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Subject: Fwd: Battle at the Bridge Re-cap, Where are they now? Aaron Swift, Super 32 this weekend!!
Date: October 20, 2021 at 10:44 AM
To: Lanny Bryant lanny@wrestlingusa.com



----- Forwarded message -----

From: Great Bridge Wrestling <wildcat.gbwc@gmail.com>
Date: Wed, Oct 20, 2021 at 10:04 AM
Subject: Battle at the Bridge Re-cap, Where are they now? Aaron Swift, Super 32 this weekend!!
To: <dawvoice3@gmail.com>



Great Bridge Wrestling Club

David

BATTLE AT THE BRIDGE CULTIVATES EASTERN REGION WRESTLING

On Saturday, October 16th, the Matcats competed in the Battle at the Bridge.

Hosted by local restaurant Bad Habits Wing and Oyster Bar, this wrestling event was the first of its kind in the City of Chesapeake. It featured youth, middle, and high school athletes from local powerhouses Cox, Kellam, Grassfield, Hickory, and Great Bridge. Overall, seventy-two matches were contested on two mats. Our local wrestlers battled it out in front of 400 fans while a DJ pumped out music for the crowd. It was an electric outdoor atmosphere!

Special thanks to coaches Steve Martin and PJ Neumann and the collaborative efforts from Geoff Head, Dalton Head, Chad Filson, Ross Benzel, Jame Arnett, and Patrick Shuler for providing meaningful experiences for the student-athletes of the Hampton Roads community.

To view photos from Battle at the Bridge, click [HERE](#).

WHERE ARE THEY NOW?

Aaron Swift attended Great Bridge High School from 1997-2001. He broke into the varsity lineup in the 1999-2000 season at 125 pounds. That year Aaron was the Southeastern District runner-up and was the East Region 5th place. In his senior year, he was the runner-up in the Hornet Holiday Classic, won the Southeastern District title with a stunning 4-2 decision over the favored Chris Hardy of Western Branch. Aaron was runner-up in the East Regional tournament to Brian Stith, who the following year won his weight class at the Senior Nationals tournament in Cleveland. He was the top senior in the country.

After graduating from high school, Aaron attended James Madison University, where he wrestled four years and earned a degree in Business Management with an emphasis in Marketing. The first couple of years after he graduated, he

helped coach the Hugo Owens Middle School to a city wrestling title. Currently, Aaron works as the Regional Manager of Business Development for Sentara Home Health Care and Hospice. He lives in Old Town Alexandria with his wife and one-year-old daughter.

One of the most proud accomplishments is his Southeast District championship, which he won after trailing 2-0 with 30 seconds left in the bout. He executed a Wayne's roll that reversed Chris Hardy and took him to his back for two near-fall points. Aaron won it, 4-2 on that move. He is also proud of being on a team that won the state championship four consecutive years during his time in high school.

What he learned from his time as an athlete at Great Bridge was that mental toughness, sacrifice, and commitment are required to win and achieve any goal worth pursuing and see that effort through to the end.

On the job, the lessons and behavior/attitudes brought forward from his time on the team are commitment and willingness to break through one's comfort zone to get better. That often means challenging yourself and pushing yourself outside of your comfort zone to grow professionally and personally, and having the confidence to take chances to not only elevate yourself but, more importantly, others around you. It means challenging oneself to get better, become more competent, and develop and use leadership qualities both on the job and as a husband and father.

The best advice given to him by the Great Bridge coaches was to put in the time and "pay the price" of whatever it took to achieve his goal. To this day, the term the coaching staff referenced, "paying the price," sticks with him. It drives

him to be the best possible in everything he does.



GREAT BRIDGE HEADS TO GREENSBORO, NC FOR THE SUPER 32

This weekend the pinnacle of all high school wrestling tournaments, the SUPER 32, will be held in Greensboro, NC. There, the best of the best, travel from all over the country for a chance to win “the belt.” Great Bridge has a long tradition of attending this tournament, and this year is no different. Good Luck to the following wrestlers: Max Martin, Noah Ortiz, Caleb Neal, Caleb Chandler, Quinton Nash, and Ty Chittum.

Follow the action live on Flowrestling; click [HERE](#).

BE PART OF OUR QUEST TO BE THE BEST

For news on competition schedules, club announcements, fundraising, and social events, visit our [website](#).

Are you interested in being a part of our journey?

The Great Bridge Wrestling Club, a nonprofit 501c3 organization, has supported our high school program financially. Our needs include but are not limited to funds for sponsoring athletes faced with economic hardships, college scholarships, equipment, lodging, travel, and providing quality wrestling clinicians to our program. We are currently providing invaluable opportunities for our athletes to travel to the wrestling hotbeds of Pennsylvania, South Carolina, and Maryland to train and compete in folkstyle and freestyle wrestling. Each of these endeavors places a financial strain on our club. To meet the needs of our program, we have determined that \$100,000 must be raised annually by the club. Please consider becoming a member of the [Great Bridge Wrestling Booster Club](#) and making a charitable [DONATION](#). You may also donate on VENMO: @gbwrestling. All donations are tax-deductible, and you will be provided a receipt.

GIVE GREAT BRIDGE WRESTLING A FOLLOW ON SOCIAL MEDIA

As always, please be sure to follow us on [FACEBOOK](#), [INSTAGRAM](#), and [TWITTER](#) for all the updates on Great Bridge Wrestling. Good luck to our athletes and coaches as they continue on their quest to be the best!

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