

# SPARTAN WRESTLING

## NEWSLETTER

PUBLISHED BY INVER GROVE HEIGHTS WRESTLING CLUB

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### **Simley Wins Classic Suburban Title**

The Simley Spartan wrestlers improved their Conference record to 7-0 when they beat North St. Paul 78-0. The Spartans improved to 6-0 a week earlier with a win over Tartan 54-13. This Conference title is the third Championship in a row for the Spartans. In conference matches the Simley wrestling team used 24 different wrestlers in the fourteen weight classes. Winning this Classic Suburban Conference title was a *complete* team effort.

### **Simley at the Armstrong Duals**

On February 7<sup>th</sup>, the Spartans wrestled at Robbinsdale Armstrong HS. The Spartans drew #8 ranked Eden Prairie in the first round. Simley wrestled Eden Prairie mid January at the Simley team tournament and beat them 41-17. The Spartans were wrestling without senior #119 Dan Tabbert who had broke his hand a week earlier in practice. Freshman Zack DeLong replaced Dan in the lineup and did his part to help the team. Zach wrestled #7<sup>th</sup> ranked Steve Carlon to a 7-5 match. Zach keep the loss to a decision. The Spartans went on to beat Eden Prairie this time 40-19.

Next up for the Spartans was Bloomington Kennedy. Kennedy has super stars on their team but lacks balance. The Spartans lost four matches and handled Kennedy 54-17. Jake Tabbert came up with a big fall over Tim Fisher sending a strong statement to kick off this dual.

Final round action was a match up with Dassel-Cokato. The Spartans lost three matches, dominating the dual meet 53-12. Earning falls; Jake Tabbert, Mark Prokopowicz, Seth Anderson, Mitch Millner, Tony Biggs and Nick Rydberg. The Spartans won their four-team pool, finishing the tournament 3-0.

### **Wrestling Statistics**

Wrestling is a lot like baseball in that as wrestlers we count everything. In addition to keeping track of a wrestlers win-loss record

statistics are kept on a wrestlers takedowns, reversals, 2 & 3 pt near falls, tech wins, pins and much more. Like in baseball having great statistics does not necessarily show how important an individual can be to a team. Most close dual meets are won or lost by wrestlers who may not have the strongest statistics but have the most *heart & guts* and are prepared to wrestle for their team. Those statistics may not be appreciated all the time but, are definitely recognized by the team members and coaching staff.

### **Pin Cushion and more...**

Nick Rydberg set the single season pin record for Simley High School at the Team Section Tournament. Nick currently has 30 pins. Ben Radant held the previous record with 28. Currently the Simley wrestling team has six wrestlers with over 100 career wins. Eager to join the list, Junior Brandon Murphy is one win away from his 100<sup>th</sup> win.

### **Section 3AAA Champions**

The Spartans had a difficult week leading up to the Section Team Tournament. Many issues were being dealt with from injuries to disciplinary problems. After a first round bye the Spartans faced Cretin winning 73-6. Simi final action paired the Spartans up against Henry Sibley's Warriors. The semi finals proved to be very unchallenging earning the Spartans a 57-15 victory. This set the stage for the finals, a showdown with Hastings in Simley's gym.

The Spartans had beaten Hastings in mid January at Simley's Team tournament 40-19. Hastings went home and made adjustments in their line-up and were eager to challenge the Spartans for the Section Title and the trip to the Xcel Center.

Trimester 2 Final exams came a bit early for the Spartan wrestlers. Hastings TESTED Simley. From the *go* of the first whistle at #103 to the final buzzer at heavy weight **every** Spartan wrestler gave all they had. The

Spartan's dug down deep physically, and mentally and rose to the challenge of a *TEAM Victory*. The reward: a 3AAA Section Title and a trip to the big show in St. Paul. A more detailed Hastings-Simley match-up commentary will follow in the post State newsletter.

### **Simley State Tournament Schedule**

March 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> State High School Tournament  
at Xcel Energy Center.

#### **Thursday, March 4<sup>th</sup>**

12:30p Class AAA Individual Preliminaries  
2:45p Class AAA Individual Quarterfinals  
8:15p Class AAA Team

#### **Friday, March 5<sup>th</sup>**

9:45a Class AAA Individual. Wrestle-backs  
1:30p Class AAA Team Quarterfinals  
6:45p Class AAA Individual Championship  
Semifinals & Consolation Quarterfinals

#### **Saturday, March 5<sup>th</sup>**

10am Individual Consolation semifinals  
3pm AAA Individual 5<sup>th</sup> place, 3<sup>rd</sup> place & Champ  
Class AAA Team follows Award ceremony of  
Class AAA Individuals

### **9<sup>th</sup> Grade Wrestling**

Coach Dan Dietrich

The 9<sup>th</sup> grade team had a successful and exciting year. Coaches Dan Dietrich and Tom Dickerson would like to thank all wrestlers that helped to make it so. As a team the 9<sup>th</sup> graders were 8-3 in dual meets. They took 2<sup>nd</sup> in the Section to Hastings, which was a very close dual, Simley winning 5 of 6 weights beginning the match. Our lower weights did an excellent job all season, usually resulting in a big lead going into the #130 match. The Freshman Spartans beat Eastview and Totino Grace for the first time. By doing so, The Spartans made the 9<sup>th</sup> grade State Team Tournament. Simley's 9<sup>th</sup> grade team went 2-2 on the day, losing to a tough Milaca team in the first round. The Spartans beat Stillwater and Mahnomen-Waubon. The Spartans advanced to wrestle a tough STMA team (St Michael-Albertville) for the Consolation Championship. John Prokopowicz, Jake Tabbert, Zack DeLong and Cullen Berg were undefeated on the day. Tabbert & Berg earned pins in all their matches. Good work Team! It is tough to earn

victories giving up 3 or 4 weights a match to forfeits. The weights the team was able to fill did an outstanding job earning wins and working for team bonus points. At the Region qualifier for the 9<sup>th</sup> Grade State Individual tournament 8<sup>th</sup> grader, John Prokopowicz was the lone Champion for the young Spartans. Brian Watrud and Zack DeLong placed 2<sup>nd</sup>. Tim Clark placed 3<sup>rd</sup>, Brandon Millner 4<sup>th</sup>, Kyle Bulera 5<sup>th</sup>, Mike Monjeau 5<sup>th</sup>, Mic Berg 6<sup>th</sup>. Congratulation for a good show at Regions. Due to match count issues only John Prokopowicz and Tim Clark attended the State meet. John and Tim wrestled well. Tim went 1-2 on the day, losing a heart breaker in the round before placing. Great season Tim. John Prokopowicz wrestled well all day, making it to the Championship match. He lost to a tough Wayzata kid 11-12 who beat John handily earlier in the season. Terrific improvement John, and congratulation on your 2<sup>nd</sup> place finish. John is only an 8<sup>th</sup> grader, so look for big things out of him next season.

### **9<sup>th</sup> Grade Individual Stats**

*7<sup>th</sup> graders:* #95 Jack Barnes 3-2, #112 Conner Anderson 0-1, #112 Mic Berg 4-6, Hwt Charlie Gelhaye 0-5. *8<sup>th</sup> graders:* #95 Kyle Bulera 8-4, #100 John Prokopowicz 13-1, #119 Matt Ostrom 2-0, #135 Dave Swanson 2-1, #140 Andy Lawrence 1-0, #189 Cullen Berg 7-0, Hwt Sam Klimas 0-4. *9<sup>th</sup> graders:* #105 Brain Watrud 9-3, #105 Jake Tabbert 8-0, #112 Kurt Knutsen 1-0, #119 Mike Monjeau 8-4, #125 Zack DeLong 11-2, #130 Matt Lippert 3-11, #160 Tim Clark 9-7, #171 Brandon Millner 7-8. This young team improved all season long. A special Thank you to all the stat girls that helped during the season. Well done.

### **Middle School Wrestling**

Coach Kevin Jensen

The Middle School wrestlers finished their season in January with two tournaments and four conference meets. On January 10<sup>th</sup> the Junior Spartan wrestlers participated in the White Bear Lake Invitational where the team placed fifth out of twelve teams. The Jr. Spartans put five wrestlers into the finals coming away with three Champions and two runner-ups. Champions: #73 Dylan Wright, #93 Jack Barnes and Hwt Sam Klimas. Placing 2<sup>nd</sup> #88 Tommy Glenn and #114 Mic Berg. Other place winners; Jake Hoffner 3<sup>rd</sup>, Charlie

Gelhaye 4<sup>th</sup>, Jesse Fuss 5<sup>th</sup> and Torrie Morgan 6<sup>th</sup>.

At the tough Hastings tournament our wrestlers did well. The lone Champion was #95 Kyle Bulera who went 3-0 and pinned his way to victory. Dylan Wright continued his excellent season by taking 2<sup>nd</sup> place. 3<sup>rd</sup> Place finishes to #114 Mic Berg and first year wrestler #70 Jesse Fuss, who showed great improvement through the year. 4<sup>th</sup> Place to Jack Barnes, Jake Hoffner and Torrie Morgan. Tommy Glenn and Kurt Julson placed 5<sup>th</sup>. Luke Perkowicz placed 6<sup>th</sup>.

The Junior Spartans finished the season with 22 wrestlers plus two that were taken up to the Simley JV team, John Prokopowicz and Cullen Berg. Seven of the wrestlers were first year wrestlers who all worked hard and showed much improvement through out the season. This season the team also had one female member who was one of the hardest workers. Many of the 7<sup>th</sup> and 8<sup>th</sup> graders also were active members of Simley's 9<sup>th</sup> grade team.

#### **Middle School Individual Win-Loss Stats**

Dylan Wright 22-4, Jesse Fuss 15-9, Tommy Glenn 22-11, Brianna Olson 2-21, Jake Hoffner 22-12, Jack Barnes 21-8, Kurt Julson 15-9, Kyle Bulera 20-3, Torrie Morgan 18-9, John Prokopowicz 6-1, Matt Ostrom 11-5, Conner Anderson 8-12, Buck Robinette 5-7, Mic Berg 16-6, Alex Lashomb 8-4, Luke Perkowicz 6-21, Dave Swanson 10-2, Andy Lawrence 5-0, Kyle Bushyhead 9-12, Bryce Nelson 3-17, Drew Downhour 1-16, Sam Klimas 17-5, Charlie Gelhaye 12-14.

#### **IGH Youth Folkstyle Wrestling**



The Spartan Youth have been busy. Most recently the Youth participated in the AAU State Team tournament hosted at Eagan High School. Of the fourteen teams entered from through out the State, Team Simley finished 4<sup>th</sup> behind Hastings, Apple Valley and Albert Lea. The youthful Spartans earned an invitation to AAU's regional-nation team competition that they will attend next month. Well Done Wrestlers!!!! Thanks for your encouragement & guidance coaches!!! Look for wrestler stats in the next issue.

#### **Reminder your empty printer cartridges Help the IGH Wrestling Club**

Remember to donate empty laser & inkjet printer cartridges to our Wrestling Club. Every brand of printer cartridge is accepted. Empty printer cartridges can be dropped off at Sue Biggs, 8656 Corcoran Path. IGH, #552-0759, or brought to Kids practice and given to the Biggs'. Please let your friends, neighbors, relatives and place of employment know about our recycling program.



**It's Time to Celebrate...**

### **Spartan Wrestling!**

All Wrestlers: High School, Middle School & Elementary, Satiations/video, Coaches, Parents, Siblings, Alumni & Fans Are Invited to the **2003-2004 Wrestling Season Potluck Banquet Tuesday, March 16<sup>th</sup> at 6pm** in the Simley High School Cafeteria.

Please bring a dish to share.

**Hot Dishes: High School Wrestlers & Satiations**

**Salads: Middle School Wrestlers**

**Desserts: Elementary Wrestlers**

IGH Wrestling Club will provide dinnerware & beverages. A program will begin at **6:45pm** recognizing the many accomplishments of all wrestlers; Elementary, Middle School, 9<sup>th</sup> Grade, JV & Varsity Teams.

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"To me, what makes someone successful is managing a healthy combination of wishing and doing. Wishing doesn't make anything happen, but it certainly can be the start of some important happenings. I hope you'll feel good enough about yourself, your yesterdays and your today, that you'll continue to wish and dream all you can. And that you'll do all you can to help the best of your wishes come true.

I'm proud of you for all the wishing and doing that has helped you get to this point in your lives, and I hope you are, too."

Mister Rogers