

# Spartan Wrestling Newsletter

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[www.simleywrestling.com](http://www.simleywrestling.com)

March/April 2005

## **Jam packed with Folkstyle wrestling results!**

### **Simley Wins Section 3AAA**

The Simley wrestling team won its 13<sup>th</sup> Section title in 3AAA advancing to the State High School Tournament. Simley beat Hastings in the finals 37-16 to advance to the Xcel. Of the fourteen weights Simley won nine. Simley sent seven seniors out on the mat and all won their match-ups; Seth Anderson, Brandon Murphy, Mitch Millner, Steve Staples, Nate DuVal, Adam Hunter, and Marcel Jones proved to be too strong for Hastings. Cullen Berg and Bill Lundblad were the two underclassman to win for the Spartans. Simley advanced to the finals by beating Cretin Derham Hall 65-15, and punishing Park Cottage Grove 66-0.

### **Simley Advances 9 Individuals to State**

Simley placed all fourteen wrestlers in the top five in Section 3AAA Individual tournament. Nine Spartans entered the championship match for their respective weight. #103, sophomore Jake Tabbert, lost his finals match-up to eventual State Champion Trey Bertram of Hastings. Tabbert won the true second match to advance a second year in a row to the State Tournament. #112, freshman John Prokopowicz placed second. John pinned Justin Banach in a true second match at 1:20 to advance to his first State tournament appearance. #119 sophomore Kurt Knutsen made a season of hard work pay off when he placed first in his weight class. Kurt upset the number one seed Steve Clark of Woodbury in the semi-finals. Clark beat Knutsen one year earlier in a true second match. In the finals Kurt Knutsen beat last year's #103 State entrant Mike Munos. Senior Seth Anderson won his third, section title at #130. Seth dominated each wrestler he faced. Senior Brandon Murphy won his fourth section title at #140. Brandon is the third wrestler in Simley's history to win four section titles. Senior Mitch Millner overpowered his #145 weight class with two pins and a technical fall in the finals, setting the stage for his return to the State tournament. #152 senior Steve Staples won his first section title with a major decision over Nathan Piene of Hastings. In his first individual section appearance, senior Nate DuVal placed second at #160 advancing to the State tournament. Junior, Bill Lundblad won his second straight 3AAA heavy weight title.

Sophomore Brian Watrud battled at #125 to place fourth in his first section tournament. Junior Mark Prokopowicz placed third at #135. Mark moved up a weight class and fought hard to earn a true second match. Prokopowicz lost the true second match-up finishing 3-2 for the tourney. Freshman #171, Cullen Berg placed 5<sup>th</sup>. Cullen battled back from first match misfortune where injury default occurred. Senior, #189 Adam Hunter powered his way to a 4<sup>th</sup> place finish. Senior #215 Marcel Jones overcame a first round loss and fought to a 3<sup>rd</sup> place finish. Congratulations to the Simley wrestling team for their outstanding performance at 3AAA Sections.

### **Millner 2-Time State Champion**

Mitch Millner won his second straight Championship at #145. In first round action, Mitch beat Yarmeto (Armstrong) by fall 2:56. Second round, Mitch beat Dukowitz (Brainerd) 10-6. Mitch advanced to a semi-final match-up with highly regarded Noel Sweeney (Grand Rapids) 8-5. The finals Mitch beat undefeated Jordan Kolbow of Forest Lake, 9-6. Mitch finished his senior season 39-2 and a career record 174-42.

### **Anderson, Lundblad State Runner-Ups Tabbert 6<sup>th</sup> Place**

In the #130 class finals, Seth Anderson lost a very close match to Ryan Adams of Coon Rapids placing 2<sup>nd</sup>. Seth had a strong drive to the finals with a 3:50 Fall over Paulk (Blaine), 7-1 over Guy (Mounds View), 6-4 over Orth (St. Cloud Tech). Seth placed four times in the MN State Tournament and finished his senior year with a 39-2 record and career record 153-26.

Junior Hwt. Bill Lundblad lost 0-3 in his finals match-up with Wilson of Faribault. Bill too powered his way to the finals; 1:55 Fall Nelson (Northfield), 1-0 McCay (Brainerd), Fall 3:59 Scantzan (Stillwater). Bill finished his season with a 34-4 record. This season Bill only gave up one takedown. Wow.

#103 Jake Tabbert scrapped his way to a sixth place finish. Tech fall win 15-0 over Lensing (Totino Grace), 2-4 loss Kelliher (Apple Valley), 7-2 win Brill (Little Falls), 6-2 win McDermott (Austin), 3-4 Loss Kortan (Albert Lea), 0-4 loss Zilverberg (Wayzata).

## Simley Team State Runner Up!

Simley entered the State tournament as the underdog. Simley drew Totino Grace in first round action. Totino entered the tourney as a favorite to make the finals. #103 Tabbert got Simley on the board first with a decision over State entrant Lensing. #112 Freshman John Prokopowicz earned an upset major decision over Neeck. #119 Kurt Knutsen added to the point total with a fall over Schuler. #125 Mark Prokopowicz got a huge 1-0 win over Totino's Section champ, Cosie Egan, putting the Spartans in position to win the dual. #130 Anderson added to the Spartan score. Totino got the win at #135 & #140. (team score Simley 19- Totino 7) Simley's #145 Millner earned a major decision, Totino picked up points at #152, #160, #171 & #215. #189 Adam Hunter won his key match-up. Bill Lundblad finished off Totino with a fall at 2:33. Final; Simley 32 Totino Grace 20.

In Semi final action Simley faced Bemidji. Three weeks prior at Grand Rapids, Simley wrestled to a 30-30 tie with Bemidji losing the dual by criteria. Simley turned the match on the Lumberjacks. The Spartans started strong. #103 Tabbert earned a major decision, #112 John Prokopowicz followed with a :22 second fall. #119 Kurt Knutsen avenged an earlier OT loss with a 2-1 decision over Bemidji's Ward. #125 Brian Watrud lost a close match, 2-3. #130 Seth Anderson posted a major decision over Black. (team score: Simley 17-Bemidji 3) #135 Alex Watrud lost to Joe Anderson a highly rated Lumberjack. #140 Brandon Murphy lost in OT 4-6, #145 Mitch Millner followed up the loss with a fall in 1:11. #152 Steve Staples and #160 Nate DuVal earned major decisions. (team score: Simley 31-Bemidji 12) #171 Cullen Berg earned a 7-3 decision over Masterson who had pinned him in the earlier match-up. #189 Adam Hunter lost in OT to Dan Sorby who had pinned him weeks earlier. #215 Marcel Jones lost at 3-6 decision to Ken Schmidt who had pinned him weeks earlier. Hwt Bill Lundblad lost a tight battle with Bemidji's highly ranked Chris Miller 0-1. Final; Simley 34 Bemidji 24.

Simley advanced to the finals verse a tough Owatonna Team. Simley posted five wins; Tabbert maj dec., Knutsen OT dec., Anderson maj dec., Millner dec., Lundblad dec. earning a Simley Runner-up Championship.

Congratulations to the 04-05 Spartan Team. It was a unique memorable season.

## All Conference 2004-2005

Kyle Bulera, Jake Tabbert, Brian Watrud, Kurt Knutsen, Mark Prokopowicz, Seth Anderson, Brandon Murphy, Mitch Millner, Nate DuVal, Steve Staples, Marcel Jones, Bill Lundblad. Honorable Mention: Zach DeLong, Adam Hunter,

**Section 3AAA Coach of the Year:** Will Short

## All Conference, All Academic

Jake Tabbert, John Prokopowicz, Brian Watrud, Mark Prokopowicz, Brandon Murphy, Steve Staples, Nate DuVal.

## Varsity Stats

|               | Tdowns  | TFall | Pin    | Win/Loss |
|---------------|---------|-------|--------|----------|
| K Bulera      | 20-24   | 0-1   | 10-2   | 14-8     |
| J Barnes      | 1-6     |       |        | 0-4      |
| J Tabbert     | 47-29   | 1-0   | 13-0   | 34-10    |
| J Prokopowicz | 50-18   | 1-0   | 9-0    | 15-8     |
| B Watrud      | 26-41   |       | 6-3    | 15-17    |
| K Knutsen     | 67-25   |       | 5-2    | 26-13    |
| M Prokopowicz | 15-26   |       | 7-2    | 16-12    |
| S Anderson    | 135-7   | 7-0   | 10-0   | 39-2     |
| Z DeLong      | 11-8    | 1-0   | 3-1    | 8-4      |
| A Watrud      | 25-38   |       | 6-7    | 13-15    |
| R Grosland    | 15-4    |       | 1-3    | 3-4      |
| B Murphy      | 57-24   | 2-0   | 8-1    | 26-10    |
| M Millner     | 88-15   | 2-0   | 23-1   | 39-2     |
| A Doyen       | 2-4     |       | 2-2    | 2-4      |
| S Staples     | 79-32   | 5-1   | 6-2    | 25-11    |
| N DuVal       | 55-28   |       | 12-1   | 28-12    |
| B Millner     | 2-2     |       | 2-1    | 5-2      |
| C Berg        | 27-42   |       | 4-5    | 16-20    |
| T Clark       | 10-9    | 2-1   | 0-3    | 2-4      |
| A Hunter      | 37-31   |       | 5-5    | 17-11    |
| T Burger      | 0-6     |       | 0-3    | 0-4      |
| M Jones       | 26-23   |       | 2-8    | 9-10     |
| C Jones       | 5-13    |       | 2-1    | 2-5      |
| B Lundblad    | 33-1    |       | 23-0   | 32-4     |
| Simley        | 827-453 |       | 161-53 | 403-172  |

## JV Individual Conference Tournament

Jake Hoffner 4<sup>th</sup> place, Nick Tolsma 2<sup>nd</sup> place,  
 Ryan Grosland 1<sup>st</sup> place, Andy Doyen 2<sup>nd</sup> place,  
 Brandon Millner 3<sup>rd</sup> place, Eric Wild 3<sup>rd</sup> place,  
 Ryan Kovacs 4<sup>th</sup> place.

## JV Team Record 12-3

|  |                       |
|--|-----------------------|
| Albert Lea Duals                                     | 2 <sup>nd</sup> place |
| NHREG-Win, GMLOK-Win, Albert Lea-Win, Cambridge-Loss |                       |
| South St. Paul                                       | Win                   |
| Henry Sibley   | Win                   |
| Anoka Varsity tournament                             | 7 <sup>th</sup> place |
| Apple Valley   | Loss                  |
| St. Thomas   | Win                   |
| Mahtomedi  | Win                   |
| Richfield  | Win                   |
| Wheaton Varsity                                      | Loss                  |
| Wadena Varsity                                       | Win                   |
| Tartan   | Win                   |
| Irondale   | Win                   |
| North St. Paul                                       | Win                   |
| JV Conference  | 4 <sup>th</sup> place |

## **Regret, Individual JV Stats are not available.**

David Tacke, Jack Barnes, John Prokopowicz, Brian Watrud, Jake Hoffner, Connor Anderson, Zack DeLong, Tyler Scheifelbein, Nick Tolsma, Jake Keefer, Ryan Grosland, Andy Doyen, Brandon Millner, Tim Clark, Eric Wild, Ryan Kovacs, Tony Burger, Chris Jones, Charlie Gelhaye.

## **9<sup>th</sup> Grade Stats: win-loss**

David Tacke 3-5, Jack Barnes 10-3, 2<sup>nd</sup> place 9<sup>th</sup> grade State. Kyle Bulera 1-0, Mic Berg 10-3, 2<sup>nd</sup> place 9<sup>th</sup> grade State. Adam Erdman 2-4, Torrie Morgan 2-0, Kurtis Julson 3-4 9<sup>th</sup> grade State entrant. Jake Hoffner 4-3, Tyler Scheifelbein 0-3, Jon Wulff 2-5, Jake Keefer 0-7, Eric Wild 1-7 Kyle Bushyhead 1-4, Ryan Kovacs 4-6, Charlie Gelhaye 0-2, Connor Anderson 0-1.

## **Thank You to our Statisticians & Manager:**

Keeley Vollmer, Jessica Follmer, Katy Stangle, Angie Bridget, Jill Francour, Margo Holmstrom and Rebecca Tabbert. Manager: Mike Ludesher



**Youth Wrestling**, It's where the Simley tradition begins!

Simley Youth accomplished a great deal this Folkstyle season. Most importantly all wrestlers made many improvements over the previous season.

As a Team our Simley Youth placed 2<sup>nd</sup> at AAU State Team tournament and 4<sup>th</sup> place at MN/USA State Team tournament. Our Simley Youth only lost to two teams all season; Apple Valley 0-2 and Adrian 1-1.

Twelve wrestlers attended the USA National Folkstyle Championships and faired very well against the best in the country. Simley finished with 5 All-Americans. This is a very strong showing for any individual club.

## **Youth Results:**

### **Simley Youth Folkstyle Tournament**

**Kindergarten division:** Jake Gilva 1<sup>st</sup>, Tra Wright 3<sup>rd</sup>, Christopher Verdeja 1<sup>st</sup>, Justin Boehmer 2<sup>nd</sup>, Alexis Franco 2<sup>nd</sup>. **1<sup>st</sup> Grade:** Daniel Dasher 1<sup>st</sup>, Elliot Kirchord 2<sup>nd</sup>, Bailey Thurmes 3<sup>rd</sup>, Brad Rechtizgel 1<sup>st</sup>, Shane Ironheart 2<sup>nd</sup>, Joey Matthews 1<sup>st</sup>, Drew Lorsung 2<sup>nd</sup>, George Obitz 1<sup>st</sup>, Kamakami Verdeja 2<sup>nd</sup>. **2<sup>nd</sup> Grade:** Kyle Nordstrom 1<sup>st</sup>, Alex Kircherd 2<sup>nd</sup>, Joe Dillon 3<sup>rd</sup>, Ryan Erhart 2<sup>nd</sup>, Lorenzo Torres 1<sup>st</sup>, Jack Shubatt 3<sup>rd</sup>, Thomas Wrobek 1<sup>st</sup>, Tyler Hayes 2<sup>nd</sup>. **3<sup>rd</sup> Grade:** Cortez Arredondo 1<sup>st</sup>, Devon Schauls 2<sup>nd</sup>, Tim Dillon 3<sup>rd</sup>, Mack Short 1<sup>st</sup>, Jose Rodriguez 3<sup>rd</sup>, Logan Kerfeld 4<sup>th</sup>. **4<sup>th</sup> – 6<sup>th</sup> Grade:** Juan Torres 1<sup>st</sup>, Pedro Delao 1<sup>st</sup>, Kyle Gliva 2<sup>nd</sup>, Casey Kennedy 2<sup>nd</sup>, Nick Wanzek 2<sup>nd</sup> Mitch Rechtzigel 4<sup>th</sup>, Cola Jensen 3<sup>rd</sup>, Micah Barnes 4<sup>th</sup>, Jake Short 1<sup>st</sup>, Matt Kruse 3<sup>rd</sup>, Steve Levine 5<sup>th</sup>, Travis Schauls 3<sup>rd</sup>, Rico G 6<sup>th</sup>, Alex Biggs 1<sup>st</sup>, Tim Tascher 6<sup>th</sup>, Lorenzo Estrada 2<sup>nd</sup>, Alex Chruscielski 3<sup>rd</sup>, Trevor Schauls 4<sup>th</sup>, Jeremiah Morse 5<sup>th</sup> Brent Olson 6<sup>th</sup>.

## **2005 MN/AAU State Folkstyle Tournament**

**Tots:** #35 Omar Arredondo 1<sup>st</sup>, #40 Jake Gliva 3<sup>rd</sup>. **Bantam:** #65 Lorenzo Torres 3<sup>rd</sup>. **Midget:** #55 Cortez Arredondo 1<sup>st</sup>, #65 Kyle Gliva 1<sup>st</sup>. **Novice:** #60 Juan Torres 2<sup>nd</sup>, #70 Jake Short 2<sup>nd</sup>, #80 Micah Barnes 5<sup>th</sup>, #90 Alex Biggs 4<sup>th</sup>, Robin Schauls 5<sup>th</sup>, #120 Trevor Schauls 3<sup>rd</sup>. **Schoolboy:** #80 Dylan Wright 3<sup>rd</sup>, #90 Tommy Glenn 3<sup>rd</sup>, #120 Torrie Morgan 5<sup>th</sup>, #125 Luke Perkerwicz 5<sup>th</sup>, Hwt Charlie Gelhaye 1<sup>st</sup>.

## **2005 MN/USA Regional Folkstyle Tournament**

**Peewee:** #35 Omar Arredondo 1<sup>st</sup>, #40 Jake Gliva 2<sup>nd</sup>. **Bantam:** #60 Rodolfo Delao 1<sup>st</sup>, # 65 Lorenzo Torres 3<sup>rd</sup>, #75+ Jack Ryan 1<sup>st</sup>. **Midget:** #55 Cortez Arredondo 1<sup>st</sup>, Kyle Nordstrom 4<sup>th</sup>, #60 Mack Short 4<sup>th</sup>, #65 Kyle Gliva 1<sup>st</sup>, #80 Laim Morse Wildcard 3<sup>rd</sup>. **Novice:** #60 Juan Torres 2<sup>nd</sup>, #65 Pedro Delao 1<sup>st</sup>, #70 Jake Short 2<sup>nd</sup>, #80 Nick Wanzek 2<sup>nd</sup>, Micah Barnes 5<sup>th</sup>, #85 Ryan Dickhausen 3<sup>rd</sup>, #90 Robin Schauls 5<sup>th</sup>, #95 Alex Biggs 4<sup>th</sup>, #112 Jeremiah Morse 3<sup>rd</sup>, #120 Trevor Schauls 4<sup>th</sup>, #130 Lorenzo Estrada 3<sup>rd</sup>, #140 McCaleb Morse 3<sup>rd</sup>. **Schoolboy:** #80 Dylan Wright 3<sup>rd</sup>, #90 Cola Jensen 3<sup>rd</sup>, #90 Tommy Glenn Wildcard 1<sup>st</sup>, #100 Jack Barnes 3<sup>rd</sup>, #110 Kurtis Julson 2<sup>nd</sup>, #115 Torrie Morgan 3<sup>rd</sup>, Jake Hoffner 4<sup>th</sup>, #125 Mic Berg 1<sup>st</sup>, Luke Perkerwicz 5<sup>th</sup>.

## **2005 MN/USA State Folkstyle Tournament**

**Peewee:** #35 Omar Arredondo 2<sup>nd</sup>. **Bantam:** #60 Rodolfo Delao 5<sup>th</sup>, # 65 Lorenzo Torres 3<sup>rd</sup>, #75+ Jack Ryan 1<sup>st</sup>. **Midget:** #55 Cortez Arredondo 1<sup>st</sup>, #65 Kyle Gliva 2<sup>nd</sup>. **Novice:** #60 Juan Torres 3<sup>rd</sup>, #65 Pedro Delao 1<sup>st</sup>, #70 Jake Short 2<sup>nd</sup>, Alex Biggs 5<sup>th</sup>, #130 Lorenzo Estrada 5<sup>th</sup>, #140 McCaleb Morse 4<sup>th</sup>. **Schoolboy:** #80 Dylan Wright 5<sup>th</sup>, #100 Jack Barnes 4<sup>th</sup>, #115 Torrie Morgan 4<sup>th</sup>, Jake Hoffner 5<sup>th</sup>, #125 Mic Berg 1<sup>st</sup>. **Cadet:** #145 Zach DeLong 5<sup>th</sup>, #189 Cullen Berg 4<sup>th</sup>, Tim Clark 6<sup>th</sup>, Hwt Charlie Gelhaye 5<sup>th</sup>.

## **2005 USA National Folkstyle Tournament**

**Midget:** #55 Cortez Arredondo 3<sup>rd</sup>, #65 Kyle Gliva 4<sup>th</sup>. **Novice:** #70 Jake Short 3<sup>rd</sup>. **Schoolboy:** #125 Mic Berg 2<sup>nd</sup>. **Cadet:** #189 Cullen Berg 3<sup>rd</sup>.

## **A message from our IGH Wrestling Club Board**

Simley wrestling success comes from a tremendous amount of hard work and determination from our wrestlers, coaching staff & volunteers. Parents, we're grateful for your encouragement, support and respect of the wrestlers and their training. Many lifetime memories were created this season. Thank you for sharing in the goals of this season, the friendship and the Tradition of Simley Wrestling. Best Wishes.

**Please note:** What is published in the newsletter is what has been forwarded to the editor.

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