



Press release: January 27, 2012

Wrestlers Take the Bronze in County Meet, Gold in Home Invitational

The Hawk wrestling team finished third out of 22 schools at the Palm Beach County Championships over January 20-22 weekend. Please congratulate the following wrestlers for their place finishes at the tournament. Even though only six of our wrestlers placed, most of the others scored points to contribute to the total team score of 157.5 points.

Fourth place finishers were Logan Broberg, Sam Hargesheimer, and Cody Lasagna; second place finishers were Trace Thome and Scott Watson; and Pierce Beaubien earned top honors as Palm Beach County champion.

And the team won its own invitational dual meet January 25, trampling all opponents: 76-6 versus Clewiston HS, 72-12 versus Glades Central, 80-0 versus Lake Worth HS, 84-0 versus PB Lakes, and 54-10 over Royal Palm Beach High. Hawk wrestlers going 5-0 for the tournament were Ryan Artilles, Troy Artilles, Pierce Beaubien, Logan Broberg, Zach Hallmann, Sam Hargesheimer, Nick Keller, Rigo Salguero, Trace Thome, and Scott Watson.

Hawk Cadets Certify in CPR

Our Hawk Battalion JROTC cadets recently participated in the American Heart Association's CPR certification, provided by Critical Medical Education and Training. The JROTC received information on CPR and reviewed its procedures thoroughly: when to start CPR, when to give breaths, when to check for pulse, and how to properly give compressions with adequate depth and rate. Our cadets also learned to describe the signs and symptoms for severe airway obstructions, reviewed the most common life-threatening emergencies in adults, and familiarized themselves with the location of our campus AEDs (automated external defibrillators).

At the end of the training, cadets took the American Heart Association's CPR examination and earned their certification, with 207 cadets certified.