

# Spartan Wrestling Newsletter

Published by Inver Grove Heights Wrestling Club

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

November 2004

**Welcome** Simley Spartan wrestling fans to another exciting season of Inver Grove Heights Wrestling. Our wrestlers at all ages of the Simley program are eager to get to the mat. Goals have been set over the summer. Wrestlers have reviewed the past season with their buds and spoke directly to their aspiration for the coming months. Wrestlers have addressed the hard work, commitment and dedication they will put into their practice time to prepare them for the match moments. Our youth are ready to wrestle.

The newsletter enters its 7<sup>th</sup> year of bringing 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 very best of their ability on and off the mat.

This wrestling season IGH Wrestling Club has made a change as to how you receive our Spartan Wrestling Newsletter. Our newsletter is now available online. In January, February, March & May you will be able to read/print your issue from [www.simleywrestling.com](http://www.simleywrestling.com).

If you would like the IGH Wrestling Club to continue sending you a copy of the newsletter in the mail, please contact us in writing and mail your request to; P. Tabbert, 7877 Delano Circle, Inver Grove Heights, MN 55076. You will continue to receive a newsletter sent to your home. You may use the provided envelope.

## **JV & Varsity 2004-2005 Schedule**

Coach Short has assembled a schedule that matches our Varsity and JV wrestlers to competition with the top teams in the State of Minnesota and the Country. This schedule was built to provide our team with many opportunities to develop their wrestling skills as they seek a 4<sup>th</sup> consecutive Section 3AAA Team Championship and trip to the State

Tournament in late February 2005 for the State AAA Championship Title.

November 27<sup>th</sup> the team kicks-off the season at the Albert Lea duals. Mid January, the 2004 MN State Champion Apple Valley Eagles meet up with Simley in our house. The Spartans are attentive to their Classic Suburban Conference schedule as they look to add to a third consecutive championship

Simley is looking forward to three, tough, 2-day wrestling tournaments. Our varsity will travel to Rochester, MN for two tournaments; the Minnesota Christmas Tournament and the 2005 Clash National Wrestling Duals. In December our JV are wrestling at the Anoka JV duals. The top teams in MN send their JV teams to Anoka to go at it. In January the varsity will head northwest to Bismarck, ND to defend their 2004 first place finish in the classy Bismarck Rotary Tournament.

The Spartan lineup will have a different look after graduating eight seniors in 2004. Our wrestlers have worked hard in the off season developing their wrestling strength and technique and are eager to challenge for varsity spots.

### JV & Varsity Schedule

Sat. Nov. 27: Albert Lea Tourney 10am  
Thurs. Dec 9: @ So. St. Paul 6:30/7:30pm  
Sat. Dec 11: Mpls Edison Duals 9am  
Dec 17-18: V. at Christmas Tourney  
Sat. Dec 18: JV at Anoka Tourney 8am  
Dec 30-31: V. at Clash in Rochester  
Thurs. Jan 6: @ Sibley 6:30/7:30pm  
Jan 7-8: V. at Bismarck ND Tourney  
Fri. Jan 14: Apple Valley at Simley 6/7:30pm  
Sat. Jan 15<sup>th</sup> Kids Folkstyle Tournament  
Thurs. Jan 20: St. Thomas & Mahtomedi &  
Richfield at Simley 5pm  
Thurs. Jan 27: Tartan at Simley 6:30/7:30pm  
Fri. Jan 28: @ Irondale 6/7:30pm  
Sat. Jan 29: Grand Rapids 10:30am/Noon

Thurs. Feb 3: No.St.Paul at Simley 6:30/7:30pm  
Sat. Feb. 5: JV Conference Meet  
Thurs Feb 10: Team Section @ Sibley 6/8pm  
Fri. Feb 11: Team Sect Finals at Simley 6/8pm  
Fri. Feb 18 Sect 3AAA Indiv: Hastings 4pm  
Sat. Feb 19 Sect 3AAA Indiv: Hastings 10am  
Thurs – Sat., Feb 24-26 State Tourney @ Xcel

### **NEW: An Open JV & Varsity Practice**

Have you ever wondered what goes on at a Simley wrestling practice? Come and see... Friday, November 19<sup>th</sup> Simley High School Main Gym 7-9pm. Following practice there will be a social for all parents and friends of Simley wrestling at Mississippi Pub, 4455 66<sup>th</sup> Street E. Inver Grove Hts.



### **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 2004-2005 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

Wrestlers Note: Please have names & addressed printed VERY Clearly on the form

### **Simley Spartan Wrestling Quilt**

This Varsity wrestling season fans of Spartan wrestling will have opportunities to purchase chances to win a Simley Spartan Wrestling quilt. The Spartan quilt is a history collage of Simley Wrestling T-shirts.

Each ticket is \$5. or 5 for \$20. You may enter as many times as you wish. All money raised from the quilt will go to the IGH Wrestling Club. The quilt's owner will be drawn between the JV & Varsity matches on Thursday, Feb 3<sup>rd</sup>. Opportunities to purchase tickets for the Simley Spartan Wrestling Quilt:

Friday, Nov. 19<sup>th</sup> 7pm at Open practice  
Saturday, Nov. 20<sup>th</sup> 9am Youth Registration  
Friday, Jan. 14<sup>th</sup> Simley vs Apple Valley  
Saturday, Jan 15<sup>th</sup> Kids Folkstyle Tourney

Thursday, Jan. 20<sup>th</sup> Home meet  
Thursday, Jan. 27<sup>th</sup> Home meet

### **Middle School Wrestling**

Practice for Middle School wrestling youth gr: 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> begins after school on November 8<sup>th</sup> at 2:45 in the middle school wrestling room. Wrestlers will be given a meet schedule handout. Meets begin mid November, concluding in January. The middle school meet schedule will be posted on our web site. You are invited to a meet and watch our future Simley wrestlers in action.

"Kindergarten – isn't too early to begin wrestling and middle school, isn't too late to begin your wrestling career. What's important is, you need to begin." Coach Short.

### **YOUTH WRESTLING, It's where the Simley Spartan wrestling tradition begins!**

Kindergarten – 5<sup>th</sup> Grade wrestlers begin practice Saturday, November 20<sup>th</sup> at 9am with registration, parent meeting and 1<sup>st</sup> practice. Wrestlers & Parent/s meet at the Simley varsity wrestling room. Registration fee \$75, covers the cost of the wrestler's MN/USA wrestling card and a team t-shirt. Wrestlers practice on Tuesday & Thursday evenings. A detailed practice schedule is posted at:



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

The Simley Youth wrestling program has a talented, dedicated, experienced volunteer coaching staff who work in cooperation with our Middle School & Simley High coaching staff. Our youth coaches have many years of wrestling experience at the local, State, National and collegiate level.

At practice wrestlers are divided according to experience level; Our youth program stresses the fundamentals of "Folkstyle" wrestling; takedowns, escapes, reversals, pins and other basic wrestling maneuvers.

IGH Wrestling Club and our youth coaches believe strongly in providing opportunities for our beginning and intermediate wrestlers to learn, to achieve and to go as far as their talents, abilities and determination will allow them.

Note: If your child has outgrown their wrestling shoes, bring the too small wrestling shoes to registration and donate them to a new pair of feet.

### 3<sup>rd</sup> Annual Spartan Wrestling Golf Tourney



Congratulations to our 2004 Spartan Golf Tournament Champion foursome of Scott Quittem, Dan Harrison, Pat Albrecht, and Bill Thurmes. The 2004 Spartan Golf Tournament Sept. 18<sup>th</sup> hosted a terrific group of golfers who participated in a beautiful day of September golf. The IGH Wrestling Club appreciates the terrific golfer turnout for this annual event. It was good to see the number of alumni wrestlers who put foursomes together.

The IGH Wrestling Club is grateful to those who donated wonderful prizes for the hole competitions and door drawings. Thank you sponsors for your generosity in providing terrific prizes for the tournament: Smurfitt Stone, Target, Tom & Cindy Stangl, True Value Hardware, Andy Kirchner, CSC-Chris Short, Todd Knutson, Gina & Bill Ryan, American Security, Bill Thurmes, Dan Harrison, Will Short, Dr. Stephen Dalseth, and Mississippi Pub. Thank you to Gina Ryan, Pat Short and Gloria Lynaugh for your tournament planning and preparations. Thank you to our terrific crew of wrestling parents who played host and provided a delicious variety of food through out the day. Thank you.

### IGH Wrestling Club Annual Meeting

Early in October, the IGH Wrestling Club held their annual meeting at South Valley Park. The weather and spread of food were excellent. The 04-05 season youth, middle school & high school coaches were introduced. Coach Short gave a brief over view for the upcoming season. Board seat vacancies were voted upon. Our 04-05 wrestling board is; Mark Berg, Tim Murphy, Brian Millner, Keith Gliva, Mark Nordstrom, Dave Barnes, Barb Watrud, Gina Ryan, Ted Biggs, and Phil Prokopowicz. Thank You Board for the time and energy you will put into this season as you actively participate in the leadership responsibilities of our wrestling club.

All IGH Wrestling Club members are welcome to attend board meetings. The next IGH Wrestling Club board meeting will be Tuesday, November 16<sup>th</sup> at 8pm. Meet at the Simley wrestling room. The board expresses their appreciation in the ACTIVE participation of each IGH Wrestling Club member; parent and fan of Simley Spartan Wrestling.

**Simley Spartan Wrestling Apparel** is available for purchase at JDLettering, located across from Applebee's at Upper 55<sup>th</sup> & Blaine Avenue in Inver Grove Heights. OR Register for your Spartan Newsletter sponsorship and receive a long sleeve tee at the JV/Varsity open practice 7pm Friday, Nov. 19<sup>th</sup> or Nov. 20<sup>th</sup> at 9am Youth wrestling registration.

### Become a Spartan Wrestling Sponsor



This is a terrific way to support wrestling in Inver Grove Heights at all levels: youth to high school. Your sponsorship directly supports this Newsletter and the youth of Spartan Wrestling. Contributions are tax deductible.

#### **Contribution of \$50.**

Pass List for all home meets.

Recognition in Newsletters, Home Programs, & [www.simleywrestling.com](http://www.simleywrestling.com) web site.

One Simley Spartan Wrestling long sleeve T-shirt

#### **Contribution of \$100 or more.**

Pass List for all home meets.

Recognition in Newsletters, Home Programs, & [www.simleywrestling.com](http://www.simleywrestling.com) web site.

Two Simley Spartan Wrestling long sleeve T-shirts

**NEW:** If you would like a web page linked from your name/business on our web site sponsor recognition page please provide your web site address on the registration form.

**Thank You for Supporting Spartan Wrestling and the IGH Wrestling Club.**

### **Our Continued thoughts & prayers for healing and recovery for:**

Jake Brown '02 grad; spinal cord injury and most recently Marine Lance Corporal Kyle Anderson '03 grad: head injury while on active duty in Iraq. Kyle's recovery can be followed on the web at: [www.simleywrestling.com](http://www.simleywrestling.com)

**Next Issue:** January, after The Clash. **Please note:** What is published in the newsletter is what's been forwarded to the editor.

# 2004-2005 Sponsors of Simley Spartan Wrestling

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There is room for you to join  
our 2004-05 Sponsor team.  
Details inside or on the web at  
[www.simleywrestling.com](http://www.simleywrestling.com)

## 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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