

Westhill's Parrott ready to build on his wrestling success

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Westhill's Chase Parrott, top, in the 106 pound consolation match he lost to Travis Longo of Wilton, bottom, in the FCIAC Wrestling Championships at New Canaan High School, Conn., Saturday, Feb. 11, 2017.

STAMFORD — Westhill High School wrestler Chase Parrott closed out last season with a flourish.

Parrott took fourth place in the 106-pound division at the FCIAC Championships. Parrott then lost in the Class LL championship final at 106 pounds.

The obstacle in Parrott's path was Danbury High freshman Ryan Jack, who captured the FCIAC, Class LL, and State Open titles at 106 along with a runner-up finish at the New Englands.

"The postseason last year was a great confidence booster for me," Parrott said. "I want to try to attain that type of standard again this season."

Thanks to the normal growth spurt that most teenagers enjoy, Parrott, now a junior, will be wrestling at 120 pounds this year for Westhill, which defeated Norwalk in its opening match last Thursday.

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"I wrestled in a number of tournaments over the summer," Parrott said. "From my workout regimen, I did a lot of cardio work and strength training. I feel stronger on the mat and refined my wrestling technique."

Westhill graduated eight seniors from last year's squad. This season the Vikings have five seniors and nine juniors topping their roster.

As a result, Parrott is also taking on the responsibility of being a Westhill co-captain. Senior Carlos Alvarado is the other Vikings' co-captain.

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"I prefer to lead by example," Parrott said. "Kids don't want to be told what to do. However, if kids see a technique or a routine that is bringing you success, they will follow."

The nature of the Westhill wrestling program under coach Tom Pereira should make this an easy transition for Parrott.

"Westhill wrestling alumni are always coming back to our wrestling room. Working with them motivates me quite a bit," Parrott said. "Westhill wrestling is a big family that always gives back."

The wrestling season is a marathon. But Pereira likes what he currently sees in Parrott.

"Chase always steps on the mat believing he can't be beat. It's not arrogance. It's the belief and swagger that really good wrestlers have. If he loses it will be from his mistakes not what the opponent does," Pereira said. "Overall, we have a young group. It's nice to have a junior like Chase in a leadership role. He'll grow into the captain's job. He has seen what seniors have done the past two years. Chase just needs time to put his own stamp on it."

As is often the case, Parrott was introduced to the sport by his dad, who wrestled in high school.

"I had success in the sport early on. I've kept working to get to where I am now," Parrott said. "Having a good mindset, always being confident and showing a good work ethic are the keys to being a good wrestler. My No. 1 idea is to go a little harder each day."

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