

EASTVIEW WRESTLING PROGRAM



GO
COURAGE
TO
SUCCEED

2000-2001 SEASON

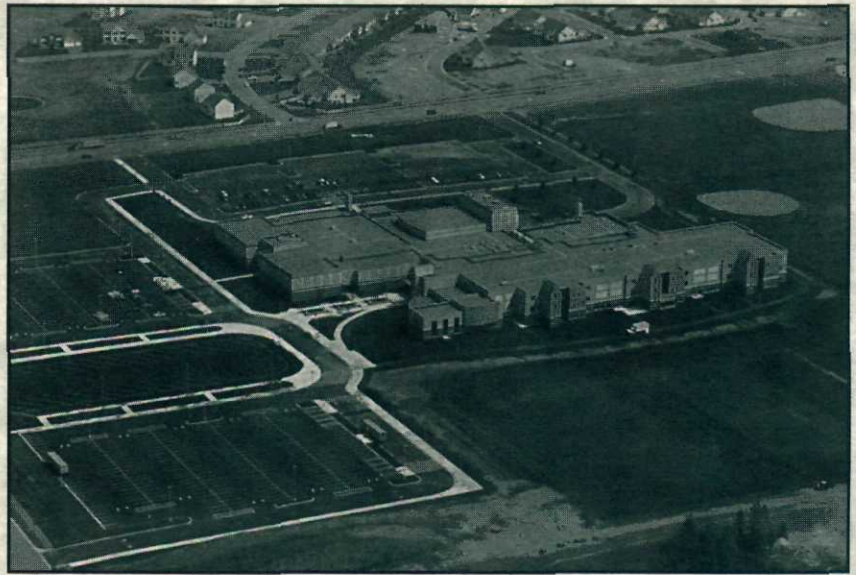
Eastview High School

Eastview High School is an attractive building, on an outstanding site; with state-of-the art technology, rigorous and relevant curriculum, and comprehensive and competitive cocurricular programs. But, more importantly, it's a school about people working together, about relationships, about a talented staff that cares about students, about exceptional students doing exceptional things, and about supportive and involved parents.

Over the past few years, students, parents, school people and members of our communities have worked together to give Eastview High School a name of its own, school colors, and a school logo. And, we have dreamed together about the ideal school we want Eastview High School to be. These dreams have become the Guiding Principles for Eastview High School. It is these principles that have established our attitude and our agenda for action, as we have hired outstanding staff members and developed the programs, structures, and systems to bring Eastview High School to life.

As we begin the fourth year of Eastview High School, we invite each student to learn more about the curricular and cocurricular opportunities that are available; and, we encourage you to get involved. Success, meaning and enjoyment in high school is directly related to involvement by both students and parents.

With the many opportunities at EVHS come many responsibilities. Each student at Eastview High School is expected to know them and do his/her part to create and sustain a safe, positive and orderly learning environment for all students.



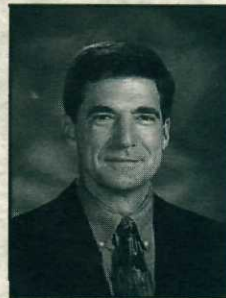
Eastview Athletics

District 196 believes that the cocurricular program of the school plays a substantial and important role in providing successful and meaningful experiences for students. In addition to a comprehensive list of courses, Eastview High School offers a wide variety of school activities to meet students' interests and needs. These activities are grouped into three categories: fine/performing arts and activities, student leadership and service, and athletics. All students are encouraged to participate according to their interests and abilities.

- Cross Country (Boys and Girls)
- Dance Team Performance (Girls)
- Football (Boys)
- Soccer (Boys and Girls)
- Swimming and Diving (Boys and Girls)
- Tennis (Boys and Girls)
- Volleyball (Girls)
- Dance Team Competition (Girls)
- Basketball (Boys and Girls)
- Figure Skating (Boys and Girls)
- Gymnastics (Girls)
- Hockey (Boys and Girls)
- Slalom Skiing (Boys and Girls)
- Nordic Skiing (Boys and Girls)
- Wrestling (Boys)
- Baseball (Boys)
- Golf (Boys and Girls)
- Softball (Girls)
- Track and Field (Boys and Girls)
- Adapted Athletics (Boys and Girls)
- Athletic Training (Boys and Girls)
- Cheerleading - Sport (Girls)
- Cheerleading Competition
- Intramurals (Girls and Boys)
- Strength Training (Girls and Boys)



Eastview Administration



Dr. J. Richard Dewey
Principal



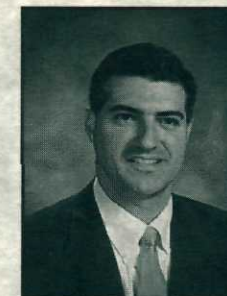
Randall Peterson
Associate Principal



Kim Martinson
Assistant Principal



Bruce Miller
Assistant Principal



Rob Franchino
Assistant Principal



Matt Percival
Administrative Assistant

COURAGE TO SUCCEED



If desire is your wishbone, then courage is your backbone. Your backbone gives you the gumption, the get-up-and-go, the guts to excel the incentive to make any dream you dare to dream come true.

It's easy to be ordinary or mediocre, but it takes courage to excel, to be different from the crowd. That's why not many people can do it. The rewards are great, but so are the risks. It takes courage to sacrifice; to work long, hard hours when you could be relaxing; to work out when there are so many distractions; to seek out tough competition when you know you'll probably get beaten. It's easy to be average, but it's hard to be the best.

It takes courage to stand by your convictions when all those around you have no convictions.

It takes courage to keep fighting when you're losing.

It takes courage to stick to your game plan and the unrelenting pursuit of your goal when you encounter obstacles.

It takes courage to run a marathon, but then how would you ever know how far you could run if you never tried?

It takes courage to try to be the very best you can be when others around you settle for mediocrity.

I firmly believe we are put on earth to be tested—to be challenged with adversity and to see what we can accomplish. The successful person is the one who continually faces the problems and challenges that life brings—and overcomes them all, no matter what the obstacle is.

I also believe that most people have far more courage

than they give themselves credit for. When tested, people find they have the courage to look deep into their souls; and do things they never thought possible. This amazes most people, who initially don't believe they have much courage. We all have it—we just don't realize it.

Most people are completely unaware that they possess this type of courage. Why? Because if they were aware of it, they'd have to test it—and that's risky. So most people play it safe and don't risk "Going for it." They're afraid of going into the unknown. There are no guarantees.

Unfortunately, people frequently tell you things can't be

done before they tell you things can be done. They're what we call "SNIOPs" – people who are "Susceptible to the Negative Influences of Other People." It's easy to be negative because it's safe and deals with the known. It's hard to be positive because it means taking risks and deals with the unknown. It takes courage to succeed.

Sebastian Coe used the word "courage" to describe what it will take to run the su-

per mile. He didn't say mental toughness—which is what you need at the end when your legs are dead and your lungs are bursting. Most good athletes can handle this; they can fight through the pain barrier. What Coe is saying is that you must be courageous—you must be brave enough to push yourself at the beginning when you're not hurting, knowing full well that by doing this, the more you'll hurt at the end. That is courage!

**COURAGE
TO
SUCCEED
EASTVIEW WRESTLING**

LIGHTNING WRESTLING COACHING STAFF



Kurt Habeck, Head Coach

Kurt Habeck, a native of Winona, Minnesota, has been a social studies teacher, wrestling and football coach, and weight room instructor for 10 years.

Kurt was a graduate of Augsburg College where he competed in wrestling and was a captain on the NCAA III National Championship Team. Individually, Kurt was a two-time MIAC Conference Champ and a NCAA III All-American and an Academic All-American. He was a varsity starter all four years as Augsburg placed eighth, third, second, and first nationally.

Kurt met his wife, Shelly, at Augsburg. They have a 6 year old daughter named Hannah, a 3 1/2 year old son named Zachary, and a 2 month old daughter named Erinn. Kurt and his family reside in Apple Valley.



Todd Beach, Assistant Coach

Todd Beach is originally from Franklin, Nebraska where he was successful in athletics including wrestling where he was a four time individual state qualifier and two time state medallist.

Mr. Beach graduated from the University of Nebraska-Kearney with honors and recently completed work on his

Master's degree in Curriculum and Education.

Prior to teaching and coaching at Eastview, Mr. Beach taught Social Studies at Valley Middle School where he also served as the head wrestling coach and was an assistant football and wrestling coach at Apple Valley High School.

Here at Eastview, Todd teaches 9th grade American Government and 11th grade AP European History. Coach Beach is also a varsity assistant football coach for the Lightning. Todd has a 12 year old son named Adam.



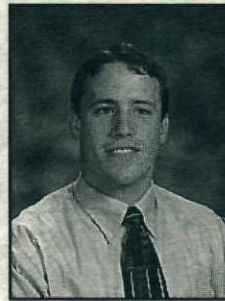
Nick Fornicoia, Assistant Coach

Nick Fornicoia, a native of Richfield, Minnesota is entering his fourth year as an English teacher and assistant wrestling coach at Eastview High School. Nick teaches mythology, multimedia, and broadcast journalism.

Nick has also been an Augsburg College wrestling assistant coach for three years, where he helped coach the Auggies to a National Championship team title.

Nick was a state champion wrestler in high school. As a graduate of Augsburg College, he was a NCAA III National Champion at 118 lbs. Fornicoia finished his career as a three-time All-American and a two time MIAC champion. In his era the Auggies placed second, first, second, and first in four national tournaments.

Coach Fornicoia enjoys teaching and coaching, and his hobbies include reading, rollerblading, mountain biking, and playing with his dog Parker.



Travis Lee, Assistant Coach

Travis Lee, originally from Kensington, Minnesota, is entering his third year as a math teacher and assistant wrestling coach at Eastview High School. Travis also is the web developer for the wrestling team.

Another fellow Auggie, Coach Lee was a four year Academic Club member. He wrestled at Augsburg College when their national runs ended at fourth, first, second, and first place nationally.

In high school, Travis earned four trips to the state tournament. In addition to this, he was a two-time Academic All State award winner. Lettering in football and golf rounded out his high school athletic career.

Travis enjoys teaching math and coaching, but still finds time to read, watch movies, and participate in many outdoor activities.



Shane Peters, Assistant Coach

Shane is originally from Huron, South Dakota. In his prep career, he was an individual state champion and a high school All-American.

Shane graduated from Black Hills State University where he was a two year captain for the football team. Along with captainship, he was also a two time selection

to the first team All-Conference. While in college, Shane also coached high school wrestling for two years at Sturgis (SD) High School.

Shane is in his first year at Eastview High School where he teaches geometry and algebra II.

He enjoys teaching, coaching, and his hobbies include playing and watching sports.



Brent Odenbrett, Assistant Coach

Odie graduated out of Rosemount High School and is currently attending Augsburg College. He plans to graduate from Augsburg College in the spring of 2002 with a degree in elementary education.

This is Coach Odenbrett's third year of helping the Eastview High School Wrestling Team. Odie has also helped with the Thunderbolts Freestyle Wrestling Program in the past.

Brent met his fiancé, Marie, at Augsburg College and they currently live in Eagan. Odie is a senior math tutor at Augsburg College and enjoys wrestling, football, bowling, hunting, and fishing.



Doug Nelson, Athletic Trainer

Doug has been Eastview's Athletic Trainer since the opening of the school in 1997. Before coming to Eastview, Doug was an Athletic Trainer for Augsburg College, the Minnesota Twins, and for Brooklyn Center.

Doug and his wife Becky will be adopting a baby girl from India, Emily, in February.



EASTVIEW WRESTLING

Captains Adam Fokken & Mikey Fornicoia

2000-2001 Season

FRESHMAN

ERIC ANDERSON
MIKE BARRY
ZACH BECHSTEIN
JASON BERVE
FRANKIE BLUNDETTO
ANDREW CARTER
MATT CASEY
STEVE DAVIS
PAT DEA
SEAN DWYER
KEVIN EICH
JEREMIAH FOERTSCH
KYLE FOKKEN
JESSE GILMORE
DAVID GROGG
MATT GROVER
DAVE HETLAND
DAVID HILDEN
FRED HWANG
BONA KU
DAN KURDZIEL
RYAN LANGLAIS
TIM LEWIS
JEREMY MCKEE
STEVE NELSON
CHRIS NEWMAN
NICK OLSON
JARED POWELL
ANDREW TIGHE
TOLLIE THOMAS
JUSTIN TROUP
CORY WAGNER
BRIAN WALLENTA
JORDAN WARZECHA
ERIC YUEN

SOPHOMORES

BRIAN BARTA
THOUNCHAI CHANTHASENE
JOSH DAUWALTER
JOHN GETZKE
TYLER GOSSE
MATT JENKS
SOMSY KEOMANY
NATHAN KOCER
ANDREW LENERTZ
KURT MCCUE
GREG MILLS
RANDY PRICE
DAN RASMUSSEN
CASEY SCHMIDT
CHRIS SHUCK
JUD TURK
JAMES VOYLES

JUNIORS

MIKEY FORNICOIA
MIC HALE
WADE HALVORSEN
ERIC LEMM
JON MARPLE
DAVID PUDWILL
SAM SHERER

SENIORS

ERIC BUDD
ADAM FOKKEN
JON HANSON
ADAM JOHNSON
CECILIA OLSSON
BRIAN PUTNAM
DAVID RASMUSSEN

PRINCIPAL

Dr. J Richard Dewey

Athletic Director

Bruce Miller

Coaches

Kurt Habeck
Todd Beach
Nick Fornicoia
Travis Lee
Brent Odenbrett
Shane Peters

Nickname

Lightning

School Colors

Black, Blue, Silver, White

Managers

Rachel Davis
Kari Okonek
Andrea Roos

Videographer

Michelle Nelson
Khamla Saengsouriya

Conference

Lake

Section

6AAA

Board of Education

Jackie Magnuson, Chairperson
Bruce Endler, Vice-Chairperson
Mike Roseen, Clerk
Kevin Sampers, Treasurer
Rob Duchscher
Judy Lindsay
Bob Schutte

Dr. John T. Haro
Superintendent

LIGHTNING WRESTLING

CAPTAINS



Mikey Fornicoia

Captain Mikey is entering his 3rd year as a varsity wrestler for the Lightning. Last season proved to be very successful for Mikey

earning All-Conference recognition and qualifying for the State Tournament by placing 2nd place at sections.



Adam Fokken

Adam, a 2X Captain, will be entering his 5th year of varsity wrestling. His accomplishments include 4X All-Conference

honors, 109 career wins, and 2X-state qualifier with All-State honors. There is only **ONE** thing left to accomplish individually.

LETTERMEN



Adam Johnson

Adam has been a varsity wrestler for 2 years. Adam showed great improvement last year and the team is expecting great things from him as a senior.



John Getzke

John, a sophomore, gained experience last year while wrestling on the 9th, JV, and varsity teams. John plans on wrestling at 145 lbs. this year. John plays football and pole vaults on the track team.



David Rasmussen

David is entering his 4th year of varsity wrestling and is a 2X-section place winner. With only his senior year to go, David is ready to have a great season knowing that there will not be a next year.



Eric Lemm

Eric is entering his 3rd year as a Lightning wrestler. Eric wrestled on JV as well as Varsity as a sophomore. Eric plays football and enjoys lifting weights.



Chris Shuck

Chris, a sophomore, gained experience last year while wrestling on the 9th grade, JV, and varsity teams. Chris played football this year and is a pitcher on the baseball team.



Steve Davis

Steve, wrestled on varsity last year as an 8th grader at 103 lbs. Steve placed 4th at Sections while earning 25 wins on the year. Steve will wrestle at 119 lbs. this season.



Sean Dwyer

Sean, a freshman, was a varsity wrestler as an eighth grader and gained valuable experience for the upcoming season. Sean earned 13 wins at 119 lbs. Sean will wrestle at 135 lbs. this year.



Ryan Langlais

Ryan, a freshman, wrestled as an 8th grader at 130 lbs. Ryan placed 5th at Sections while earning 19 wins for the season. Ryan will wrestle at 140 lbs. this year.

LIGHTNING WRESTLING

Minnesota Ninth Grade and Under Wrestling League



League Members and Section Assignments:

- | | |
|--|---|
| Section 1
Filmore Central
Houston
K-M
LaCrescent
lake City
Plainview
Rushford
Stewartville
Wabasha-Kellogg
Zumbrota-Mazeppa | Section 6
Armstrong
Buffalo
Cooper
Delano
Eden Prairie
Hopkins
Hutchinson
Minneapolis
Minnetonka
Wayzata |
| Section 2
Albert Lea
Faribault
JCC
Northfield
Owatonna
Waterville | Section 7
ANML
Anoka
Blaine
Champlin Park
Coon Rapids
Elk River
Maple Grove
Osseo
St. Francis |
| Section 3
Chisago Lakes
Forest Lake
Irondale
SP Johnson
SLP
Stillwater
Tartan
Totino-Grace
White Bear Lake | Section 8
Becker
Cambridge
Foley
Kimball
Milaca
Monticello
St. Cloud Tech
STMA |
| Section 4
Eagan
Eastview
Hastings
Henry Sibley
Rosemount
SP Harding
Simley | Section 9
Detroit Lakes
Fergus Falls
Fertile-Bel
Fosston-Bag
Frazee
Greenbush-MR
Mahnommen-W
Perham
Roseau |
| Section 5
Apple Valley
Burnsville
Farmington
Kennedy
Lakeville
New Prague
Prior Lake
Shakopee | Section 10
A-C-GC
B-B-E
Benson
K-M-S
Litchfield
MACCRAY
New London-S
Paynesville
Willmar |

FRESHMEN

ERIC ANDERSON
MIKE BARRY
ZACH BECHSTEIN
JASON BERVE
FRANKIE BLUNDETTO
ANDREW CARTER
MATT CASEY
STEVE DAVIS
PAT DEA
SEAN DWYER
KEVIN EICH
JEREMIAH FOERTSCH

KYLE FOKKEN
JESSE GILMORE
DAVID GROGG
MATT GROVER
DAVE HETLAND
DAVID HILDEN
FRED HWANG
BONA KU
DAN KURDZIEL
RYAN LANGLAIS
TIM LEWIS
JEREMY MCKEE

STEVE NELSON
CHRIS NEWMAN
NICK OLSON
JARED POWELL
ANDREW TIGHE
TOLLIE THOMAS
JUSTIN TROUP
CORY WAGNER
BRIAN WALLENTA
JORDAN WARZECHA
ERIC YUEN

9th Grade State Placewinners 2000

Bryan Lewis - 6th place
Pat Dea - DNP
John Getzke - DNP
Andrew Lenertz - DNP



REGIONS

- | | | |
|---|--|---|
| Region 1A
Section 1
Region 1B
Section 2
Region 3
Section 3
Section 4 | Region 3
Section 5
Section 6
Region 4
Section 7
Section 8 | Region 5A
Section 9
Region 5B
Section 10 |
|---|--|---|

LIGHTNING SUPPORT

Wrestling Managers

Varsity/Junior Varsity/Freshman



Rachel Davis - 12



Kari Okonek - 10



Andrea Roos - 10

Videographers

Michelle Nelson
Khamla Saengsouriya

Cheerleaders

Varsity

Megan Anderson
Suzanne Connell
Angela Foertsch
Kat Freerik
Megan Gosse
Theresa Kain
Aliza Rogalski

Junior Varsity

Melissa Brookman
Jenny Heiss
Andrea Nicklawsky
Lindsey Rickert
Kelsey Stevenson

Freshmen

Cassie Chapley
Jessica Cross
Sarah Duncan
Nikki Matson
Lisa Terlizzi

Board of Directors

Mark & Lois Fokken President
Laurie & Jay Johnson Vice-President
Judy & Mike Fornicoia Treasurer
Marthea Putnam Secretary
Mary & Jerry Davis EVAA/ThunderBolts Liaison
Kurt & Shelly Habeck EVHS Head Coach

Grade Representatives

Debbie & Cal Eich 9th Grade Representative
Linda & Jim Dea
Kathy & Steve Lenertz 10th Grade Representative
Debbie & Tom Lemm 11th Grade Representative
TBD 12th Grade Representative

A note from the President...

We are excited! The 2000-2001 Eastview Wrestling season is here!

On behalf of the Eastview Wrestling Association (EWA) we would like to invite you to become a member of the Eastview Wrestling Association

The Eastview Wrestling Association is an organization that provides services and supports the wrestling program throughout the community at all levels.

The past four years EWA has sponsored events such as PAK socials, special recognition nights (EVAA, middle school, parent, alumni), and the annual banquet. EWA has also provided financial assistance to the program by being involved in seeking corporate sponsorships and other minimal fund-raising activities. Although, the primary goal of EWA is to promote communication, offer support and encourage family participation throughout the program. For example, many EWA members

play a key role in the success of the Eastview wrestling program by volunteering their time and talents.

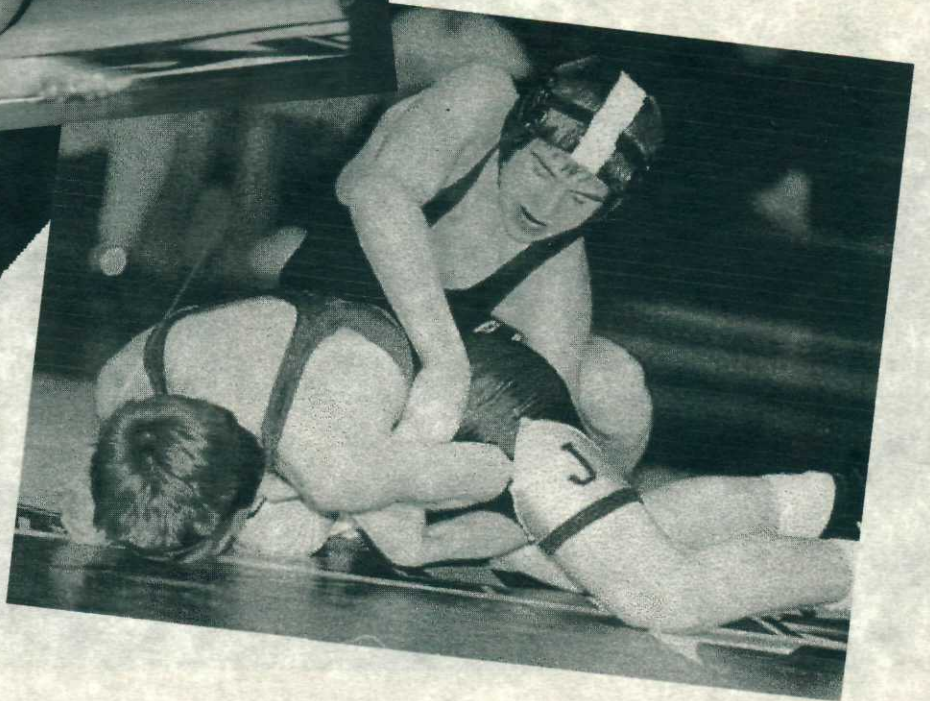
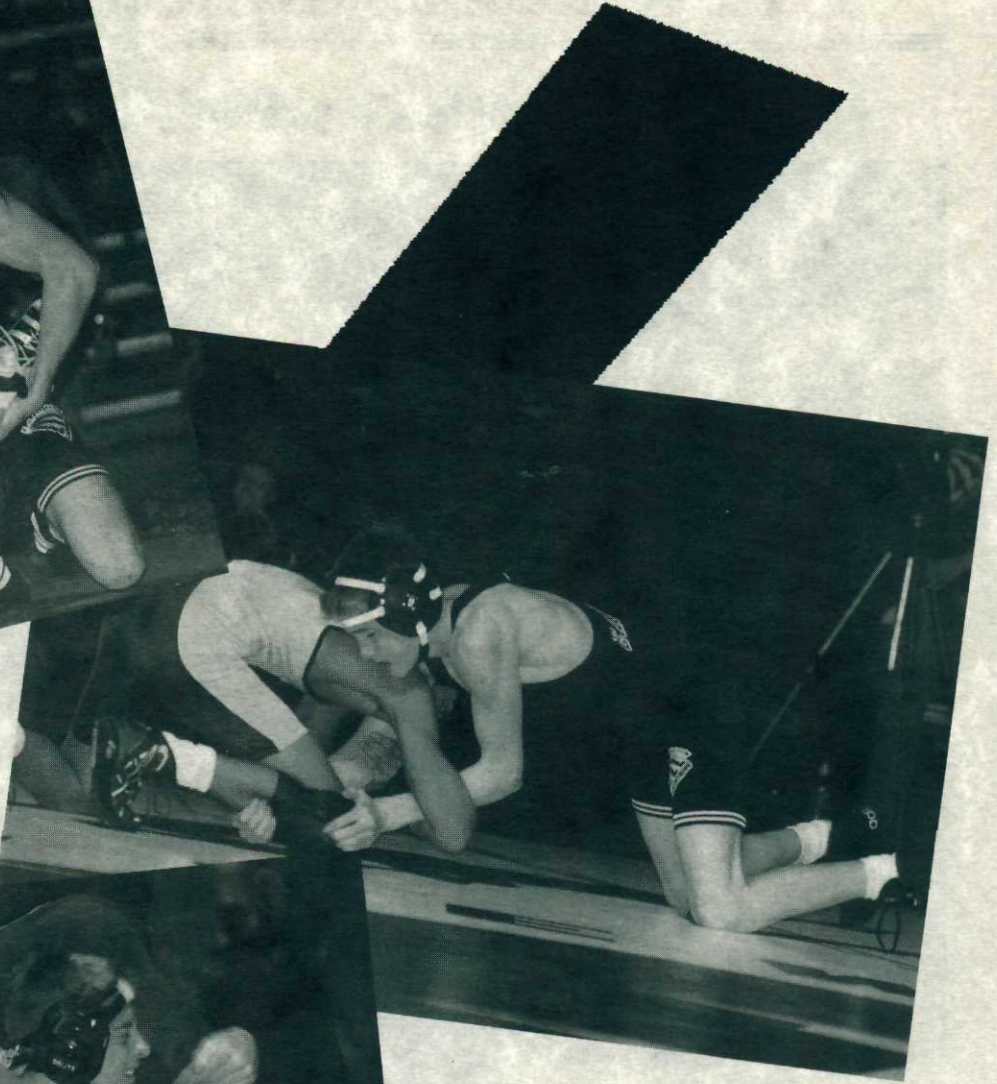
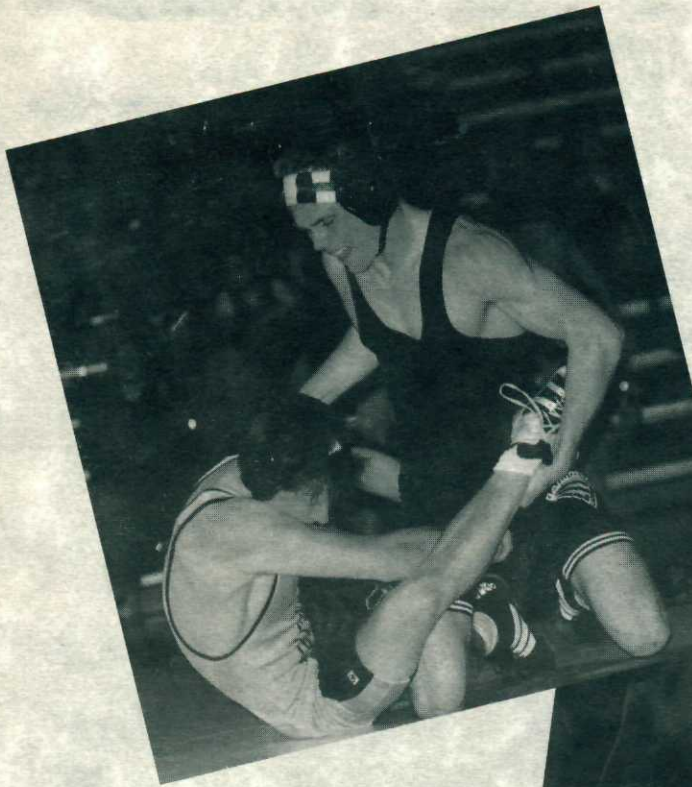
The membership benefits for the 2000-2001 season include:

- Free Admission to Eastview Wrestling events (Save \$30/person)
- 9 "Storm the Mat" Newsletters
- 2000-2001 Team Poster and Program
- Eligible for Drawing at the Year-end banquet
- Eastview Wrestling Cling on Decal
- EWA Membership Card
Cost: Family Membership \$30
Single Membership \$20

We would like to encourage everyone to join. It's a great way to get involved.

We look forward to a great season. Go Lightning!!

Mark and Lois Fokken



LIGHTNING

Middle School Programs

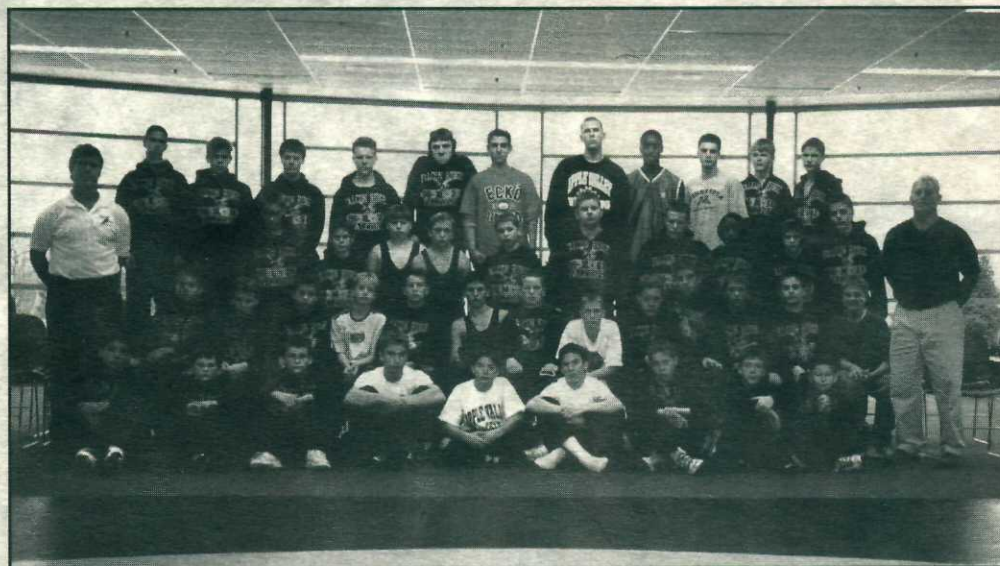


Black Hawk Middle School

Coaches:
Steve Emerson
Kurt Rotvold

Falcon Ridge Middle School

Coaches:
Dave Katzenmeyer
Paul Nelson



Scott Highlands Middle School

Coaches:
Greg Dravis
Mike Griffith



LIGHTNING WRESTLING PROGRAMS

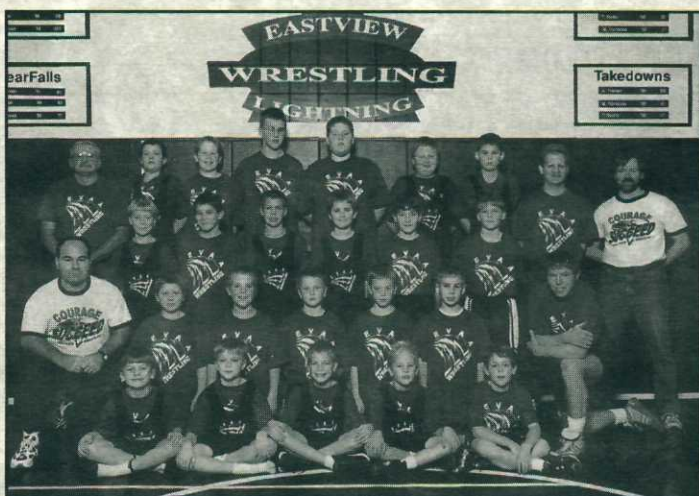
EVAA WRESTLING

4th-6th Program – November to December

K-3rd Program – January to February

GOALS

1. Provide youth the opportunity to develop wrestling skills and to improve their strength, balance, and agility.
2. Teach youth to control their emotions and develop feelings of self-worth.
3. Teach youth how to cooperate in a competitive context with appropriate sportsmanship.
4. Provide an enjoyable and safe experience.
5. Promote the sport of wrestling to increase participation throughout the community.



(4th-6th) 2000



(K-3rd) 2000

THUNDERBOLTS WRESTLING CLUB

(Freestyle and Greco Roman)

**THUNDERBOLTS
FREESTYLE**

About the Program

Thunderbolts Wrestling Club was formed with a simple goal: to provide a safe and fun atmosphere for our wrestlers to develop and succeed. To be all they can be. We have put together a dedicated and talented staff who believe in this goal. Our club is run wholly by volunteers. People just like you. Without you we could not exist.

Coaches:

Nick Fornicoia, Adam Diesterhaft, Josh Cagle

Season: February 27th - May 12th

Contact Coach Fornicoia for more information
(651) 683-6969 ext. 8679.

LIGHTNING WRESTLING

Lake Conference Teams

Apple Valley
 Bloomington Jefferson
 Bloomington Kennedy
 Burnsville
 Chaska
 Eagan
 Eastview
 Eden Prairie
 Lakeville
 Rosemount

Section 6AAA Teams

Apple Valley
 Bloomington Jefferson
 Bloomington Kennedy
 Burnsville
 Eagan
 Eastview
 Minneapolis Southwest
 Minneapolis Washburn
 Rosemount
 St. Thomas Academy

Lake Conference Records 1999-2000

<u>School</u>	<u>Won</u>	<u>Lost</u>
Apple Valley	9	0
Eastview	7	2
Lakeville	7	2
Bloomington Jefferson	6	3
Bloomington Kennedy	5	4
Burnsville	4	5
Eagan	4	5
Eden Prairie	2	7
Rosemount	1	8
Chaska	0	9

Section 6AAA State Placers 2000

103	Neil Wasmund	4th Place	Apple Valley
112	Mark Buck	1st Place	Apple Valley
125	Matt Shankey	1st Place	Apple Valley
130	Jacob Schlottke	2nd Place	Apple Valley
135	Jamell Tidwell	1st Place	Kennedy
135	Lucas Christianson	2nd Place	Apple Valley
140	Scott Mertz	5th Place	Jefferson
145	Travis Yamanaka	3rd Place	Apple Valley
152	Dave Garrison	6th Place	Apple Valley
171	Matt Hermann	2nd Place	Burnsville
171	Chad Polus	5th Place	Apple Valley
189	Sam Seal	2nd Place	Kennedy
189	Adam Fokken	4th Place	Eastview
HWT	Chad Redman	1st Place	Apple Valley

Lake Conference State Placers 2000

103	Neil Wasmund	4th Place	Apple Valley
112	Mark Buck	1st Place	Apple Valley
112	Jake Moore	5th Place	Chaska
125	Matt Shankey	1st Place	Apple Valley
130	Jacob Schlottke	2nd Place	Apple Valley
135	Jamell Tidwell	1st Place	Kennedy
135	Lucas Christianson	2nd Place	Apple Valley
140	Scott Mertz	5th Place	Jefferson
145	Travis Yamanaka	3rd Place	Apple Valley
152	Dave Garrison	6th Place	Apple Valley
171	Matt Hermann	2nd Place	Burnsville
171	Chad Polus	5th Place	Apple Valley
189	Sam Seal	2nd Place	Kennedy
189	Adam Fokken	4th Place	Eastview
HWT	Chad Redman	1st Place	Apple Valley

LIGHTNING WRESTLING DUAL MEETS

Varsity Dual Meet Results 1999-2000

(18 Wins - 4 Losses)

Eastview vs

Eastview	St. Thomas Academy	66-12	Win
Quad.	Hopkins	45-21	Win
	Farmington	44-23	Win
	Chaska	61-06	Win
	Burnsville	38-13	Win
	Kennedy	36-20	Win
	Eagan	44-09	Win
	Apple Valley	06-52	Loss
	Rosemount	53-05	Win
	Lakeville	30-27	Win
	Jefferson	30-33	Loss
Lightning	Prior Lake	30-29	Win
Invitational	Dassel-Cokato	14-42	Loss
3rd Place	Austin	37-28	Win
	Arlington	54-06	Win
	Eden Prairie	43-24	Win
Orono	Highland park	52-18	Win
Invitational	Princeton	46-16	Win
1st Place	Orono	54-07	Win
6AAA	Bye		
Tournament	Rosemount	48-12	Win
	Kennedy	22-42	Loss

Jr. Varsity Dual Meet Results 1999-2000

(12 Wins - 5 Losses)

Eastview vs

Eastview	St. Thomas Academy	48-16	Win
Quad.	Hopkins	42-27	Win
	Farmington	18-48	Loss
	Chaska	66-06	Win
	Burnsville	48-19	Win
	Kennedy	36-33	Win
	Eagan	03-61	Loss
	Apple Valley	00-73	Loss
	Rosemount	40-12	Win
	Lakeville	23-39	Loss
	Jefferson	59-18	Win
Lightning	Prior Lake	36-18	Win
Invitational	Dassel-Cokato	00-75	Loss
	Arlington	39-30	Win
	Arlington	41-06	Win
	Eden Prairie	37-32	Win
	Brooklyn Center	76-05	Win

Freshman Dual Meet Results 1999-2000

(9 Wins - 3 Losses)

Eastview vs	Eagan	47-26	Win
	St. Thomas	86-16	Win
	Rosemount	33-48	Loss
	Faribault	54-40	Win
	St. Paul Harding	64-24	Win
	Hastings	30-43	Loss
	Henry Sibley	68-18	Win
	Simley	67-16	Win
Team	Apple Valley	16-46	Loss
State	Armstrong	76-11	Win
Consolation	Burnsville	73-12	Win
Champs	Kimball	71-18	Win



2000 SEASON IN-REVIEW

Letter Award Winners

Matt Davis	Steve Davis
Sean Dwyer	Nate Ernst
Adam Fokken	Mikey Fornicoia
John Getzke	Adam Johnson
Ryan Langlais	Eric Lemm
Bryan Lewis	Adam Miller
Brad Okonek	David Rasmussen
Chris Shuck	Nick Thompson
Chris Verhaeghe	

Section 6AAA Placewinners

Mikey Fornicoia	2nd	David Rasmussen	4th
Brad Okonek	2nd	Nick Thompson	4th
Adam Fokken	2nd	Nate Ernst	4th
Adam Miller	3rd	Ryan Langlais	5th
Steve Davis	4th	Matt Davis	6th

State Qualifiers

Mikey Fornicoia
Brad Okonek
Adam Fokken - 4th Place

All-Conference

Nate Ernst	Adam Fokken
Mikey Fornicoia	Brad Okonek

All-Conference Honorable Mention

Matt Davis	Steve Davis
Adam Miller	Nick Thompson

Academic Team

Silver Academic Team – 3.44 GPA

Season Awards

Most Valuable Varsity Wrestler - Adam Fokken
Most Valuable Junior Varsity Wrestler - Chris Verhaeghe
Most Valuable Freshman Wrestler - Bryan Lewis
Most Improved Wrestler - Brad Okonek
Lightning Award - Brian Putnam

Junior Varsity-Varsity Drill Partner Award - Tom Mize
Freshman Drill Partner Award - Danny Peterson



LIGHTNING STATISTICS

Varsity Statistics 2000

Season Records

	<u>Win</u>	<u>Loss</u>	<u>Pin</u>
James Burger	1	2	1
Matthew Davis	15	21	4
Steve Davis	25	11	8
Sean Dwyer	13	17	4
Nathan Ernst	25	8	10
Adam Fokken	34	7	14
Mikey Fornicoia	27	9	9
John Getzke	1	3	1
Adam Johnson	10	22	4
Ryan Langlais	19	17	8
Eric Lemm	5	5	2
Bryan Lewis	0	1	0
Kurt McCue	1	1	1
Adam Miller	19	17	8
Brad Okonek	26	8	15
Dan Peterson	1	0	0
David Pudwill	2	0	1
Dave Rasmussen	15	12	6
Chris Shuck	5	7	1
Nic Thompson	19	8	8
Chris Verhaeghe	2	2	1

Junior Varsity Statistics 2000

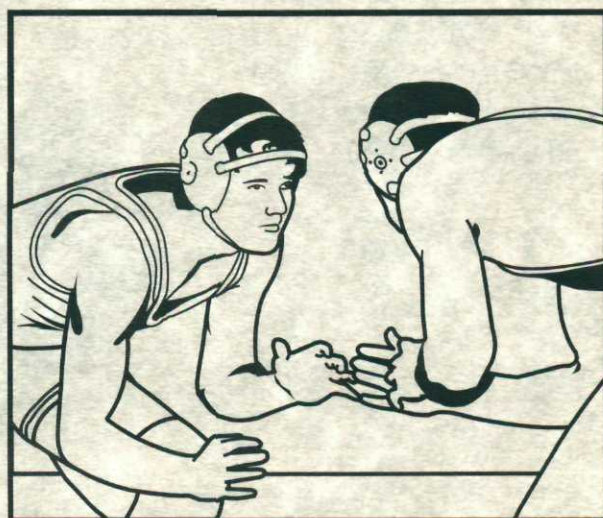
Season Records

	<u>Win</u>	<u>Loss</u>	<u>Pin</u>
Eric Budd	9	12	3
James Burger	6	12	4
Sal Dagostino	8	20	3
John Getzke	12	4	8
Mic Hale	6	6	4
Wade Halvorsen	3	4	3
Matthew Kachman	10	11	8
Nathan Kocer	3	2	2
Eric Lemm	13	1	10
Andrew Lenertz	3	0	0
Bryan Lewis	3	2	2
John Marple	6	11	4
Kurt McCue	8	2	4
Laddie Messing	2	2	0
Adam Miller	1	0	1
Tom Mize	5	10	2
Adam Osborn	3	0	1
Dan Peterson	5	0	2
David Pudwill	15	4	9
Brian Putnam	16	5	13
Chris Shuck	4	2	2
Josh Tichy	0	2	2
Jud Turk	2	2	1
Chris Verhaeghe	21	4	7
James Voyles	0	1	0
Don Wachter	16	4	8

Freshman Statistics 2000

Season Records

	<u>Win</u>	<u>Loss</u>	<u>Pin</u>
Pat Dea	6	6	2
Kevin Eich	6	4	2
Kyle Fokken	2	0	1
John Getzke	17	5	9
Tyler Gosse	11	3	9
Matthew Jenks	4	6	4
Somsy Keomany	3	6	1
Nathan Kocer	13	7	10
Andrew Lenertz	12	5	7
Bryan Lewis	23	3	4
Kurt McCue	8	11	5
Laddie Messing	6	4	3
Greg Mills	14	6	8
Andrew Niederhauser	3	2	1
Adam Osborn	5	16	2
Dan Peterson	7	9	3
Randy Price	0	9	0
Daniel Rasmussen	12	5	4
Chris Shuck	15	3	7
Josh Tichy	3	9	1
Jud Turk	12	01	8
James Voyles	14	7	7
Eric Yeun	4	6	1



LIGHTNING RECORDS

Varsity Season Records

Falls

Brad Okonek	'00	18
Adam Fokken	'00	18
Nate Ernst	'00	12

Wins

Adam Fokken	'00	34
Tony Rodin	'98	30
Mikey Fornicoia	'00	27

Team Points

Adam Fokken	'00	166
Brad Okonek	'00	139
Mikey Fornicoia	'00	130

Takedowns

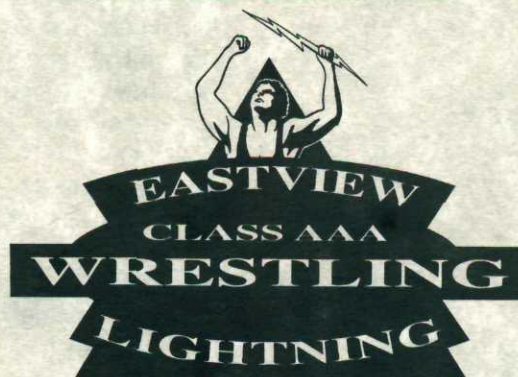
Adam Fokken	'00	100
Mikey Fornicoia	'00	67
Tony Rodin	'98	67

Near Falls

Mikey Fornicoia	'00	39
Tony Rodin	'98	32
Adam Fokken	'99	31
Brad Okonek	'00	31

Reversals

Adam Fokken	'99	28
Nick Thompson	'99	21
Mikey Fornicoia	'00	20



Varsity Career Records

Falls

Adam Fokken	'01	55
Brad Okonek	'00	33
Tony Rodin	'99	31

Wins

Adam Fokken	'01	109
Tony Rodin	'99	77
Brad Okonek	'00	49

Team Points

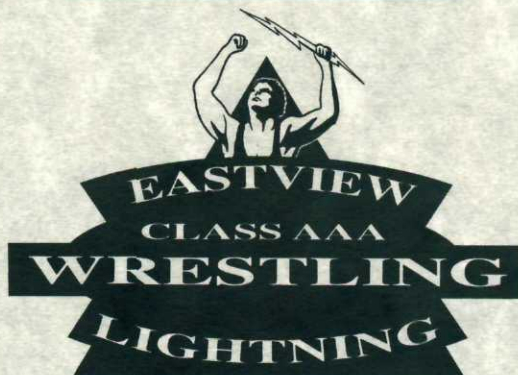
Adam Fokken	'01	527
Tony Rodin	'99	351
Brad Okonek	'00	255

Takedowns

Adam Fokken	'01	230
Tony Rodin	'99	151
Nate Ernst	'00	94

Near Falls

Adam Fokken	'01	93
Tony Rodin	'99	83
Brad Okonek	'00	71



Reversals

Adam Fokken	'01	82
Nick Thompson	'00	39
Mikey Fornicoia	'02	36

LIGHTNING RECORDS

Junior Varsity Season Records

Falls

Brian Putnam	'00	13
Tyrel Narva	'99	11
Eric Lemm	'00	11

Wins

Chris Verhaeghe	'00	21
Tyrel Narva	'99	19
Brian Putnam	'00	16
Don Wachter	'00	16

Team Points

Tyrel Narva	'99	100
Brian Putnam	'00	90
Chris Verhaeghe	'00	88

Takedowns

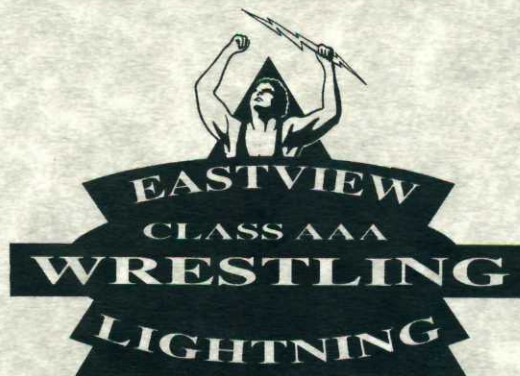
Jason Post	'99	25
Chris Verhaeghe	'00	23
Eric Lemm	'00	23

Near Falls

Chris Verhaeghe	'00	19
Eric Lemm	'00	13
Bowie Burger	'00	13

Reversals

Chris Verhaeghe	'00	12
Jim Maloney	'98	11
Tyrel Narva	'99	10



Freshman Season Records

Falls

Mikey Fornicoia	'99	12
Eric Lemm	'99	11
Steve Plan	'99	11

Wins

Bryan Lewis	'00	23
John Getzke	'00	17
Steve Plan	'99	17

Team Points

Bryan Lewis	'00	92
John Getzke	'00	85
Steve Plan	'99	84

Takedowns

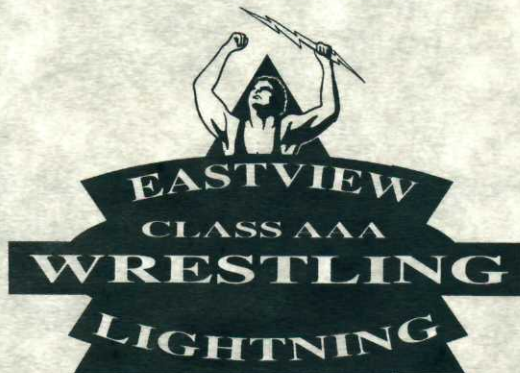
Bryan Lewis	'00	80
Chris Shuck	'00	43
Andrew Lenertz	'00	23
Mikey Fornicoia	'99	23

Near Falls

Nate Kocer	'00	17
Mikey Fornicoia	'99	15
Bryan Lewis	'00	14

Reversals

Nate Kocer	'00	13
Kurt McCue	'00	12
Mikey Fornicoia	'99	10
Bowie Burger	'99	10
Tyler Goose	'00	10



LIGHTNING HISTORY

Alumni Career Statistics

<u>Name</u>	<u>Year</u>	<u>Wins</u>	<u>Falls</u>
Tony Rodin	1999	77	31
Brandon Jones	1999	13	5
Joe Theisen	1999	5	1
Brad Okonek	2000	49	33
Matt Davis	2000	44	23
Nate Ernst	2000	44	19
Adam Miller	2000	28	14
Nick Thompson	2000	27	13
Chris Verhaeghe	2000	2	1

Season Awards

Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin
1999	Adam Fokken
2000	Adam Fokken

Most Valuable Junior Varsity Wrestler of the Year

1998	Jim Maloney
1999	Tyrel Narva
2000	Chris Verhaeghe

Most Valuable Freshman Wrestler of the Year

1998	Adam Fokken
1999	Mikey Fornicoia
2000	Bryan Lewis

Most Improved Wrestler of the Year

1998	Nate Ernst
1999	Nick Thompson
2000	Brad Okonek

Lightning Award

1998	Chris Verhaeghe
1999	Chris Verhaeghe
2000	Brian Putnam

John Rodin Service Award

1998	Brad Okonek
1999	Brad Okonek
2000	Andrew Lenertz

All-Conference

Tony Rodin (2x)
Brad Okonek
Nate Ernst

Section Champions

Tony Rodin

State Participants/Placemen

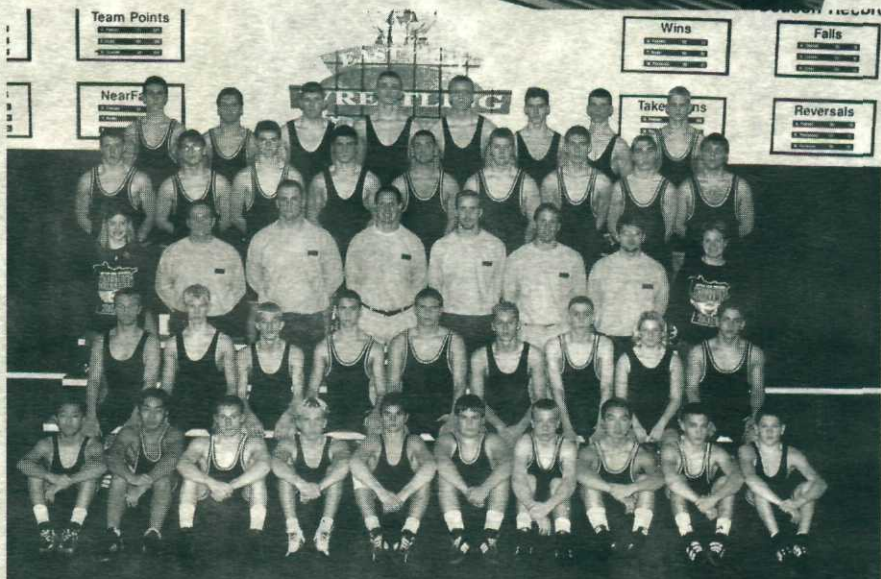
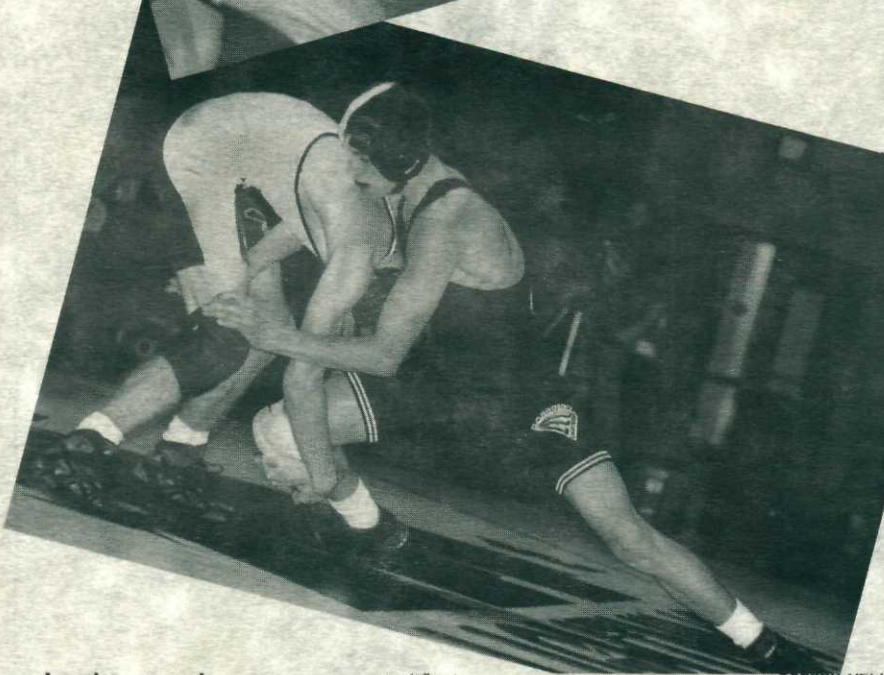
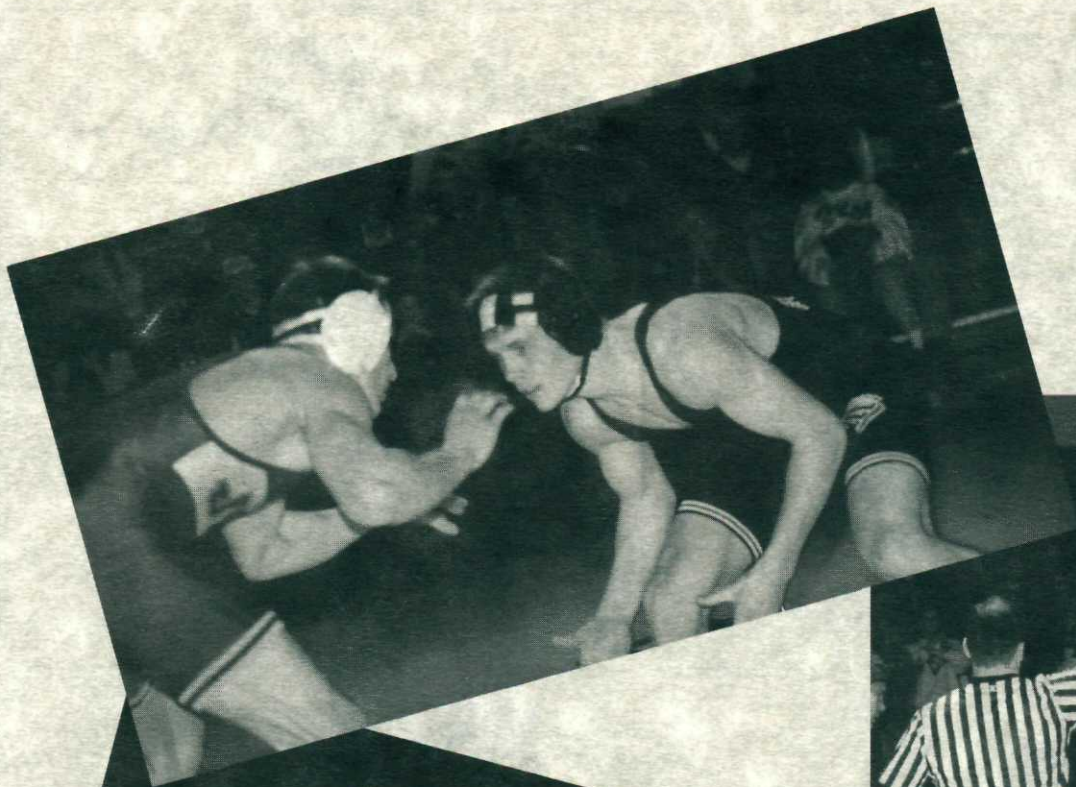
1998	Tony Rodin	4th Place
1999	Tony Rodin	(0-1) DNP
	Adam Fokken	(2-2) DNP
2000	Adam Fokken	4th Place
	Brad Okonek	(0-1) DNP
	Mikey Fornicoia	(0-1) DNP

Season Records/Conference Place

	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>	<u>Conference Place</u>
1998	3	19	1	9th
1999	6	14	1	7th
2000	18	4	0	2nd

Season Captains and Team Motto

1998	Matt McDonald, Joe Theisen	Lightning Strikes
1999	Tony Rodin, Joe Theisen	Attitude and Effort
2000	Nate Ernst, Brad Okonek, Adam Fokken	Team 2000: Paving the Way
2001	Adam Fokken, Mikey Fornicoia	Courage to Succeed



Eastview School Song

Go Eastview lightning
 Victory is our game
 Blaze a trail of glory
 Marching on to fame.

Feel the mighty thunder
 Flash that fills the sky
 Blue, black and white
 Won't give up the fight
 We're the lightning from Eastview High


Eastview lightning fight, fight, fight,
 Go, fight, win tonight!



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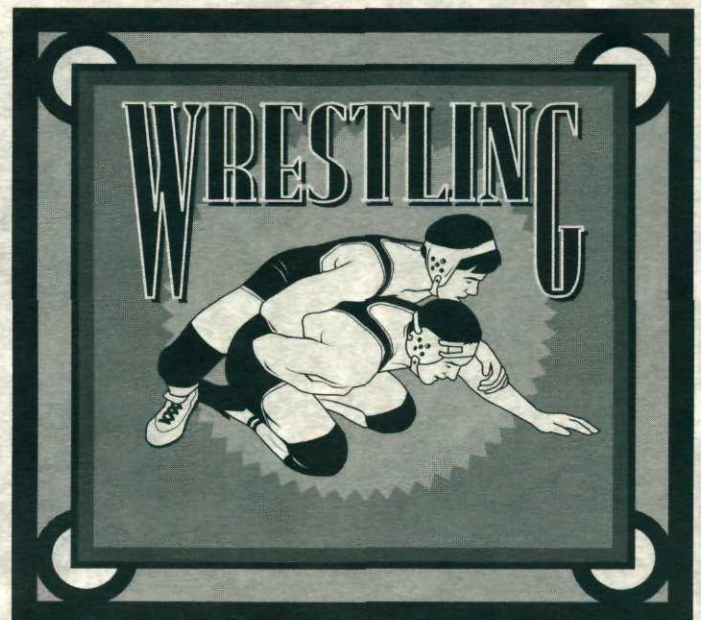
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Go Lightning

"ANSWER THE CALL"

By Nick Fornicoia

All of life is a series of choices and what you choose to give life today will determine what life will give you tomorrow.

You must accept total responsibility for those choices. How you think, how you react, the choices you make are totally up to you. Those choices are going to determine who you are, what you have, and what you are going to become ten years down the road.



Some of those choices are easy choices but some of them are very tough choices. It is those tough choices that separate the men from the boys – that determine the truly strong and **committed** individuals.

I would like to share a story with you about tough choices and commitment.

Legend has it that centuries ago King Mohammed set out to develop the finest strain of horses in all the world.

He sent out his 50 greatest men to search the world for the 100 finest horses that could be found. In six months they returned with the very best horses in the entire world.

Mohammed trained them himself. It took him six

months. He trained the horses to respond to his command every time he blew his silver trumpet.

When he was convinced they were fully trained, that there was no more he could do, he took them to the desert to a place where it never got below 120 degrees. He corralled them on a small hill overlooking an oasis of bubbling cool water 100 yards away and gave them nothing to eat or drink.

At the end of three days they were at each other's throats. They were frantic! No more could they be contained.

Then came the supreme test. Mohammed ordered his men to open the corral gates. Now can't you just see those 100 horses stampeding toward the oasis of water?

When they got within 100 feet of the water – then came the test. Mohammed blew that trumpet one more time.

Lo and behold – one horse yielded, reluctantly, obediently, to the master and came.

From that one horse they raised the Arabian strain – the finest strain of horses in the world today.

The message is this – that one out of 100 answers the really tough calls – makes the really

tough calls – we must be willing to make the tough choice.

One of the toughest choices we have to make is overcoming "peer pressure". You have got to be willing to say "no" to those things that can keep you from your goals and your dreams. Even when it seems as if the rest of the world is saying "yes," you have got to have the strength of character to stick to those things that you know to be right, and to refuse those things that you know to be wrong.

In order to be a winner on the mat you have to be a winner off the mat. In order to be a winner in life you have to be a winner in everything you do.

You have to make a commitment to do the right things. You have to "answer the call."



2000-01 EASTVIEW LIGHTNING



2000-01 Eastview Lightning Schedule

www.isd196.k12.mn.us/schools/evhs/Activities/Athletics/boyswrestling/boyswrestlingindex.htm

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Friday, Dec. 1	Intra-Squad Meet (Parent Open House / EVAA Night)	Eastview	7:00 pm
Saturday, Dec. 2	Eastview Quadrangular	Eastview	10:00 am
Friday, Dec. 8	Bloomington Kennedy (Middle School / Alumni Night)	Eastview	7:30 pm
Friday, Dec. 15	Eagan	Eagan	7:30 pm
Saturday, Dec. 16	Faribault Invitational	Faribault	9:00 am
Thursday, Dec. 21	Chaska	Chaska	7:30 pm
Tuesday, Jan. 2	Rosemount	Rosemount	7:30 pm
Friday, Jan. 5	Eden Prairie	Eden Prairie	7:30 pm
Saturday, Jan. 6	Burnsville Invitational	Burnsville	9:00 am
Thursday, Jan. 11	Burnsville	Burnsville	7:30 pm
Thursday, Jan. 18	Bloomington Jefferson (Parents Night)	Eastview	7:30 pm
Saturday, Jan. 20	Lightning Invitational	Eastview	9:00 am
Tuesday, Jan. 23	Prescott	Prescott, WI	7:00 pm
Saturday, Jan. 27	Brookings Invitational (Varsity)	Brookings, SD	9:00 am
Thursday, Feb. 1	Lakeville / Woodbury (EVAA Night)	Eastview	6:00 pm
Thursday, Feb. 8	Apple Valley (EWA Family Night)	Eastview	7:30 pm
Friday, Feb. 9	Turkey Store Duals	Owatonna	4:00 pm
Saturday, Feb. 10	Armstrong Invite (JV & 9th)	Armstrong	9:00 am
Saturday, Feb. 17	Section 6 Team Tournament	Bl. Kennedy	TBA
Fri-Sat, Feb. 23-24	Section 6 Individual Tournament	Apple Valley	TBA
Thur-Sat, Mar. 1-3	State Tournament	Xcel Energy	TBA

• All JV Matches begin at 6:00 p.m.