



Courtesy photo

Football player and wrestler Aramys Gallegos.

HARD HITTER

Aramys Gallegos

BY JONATHAN KANE

Recent Wood River High School graduate Aramys Gallegos loves sports and loves clean living. “The two go together,” he said.

Gallegos specialized in two sports in high school – football and wrestling – and is a member of Idaho Drug-Free Youth. “I started playing football in middle school. I needed something to do in the summers and I thought I’d try it. My dad was all for it and my mom just wanted me to be careful. The first time I went out there it was pretty scary, but then I loved it.”

When asked why, Gallegos responded, “It was great to be able to knock someone out and it was also a great way to relieve stress after a long day at school.”

Although he was small in stature then, they started him at center and nose guard on defense. “That’s what they gave me at first,” said Gallegos. “I didn’t know what I was doing, but I said I’d try it. At first I felt I could do it, but when I got in there, everyone was a lot bigger and beefier. It went okay. I didn’t hate it, but it was difficult at first.

“I played the same positions in eighth grade and I was an average player, just a lot smaller than some of the other kids. I thought I’d be done after middle school, but then I was recruited by the high school coach to play. There, everyone was a lot bigger and I knew I couldn’t play the line anymore, so they moved me to

cornerback and wide receiver. I was a lot faster than the running backs, so it worked out well for being a new position.”

In 10th grade Gallegos fell in love with weightlifting and that made a huge difference. He became bigger and heavier, so they moved him to outside linebacker and fullback. “I didn’t want to be the smallest anymore, so I started working out with the older guys and really started lifting a lot. My first game at linebacker I got a sack and it was really awesome. As a runner, I pretty much blocked.”

His junior year, Gallegos moved to varsity. “It felt awesome. You were the top dog in the school. But it was a weird year because they switched me back to cornerback and wide receiver. It was a tough transition for me. I got to start a few games, but we ended the season 1-8, so it was pretty disappointing.”

His senior year, Gallegos took on a big leadership role. “There were a lot of sophomores on the team and they were really good. They are a special group. It was a little bit of a disappointing year for me because I felt I didn’t live up to expectations and started on special teams but, in the homecoming game, I recovered a fumble that led to us tying the game, so that was pretty special.”

As to his love of the game, Gallegos said, “I love hitting and, it being a team sport, there is a special bond between the players and you make friends that will last a lifetime.”

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