

# Spartan Wrestling Newsletter

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May 2004

## The Guillotine's All Academic Team Grosland and Rydberg

The Guillotine, Minnesota's amateur wrestling newspaper has selected Jeff Grosland and Nick Rydberg to their All Academic team. Jeff finished his Simley wrestling career placing second in State at #140. Jeff also managed a 3.95 grade point average. #215 Nick Rydberg is an outstanding student in the classroom with a GPA of 3.93. This season Nick placed third in the State Tournament. This is Nick's second selection to an All Academic team. Previously this season Nick was chosen to the MN Wrestling Coaches Association All Academic Team. Dan Tabbert was chosen to The Guillotine's second Team Academic. Dan was also a MN Wrestling Coaches Association All Academic Team member. Jeff and Nick become the 17<sup>th</sup> & 18<sup>th</sup> wrestlers in Simley history to win Academic All State honors from The Guillotine. Congratulations to these three wrestlers. They are terrific examples of student athletes; discipline, academics, hard work, honor, respect, team unity, conditioning, technique, courage, self respect, strength, intensity, and Faith, all in the pursuit of excellence.

## Spartans Off To College

The Simley coaching staff would like to congratulate the senior wrestlers on earning their Diploma. All of our graduates have chosen to seek additional education. Some of our student athletes will continue to wrestle in college, others focusing strictly on school. The staff at Simley believes that wrestling is a



major contributor to the success of these student athletes. The Simley coaching staff will continue to challenge all of our wrestlers to pursue additional education beyond their Simley HS career.

Dan Tabbert	Dunwoody	Electrician
Jeff Grosland	MN Duluth	Medical
Nick Olson	Navy	
Tony Biggs	Augsburg	Elem. Ed/Wrestling
Lee Knutson	undecided	
Nick Rydberg	St.Olaf	
	Physics/Computer Science/Football	
Casey Hellenberg	DCTC	Wrestling
Buddy Gelhaye	Augsburg	Biology/Wrestling

## Thank You, Thank You, Thank You,

The Board Members of the IGH Wrestling Club would like to extend a huge *Thank You* to the many parents and wrestlers that gave of their time and talents as the Wrestling Club hosted an AAU boys basketball tournament this past April. Everyone's attention to details and your genuine hospitality made for an enjoyable basketball tournament for many young men and their families.

Due to MN/USA Wrestling revamping the Freestyle tournament schedule resulting in the loss of our annual Freestyle Open, running this basketball tournament became a welcomed fundraiser. Money raised through concessions and the admission fee will go directly back into our wrestling program. Money earned will help support the efforts of offering every wrestler in our program opportunities to learn, to achieve and to go as far as their talents, abilities and determination will allow them. Thank you for supporting Simley Spartan Wrestling.



## **Simley Freestyle State Qualifier**

The Spartans have a number of wrestlers competing in an extended wrestling season. These Spartans have continued the commitment to develop their wrestling technique 2-3 evenings a week in the practice room. Some of our Spartans have a busy evening schedule due to Spring sports and work are in the room drilling at 6:30 am, prior to school. Congratulations to our Spartans who competed at the Kids & Cadets State Freestyle tournament in Rochester the weekend of May 15 & 16.

Mack Short, Jake Short, Dylan Wright, Cola Jensen, Jacob Tabbert, Mic Berg, Jake Hoffner, Jack Barnes, Kyle Bulera, Charlie Gelhaye, John Prokopowicz, Cullen Berg, Zach Delong, Brady Trudeau, Kurt Knutsen and Tim Clark.

## **8 Place Winners At Freestyle State**



Congratulations to Schoolboy hwt. Charlie Gelhaye for his 1<sup>st</sup> Place finish.

Mack Short battled to a 2<sup>nd</sup> place finish. Jake Short and Dylan Wright 3<sup>rd</sup> place. Cullen Berg placed 3<sup>rd</sup>. Mic Berg and John Prokopowicz placed 4<sup>th</sup>. Cola Jensen place 6<sup>th</sup>. Congratulations to all of our Spartan Wrestlers on two tough days of wrestling.

## **Greco State**

School Boy #100 Kyle Bulera placed 2<sup>nd</sup> at the 2004 State Greco-Roman tournament. Simley's #171 Tim Clark placed 6<sup>th</sup>.



Congratulations Kyle and Tim for your outstanding performance!

## **Granby Camp**

Wrestlers, 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. Meet; June 14, 15, 16<sup>th</sup> at 7pm, and each Tuesday evening following through out the summer in Simley's wrestling room. Please contact Brian Millner at #552-0303 to express your interest in participating. There is no cost \$\$ to wrestlers to participate in this wrestling camp. There is the price of each wrestler's dedication to drilling and practice.

## **Hall of Fame**

April 24<sup>th</sup> the National Wrestling Hall of Fame and Museum Inducted Jim Short into the Hall of Honor. Jim is recognized for his lifetime of service to the sport of wrestling. Minnesota High School wrestling ranks among the best in the country and Jim Short certainly is one of the reasons why. He is seemingly tireless. Jim has served on numerous State and National wrestling boards. As a high school coach at Simley, teams were the talk of the State in the late 1980's and early 1990's winning State team titles in 1987, 1988, 1989, and 1992. Jim Short's teams captured runner-up finishes in 1991, 1994 and 1995. Among the 16 individual State Champions Jim coached seven titles were won by his sons John, Chris, Will and Wade. Twice Jim Short was named MN's 'Coach of the Year'; 1987 & 1998. Jim was selected MN USA Wrestling "Man of the Year" in 1990. This Spring, Jim Short was selected as "MN's Athletic Director of the Year" by his peers. Jim Short's success as a coach will always be available in the record books, but his contributions to the improvement of wrestling in Minnesota will play out on the mats for years to come. Congratulations Jim Short!!!

**Wrestlers,** Best Wishes at Ironman. Enjoy the three days of intense wrestling and making lifetime memories. May your dedication to the regimented training serve you well as you represent yourself, Spartan Wrestling and the community of Inver Grove Heights, Minnesota. Go Spartans!



# Spartan Ironman 2004

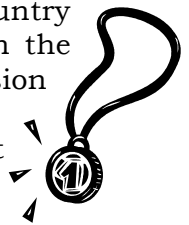
Thirty, Spartan wrestlers are currently training to make the long trip to Bloomsburg, Pennsylvania to wrestle in the AAU Ironman World Championships over Memorial weekend.



The Spartan Ironman team will depart from the Simley parking lot at 8pm on Thursday, May 27<sup>th</sup>. Travel 17 hours by bus and arrive in Bloomsburg, PA on Friday the 28<sup>th</sup> for weigh-ins. Wrestling will begin for the Spartan team on Saturday morning with a Folkstyle tournament. On Sunday the team wrestles Freestyle and on Monday a Greco tournament. The Spartan Ironman team will return to Simley on Tuesday June 1<sup>st</sup>.

The IGH Wrestling Club believes that every wrestler in our program deserves opportunities to attain their goals in wrestling. The Club believes that the Ironman experience encourages many of our student athletes to continue their strength, conditioning and technique training beyond the traditional high school season by competing in the three styles of wrestling over the Memorial weekend.

The Ironman experience is unique in that no other tournament in the country offers the opportunity for wrestlers to compete in three styles of wrestling within the same tournament. Each day tournament place finishes are earned. At the conclusion of the three days, place points are tabulated; a Gold, Silver and Bronze Ironman are crowned at each weight class. Our Spartan wrestles that have taken part in past Ironman training regiments, and wrestled in the Ironman have made significant progress towards attaining their goals as wrestlers.

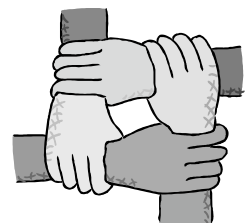


Wrestlers are financially responsible for their AAU card, tournament registration, food and a lodging contribution. The IGH Wrestling Club is supporting the remaining portion of the trip's expenses; transportation and remaining lodging fee. Transporting 30 eager wrestlers takes in the neighborhood of \$6000.

- The IGH Wrestling Club is seeking Business, Individual, or Organizational sponsorship of this 2004 Spartan Ironman Team. If you are interested in making a donation over \$250 and being placed on the Ironman Team shirt as a sponsor, please contact Will Short by noon of Friday, May 21<sup>st</sup> at 651-306-7944. Thank You.
- If you are interested in helping fund a smaller portion of this trip please send a check to: IGH Wrestling Club, 1850 58<sup>th</sup> Court East, Inver Grove Height, MN 55077, memo on check: Ironman Team. Thank You.

*All* persons, organizations, businesses that sponsor the 2004 Spartan Ironman Team will be featured in an Ironman edition of the Newsletter.

**Our 2004 Spartan Ironman Team members are:** Mack Short, Jake Short, Kyle Bulera, Jack Barnes, Jake Hoffner, John Prokopowicz, Mark Prokopowicz, Tim Clark, Zach DeLong, Mic Berg, Cullen Berg, Brian Watrud, Kurt Knutsen, Jacob Tabbert, Brandon Millner, Alex Watrud, Tony Burger, Bill Lundblad, Ryan Grosland, Nate DuVal, Brandon Murphy, Mitch Millner, Seth Anderson, Dan Tabbert, Buddy Gelhaye, Nick Rydberg, Josh Anderson, Nick Olson, Tony Biggs, Marcel Jones and former USA team member & former 2x State Champion Chris Short wrestling in the masters division.



The Ironman Team is lead by Coach Jim Short.