

# Spartan Wrestling Newsletter

Published by Inver Grove Heights Wrestling Club

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

January 2006

## Let's Wrestle!

The Spartans opened their season in a triangular meet the Albert Lea. First opponent to kick off the 05-06 season was New Richland-Hartland-Ellendale-Geneva. Simley proved strong for New Richland Final score, Simley 57- NRHEG 15. Pins were recorded by sophomores; Kyle Bulera & John Prokopowicz, juniors; Jake Tabbert, Kurt Knutsen & Brian Watrud and seniors; John Brandtjen, Alex Watrud and Bill Lundblad.

Simley went on to face #2 ranked Albert Lea. The wrestlers struggled a bit with the Tigers strong line up winning only five weights. John Prokopowicz, Kurt Knutsen, John Brandtjen, Alex Watrud and Bill Lundblad earned wins for the Spartans. Final, Simley 16 – Albert Lea 39.

Traveling to the Albert Lea meet, two coaches and two varsity wrestlers received injuries in a weather related single car accident north of Faribault. Simley wrestling is happy to report that everyone is on a positive mend. Simley wrestling is so very grateful to the kind and caring travelers and professionals who assisted in first aid at the scene and the medical teams who facilitated the healing plans for each injured individual. The injured wrestlers, coaches and their families are so thankful for the many thoughts and prayers for healing and recovery. Thank you.

## Bay Port Tournament



The Spartans traveled to Green Bay WI to participate in the Battle on the Bay Individual tournament. The Spartans had a good tournament. Team Simley had eleven place winners with five Champions. Undefeated Champions include Jake Tabbert, John Prokopowicz, Kurt Knutsen, John Brandtjen and Bill Lundblad. The Spartans finished second in overall team scoring behind Luxemburg-Casco. LC had four champions but placed ten wrestlers in the top four. #103 Tommy Glenn finished 3-2 in 6<sup>th</sup> place. #112 Kyle Bulera lost an early match yet due to tiebreaker guidelines earned a match-up in the finals and placed 2<sup>nd</sup>. #119 Jake Tabbert went 4-0 recording four pins to win his weight class. #125 John Prokopowicz stayed undefeated in his early season going 5-0 winning his final match 13-3. #130 Kurt

Knutsen continued his win streak going 4-0 on the day winning his weight class. #135 Brian Watrud finished his day 3-1 placing second. #140 Mark Prokopowicz finished the day 3-1 placing 5<sup>th</sup>. Mark lost to the #2 seed 6-7 in the second round. #145 John Brandtjen is off to a great start. John placed 1<sup>st</sup> at his weight and is currently undefeated this season. #152 Zach DeLong wrestled extremely hard. Zach lost a one point match in the second round. Zach went on to win three matches earning a 5<sup>th</sup> place finish. #160 Alex Watrud went 2-2 on the day and placed 6<sup>th</sup>. At #171 & #198 Brandon Millner and Chris Jones each won one match for the Spartans. #215 Tony Burger went 2-2 with two pins in the tournament. Bill Lundblad continued his winning ways in the Hwt division. Bill was 5-0 with 5 pins. Bill is currently undefeated and ranked #1 in the State.

## Christmas Tournament Brandtjen & Lundblad Champions! J. Prokopowicz 4<sup>th</sup> Place.

The big, little things establish a great weekend of wrestling starting with passing the skin check and making weight. Simley wrestling was glad to be back to the Christmas tournament this year after missing it last season due to an infectious skin outbreak prior to last year's tourney.

St. Michael-Albertville won the 19<sup>th</sup> annual Christmas tourney. Of the 32 participating teams Simley earned a 9<sup>th</sup> place points finish right behind Apple Valley, St Francis and Scott West. #103 8<sup>th</sup> grader Tommy Glenn wrestled strong in his first Christmas tournament going 2-2. #112 Kyle Bulera went 1-2. #119 Jake Tabbert got the opportunity to wrestle returning champion & State champ Terrance Young. A good bench mark check for Tabbert. Jake then lost a close match-up with his Albert Lea rival E. Johnson. #130 Kurt Knutsen did not have the Christmas Tourney he had envisioned. Kurt lost a 1-point decision to Roeder of Stewartville and a disappointing loss to 3<sup>rd</sup> place winner Josh Wiseman of Champlin Park. #135 Brian Watrud went 3-2. Brian just missed the medal round. His two losses were to place winners. #140 Mark Prokopowicz & #152 Zach DeLong dnp. Their losses were to place winners. #160 Alex Watrud went 2-2, dnp. #171 Brandon Millner



battled into the second day of competition but dnp. #215 Tony Burger dnp.

#125, sophomore John Prokopowicz' first three rounds of wrestling were dominate. Round 4 was a semi-final match-up against Mike Thorn of STMA who went on to win the tourney. Thorn kept Johnny off his game. Prokopowicz quickly recovered in the wrestle back round with a 14-7 win over Litch of Wayzata. In the 3<sup>rd</sup> place finals, J Prokopowicz lost to Valek of Scott West 0-5. Johnny went 4-2 for his first Christmas Tournament.

#145 senior John Brandtjen put his name in the record book in his first Christmas tournament with his first place finish. John established his strength and takedown technique in each match-up. Brandtjen scored; major decisions over Fast of Windom/Mt. Lake, and Castellano of St. Francis, tech fall over Hartwig of Champlin Park and a 7-0 decision over Chad Little of STMA. In the Championship match John earned a 7-3 decision over Mauseth of Rochester Mayo. Congratulations John on your Championship!



Hwt senior Bill Lundblad make quick work of all his matches prior to the finals with pins at :18, :44 and 1:16. The Championship matched Bill up against Ben Berhow of Albert Lea whom Bill had wrestled two weeks prior in Albert Lea winning 3-2. Bill's quick footwork, strength, technique, and keen sense of balance earned him a win in overtime 3-2, earning him a Christmas Tournament Championship. Congratulations Bill!

### Simley ... Valley match-up

What a great time to schedule a Simley-Valley match just prior to Christmas. Many Simley alumni wrestlers and fans attended the meet at Valley. Simley started out slow with losses at #103 & #112. #119 Jake Tabbert put Simley on the board with a 7-4 dec. #125 John Prokopowicz added to the score with a 3-2 dec. over Robert Marshall. Valley's Mincey got the better of #130 Kurt Knutsen 8-4. Simley's #135 Brian Watrud earned a decision pulling the team score within 3, Valley 12-Simley 9. #140 was a rematch from the previous weekend Christmas tourney. Mark Prokopowicz improved upon the score yet lost by decision. #145 John Brandtjen earned a fall in 1:38 over Meyer. The scoreboard flashed a tied team score of 15. #152 Zack DeLong lost by dec. #160 freshman Mic Berg's move into the Varsity line proved to be the match that put the Valley & Simley crowd into the match. Berg gutted out a decision win that put Simley ahead 18-15. #171 Alex Watrud wrestled Valley's regarded McLaughlin 5-10 tying up the team score once again. Simley lost the #189 match and took a forfeit at #215. #1 ranked Hwt Bill Lundblad ended the match quickly with a fall at 1:44. Final; Valley 31 Simley 24.

\*Detailed match-by-match results are located on the simleywrestling.com web page Left side. High School:  
>Team results.

### JV & Varsity 2005-2006 Schedule

Fri. Dec 30: Clash @ Rochester 9a/11a/1p  
Sat. Dec 31: Clash @ Rochester TBD  
Jan 6-7: V. @ Bismarck ND Tourney 10am  
Thurs. Jan. 12 SSP at Simley 6/7:30pm **Parent Night**  
Fri. Jan 13: StMichael/Albertville at Simley 6/7:30pm  
Sat. Jan 14<sup>th</sup> Simley Kids Folkstyle Tournament  
Thurs. Jan 19: St. Thomas & No.St.Paul & Richfield at Simley 5pm  
Sat. Jan 21: V & JV @ Cambridge Invitational 9am  
Thurs. Jan 26: Mahtomedi at Simley 6:30/7:30pm  
Fri. Jan 27: Scott West @ Jordan HS 6/7:30pm  
Thurs. Feb 2: Sibley at Simley 6:30/7:30pm  
Sat. Feb 4: V. @ Blaine Tournament 10am  
Sat. Feb. 4: JV Conference Meet @ Sibley 10am  
Tue. Feb 7: @ Tartan JV & V both at 6pm  
Thurs Feb 16: Team Section @ Sibley 6/8pm  
Fri. Feb 17: Team Sect Finals at Simley 6/8pm  
Fri. Feb 24 Sect 3AAA Indiv: Hastings 4pm  
Sat. Feb 25 Sect 3AAA Indiv: Hastings 10am  
Thurs – Sat., March 2<sup>nd</sup> - 4<sup>th</sup> State Tourney @ Xcel  
Any adjustments to the schedule are posted on Simley's web site.

### 9<sup>th</sup> Grade 2006 Schedule

Tues. Jan 10: vs Woodbury & Park @ Park HS 4:30p  
Thurs. Jan. 12 SSP at Simley 6/7:30pm **Parent Night**  
Sat. Jan 14<sup>th</sup> Simley Kids Folkstyle Tournament: Work  
Sat. Jan 21<sup>st</sup> State Team Tourney @Hastings 9:30am  
Sat. Jan 28<sup>th</sup> Region 2 Indiv. Qualifier tourney @ Chisago Lakes 9am  
Sat. Feb. 4<sup>th</sup> State Indiv.Tourney @ChamplinPark 8am

The High School teams are coached by: Will Short, Mark Madigan, Jesse Krebs, Joe Harms, Brett Lawrence, Tony Biggs, Dan Tabbert and Dan Dietrich.

### Middle School Wrestling

The Simley middle school team wrestled in a 14-team conference dual meet at Park High School mid December. The Junior Spartans finished in 2<sup>nd</sup> place. Simley began the day with a bye. Second round action Simley faced Skyview middle school and earned a 89-9 win. In the semifinals, Simley faced Park Cottage Grove and won 53-33. The finals matched up Simley and Hastings. The Junior Spartans lost 63-33. Five Spartans were undefeated for the day going 3-0; Pedro Deleo, Dylan Wright, Cola Jensen, Kurt Julson and Torrie Morgan.

Mid December 23 Junior Spartans traveled across the border to Hudson for an individual tournament. Wrestlers were put into brackets of 4 or 5 and wrestled round robin within their bracket. Eleven Spartans went undefeated on the day and brought home a first place finish. Five Spartans lost once and captured second place. 1<sup>st</sup> place 6<sup>th</sup> graders: Pedro Deleo, Jeremy Boettcher, Micah Barnes, Cody Hazelett, Robin Schauls,

Steve Rud and Jeremiah Morse. 1<sup>st</sup> place 7<sup>th</sup> graders: Cola Jensen and McCaleb Morse. 1<sup>st</sup> place 8<sup>th</sup> graders: Dylan Wright and Dmitriy Jensen. Placing 2<sup>nd</sup>: Matt Kruse, Cabe Spooner, Tom Helseth, Brent Smith and Luke Perkerwicz.

The Middle school team is coached by Kevin Jensen and Dan Dietrich.

Junior Spartans with winning mid season records.  
 Matt Kruse 15-3, 6 falls. Robin Schauls 15-5, 6 falls.  
 Pedro Deleo 14-4, 9falls. Micah Barnes 14-4, 2 falls.  
 Cola Jensen 14-2, 8falls. Steve Rud 14-8, 10falls.  
 Alex Biggs 14-4, 6 falls Dmitriy Jensen 13-2, 10 falls  
 McCaleb Morse 13-8, 10falls Dylan Wright 13-1,4 falls  
 Jeremy Boettcher 13-4, 5falls Gabe Spooner 13-3 3falls  
 Cody Hazelett 12-5, 4 falls Luke Perkerwicz 12-5 8falls  
 My'Kar Groves 11-9, 3 falls

**Remaining Middle School Schedule**

All weekday matches begin approximately 3:45pm  
 Thurs. Jan 5: @ Wh Bear Lk w/White Bear & Sibley  
 Mon. Jan 9: @ Cannon Falls w/ Cannon & Eden Prairie  
 Thurs. Jan 12: @ Skyview w/ Sky, Maplewood, J Glenn  
 Sat. Jan 14: gr 6 at Simley Kids Folkstyle Tournament  
 Sat. Jan 14: some gr 6,gr7&8 @ Hastings Individ. Tourney  
 Thurs. Jan 19 at Simley vs Sibley & ?

As always, Simley wrestling strongly encourages every wrestler to shower immediately after each practice with antibacterial soap, use a clean towel each time and wear clean practice clothes for each practice/workout. An additional reminder; frequently wash knee/elbow pads and headgear. The wrestling mats are disinfected daily.

**All Wrestlers & Parents**

**Help is NEEDED** as we prepare for January & February home wrestling concessions. The donation of beverages by our wrestlers is especially helpful in raising funds to support our wrestling program at ALL levels. Our concession committee requests that every wrestler donate a case of water or pop. Please note the specific donation below. It is important that the beverages are brought to the varsity wrestling room **by Tuesday, January 10<sup>th</sup>**, for planning and preparations for our Thursday, Friday and Saturday home matches .

Special note: Simley Elementary wrestlers who donate a case of water/pop will have their entry fee for the Saturday, January 14<sup>th</sup> Kids Folkstyle open waved.

<b>Grade:</b>		
<b>K &amp; 1<sup>st</sup></b>	<b>20oz Water</b>	<b>24 count</b>
<b>2<sup>nd</sup> &amp; 3<sup>rd</sup></b>	<b>20oz Water</b>	<b>24 count</b>
<b>4<sup>th</sup> &amp; 5<sup>th</sup></b>	<b>20oz Water</b>	<b>24 count</b>
<b>6<sup>th</sup></b>	<b>Sprite/Sierra</b>	<b>Mist 24 can count</b>
<b>7<sup>th</sup></b>	<b>Coke/Pepsi</b>	<b>24 can count</b>
<b>8<sup>th</sup></b>	<b>Dr Pepper</b>	<b>24 can count</b>
<b>9<sup>th</sup></b>	<b>diet Coke/diet Pepsi</b>	<b>24 can count</b>
<b>10<sup>th</sup>, 11<sup>th</sup> -12<sup>th</sup></b>	<b>Mt. Dew</b>	<b>24 count</b>

Thanks for the help! Last year nearly every wrestler brought in their beverage donation, which was a huge success in generating funds for our program.

ALL Parents, K – 12<sup>th</sup> grade, your help is needed in working in the concession stand. So, no parent misses their son's wrestling it is *most* helpful if high school parents work the youth tournament and youth and middle school parents work the high school meets. See the Varsity schedule for home meet dates.

Thank You, Your Concessions Committee

**Youth Wrestling**, It's where the Simley Spartan tradition begins!: Our youth program is in full swing with an exceptional turn out of 50+ kids for level I and II combined. The youth have had opportunity to participate in tournament action in November & December. Place finishes were not available at print time for posting in this newsletter. Next time. A detailed practice and tournament schedule can be found on the web site.



**Simley Spartan Wrestling Apparel**

**Become a Simley Spartan Wrestling Sponsor**

This is a terrific way to support wrestling in Inver Grove Heights at all levels: youth to high school. Your sponsorship directly supports this Newsletter the Web site and the youth of Spartan Wrestling. Contributions are tax deductible. Details & form on Simley wrestling web site. [www.simleywrestling.com](http://www.simleywrestling.com)

**Contribution of \$50.**

Pass List for all home meets.  
 Recognition in Newsletters, Home Programs, & [www.simleywrestling.com](http://www.simleywrestling.com) web site.  
One Simley Spartan Wrestling long sleeve T-shirt

**Contribution of \$100 or more.**

Pass List for all home meets.  
 Recognition in Newsletters, Home Programs, & [www.simleywrestling.com](http://www.simleywrestling.com) web site.  
Two Simley Spartan Wrestling long sleeve T-shirts  
***Thank You for Supporting Spartan Wrestling and the IGH Wrestling Club.***

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

**Next IGH Wrestling Club Board meeting:** January 3<sup>rd</sup>, at 7pm. Location posted on the varsity wrestling door. All are welcome to attend.

**High School Wrestlers** are reminded to turn in their Takedown/Pin fundraiser form to Coach Short if they have not already done so. ASAP. All money raised goes directly into the Spartan Wrestling program to provide opportunities for the wrestlers to learn, to achieve and to go as far as their talents, abilities and determination will allow them.

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