their whole lives, now that they are both healthy, we coaches are very excited to see them compete," Guhn said.

"They are just as athletic as Jackson, and have the senior strength like Jackson as well.



Bryce Moreland

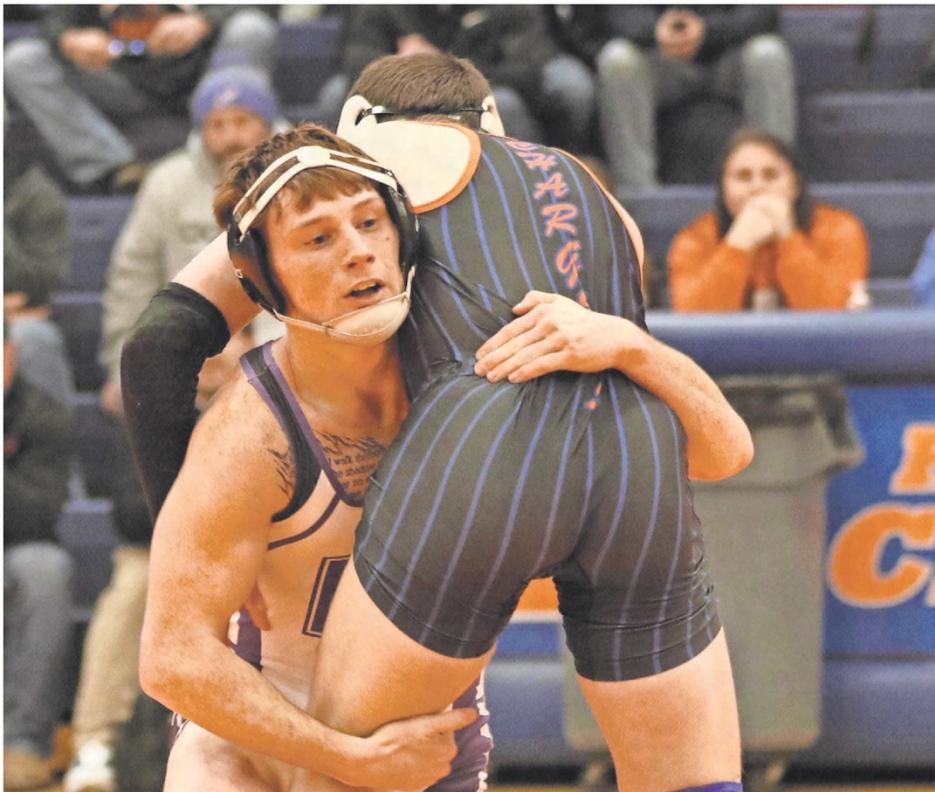


Isaac Smith

“Speaking of strength, we scooped up Jason Burling before he gets into track season. Jason had been a great training partner for Ethan Green so far, now it’s time we compete, Jason, this weekend at SJCC.”

Green, a sophomore who placed third in his weight class in Ross’ season-opening tournament two weeks ago at Solon, is among a group of young wrestlers, Guhn believes, who have high potential.

“Our freshman class brings a lot of talent,” he said. “As soon as they start to believe in their offense, they will start winning the close matches. We are noticing great improvement with that class each week. Several have varsity spots and will maintain (in) that spot all year for us.”



Ross' Jackson Weissinger was first at the Maumee Bay Classic for the second consecutive season. PHOTOS BY DOUG HISE

Ross' Guhn helps give edge to wrestling team

Weissinger takes another step ahead with coach

Matthew Horn
Fremont News-Messenger
USA TODAY NETWORK

Fremont Ross senior Jackson Weissinger seems like a bit of a walking juxtaposition.

He's pragmatic and realistic. He's also off the wall and freewheeling.

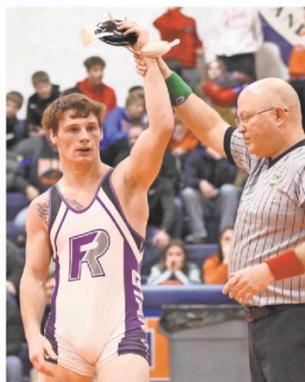
He can execute thrilling maneuvers on a mat, sometimes as a wrestler and others as a gymnast. A cheerleader wrestler.

When you consider flexibility, body contortion and awareness of space — and how quickly it can disappear before a painful development — it's actually an ideal combination.

Weissinger (160 pounds) was first at the Maumee Bay Classic for the second consecutive season and overall MVP on Saturday.

"He's the funnest athlete I've coached," Little Giants coach Matt Guhn said. "He's a lifty wrestler. He likes to get in risky situations. He always challenges you. He asks why. He challenges you to help him reach his potential.

"He's a freak athlete. He's a special athlete. You need to challenge him in



Ross' Jackson Weissinger won by fall.

special ways."

Weissinger always wants to improve. That's not what Guhn means.

He thinks Weissinger's potential is so vast that something always seems untapped. His skill set, the way he looks at things outside the box and his quirky personality are rare.

That's exciting for both of them.

He's learning to circle and capitalize

on angles for takedowns, rather than charging head on.

"People watch me like, 'Yes Jack. Yes. No Jack,'" he said. "It's a roller coaster. I'm outlandish. I like to roll around and hit moves people don't think anybody would hit."

He can rotate and bend and maintain balance.

"I have good hips to put myself in funky positions and roll out," he said.

No matter how much he refines technique, he'll remain unbridled. He's unpredictable, which helps him both capitalize on and create chaos.

He's like a quarterback who is adept at making something special out of a broken play. They often help generate the trouble they were in in the first place.

"I've been wrestling this way for 14 years," he said. "It's the only way I know how. If I get into a sticky situation, I usually leave room to get out. It's confidence in my style. People don't like to wrestle goofy wrestlers.

"They like kids who hit moves by the book. I go out and have fun. If people knew what was going through my mind, they'd think why would he be thinking that."

One match, he might contemplate

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Wrestling

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his options for dinner. Another, he'll recognize an opponent has good taste in shoes because they're the same as his.

"If I overthink, I get stressed," he said. "I don't think about moves I don't need to think about. It keeps me calm. I don't think about how good a kid is or I haven't tried this shot. That's when you make mistakes.

"You're already beating yourself. If I go out and go with the flow, I don't think about the match and I have fun. Stay solid and win."

Weissinger fast learner

He started cheer, which is basically gymnastics, last summer. He also enjoys Parkour.

He learned to flip and fly around on his trampoline. Cheerleader Olivia Cienta encouraged Weissinger to give it a try with less of a safety net.

They train with Ross dive coach PJ Price at Top Notch Cheer in Fremont. Weissinger can already do a double-full, which is a backflip with a 360 twist.

The goal is to compete at an award competition in April in Florida.

In the meantime, Weissinger beat a projected state champ at Maumee.

"We stuck to the game plan," Guhn said. "He's a big part of our energy. That was a team win."

Weissinger sees a domino effect throughout the lineup. If Guhn tells Isaac Smith to do 10 pushups, Smith tells Weissinger he'll do 12.

Weissinger then does 13.

"From 106 to heavyweight," he said. "Gage will wrestle to make 113 better and all the way up. Somebody like Bryce Moreland wrestles Isaac Smith to be better, and then I get to drill with them.

"We make each other better. Without my teammates and coaches pushing me, I'd never be here. Working in the summer. It's always a competition. It's a family."

Smith told Guhn that if Weissinger lost at Maumee, it was Smith's fault. There was no letdown as Weissinger executed a takedown with one second remaining for the championship.

Ross won St. Joseph Central Catholic's invite, with half of its lineup varsity. It beat Oregon Clay's B team.

Heavyweight Jason Burling and Bakari Scott (106) were first. It was Burling's sixth match as a newcomer.

"He's never wrestled," Guhn said.

"He's nasty. He's learning as quick as possible. Nights he's not training for wrestling, he's working on the shot put and discus. He's fun to train. We're trying to get him as lean and mean as possible."

Sophomore Ethan Green was fifth in the country at the National High School Wrestling Coaches Association tourney after his freshman season. He missed last season with an injury.

He and Weissinger had pins Wednesday against Edison. Green and Burling push each other in wrestling and track.

"He's starting to peak," Guhn said of Green.

Freshman Gage Ross was sixth at 106 at Maumee. Michael Kirksey, Dean Hetrick, Xavier Urbina and Preston Green are also in the mix.

Guhn brings own style to program

This is Guhn's first season at the helm. He was one of Chad Long's assistant's for football in the fall.

He won a state championship as a junior wrestling at Clyde before continuing his career at the University of Michigan. He won the same national tourney as Green after his junior season.

He was an assistant wrestling coach at Adrian in Michigan for three years and has experience as a track coach and three-sport athlete as well.

"He brings variety and unorthodox training," Weissinger said. "We incorporated yoga balls. It's opened my eyes. At first I was like, 'When am I going to use this.' It's come in handy. Palm stretching.

"Big, bad wrestlers are doing yoga and listening to ocean wave music. I've been wrestling since I was 4. He brings something new to the table."

Guhn wants to combine his knowledge of training and competing to share it in useful ways.

"Giving back so they don't make the same mistakes and help them get from point A to point B faster than I did," he said. "You have to adjust to different styles, body types, mentalities. Wrestling helps me in life every day.

"I'll try to relay values to make better decisions."

Guhn reached out almost immediately upon his hire to inform Weissinger he was a captain.

"I'd never have thought I'd have this much fun," Guhn said. "From Day 1. It starts with lifting. Their form was so far off from what my expectations are. They're buying in. Jackson Weissinger, Ryan Weaver and Gage Ross proved

Saturday they've bought in to my program.

"It's exciting to be on the same page. I'm raw and passionate for the sport. I love to win."

Guhn threw his hat in the air when Weissinger won in thrilling fashion.

"My celebrations was a little over the top," he said. "My passion came out. We've been working to win the big match and we showed we're capable. There was a little validation we're doing the right things."

Weissinger had the flu before district last season. He returned and won a few matches after an opening loss.

"The most difficult part was trying to bounce back," he said. "You get fatigued. Coming into district, we had a bull's-eye. Then being sick and weak. I wasn't in shape to be wrestling. I thought I was ready to compete.

"I was ranked in the state. I didn't expect to lose. The first kid beat me and reality hit. When I lost my final match it really hit that I have one more year to take a stab at this."

What did Weissinger learn from last year's adversity?

"Get a flu shot," he said. "When you're that close to state, it hurts. My mom always says to go with the flow. It's just the way life goes."

Weissinger recovered to finish first at the freestyle Grand River Rumble in Lansing, Michigan, last summer. He was a state alternate as a sophomore and district alternate as a freshman.

He finished second at the Three Rivers Athletic Conference tourney last season.

"He's got a special hunger," Guhn said. "He had (Columbian's) Brody Conley's name on his list. He looks for that stuff. He keeps himself hungry."

Weissinger and Conley competed together in Virginia Beach.

"He's a stud," he said. "If you want to compete with the best, you have to wrestle like the best."

Weissinger is unbeaten in dual matches since he was a sophomore. He wants to maintain that unblemished mark, earn the Jamie Ross Award and place at state.

His brother, Jordan, was the Ross recipient in 2015.

"Hard work," Weissinger said of why. "Show up ready. If coach says jump, it's how high. Be dedicated and be there. I was hoping to follow the tradition. There's a little family rivalry there. He had 135 career wins.

"I have about 120."

Weissinger seems certain to make that tumble.

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PINS BY RYAN WEAVER AND DEAN HETRICK FUEL LITTLE GIANT WRESTLERS TO WIN OVER FINDLAY

by Rich McGowan | Jan 24, 2020 | Boys Wrestling



(Above, Ryan Weaver gets his hand raised after winning his match Thursday night during Fremont Ross' 46-27 win over Findlay.)

FREMONT – Tied with rival Findlay through six weight classes Thursday night, someone needed to come up with a big win for the Fremont Ross wrestling team.

That's where juniors Ryan Weaver and Dean Hetrick came in.

Weaver, who was wrestling a weight class up at 145 pounds, picked up a definitive 11-1 major decision to put the Little Giants ahead.



Dean Hetrick pins his opponent to help the Ross wrestling team defeat Findlay Thursday night.

Two matches later, with Findlay having re-taken a two-point with a pin at 152, Ross looked to Hetrick. Hetrick, wrestling in place of injured senior Jackson Weissinger, got off to an early deficit, but came up with a second-period pin to pick up six big points for the Little Giants on their way to a 46-27 win over the Trojans.

“Ryan Weaver has been working really hard for us in the weight room and in the wrestling room,” said head coach Matt Guhn. “...He came in and wrestled for the team tonight. I asked them last night, ‘Who’s willing to bump up to ’45?’ and he was the first one to say, ‘I’ll do it for the team, coach.’ That’s how he is.

“(Hetrick) is filling in for Jackson Weissinger. Anytime you’ve got somebody filling in, sometimes you don’t know what to expect,” Guhn added. “To see him come out and compete like he did tonight and really fight – he’s another one, right there with Ryan Weaver, I’m very happy with. When you can call a guy up from a JV lineup to a varsity lineup and six points, you can’t ask for anything more than that.”

Following Hetrick’s pinfall victory, Ross picked up a pair of default victories at 170 and 182 pounds. When Xavier Urbina pinned his opponent at 195 pounds, the Little Giants clinched their first duel match victory of the season (1-1 record).

“I got goosebumps. That’s a good sign,” Guhn said. “I love seeing kids come out and get better each week. My training plan is a little different from many people’s, and now we’re starting to see our kids win the close matches we were losing at the beginning of the year. We’re focused more on cleaning things up than on just going high-intensity with live wrestling. We’re getting into more of the details now, which some of the guys would have loved to have at the beginning of the year, but at the same time, we were trying to get their lungs full of oxygen. It’s a process.”

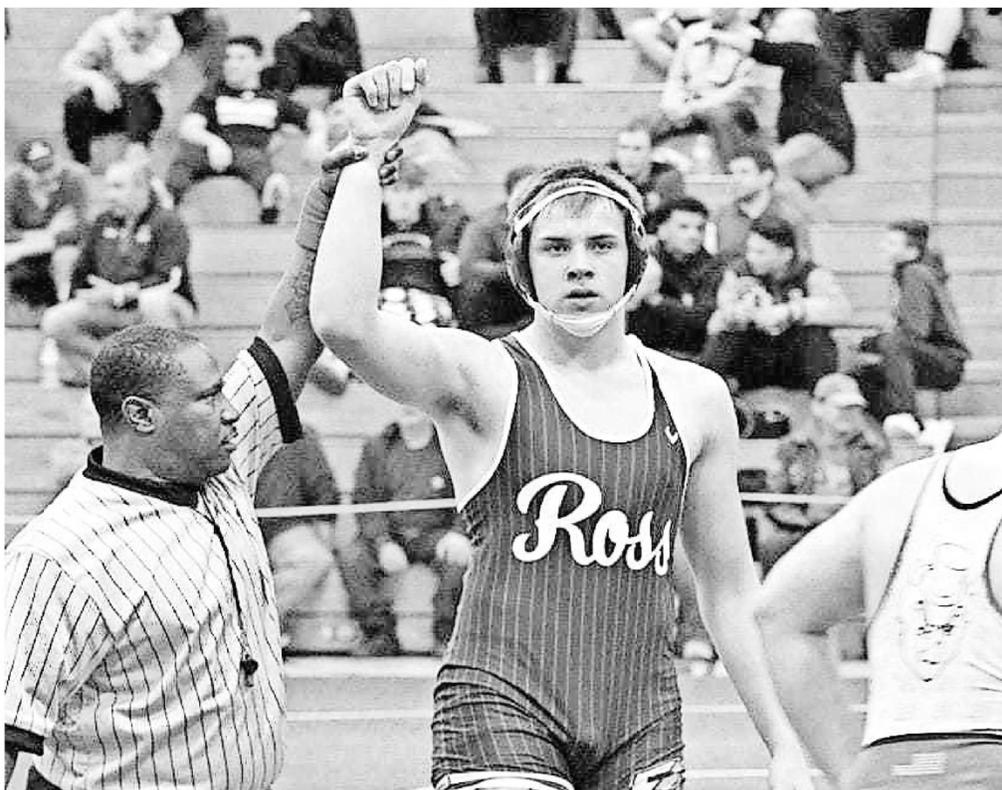
Brock Firstenberger (138) also picked up a win by pin, while Bryce Moreland (132) and Ethan Green (285) won by decision. Yuseef Atkins (113), Alejandro Melchor (170) and Brayden Guhn (182) won via defaults.

The Little Giants return to action Wednesday, Jan. 29, with a match at Oak Harbor.

“I’m really proud of my whole team, to come out and show pride in Fremont Ross, keeping their cell phones away, coming out wanting to compete and show our community that we’re going to be here for a while,” Guhn said. “We’re going to be a good program to come watch.”

Fremont Ross 46, Findlay 27

- 106 – Hudson Goegel (F) def. **Gage Ross**, 5-1 dec.
- 113 – **Yuseef Atkins (FR)** via default
- 120 – Ethan Mitchell (F) via default
- 126 – Jimmy Phadphom (F) def. **Michael Kirksey** by pin
- 132 – **Bryce Moreland (FR)** def. Andres Cruz, 5-4 dec.
- 138 – **Brock Firstenberger (FR)** def. Kevin Strawbridge by pin
- 145 – **Ryan Weaver (FR)** def. Camden Warstein by pin
- 152 – Jonah Smith (F) def. **Isaac Smith** by pin
- 160 – **Dean Hetrick (FR)** def. Cayden Freyman by pin
- 170 – **Alejandro Melchor (FR)** via default
- 182 – **Brayden Guhn (FR)** via default
- 195 – **Xavier Urbina (FR)** def. Tyler Trefl by pin
- 220 – Jake Noon (F) def. **Osirus Johnson** by pin
- 285 – **Ethan Green (FR)** def. Max Farmer, 8-2 dec.



Ross sophomore Ethan Green celebrates a victory. "Now that (the state wrestling tournament is) canceled, it becomes the offseason and you look forward to next season," Green said. KIMBERLY WEAVER

Ross' Green leans on Coach Guhn on, off mat

Matthew Horn
Fremont News-Messenger
USA TODAY NETWORK

Fremont Ross sophomore Ethan Green slept in late Friday.

What would he do with his day? His answer was the same as everybody else shut in by the coronavirus pandemic.

Nothing. Not outside anyway.

"Every day life is different," Green said. "We can't really do much stuck at home. I like to go out with my friends. With school, it's weird. We should not be at home. It almost doesn't feel real."

"I shouldn't be at home on a Friday in March."

The previous Friday, Green should have been in Columbus to wrestle in the state tournament.

He was about an hour away from walking the high school halls for his send-off. That's when consequences of the coronavirus had a personal impact on Green.

He was summoned to the office, where Little Giants athletic director Chad Berndt informed him the tournament was postponed indefinitely.

"I was disappointed," he said. "It was one of those, 'What do we do now?' Start offseason training, getting in shape and

lifting for next season. That's all we can do. Now that it's canceled, it becomes the offseason and you look forward to next season."

He spent the weekend he would have been wrestling in Columbus with Little Giants coach Matt Guhn and friends.

"I was flabbergasted," he said. "I was trying to distract myself. Keep my mind off it. I was out with my friends having fun. I tried to step away from wrestling."

The state tournament was canceled Thursday.

"There really was no surprise to his reaction," Guhn said. "He was angry, hurt and hopeful. As all athletes were. I made sure to Facetime him to get his true mood. I could tell he was fine. He was just down for about a day."

"He knows Coach Guhn loves him. The Lord put me in their life and I'm very grateful. I stayed in close contact with him and made sure to annoy him to let him know Coach is always here."

Guhn hopes the OHSAA gives state qualifiers an all-Ohio patch for 2020.

"Something," he said. "These kids deserve something. They've lost so much."

Guhn is a mentor for more than wrestling skills. Sometimes his athletes have mental 'distress time.'

They're invited to submerge them-

selves in cookouts on the grill, target shooting, four-wheeling and swimming on Guhn property.

Besides, remaining sad isn't Green's style in life.

"We were able to move forward and we're going to continue to move forward," Guhn said. "Ethan knows I'm going to take care of him. We're family. He knows he's going to be O.K."

"Our Ross wrestling family is going to continue to have a lot of fun together after all this is over."

Green and Guhn immediately switched focus from the mat to the circle, although spring sports are currently suspended indefinitely. Green was ranked first nationally among freshmen in the discus at 176 feet.

His season ended at district in both throws.

He trains with senior Jason Burling, a fellow offensive lineman, and Guhn for three sports.

"I'm excited to implement some of the things I taught my college athletes," Guhn said.

Guhn was a graduate assistant at Concordia University Ann Arbor for throws. He coached an athlete to All-

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Green

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America status in the javelin for the first time in program history and his throwers established all but one school record.

"Fortunately, wrestling isn't his only sport," Guhn said. "Right away after the delay and cancellation, we've been focused on the spring track season and unfortunately put this wrestling season in our back pocket.

"He knows I'll still be around. Throwing is my thing, too. He's been excited to get ready for discus, so thankfully we have that to look forward to."

Guhn hopes for a track season before football.

A timeline for any return to sports is unknown, but Guhn's proud of Green's foundation.

Green beat Toledo Central Catholic's Jacob Jackson 2-0 for a Three Rivers Athletic Conference crown. Jackson was ranked second in the state in Division II.

"Winning conference was wonderful," he said. "Jacob Jackson would have been a three-time champ if not for an upset nobody saw coming."

Green was pinned in 1:45 by Midview's Daniel Bucknavich to finish second at district. He was second at sectional.

"He's an athlete," Guhn said. "He's a smart kid. We are just starting to tap into his potential. It's very hard to score on him with the reach. When he stays in a good stance, he's able to defend leg attacks very easily.

"This kid can go as far as he wants. When he shoots a low outside single leg, he's almost impossible to stop. His arms are so long he reaches your ankle every time."

The Little Giants have knee-slap competitions.

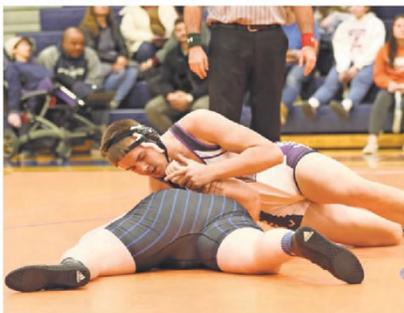
It's not about jokes.

"He puts welts on my knees all the time," Guhn said. "His reach is impressive. It's just getting him to shoot to takedown is the tricky part as his coach."

Green is nearly 6-feet, 7-inches tall. He obviously has a height advantage in most matches.

"It gives you a little edge," he said. "He'll be a little worried. I have longer arms and longer legs to do things other people can't using that leverage."

Green and Guhn practiced committing to moves and Green tried to be smooth with shots, while wrestling instinctively.



Ross' Ethan Green advanced to state, before the tournament was canceled.

DOUG HISE

He wants to score first.

"Wrestle what you know," he said.

Green started wrestling in the third grade at the behest of his father, Chad Green. Chad finished runner-up at state in 1991 as a senior for Ross.

"From the beginning of the season, that was our goal," Green said. "We've been pushing to be at our peak for state. I started to make strides. In March, I'd rather be in Columbus wrestling, not watching people.

"That was my main goal. It will definitely be a motivator. I'm not happy how it turned out, now it's motivation to make it again. Next year, I'll try to show out what I've got."

Green was one of two heavyweights to advance to state who wasn't a senior this year.

The other is Avon junior Mason Bingham, who Green beat twice, including a pin in 4:50 in a semifinal at district.

"Making it to the finals for sectional and district, that was a confidence boost as a sophomore," he said. "I'm supposed to be here wrestling with these top dogs."

Green broke his ankle at practice the day after the Little Giants' wrestling preview as a freshman. He has a little perspective on wrestling being taken away by circumstances outside his control.

"Not getting your freshman season sucks," he said. "It's almost like I've been in this spot, not being able to finish the season. (That experience) helps. That was my first time sitting a sport out.

"Getting back to full swing (after the injury), it helps out."

This time, he'll be ready for whatever sport allows first.

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