

## Foreman wins Metro Spotlight Award

Written by Metro Sports Report  
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Will Foreman of Cedar Rapids Washington is the winner of the Metro Spotlight Award for high school boys this week, the Metro Sports Report announced Sunday.

Foreman, a sophomore, has gotten off to a terrific start with the Washington wrestling team this season. He has a 7-0 record at 126 pounds with six pins and a 10-3 decision.

Foreman began the season Tuesday with victories against wrestlers from Marion and Mount Vernon in a double-dual, including a pin in 40 seconds against Marion. He collected two more pins in a double-dual against Waterloo East and Waterloo West Thursday, including another quick pin in 1:24 against Waterloo East.

Foreman capped his outstanding week by pinning all three of his opponents to capture the 126-pound title at the Bluejay Invitational at Bondurant-Farrar High School on Saturday.

He pinned Frank Sposeto of Collins-Maxwell-Baxter in the quarterfinals in 1:43, stuck James Runestad of Boone in the semifinals in 1:28 and flattened Tanner Probasco of South Tama in the finals in 3:22.

Foreman received Honorable Mention on the All-Metro Wrestling Team last season as a freshman at 113 pounds. He placed third at the Class 3A district tournament, missing a trip to the state tournament by one victory.