

Spartan Wrestling Newsletter

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www.simleywrestling.com

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Jam packed with Folkstyle wrestling results!

A message from our IGH Wrestling Club Board

Simley wrestling success comes from a tremendous amount of hard work and determination from our wrestlers, coaching staff & volunteers. Parents, we're grateful for your encouragement, support and respect of the wrestlers and their training. Many lifetime memories were created this season. Thank you for sharing in the goals of this season, the friendship and the *tradition* of Simley Wrestling. Best Wishes.

Simley Advances 9 Individuals to State

At the Section 3AAA Individual tournament the Simley wrestling team got *hot*!

#103 Kyle Bulera entered the tournament as the third seed. Kyle battled his way to a true second place match with Sibley's Zach Coats who had scored a major decision over Kyle just two weeks prior. Kyle wrestled the match of his career and dominated. Kyle was up by seven points when he pinned Coats.

At #112 Jack Barnes placed 3rd. Jack lost a 5-6 decision to Sibley's Mason Young in the semi-finals. Jack did not receive a true second match. #119 Jake Tabbert placed 2nd losing in the finals. #125 John Prokopowicz came from the number two seed position to win his weight class. John had two falls and a 13-5 decision to make his way to the State Tournament.

#130 Kurt Knutsen also came from the second seeded position to win his weight class. In the finals, Kurt beat Woodbury's Jack Swagger who had entered the tournament with only two losses all season. #135 Brian Watrud lost a true second match to Park's Pat Schilling and placed 3rd. #140 Mark Prokopowicz battled to a second place finish and his first Individual State Tournament berth. #145 John Brandtjen controlled his weight class cruising to his Section title.

#152 Alex Watrud was probably at the most dramatic weight in the Section. Alex was upset in the semi-final match by Highland's Steve Merth who ended up winning the Section. Alex battled through the wrestle back to get a true second match. Alex would handle Tyler Kennedy of Park with a 9-1 victory and his first Individual State Tournament berth.

#160 Zack DeLong seeded third came from nowhere to win the #160 Section title. DeLong upset Eric Finley in the semi's and beat Hastings' Adam Yates in the finals. #171 freshman Mic Berg placed 5th and showed that he will be very competitive next season. #189 Brandon Millner battled to a 4th place finish. #215 Eric Wild competed well but was too oversized to place. Hwt Bill Lundblad had 2 pins and an 11-0 decision that vaulted him to the State Tournament for the third time.

Brandtjen State Champion

John Brandtjen completed his senior season with an Individual Championship at #145. John finished his season with a 44-1 record and Championships at; Battle By the Bay in Green Bay WI, Minnesota Christmas Tournament and a Section 3AAA title. John completed his high school varsity career 127-19. He becomes the 23rd State Champion for Simley High School and the 7th State Champion under Coach Will Short. Congratulations John on your wonderful season.



Lundblad 3rd Place Tabbert 5th Place

Bill Lundblad finished a fantastic career at Simley with a 3rd place finish at the heavyweight class. Bill's previous State Tournament Individual finishes were 6th and Runner-up. He completed his varsity career with 69 pins and a 99-21 record.

#119 Jake Tabbert improved on his sophomore place finish moving to 5th place this season. Jake fought his way through the toughest weight in the tournament. #119 had three State Champions; Young, Meger & Bertram in the weight along with three other former State place winners. Jake lost his first match of the tournament however revenged that loss in the 5th place match.

Simley now has 99 State place winners and Coach Will Short has coached 38 of them.

Takedown & Pin Fundraiser.



The IGH Wrestling Club would like to thank family & friends of Simley wrestlers who participated in the Takedown & Pin Fundraiser. All money raised goes

directly into the Spartan Wrestling program to provide opportunities for our wrestlers to learn, to achieve and to go as far as their talents, abilities and determination will allow them. Thank You for your dedication to the Simley wrestling program.

Statisticians

Simley High's statisticians are dedicated to gathering data on each of our Varsity, JV & 9th grade wrestlers; Takedowns, Reversals, 2 pt Near Fall, 3 pt Near Fall, Escapes, Technical Fall, Pin and Win/Loss. What follows is a brief summary of the many pages of data gathered. This is an important way for our wrestlers and coaching staff to track and encourage the skill level of our wrestlers and the program. **Thank You to Our Statisticians;** Keeley Vollmer, Jessica Follmer, Katy Stangle, Andrea Nightengale, and Rebecca Tabbert for your commitment to the Simley Wrestling Program.

Varsity Stats

	Tdowns	TFall	Pin	Win/Loss
T Glenn	21		2	10-14
K Bulera	50		14	27-18
J Barnes	18	2	5	13-5
J Tabbert	43	1	20	36-10
J Prokopowicz	82	2	8	25-17
K Knutsen	84	1	6	33-10
B Watrud	61	2	13	26-17
M Prokopowicz	35	1	8	25-22
J Brandtjen	174	7	10	44-1
Z DeLong	32	1	9	18-19
A Watrud	49		10	26-19
B Millner	25	1	1	10-18
T Burger	12		8	10-19
E Wild	5			2-11
B Lundblad	32		26	36-3
A Kadrlik	7		3	4-5
C Jensen			1	1-2
J Hoffner	1		2	2-1
K Julson	2			2-0
C Anderson	4			3-2
A Simmons				1-0
A Doyen	3		2	2-1
J Nordstrom				0-1
Simley Totals	761	27	158	377-254

* Totals include wrestlers who did not finish the season. They are not listed in the results.

JVarsity Team Record 9-7

Albert Lea Duals

Simley 71, New Richland NHREG 15

Simley 9, Albert Lea 60

Anoka JV Duals tournament

Simley 21, Malica 48

Simley 40, Little Falls 39

Simley 22, Coon Rapids 58

Simley 36, St. Francis 48

Simley 54, South St. Paul 15

Simley 31, STMA 42

Simley 54, North St. Paul 24

Simley 60, St. Thomas 12

Simley 67, Richfield 6

Simley 42, Mahtomedi 6

Simley 18, Scott West 24

Simley 42, Sibley 24

Simley 45, Tartan 33

Junior Varsity Stats

	Tdowns	Pin	Win/Loss
J Nordstrom	3	1	3-7
J Barnes	3		1-0
C Jensen	1	1	1-0
D. Tacke	13	4	11-9
K Julson	21	9	12-2
J Hoffner	8	3	9-5
C Anderson	21	4	10-1
T Morgan	7	2	4-5
J Keefer	7	2	4-7
A Simmons	17	2	10-8
A Doyen	8	2	8-9
Mic Berg	6	4	5-1
D Espoz	3		1-8
T Burger	2	1	1-1
B Millner	5		1-3
C Gelhaye			0-2
A Kadrlik	10	7	10-2
T Schefelbein	1		2-7
E Wild	5	3	3-1

9th Grade Stats

	Tdowns	Pin	Win/Loss
D Wright	6	2	5-1
M Kruse	4	2	2-1
T Glenn	32	5	11-3
J Nordstrom	1	1	3-9
C Jenson	8		2-0
J Barnes	2		2-0
K Julson	23	7	12-2
J Hoffner	7	4	9-4
C Anderson	18	3	10-4
T Morgan	19	11	11-6
L Perkerwicz	7	1	4-4
M Berg	9	6	6-0
A Roth			0-2
B Nelson			0-3
C Gelhaye	7	5	10-5



Youth Wrestling, It is where the Simley tradition begins!

The Simley Spartan Youth Wrestling program entered the MN State USA Wrestling Folkstyle Tournament with high expectations. The Spartans qualified 20 wrestlers for the Individual Tournament and participated in the Team tournament as well.



Five months of preparation paid off as the Spartans placed wrestlers in 13 weight classes and earned a 2nd Place Team finish.

Three Simley youth wrestlers earned Individual Championships; Cortez Arredondo at Midget #60, Pedro Deleo at Novice #70, and Kyle Gliva Novice #75. Jake Gliva, Jack Ryan, Juan Torres, Jake Short, Nick Wanzak and Trevor Schauls earned 2nd Place titles. Mack Short and Omar Arredondo placed 4th and Devon Schauls placed 6th, to round out our Spartan Place winners.

Seven Spartans wrestled well in the individual tournament but due to the competitive field of wrestlers did not place; Bailey Thurmes, Michael Lopez, Daniel Rasher, Kyle Nordstrom, Leam Morse, Jeremiah Morse and Lorenzo Estrada.



The Spartan Youth Team entered the tournament as the second seed. Waiting in the first round was a familiar foe, the Apple Valley Eagles. Simley upended Apple Valley earlier in the season. Valley regroup and Simley would have their hand full with the Eagles. A team alternate, Kyle Nordstrom, provided the key victory for the Spartans. Nordstrom was inserted into the line-up at #60. He pinned his Valley opponent giving the Spartans 6 much needed team points. Simley's balanced line-up proved to much for the Apple Valley Eagles as the Spartans cruised to a 35-26 victory.

Simley's next opponent was the Rangers of Forest Lake. Forest Lake was ready for the Spartans after upsetting Apple Valley the previous evening. At stake was a birth to the championship match. Simley jumped out to a big lead by winning seven of the first nine matches. The Rangers would stage a comeback, but the Spartans would prove to be too much. Simley 43-26 over Forest Lake.

As the long weekend ended, the Spartans had one final team dual meet, the Championship match vs. Hastings. To win the Championship the team knew they would need to pull off an upset or two to win. Well, the excitement began immediately. Daniel Rasher had given the Spartans what they were looking for in the very first weight match-up. Unfortunately, a controversial call tipped the scale to Hastings' favor. Despite the loss the Spartans rebounded to take the lead after two victories by Kyle Nordstrom and Cortez Arredondo. Devon Schauls pinned his opponent and Jack Ryan held on to give Simley victories in four of the first six weights. Juan Torres

followed with a huge upset over Hastings' National Champion Isaac Bauer. The Spartans were primed for an upset. Unfortunately, Simley's Pedro Deleo (State Champion) was injured in the finals of the Individual tournament and was unable to compete. Simley's forfeit gave new life to Hastings. Simley's last victory would come from Jake Short. Short's pin would put Simley up 27-18. Hastings won the final 4 matches and the Championship 40-27.

The Youth coaching staff is very proud of the wrestlers and wants to thank them for an exciting season. Each practice and tournament showed the competitive drive and dedication these young wrestlers have. It was truly a remarkable season.

Cortez Arredondo USA Wrestling National Champion.



USA Wrestling Folkstyle Nationals in Cedar Falls Iowa gathered the toughest Folkstyle youth wrestlers from around the Nation. Cortez Arredondo won the Midget #60 title with a 2-1 decision in the finals.

Cortez capped off a fantastic season winning 2 State Titles and a National title. Wow Cortez!! Kyle Gliva placed 2nd at Novice #70. Kyle wrestled a strong final but fell short of the win. Kyle had a dynamite Folkstyle season. He was crowned State Folkstyle Champ and earned a Liberty National Championship title. Kyle won over 50 matches this season losing only three times. Congratulations Kyle!



6 USA Wrestling Folkstyle All Americans
Novice #65 Juan Torres placed 7th. Novice #75 Jake Short placed 4th. Novice #85 Nick Wanzek placed 6th. Schoolboy #105 Tommy Glenn placed 6th, Schoolboy #125 Kurtis Julson placed 7th. School boy #130 Torrie Morgan placed 5th.

Spartan Training School Instructor: Will Short

Wrestlers who attend this summer wrestling school will make major improvements in their wrestling technique, their physical strength and their mental attitude. This wrestling camp will meet the needs of wrestlers who have very high goals and want to be champions. Elite level wrestling with each session scripted. Wrestling will be intense. See the web site for registration form.

5th Annual Simley Wrestling Golf Tourney & Social

The Wrestling Club's Golf Tournament & Social are in the planning stages and your help is needed. If you are able to lend a hand with the securing of prizes or assist in hosting please contact Will Short or GinaM.Ryan@target.com Your help is much appreciated and an important reason Simley Wrestling is a quality program. Thank you.

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

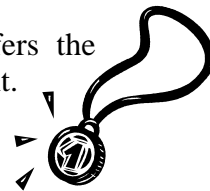
Spartan Ironman 2006

Spartan wrestlers are currently training to make a trip to Lancaster, Pennsylvania to wrestle in the AAU Ironman World Championships over Memorial weekend. The Spartan Ironman team will Travel 19 hours by bus and arrive in Lancaster, PA on Friday the 28th for weigh-ins. Wrestling will begin for the Spartan team on Saturday morning with a Greco tournament. On Sunday the team wrestles Freestyle and on Monday a Folkstyle tournament. Upon conclusion of Monday's wrestling the Spartan Ironman Team will return to Simley on Tuesday.



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 32 eager wrestlers takes in the neighborhood of \$15,500.

⇒ The IGH Wrestling Club is seeking Business, Individual, or Organizational sponsorship of this 2006 Spartan Ironman Team. If your are interested in making a donation over \$500 and acknowledged on the Ironman Team shirt as a sponsor, please contact Will Short by noon of Wednesday, May 10th 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, 5914 Bryant Lane, Inver Grove Height, MN 55076, memo on check: Ironman Team. Thank You.

All persons, organizations, businesses that sponsor the 2006 Spartan Ironman Team will be featured in an Ironman edition of the Newsletter and recognized on our web site. Thank you for your consideration and support.

I/We'd like to support 2006 Spartan Ironman Wrestling Team

Name/s and-or Business:

Address/ City/ ST/Zip:

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If you'd like a web page linked from your name/business on our web site sponsor recognition page please provide your web site address: www.

IGH Wrestling Club reserves the right to not use your web page link if it is a conflict of interest with ISD # 199 and MN State High School League athletic code of conduct.

Check payable to: "IGH Wrestling Club".

Please respond by May 10th, 2006. to:

IGH Wrestling Club, c/o K. Gliva, 5914 Bryant Lane, Inver Grove Height, MN 55076

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Commitment, Strong Morals, Goal Setting, Respect, Friendship, Tradition.