

# SPARTAN WRESTLING

# NEWSLETTER

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## **Simley Wins Consolation Bracket at STATE**

After losing first round action to the eventual Minnesota State Champion Apple Valley, the Spartans won their last two dual meets of the season to finish in 5<sup>th</sup> Place with a season record of 28-4. This was the twelfth time the Simley Spartans won the Section 3AAA tournament and the first time finishing as Consolation Champions. Simley defeated Bemidji in the first round of consolation 38-16 and in the finals dominated Totino Grace 38-14. The Spartans had four wrestlers go undefeated in Team dual action at State; #130 Seth Anderson, #145 Mitch Millner, #160 Tony Biggs and Hwt. Bill Lundblad.

## **Mitch Millner STATE Champion**

Mitch Millner beat Jake Sweet of Totino Grace 5-4 in the Championship match to be crowned Champion at #145. Millner faced Ryan Gamboni of Stillwater in the first round winning 11-3. In quarterfinal action Millner beat Jared Bangs of Little Falls 9-4. Semi-final action faced Millner up with Owatonna's Derek Skala and a 12-4 victory. Mitch finished the season 41-6. This is the third time Mitch has placed in the top six at the State Tournament. Mitch has a career record of 135-40. Mitch is Simley's 21<sup>st</sup> State Champion.

## **Tabbert, Anderson, Grosland, Rydberg & Lundblad**

Sounds like a powerful Law firm. Well, in a way it is. In addition to Millner's Championship five more Spartans placed at State in their respective weight classes. #119 Dan Tabbert placed 5<sup>th</sup>. Tabbert finished his senior season with a fall over Ted Wilczek of Little Falls. This was the second time Tabbert placed at State. #130 Junior, Seth Anderson placed for the third time in his career as a Spartan. Seth lost in the finals to T.J. Parlin of Austin 3-1. Seth finished the season with a 42-2 record. Anderson has positioned himself for a title run next season. Jeff Grosland

placed for the third time in his career finishing as Runner-up at the #140 class. Jeff lost in the finals 3-2 to Mike Fessler of Apple Valley. Jeff finished his Simley wrestling career with a 158-51 record. Senior Nick Rydberg lost to the eventual champ in the quarterfinals. Nick wrestled back winning four matches in a row to place 3<sup>rd</sup> at #215. Nick finished with a career record of 124-33. Sophomore Hwt. Bill Lundblad was the youngest heavyweight to make the State Tournament. Bill placed 6<sup>th</sup>. Lundblad finished his season with a 28-14 record. Bill will be the only State Place winner returning at heavy weight next season.

## **10 Simley Wrestlers Qualify For STATE**

Freshman Jake Tabbert was the Section 3AAA Champion at #103. Dan Tabbert placed second at #119 and became a three-time State entrant. Seth Anderson placed second at #130 becoming a three-time State entrant. #135 Brandon Murphy won his third Section title and is now a three-time State entrant. Jeff Grosland is one of only three, four-time Section Champions. Jeff won the #140 Section title. Mitch Millner is a three-time State entrant winning the Section title at #145. Steve Staples placed second at #152 and made his first trip as a State entrant. Tony Biggs became a four-time State entrant after placing second at #160. #215 Nick Rydberg pinned his way through the Section Tournament Placing 1<sup>st</sup>.

## **Simley's Team Places at Top in Sections**

Along with the ten State entrants, four more Spartan wrestlers placed in their weight class at the Section 3AAA tournament in 3<sup>rd</sup> or 4<sup>th</sup> Place. Kurt Knutsen placed 3<sup>rd</sup> at #112, finishing his season with 27-13 record. Alex Watrud placed 4<sup>th</sup> at #125. Cullen Berg placed 4<sup>th</sup> at #171 and Marcel Jones placed 4<sup>th</sup> at #189. These young men all wrestled as hard as they could and represented Simley with class.

### **Selected All Conference 2003-2004**

Jacob Tabbert, Kurt Knutsen, Dan Tabbert, Seth Anderson, Brandon Murphy, Jeff Grosland, Mitch Millner, Tony Biggs, & Nick Rydberg.

### **All Conference Honorable Mention**

Mark Prokopowicz & Marcel Jones.

### **Section 3AAA All Academic Team**

Jacob Tabbert, Dan Tabbert, Alex Watrud, Jeff Grosland, Steve Staples, Cullen Berg & Nick Rydberg.

### **Simley's 03-2004 Most Improved Wrestler:**

Nick Olson

### **Simley's 03-2004 Outstanding Wrestler:**

Tony Biggs & Nick Rydberg

### **Simley's 03-2004 'Tough Man' Award:**

Dan Tabbert

### **Tabbert & Rydberg All Academic**

The Minnesota High School Coaches Association selected Dan Tabbert and Nick Rydberg as Academic All State Wrestlers. Under Coach Will Short's leadership, Dan and Nick are the second & third Simley wrestlers to be selected to the Academic All State Team.

### **Silver Academic Award**

The Minnesota High School Coaches Association recognized the Simley wrestling Team's academic achievements in the classroom by presenting the Team with a "Silver Award" for having a Team GPA over 3.0. The Team GPA for the Spartans is 3.28. This is the highest GPA the Simley wrestling team has had under Coach Will Short. The Simley wrestling program continues to develop great student athletes.

### **Grosland in Senior Classic**

Jeff Grosland wrestled in the Minnesota-Wisconsin Senior Classic. Jeff lost two very close matches to Wisconsin State Champions. Grosland did a tremendous job this season achieving many of his wrestling goals. Jeff is an outstanding student and has represented Simley wrestling well through the years. Jeff, may your determination and commitment to working hard serve you well as you continue your life long learning.

### **Pin Record to Rydberg**

Simley's former record for most pins in one season was 28 held by Ben Radent from the 1994-95 season. Nick Rydberg crushed the record this season with 37 pins. Nick mastered a pinning combination called the

"straight arm turn" that he used to pin all but seven opponents. Nick finished his Simley career with 84 pins.

### **t2 nf2, R2 nf3, E1, fall@ - Rec. Play**

An important part of wrestling is statistics & video. Both are an excellent resource for wrestlers and coaches to measure a wrestler's growth and development. Coach Short, Madigan, Krebs, Lawrence, C. Short, Harms, Dickerson, & Dietrich Thank this season's Statisticians & Video Techs for their hard work and attention to details. Thank You~ Cassie Peterson, Tessa Berg, Jenna Ammerman, Ashley Hennen, Crystal DeLong Crystle Gallegoes, Keeley Vollmer, & Angie Briguet, Jessica Follmer, Cassie Peterson and Katie Stangl.

### **2003-2004 Simley Varsity Team Record**

Simley 78 South St. Paul 00

Albert Lea Duals

Simley 57 Faribault 21

Simley 69 Blaine 3

Simley 54 NHREG 19

Simley 36 Albert Lea 24

Simley 58 Wayzata 9

MN Xmas Tournament: 2<sup>nd</sup> of 32 Teams at Rochester MN

The Clash: 3<sup>rd</sup> of 32 Teams at Rochester MN

Simley 52 Osage IA 18

Simley 42 Caledonia 22

Simley 39 Adrian 28

Simley 30 Genbard North IL 25

Simley 29 Wasatch UT 36

Simley 14 Apple Valley 42

Simley 63 Mahtomedi 9

Rotary Tournament: 1<sup>st</sup> of 29 Teams at Bismarck ND

Simley 63 Sibley 3

Simley Team Tournament

Simley 41 Eden Prairie 19

Simley 40 Hastings 19

Simley 53 Minneapolis Edison 15

Simley 40 Anoka 20

Simley 51 Richfield 19

Grand Rapids Tournament

Simley 39 Bemidji 22

Simley 27 Cambridge 32

Simley 78 North St. Paul 00

Simley 54 Tartan 13

Armstrong Tournament

Simley 40 Eden Prairie 19

Simley 48 Bloomington Kennedy 23

Simley 53 Dassel Cokato 12

Section 3AAA Team: Champions

Simley 73 Cretin Durham 06

Simley 57 Sibley 15

Simley 33 Hastings 31

State High School Tournament: Consolation Champions

Simley 18 Apple Valley 35

Simley 38 Bemidji 16

Simley 38 Totino Grace 14

**Team Record: 28 wins-4 losses: .878 winning %age.**

### Individual Varsity Season Records

Name	Win/Loss	Pins & Tec Falls
Jacob Tabbert	28/11	14/3
Brian Watrud	4/0	2/0
Kurt Knutsen	27/13	9/1
Mark Prokopowicz	13/16	8/1
Zack DeLong	5/6	2/0
Dan Tabbert	29/12	7/5
Brady Trudeau	2/0	0/0
Tony Tulp	4/4	4/0
Alex Waturd	17/20	9/0
Seth Anderson	42/3	12/6
Brandon Murphy	35/12	8/6
Nate DuVal	10/9	2/0
Jeff Grosland	34/9	7/5
Mitch Millner	14/6	17/2
Tony Biggs	42/5	24/2
Nick Olson	3/2	1/0
Steve Staples	26/16	5/7
Cullen Berg	10/9	5/0
Marcel Jones	7/13	2/0
Nick Rydberg	45/3	37/0
Buddy Gelhaye	1/7	0/0
Bill Lundblad	28/14	19/0
John Prokopowicz	1/0	1/0
Tony Burger	1/0	1/0
Tony Kellner	1/0	1/0
Josh Lamers	1/0	1/0
Ryan Grosland	1/0	1/0
Chris Jones	1/0	1/0
Team Simley: Pins	198.	Opponents: 54.
Simley: Takedowns	1089.	Opponents: 468.
Simley: Tech Falls	39.	Opponents: 5
Simley: 467 Wins.		Opponents: 204 Wins.

### Junior Varsity Team Record 18-4

#### **1<sup>st</sup> Place JV Conference Tournament**

Simley 72 South St. Paul 09
Albert Lea Duals
Simley 57 Faribault 22
Simley 60 Blaine 24
Simley 42 NHREG 42
Simley 33 Albert Lea 43
Simley 58 Wayzata 9
JV Xmas Tournament at Anoka
Simley 51 Hastings 24
Simley 34 Cambridge 33
Simley 28 STMA 42
Simley 49 Anoka 28
Simley 60 Mahtomedi 9
JV Tournament at Cooper
Simley 60 Rosemount 13
Simley 27 Owatonna 41
Simley 57 Cooper 17
Simley 51 Sibley 06
Simley Team Tournament
Simley 63 Eden Prairie 18
Simley 38 Hastings 34
Simley 66 Minneapolis Edison 06

### Junior Varsity Team Record continued:

Simley 40 Anoka 33
Simley 63 Richfield 10
Simley 81 St. Thomas 00
Simley 30 Tartan 44
Simley 84 North St. Paul 00

### Individual Junior Varsity Season Records

Name	Win/Loss	Pins	JV Cof. Place
John Prokopowicz	18/4	9	1 <sup>st</sup> Place
Kyle Bulera	4/0	1	
Brian Watrud	18/3	10	1 <sup>st</sup> Place
Zach DeLong	9/1	7	
Mark Prokopowicz	1/0	1	
Brady Trudeau	14/14	3	4 <sup>th</sup> Place
Mike Monjeau	6/7	2	3 <sup>rd</sup> Place
Josh Lamers	6/6	3	
Matt Lippert	3/5	1	2 <sup>nd</sup> Place
Jordan Wild	5/8	2	1 <sup>st</sup> Place
Ryan Grosland	22/6	11	1 <sup>st</sup> Place
Tony Kellner	18/8	5	2 <sup>nd</sup> Place
Andy Doyan	5/14	3	2 <sup>nd</sup> Place
Steve Staples	3/0	3	
Alex Watrud	4/2	4	
Cullen Berg	12/0	10	1 <sup>st</sup> Place
Tony Burger	18/10	11	2 <sup>nd</sup> Place
Brandon Millner	4/6	1	6 <sup>th</sup> Place
Kurt Knutsen	4/1	1	
Justin Murray	1/3	1	
Nick Olson	13/5	9	1 <sup>st</sup> Place
Tim Clark	1/3	1	
Chris Jones	6/6	6	
Nate DuVal	14/1	8	
Marcel Jones	7/6	5	
Tony Tulp	1/1	1	
Jacob Tabbert	2/0	2	
Bill Lundblad	1/0		
Buddy Gelhaye	14/0	10	1 <sup>st</sup> Place
JV Team Simley: Pins	131.		JV Opponents: 62.
JV Simley: Takedowns	365.		JV Opponents: 256.
JV Simley: 234 Wins.			JV Opponents: 118 Wins.

### **Thank You Takedown & Pin Supporters**

Each season the wrestlers participate in a Takedown & Pin fundraiser asking sponsors to pledge \$'s per their season Td's and falls.

The Spartan wrestlers would like to thank their sponsors: Parents, Grandparents, Aunts, Uncles, Siblings, Neighbors, Friends & Parent's Co-workers. Your pledge of financial support to IGH wrestling provides opportunities for our student athletes to learn, to achieve and to go as far as their talents, abilities and determination will allow them. Developing, and building upon the Simley Wrestling tradition.

### **IGH Youth Folkstyle Wrestling**



Our Region 3 MN/USA Wrestling Folkstyle Qualifying wrestlers for State are: Bamtams- #50 Kyle Nordstrom, #55 Cortez Arrenodo, #55 Mack Short. Midgets- #60 Pedro Delao & Kyle Gliva, #65 Jake Short, #70 Nick Wanzek, #87 Tim Rascher, #122 Jeremiah Morse, #120+ Matt Kadrlik. Novice- #65 Matthew Kruse & Steven Levine, #70 Dylan Wright, #80 Alex Biggs, #85 Tommy Glenn, #95 Kurt Julson, #100 Torrie Morgan, #130 Luke Perkerwicz. Schoolboy- #70 Phillip Levine, #90 Jack Barnes, #95 Kyle Bulera, #100 Jake Hoffner, #115 Mic Berg & Connor Anderson, #250 Charlie Gelhaye. Cadet- #119 Kurt Knutsen, #171 Tim Clark & #189 Cullen Berg.

Congratulations to all our youth wrestlers for the tremendous amount of work they have done this season:

- Developing wrestling technique
- Discipline, Conditioning & strength
- Losing & Winning with honor & respect
- Team work
- Healthy eating habits

Our young wrestlers have represented Simley and Inver Grove Heights MN well. The IGH Wrestling Club is thankful for the many hours our coaches put into the program working with our youngsters developing their talents and abilities, nurturing the kids determination and love of the sport.

Head Coaches; Chris Short, Keith Gliva and Dan Glenn appreciate the excellent attendance to weekly practices and support parents show their wrestlers and the coaches. Thank you & Congratulations!!!

### **Minnesota USA Wrestling Folkstyle Champions: Delao, Wright and Julson**

Minnesota USA wrestling State Folkstyle tournament was a positive experience for our youthful wrestlers. The wrestlers performed well in a very busy, crowded, loud, exciting and exhausting atmosphere. Many of our Place winners emerged from weight classes of over 20 wrestlers. Three Spartans were crowned Champion. Midget #60 Pedro Delao, Novice #70 Dylan Wright, and Novice #95 Kurt Julson.

Well done and congratulations Pedro, Dylan and Kurt.

In addition to three Champions more Spartans placed at MN/USA State in their respective weight classes. Bantam: #50 Kyle Nordstrom 5<sup>th</sup> Place, Midget: #60 Kyle Gliva 2<sup>nd</sup>

Place, #65 Jake Short 3<sup>rd</sup> Place, #112 Jeremiah Morse 2<sup>nd</sup> Place, 120+ Matt Kadrlik 4<sup>th</sup> Place. Novice: #80 Alex Biggs 5<sup>th</sup> Place, #100 Torrie Morgan 3<sup>rd</sup>. Schoolboy: #70 Phillip Levine 4<sup>th</sup> Place, #90 Jack Barnes 2<sup>nd</sup> Place. #95 Kyle Bulera 4<sup>th</sup> Place, #250 Charlie Gelhaye 2<sup>nd</sup> Place. Cadet: #171 Tim Clark 6<sup>th</sup> Place, #189 Cullen Berg 3<sup>rd</sup> Place.

Well-done wrestlers. Your success speaks to the valuable instruction in the practice room, your practice intensity and to your quality practice partners. There is pride in calling yourself “a Spartan Wrestler”.

## **Champions Are Made In The Off-Season**

IGH Wrestling Club provides wonderful opportunities for wrestlers to better their wrestling talents and abilities.

- ✓ Wrestlers participate in a regimented **weight lifting** program through the Spring, Summer and Fall. Use Simley’s weight room or get up to The Grove.

- ✓ Participate in **Freestyle wrestling** under the direction of Mr. Jim Short. Sign up: 6&7pm on April 6<sup>th</sup>. Cost \$30. K-8<sup>th</sup> grade practice from 6-7:17pm Tuesday & Thursdays. 9<sup>th</sup>-12<sup>th</sup> grade practice at 7:15pm Tuesday & Thursdays. Wrestlers attend Saturday Open tournaments. Remember: Weigh-in 7-8:30am

April 3<sup>rd</sup> Eastview High School

April 10<sup>th</sup> South St. Paul High School

April 17<sup>th</sup> Apple Valley High School

April 24<sup>th</sup> Forest Lake High School

May 1<sup>st</sup> Region Qualifier Hastings High School

Sun. May 9<sup>th</sup> State Jr’s Freestyle Champlin Park

Sun. May 9<sup>th</sup> Kids/Cadets Wild Card Shakopee

May 14-16<sup>th</sup> State Freestyle Kids & Cadets at

Rochester Community College [New location]

June 16-19<sup>th</sup> Northern Plains Regional National in Rockford IL.

- ✓ **Cadet & Juniors** A place finish at MN/USA State Freestyle or State Greco offers an invitation to participate in MN/USA Wrestling Team Storm camp. The top wrestlers from camp at each weight are selected as a member of Minnesota’s Team Storm that competes at the Wrestling Nationals in Fargo ND July 25<sup>th</sup>-31<sup>st</sup>. Camp is held the week prior to Nationals. For

more information contact Coach Will Short or Mr. Jim Short.

- ✓ **Granby Camp:** Learn the basic mechanics and fundamentals of how to do the Granby. Learn to drill the techniques and movements to create openings for the Granby. 7 pm, June 14, 15, 16<sup>th</sup> and each Tuesday evening following through out the summer in Simley's wrestling room. Please contact Brian Millner #552-0303 to express your interest in participating. There is no \$\$ cost to the wrestlers. There is the price of each wrestlers dedication to drilling and practice.
- ✓ **AAU Ironman Tournament May 28-31<sup>st</sup>** sign-up: Wednesday, April 14<sup>th</sup>. Cost \$175 covers entry fee, hotel & transportation. Mandatory Ironman Practices each Wednesday 6:30-8:30 and May 18, 20, 25, & 27<sup>th</sup>. Wrestlers are encouraged to attend as many Freestyle practices as possible and participate in Saturday Open tournaments. Wrestlers are trained & coached by Mr. Jim Short. *Ironman??* A three- day tournament with three styles of wrestling. Beginning on May 29<sup>th</sup>, Folkstyle, the 30<sup>th</sup> Freestyle, and 31<sup>st</sup> Greco. Only one weigh-in, Friday, May 28<sup>th</sup> 3-7pm. Location: Nelson Fieldhouse, Bloomsburg University, Bloomsburg PA. The Club must have 20 wrestlers or we won't go. Questions contact Will or Jim Short.
- ✓ **Simley Wrestling Team Camp** date/week soon to be determined. This camp is not just about becoming a better wrestler it is about becoming a better Team. Simley wrestlers 7<sup>th</sup>-12<sup>th</sup> grade need to attend this camp. Teamwork and wrestling technique is the focus of camp. The IGH Wrestling Club and the High School coaching staff will do everything they can to keep the cost of this camp affordable for all. This is a compelling week as wrestlers build Team strength. More information to follow.

"Wrestlers, take advantage of the opportunities provided. Participate at your highest level. Train to be the best you can be. Don't just go through the motions."

Coach Will Short.

## **IGH Wrestling Club Fundraiser People Like You Make All The Difference!**

The IGH Wrestling Club board members would like to extend their heart-felt appreciation to each parent & fan volunteer who helped make the Folkstyle season run smoothly. Your help is needed again, April 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup>. Due to MN/USA Wrestling revamping their competition schedule this season IGH Wrestling missed out on a traditional fundraiser, the IGH Freestyle Open.

The IGH Wrestling Club was given the opportunity to host an AAU Basketball tournament at Simley April 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup>. With much thought the Club has chosen to accept this opportunity.

Do we know basketball??? Yes, believe it or not some of us do or we know whom we can turn to for guidance. The board is making great effort in the organization of hosting a quality tournament. Our Club will raise \$\$ funds from the gate admission and concessions.

The IGH Wrestling Club is in need of VOLUNTEERS for: Friday 4-10pm, All day Saturday and Sunday 8a-4pm.

This is an opportunity that PARENTS of ALL wrestling AGE LEVELS are needed to help out with. Help is needed at concessions, the gate, clean-up and table workers. Parents can sign up at practice or at April 6<sup>th</sup>, Freestyle registration.

Parents, Thank you for taking time out of your busy schedule to work the tournament. Funds raised at this basketball tournament will go directly to supporting the development of our Spartan wrestlers at all age levels. Thank you to: Scott Rydberg for your leadership in the tournament organization. Operations Manager: Kim & Mark Madigan, Building Supervision: Jim & Will Short, Daily facility clean up: Mark Berg & Tim Murphy, Gate workers: Gary Grosland, Concessions: Jodi Millner, Theresa Murphy, Tammy Rydberg and Volunteer sign-up coordinator: Ted Biggs.

**Dear Reader**, Thank you for being a part of the Simley wrestling family. Your interest in our program and our wrestlers is a sense of pride for our Program. The IGH Wrestling Club works hard in providing opportunities for our wrestlers to develop their talents and character. We thank you for your interest and encouragement.

Respectfully, IGH Wrestling Club.