Effective Practices & OFF-SEASON ACTIVITIES

By Bill Welker

Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody.

-Henry Wadsworth Longfellow

Alabama High School Athletic Association 2007 State Wrestling Tournament 103-lbs. Finals - Dalton Carroll (Walter Wellborn, black) vs. Cody Bedwell (The Piedmont High School, white). Carroll won 4-2. Photo by Ashley Maner.