

SPARTAN WRESTLING

NEWSLETTER

PUBLISHED BY INVER GROVE HEIGHTS WRESTLING CLUB

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Simley Places 2nd at Minnesota Christmas Tournament

The Spartans traveled to Rochester, MN December 19th and 20th, to participate in Minnesota's premier individual tournament. Junior, Seth Anderson led the Spartans to a second place finish at the Christmas tournament. Seth was crowned the Champion at #130lbs after a *dramatic* last second throw on David Albrecht from Woodbury. Seth was joined in the Finals by #215lb tournament runner-up Senior Nick Rydberg who lost to #1 ranked Mike Maresh. Simley had five other place winners. #112lb Kurt Knutsen placed 8th, Dan Tabbert placed 6th at #125lbs. #140lb Brandon Murphy placed 5th, Tony Biggs placed 3rd at #160lbs. The Spartan team finished second for the third year in a row.

Simley JV 3rd at Anoka

The Spartan Junior Varsity placed 3rd at the prestigious Anoka Christmas duals December 20th. In first round action the Spartans beat Hastings 57-24. Second round action had the Spartans defeating a tough Cambridge team 34-33. In semi-final action Simley fell victim to St. Michael 28-42. The Spartans advanced to the 3rd place match, facing host team Anoka. The Spartans only lost 5 matches to Anoka, winning the dual 49-28. Alex Watrud was 4-0 on the day with four pins.

Simley 3rd at The CLASH

The New Year found the Spartans traveling back to Rochester to participate in The Clash. In Friday night action Simley was seeded #1 in their eight-team bracket. The Spartans faced Osage, Iowa winning the dual 52-18. Advancing to the semi-finals the Spartans faced upset minded Caledonia. Earning a 42-22 win over Caledonia the Spartans faced Adrian. Earlier in the evening Adrian had upset six-time Wisconsin State Champion, Wisconsin Rapids. What a match-

up. Simley would only manage eight wins but that got the job done. Final, Simley 39 - Adrian 28. Simley by winning their bracket advanced to the first place finals on Saturday.

Saturday the Spartans faced #32 nationally ranked Glenbard North, Ill. The teams split 7 to 7 in wins bringing the match down to bonus points. The Spartans would outscore Glendard and win the dual 30-25. The Spartans moved right into their next match with #10 nationally ranked Wasatch, Utah (high school home of 4x NCAA Champ Cael Sanderson). The Spartans again split wins 7 to 7. This match up proved to be too much. The Wasatch team earned the needed bonus points for the win. Simley would lose its first dual of the year 29-36. The evening's final round action matched up Simley with Apple Valley. The Simley team only managed four wins and got hammered 14-42. Coach Short in his seventh year of coaching at Simley has a career record against Apple Valley of 0-9. Apple Valley is currently the only team that Coach Short has a losing record against. The Spartans finished their first Clash Tournament 4-2 earning a 3rd place finish. Tony Biggs was the lone Spartan to go undefeated for the tournament. Well Done Tony!

The CLASH Wellstone Team.

In addition to lots of outstanding wrestling at The Clash. Tournament officials selected a wrestler from each weight class to The Wellstone Team. The Wellstone Scholar-Athlete Award recognized competitors who not only excel at wrestling but also in academics, community and family involvement and civic achievements. Three Simley wrestlers, Dan Tabbert, Jeff Grosland and Nick Rydberg received Honorable Mention to this Team. Well-done gentlemen for your recognition of dedication to excellence on and off the mat!

Next IGH Wrestling Club Board Meeting. Tuesday, Feb. 17th @ 7pm in Simley Band/Choir Room

Simley Dominates North Dakota Rotary Tournament

The road weary Spartans traveled to Bismarck, ND January 9th & 10th. Coming off two straight losses, the Spartans responded with their best performance of the season to date. The Rotary is a comparable tournament to the Minnesota Christmas Tourney. The Spartans placed eleven wrestlers in the top six. #130lb Seth Anderson, #140lb Jeff Grosland and #215lb Nick Rydberg were all crowned Champions. Seth went 4-0 with his closest match being the finals where he won with a score of 7-0. Jeff Grosland performed at the level that Coaches have expected from Jeff. Grosland went 5-0 and beat Andy Quittschriber (MN Christmas tourney runner-up) in the finals 4-1. Nick Rydberg went 5-0 with four pins. Nick's closest match was a 12-4 decision in the semi-finals. Placing 2nd at #119lbs was Dan Tabbert. Dan faced 2x ND State Champion TJ Sailor. Dan came from behind to tie the match 7-7 forcing OT. The two wrestlers did not score in the first OT, in the second OT Sailor chose down and got away to win the match. Other place winners for the Spartans were #103lb Jacob Tabbert placing 4th, Mark Prokopowicz placed 6th at #112. With a bad hamstring Brandon Murphy battled to a 4th place finish. Mitch Millner lost a controversial semi-final match that forced him into the wrestle backs. Mitch finished the tournament in 3rd place. Tony Biggs also a semi-final loser wrestled back to a 3rd place finish. Hwt Bill Lundblad had a surprising performance. Winning matches Bill advanced to the quarterfinals where he lost to North Dakota's State Champ who went on to win the tournament. Bill wrestled back through four wins in a row and earned a 3rd place finish. Lundblad showed heart and wrestled with a bad shoulder. Good work Bill. Nick Rydberg and Bill Lundblad tied for the Rotary's honor of Most Falls. Lundblad edged out his teammate for the honor for his Falls were in a cumulative quicker time. Congratulations guys.

Simley 3-0 in Classic Suburban Action

The Spartans started their Conference schedule with South St. Paul traveling to Simley. The Spartans pounded the Packers and finished with a 78-0 victory. The next Conference match up was on the road to Mahtomedi. The Simley sent the JV over to Mahtomedi where they got the job done with a

63-9 win. Parents Night against Conference rival Henry Sibley was a huge success. The Spartans lost one match and won the dual 63-3. In the final bout of the evening #160lb Tony Biggs upset #1 ranked Adam Rall to close the night off for the Spartans.

Simley Varsity & JV Wrestling **2003-2004 Schedule**

Jan. 31st Grand Rapids Tournament
Feb. 5th Simley @ Tartan
Feb. 7th Armstrong Tournament
Feb. 12th Simley @ North St. Paul
Feb. 14th JV Conference Meet
Feb. 19th Section 3AAA Team @ Sibley
Feb. 20th Section 3AAA Team @ Simley
Feb. 27 & 28 Individual Sections @ Hastings
March 4th, 5th, & 6th State High School Tournament.
@ Xcel Energy Center.

9th Grade Wrestling Schedule

Jan. 24th @ Hastings HS: State Team Tournament
Jan. 31st Individual Sections
Feb. 7th @ Champlin HS State Individual Tournament

Stats: Currently the Varsity team record is 16 - 2. The JV's team has a 15-3 record. Our 9th grade team is second in the Section with a record of 6-1. Congratulations wrestlers! Your dedication to your personal goals, your teammates and the training schedule are successful ingredients.

Middle School Wrestling

The Junior Spartans had a busy November & December schedule concluding January 17th in Hastings. The coaching team of Kevin Jensen, Dan Dietrich and Todd Bulera do an outstanding job of developing and nurturing the necessary wrestling fundamentals that give our high school program strength. Our experienced wrestlers and youth new to the sport have made daily improvements in their technique and physical endurance. The youthful Spartans win-loss stat totals through Jan. 8th meets are impressive. Dylan Wright 18-0, Jesse Fuss 9-9, Tommy Glenn 19-5, Brianna Olson 2-14, Jake Hoffner 18-7, Jack Barnes 16-5, Kurt Julson 9-5, Kyle Bulera 15-2, Torrie Morgan 13-7, John Prokopowicz 6-1, Matt Ostrom 9-2, Conner Anderson 8-7, Buck Robinette 4-3, Mic Berg 12-4, Alex Lashomb 8-4, Luke Perkowicz 3-16, Dave Swanson 10-2,

Andy Lawrence 5-0, Kyle Bushyhead 7-8, Bryce Nelson 2-11, Drew Downhour 1-10, Sam Klimas 16-3, Charlie Gelhaye 9-8.

IGH Youth Folkstyle Wrestling

The youth co-head coaches are Keith Gliva & Chris Short. The youth practice on Tuesday & Thursday evenings. The boys are divided into two experience levels. Level I 6-7pm & Level II 7-8:15pm. The Youth wrestled at the White Bear Lake Folkstyle Open on January 17th. Jan. 25th they travel to Centennial HS Open. Level I wrestlers last practice is Jan. 29th. Level II wrestlers will continue wrestling in February preparing for the MN USA Wrestling Regional & State Folkstyle tournament action.

December 11th. IGH Wrestling hosted an Elementary & Middle school folkstyle tournament at Simley. IGH Youth wrestlers did a terrific job at their first tournament of the season. Our outstanding wrestlers, in no particular age order are: Dylan Wright 1st, Jesse Fuss 3rd, Bryce Nelson 1st, Jack Barnes 2nd, Kyle Bulera 1st, Sam Klimas 1st, Charlie Gelhaye 2nd, Tommy Glenn 1st, Mic Berg 1st, Connor Anderson 2nd, Jeremiah Morse 3rd, Zach Spychalla 2nd, Austin Thurmes 4th, Parker Johnson 3rd, Jack Ryan 2nd, Joe Dillon 4th, Bailey Thurmes 3rd, y Hayes 2nd, Georgie Obitz 3rd, McCaleb Morse 3rd, Cory Firemann 3rd, Micah Barnes 2nd, Tim Dillion 2nd, Jake Short 1st, Matt Kruse 2nd, Casey Kennedy 3rd, Cola Jensen 3rd, Matt Kadrlick 3rd, Nick Wanzek 1st, Michael Rutten 3rd Taylor Arnold 3rd, Alex Biggs 1st, Tim Rascher 4th, Abdreu Lawrence 1st, Steven Levine 3rd, Caleb Morrison 2nd, Brandt Olson 3rd, Kyle Gliva 1st, Zach Rivera 2nd, Joseph Mathews 2nd, Jacob Abott 4th, Mack Short 2nd, Shane Iron Heart 2nd, Drew Lorsung 4th, Buck Robinette 1st, Luke Perkowicz 4th.

December 21st, some Spartan youth attended the Brock Lesnar Gopher Kids Classic hosted by the U of M Wrestling in Rochester, MN. The tournament was extremely tough. Wrestlers represented 14 States. 5U's: #45 Joe Matthews 2nd. 7U's: #50 Cortez Arredondo 1st, Jack Ryan 4th. 9U's: #58 Pedro DeLao 1st, #61 Kyle Gliva 2nd, #65 Jake Short 5th, #92 Alex Biggs 1st, #135 Lorenzo Estrada 1st.

Family;

A group experience of love & support.

Our Spartan Wrestlers have earned recognition and respect for their wrestling



talents this season. A powerful asset to the Spartan Wrestling program is our talented and passionate team of coaches. Yet, the Spartans positive performances on the mat are not independent of a greater support network. Family. On January 15th in front of a filled stand our High School Wrestlers recognized & Thanked parents for their daily encouragement great and small.

When Mother Teresa received her Nobel Prize, she was asked, "What can we do to promote world peace?" She replied, "Go home and love your family."

Trash To Cash, Help IGH Wrestling Club

IGH Wrestling club participates in a unique fundraising program called "Trash To Cash". This fundraising opportunity is based on recycling empty laser & inkjet printer cartridges. Many home and businesses used laser/inkjet cartridges are tossed in the garbage. We want to make people aware that there is an alternative. Donate empty cartridges to our Club. No selling involved. Every brand of printer cartridge is accepted. Empty printer cartridges can be dropped off at Sue Biggs, 8656 Corcoran Path. IGH. #552-0759, brought to Kids practice and given to the Biggs' or brought to the concession window at home Varsity meets. Please let your friends, neighbors, relatives and place of employment know about our recycling program.

Thank You

Monkey bars and ropes have been added to the Varsity wrestling room. The bars are a fantastic conditioning tool for our wrestlers. IGH Wrestling Club would like to thank Todd Bulera for donating his time & talents to the design, manufacture and installation of the ceiling ladder. The Club is extremely appreciative to the Vietnam Veterans of America Chapter 639 for their financial donation for the project materials. Try the bars out. How far can you go?

Concession workers needed.

Help is needed from Middle School & Youth parents to staff the concessions on Friday evening February 20th. 5p-10pm. (Section 3AAA Team Finals) The concession committee will have everything setup. Please contact Tammy Rydberg at h-#455-3429 if you can volunteer. Thank you.