

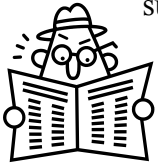
SPARTAN WRESTLING

NEWSLETTER

PUBLISHED BY INVER GROVE HEIGHTS WRESTLING CLUB NOVEMBER 2003

Lets Get Ready to Wrestle!

Welcome to the 2003-2004 Wrestling Season. Last season our wrestlers had many positive accomplishments on and off the mat. Now it's time to put last season behind us and begin building a successful 2004 season. New goals and objectives have been set and wrestlers have put in many hours on the mat and in the weight-room in the off-season.



This newsletter enters its 6th year of bringing to you the exciting news of what's happening with Wrestling in Inver Grove Heights at ALL age levels. Our Wrestling youth, coaches, parents and fans travel through out the State of Minnesota and Country representing Inver Grove Heights to the best of their ability on and off the mat.

In addition to hard work in the practice room our wrestlers are attentive to their studies. The past 02-03 season 8 of our 14 varsity weights earned Academic All Conference. One wrestler earned Academic All State honors and three wrestlers, Academic All State 2nd team honors.

Each Spartan Wrestler, their family and our wrestling fans are important to IGH Wrestling success.

This season we'll hear from Coach Short as he responds to Varsity match-ups. We will follow our JVarsity and 9th Grade teams and will continue our coverage of our Middle School athletes. In addition, you'll get the scoop on how our elementary wrestlers are developing their skills. For they are the Simley wrestling future.

The IGH Wrestling Club believes it is important to recognize our young wrestler's accomplishments. Our current address bank is 400+ strong and with the addition of an Electronic Spartan Newsletter last season, even more households get the *scoop* on Spartan Wrestling. Get the details on the last page as to how you can support this publication and Spartan Wrestling.



Simley Varsity & JV Wrestling

2003-2004 Schedule

- Dec. 5th, So.St. Paul @ Simley *KIDS NIGHT
- Dec. 6th @ Albert Lea Duals
- Dec. 11th Simley @ Wayzata
- Dec. 13th IGH Kids/Middle School Wrestling Tournament at Simley High School
- Dec. 19th & 20st Varsity- MN Xmas Tournament at Rochester MN
- Dec. 20th JVarsity- Anoka Duals
- Jan. 2nd & 3rd V-The Clash @ Rochester MN
- Jan. 8th Simley @ Mahtomedi
- Jan 9th & 10th, V-Rotary Tourny @ Bismark ND
- Jan. 10th JVarsity-Cooper Tournament
- Jan. 15th Sibley @ Simley *PARENTS NIGHT
- Jan. 17th Simley Team Tournament
- Jan. 22nd Richfield @ Simley
- 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.

Welcome Back to Simley Wrestling

By Coach Will Short

The Spartans are ready to reload and compete in the 2003-04 season. Many of the Simley wrestlers have grown and there will be some new faces in the Spartan line up. Look for freshman Jake Tabbert, Brian Watrud and Kurt Knutson to hold down the #103, #112 weight classes. Mark Prokopowicz should see some varsity time at #119 and watch for freshman Zack DeLong to contribute as well. Zach is coming off a season where he won the Triple Crown and seems to be ready for high school action. At

#125 Senior captain Dan Tabbert should continue his successful career after finishing 2nd at #103 last season. Seth Anderson and Alex Watrud should carry the #130 and #135 weight classes. Seth is coming off a 5th place finish in 2003. Alex placed 6th at #112 last year at the section tournament and will be moving up in weight. At #140 2 x section champion Brandon Murphy should be a stable force. Watch for Nate DuVal to contribute as well. Senior captain Jeff Grosland should handle #152 or #145 during his senior season. Jeff has wrestled varsity since 7th grade and is a three time State entrant and two time State place winner. Mitch Millner will move above Jeff and wrestle at #160 or #152 most of the season. Mitch is coming off a 3rd place finish in last years State tournament. Steve Staples has spent a tremendous amount of time in the weight room and will see some time at #160 and #171. Captain Tony



Biggs will start at #171 and will try and close out his senior year with a State Championship. #189 is up in the air. At #152 Senior Lee Knutson maybe the starter but Lee will be pushed by underclassman Cullen Berg, Tony Burger and Chris Jones. Senior captain Nick Rydberg should finish his career with another great season at #215. Nick is coming off a 5th place finish at last years State tournament. Hwt will see three wrestlers battling for the spot. Senior Casey Hellenberg leads the way after winning the section title last year. Bill Lundblad and Buddy Gelhaye will challenge Hellenberg each week. The Spartans have six individual State place winners back and coming off a 2nd place Team finish.

Last season our fan support was terrific. The wrestlers and coaches look forward to your energetic encouragement this season!

Takedown & Pin Fundraiser. Simley and IGH Middle School wrestlers are seeking financial support for Spartan Wrestling by gathering pledges per their wrestling Takedowns and/or Pins. In March, at the conclusion of the 2003-2004 Varsity season sponsors will receive a letter stating the wrestler's season "Takedown" & "Pin" total stats and the pledged total. Your Donation is 100% tax deductible. 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. Sample pledge: Simley Wrestler's 41 Takedowns X's \$.50 = \$20.50 plus 9 Pins X's \$1.00 = \$9.00 Total \$29.50

IGH Wrestlers of ALL ages please bring a 24 case of POP to the High School Wrestling room by Thursday, Dec. 4th. This pop will be sold at concessions beginning Friday Dec. 5th.

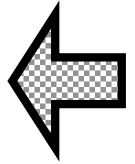
Grade: 10th, 11th & 12th = Mt. Dew

Grade: 8th & 9th = Dr. Pepper

Grade: 5th, 6th & 7th Pepsi/Coke

Grade: 3rd & 4th – Diet Pepsi/Coke

Grade: K, 1st & 2nd Sprite



IGH Kids PreSchool-5th for the Dec. 13th tournament please bring a 24 case of pop or \$8 for your tournament entry fee.

Varsity Tournament Hotel Accommodations

Parents & Fans interested in hotel accommodations for "The Clash" in Rochester January 2nd & 3rd. Seventeen rooms are reserved at Best Western Soldier's Field Hotel, Rochester for Jan 2nd & 3rd. All rooms are double queen, non-smoking, continental breakfast and shuttle service to/from the Field house. \$59 rate. Call 800-366-2067 or 507-288-2677 by December 12th; ask for Darla Hammel and the Simley wrestling accommodations.

Accommodations for "The Rotary Tourney" in Bismarck ND, January 9th & 10th. Twenty rooms have been reserved for Thursday Jan. 8th & Friday Jan. 9th. The team will be heading home directly after the tournament's conclusion on Saturday Jan 10th. The tournament will begin at 10am Fri. January 9th. (Bismarck a 6 hour drive in good weather) The rooms are double queen, non-smoking at a rate of \$65. To reserve a room, please call 800-528-1234 or directly at 701-258-7700 x1601 {Cheryl Dressler} ask for the Simley wrestling accommodations. Reservations must be made by Monday, Dec. 15th.

The Simley wrestling program is currently ranked #19 in the country by Amateur Wrestling News. **Youth wrestling is where the Simley tradition begins!** Kindergarten – 5th Grade Wrestlers, Saturday, November 22th. 9am. Is "registration" & "kick-off practice" date for IGH Wrestling Club, Kids Folkstyle Wrestling. \$75 registration covers the cost of the MN/USA wrestling card, t-shirt & coaching. **Meet 9am on Nov. 22nd in the Simley High School wrestling room for**



a parent meeting and first practice. Wrestlers & Parents will receive a detailed calendar of practice times and Kids Tournament dates.

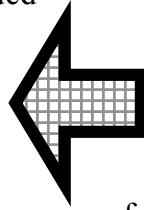
Youth will practice Monday and Thursday evening's & Saturday mornings unless competing in a tournament. Wrestlers will be divided according to experience level.

Monday & Thursday

6-7pm Level I –1st & 2nd year wrestlers.

7-8:15pm Level 2 –3rd year and above.

9am Saturday –All Wrestlers



“The Simley wrestling program is one of the best in the nation. We have been a top 10 program for the last 15 years. The high school team is coming off a 2nd place finish in the AAA State tournament and 9 individual place winners. Most of the wrestlers on the current Simley team started in the IGH elementary program. If you want your son to be a part of a *great* program this is the time to get him started” Simley Head Coach Will Short. More information call 651-306-7944.

➔ **Friday, Dec. 5th** Spartan Varsity & JV wrestlers will recognize the Youth wrestlers, our energetic future of Simley wrestling, between the JV & Varsity matches. This will be a special event as the “Big Guys” recognize and cheer the “Little Guys”. Moms & Dads don't forget your camera; it will be a special memory.

Changes in The Kids Folkstyle Season MN/USA Wrestling will change their tournament schedule to better align with USA Wrestling Regional & National schedule. The Kids/Cadets Folkstyle tournament is moving to March, 26-28th at the ‘new’ Rogers High School. In preparation for the tourney the Region Qualifier will be March 13th, location TBA. March 21st is the Wildcard at Centennial High School. USA Wrestling National Kids-Cadets Folkstyle tournament is April 2nd –4th in Cedar Falls, IA. Details on the Spartan Freestyle season will be announced in February. Check out MN/USA Wrestling's web page for more specifics. mnusawrestling.org

Barnes Northern Plains Regional Tournament Champion! In Bismarck, ND June 12-14th; Seven Midwest States brought together their top Freestyle wrestlers for head-to-head competition. Four Spartans represented Team Minnesota in this multi-State Freestyle Tournament.



Novice: #85 Jack Barnes earned an exciting First Place finish by revenging

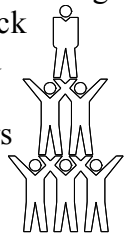
an earlier loss and pinning a tough Wisconsin opponent in the third period. Schoolboy: #90 John Prokopowicz went 2-2 in a tough weight class and DNP. #95 Jacob Tabbert placed 6th going 3-3 at the tourney. #125 Zach DeLong placed 6th in an OT finish. Zach was 3-2 for the tourney. Thank You to Coach Jim Short for his guidance & coaching mat side.

Spartan Kids (Elementary & Middle School) Folkstyle Tournament Sat. December 13th. At time of publication weigh-in times were not available.

Pat Short 2002 USA Wrestling Woman of the Year. This past July in Fargo ND at the Cadet-Junior Nationals USA Wrestling recognized Pat Short for her contributions to the sport of wrestling to our Country. Pat began working National level events in 1979. She holds the highest rankings for paring officials on the International and National level.

Pat, we are very grateful for the incredible amount of time and energy you have put into the sport of wrestling. Your energy, enthusiasm, desire and patience to teach others are a tremendous asset for Minnesota wrestling and a Blessing for Spartan wrestling. Congratulations Pat!

IGH Wrestling Club Annual Meeting was held September 21st at South Valley Park. IGH wrestling supporters gathered for a fantastic potluck feast, fellowship, business, a little drizzle and football. The general election was held to fill Board vacancies. Our [03-05] Board members are: Gloria Lynaugh, Mark Berg and Tim Murphy. All members of the IGH Wrestling Club are invited to attend board meetings. When possible meeting dates are published in this newsletter, or you may contact Barb Watrud IGH Wrestling Club Secretary at 457-7867. The next Board meeting is Nov. 18th at 7pm, Simley, in Mr. Collopy's classroom (near the main office).



One of the many strengths of the IGH Wrestling Club is the level of parent & fan involvement when we host tournaments. Parents please mark these dates on your calendar. We will need your help to extend our energetic Spartan hospitality.

Sat. Dec. 13th IGH Kids & Middle School

Folkstyle Tournament.

Sat. Jan. 17th Simley Team tournament (V & JV)

Fri. Feb. 20th Team Section Finals

Simley Wrestling Golf Classic

Saturday, October 4th IGH Wrestling Club sponsored our 2st Annual Golf Classic at Rich Valley Golf Club (27 holes). Everyone, golfers, hosts and hostesses had a grand day of fun and friendship. Good memories were made.



Golfers had opportunities to earn 27 hole prizes & numerous door prizes. We thank our sponsors who are responsible for the great prizes and delicious food; Smurfitt Stone, Target, East Metro Sports, Team Sporting Goods, Tom & Cindy Stangl, Steve & Barb Watrud, True Value Hardware, AirGas, CSC-Chris Short, Todd Knutson, Gina & Bill Ryan, American Security, Jeff Durdin, MaryKay-Bobbie Short, Jim & Julie Staples, Walsh Title, John Frautschi, Quickparrot.com, Dell, Mark Madigan, McCarthy-Due Sales, Keller Fisher & Associates, Sams Club, Dale & Linda Lindberg, Cub Food, & Rainbow Food.

Many talents were called upon in the planning and hosting of this event. The Club would like to recognize and Thank; Gina Ryan, Pat Short, Gloria Lynaugh, Michelle Biggs, Sue Biggs, Brian & Jodi Millner, Phil & Kathy Prokopowicz, Cindy Stangl, Jodi Short, Coach Short, Tony Biggs, Dan Tabbert, & Jacob Tabbert.



Boya Fundraiser

Saturday Oct. 25th a number of middle school and high school wrestlers participated in Vietnam Veterans of America Post 639 Boya fundraiser. The wrestlers served 60 gallons of the delicious hearty soup. Thank you captains Tabbert, Grosland, Biggs and Rydberg for your leadership.

IGH Wrestling Club Apparel will be available to purchase & order at the Kids Saturday registration Nov. 22nd. An apparel table will be available at the Dec. 5th meet & Sat. Dec. 13th from 9-11am. Apparel ordered from the enclosed form should have payment payable to "JD Lettering."

Become a Newsletter Sponsor

Who Will Step Up Next? This newsletter is made possible because of our sponsors. As our sponsors have grown we are provided grater opportunities to get the word out about the accomplishments of our

youth as they represent the Inver Grove Heights community on and off the mat. Last season we added an Electronic version of the Newsletter. Family and friends of our wrestlers appreciated having you forward the "good news" of Spartan Wrestling along to their computers. We will continue to do so this season.



To receive five Spartan Wrestling newsletters electronically, email your address to Polly Tabbert at: Ktabbert@aol.com. It is *VERY* important that you place Simley Spartan Wrestling in the subject heading.

Subject heading: Spartan Wrestling
First & Last Name and email address.

If you have an address you'd like added to our US postal address bank please give that to Polly Tabbert in writing or email the address to her at ktabbert@aol.com Subject: Spartan Wrestling.

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

With a contribution of \$50 or more to IGH Wrestling Club receive...

- ✓ 5 Issues of Spartan Wrestling Newsletter.
- ✓ 'Pass List' for Home meets.
- ✓ Recognition in each Newsletter, Home meet Program & Electronic Newsletter.
- ✓ One, "Who's Next?" long sleeve T-shirt.

With a contribution of \$100 or more to IGH Wrestling Club receive...

- ✓ 5 Issues of Spartan Wrestling Newsletter.
- ✓ 'Pass List' for All Home meets.
- ✓ Recognition in each Newsletter, Home meet Program & Electronic Newsletter.
- ✓ Two, "Who's Next?" long sleeve T-shirt.

Contributions received prior to December 12th will receive their t-shirt before the Holiday. A newsletter contribution table will be available at the December 5th home meet and Dec. 13th IGH Kids/Middle School Tournament. All contributions to the Newsletter go directly back into the IGH Wrestling program to promote our wrestlers successes. Contributions are tax deductible. *Thank You* for Supporting IGH Wrestling.

Next Issue: January, after The Clash.