

From: David Willauer dawvoice3@gmail.com
Subject: Fwd: Where are they now? - Scott Cust - Spring Wrestling Recap - Summer Camp Opportunities
Date: June 11, 2022 at 8:52 PM
To: Lanny Bryant lanny@wrestlingusa.com



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From: **Great Bridge Wrestling** <wildcat.gbwc@gmail.com>
Date: Sat, Jun 11, 2022 at 5:13 PM
Subject: Where are they now? - Scott Cust - Spring Wrestling Recap - Summer Camp Opportunities
To: <dawvoice3@gmail.com>



Great Bridge Wrestling Club

David

WHERE ARE THEY NOW?

1. *What were your accomplishments as a GB wrestler, and what were you most proud*

of?

Scott Cust wrestled varsity for Great Bridge for four years, from 2003 -2007. After graduating from high school, he earned a bachelor's degree in mechanical engineering. Scott is currently working at his family's business, Perfect Event Rentals, and is pursuing a real estate license. He provides coaching assistance at Great Bridge for coaches Small and Martin. Scott lives in Great Bridge with his daughter, Bella. Scott had an impressive wrestling record at Great Bridge between 2003-2007. He was a three-time district champion, a two-time regional champion, and a two-time state champion. His national placings were Beast of the East All-American, two-time Ironman All-American and All-American in the Senior Nationals tournament. Scott was most proud of earning All American honors in the Senior National tournament.

2. What did you learn from your time as an athlete at Great Bridge HS?

From his time as a wrestler at Great Bridge, Scott says he learned to develop a strong work ethic, dedication, and self-motivation. He also learned to push his body past its breaking point.

3. How did you apply the work ethic you learned as a wrestler to your job, family, and life? Scott has applied the work ethic which he learned through wrestling, keeping a level head when others are "unraveling," which he says is an important skill. He does this by focusing on the big picture or goal. He wants his behavior and example to be a good role model for his daughter.

4. What was the best advice given to you by the GB coaching staff?

The best advice which the Great Bridge coaching staff gave him, in Scott's opinion, was to not be afraid of failure and to learn from his mistakes. Everyone

who is really trying to get the job done makes mistakes. Those who don't make mistakes are generally not the ones getting the job done. Be a leader, not a follower, even when you aren't the one in charge. Digging in and getting the job done sets an example for others on the team to emulate. That is a practical form of leadership.

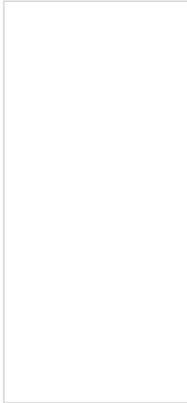
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SPRING COMPETITION RECAP

Since the completion of the season, the Wildcats have wrestled in many events. Highlighting the post-season was Noah Lawrence's performance at the NHSCA Championships, March 25-27 at the Virginia Beach Sports Center. Noah placed third in this event and secured All-American status with a 6-1 record. Noah defeated opponents

from Minnesota, Utah, Pennsylvania, Arkansas, and North Carolina. He becomes the 32 and High School All-American in Wildcat history. *Pictured below is All American Noah Lawrence!*



March 5, 2020. I-64 High School Duals.

The Wildcats went 3-2 against all-star teams from Virginia, North Carolina, and Georgia.

March 12, 2022. Virginia Challenge (VAC) Freshman, Sophomore, and Junior Grade Level States.

Myrin Nixon won this event at 138 lbs. in the Sophomore Division. Place winners in this event were Sean Patrick, Ben Williams, and Aaron Turner.

March 13, 2022. VAC Super States.

The Wildcats won the team title, scoring 148.5 points over their opponents. Champions in this event were Eric Doran, 138 lbs. and Kyle Kuhlmeier, 120 lbs. Place winners were Caleb Neal, Noah Lawrence, Aaron Turner, Will Marsh, and Myron Nixon.

March 25, 26, 27, 2020. NHSCA Freshman, Sophomore, Junior, and Senior National Championships.

Noah Lawrence placed third at 170 lbs. and became an All-American. Eric Doran

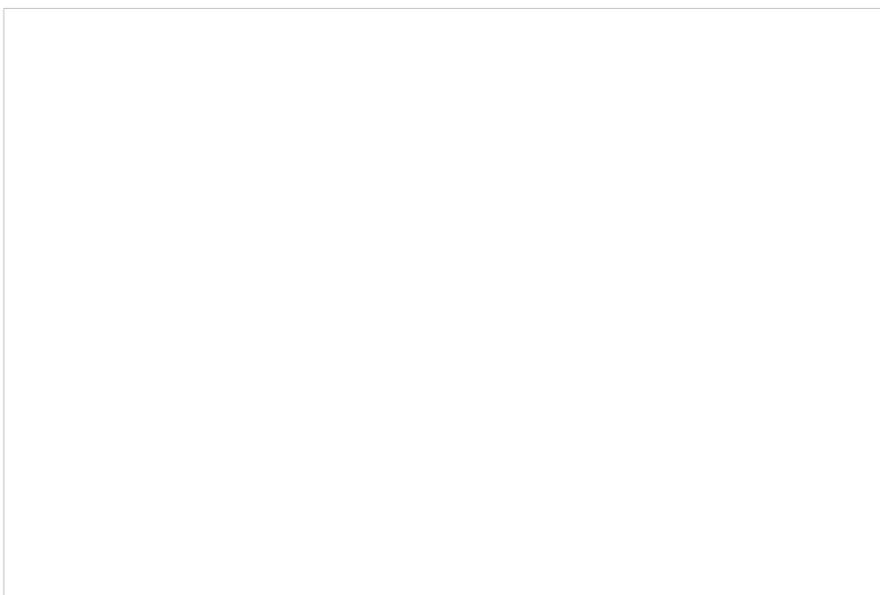
advanced to the Blood Round where he lost in overtime to Colorado state champion Lain Yapoujian.

March 27, 2022. NHSCA Middle School Nationals.

The following wrestlers competed: Ayden Christian, Caden Carter, Dylan Davies, Gage Ward, Ivan Thrift, Liam Cossio, Mark Denobrega, Nick Hawbaker, and Thomas Egley.

May 1, 2020. Shorebreak Dual Meet Grades K-12.

Great Bridge Wrestling Club (GBWC) competed in the second annual Battle on the Bay, held outdoors in the parking lot of Shorebreak Pizza on two mats. This event is fun and a change of pace to promote the sport of wrestling. Athletes from GBWC, Grizzly WC, Mat Rats, and Great Neck WC competed in 170 bouts from K to grade 12. Pictured below is GBWC Youth club member Ryker Polk who is 4 years old.



May 14, 2020. Southern Throne Wrestling Championships, Myrtle Beach Convention Center.

Eric Dorn won the championship at 145 lbs. Noah Lawrence and Caleb Neal were second, and Aaron Turner and Kyle Kuhlmeier were third. Also competing were Adyen

Christian, Will Marsh, Ivan Thrift, Myrin Nixon, Sean Patrick, Teke Egley, Nick Hawbaker, Jack Sawyer, Jayden Cuevas, and TJ Howell.

May 15, 2022. Southern Throne Dual Meet Wrestling Championships, Myrtle Beach Convention Center.

The Wildcats finished with a 3-2 record against dual teams from North Carolina, South Carolina, and Florida.

May 28-29, 2022. NHSCA National Duals.

The Wildcats competed in the nation's most brutal high school dual meet tournament, finishing with a 3-3 record. Great Bridge is among the few high school teams competing with over two hundred all-star club teams. The Wildcats wrestled six matches against teams from Indiana, New Jersey, Pennsylvania, Michigan, and Rhode Island.

SUMMER WRESTLING CAMP OPPORTUNITIES

The Great Bridge Wrestling Club is excited to announce two great opportunities for your wrestler to improve their skills during the summer months. On June 23rd - 25th, our wrestlers will be attending The Martin Family's Granby School of Wrestling. The camp will be held at Smithfield Wrestling Club, Hope Presbyterian Church, 13490 Benns Church Blvd. Smithfield, VA 23430. The camp is available for wrestlers eight years old or above, welcoming athletes of all skill levels. The Granby System will be taught, which our Elementary through High School athletes are constantly perfecting.

To register, click: <http://www.granbyschool.com/shop/product/62700/168486>

On July 11th -13th, the Great Bridge Wrestling Club will host its annual Summer Champ

Camp.

The camp is held at Great Bridge High School, 301 W. Hanbury Rd., Chesapeake, VA 23322. This camp is designed for grade first through rising eighth-graders. Specifically, our camp teaches wrestlers of all experience levels the fundamentals of all wrestling positions: Takedowns, Top, and Bottom. Also, we will emphasize working on pinning combinations, live wrestling situations, team-building games, and strength & conditioning drills while maintaining a safe and competitive environment.

To pay and register, click on the attached flyer in this email and click on both QR Codes.

BE PART OF OUR QUEST TO BE THE BEST

For news on competition schedules, club announcements, fundraising, and social events, visit our website at greatbridgewrestling.com

Are you interested in being a part of our journey?

The Great Bridge Wrestling Club, a nonprofit 501c3 organization, financially supported our high school program. 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-1. All donations are tax-deductible, and you will be provided a receipt.

GIVE GREAT BRIDGE WRESTLING A FOLLOW ON SOCIAL MEDIA

As always, please 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!

Click to download these attachments:

[GB SUMMER CHAMP CAMP.JPEG](#)

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