

LADY JAG D.E.P.T.H. REPORT

DEDICATION. ENCOURAGEMENT. PERSEVERANCE. TOUGHNESS. HARDWORK.



Lady Jaguars Gear Up for the Season with Grit, Determination, and Mindset Training

October was all about final preparations for the Lady Jaguars Wrestling team as they powered through an intense schedule to get ready for the season. The month kicked off with the completion of their strength and conditioning program through Performance Course, focusing strictly on weight lifting and conditioning at 6 a.m., three days a week. This rigorous training laid a solid foundation for the challenges ahead, and it was senior Gwendolyn Musser who truly stood out. Named *Performance Course Wrestler of the Year*, Gwendolyn achieved 100% attendance and consistently motivated her teammates to push their limits.

October also brought the start of the tryout process, as wrestlers competed for their spots on the team. This comprehensive evaluation included a 50-question written test on key rules and scenarios from the NFHS rulebook, the Army physical fitness test, and a skills assessment of 83 essential wrestling techniques. Congratulations are in order for freshman Violet Fortier, who, with outstanding performance, secured a place on the Varsity team!

This month is not without its challenges. The team has rallied together to support two key athletes, sophomore Iva Aguirre, who recently had knee surgery, and junior Naziah Moore, who underwent shoulder surgery on Halloween. With both athletes recovering, the Lady Jags are leaning into their motto of being *Stronger than the Storm,* showing their resilience and unity through adversity.

Beyond physical conditioning, the Lady Jags dove into mental preparation with the help of personal mindset coach Beau Tillman from Z Mindset Wrestling. Every Wednesday morning, the athletes join a Zoom call to learn techniques for managing and strengthening their mindset both on and off the mats. Paired with *Character 2 Words* training, these sessions are designed to foster resilience, focus, and leadership, ensuring that the Lady Jags proudly represent Flower Mound HS in all they do.

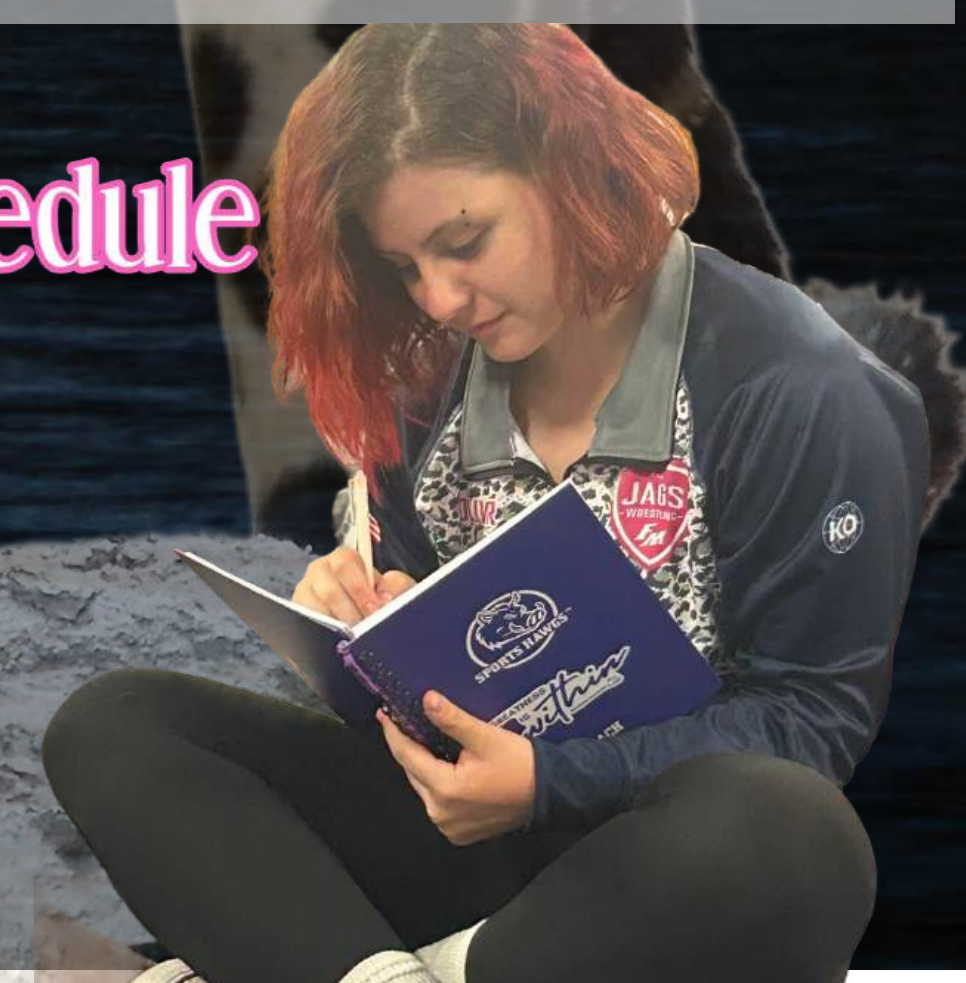
Thanks to our custom SportsHawg journals, the girls are ready to track their goals and progress throughout the season! If you're interested in checking them out, visit SportsHawg.com and use code LadyJags10 for a discount!

As November ushers in the official start of the wrestling season, the Lady Jaguars are ready to showcase their hard work and are eager to compete. With strength, skill, and a winning mindset, this team is prepared to make an impact!



November Grapplefest: Lady Jaguars Wrestling Schedule

PINK AND NAVY DUALS	11/7
JV/V ARLINGTON INVITATIONAL	11/15-16
MONTWOOD MADNESS	11/22-23
THANKSGIVING THROWDOWN	11/26



Champions on and off the Mats

Silva Sisters Strike Gold in Japan: Double World Champions Ready to Lead Lady Jags

The Lady Jaguar Wrestling team is thrilled to welcome back two newly crowned World Champions, the Silva Sisters, after their incredible performances on the global stage. This month, Isabella (senior) and Sophia (sophomore) Silva traveled to Nagoya, Japan, as a part of Silva Army to compete in the SJJIF World Championships in Brazilian jiu-jitsu, and they returned with an impressive collection of gold medals.

The Silva sisters, both Varsity Lady Jaguars, are no strangers to the mat, having grown up immersed in the world of jiu-jitsu. Their father, president of the SJJIF, along with their family's academy, Silva Academy in Lewisville, has helped instill a deep love and dedication to the sport. With such a strong foundation, it's no wonder they brought home the gold!

Isabella, the older of the two, seized every opportunity at the championships, competing in four separate divisions. She took part in the All-Female Juvenile (16-18) Blue Belt Gi (59kg), NoGi (57.2kg), Gi Open Weight, and NoGi Open Weight divisions. After a third-place finish in the Gi Open Weight and a runner-up spot in the NoGi Open Weight on Friday, Isabella doubled down on Saturday, winning both her Gi (59kg) and NoGi (57.2kg) divisions. This outstanding feat crowned her as a double World Champion, and she was promoted to purple belt in recognition of her accomplishments.

Sophia, following in her sister's footsteps, competed in the Teens Orange Belt NoGi (67.6kg) and Gi (68.9kg) divisions. Not to be outdone, Sophia captured gold in both categories, earning her own double World Champion title. She, too, received a promotion while in Japan, marking an unforgettable achievement in her martial arts journey.

The Lady Jaguars are beyond proud to have these talented and hardworking sisters in the lineup this season. With their World Champion titles, determination, and winning mindset, Isabella and Sophia are set to bring fierce competition and unparalleled experience to the team. We can't wait to see the impact these exceptional athletes will make on the mat for Flower Mound High School!



Lady Jags Conquer the Spartan Kids Race and Embrace Teamwork in Granbury

On October 19th, the Lady Jaguars Wrestling team traveled to Granbury, TX, to volunteer at the Spartan Kids Race. The wrestlers, joined by a few supportive parents, spent the day encouraging young athletes as they tackled challenging obstacles on the course. The event was a unique way for the Lady Jags to bond as a team while making a positive impact, and their hard work earned them a free race code to use at any Spartan event this year.

Seizing the opportunity, many of the girls decided to cash in their race codes and return on Sunday to participate together in the Spartan Sprint, held near DFW. The 5K race, featuring 20 obstacles, tested their physical limits and teamwork skills in new ways. For many, this was their first experience with an obstacle course, and it quickly became clear that completing each challenge would require collaboration and trust. The girls stepped up to support one another, ensuring no teammate was left behind at any obstacle.

For junior Cecelia Bumgarner, the event was especially meaningful as she completed her first 5K. Her teammates were thrilled to be by her side, cheering her on and sharing in her achievement. This experience left a lasting impact, deepening their sense of unity and reminding them what it truly means to be a team.

Though this preseason has brought challenges, the Lady Jaguars now carry forward a stronger sense of teamwork and family. With resilience and determination, they continue to face each obstacle together, proving that they are truly ***Stronger than the Storm.*** The lessons they've learned in Granbury will serve them well as they move into their competitive season, ready to take on anything that comes their way!



#STRONGER THAN THE STORM

HOW TO STAY CONNECTED

Meet the Seniors: Coming Soon in the November Issue!



Stay Connected with the Lady Jags: Follow Our Wrestling Journey!

If you're eager to dive deeper into the world of the Lady Jags, we've got you covered! Stay up-to-date with our latest victories, team news, and behind-the-scenes moments by following us on social media.

Catch all the action on **Twitter @WrestleLadyJags**, or browse through snapshots of our journey on **Instagram @ladyjagwrestling**. For comprehensive coverage and community highlights, follow us on **Facebook @FMHS Lady Jags Wrestling**. And for a bit of fun, don't miss out on our videos on **TikTok @Lady_jags_wrestling!**

For a more in-depth look at our team and upcoming events, check out our website at www.ladyjagwrestling.com. There, you'll find articles, player profiles, schedules, and more to keep you informed about everything Lady Jags.

Join us on our digital platforms to share in the excitement of our wrestling journey. We appreciate your support and look forward to connecting with you as we strive for victory both on and off the mat!

#STRONGER THAN THE STORM