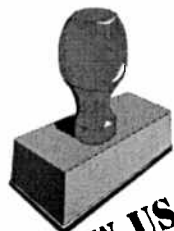


Simley Spartan Wrestling News

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Season Opener...

The Spartan's opened their season against North St. Paul on December 3rd. It was a Spartan blow out. North St. Paul forfeited all but one weight group up to 140lbs. In his first varsity match David Donnelly at 112, earned his first pin. The Spartan score heading into 145lbs. was 42-0. Kris Parrow (145) pinned his opponent. Following Kris' pin, North St. Paul forfeited to Mike Verdeja (152). Matt Perrizo (160), won 7-3. Steve Larsen (171) came from behind to earn a win 11-9. North St. Paul earned their only win at 189 lbs. Doug Watts finished the match with a fall at 2:40. Final match score 66-6. What a start!

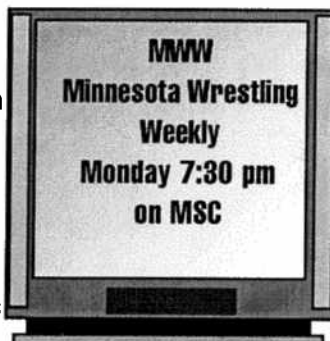


SHOW US YOUR STUFF!

Double Duals?????

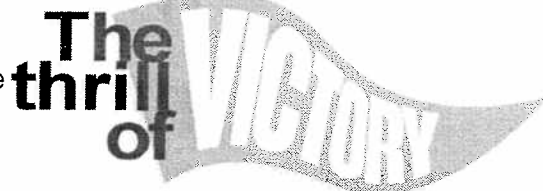
The North St. Paul match is a prime example of why double duals are needed in St. Paul Suburban Conference. Last Spring coaches voted to ban double duals in conference matches by a vote of 6-2. Only Hastings and Simley coaches voted in favor of this level of competition. At the North St. Paul - Simley meet, seven varsity wrestlers did not wrestle because of forfeit. Minnesota State High School rules allow only fifteen events a season for a wrestling team. We at Simley want to make the most of each event. You can bet Simley will want to revisit this issue in the Spring of 1999 at the conference coaches meeting.

Minnesota Wrestling has had many successes in the past few years at all levels of wrestling. One great success off the mat was the introduction of Minnesota Wrestling Weekly, a TV show dedicated to amateur wrestling. The 1997-1998 season of MWW went well airing 11 shows. This coming year looks even better. MWW has plans to air 14 shows to keep you up-to-date with the latest wrestling action around our great State. Tune in or set your VCR's, Every Monday Night at 7:30 p.m. on Midwest Sports Channel (MSC) Check your local listings for a repeat broadcast in the week. You'll see a familiar face.



Osseo Tournament Champions...

The Spartan Wrestling Team needed every point they could earn for a come from behind victory at the



Osseo Tournament December 5th. Heading into the final wrestle back round Simley needed twenty points to pull ahead of the current tournament leader Minneapolis Roosevelt. The team continued to fight!!...and on the backs of Simley's three tournament champions, Matt Anderson (119), Mike Verdeja (152) and Doug Watts (HWT) the Spartans won the overall tournament by four points. The team got strong performances from Kris Parrow and Steve Larsen. Both wrestlers placed second in their respective weight classes. Kris beat the #1 seed in the first round and beat the fourth seed to earn a birth in the finals. Steve also beat the #1 seed to earn his birth into the finals. Josh Parrow (103) placed 3rd. David Donnelly (112) placed 5th, Chris Kennebeck (135) placed 6th, Joe Bilderbach (140) placed 5th, and Ryan Rydberg (189) placed 6th. All of these place winners were wrestling in their first varsity tournament. Looks like a good start to their careers. Pete McAfee (125) battled to a fourth place finish in a very tough tournament weight class. Matt Perrizo used his mat wrestling ability to earn a third place finish in the 160lbs class. Adam Caneff wrestled out of his weight class but still managed to take home a fifth place finish at 130lbs. With all the spartan wrestlers placing in the top six this tournament, we're off to a decent start. The Osseo tournament had many strong individuals wrestling but, overall it didn't seem as strong as the last few years. It's important for our wrestlers to understand that there is another level of wrestling in the State of Minnesota and they need to wrestle at the level of Hastings and apple Valley. We have about half the team wrestling at this higher level. The quicker we get the rest of the team a higher level of wrestling the better season we will have. The Spartan Team will continue to improve over the next weeks. The next bench mark for the Spartans will be the Minnesota Christmas Tournament.

Simley beats South St. Paul...

On December 10th the Spartans and Packers went head-to-head. The Spartans continued to dominate the Packers although the victory came harder than expected. The Spartans began the match with a fall from Josh Parrow at 103lbs. The Packers forfeited at 112 and 119lbs. Coach Short bumped Matt Anderson up to 125 and Matt stayed perfect with a pin. South St. Paul would win the next three weights over the Spartans. At 145lbs. Matt Dankers took a forfeit and Kris Parrow moved up to wrestle 152 and managed a pin. Mike Verdeja moved up to 160 and received a victory. The Packers would win the next two weight classes. Doug Watts finished the match for the Spartans with a fall. Final score 45-25. Coach Short, "I wanted to see how these kids would perform outside of their weight classes. What this match tells me is that outside of Matt Anderson, Mike Verdeja and Kris Parrow, these guys are not ready to be moved up. I don't think anybody involved with this team coaches or wrestlers are happy with the performance tonight."

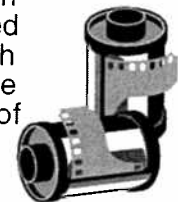
Verdeja Wins Christmas Tournament.

The Minnesota Christmas tournament was full of ups and downs for the Simley Spartans. The team only managed two place winners. The Spartans placed 22nd of 33 teams, the lowest Simley finish in the tournaments history. The major highlight for Spartan wrestling was Mike Verdeja at 145lbs. Mike cruised his way to the finals beating the #1 seed Brian Lahr in the semi-finals. The finals at 145lbs matched Mike with Nick Fisher, Fargo South High School, the tournaments #2 ranked wrestler. Picking action up in the third period, Mike was down 7-4. He scored an escape, and then a takedown to tie the match. Mike then proceeded to turn Fisher over and get a 5 count.



Fisher bridged out and scored a reversal with two seconds left but it wasn't enough. Verdeja won the match 10-9 and became the 14th Christmas Tournament Champion for the Simley Spartans. Simley is now 2nd on the all-time list for the most Christmas Tournament Champions. Only Bismark High School in ND has more with 15. The Spartans other place winner was Doug Watts (HWT) winning 4 matches and dropping 3 to finish 6th place finish. Loosing in the placing round was Matt Anderson, Matt Perrizo and Steve Larsen. Coach Short had this to say about his teams performance, "This team did not feel they needed to cut weight, and in every match even in Mike's matches, we were smaller than our opponent. We're just not technically good enough to give up size and strength. I think the kids got the message after this tournament. There is no magic to having success at this tournament. Look at our one champion what he did in the off season. He wrestled freestyle, made the Cadet National Team and he lifted weights. It's no secret what the kids need to do to win, it's just getting these kids committed enough to do it. That's the problem. I still believe we can put a solid team on the mat at the end of the year."

In the first issue of the *Simley Spartan Wrestling News* it was announced that a "Wrestling Wall of Fame" is in progress. All wrestlers that placed in the State Tournament, 1st-6th place (40 Wrestlers, WOW!!) are asked to mail-in or give to Coach Will Short a color, 5x7, mat finish, action photo. The Wall of Fame Committee would like all actions photos by January 15th. If you don't contact Coach W. Short by January 11th, the Wall of Fame Committee will choose a photo for you. The I.G.H. Wrestling Booster Club's goal is to have the 'Wall of Fame' in place by Region 3AAA Individual Qualifier meet hosted by Simley Spartans on February 19th and 20th. IGH Wrestling Boosters are eager to display the tradition of Wrestling in Inver Grove Heights. Start searching for that special shot!



Where are they now?

Calvin Mckinney is our 90's wrestler of the month. Calvin graduated from Simley in 1995. His Senior year he placed third the State Tournament. Calvin went on to wrestle for St. Cloud State on a scholarship. Currently he's a starter for the Huskies at 184lbs. This season Calvin placed 4th in the Bison Open and is really making a name for himself in Division II Wrestling. Calvin's wrestling goal is to win the Division II National Title. This maybe his year to do that. Calvin majors in Business. Calvin has a precious daughter named Caitlin. Look for Calvin in the future. It's nice to see Simley Wrestlers going on to College and having success. Good Luck Calvin!

Thanks for the terrific response to the Simley Spartan Wrestling News.

It's exciting to know we're getting the word out about the good things going on with the Spartan Wrestling program. If you didn't receive the first issue of the newsletter it's because we didn't have your address. Write us, call us, let us know where you are...and what you're up to. You could share with us a special memory you have from your Spartan Wrestling experience.

Here is your last chance to 'officially' order the *Simley Spartan Wrestling News* for the 1998-1999 season by completing the enclosed card.

With a contribution of \$25 to I.G.H. Wrestling Boosters you'll receive 4 issues of *Simley Spartan Wrestling News* & be placed on a 'Pass List' for all home Meets.

A contribution of \$50, you'll receive 4 issues of *Simley Spartan Wrestling News*, be placed on a 'Pass List' for all home Meets, and receive a sleek mock-t Simley Wrestling Shirt.

A contribution of \$100 or more, you'll receive 4 issues of *Simley Spartan Wrestling News*, be placed on a 'Pass List' for all home Meets, and receive 2 sleek mock-t Simley Wrestling Shirts.

Please return the enclosed form with checks payable to IGH Wrestling Club

The IGH Parks & Recreation Department offers youth wrestling to all youngsters in grades 1-5 on Monday evenings and Saturday mornings. The kids began wrestling in November. A highly qualified group of coaching volunteers are lead by Jim Trudeau and Dan Glenn.. The IGH Parks & Recreation Folkstyle Program stresses the fundamentals including takedowns, escapes, reversals, pins and other basic maneuvers. Wrestlers are responsible for entry fees at tournaments in surrounding communities. For more information and registration stop by or call IGH Parks & Recreation Department @ 450-2585 located in the Veterans Memorial Community Center. This is where our tradition begins! **Youth** (gr. 1st-5th) **Folkstyle Wrestling Schedule** January 9th to the Wayzata Youth Classic at Wayzata High School. Weigh-in 9-11am Wrestling begins at Noon. January 16th Eden Prairie Metro Area Championships at Eden Prairie High School or Experienced kids can attend MN/USA Sanction Tournament at Blaine High School (must have USA Wrestling card). January 23rd Practice in Simley Wrestling room. Experienced kids attend MN/USA Region 3 State Folkstyle Qualifier Tournament at White Bear Lake High School. January 30th New Prague Open at New Prague High School. February 5th-7th MN/USA State Folkstyle Kids Tournament at Champlin Park High School. (Region 3 qualifiers only). February 6th, Morning practice in Simley wrestling room. Saturday, February 13th Simley Youth Wrestling Tournament at Simley High School. April 2nd-4th Kids Folkstyle Nationals in Topeka, KS. (MN/USA State Folkstyle Kids Tournament 1st-5th place winners)



February 5th-7th, MN/USA State Folkstyle Kid Tournament at Champlin Park High School. (Region 3 qualifiers only) USA Wrestling

Kids Division 1998-1999 Weight Classes: *Bantam* Born 1991-92, Match time limit: 2 - 90 second periods with 30 seconds rest between periods *Midget* Born 1998-90, Match time limit: 2 - 90 second periods with 30 seconds rest between periods. *Novice* Born 1987-88, Match time limit: 2 - 2 minute periods with 30 seconds rest between periods. *Schoolbo* 1985-86, Match time limit: 2 - 2 minute periods with 30 seconds rest between periods. Qualifier for Kids National Tournament in Topeka KS.

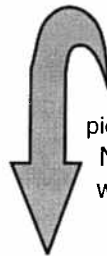
A goal of the IGH Wrestling Booster Club is to qualify our kids (grade 1st-8th) for the MN/USA State Folkstyle Kids Tournament, qualify as many kids as possible for advancement onto the Kids National Folkstyle Tournament Topeka, KS. Looking Ahead to the Freestyle season; qualify our High School Youth for the Northern Plains Junior Regional in LaCrosse WI, and the kids to the Northern Plains Kid/Cadet Regional National Tournament Rochester, MN., and on to the Kids Nationals Freestyle in Waterloo, IA. We have kids in our programs that have the ability to be competitive at Regional and National levels. As more and more youth from Inver Grove Heights compete in tournaments at the Regional and National level the Simley High School Wrestling Program will be a direct benefactor of their talents, hard work, determination, leadership and sacrifices.

Wanted:

The Youth Wrestling coaches are looking for used-a-bit kids wrestling shoes. If you have a pair or two around your home you'd like to donate it would be appreciated. Drop your donations off in the wrestling room Monday evenings between 6:30-8:30 p.m.

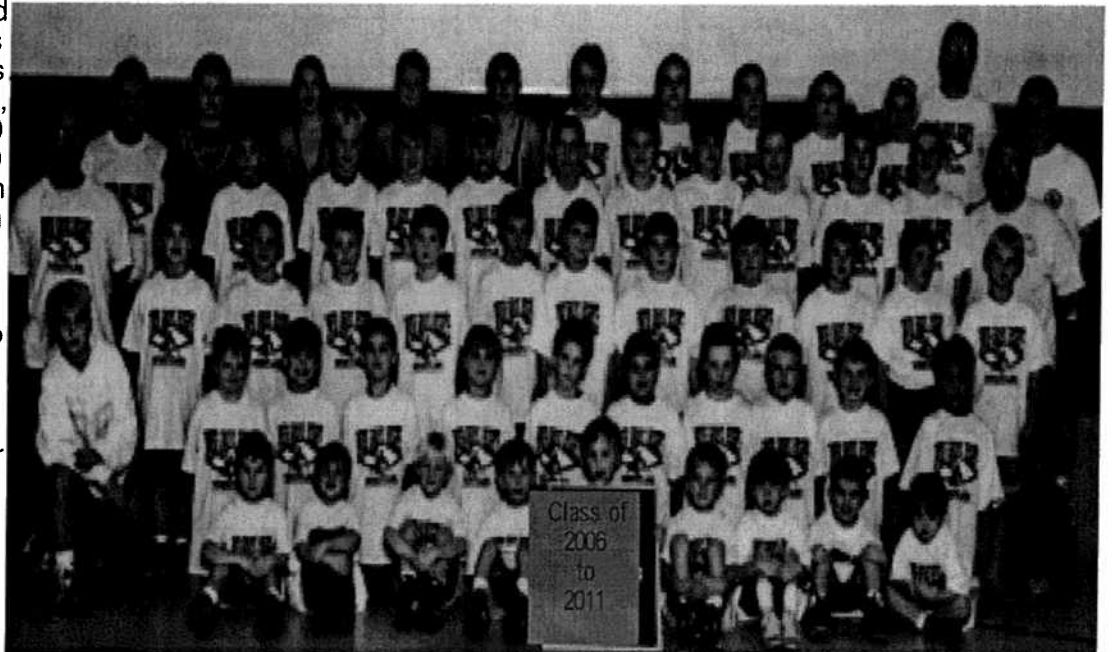
Fans of Spartan Wrestling.... who ordered the *sharp* mock-T Spartan Wrestling shirts, your order has been placed and you'll receive your shirt with the next issue if not before.

1998-1999 Youth (gr. 1st-5th) Folkstyle Wrestling



WOW, look at all our Wrestlers

Volunteer Coaches; Jim Trudeau (not pictured), Dan Glenn, Doug Levine, Todd Bulera, Nick Halverson, Steve Kittleson, Daniel Tabbert with occasional appearances by Tony Biggs and Jeff Grosland and of course Dads & Moms.



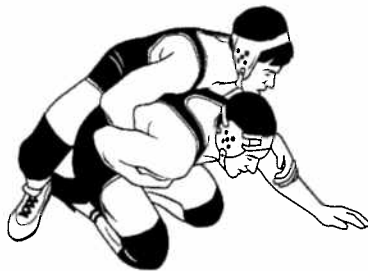
Saturday, February 13th
 Spartan Wrestling hosts the annual **Kids Folkstyle Tournament** for grades 1st - 6th. Weigh-in 7:30-8:30a.m. Wrestling will beginning at 9:30 a.m.

Freestyle Wrestling Season...

Folkstyle wrestlers look for more information in early February in regards to Freestyle sign-up and practice schedule. Wrestlers will practice 2 evenings a week and compete on Saturdays. The Freestyle Wrestling Tournament schedule begins with the **Inver Grove Heights Open** on **March 6th**. Mark your calendars Now!

1998 - 1999 Simley Spartan Wrestling Schedule

Thursday	January 7	Park @ Simley "Parents Night"	6 & 6 p.m.
Thursday	January 7	Tartan @ Simley "Parents Night"	7:30 & 7:30 p.m.
Saturday	January 9	Cambridge Blue Jacket Tournament	9:30 & 11 a.m.
Saturday	January 16	Pony Stampede	9 a.m.
Thursday	January 21	Simley @ Woodbury	6 p.m.
Saturday	January 23	Eagan Tournament	9 a.m.
Tuesday	January 26	Quad Meet-AppleValley, Forest Lake, Stillwater @ Simley	4:00 & 5:45 & 7:30 p.m.
Thursday	January 28	Simley @ Henry Sibley	6 & 7:30 p.m.
Saturday	January 30	JV Northfield Tournament	9 a.m.
Friday	February 5	Hastings @ Simley	6 & 7:30 p.m.
Thursday	February 11	3AAA Team Tournament @ Sibley	6 & 7:30 p.m.
Friday	February 12	3AAA Team Tournament @ Hastings	6 & 8 p.m.
Friday	February 19	3AAA Individual Tourn.@ Simley	5 p.m.
Saturday	February 20	3AAA Individual Tourn.@ Simley	Noon
	Feb. 25,26,27	State Tournament	



See you at the Home Meets!

We conclude the 1989-1999 season hosting the Region 3AAA Individual Qualifier meet. With Simley's new & improved High School facility we look forward to playing host to Region 3AAA. See you in the bleachers February 19th & 20.

We're Building On Tradition

State Team Champion Class AA

1992, 1989, 1988, 1987
Individual State Champions

- Jake Skalicky - 97
- Anthony Jackson - 95
- Victor Dionisopoulos - 95
- Tony Dionisopoulos - 94
- Jeff Schroeder - 94
- Dan Dietrich - 91
- Wade Short - 90, 91
- Will Short - 88, 89
- Dan Harrison - 88
- Derek Jones - 87
- Chris Short - 86, 87
- John Short - 85
- Jim Trudeau - 78

Academic All State

- Tony Dionisopoulos - 94
- Jason Westbrook - 92
- Nick Halverson - 92
- Chris Boys - 91
- Wade Short - 90, 91
- Dan Dietrich - 90, 91
- Mike Ahern - 90
- Dan Harrison - 88, 89
- Kevin Ahern - 88
- John Short - 84, 85

Spartan Wrestling

Coach Will Short

445 7th Avenue South
 South St. Paul, MN 55075
 phone 651-306-7237