

HIGH SCHOOL SPORTS BLOG

The latest news and analysis on high-school sports around the Seattle area

January 6, 2015 at 4:00 AM

“Weighing In”: Prep wrestling blog — Week 5

Posted by Matt Massey

“Weighing In”: This is the fifth installment of the 2014-2015 high-school wrestling blog. A look at the rapid rise of Kentridge’s Derek Freitag, marquee matchups, top targets, big performances and links to individual and team rankings.

KR’s Freitag keeps growing as a wrestler

By most standards, Derek Freitag got a late start in wrestling. It hasn’t held him back one bit.

The Kentridge High School junior, who started his career in seventh grade, has made great strides in a short amount of time and is hopeful for a fast finish in the sport.

If the current trend is any indication, Freitag is on an upward cycle.

Freitag is off to a 14-2 start with six pins this season at both 106 and 113 pounds after posting a fourth-place finish at Class 4A state at 106 pounds last season. The Chargers’ star wrestler lost to eventual 106-pound state champion, Trey Long of Moses Lake, last season in the semifinals of Mat Classic XXVI.

Long beat teammate Cooper McCullough 9-0 in the 106 final and both have moved up to different weight classes in 2014-15, leaving Freitag with an opportunity to claim the state’s No. 1 spot at 106.

“My goal is to win a state title, but also want to do well in the offseason after [school season],” said the 5-foot-2 Freitag, who took third at state in Greco Roman and fourth at state in freestyle at 113 last offseason. “I love wrestling and the people in it. I love the fact that it make me a harder worker.

“Wrestling carries over into my other work. I am used to working hard, and I enjoy it now.”

That work ethic show in Freitag’s schoolwork as he currently has a 3.74 grade-point average in winter quarter with a classroom load that includes three Advanced Placement (AP) courses.

Freitag fell 3-2 to Long in the state semifinals at 106, but that left him believing in himself.

“I’ve been working just as hard as I would’ve have even if [Long] was still there [at 106],” he

said. "I knew I was close with him, and I had to keep working and possibly beat him. You never know, there's always wrestlers, so I have to keep working."

One of the hardest disciplines for Freitag is the pursuit of maintaining his weight so he can stay at 106 come Mat Classic XXVII on Feb. 21-22 at the Tacoma Dome.

"I've always been kind of a little person, but recently I've been growing and it's been harder to keep [the weight] down," he said. "My parents help me out, and my mom always makes me eat, which is good. I just do small amounts [of food] throughout the day. I have to limit myself and I can rarely go back for that second plate [of food]."

Freitag wasn't sure what to expect two seasons as a freshman at Kentridge, but reaching state at 106 gave him a shot of confidence and designs on loftier goals. He went 0-2 at state, but came away feeling he belonged.

"It kind of surprised me my freshman year, getting to state," said Freitag, a two-time SPSL champion. "I think that was a big confidence-booster."

Kentridge coach Todd Lantz has seen consistent growth from Freitag, including a first-place showing at 113 in the All SPSL boys tournament over the weekend at Auburn High School.

"His development has been great," Lantz said. "What's interesting about Derek is that he started wrestling in seventh grade. You get a lot of the kids nowadays that have started out in the kiddie programs, and a lot have been wrestling since they are 6 years old."

"He's different. He started a little later on. He's just progressed rapidly. His fourth at state as a sophomore was just impressive."

Freitag finished third at 106 at the vaunted Tri-State tournament in Coeur d'Alene, Idaho, on Dec. 19-20. His record in high school is now 81-18 with 38 pins and 14 tournament titles after going 38-4 with 18 pins as a sophomore.

With expectations now, Freitag wears a target of a wrestler to beat and success will be hard-earned. He wouldn't want it any other way.

Marquee matches upcoming

... Renton (3-0) hosts Hazen (1-0) in a key Seamount League dual match on Thursday, Jan. 8 at 7 p.m.

... In a key WesCo 4A dual match, Lake Stevens hosts Snohomish on Wednesday, Jan. 7 at 7 p.m.

... The 13th annual Battle of Bone takes place on Thursday, Jan. 8 as Enumclaw hosts Tahoma in the showdown of perennial state wrestling powers at 7 p.m.

... Kent-Meridian hosts the Dick Pruett Memorial tournament on Saturday, Jan. 10 starting at 9:30 a.m. The event is in honor of the Royals' longtime wrestling coach.

Top targets

... Glacier Peak is 7-0 in dual matches this season and 1-0 in the WesCo 3A South Division.

Big performances

... Led by 285-pound champion Mosese Fifita, Glacier Peak took the Eastmont Cats Classic on Saturday with 168 points to Ellensburg's 139.

... Yelm and Toppenish tied atop of the team standing of the Pac Coast Championships on Friday and Saturday at Hudson's Bay High School. Both finished with 155 points.

... Links to All SPSL boys and girls tournament coverage from Friday and Saturday:

http://seattletimes.com/html/highschoolsports/2025379374_spslboyswrestling04xml.html

http://seattletimes.com/html/highschoolsports/2025379325_prepwrestling204xml.html

<http://seattletimes.com/html/photogalleries/sports2025379304>

... Link to Everett Classic coverage:

<http://blogs.seattletimes.com/highschoolsports/2015/01/03/everett-beats-lake-stevens-at-everett-wrestling-classic/>

2014-15 preseason team & individual rankings

All Classifications page

<http://washingtonwrestlingreport.net/rankings/>

High school page

<http://washingtonwrestlingreport.net/high-school-2014-15-page/>

Here are three valuable wrestling resources on the web:

Track wrestling link

<http://s402.trackwrestling.com/tw/AboutTrackwrestling.jsp?TIM=903048&twSessionId=ztzrykderhkkfph&fromDomain=0.00402>

Searchable database for results

<http://www.nwcaonline.com>

Team and individual rankings, results

<http://washingtonwrestlingreport.net/>

Basic information

<http://washingtonwrestling.com/>

WIAA wrestling page

<http://wiaa.com/subcontent.aspx?SecID=319>

When there's top performance or noteworthy event in high-school wrestling, please feel to send it to sports@seattletimes.com and to the attention of Matt Massey.

0 Comments | [More in Wrestling](#) | [Topics: High school sports, preps, wrestling](#)

From around the web

Selected for you by a Sponsor



This Year's 25 Best Retirement Places Ranked
Forbes



Citi Decides To Up The Ante With A Cash Back Credit Card Unlike Any Other
NextAdvisor Daily



Surprising Titanic Mystery Solved with DNA Testing
Ancestry



Charles Schwab's New Automated Money Management Service Says A Lot About The Future Of Investing
Business Insider

More from our network

How my son's championship loss gave back a great gift: true sportsmanship

From The Seattle Times Blogs

Arrest in 2013 Washington fatal shooting

From Seattle Times Local News

26th annual Mochi Tsuki festival

From Seattle Times Picture This

Toyota Camry transformed from ho-hum to aha

From NWautos

Laurelhurst garden is a study in grace with subtle color and good geometry

From Seattle Times Pacific Northwest

Seattle woman dies in I-90 accident

More from the web

8 Fighters Who Would Beat Jon Jones in Their Prime

From SportsBreak

Someone Stumbled Across Something Deep In The Woods - Beneath It Was One of History's Darkest Secrets

From Viral Nova

The 10 Highest Paid MMA Fighters Of 2014

From SportsBreak

Female MMA Fighter's "Brutal Arm"

From The New Yorker on The Scene

Michelle Obama's mixed race heritage proved by DNA.

From Ancestry

Here Are 18 Dirty Secrets The Airlines