

Spartan Wrestling Newsletter

Published by Inver Grove Heights Wrestling Club

www.simleywrestling.com

November 2006

Welcome Simley Spartan wrestling fans to the 06-07 wrestling season. Our wrestlers at all ages of the Simley program are eager to get to the mat.

This newsletter enters its 9th 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 throughout the State of Minnesota and Country representing Inver Grove Heights to the very best of their ability on and off the mat.

2006-07 Season Preview

The Simley Spartans will start this season out of the top ten ranking for the first time since 2001-2002. Simley returns 10 of 14 starters from last season with 5 State entrants. Senior Jake Tabbert is the only State place winner that is returning for the Spartans. Tabbert's freshman year he was a #103 State entrant, sophomore year he placed 6th at #103. Last season Tabbert moved up to #119 and placed 5th in a weight class with three State Champions. Simley's other returning State entrants are juniors Kyle Bulera and John Prokopowicz and seniors Kurt Knutsen and Zach DeLong. Simley had two wrestlers place 3rd at the Section 3AAA tournament just missing a birth to State; #112 Jack Barnes and #135 Brian Watrud. Mic Berg placed 6th at #171 and Brandon Millner placed 4th at #189.

Many supporters of Simley feel that the Spartan's are being overlooked in the upcoming season and that Simley will be a big surprise in the months ahead. Wrestlers and coaches will let their results speak for themselves.



New Coaches

The coaching staff at Simley has some new faces this season with Dan Glenn and Tony Abbott joining the staff. Dan Glenn is a former 3-time All-American from the University of Iowa where he wrestled under the legendary Dan Gable. Tony Abbott, former Division 3 National Champion from Augsburg College will bring youth energy to an extremely talented staff.

Projected Simley Line-up

#103 this weight class will see some new faces this season. 9th grader Dylan Wright is a Folkstyle State Champion in his age division and currently is a favorite to start. Dylan will be pushed by two 8th graders; Cola Jensen and Dan Dick who both have established themselves as elite wrestlers in their age divisions.

#112 Tommy Glenn who went 10-14 last season will start out here and is looking to improve upon his 8th grade Varsity season. Tommy is looking forward to wrestling at his weight this season.

#119 junior David Tacke or sophomore Justin Nordstrom could establish themselves as varsity wrestlers this year at this weight class. Both wrestlers have some JV experience and could have a nice year for the Spartans.

#125 Kyle Bulera should start the season here. Kyle is coming off a State tournament appearance. He's worked particularly hard in the weight room and is ready for the adjustment to a bigger weight class.

#130 look for senior Captain, Jake Tabbert to start here. Jake is a 2-time State place winner with a load of varsity experience. Junior Tyler Schelifelbien should hold down the JV spot at this weight class.

#135 junior John Prokopowicz is looking to establish himself this season as a dominate force in the State at this weight class. John is a 2-time State entrant and is looking to be a top State finisher this season. Look for sophomore Jake Hoffner to see some varsity action at this spot too.

#140 sophomore Jack Barnes is coming off a 3rd place finish at Sections last season at #112. Jack placed behind two wrestlers that finished in the top five in the State. A strong freshman in Kurtis Julson who placed 2nd at last season's 9th grade State Tournament will chase Jack.

#145 senior Captain Kurt Knutsen will be ready to hold down the 45 spot. Kurt had a great off-season lifting and wrestling. Kurt is a 3-time State entrant and will be a strong contender this year at the State Tournament. Senior Alex Simmons had an outstanding JV season for the Spartans in 05-06, and is looking to contribute to this year's team.

#152 senior Captain Brian Watrud will start the season at this weight. Brian is coming off a 3rd place finish at Sections. Look for freshman Torrie Morgan to make some noise on JV and in the 9th grade league.

#160 senior Captain Zach DeLong should begin the season here. Zach is the returning Section Champion, and is ready to move up in the rankings. Look for freshman Luke Perkerwicz to contribute on JV and 9th grade league.

#171 Mic Berg will start his sophomore year here. Last season weighing only #156 at this weight, Mic managed a top 6 finish at Sections. Mic is now a full #171 and will be a force at this weight class. Mic won a State Title at the Cadet Folkstyle Championships and was an All-American at Nationals in the spring.

#189 senior Brandon Millner and junior Eric Wild will battle for this spot all season. Brandon is coming off a 4th place finish at Sections and is looking to make the State tournament. Eric wrestled #189 & #215 last season. He was the JV conference champion. Eric has worked hard in the weight room and will bring that commitment to the mat.

#215 junior Cullen Berg is recovered from last season's accident and had a great football season as Simley's starting center.

Cullen spent the summer on the mat and should be one of Minnesota's top wrestlers. Look for sophomore Miguel Lopez to contribute at this weight.

#285 senior Andy Kadrlik and sophomore Charlie Gelhaye will battle for the varsity spot all season. Both wrestlers have a season of JV and some varsity experience. The wrestler that works the hardest should prevail.

The Simley wrestling team had 41 wrestlers sign-up to wrestle this season. This is the most wrestlers Simley has ever had out for wrestling.

JV & Varsity Schedule

Sat Dec 2: @ Albert Lea Tourney, Noon
Thurs Dec 7: Richfield/N.StP @ **Simley** 5p
Sat. Dec 9: V @ Green Bay WI, Battle on the Bay
Dec 15-16: V. @ Christmas Tourney, Rochester
Sat. Dec 16: JV @ Anoka Tourney, 8a
Tue Dec 19: Armstrong/Mpls So.@ Armstrong 6p
Dec 29-30: V. @ Clash IV in Rochester
Thurs Jan 4: @ Sibley, 6:/7:30p
Fri Jan 5: @ Forest Lake, 5p
Thurs. Jan 11: SSP/Tartan @ Tartan, 5p
Fri Jan 12: Scott West @ **Simley** 6:/7:30p
Sat. Jan 13th **Simley Kids** Folkstyle Tournament
Fri Jan 18: Apple Valley @ **Simley** 6:/7:30p
Thurs Jan 25: St.Thomas/Mahtomedi @**Simley** 5p
Sat Feb 3: V @ Tartan, Individual Conference 10a
Thurs Feb 8: @ St.Michael Albertville 6:/7:30p
Sat Feb 10: @ SSP, Packer Duals 9am
Thurs. Feb 3: No.St.Paul @ **Simley** 6:30/7:30pm
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

Open JV & Varsity Practice

Have you ever wondered what goes on at a Simley High wrestling practice? Come and see... Monday, Nov. 27th Simley High School Main Gym 7:15-9pm. Following practice there will be a social for all parents and friends of Simley wrestling at Mississippi Pub, 4455 66th Street E. Inver Grove Hts. Newsletter sponsorship t-shirts will be available for pick-up at this open practice.

"Battle On the Bay" Hotel information:

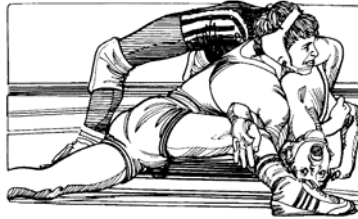
The varsity team will be staying three miles from Bay Port High at Comfort Suites, 1951 Bond Street, Green Bay WI., 920-499-7449, Friday evening Dec. 8th. The team will



return home at the conclusion of the Championship matches. A block of rooms has been set aside for parents & fans, group rate of \$82.95. Call to reserve your spot.

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 2006-2007 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 & addresses printed clearly on the form

Middle School Wrestling

Practice for Middle School wrestling has begun. Thirty-five 6th, 7th & 8th graders are out for the team. Kevin Jensen, Dan Dietrich & Jim Short coach the middle school wrestlers; Grade 6: Juan Torres, Kyle Gliva, Jake Short, Zach Rivera, Zach Chaffin, Nick Wanzek, Jordan Nied, Brandt Olson, Trevor Schauls, Mychael Rabion. Grade 7: Perdro Delio, Tyler Rodriquez, Dan Eddy, Tom Helseth, Micah Barnes, Cody Hazelett, Austin Scott, Dale Barner, Zach Schmitt, Robin Schauls, Stave Rud, Alex Biggs, Ken Clarke, Jeremiah Morse, Matt Kadrlik. Grade 8: Jeremy Boettcher, Gabe Spooner, Casey Kennedy, Matt Kruse, Tyler Young, Matt Monjeau, Travis Schindeldecker, Dylan Schindeldecker, Adam Howe, My'Kar Grove, McCaleb Morse.



Wrestlers leave for matches immediately after school, 2:45p. All matches begin at approximately 3:45p unless otherwise noted. Saturday tournaments start at either 9a or 10a.

On Thursday January 4th when the Varsity and JV travel to Sibley, the middle school team will also travel and wrestle at 5:30p. One additional tournament is to be determined.

Thurs Nov 16: Hastings & Woodbury @ IGH
 Tue Nov 21: @ John Glenn - Roseville
 Tue Nov 28: @ John Glenn -Maplewood-Woodbury
 Tue Dec 5: @ Stillwater -Oakland-CottGrove
 Thurs Dec 7: @ Maplewood -Skyview
 Sat Dec 9: @ ParkCottGrove-Conference Duals
 Tue Dec 12: @ White Bear Lk - So St. Paul
 Thurs Dec 14: Sibley-Chisago Lk @ IGH
 Sat Dec 16 @ Hudson Tournament
 Tue Dec 19: @ Roseville-Skyview-Maplewood
 Thurs Dec 21: @ So. St.Paul - Roseville
 Thurs Jan 4: @ Sibley-Mid School, JV, V meet
 Mon Jan 8: @ Cannon Falls - Faribault
 Sat Jan 13: @ Hastings Livingston Tourney
 Sat Jan 13: **Simley Youth Folkstyle Tourney**
 Thurs Jan 18: Chaska & ? @ IGH

"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 - 5th Grade wrestlers began practice Tuesday November 7th. Wrestlers meet at 6:30 in the Varsity wrestling room. Wrestlers practice on Tuesday & Thursday evenings. A detailed practice schedule located at:



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.

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, intermediate and elite youth wrestlers to learn, to achieve and to go as far as their talents, abilities and determination will allow them.

If your child has outgrown their wrestling shoes, donate the too small wrestling shoes to a new pair of feet.

5th Annual Spartan Wrestling Golf Tourney



Congratulations to our 2006 Spartan Golf Tournament foursome of Tim Loritz, Tim Gerlach, Andy Biggs & Ted Biggs. The 2006 Spartan Golf Tournament Sept. 23rd was a beautiful morning of

Fall golf. The IGH Wrestling Club appreciates the golfer turnout for this annual event.

The IGH Wrestling Club is grateful to our Official Hole Sponsors:

Dalseth Family Dentistry, Dr. Heidi Diekmann DDS, Snap Leitner, Kuchera Insurance, Freezer Pak, Market Liquor, Nordstrom Family, North Star Financial, Digital Voice, Dr. Dan Glenn DDS, Bremer Bank, Midwest Guaranty, Steenburg Watrud Construction, American Bank, Keller Williams-Rex King, & Catch-A-Tan.

Thank You, Thank You to the many who donated wonderful prizes totaling over \$2400 in value for hole competitions and door drawings:

Outback Steakhouse, The Watrud's, Shelly Stangl, Paul's Auto & Tire, Southview Country Club, Majors, True Value, Tom & Cindy Stangl, Polly Tabbert, Mississippi Pub, Jersey's Bar & Grill, Key Bank, Wal-Mart, Rainbow Foods, Sherryl Seliga, Smurfit-Stone Container, Todd Knutsen, Cameron's McCarthy Duce Sales, Catch-A-Tan, Cub Foods, Ruby Tuesday, Inver Grove Ford, JD Lettering, Old World Pizza, Relax & Tan, Johnny Masonary, Dan Imholte, Jan Barrett, Bill & Jan Kostner.

Thank you to our wrestling families and board members who donated their time, talents and resources in coordinating this event. Your feedback is welcome as we try to build upon a good thing. Email us at:

webmaster@simleywrestling.com

IGH Wrestling Club Annual Meeting

October, the IGH Wrestling Club held their annual meeting at South Valley Park. The weather cooperated. We feasted on a terrific potluck picnic; visited and *all* commented on how the wrestlers, young and older had grown over the summer. Board elections were held. Our 06-07 Board members

are: Ted Biggs, Todd Knutsen, Keith Gliva, Dave Barnes, Mark Berg, Mark Nordstrom, Tim Wanzek, Olga Perkerwicz, Jerald Kruse and Roman Delao.

Thank you to our retiring board members Brian Millner, Gina Ryan and Barb Watrud for your time, energy and the active participation you have put into the leadership responsibilities of the IGH Wrestling Club.

All IGH Wrestling Club members are welcome to attend board meetings. Meeting dates are posted on our web site.

The board expresses its appreciation in the *active* participation of each IGH Wrestling Club member; parent and fan of Simley Spartan Wrestling.



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 meets, & www.simleywrestling.com
- ✓ One Simley Spartan Wrestling long sleeve T-shirt

Contribution of \$100 or more.

- ✓ Pass List for all home meets.
- ✓ Recognition in Newsletters, Home meets, & www.simleywrestling.com
- ✓ Two Simley Spartan Wrestling long sleeve T-shirt

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

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

Next Issue: January, after The Clash.

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

I/We'd like to support 2006-2007 Simley Wrestling

Name/s and-or Business: _____

Address/ City/ ST/Zip: _____

Email: _____

Contribution of \$50.

- ✓ Pass List for all home meets.
- ✓ Recognition in Newsletters, at Home meets, & www.simleywrestling.com web site.
- ✓ One Simley Spartan Wrestling long sleeve T-shirt (circle 1) Size Adult: S, M, L, XL, XXL

Contribution of \$100 or more.

- ✓ Pass List for all home meets.
- ✓ Recognition in Newsletters, at Home meets, & www.simleywrestling.com web site.
- ✓ Two Simley Spartan Wrestling long sleeve T-shirts (circle 2) Size: Adult: S, M, L, XL, XXL
Additional T-shirts \$20 each. Size: Adult: S, M, L, XL, XXL

NEW: 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.

Checks payable to: "IGH Wrestling Club".

Please respond by November 30th, 2006 to:

Spartan Wrestling Newsletter, c/o Polly Tabbert,
7877 Delano Circle, Inver Grove Heights, MN 55076

2006-2007 Long Sleeve T-shirt Front



Back of T-shirt, a listing of State Place winners & Team finishes.

2006-2007 Sponsors of Simley Spartan Wrestling

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Thank you for your support of Simley Wrestling.

Simley Spartan Wrestling

Coach Will Short

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Email: shortw@invergrove.k12.mn.us

Self Confidence, Discipline, Leadership, Strength, Self Esteem, Courage, Honor, Flexibility, Fitness, Toughness,
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