

NSAA GIRLS STATE WRESTLING

ASHLYND FREYER

155LBS

CLASS A GIRLS TUES. FEB. 17

First Round: Win over Elkhorn's #6 Quinn Madill (fall)

Second Round Win over Omaha Northwest's #11 Paw Wah (fall)

Freyer advances to the semifinals.

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gretnaeastmedia Today, sophomore Ashlynd Freyer, now 42-2, will wrestle for a medal in the NSAA Girls State Wrestling Championships after besting both of her opponents yesterday, setting her on the path to be the school's first girls wrestling state medalist.

The semifinal matches will begin at 12:30 p.m. Freyer will face off against Norfolk's Rylee Bauer, who is now 39-3. Going into State, Freyer was ranked **#1** for A3 and Bauer was ranked **#1** for A2,

If she makes it to the championship match, finals will begin at 6 p.m.

Recap of yesterday's matches:
In her first round, Freyer won in a fall during the third period against Elkhorn's Quin Madill, after being tied 3-3. From there, she went on to win her quarterfinal match against Omaha Northwest's Paw Wah by fall in about 1.5 minutes.

@gretnagirlswrestling @nsaahome Gretna East High School @gpsgretna37
Graphic by The Guardian Yearbook's @paige.segobia

#girlswrestling #Griffins #GPS #StateChampionships

*Note: This is a repost correcting the graphic to read Ashlynd instead of Ashlyn.
1w

creativecornerz_dc 🎉 Congrats
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Artist's Statement:

I created this ad/social media post for Gretna East Media from scratch, taking inspiration from other posts only to see what ideas I could build upon and improve. While I began with a template to establish an equal half/half setup, everything else started off completely blank, giving me full creative freedom. The photo that I used is one that I took while at State Wrestling. I knew I wanted to use it the second I captured it. I love the emotion in it, and I wanted to celebrate her achievement. The fact that the other girl is layed out in front of her, upset that she lost, just makes this piece. I wanted the text/fonts to be simple yet bold so that her achievement was the star and that the font didn't distract from that.

The process took me about two hours and was, at times, tedious. Every detail required careful attention, from spacing and alignment to overall balance. because It took a lot of trial and error and swaping things back and fourth before it felt just right. Despite the challenges, I found the process rewarding. It allowed me to experiment, revise, and push myself creatively.