

# Spartan Wrestling Newsletter

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

April 2007

## 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 & parent volunteers. Parents, we're grateful for your encouragement, support and respect of the wrestlers and their training. Many lifetime memories were created this season on and off the mat. Thank you for sharing in the goals of this season, the friendship and the *tradition* of Simley Wrestling. Best Wishes.

### Simley, Runner-up at Section 3AAA

#### Team Tournament

by Coach Short

Simley entered the tournament as the second seed. The Spartans dismantled Cretin in first round action 78-4. Semi-final action the Spartans took on 12<sup>th</sup> ranked Sibley. The Spartans dominated the match winning 12 weights, final score 58-9. The match of the dual was senior #171 Brandon Millner pinning Josh Ellis. Brandon was majored by Ellis earlier in the year. Congratulations to Brandon on a great performance.

Simley has been in every section final in Class 3AAA team tournaments since 1987. In the past 20 years Simley has wrestled Hastings 18 times for the title. Simley wrestled one of their best dual matches of the year winning six matches in the dual. Simley's one upset win was at #1225 when Jake Tabbert beat former State Champion Trey Bertram 7-4. Simley got another upset wind at #160 when unranked Mic Berg beat Bryce Mykel (ranked 3<sup>rd</sup> in the State at the time) 6-1. Other wrestlers recording victories for the Spartans were #130 John Prokopowicz, #135 Kurt Knutsen, #215 Cullen Berg and Hwt Charlie Gelhaye. Final score Hasting 28- Simley 21.



### Simley Advances 7 Individuals to State

Freshman, #103 Tommy Glenn qualified for the State Tournament. Tommy capped off a nice regular season with a 2<sup>nd</sup> place finish. #130

John Prokopowicz won his 2<sup>nd</sup> Section title. Prokopowicz turned around a match that he had lost the previous year by dominating Matt VanHorn of Park 10-3. #135 Kurt Knutsen continued his Section authority. Kurt beat State place winner Pat Schilling in the finals. #140 Brian Watrud earned a State Tournament trip. #160 Mic Berg headed to his first State tournament appearance along with older brother #189 Cullen Berg. Sophomore Hwt Charlie Gelhaye capped off a great regular season with a 2<sup>nd</sup> place Section finish qualifying for his first State tournament appearance.

The Spartan team placed all fourteen wrestlers in the top 4 at individual section. A new record for Simley wrestling history. #112 Cola Jensen placed 3<sup>rd</sup>, #119 Kyle Bulera placed 3<sup>rd</sup>, #125 Jake Tabbert placed 3<sup>rd</sup>, #145 Jack Barnes placed 3<sup>rd</sup>, #152 Zach DeLong placed 4<sup>th</sup>, #171 Brandon Millner placed 4<sup>th</sup>, #215 Ryan Kovacs placed 4<sup>th</sup>.

### Knutsen State Runner-up, Berg 5<sup>th</sup> Place

Kurt Knutsen capped off his senior season placing 2<sup>nd</sup> in the AAA #135 weight class. Kurt's began his journey to the finals by beating Andy Hildre of Anoka in round one action. Next up for Knutsen was a win over Tim Fischer of Bloomington Kennedy. Semi final action Kurt upset #2 ranked Isaiah Harris of Wayzata. In the Finals Kurt lost to Calvin Wolff of Prior Lake 1-3. Kurt finished his season 41-4. Congratulation Kurt!! In August, Kurt is off to the Navy.

#160 Mic Berg began his run for a State title with a strong 16-8 win. In his second match Mic lost to Boleen of White Bear Lake 7-2. Mic won his next two matches beating Ken Loges of Minneapolis South and Ben Dinther of Rochester Century. In the consolation semi Mic lost a close match with Brett Landrom but finished strong in his 5<sup>th</sup> place match with a 7-5 victory over Boleen of White Bear Lake.



## Statisticians

Simley statisticians are dedicated to gathering data on each of our Varsity, JV & 9<sup>th</sup> grade wrestlers; Takedowns, Reversals, 2 pt Near Fall, 3 pt Near Fall, Escapes, Technical Fall, Pin and Win/Loss. They also record video for each Varsity match. What follows is a brief summary of the *many* pages of data gathered. Stats are an important way for our wrestlers and coaching staff to track and encourage the skill level of our wrestlers and the program. **Thank You,** Jessica Follmer, Katy Stangle, Rebecca Tabbert, Kelly Barnes and Amber Dick for your commitment to the Simley Wrestling Program. A *special* Thank You to Mark & Cindy Nordstrom who created match DVD's from all the footage the Stats recorded for our varsity wrestlers.

### Varsity Stats

	Tdowns	TFall	Pin	Win/Loss	Career
C Jensen	26	2	8	18-11	19-13
D Dick	24	1	4	14-7	14-7
T Glenn	67	2	9	25-10	35-24
K Bulera	67	2	12	28-10	69-36
J Tabbert	76	2	25	36-5	134-35
J Barnes	85	2	10	22-16	37-25
J Prokopowicz	103	2	15	32-6	73-31
K Knutsen	136	2	11	39-4	125-40
B Watrud	53	1	14	24-19	69-53
Z DeLong	29		9	22-18	53-47
M Berg	59		9	28-10	40-28
B Millner	31	2	8	14-23	29-43
C Berg	32	1	16	18-17	44-46
E Wild	5		2	3-9	5-18
A Kadrlik	12		5	7-7	11-12
J Hoffner	3			4-2	6-3
K Julson	9	1	2	3-6	5-6
C Gelhaye	22		9	22-20	22-20
A Simmons	13		1	5-2	6-2
R Kovacs	10		4	8-13	8-13
T Morgan	4		4	6-4	6-4
R Ness	1		1	2-2	2-2
D Wright	2			5-0	5-0
L Perkerwicz	2		1	1-2	1-2
J Nordstrom				1-0	1-0

**Simley Totals** 871 20 179 387-223

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

### JVarsity Team Record 12-5, JV Conference Champs

Simley 54, Sauk Rapids Rice 27  
 Simley 15, Albert Lea 51  
 Simley 65, North St. Paul 6  
 Simley 54, Richfield 12  
 Simley 28, Cambridge 48  
 Simley 38, Owatonna 45  
 Simley 51, Armstrong 30  
 Simley 72, Blaine 12  
 Simley 52, Sibley 24  
 Simley 49, Armstrong 15

Simley 54, Bemidji 30  
 Simley 31, Forest Lake 39  
 Simley 53, Tartan 18  
 Simley 57, South St. Paul 6  
 Simley 59, St. Thomas 18  
 Simley 81, Mahtomedi 0  
 Simley 16, Anoka 52

### Junior Varsity Stats

	Tdowns	Pin	Win/Loss
D Wright	19	8	14-5
D Dick	19	5	8-0
C Jensen	2	2	2-0
J Nordstrom	8	4	8-11
J Burger	17	2	6-16
D. Tacke	13	6	10-3
T Schefelbein	4	1	5-12
K Julson	18	2	6-1
J Hoffner	14	8	16-4
T Morgan	18	8	8-6
A Simmons	40	9	17-5
L Perkerwicz	18	5	8-10
R Kovacs	10	5	8-3
A Kadrlik	10	7	10-2
E Wild	15	11	12-3
E Sanchez	8	6	6-8
A Kadrlik	1	1	1-0
D Downhour	1	1	4-7
M Eldridge			1-1
S Yang	2	1	2-4

### 9<sup>th</sup> Grade Stats

	Tdowns	Pin	Win/Loss
D Wright	22	5	14-1
M Eldridge	2		0-4
M Kruse	15	5	14-0
C Jensen	7	5	5-0
A Biggs	2	1	1-1
J Burger	5		4-7
D Verdeja	3		1-2
A Howe		1	1-5
M Groves	3	1	2-6
T Morgan	20	11	13-2
L Perkerwicz	17	5	7-4
E Sanchez	13	7	12-2
M Kadrlik	1	1	2-4
T Glenn	1	1	1-0
D Downhour			0-5
M Barnes	8	4	10-0
J Morse			0-2
M Morse	4		1-2

### Random Stats

Most Dual Meet Takedowns: Kurt Knutsen 82, John Prokopowicz 67. Most Dual Meet Escapes: Jack Barnes 39, Kyle Bulera 32. Most Dual 3pt Near Falls Jake Tabbert 19. Most Dual Meet Pins Jake Tabbert 19. Most Takedown–One Season: Kurt Knutsen 136. Most

Escapes –One Season: Jack Barnes 59. Most Pins–One Season: Jake Tabbert 25. Most Career Pins: Jake Tabbert 72. Coach Short career record 10 seasons: 206-64 win/loss, 95 State Entrants and 43 State Place winners.

### All Conference 2006-2007

Dan Dick, Tommy Glenn, Kyle Bulera, Jake Tabbert, Brian Watrud, Kurt Knutson, Jack Barnes, Zach DeLong, Mic Berg, Cullen Berg.

### All Conference Honorable Mention

Cola Jensen, Brandon Millner.

### Section 3AAA All Academic Team.

Tommy Glenn, Jake Tabbert, John Prokopowicz, Brian Watrud, Zach DeLong, Brandon Millner, Cullen Berg.

### Simley Spartan Awards Announced

By Coach Short and his staff.

Simley wrestlers and their families gathered at Cahill Court for the annual Wrestling banquet. This banquet is a wonderful tradition to gather for fellowship, EATS, recognize our wrestlers at all age levels, and honor our seniors. As tradition goes, each senior wrestler and satiation was presented with a Simley Spartan Wrestling blanket from the IGH Wrestling Club. In addition to coaches recognizing each middle school and high school wrestler's growth and accomplishment from the season the Coaches presented three awards.

**Tough Man Award** is given to the wrestler that most exemplifies what a Simley wrestler should be. **Kurt Knutson** was selected as the 2006-2007 Tough Man. Being tough can be better than being big; it can be better than being a good technician. Tough wrestlers never ask why, they just do it. Tough wrestlers have a great desire to be good. They are extremely dedicated and take responsibility for their actions. Tough wrestlers are great fighters because they always battle to the very end. Tough wrestlers never let their opponents know they are tired or do not feel well. Tough wrestlers have a face of stone and are never intimidated by their opponents. They get more satisfaction from battling and punishing their opponent than they get from winning. Tough wrestlers always are willing to do what it takes for them and the team to win. When students ask coaches "if they should come out for wrestling?" the response usually given is, "Are you tough??" Being tough is one of the hardest skills to teach. Wrestlers that are tough know that they are always in the match and can beat anybody despite their talent or athletic ability. For all wrestlers being tough earns you respect of coaches, peers and fans of Simley wrestling.

Past Tough Man recipients: 2006-Brian Watrud, 2005-Jake Tabbert, 2004-Dan Tabbert, 2003-Dan Tabbert



**Jake Tabbert** Receives the **Most Valuable Award**. Tabbert finished the dual meet season 27-1. Of those 27 wins, he had 19 falls and a season total 25. Jake was the ultimate team wrestler. In every big match, that Simley wrestled Tabbert seemed to come up with special performances for the Team. Jake made sacrifices every year wrestling for Simley; making weight classes that were often difficult and disciplined about his academics. Jake never let his grades slip. He has a 3.4 GPA. Jake was a true leader of the 2006-07 season. Jake even lead when he lost. Jake lost in the last match of his Simley career in the true second match at the Section 3AAA tournament. Jake was caught by an opponent he'd beaten badly three previous times in the season. Tabbert was leading 5-0 and got pinned. Jake did not throw a tantrum, pound the mat or storm around. Jake got up walked over shook hands with his opponent and then the opposing coaches hands and walked off the mat like a true leader. Parents of Simley wrestlers, coaches and parents of other programs and officials all made comments about the class and sportsmanship that Jake showed. Jake Tabbert exemplified what we try to teach at Simley. Simply, put your heart and soul into your performance, give everything you got for yourself, your team, your coaches and your family, then win and lose like a man. That is what Simley wrestling is about. That is what we are trying to teach our young kids, and that is what Jake Tabbert did his whole career. Jake finished his Simley career 134-26. He finished 7<sup>th</sup> all-time in career pins at 72. Jake truly was the most valuable wrestler for Simley. Congratulations Jake and Best Wishes in the choices, challenges and opportunities that lie ahead in college and wrestling.

The season's **Most Improved Award** goes to **Charlie Gelhaye**.

Charlie did not have a great freshman year at Simley. Charlie primarily wrestled 9<sup>th</sup> grade matches and had a few JV matches. Charlie changed everything around in his sophomore year. He battled for a spot early in the season, won 24 matches and qualified for the State Tournament. Charlie improved steadily throughout the season. Congratulations and best wishes Charlie as you work in the off-season in the weight room and on the mat.



### Smart Wrestlers

Minnesota State High School Coaches Association recognized the Simley Wrestling team with academic achievement in the classroom by presenting the Team with a "Silver Award" for having a team GPA over 3.0 Congratulations to our Student – Athletes.

## Middle School 2006-2007

By Coach Kevin Jensen

Our Middle school wrestling team had, a very successful season. First there was a FULL room. Thirty-eight wrestlers; nine 6<sup>th</sup> graders, seventeen 7<sup>th</sup> graders and twelve 8<sup>th</sup> graders. As usual, a mix of wrestling experience beginner to elite. Eight of the middle school team members were first year wrestlers. Seventeen wrestlers finished with over 20 wins and twenty-seven wrestlers recorded wining records.

Simley's middle school team attended four tournaments this past season. Simley entered two teams in the conference dual meet. Simley team #1 captured 2<sup>nd</sup> place; win over Sibley 88-6, win over White Bear Lake. 69-15, loss to Hastings A 41-49. In the Hastings A loss each team won 9 matches. Simley #2 went 2-1, beating Hasting B and Skyview, losing to Park.

Simley headed across the river to the Hudson's Middle School Individual tournament. Definitely a successful day for Simley wrestling. Ten wrestlers were undefeated and placed 1<sup>st</sup>, four more Simley wrestlers placed 2<sup>nd</sup>. Champions: Nick Wanzek, Adam Howe, Jake Short, Kyle Gliva, Tom Helseth, Dale Barner, Dennis Verdeja, Micah Barnes, Matt Kruse and Zach Chaffin. Runner-up honors went to Cody Hazelett, Matt Monjeau, Zach Rivera and Juan Torres.

Simley had a positive day. In team points race, Simley placed a close third. Eleven Simley wrestlers went to the finals, placing five champions. In two weight classes, Simley had both the 1<sup>st</sup> & 2<sup>nd</sup> place finalists. Congratulations to: Juan Torres(6) #70 Champion, Jeremy Boettcher(8) #75 2<sup>nd</sup> place, Kyle Gliva(6) #80 Champion and Gabe Spooner(8) #80 2<sup>nd</sup> place, Jake Short(6) #85 2<sup>nd</sup> place, Nick Wanzek(6) #95 Champion, Micah Barnes(7) #100 2<sup>nd</sup> place, Robin Schauls(7) #110 2<sup>nd</sup> place, Alex Biggs(7) #115 Champion and Steve Rud(7) 2<sup>nd</sup> place, Matt Kadrluk(7) Hwt Champion. Other place winners; Casey Kennedy(8) #90 5<sup>th</sup> place, Cody Hazelett(7) #100 4<sup>th</sup> place, Dennis Verdeja(8) #125 5<sup>th</sup> place, Adam Howe(8) #135 5<sup>th</sup> place, McCaleb Morse(7) #185 3<sup>rd</sup> place.

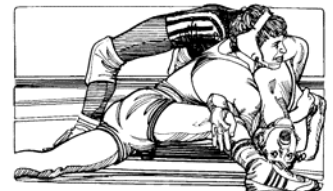
Our Middle school team worked hard improving upon their technique and mat performance. Our Middle wrestler's were coached by Kevin Jensen, Dan Dietrich and Jim Short. Leading the team win wins were Micah Barnes with 31 wins and Matt Kruse with 30 wins. Two wrestlers finished the season undefeated, Mick Wanzek 27-0 and Kyle Gliva 24-0. Pin leaders for the team; Nick Wanzek with 18, Tom Helseth and Adam Howe with 17, Cody Hazelett and Jake Short with 16 and Juan Torres and Kyle Gliva with 15 pins each. Well done showing the opponent the lights.

Wrestler Stats	Gr.	Falls	Win/Loss
M Barnes	7	10	31-5
M Kruse	8	9	30-2
N Wanzek	6	18	27-0

Wrestler Stats	Gr.	Falls	Win/Loss
K Gliva	6	15	24-0
J Short	6	16	24-1
G Spooner	8	11	24-2
C Hazelett	7	16	23-6
J Boettcher	8	12	23-7
J Torres	6	15	23-3
Z Rivera	7	9	23-11
M Kadrluk	7	11	22-10
T Helseth	7	17	21-5
Z Chaffin	6	8	21-8
A Howe	8	17	21-17
A Biggs	7	13	20-4
R Schauls	7	8	20-11
M Morse	7	9	20-13
D Barner	7	13	19-10
C Kennedy	8	6	18-12
S Rud	7	10	17-13
M Groves	8	8	16-15
M Monjeau	8	9	15-14
D Verdeja	8	9	14-8
T Schauls	6	7	12-11
D Eddy	7	2	11-12
T Young	8	6	11-14
K Clarke	7	1	10-8
T Schindeldecker	8	4	10-9
T Rodriquez	7	-	8-1
B Olson	6	6	8-19
D Schindeldecker	8	4	7-9
I Williams	7	5	6-18
J Morse	7	3	6-19
Z Schmidt	7	1	4-5
A Scott	7	1	4-18
B Rorech	7	3	3-15
J Nied	6	2	3-15
P Deleo	7		injury

## Takedown & Pin Fundraiser.

The IGH Wrestling Club would like to thank family & friends of Simley wrestlers who participated in the Takedown & Pin Fundraiser. Your pledge donation went directly to 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 \$upport and encouragement to the Simley wrestling program. This season's Takedown & Pin fundraiser set a record for contributions, Thank you.



**Youth Wrestling, It is where the Simley tradition begins!**

## 2007 MN/USA Kids & Cadet State Folkstyle



Simley had 8 State champions and a total of 20 State place winners. 2007 was Simley's best showing at a MN/USA State Tournament to date.

### Champions

Peewee: Andrew Tarnowski #45, Bantam: Jake Gliva #50, Midget: Jack Ryan #103, Novice: Kyle Gliva #80, Schoolboy: Juan Torres #75, Jake Short #85, Cadet: Cola Jensen #105, Jack Barnes #145.

### 2<sup>nd</sup> Place

Midget: Lorenzo Torres #80. Schoolboy: Pedro Delao #80, Micha Barnes #95, Nick Wanzek #100. Cadet: Dylan Wright #105, Mic Berg #171.

### 3<sup>rd</sup> Place

Bantam: Darius Lopez #75, Novice: Brandt Olson #140, Schoolboy: Dan Dick #105, McCaleb Morse #185

4<sup>th</sup> Place Schoolboy: Robin Schauls #100

5<sup>th</sup> Place Midget: Rodolfo Delao #70

## 2007 USA/Wrestling Folkstyle Nationals, Cedar Falls, IA

Place Winners & participants. 2<sup>nd</sup> Place: Novice #80 Kyle Gliva. 3<sup>rd</sup> Place: Bantam #75 Darius Lopez. 4<sup>th</sup> Place: Bantam #50 Jake Gliva, Schoolboy #105 Dan Dick. 5<sup>th</sup> Place: Schoolboy #85 Jake Short, Cadet #171 Mic Berg. 6<sup>th</sup> Place: Midget #80 Lorenzo Torres, Cadet #145 Jack Barnes. 7<sup>th</sup> Place: Bantam #50 Sarah Tarnowski, Cadet #105 Cola Jensen, Junior #189 Cullen Berg.

Entries that DNP: Midget: #55 Michael Lopes 1-2. #70 Rodolfo Delao 2-2. Novice: #65 Kyle Nordstrom 2-2. #70 Mack Short 2-2. Schoolboy: #75 Juan Torres 1-2. #80 Pedro Delao 0-2. #95 Micah Barnes 2-2. #100 Robin Schauls 2-2. #100 Nick Wanzek 2-2. #100 Matthew Kruse 3-2. Cadet: #119 Tommy Glenn 0-2. Junior #140 John Prokopowicz 2-2.

## Minnesota Wrestling Coaches Association Dave Bartelma Hall of Fame 2007 Inductee Pat Short

Congratulations to Pat Short who this past month was inducted into the MWCA Dave Bartelma Hall of Fame. Who is David "Bart" Bartelma? "Bart" is affectionately referred to as the "The Father of Minnesota Wrestling". "Bart" an Iowan transplant, joined the U of M Athletic staff as the first full time wrestling coach in 1935. He staged the first MN high school wrestling tournament in 1937 with 8 weight classes and 13 schools. In 2006-07 260 schools supported wrestling teams. Bart worked very hard to popularize amateur wrestling. The success of Minnesota wrestling is a direct result of hard work and dedication fostered by David "Bart" Bartelma.

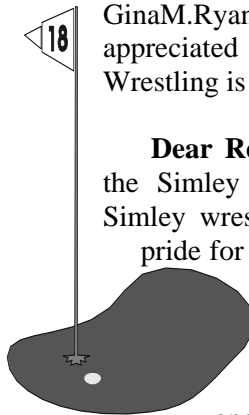
Pat Short embodies the spirit of David "Bart" Bartelma. This honor recognizes an outstanding woman and her contributions to Minnesota wrestling. Pat is one of the most talented and experienced paring officials in the nation. She is one of MN wrestling most valuable resources. Her passion is providing opportunities for youth to grow to be their very best. One of the vehicles she uses is the sport of wrestling. Pat Short is present for the wins and the losses. Her attention to detail and the knowledge of running a tournament is Olympic. Pat we are so very proud of you and grateful for the countless hours you have given to building Simley wrestling and the sport of wrestling State wide. You're the Best!!

## 6<sup>th</sup> Annual Simley Wrestling Golf Tourney & Social

Saturday, August 18<sup>th</sup> at Emerald Greens Golf Course, Hastings MN.

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 Coach Will Short or GinaM.Ryan@target.com Your help is much appreciated and an important reason Simley Wrestling is a quality program. Thank you.

**Dear Reader:** Thank you for being a part of the Simley wrestling family. Your interest in Simley wrestling 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.



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

## Spartan Trained

By T.

Just like hand-to-hand combat with our fists,  
Mind over matter is a main part of this.  
Keep telling yourself, You can do it.  
Pushing your body to the limit.

It is such a daily grind.  
Sometimes your body fails but not your mind.

In the end,  
Standing on the box,  
No regrets,  
I trained hard.

# 2006-2007 Sponsors of Simley Spartan Wrestling

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Bob & Cindy Wild

## **Simley Spartan Wrestling**

### **Coach Will Short**

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*Thank you for your support of Simley Wrestling.*

Self Confidence, Discipline, Leadership, Strength, Self Esteem, Courage, Honor, Flexibility, Fitness, Toughness,  
Commitment, Strong Morals, Goal Setting, Respect, Friendship, Tradition.