

# Spartan Wrestling Newsletter

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

February 2007

## Lean & mean vs. #6

The preseason ranked lean & mean Spartans traveled to Albert Lea to take on the Pre-season #6 and #2 ranked teams Sauk Rapids-Rice and our host. Simley hammered #6 ranked Sauk Rapids-Rice 51-13. The Spartans opened the match with two forfeits by the Storm of Sauk Rapids to Simley's Dan Dick and David Tacke #119 Tommy Glenn earned a 2<sup>nd</sup> period pin. #130 Tabbert and #135 Barnes earned 2<sup>nd</sup> period pins. #140 John Prokopowicz won a 6-4 OT decision to the Storm's Evan Warnert. #145 Kurt Knutsen earned an 11-6 decision, #171 Mic & #215 Cullen Berg pinned their opponents. Hwt Charlie Gelhaye won 6-0.

Simley faced Albert Lea with hopes of earning points on the get go. The Tigers of Albert Lea took it to the Spartan underclassman at #103, #112, #119 and #125. Senior #130 Jake Tabbert needed to stop the bleeding. He faced highly ranked Eric Johnson who seems to have a history of edging Tabbert out of wins over their high school career. Tabbert earned a 7-4 decision putting the Spartans on the board. #140 John Prokopowicz pined AL's Kermes, and #145 Kurt Knutsen earned a 2-1 decision closing out the wins for the Spartans. Final Albert Lea 39, Simley 12.

The season's first day of wrestling had its milestones. First, we saw the power of healing and answered prayer when Cullen Berg walked to the center of the mat and shook hands to wrestle. It was a year ago traveling to this tri-

meet that two Simley coaches and two wrestlers were involved in a weather related rollover. Cullen thrown from the vehicle sustained the greater injuries. How blessed we are to continue to live to the fullest life with Coach



Harms, Coach Lawrence and wrestlers Jack Barnes and Cullen Berg.

The second milestone was Jake Tabbert earning his 100<sup>th</sup> career win over an opponent Tabbert had not beaten in their last three match ups. Congratulates Jake!

## Simley Wins Battle on the Bay

On December 9<sup>th</sup> the Spartans traveled to Green Bay, WI and competed in the 15-team individual tourney, Battle on the Bay at Bayport High School. Simley won the tournament over defending champion Luxemburg-Casco. Four Spartans went 5-0 on the day and crowned champion: #125 Kyle Bulera, #130 Jack Barnes, #135 John Prokopowicz, and #140 Kurt Knutsen. Placing 2<sup>nd</sup> #171 Mic Berg, 3<sup>rd</sup> place #145 Brian Watrud. Also earning team points for the Spartans; #103 Dan Dick, #112 Tommy Glenn, #119 Jake Wueste, #152 Zach DeLong, #160 Torrie Morgan, #189 Eric Wild, #215 Andy Kadrluk and Hwt Charlie Gelhaye. Simley earned 466 Team points.

## 2006 Christmas Tournament

Christmas is a time for families to come together. The Minnesota wrestling family is no exception. Each December, a week prior to Christmas Minnesota wrestlers; A, AA & AAA gather for one competition to answer the question, who's the best across the classes? This is the 19<sup>th</sup> year, more than a lifetime to the wrestlers competing and a Simley tradition.

The Spartans placed 5 wrestlers at this prestigious 32-team 2-day tournament. The Simley team placed 9<sup>th</sup>. #125 Jake Tabbert placed 5<sup>th</sup> going 4-2, #135 John Prokopowicz placed 4<sup>th</sup> going 4-2, #140 Kurt Knutsen placed 3<sup>rd</sup> going 6-1 on the weekend. His 3<sup>rd</sup> place match victory over Jack Swagger of Apple Valley was Kurt's 100<sup>th</sup> varsity win. Congratulations Kurt!! Placing 5<sup>th</sup> #145 Brian Watrud going 4-2 and placing 8<sup>th</sup> #152 Zach DeLong going 4-3.

Also scoring points for the Spartans were; #103 Dan Dick, #112 Tommy Glenn, #130 Jack Barnes #171 Mic Berg, #189 Cullen Berg and #215 Andy Kadrlík.

### **Simley 56- Robbinsdale Armstrong 21**

Simley won ten of the fourteen weights. Seven of the ten wins were by fall.

### **Simley 61- Minneapolis South 15**

The highlight in this match was at #125 Kyle Bulera's 4-3 decision over ranked James Locke.

### **The Clash V**

Team Simley participated in this national dual tournament along with 31 other highly ranked teams from 13 States. That is over 600 tough wrestlers. Simley entered the tournament as the 6<sup>th</sup> seed in their 8 team bracket behind Glenbard North II, Apple Valley, Wisconsin Rapids WI, Sedro-Woolley WA and Owatonna respectively. Throw a twist in the mix. Begin the tournament at the #160 weight class and move up a weight for each dual with the final match of the tournament beginning at #103. Simley placed 17<sup>th</sup> at the Clash, placing 1<sup>st</sup> in the fifth division bracket. Simley lost only one duel at this six match meet.

### **Wisconsin Rapids 38-Simley 21**

Simley just could not get it done over nationally ranked WI Rapids. Highlights for Simley; #171 Mic Berg decision win, #112 Tommy Glenn and #125 Jake Tabbert's decision wins. Falls by #135 John Prokopowicz and #140 Kurt Knutsen. Simley had chances at three other weights but didn't get it done.

### **Simley 42- Carl Harrison Georgia 32**

Simley closed this match out early and was able to give team alternates some mat time at the end of the dual. Simley started the dual off with a fall by #171 Mic Berg. #189 Cullen Berg followed with a decision win, Hwt Charlie Gelhaye earned a pin. #103 Cola Jensen won by forfeit, #112 Tommy Glenn won by fall. #119 Kyle Bulera won, #125 Jake Tabbert pinned the #2 ranked GA wrestler and #140 Kurt Knutsen pinned his opponent.

### **Simley 38- Owatonna 27**

Simley won eight matches against Owatonna. Simley put points on the board when Andy Kadrlík bumped up to heavyweight and won a 14-2 major decision. #103 Cola Jensen and #112 Tommy Glenn followed with pins. Tommy's pin was over Alex Schroeder who he had lost to a year ago. #119 Kyle Bulera won

by decision, #125 Tabbert followed with a fall. #135 John Prokopowicz earned a major decision and #140 Kurt Knutsen a tech fall. #171 Mic Berg concluded the match with a tech fall.

### **Simley 31- Kaukauna WI 29**

This match was a seven-win split, bonus points were the deciding factor. Team Simley also suffered a setback, senior #215 Andy Kadrlík broke his thumb in his match. Andy's injury resulted in surgery and pins the following day. We wish Andy a speedy recovery as he now sets his hopes on healing in time to pitch for Simley's baseball team. The match of the dual came at Hwt. with a huge fall by Charlie Gelhaye at 5:59. #112 Tommy Glenn won 3-2, #119 Kyle Bulera earned a fall, #125 Tabbert won 8-3. #130 Jack Barnes a major 14-6 win. #135 John Prokopowicz wins by fall and #145 Brian Watrud a 6-4 win.

### **Simley 34- Kasson Mantorville 31**

Simley won eight matches, half of the wins resulted in bonus points. #112 Tommy Glenn put the first Simley points on the board with a fall. #119 Kyle Bulera followed with a decision win. #125 Jake Tabbert earned a pin. The match of the dual was #130 Jack Barnes winning a close contest 9-7. #135 John Prokopowicz earned a pin. #145 Kurt Knutsen scores a major decision and #152 Brian Watrud and #160 Zach DeLong follow with wins.

### **Simley 40- Lodi WI 25**

Simley dominated the team that beat St. Michael to get into the 5<sup>th</sup> division bracket. #103 Cola Jensen major 11-2 win, #112 Tommy Glenn 23-5 tech fall, #119 Kyle Bulera 5-2 win. The highlight match was #125 Jake Tabbert beating WI's #2 ranked Tony Madigan 8-2. #135 John Prokopowicz & #140 Kurt Knutsen & #145 Brian Watrud win by pin. #160 Zach DeLong 8-3 win and #215 Cullen Berg major 10-0 win.

Tournament footnotes: Tommy Glenn and Jake Tabbert were 6-0 for the tournament and John Prokopowicz went 5-0. Jake Tabbert was one of seven wrestlers selected to receive \$1000 Scholar Athlete scholarship recognizing excellence in wrestling, academics, community involvement & civic achievement.

### **Simley Dominates Henry Sibley 65-10**

The start of 2007 had Sibley climbing into the ratings at #10. Talk was this was to be the best dual in the Classic



Suburban conference. Simley arrived to make a statement winning 11 matches. #103 Cola Jensen pinned his opponent at 0:30, #112 Tommy Glenn followed with a first period pin. #125 Tabbert wins by pin. #135 John Prokopowicz wins 13-6. #140 Kurt Knutsen a major 11-2 win. #145 Brian Watrud and #152 Zach DeLong win by fall. The highlight match was #160 Mic Berg's 5-3 win over Sibley's #3 ranked Dan Kirchner. #189 Cullen Berg won a major 14-2 dec and Hwt Charlie Gelhaye wins by forfeit.

### **Simley 54- Bemidji 21**

Simley traveled to Forest Lake to take on the north of 1694 opponents. First up for Simley, Bemidji. Simley pounded the northern powerhouse winning ten weights. #103 Cola Jensen, #112 Tommy Glenn, #119 Kyle Bulera & #125 Jake Tabbert win by pin. #130 Jack Barnes wins a tight 4-3 decision over Dale Norton. #135 John Prokopowicz a 20-5 tech fall win. #140 Kurt Knutsen an 18-8 major decision, #145 Brian Watrud wins by pin. #160 Mic Berg pins and Hwt Charlie Gelhaye wins by forfeit.

### **Simley 31-Forest Lake 30**

The Spartans gave the undefeated Rangers their first loss of the year. #112 Tommy Glenn earned a huge 16-7 win over veteran senior Luke Opsahl. #119 Kyle Bulera followed with a giant pin. Kyle was behind 9-5 when he hit a headlock with 30 seconds remaining in the match pinning Kevin Nelson. #125 Jake Tabbert followed with a 16-0 tech fall. #135 John Prokopowicz got a 10-3 win, #140 Kurt Knutsen a 19-10 major win. #152 Brian Watrud wins by pin. #152 Zach DeLong a 4-3 win over Brandon Yetter. Hwt Charlie Gelhaye was able to hold off ranked Collin Peterson 1-3 to give the Spartans the victory.

### **Simley 49- Tartan 15**

#103 Cola Jensen gets this dual started in a huge way with a 8-5 win over junior Matt Luchsinger. Luchsinger was ranked #9 at the time of the match. #112 Tommy Glenn wins by pin, #119 Kyle Bulera a 19-8 major win. #125 Tabbert wins by pin. #130 Jack Barnes wins and #135 John Prokopowicz wins by pin. #140 Kurtis Julson wins by 15-0 tech. #145 Jake Hoffner wins and #152 Brian Watrud wins by pin. #160 Mic Berg wins & #189 Cullen Berg wins a 12-1 major.

### **Simley 64- South St. Paul 9**

Simley rolled over the Packers with 12 wins. #103 Cola Jensen pin, #112 Tommy Glenn a major, #119 Kyle Bulera #125 Jake Tabbert #130 Jack Barnes #135 John Prokopowicz win by pins. The highlight match was Kurt Knutsen moving up to #145 to beat Mike Munos 2-1. #152 Zach DeLong defeated long time varsity wrestler Jared Patet 5-2. #160 Torrie Morgan pin, #171 Brandon Millner and #189 Cullen Berg win by forfeit. Hwt Charlie Gelhaye wins by pin.



### **Simley 15- Apple Valley 39**

This dual started favorably for the Spartans. Many favor Valley's Eric Devos to win the #103 State title. Tommy Glenn wrestling at #103 beat Devos 5-0. Simley also secured wins at #125 Jake Tabbert pinning Aaron Kingsley. #140 Kurt Knutsen's 10-3 decision over Lehmann and #145 Brian Watrud 5-2 win over Jack Swagger.

### **Cambridge Duals**

#### **Simley 58- North Branch 9**

Both Alex Simmons and Torrie Morgan moved into the starting line-up and got wins for the Spartans. #130 Simmons won 12-4 and #160 Morgan won by fall.

#### **Simley 25- Cambridge 28**

Simley started strong. #103 Cola Jensen #112 Tommy Glenn and #119 Kyle Bulera win by decision. #125 Jake Tabbert pin. #135 John Prokopowicz a 18-8 major decision. #145 Brian Watrud wins by decision. The remaining weights won by Cambridge.

#### **Simley 55- Pierz 19**

Simley wins 10 of the 14 weights. #112 Dylan Wright wins by forfeit. #119 Kyle Bulera #125 Jake Tabbert and #135 John Prokopowicz win by pins. #145 Brian Watrud wins by tech fall. #125 Ryan Ness and #160 Torrie Morgan win by forfeit. The highlight match was #171 Brandon Millner 2-1 decision over Ostremba. #189 Cullen Berg wins by tech fall. Ryan Kovacs moved up to Hwt and won by fall.

“It is our choices, Harry, that show what we truly are, far more than our abilities” ~Professor Dumbledore from *Harry Potter and the Chamber of Secrets* by JK Rowling

## Parent's Night

At the parents night tri-dual everyone on the team got a match.

**Simley 64- Mahtomedi 12.** Simley won 11 of the 14 weights. Highlight #135 Kurtis Julson stepped in the varsity line up and pinned his opponent.

**Simley 66 St. Thomas 12.** Highlight #152 Zach DeLong wins 7-3 over long time veteran Fred Klass. DeLong looks sharper as the season progresses. Zach is hoping for strong repeat finish at Sections.

**Simley wins Classic Suburban Conference Title** Simley has won their sixth consecutive conference title. In the Classic Suburban conference existence, Simley has not lost a dual. Record; 41-0

### Varsity Schedule

Sat Feb 9: V @ SSP, Individual Conference 4p

Sat Feb 10: @ SSP, Packer Duals 9am

Thurs Feb 15: Team Section @ Sibley 7:30p

Fri. Feb 11: Team Sect Finals @Hastings 6/8pm

Fri. Feb 18 Sect 3AAA Indiv: @ Sibley 5p

Sat. Feb 19 Sect 3AAA Indiv: @ Sibley Noon

Wed-Sat. Feb 28-Mar 3 State Tourney @ Xcel

## State Tournament

One more day of wrestling has been added to the 2007 State wrestling tournament. *Wrestling will begin Wednesday evening Feb. 28<sup>th</sup> with all first round Team competition.* Class AAA: 5:30pm Sections 8 vs. 3 and 2 vs. 7. at 7:30pm Sections 1 vs. 6 and 4 vs. 5. Class A and AA will also be competing in team competition at the same times.

*Day two, Thursday, March 1* is all individual competition- first round and championship quarterfinals.

*Day three, Friday, Individual wrestlebacks, Team semifinals, Individual Championship semi & consolation quarterfinals, Team Championships and Indiv. Consolation semi's.*

*Day four, Saturday March 3<sup>rd</sup>* Team consolation & 3<sup>rd</sup> place, Individual 5<sup>th</sup> & 3<sup>rd</sup> place, Individual Championships and Team Championships.

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

Team 9<sup>th</sup> grade wrestled strong. They have beaten Eagan, Rosemount and Humboldt. They tied with Sibley and lost to Eastview. Due to a few holes in the lineup the team did not wrestle in the 9<sup>th</sup> Grade State Team tournament. At the conclusion of team competition the focus shifted to Individuals. Individual Regions were held at Totino Grace January 27<sup>th</sup>. Simley placed five wrestlers. All

were crowned Champion. They will compete at the 9<sup>th</sup> Grade State Tournament February 10<sup>th</sup>, at St. John University. Congratulations to:

#95 Champion Dylan Wright, 4-0

#100 Champion Matt Druse, 4-0

#135 Champion Kurtis Julson, 4-0

#140 Champion Torrie Morgan, 4-0

#189 Champion Eulisses Sanchez 4-0

**YOUTH WRESTLING,** Over Christmas break, Nick Wanzek and Kyle Gliva traveled to Atlanta, Georgia for the Dixie Nationals. Nick won the tournament going 5-0. He beat a multiple national champion in the Championship match. Kyle placed 3<sup>rd</sup> going 5-1. Kyle lost a 2-3 decision in the semifinals to the champion.

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

Editorial: Okay so this is my last season of putting the newsletter together and I have some space remaining. What can I announce here? I could try marketing a Simley Wrestling t-shirt or two. ☺ Here it is..... **Thank You**

I will express my personal appreciation to the many men and women over the years that have given their precious time for my sons and daughter to be given the opportunity to grow to the best of their abilities on and off a wrestling mat. The willingness and courage to share your talents and the giving of your time .....in the wrestling room, concession stand, scoring-operating the clock, hosting a tourney, serving on the board, etc. is *Priceless*..... Thank you.

In December attending The Clash I came across an RCTC student health memo. It was encouraging students to volunteer. The memo stated; "People who volunteer have a heightened sense of well-being. In addition, they have better weight control, relief from insomnia, a stronger immune system, and shorter recovery time from surgery. Volunteers learn interpersonal skills (like being able to better understand & motivate others), improve their communication skills (writing & public speaking), and increase their knowledge on issues such as healthcare, politics and the environment. Volunteering boosts self-esteem, promotes a sense of calmness, and decreases loneliness and depression. When you volunteer, you are around people, often people who have similar interests, so it's a great way to meet new people and develop new friendships."

Thank you friend.... for volunteering.

Sincerely, Polly Tabbert

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## **Simley Spartan Wrestling**

### **Coach Will Short**

2920 80<sup>th</sup> Street East

Inver Grove Heights, MN 55076

Email: [shortw@invergrove.k12.mn.us](mailto:shortw@invergrove.k12.mn.us)

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