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Subject: Fwd: WHERE ARE THEY NOW - PJ NEUMANN, WINTER WRITE UP, & THIS WEEK'S ACTION!
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To: Lanny Bryant lanny@wrestlingusa.com



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From: **Great Bridge Wrestling** <wildcat.gbwc@gmail.com>
Date: Wed, Jan 12, 2022 at 8:51 AM
Subject: WHERE ARE THEY NOW - PJ NEUMANN, WINTER WRITE UP, & THIS WEEK'S ACTION!
To: <dawvoice3@gmail.com>



Great Bridge Wrestling Club

David

WHERE ARE THEY NOW?

For this episode of "Where Are They Now," we visited with PJ Neumann. PJ has been the face of Great Bridge wrestling's middle school program for nine years as

been the face of Great Bridge Wrestling's middle school program for nine years as the head coach and served as the assistant for six years. He has been instrumental in the development of several of the Wildcats' state champions at Great Bridge High School. Also, PJ has been active in the youth club and serves as one of the head youth coaches for the Great Bridge wrestling club. The Wildcats are lucky to have someone so committed to developing our youth wrestlers. Thank you, PJ!

What were your accomplishments, most memorable moments as a GB wrestler, and what were you most proud of?

My accomplishments as a junior were placing 3rd in the Southeastern District, 2nd in the Eastern Region, and 4th in the Virginia AAA State Tournament (130lbs) during the 1998-1999 season. As a senior, I won the Southeastern District, placed 3rd in the Eastern Region and the Virginia AAA State Tournament (145lbs) during the 1999-2000 season. Another accomplishment as a Great Bridge wrestler was receiving my 100th win as a senior at the Deep Creek Holiday Classic. My most memorable moment was in the 2000 State Tournament semifinals against Justin Gabbard of Tallwood (the eventual champion). He was leading, but I had mounted a comeback in the 3rd period. He was fading, and both of us knew it. Suddenly, he grabbed his knee and yelled, "oh my knee, my knee," which caused the official to stop the bout. His coach looked at him and said, "it's the other knee" (the other knee had the wrap on it). My mom yelled, "that faker. He just needed to get a breather." She never got over it. Justin got the breather he needed and went on to win the bout. I was most proud as a Great Bridge wrestler finishing 3rd in the 2000 State tournament, knowing I had ended my time as a Wildcat wrestler with a

victory. We wrestlers were all working hard, having fun, and enjoying each other's time together. I also appreciated seeing my family together as I competed, not only my family but my teammates' families as well as the Great Bridge support base.

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

Being an athlete at Great Bridge HS, I learned quite a lot. Some of the most important things I learned were developing patience and persistence, learning how to be uncomfortable, being disciplined, and developing a work ethic far beyond what I thought was hard work.

How did you apply the work ethic you learned as a wrestler to your job, family, and life?

Being a former Great Bridge wrestler, there is never a day in which I apply what I learned as a wrestler in daily living. Wrestling has taught me to be dedicated and consistent towards my job as a teacher and a middle school wrestling coach. I focus on giving my best towards my family even when life gets hectic and dealing with life's difficulties a little easier than if I had not wrestled.

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

Best advice I had received from the GB coaching staff was that "being prepared gives you confidence."





WILDCATS WINTER BREAK WRITE UP

Our wrestling Wildcats were very busy over the holiday break. The Wildcats competed in three tournaments over two weeks.

During the weekend of December 18 and 19, the team traveled to Newark, DE, for the prestigious Beast of the East. The Wildcats finished in the top twenty in one of the toughest high school tournaments in the country. After the Christmas holiday, the Wildcats traveled up to Pittsburg, PA, to compete in the Powerade. The Powerade is regarded as the toughest tournament in Pennsylvania and welcomes several teams ranked in the top ten in the country. The Wildcats finished tenth place out of sixty-six teams with seventy-seven in one-half points. Several Wildcats gained valuable experience with Ty Chittum breaking through and placing in his first national event. Ty would claim 8th place in a very competitive bracket. Congratulations Ty!

Locally, several Wildcats compete in the Mike Duman Toys for Tots Invitational, held at Ocean Lakes High School on December 22 and 23. While the varsity team would not be at full strength for this event, the Wildcats would enter eleven competitors to represent the green and gold. The team would finish second in this event with 187.5 points. The Wildcats were led by three finalists, sophomore Myrin Nixon, 132 Lbs, senior Jared Williams, 195 Lbs, and senior Quinton Nash,

285 Lbs. Other notable performances were junior Kyle Khulmey, third place at 120 Lbs, senior Connor Patrick, third place at 132 Lbs, senior Braeden Fluke, 3rd place at 220 Lbs, junior Will Marsh, 4th place at 120 Lbs, senior Owen Schuller, 5th place at 182 Lbs, and junior TJ Howell, 6th place at 152 Lbs.

For photos of the Toys for Tots tournament click, [HERE](#).

LOOKING AHEAD

The Wildcats will be back in action this week. On Wednesday, January 12th, at 5:30 PM, the varsity squad will wrestle against Hickory and Grassfield at Great Bridge High School. On Friday and Saturday, January 14 and 15, the Wildcats will compete in the Virginia Duals at the Hampton Coliseum. On January 21st, we will return home to take on long-time rival Cox High School.

BE PART OF OUR QUEST TO BE THE BEST

Visit our website for news on competition schedules, club announcements, fundraising, and social events.

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.

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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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