

Spartan Wrestling Newsletter

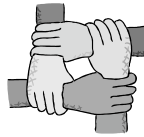
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www.simleywrestling.com

Summer 2004

Spartan 2004 Ironman Team

The Spartan wrestling team took 24 wrestlers to Bloomsburg, Pennsylvania over Memorial weekend to wrestle in one of the most grueling tournaments in the country, the AAU Ironman. Also joining the Spartan wrestlers was Josh Anderson the older brother of Seth Anderson. Josh attends Northern Iowa University. Aaron Short, grandson of Jim Short and from wrestling retirement, Chris Short as a senior division wrestler. The wrestlers, coaches and a few dads boarded a coach bus Thursday evening and arrived in Bloomsburg, PA 22 hours later for the wrestler's Friday evening weigh in. Wrestling would begin for the Spartan team on Saturday morning with a Folkstyle tournament, followed on Sunday with Freestyle and concluding on Monday with a Greco tournament.



Folkstyle: Six Spartans earned Championships in the freestyle tournament. Seth Anderson won the Junior 135# weight going 4-0 for the tournament. Zach Delong went 2-0 and finished first in the cadet 140# division. Bill Lundblad won the Cadet Heavyweight division finishing 2-0. Chris Short wrestled well and was crowned the Folkstyle champion at 215#. Dan Tabbert and Tony Biggs both were impressive winning their weight classes. Dan was 3-0 at 130#. Tony Biggs had one of the biggest weight classes and cruised through the tournament going 4-0. Over all the Spartan team won 46 matches and wrestled 96 for the Folkstyle tournament.

Freestyle: The Spartans looked to improve on their finishes in the Folkstyle tournament and did just that. Eight Spartans were crowned Champion in the Freestyle tournament.

Seth Anderson again dominated his weight finishing 3-0, placing 1st., Tony Biggs powered his way through his division 3-0 and placed 1st. Zach Delong went 2-0 placing 1st.

Brandon Murphy turned things around from the previous day where he was 0-2 in Folkstyle. Brandon went undefeated in Freestyle 4-0 and placed 1st. After finishing second in Folkstyle, Nick Rydberg won the freestyle tournament finishing 3-0. Chris Short dominated the freestyle tournament technical falling and pinning opponents. Jake Tabbert surprised his weight division after finishing 5th in Folkstyle, Jake came back and won the Freestyle tourney. Jake Short, a young wrestler in the Spartan program, improved upon his 2nd place Folkstyle finish going 4-0 on the day to place 1st in Freestyle. Overall, on the day, the Spartan team won 41 matches and wrestled 78 matches.

Greco Roman: The wrestlers began showing a bit of weariness by the third day of wrestling. Now was the time to step it up even more. The Greco tournament was very physical. The Spartans came away with six Champions. A number of our Spartan wrestlers were vying for the title of "Ironman", other's a Greco place finish.

Seth Anderson completed his division easily going 3-0. Seth went 10-0 for the full tournament and was crowned the overall Ironman Champion. Zach Delong won his matches, finishing the weekend 6-0 and was crowned overall Ironman Champion. Tony Biggs had another great day technical falling his way through the tournament. Tony went 3-0, finished 10-0 for the tournament, and was crowned overall Ironman Champion. Nick Rydberg earned another overall Ironman Championship. Rydberg finished the Greco tournament 4-0.

For the weekend of wrestling, Nick placed Folkstyle 2nd, Freestyle 1st, and Greco 1st place. Jake Short went 3-0 and won the Greco tournament. Jake placed Folkstyle 2nd, Freestyle 1st, and Greco 1st place, crowned the Ironman Champion. In the Greco tournament, the Spartans were victorious in 45 matches of the 84 matches the team wrestled.



In three days of tournament wrestling, the Spartans wrestled 248 matches, winning 132. The Team boarded the bus at the conclusion of the Greco tournament Monday evening and arrived safely home Tuesday morning. The coaches, parent chaperons and wrestlers felt the trip was a tremendous success.



Thank you to the Team's volunteer Ironman Coach Jim Short. Mr. Jim Short is a strong believer in our Spartan wrestlers participating in the Ironman Tournament. This tournament provides another opportunity for our wrestlers to continue to learn, to achieve and to go as far as their talents, abilities and determination will allow, in addition to the camaraderie. Choosing to train for the Ironman and the intense wrestling of the three-day tournament, wrestlers continued to work on their physical conditioning and wrestling technique through May. Thank you, Mr. Short for volunteering your time and legendary knowledge of the sport with our Spartan wrestlers.

Thank You 2004 Ironman Sponsors

Moose Lodge #1088

Vietnam Veterans of America #639

Mississippi Pub

Dr. Stephen Dalseth

Friends & Family of Spartan Wrestling

The IGH Wrestling Club is grateful for the business, individual, and organizational sponsorship of the 2004 Spartan Ironman Team. Our generous sponsors are; Moose Lodge #1088, Vietnam Veterans of America Chapter #639, Mississippi Pub, Dr. Stephen Dalseth and friends & family of Spartan wrestling. Your financial support in assisting with transportation costs is *GREATLY* appreciated. Thank you for supporting our Spartan wrestlers as they develop their wrestling skills and personal character.

Ironman Stats

	Fok	Fre	Gre	Overall
Josh Anderson	0-2	1-2	2-1 2 nd	3-6
Seth Anderson	4-0 1 st	3-0 1 st	3-0 1 st	9-0 1 st
Jack Barnes	1-2	1-2	0-2	2-6
Cullen Berg	3-2 3 rd	2-1 2 nd	2-1 3 rd	7-4 3 rd
Mic Berg	0-2	1-3 6 th	1-2 2 nd	2-7
Tony Biggs	4-0 1 st	3-0 1 st	3-0 1 st	10-0 1 st
Kyle Bulera	1-2 6 th	0-2	5-1 2 nd	6-5

	Fok	Fre	Gre	Overall
Aaron Short	1-2	2-3	0-2	3-7
Tim Clark	2-2 4 th	1-2	0-3	3-7
Zach Delong	2-0 1 st	2-0 1 st	2-0 1 st	6-0 1 st
Nate Duval	3-2 5 th	0-2	2-2 5 th	5-7
Ryan Grosland	0-3 6 th	0-2	0-3	0-8
Jake Hoffner	0-2	0-2	0-2	0-6
Kurt Knutsen	1-2 5 th	2-2 5 th	1-3	4-7 6 th
Bill Lundblad	2-0 1 st	1-1 2 nd	0-2 2 nd	3-2 2 nd
Brandon Millner	0-2	0-3	0-3	0-8
Brandon Murphy	0-2	4-0 1 st	3-1 2 nd	7-3 3 rd
Nick Olson	0-2	0-2	0-2	0-6
Jon Prokopowicz	1-2 3 rd	2-1 4 th	2-2 2 nd	5-5 3 rd
Mark Prokopowicz	1-1 3 rd	2-1 3 rd	2-1 2 nd	5-3 2 nd
Nick Rydberg	4-1 2 nd	3-0 1 st	4-0 1 st	11-1 1st
Chris Short	2-0 1 st	2-0 1 st	2-0 1 st	6-0 1st
Jake Short	4-1 2 nd	3-0 1 st	3-0 1 st	10-1 1st
Mack Short	2-1 3 rd	1-3 4 th	3-1 2 nd	6-5 3 rd
Dan Tabbert	3-0 1 st	1-1 2 nd	1-1 2 nd	5-2 2 nd
Jake Tabbert	3-2 5 th	4-0 1 st	3-2 4 th	10-4 4 th
Brian Watrud	2-3 6 th	0-2	1-2	3-7
	46-40	41-37	45-39	132-116



Kids Freestyle Regional Nationals

The USA Wrestling Kids Regional National was held in Rockford, Illinois this past June. The Spartan Freestyle Club had one entrant in the tournament, Jake Short. Jake went 4-1 in his pool finishing in second place. At this National tournament, wrestlers are cross-bracketed in semi final wrestling. Jake wrestled the first place finisher in the other pool of his division. Jake won his semi-final match reaching the finals where he lost a close match 4-6, earning 2nd place finish at the Northernplains USA Wrestling Regional National Tournament.

A goal for the IGH Wrestling Club next season is to take a Team of Spartan wrestlers to this Regional National Tournament. It would give our youthful wrestlers good competition, supporting the continued development of their wrestling skills and mental wrestling maturity.



Kids Greco & Freestyle Nationals

The USA Wrestling Kids Greco & Freestyle National tournament was held in Menomonie, Wisconsin early July. Jake Short represented the Spartan wrestling club. Jake finished 5-1 in Greco earning a 2nd place finish. Jake finished 5-1 Freestyle earning a 3rd place finish. Congratulations Jake Short on your fantastic season of wrestling.

Minnesota Storm Cadet National Team



#171 Cullen Berg earned his place on the Minnesota Cadet National team that competes in Fargo, North Dakota each year.

This Cadet National tournament is the second largest tournament in the Country. Congratulations Cullen Berg on representing the State of Minnesota and Spartan wrestling.

Minnesota Storm Junior National Team



The Simley wrestling team was well represented on the Minnesota Junior National team this summer. Seth Anderson,

Brandon Murphy, Mitch Millner, Tony Biggs, Nate Duval, Casey Hellenberg and Buddy Gelhaye all wrestled in the Junior National tournament this past July at Fargo ND.

Congratulations wrestlers on representing our State and the Spartan team.

Coach Short Challenge:

The Simley wrestling program has not had a Junior National All American since 1995. We have not had a Cadet All American since 2000. To have an All American at this level a wrestler must commit completely to achieving this goal. We have tremendous wrestlers in this program. We need someone to represent the Spartans and achieve All American honors. To achieve this recognition our wrestlers need to get very serious about Freestyle next Spring. I hope that there will be wrestlers who are committed to being All Americans at the Fargo 2005 National tournament. Who will the wrestlers be?

www.simleywrestling.com

Simley Spartan wrestling has gone worldwide. Thanks to parent, volunteer Mark Nordstrom Spartan wrestling now has its own site on the web. The site has been in development over the summer. The Spartan Wrestling Newsletters from last season are now on the web. (You will find this issue there too) Receive information about the upcoming golf tournament and our Annual IGH Wrestling Club Meeting date will soon be announced on the web site. Please bookmark the site or add it to your favorites, and check in often to what's happening with Spartan wrestling at all age levels. This site is a work in progress. Please visit Spartan Wrestling at: www.simleywrestling.com

IGH Wrestling Club Annual Meeting.

All supporters of Spartan Wrestling are invited to the 2004 IGH Wrestling Club General Meeting and Family Picnic at South Valley Park. Check the web site the week of Aug. 23rd for picnic/meeting date: www.simleywrestling.com

- High School & Middle School wrestlers please bring a dish to pass: salad/hot dish to feed a *hungry* crew.
- Elementary wrestlers please bring dessert.
- The IGH Wrestling Club will provide dinnerware & beverages.

Picnic at 4pm. IGH Wrestling Club Annual meeting at 5pm. Agenda items; review of past season, goal setting for upcoming season & election of open board seats.

Simley JV & Varsity 2004-2005 Schedule

Sat. Nov. 27: at Albert Lea Tourney 10am

Thurs. Dec 9: at So. St. Paul 6:30/7:30pm

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: at Sibley 6:30/7:30pm

Jan 7-8: V. at Bismark ND Tourney

Fri. Jan 14: Apple Valley at Simley 6/7:30pm

Thurs. Jan 20: St. Thomas-Mahtomedi-Richfield
at Simley 5pm

Thurs. Jan 27: Tartan at Simley 6:30/7:30pm

Fri. Jan 28: at Irondale 6/7:30pm

Sat. Jan 29: Grand Rapids Tourney 10:30am

Thurs. Feb 3: No.St.Paul at Simley 6:30/7:30pm

Sat. Feb. 5: JV Conference Meet

Thurs Feb 10: Team Section Tourney at Sibley

Fri. Feb 11: Team Sect Finals at Simley 6/8pm

3rd Annual Spartan Wrestling Golf Tourney & Social

The Wrestling Club's Golf Tournament & Social are in the busy planning stages and your help is needed. If you are able to lend a hand with the "To Do List" please make the needed contacts. Your help is much appreciated and an important reason Spartan Wrestling is a quality program. Thank you.

- ✓ Recruit golfers. 100 golfers needed by Tue. Sept. 7th. Get friends/neighbors/co-workers together and sign up.
- ✓ Donations of GREAT, GOOD or AVERAGE prizes to be used for 27 hole competitions and 60+ door prizes. Contact Gina Ryan h-457-3371 asap.
- ✓ Food planning, prep and/or serving contact Gloria Lynaugh h-453-1212 asap.



Spartan Wrestling 2004 Alumni & Friends Golf Tournament & Social

Sponsored by Inver Grove Heights Wrestling Club

The Inver Grove Heights Wrestling Club invites you to the 3rd Annual Golf Tournament & Social. Play 27 holes, scramble. A cart will be provided to transport you.

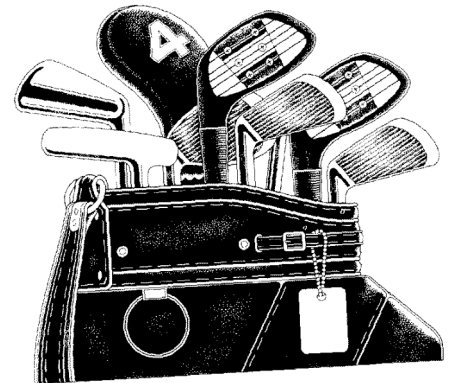
Saturday, September 18th, 2004. Rich Valley Golf Club, 3855 145th Street, Rosemount, MN (East side of Cty Rd. 42 & Hwy 52.)

7:15-7:45am Check-in, 8am Shotgun Start.

1:30pm Social in the **Clubhouse**; Twenty-seven terrific competition prizes and many door prizes awarded at the Social.

Cost: \$85 per golfer, Checks payable to "IGH Wrestling Club" Mail golf fee & registration to Coach Will Short, 3854 66th Street E. Inver Grove Hts., MN 55076 by Tuesday, September 7th. Golfers will not be able to register at the door.

Questions contact Coach Will Short,
Day 651-306-7944, Evenings 651-453-9311,
email shortw@invergrove.k12.mn.us



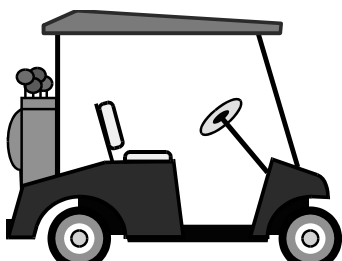
Register as a team or individual.

Golfer: _____ Phone # (____) _____

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