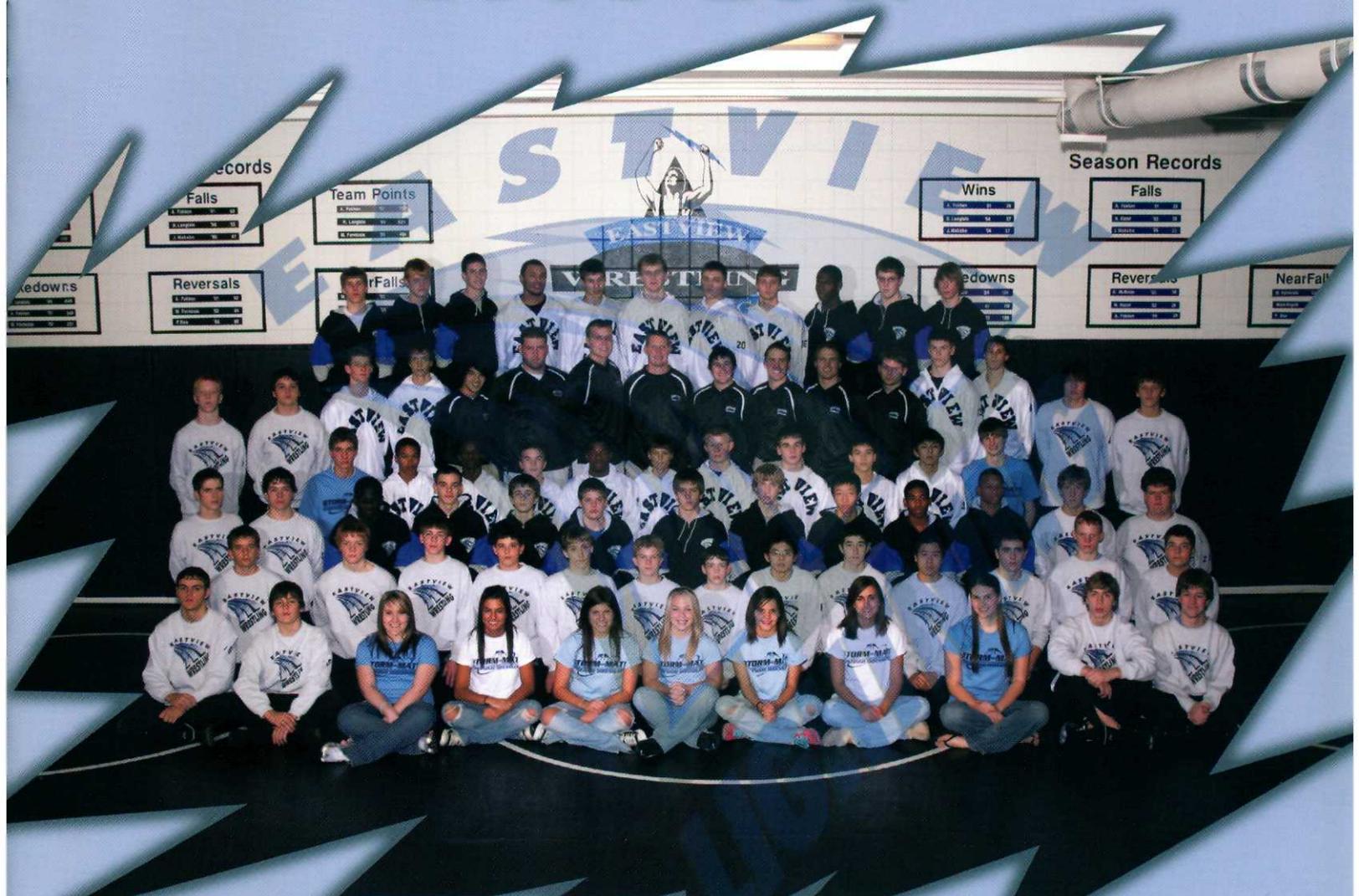


Eastview **WRESTLING** 2006-2007



STORM THE MAT!
EASTVIEW WRESTLING

www.eastviewwrestling.com

Eastview High School

Eastview High School, the district's fourth comprehensive high school, opened in September 1997. Eastview High School is located in Apple Valley, adjacent to 200 acres of playing fields and recreational facilities. The 330,000 square foot facility is built to house 2,000 students in grades 9-12 and offers: state-of-the-art classroom design with built-in monitors, VCRs, satellite connection, telephones and LAN/WAN connections; a technology infrastructure that includes building-wide wireless hubs and nearly 900 network/Internet connections with room for additional growth; a 5:1 student to computer ratio; computers, voice mail and e-mail for all faculty and staff; a 650 seat Performing Arts Center with a fly loft and scene shop; a dedicated dance studio and full-time, curricular dance program; four gyms with a running track surrounding the main gym; a 4,500 square foot strength, conditioning and fitness center; a two-level media center with computerized library research capabilities and fully-equipped television and digital editing studios.



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)
- Lacrosse (Girls and Boys)
- 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

This program is sponsored by the Eastview Wrestling Association.

STORM THE MAT



Eastview Wrestling's 2006-2007 season motto is: "**STORM THE MAT**". Each year, it takes the wrestlers and the coaches a while to really understand and believe in each season's motto. It takes time for the new motto to become our mantra.

On the other hand, the program motto: "**COMMITMENT TO EXCELLENCE**" is always on the coaches minds and instilled in the wrestlers from day one. Eastview Wrestling IS committed to EXCELLENCE in: School, Family, Community, and Athletics.

At our annual Captain's Commitment Night, the seniors asked the wrestlers to tell us what "**Commitment To Excellence**" means to them. Here is some of what they had to say:

- * *Work your hardest*
- * *Give your all*
- * *Practice hard*
- * *Lift your hardest*
- * *Sacrifice*
- * *Always give 100%*
- * *Sell your WOW account*
- * *Be a good sport*
- * *No regrets!*
- * *Be a role model*
- * *Push yourself physically until it hurts*
- * *Pain is temporary, quitting lasts forever*
- * *Good Habits in all areas of life*
- * *Making good decisions*
- * *Commit to the team and yourself*
- * *Dedication to yourself, the team, the classroom, and adults*
- * *IMPROVE, IMPROVE, IMPROVE*
- * *Make a commitment to what you want to succeed in*
- * *Practicing until your past your comfort zone everyday!*
- * *Give your best in everything you do*

The team also had an opportunity to give us their views about "**Storm The Mat**". These views vary from the literal to the not so obvious meanings:

- "Storm" refers to our team the "Lightning" and the "Mat" refers to the mat we wrestle on
- Storm the Mat literally
- Storm the Mat in wrestling and in school
- Dominate the mat
- Own the mat
- Take the mat by storm
- Wreak havoc and cause a storm on the wrestling mat
- Empty the tank
- To come out and leave everything on the mat
- Compete with heart
- Let your opponent know you came to win
- Wrestle all three periods...and then some
- Put your best (storm) on the mat
- Be relentless
- Be dedicated
- Face everything, avoid nothing
- Bring fury to the match
- Come to the mat with a storm in your belly
- Come storming and pay with heart
- Start strong and end stronger

As the season progresses, the motto will take shape and all will take an ownership in "*Storm The Mat*" and believe in our goals. We look forward to the wrestlers and fans creating the meaning for our motto throughout the year. "*Storm The Mat*" will continue to evolve, but make no mistake about it, we ALL WILL create our own meanings and goals for this year. Good luck to the lightning in their quest to **STORM THE MAT** in 2007!





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 16 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 12 year old daughter named Hannah, a 9 year old son named Zachary, 6 year old daughter named Erinn, and a 3 year old son named Luke. Kurt and his family reside in Apple Valley. When not involved with school related activities, Kurt enjoys spending his time hunting, fishing, and weight training.



Nick Fornicoia-Assistant Coach

Nick Fornicoia, originally from Richfield, Minnesota is entering his 10th year as an English teacher and assistant wrestling coach at Eastview High School. Nick teaches Senior Literature, Broadcast Journalism, and The 4Cast. 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. 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, and mountain biking.



Travis Lee-Assistant Coach

Travis Lee, originally from Kensington, Minnesota, is in his 9th year as a math teacher and assistant wrestling coach at Eastview High School. He is a member of the 9th grade Team Storm. Travis also is a ninth grade football coach. Travis is the EVAA youth wrestling program director. 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. Travis and his wife, Sara, also enjoy traveling.



Todd Frost-Assistant Coach

Coach Todd Frost, is from New York Mills, MN, is in his 7th year of teaching and coaching wrestling and football at Eastview High School. He comes to Eastview from Minnesota State University-Moorhead, where he played football for the Dragons. He is married and Todd and his wife Shannon live in Apple Valley. They have one son, Cole, who will turn 3 in January. While attending New York Mills high school Todd wrestled, mostly in the 189 lb weight class, and played football. He also participated in their freestyle and Greco wrestling clubs. Todd is the web-page developer for Eastview Wrestling Team. He grew up on a dairy farm his mom and dad (Richard and Cheryl) owned and has 2 brothers, Chad and Phillip, and 2 sisters, Tina and Beth. Todd enjoys the the outdoors and watersports.



Jared Cooley-Assistant Coach

A native of Westbrook, Minnesota, is in his fourth year of coaching at Eastview High School. Jared comes to Eastview from Southwest State University in Marshall. While earning his Exercise Science degree he also made two trips to the NCAA II tournament, coming home once an All-American. In high school, he made two trips to the Minnesota State wrestling tournament finishing with a silver medal. Other sports included football, baseball, and track. z In Jared's spare time he enjoys paint balling, mountain biking, and spending time with his wife Lindsay and newborn son Talon.



Adam Fokken-Assistant Coach

Coach Adam Fokken, from Eagan MN, is coaching Eastview Wrestling for the first time this year. He is a class of 2001 Eastview alumni, where he participated in football, wrestling and track. Adam earned Eastview's 1st Wrestling State Championship. Adam was Eastview's Male Athlete of the Year in 2001. Adam graduated from the University of Wisconsin - Madison in 2005 and is working as a Software Engineer. He stays active by snowboarding, wakeboarding and running in his free time.



Brad Okonek-Assistant Coach

Brad is an Eastview alumni and recent graduate from North Dakota State University, where he earned his Bachelor of Science degree in Industrial Engineering and Management. After graduation he returned to Eagan and started an engineering career. In high school Brad was a four time letter winner, team captain and earned a trip to the state tournament. He is also a two time recipient of the John Rodin Service award for his involvement at all levels of the Eastview wrestling program. In his spare time Brad enjoys hunting, fishing and many other outdoor activities, he is looks forward to his first year of coaching Eastview wrestling.



Minh Huynh-Assistant Coach

Currently living in Eagan, Minnesota, Minh is in his 1st year of coaching at Eastview High school. Minh graduated from Eastview High in 2006 and was a co-captain of the 05-06 varsity wrestling team. During his prep career, Minh was a 3-time state qualifier with a 4th place finish as a junior. Minh plans on continuing his wrestling career in college after this year at St. Cloud State University or Augsburg. In Minh's spare time, he enjoys competitive pizza making, hanging out with his friends, eating, and snowboarding.



Josh Nelson-Assistant Coach

Coach Josh Nelson is in his first year coaching at Eastview. He is a recent 2006 graduate of Eastview High School. Currently Josh lives in Eagan while he attends Inver Hills Community College. At Inver Hills Josh is working on getting his degree in Law Enforcement. In High School Josh wrestled all four years, and was a three time varsity starter. During his career he was also a named captain senior year, where he had over 30 wins and ended his career with 60 wins. In his free time he enjoys fishing, wakeboarding, snowboarding, working out, and watching movies. Josh looks forward to a great season while coaching along side a great staff..



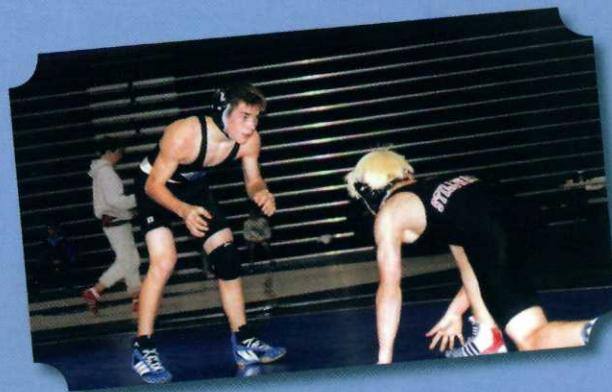
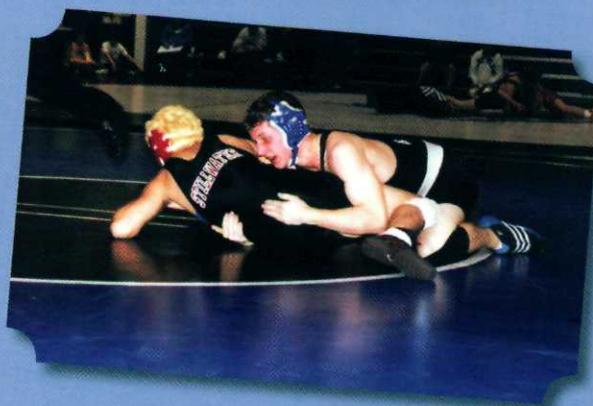
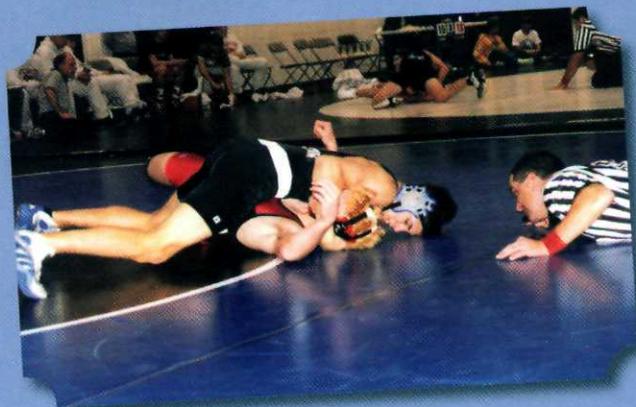
Doug Nelson – Athletic Trainer

Doug has been Eastview's Athletic Trainer since the opening of the school in 1997. Before coming to Eastview, Doug was an Athletic Trainier for Augsburg College, the Minnesota Twins, and for Brooklyn Center. Doug and his wife Becky have one daughter named Emily.



Coaches 2007

EASTVIEW LIGHTNING DUALS - 2006





EASTVIEW WRESTLING

Captains: Dan Getzke, Jake Nelson

FRESHMAN

Apple, Josh
Bakardjiev, Nicholai
Bowar, Ben
Carriere, Ryan
Decovich, Matt
Dodd, Nick
Griep, Michael
Groskreutz, Cody
Hensley, Tom
Johnson, Alec
Johnson, Zach
Mako, Nick
Marben, Sean
Nguyen, Peter
Pederson, Nels
Phomphackdy, Steven
Schliesman, DJ
Schroeder, Noah
Scott, Joey
Teagarden, Alec
Telkov, Gavriil
Trombley, Trevor
Vossen, Bobby
Weinberg, Josh
Wietecha, Rob

SENIORS

Abebe, Dessalegn
Getzke, Dan
Hanson, Jeff
Nelson, Jacob
Pudwill, Andrew

SOPHOMORES

Abdullah, Khairi
Bechly, Cole
Cox, Pat
Dukatz, Jack
Ealey, Donny
Franson, Matt
Groskreutz, Ty
Hogan, Scott
Kor, Billy
Ladd, Robert
Sanders, Dijon
Stevens, Aaron

JUNIORS

Bakardjiev, Alex
Blundetto, Dino
Griep, Brian
Jackson, William
Kenning, Scott
Larson, Josh
Lenz, James
Ly, David
Makabe, Alex
Okonek, Bryan
Pudwill, James
Sutherland, Trever



Class of 2007

PRINCIPAL

Dr. J Richard Dewey

Athletic Director

Bruce Miller

Coaches

Kurt Habeck
Nick Fornicoia
Todd Frost
Travis Lee
Jared Cooley
Adam Fokken
Brad Okonek
Minh Huynh
Josh Nelson

Nickname

Lightning

School Colors

Black, Blue, Silver, White

Varsity Managers

Brittany Sawyer
Courtney Thompson

Videographer

Michael Alger
James Jobes

Conference

Lake
Section
6AAA

Board of Education

Rob Duchscher, Chairperson
Kevin Sampers, Vice-Chair
Mike Roseen, Clerk
Jackie Magnuson, Treasurer
Joel Albright, Director
Bruce Endler, Director
Bob Schutte, Director

Superintendent

John Currie

LIGHTNING WRESTLING

CAPTAINS



Dan Getzke
Danny, a senior, is a 2X letter winner, a returning state qualifier, and earned all-conference recognition last season. Dan led the team last year in

near falls with 47. Danny is expected to wrestle at 189 again this season.



Jacob Nelson
Jake, a senior, is a 2X letter winner and a returning all conference wrestler. Jake leads the team in career wins with 37. He is expected to wrestle at

135 & 140. Jake also competes in baseball during the spring.

LETTERMEN



Brian Griep

Brian, a junior, is a 2X letter winner and earned 14 wins on varsity last

season. Brian is expected to wrestle at 119-125 this season. Brian was a varsity runner on the cross country team this past fall.



Scott Kenning

Scott, a junior, had varsity experience, earned 27 wins on JV, and

earned a spot on the varsity section team last season. Scott is expected to wrestle at 189 this season.



Bryan Okonek

Bryan, a junior, wrestled several matches on varsity last year and also earned

18 wins on the JV team. Bryan also earned a spot on the varsity section team. Bryan will wrestle at 152 this season.



Khairi Abdulah

Khairi, wrestled 13 matches on varsity last season, competing

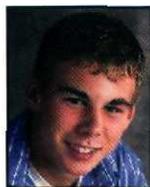
mostly on the freshman team. Khairi is expected to wrestle at 112-119 this season.



Abebe Dessalegn

Abebe, a senior, wrestled most of the season on varsity last year at 119. Abebe is

a letter winner earning 16 wins and earned All-Conference Honorable Mention last season.



Josh Larson

Josh, a junior, earned some varsity experience while wrestling mostly

on the JV team last season. Josh will wrestle at 152-160 this season.



James Pudwill

James, a junior, earned varsity experience and led the JV team last season with

29 wins. James is expected to wrestle at 215-285 this season.



Ty Groskreutz

Ty, a sophomore, led the freshman team with 17 wins last

season. Ty also qualified for the 9th grade state tournament. Ty is a 3 sport athlete competing in football and baseball as well.



Will Jackson

Will, a junior, is a 2X letter winner, a returning section place winner,

and earned All-Conference Honorable Mention honors last season. Will is a 3 sport athlete competing on varsity in football and track.



David Ly

David, a junior, earned varsity experience and earned a spot on the section team last

season. David also earned 25 wins on the JV team. David is expected to wrestle at 130 this season.



Trever Sutherland

Trever, a junior, had an outstanding freshman season but did not

wrestle as a sophomore. Trever earned 18 varsity wins as a freshman. He is expected to wrestle at 140-145 this season.



Scott Hogan

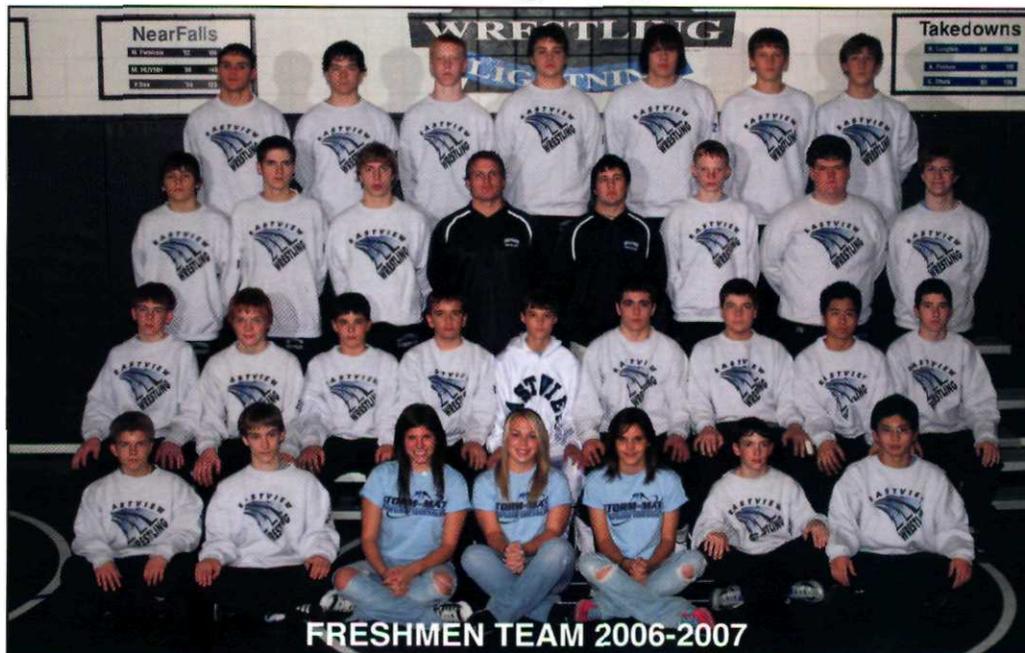
Scott, a sophomore, wrestled on varsity most of the season

earning 26 wins, All-Conference honors, and placed 4th at sections. On the freshman team, Scott earned a 9th grade league state championship.



LIGHTNING WRESTLING

Minnesota Ninth Grade and Under Wrestling League



FRESHMEN TEAM 2006-2007

9th Grade State Team Championships

- 2000 - Consolation Champions
- 2002 - State Team Qualifier
- 2003 - State Team Qualifier
- 2004 - State Team Qualifier
- 2005 - State Team 10th Place
- 2006 - State Team Qualifier



9th Grade State Individual Championships

- 1999 - 11th Place
- 2001 - State Team Qualifier
- 2005 - 3rd Place

FRESHMEN SCHEDULE 2006-2007

DATE	OPPONENT	SITE	TIME
Saturday, Dec. 2 nd	Burnsville Open	Burnsville	9:30 am
Tuesday, Dec. 5 th	Henry Sibley / Eagan	Eagan	4:30 pm
Friday, Dec. 8 th	Tartan	Eastview	4:30 pm
Tuesday, Dec. 12 th	St. Paul Humboldt / Simley	Eastview	4:30 pm
Saturday, Dec. 16	Rosemount Duals	Rosemount	9:00 am
Tuesday, Dec. 19 th	Park / Woodbury	Park	4:30 pm
Wednesday, Jan. 3 rd	Richfield	Richfield	4:30 pm
Saturday, Jan. 6 th	Eastview Tournament	Eastview	9:00 am
Tuesday, Jan. 9 th	Rosemount / Hastings	Eastview	4:30 pm
Saturday, Jan. 13 th	Eagan Open	Eagan	10:00am
Saturday, Jan. 20 th	State Team Tournament (Need to qualify)	Hastings	9:30 am
Saturday, Jan. 27 th	Region Two Tournament	Totino Grace	9:00 am
Saturday, Feb. 3 rd	State Individual Tournament	Champlin Park	8:00 am
Sunday, March 25 th	Wrestling Banquet	Rosemount CC	4:30 pm

9th Grade State Individual Championships

1998

Adam Johnson
Brian Nold
Adam Fokken - 1st Place
Don Wachter

1999

1999 Team 11th Place Honors

Mikey Fornicoia - 5th Place
Eric Lemm - 8th Place
David Pudwill - 4th Place

2000

Brian Lewis - 6th Place
Pat Dea
John Getzke
Andrew Lenertz

2001

2001 Team State Champions

Steve Davis - 1st Place
Sean Dwyer - 1st Place
Ryan Langlais - 2nd Place
Eric Yuen - 4th Place
Kyle Fokken - 6th Place
Pat Dea - 8th Place
David Hilden - 8th Place
Kevin Eich
Jeremiah Foertsch
Tim Lewis

2002

Tyler Cookas
Sam Voyles - 4th Place
Tom Chies
Scott Polansky
Troy Fokken

2003

Troy Fokken - 4th Place
Justin Armstrong
Chad Eul
Jon Latterner
Andrew Nelson
Matt Neutz

2004

Dan Getzke - 8th Place
Kennedy Mans
Jake Neutz
Justin Peterson
Ryan Stepan

2005

2005 Team 3rd Place Honors

Trevor Gordon - 2nd Place
Will Jackson - 2nd Place
Trevor Flaten - 4th Place
Bryan Okonek - 6th Place
Zack Fanth - 7th Place
Alex Makabe
Scott Kenning

2006

Scott Hogan - 1st Place
Ty Groskreutz

LIGHTNING SUPPORT

Varsity Managers



Brittany Sawyer Courtney Thompson

Freshman Managers



Caitlin Scott

Sam Fisher

Brooke Larson

Freshman Videographers



Sara Sweeny

Stephanie Wessel

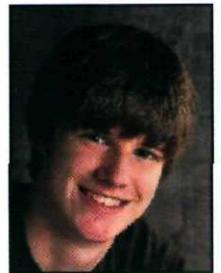
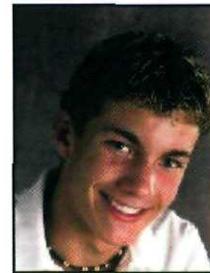
Junior Varsity Managers



Libby Carroll

Allissa Jonker

Varsity Videographers



Michael Alger

James Jobes

Board of Directors

Sharon & Tom Getzke President
 Gretchen & Ron Okonek Vice President
 Gretchen Okonek Treasure
 Diane & Mike Hogan..... Secretary
 Deb & Dan Larson..... Concession Coordinator
 Nick Fornicoia..... ThunderBolts Liaison
 Travis Lee..... EVAA Liaison
 Shelly & Kurt Habeck..... EVHS Head Coach

Grade Representatives

Mary & Kevin Bowar 9th Grade Rep.
 Karen Tulk
 Joe & Laurie Mako
 Sue & Dennis Bechly 10th Grade Rep.
 Collen & Jon Pudwill..... 11th Grade Rep.
 Janet & Mike Nelson..... 12th Grade Rep.

A message from the President...

Wrestling Parents

We are proud to serve as the 2006-2007 president of the Eastview Wrestling Association. EWA is a strong organization of wrestling parents, coaches, school officials, business sponsors and wrestling enthusiasts who work together to support the sport at Eastview High School. EWA meets every month, and all wrestler parents are welcome to participate. Call us at 651-454-1196 with any questions regarding EWA, meeting times or volunteer opportunities.

A special word of thanks to all of the Eastview parents who have volunteered to serve on the 2006-2007 EWA committees, board and leadership positions. Your support of Eastview wrestling, Middle School wrestling, EVAA wrestling, and Thunderbolts freestyle/greco wrestling is a critical factor in the ability of EWA to provide services and support for our wrestlers and coaches.

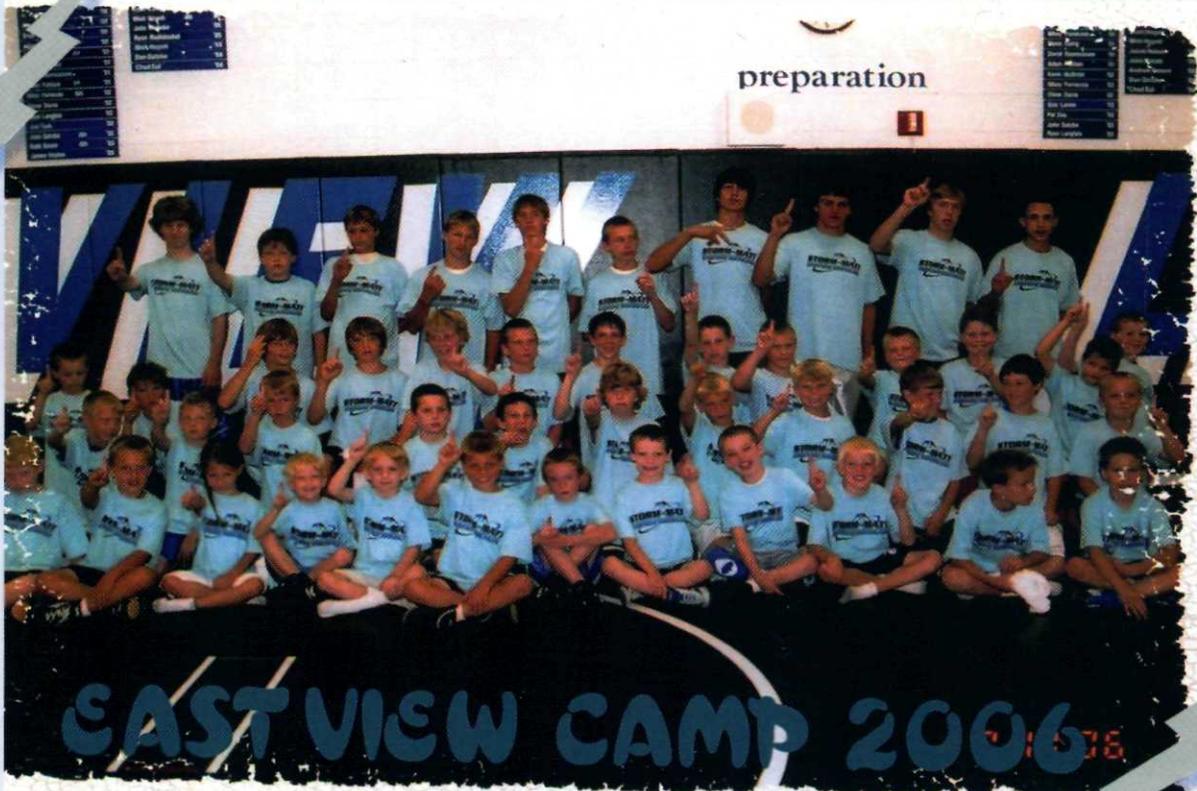
The new wrestling year has started, and the Eastview wrestling program is looking forward to another successful year. The program promises to build on the successes of last year by creating positive momentum for the entire season to come.

Here's to another great wrestling season. On behalf of EWA, we wish the best of luck to all of our wrestlers. **Go Lightning!**

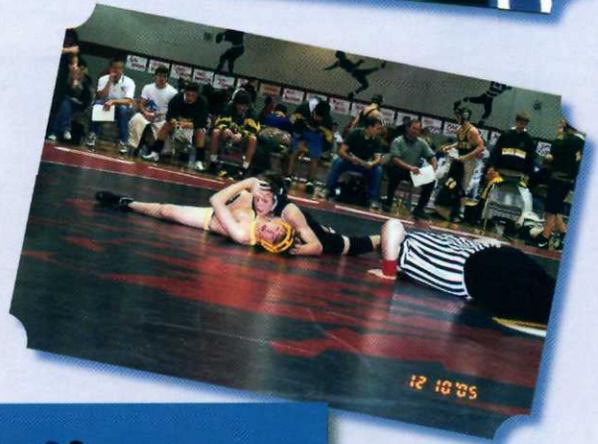
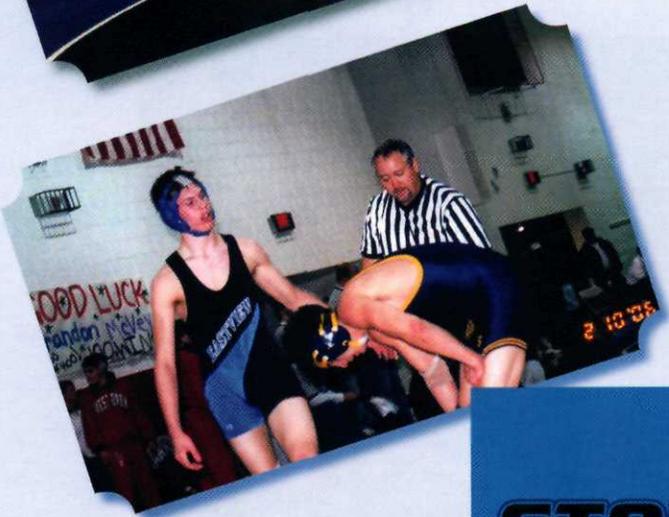
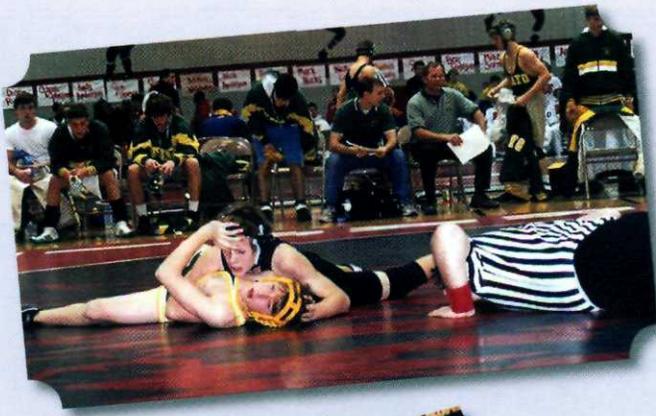
Sharon and Tom Getzke



NEBRASKA CAMP 2006



EAST VIEW CAMP 2006



STORM^{THE}MAT!
EASTVIEW WRESTLING

EASTVIEW WRESTLING

EVHS Wrestling Clinic 2006



EVAA Wrestling K-2nd Grade



Blue

EVAA Wrestling 3rd-6th Grade



Blue



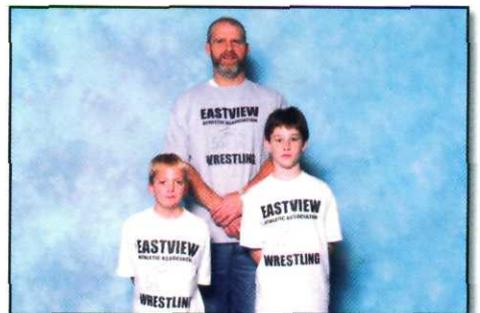
Black



Black



Gray



Gray



White



White

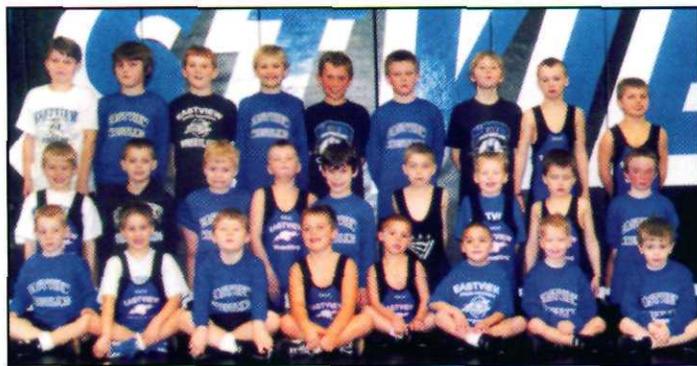
LIGHTNING WRESTLING PROGRAMS

EASTVIEW ELITE WRESTLING

K - 8th Grade • Jan.-March. • Head Coaches - Adam Fokken, Brad Okonek

About the Program - This program is a traveling program for wrestlers that have an interest in developing wrestling skills and participating in tournaments. The program will participate in State Team and Individual Tournaments.

2006 EASTVIEW ELITE K-3



2006 EASTVIEW ELITE 4-8



THUNDERBOLTS WRESTLING CLUB (Freestyle and Greco Roman)

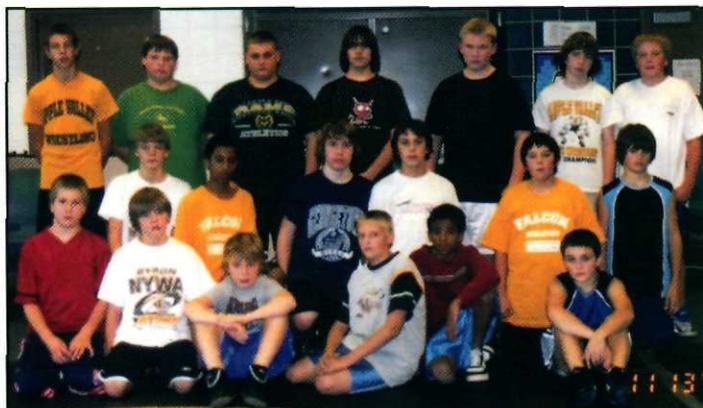
About the Program - Thunderbolts Wrestling Club was formed with a simple goal: to provide a safe and fun atmosphere for our wrestlers to develop and succeed. To be all they can be. We have put together a dedicated and talented staff who believe in this goal. Our club is run wholly by volunteers. People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

Coaches: TBD • Season: March - April • Program Director: Mike Hogan



Black Hawk Middle School

Coaches: Mike Hogan, Kerry Blaine



Falcon Ridge Middle School

Coach: Eriq Duong, Drew McCluskey



Scott Highlands Middle School

Coaches: Greg Dravis, Mike Griffith

LIGHTNING WRESTLING DUAL MEETS

JV Dual Meet Results 2005 - 2006

Overall Record 20-6
Lake Conference Record 8-1 (2nd Place)

Eastview vs.

Lightning Duals	Stillwater	45-21	Win
	Spring Lake Park	34-24	Win
	Bloomington Prairie	51-0	Win
	St. Paul Central	57-6	Win

	Tartan	40-19	Win
	Lakeville North	60-12	Win
	Burnsville	54-6	Win
	Saint Cloud Tech	36-33	Win
	Saint Cloud Apollo	56-15	Win
	Apple Valley	21-49	Loss
	South Saint Paul	72-6	Win
	Eden Prairie	54-6	Win

Bemidji Invite

	Roseau	63-12	Win
	Aitkin	51-24	Win
	Bemidji	26-48	Loss

	Chaska	64-9	Win
	Henry Sibley	36-39	Loss

Lightning Invite

	Albert Lea	27-54	Loss
	Saint Francis	24-56	Loss
	Coon Rapids	33-46	Loss

	Osseo	57-6	Win
	Champlin Park	55-24	Win
	Rosemount	63-3	Win
	Lakeville South	78-0	Win
	Eagan	68-8	Win
	Bloomington Kennedy	42-31	Win



VARSITY DUAL MEET RESULTS 2005 - 2006

Overall Record: 24 Wins - 7 Losses
Lake Conference Record: 8 Wins - 1 Losses



Eastview vs

	Spring Lake Park	52-27	Win
	St. Paul Central	67-06	Win
	Bloomington Prairie	64-10	Win
	Stillwater	42-24	Win
	Lakeville North	55-18	Win
	Tartan	55-22	Win
	Rochester Mayo	50-15	Win
	Coon Rapids	38-21	Loss
	White Bear Lake	34-32	Win
	Burnsville	48-09	Win
	St. Cloud Apollo	46-21	Win
	St. Cloud Tech	56-09	Win
	Apple Valley	12-46	Loss
	South St. Paul	52-14	Win
	Eden Prairie	57-06	Win
	Chaska	57-06	Win
	Henry Sibley	30-33	Loss
	Albert Lea	10-60	Loss
	St. Francis	18-47	Loss
	Coon Rapids	20-45	Loss
	Champlin Park	40-34	Win
	Osseo	60-09	Win
	Rosemount	47-20	Win
	Lakeville South	68-04	Win
	Eagan	35-29	Win
	Armstrong	57-17	Win
	North St. Paul	60-06	Win
	Plainview	38-33	Win
	Bloomington Kennedy	43-25	Win
	Mpls. Southwest	69-06	Win
	Eagan	22-39	Loss

Team Tournaments	Coon Rapids Duals	3 rd Place
	Lightning Invitational	4 th Place
	Armstrong Tournament	1 st Place

Individual Tournaments	Faribault Invitational	2 nd Place
	Burnsville Invitational	2 nd Place
	Bemidji Invitational	5 th Place
	Mound-Westonka	4 th Place

FRESHMAN DUAL MEET RESULTS 2005 - 2006

Overall Record: 5 Wins - 10 Losses
Section Record: 3 Wins - 5 Losses

Eastview vs

	Henry Sibley	18-38	Loss
	Eagan	21-39	Loss
	St. Paul Humboldt	40-06	Win
	Simley	10-36	Loss
	Park	45-18	Win
	Woodbury	42-26	Win
	Totino Grace	07-45	Loss
	Tartan	28-11	Loss
	Burnsville	30-30	Win
	Hudson	40-39	Win
	Champlin	32-40	Loss
	Eagan	35-51	Loss
	Coon Rapids	35-45	Loss
	Rosemount	33-51	Loss
	Hastings	00-84	Loss

9th GRADE REGIONAL TOURNAMENT

1 st	Hastings	233
2 nd	Eagan	136
3 rd	Henry Sibley	133
4 th	Simley	127
5 th	White Bear Lake	120

9th GRADE STATE TEAM TOURNAMENT

1 st	Foley
2 nd	Delano
3 rd	Adrian
4 th	Albert Lea
Consolation	Eagan

2006 SEASON IN-REVIEW

LETTER WINNERS

Khairi Abdulah	EV			
Ty Groskreutz	EV			
Scott Hogan	EV			
Trevor Flaten	EV			
Brian Gripp	EV	EV		
Dante Hendricks	EV	EV		
Will Jackson	EV	EV		
Scott Kenning	EV			
Josh Larson	EV	EV		
David Ly	EV			
Bryan Okonek	EV	EV		
James Pudwill	EV			
Mike Redig	EV			
Abebe Dessalegn	EV			
Dan Getzke	EV	EV		
Jacob Nelson	EV	EV		
Ryan Stepan	EV	EV	EV	EV
Justin Armstrong	EV			
Chris Becker	EV			
Chad Eul	EV	EV		
Chris Gripp	EV	EV		
Minh Huynh	EV	EV	EV	
John Makabe	EV	EV	EV	
Andrew Nelson	EV	EV	EV	
Josh Nelson	EV	EV	EV	
Dillon Powell	EV	EV		

MANAGERS

Ashley Langlais	EV	EV	EV
Courtney Thompson	EV		
Brittany Sawyer	EV		
Michael Alger	EV		
James Jobs	EV		

2005 - 2006 SEASON AWARDS

ACADEMIC CLUB - GOLD (3.6-4.0)

Cole Bechly	Jack Dukatz
Ty Groskreutz	Scott Hogan
Robert Ladd	Trevor Flaten
David Ly	Bryan Okonek
Mike Redig	Jacob Nelson
Justin Armstrong	Chad Eul
Andrew Nelson	Rachel Poli
Brittany Sawyer	Ashley Langlais
Michael Alger	

3 - D CLUB MEMBERS

Brian Gripp	Scott Kenning
David Ly	Bryan Okonek
James Pudwill	Mike Redig
Dan Getzke	Jacob Nelson
Chad Eul	Chris Gripp
Minh Huynh	John Makabe
Andrew Nelson	Josh Nelson
Dillon Powell	

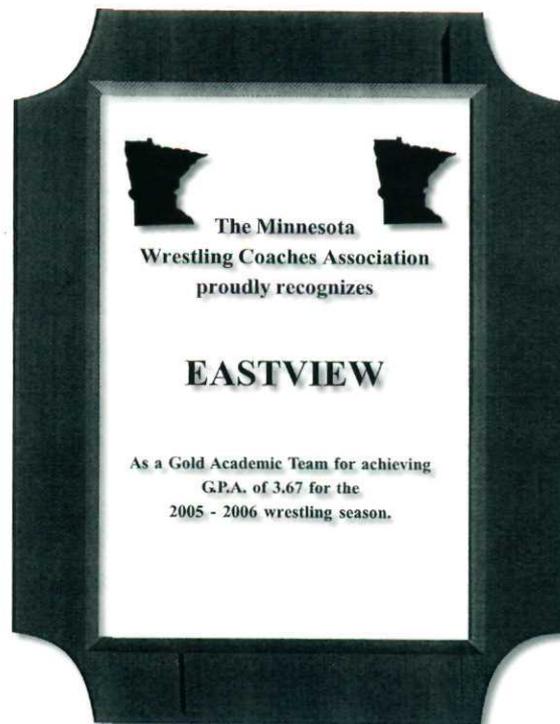
ACADEMIC CLUB - SILVER (3.0-3.59)

Matt Franson	Billy Kor
Michael Osteen	Aaron Stevens
Curtis Ware	Pat Cox
Alex Bakardjiev	Brian Gripp
Josh Larson	James Lenz
James Pudwill	Abebe Dessalegn
Dan Getzke	Ryan Stepan
Chris Gripp	Josh Nelson
Dillon Powell	Courtney Thompson
Kara Knoll	James Jobs

FRESHMAN

3 - D CLUB MEMBERS	
Cole Bechly	Pat Cox
Jack Dukatz	Aaron Stevens
Billy Kor	Matt Franson
Bobby Ladd	

	Most Falls	Most Takedowns	Most Team Points
Varsity	John Makabe - 23	Josh Nelson - 89	John Makabe - 190
JV	James Pudwill - 28	Mike Redig - 65	James Pudwill - 171
Freshman	Ty Groskreutz - 15	Ty Groskreutz - 17	Ty Groskreutz - 97



- ★ Scott Hogan became only the 4th Eastview wrestler to earn a 9th Grade League State Championship!
- ★ The JV Team earned a team record 373 match wins, 2030 team points, 297 falls, and 551 takedowns.
- ★ The Varsity team set a team record earning 24 dual meet victories.
- ★ The Varsity team set a team record with 7 wrestlers earning All-Conference and 5 earning honorable mention honors.
- ★ The Varsity team set a team record earning 409 match wins, 2004 team points, 217 falls, and 809 takedowns.
- ★ The Varsity team set a team record with 34 wrestlers get an opportunity to wrestle on varsity
- ★ The Varsity team set a team record with 9 varsity wrestlers earning at least 25 wins.

LAKE CONFERENCE AND SECTION 6AAA

Lake Conference Teams

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

Section 6AAA Teams

Apple Valley
 Bloomington Jefferson
 Bloomington Kennedy
 Burnsville
 Eagan
 Eastview
 Minneapolis Southwest
 Minneapolis Washburn
 Rosemount
 Richfield

Lake Conference Records 2005-2006

School	Won	Lost
Apple Valley	9	0
Eastview	8	1
Eagan	7	2
Bloomington Kennedy	6	3
Burnsville	5	4
Rosemount	4	5
Lakeville North	2	7
Chaska	1	8
Lakeview South	1	8
Eden Prairie	0	9

Section 6AAA Tournament 4th Place

215	Chad Eul	2nd
189	Dan Getzke	2nd
112	Minh Huynh	2nd
152	John Makabe	3rd
119	Abebe Dessalegn	4th
103	Scott Hogan	4th
171	Andrew Nelson	4th
140	Josh Nelson	4th
160	Dillon Powell	4th
125	Chris Griep	5th
145	Dante Hendricks	5th
275	Will Jackson	10th

Section 6AAA Individual Tournament

Rank	School	Points
1st	Apple Valley	282
2nd	Eagan	182
3rd	Kennedy	175
4th	Eastview	166.5
5th	Rosemount	159.5
6th	Burnsville	95
7th	Richfield	41
8th	Southwest	39
9th	Washburn	36
10th	Jefferson	3

Section 6AAA State Place Winners

103	Destin McCauley	1st	Apple Valley
125	Matt Mincey	1st	Apple Valley
112	Tom Kelliher	2nd	Apple Valley
160	Alex McLaughlin	2nd	Apple Valley
171	Tyler Bowling	2nd	Apple Valley
152	David Bjorkstrand	3rd	Burnsville
152	Alex McMahan	4th	Apple Valley
160	Jeff Erkel	4th	Eagan
103	Matt Ashton	5th	Eagan
119	Robert Marshall	6th	Apple Valley
125	Mike Vruno	6th	Eagan

Lake Conference State Place Winners

103	Destin McCauley	1st	Apple Valley
125	Matt Mincey	1st	Apple Valley
112	Tom Kelliher	2nd	Apple Valley
160	Alex McLaughlin	2nd	Apple Valley
171	Tyler Bowling	2nd	Apple Valley
152	David Bjorkstrand	3rd	Burnsville
130	Jake Simon	4th	Lakeville North
152	Alex McMahan	4th	Apple Valley
160	Jeff Erkel	4th	Eagan
103	Matt Ashton	5th	Eagan
119	Robert Marshall	6th	Apple Valley
125	Mike Vruno	6th	Eagan
275	Dirk Wilkins	6th	Lakeville South.

LIGHTNING STATISTICS

Varsity Statistics 2006 Season Records

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Khairi Abdullah	5	8	10	1	2	0	3	0	0	4	30
Dessalegn Abebe	16	13	54	9	4	7	6	1	1	10	84
Justin Armstrong	6	7	5	6	4	1	3	0	0	5	36
Cole Bechly	2	1	2	3	0	2	0	0	0	1	9
Chris Becker	4	10	3	22	2	2	2	0	0	1	18
Alex Bkardjiev	0	3	0	0	1	0	0	0	0	0	0
Dino Blundetto	2	1	2	3	0	0	0	0	0	2	12
Chad Eul	28	16	37	31	15	2	17	2	0	16	146
Trevor Flaten	4	1	10	1	4	4	7	0	0	4	24
Dan Getzke	29	14	66	29	16	16	31	3	5	10	142
Brian Gripp	14	11	24	20	5	6	9	2	0	5	62
Chris Gripp	15	23	21	21	11	4	4	1	0	4	70
Ty Groskreutz	0	2	0	1	0	0	0	0	0	0	0
Dante Hendricks	16	14	58	39	6	2	10	3	0	4	66
Scott Hogan	26	8	47	8	13	10	24	4	2	13	128
Minh Huynh	35	8	52	21	20	9	34	3	6	14	166
William Jackson	26	13	66	26	4	6	3	1	1	12	132
Scott Kenning	3	6	3	6	3	1	1	0	0	3	18
Josh Larson	3	4	4	5	2	1	2	1	0	1	13
James Lenz	2	1	4	0	1	1	3	0	1	0	8
David Ly	3	9	5	8	0	1	1	0	0	1	12
John Makabe	37	6	86	31	19	13	12	2	1	22	190
Bryan Myers	0	1	0	0	0	0	0	0	0	0	0
Andrew Nelson	26	15	30	40	22	11	23	0	3	15	129
Jacob Nelson	26	6	32	33	9	10	17	2	3	9	125
Josh Nelson	31	11	89	44	7	21	19	7	5	6	134
Bryan Okonek	7	16	15	11	7	3	5	1	0	4	34
Dillon Powell	21	10	50	23	8	5	10	3	1	10	99
James Pudwill	6	2	11	8	1	0	3	0	0	5	33
Mike Redig	4	5	1	1	0	3	1	1	0	6	22
Ryan Stepan	9	9	16	13	11	3	8	2	0	0	47

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	409	260	809	469	197	144	258	39	29	188	2004
Opponents Totals	260	409	637	527	159	58	165	32	13	115	1189

Junior Varsity Statistics 2006 Season Records

JUNIOR VARSITY STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Khairi Abdullah	7	3	11	3	4	3	5	0	1	6	41
Dessalegn Abebe	6	0	18	1	1	0	0	1	0	4	31
Justin Armstrong	28	3	25	5	10	4	3	0	0	27	165
Cole Bechly	3	1	6	1	2	3	1	1	0	0	10
Chris Becker	15	4	28	9	9	3	7	0	0	13	84
Alex Bakardjiev	16	11	28	17	6	3	9	1	0	14	91
Dino Blundetto	25	10	23	2	3	1	6	0	0	22	144
Pat Cox	1	4	0	5	1	0	0	0	0	1	6
Jack Dukatz	3	0	6	2	0	0	0	0	0	2	15
Chad Eul	1	0	0	0	0	0	0	0	0	1	6
Trevor Flaten	20	7	27	8	2	1	10	0	1	17	113
Brian Gripp	17	3	22	10	4	3	9	1	0	11	85
Chris Gripp	9	0	10	3	1	1	5	0	0	7	48
Ty Groskreutz	12	4	14	4	7	4	3	1	0	10	67
Dante Hendricks	11	5	31	10	8	3	6	1	0	8	58
William Jackson	2	0	1	0	1	0	0	0	0	1	9
Scott Kenning	27	6	32	17	10	3	7	0	0	25	156
Billy Kor	0	2	5	2	0	0	1	0	0	0	0
Josh Larson	10	1	20	4	4	5	11	1	2	3	47
James Lenz	14	7	11	19	4	3	6	2	0	9	71
David Ly	25	6	36	6	10	10	14	2	2	17	132
Bryan Myers	14	11	11	4	1	0	1	0	0	14	84
Andrew Nelson	2	0	6	0	1	0	6	0	1	1	11
Bryan Okonek	18	3	38	8	10	13	22	4	2	12	98
Dillon Powell	4	0	12	1	2	0	2	1	0	3	22
James Pudwill	29	7	35	12	6	8	8	0	0	28	171
Mike Redig	28	5	65	24	26	14	23	5	3	9	122
Aaron Stevens	2	6	2	3	1	1	0	0	0	0	6

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	373	114	551	184	132	94	169	23	12	285	2030
Opponents Totals	114	373	247	238	108	47	67	4	2	71	568

LIGHTNING STATISTICS

Freshman Statistics 2006

Season Records

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Points
Khairi Abdullah	11	7	13	1	11	2	7	0	0	9	60
Cole Bechly	13	9	6	12	11	3	4	1	0	10	70
Matt Bernsten	1	13	5	2	5	0	2	0	0	0	3
Ben Bower	2	3	5	11	4	0	3	1	0	1	10
Pat Cox	8	11	7	5	10	3	5	1	0	7	46
Jack Dukatz	9	12	6	2	11	2	1	0	1	6	47
Matt Franson	5	18	6	6	6	1	0	0	0	2	21
Cody Groskreutz	4	7	7	3	7	1	5	2	0	1	17
Ty Groskreutz	17	4	17	3	8	3	8	1	0	15	97
Scott Hogan	6	1	6	6	5	2	2	1	0	1	22
Billy Kor	2	14	2	5	6	1	0	0	0	2	12
Robert Ladd	6	13	6	8	9	1	7	1	0	2	25
Nick Mako	6	4	4	9	15	0	1	0	0	4	30
Mike Osteen	0	4	0	0	0	0	0	0	0	0	0
Adam Ronhovde	1	6	2	1	2	0	1	0	0	1	6
Joey Scott	7	6	7	3	8	0	8	0	1	5	39
Aaron Stevens	8	12	15	7	8	3	6	2	1	4	40
TJ Strohmeyer	1	10	1	1	0	2	3	0	1	0	5
Curtis Ware	4	3	8	6	6	2	2	0	0	1	15

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	111	157	123	91	132	26	67	10	4	75	565
Opponents Totals	157	111	144	91	139	33	83	8	2	112	826

LIGHTNING RECORDS

Varsity Career Records

FALLS

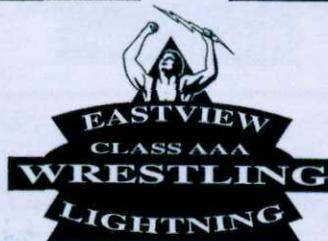
Adam Fokken	'01	83
Ryan Langlais	'04	55
John Makabe	'06	47

WINS

Adam Fokken	'01	147
Ryan Langlais	'04	139
Kevin McBride	'03	110

TEAM POINTS

Adam Fokken	'01	727
Ryan Langlais	'04	621
Mikey Fornicoia	'02	491



TAKEDOWNS

Ryan Langlais	'04	449
Adam Fokken	'01	349
Mikey Fornicoia	'02	231

NEAR FALLS

Mikey Fornicoia	'02	166
Minh Huynh	'06	148
Pat Dea	'04	123

REVERSALS

Adam Fokken	'01	92
Mikey Fornicoia	'02	84
Pat Dea	'04	69

Varsity Season Records

FALLS

Adam Fokken	'01	28
Nate Kocer	'03	28
John Makabe	'06	23

WINS

Adam Fokken	'01	38
Ryan Langlais	'04	37
John Makabe	'06	37

TEAM POINTS

Adam Fokken	'01	200
Nate Kocer	'03	199
John Makabe	'06	190



TAKEDOWNS

Ryan Langlais	'04	134
Adam Fokken	'01	119
Chris Shuck	'03	108

NEAR FALLS

Mikey Fornicoia	'02	79
Minh Huynh	'05	56
Pat Dea	'03	50

REVERSALS

Kevin McBride	'02	38
Adam Fokken	'99	28
Nate Kocer	'02	28

LIGHTNING RECORDS

Junior Varsity Season Records

FALLS

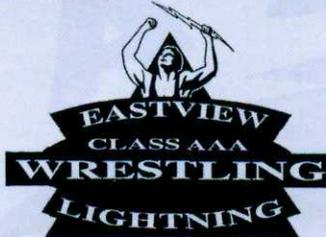
James Pudwill '06 28
Justin Armstrong '06 27
Scott Kenning '06 25

WINS

Andrew Lenertz '02 31
Tom Chies '03 30
Fred Hwang '03 30

TEAM POINTS

Andrew Lenertz '02 175
James Pudwill '06 171
Justin Armstrong '06 165



TAKEDOWNS

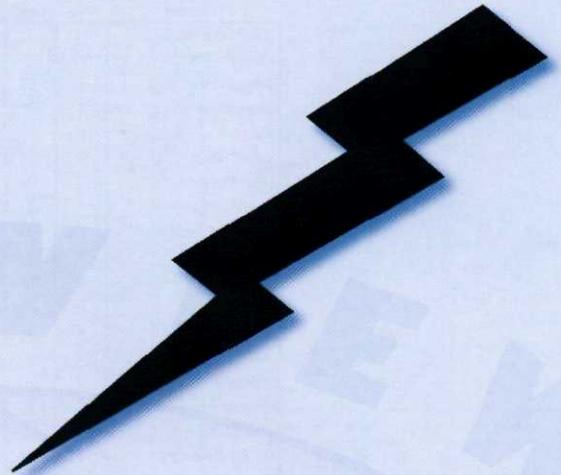
Mike Redig '06 65
Nathaniel Carroll '05 50
Eric Budd '01 45

NEAR FALLS

Kyle Fokken '02 39
Mike Redig '06 37
Bryan Okonek '06 35

REVERSALS

Mike Redig '06 26
Nate Kocer '01 22
Brian Wallenta '04 22



Freshman Season Records

FALLS

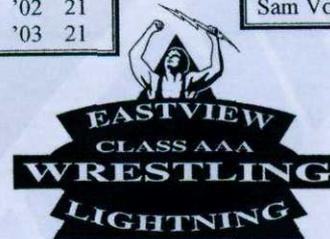
Bona Ku '01 16
Kyle Fokken '01 15
Justin Peterson '04 15
Ty Groskreutz '06 15

WINS

Bryan Okonek '05 25
Bryan Lewis '00 23
Sam Voyles '02 21
Troy Fokken '03 21

TEAM POINTS

Bryan Okonek '05 118
Troy Fokken '03 117
Sam Voyles '02 113



TAKEDOWNS

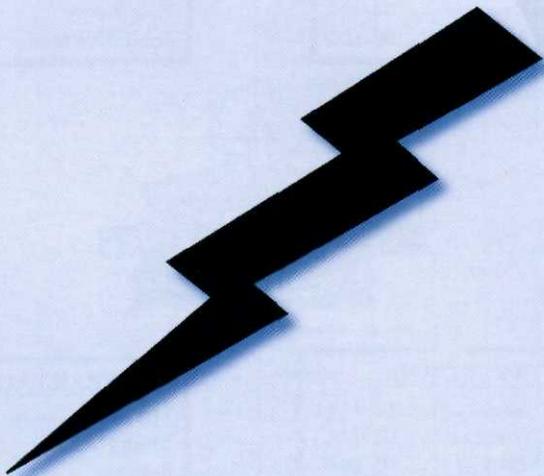
Bryan Lewis '00 80
Trever Sutherland '05 68
Bona Ku '01 61

NEAR FALLS

Nathaniel Carroll '03 26
Minh Huynh '03 23
Kyle Fokken '01 22

REVERSALS

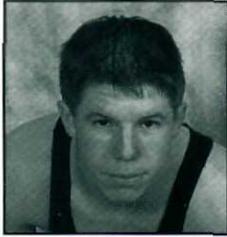
Kyle Fokken '01 17
Andrew Nelson '03 15
Nathaniel Carroll '03 15
Nick Mako '06 15



LIGHTNING HISTORY

Wall of Excellence

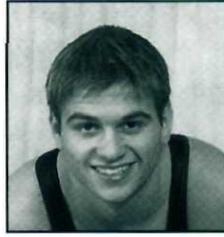
Criteria: State Place Winner, finish the program in good standing, and graduate from Eastview High School.



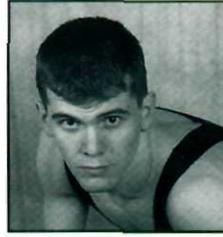
Tony Rodin
1998 - 4th Place
125 lbs.



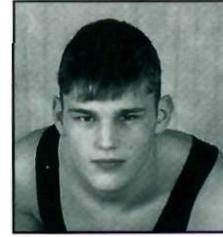
Adam Fokken
2000 - 4th Place
189 lbs.
2001 - State Champ
189 lbs.



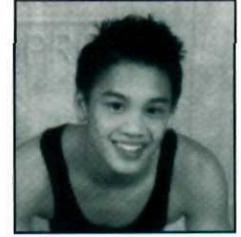
Mikey Fornicoia
2002 - 6th Place
130 lbs.



John Getzke
2003 - 5th Place
152 lbs.



Nate Koler
2003 - 6th Place
189 lbs.



Minh Huynh
2005 - 4th Place
103 lbs.

Season Awards

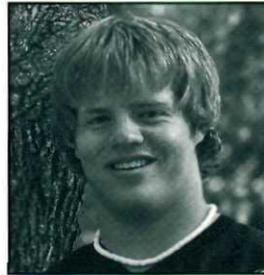
Eastview Athlete of the Year



Adam Fokken
Football, Wrestling & Track
2001 Scholar Athlete
2000 4th Place State - 189 lbs.
2001 State Champion - 189 lbs.



Ryan Langlais
Football, Wrestling & Baseball
3X State Qualifier
2004 Section Champion -
160 lbs.



Ryan Ruckdashel
Football, Wrestling & Track
Distinguished Athlete & Scholar
2004 MSHSL ExCEL Winner
2005 State Qualifier & Team
Captain

Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin	1999	Adam Fokken
2000	Adam Fokken	2001	Adam Fokken
2002	Mikey Fornicoia	2003	Nate Kocer
2004	Ryan Langlais	2005	Minh Huynh
2006	Minh Huynh & John Makabe		

Most Valuable Junior Varsity Wrestler of the Year

1998	Jim Maloney	1999	Tyrel Narva
2000	Chris Verhaeghe	2001	David Pudwill
2002	Andrew Lenertz	2003	Andrew Lenertz
2004	Brian Wallenta	2005	Chad Eul
2006	Mike Redig		

Most Valuable Freshman Wrestler of the Year

1998	Adam Fokken	1999	Mikey Fornicoia
2000	Bryan Lewis	2001	Steve Davis
2002	Tyler Cookas	2003	Troy Fokken
2004	Ryan Stepan	2005	Trevor Sutherland
2006	Scott Hogan		

Most Improved Wrestler of the Year

1998	Nate Ernst	1999	Nick Thompson
2000	Brad Okonek	2001	David Rasmussen
2002	Eric Lemm	2003	Jud Turk
2004	Minh Huynh	2005	Josh Nelson
2006	Chad Eul		

Lightning Award

1998	Chris Verhaeghe	1999	Chris Verhaeghe
2000	Brian Putnam	2001	Brian Putnam & Eric Budd
2002	David Pudwill	2003	Jud Turk & John Getzke
2004	Jeremiah Foertsch	2005	Sam Voyles
2006	Chris Griep & Dillon Powell		

John Rodin Service Award

1998	Brad Okonek	1999	Brad Okonek
2000	Andrew Lenertz	2001	John Getzke
2002	Cory Wagner	2003	Cory Wagner
2004	Ben Foertsch	2005	Dante Hendricks
2006	Pat Cox		

Wrestling Manager Hall of Fame

2000	Erinn Roos	2001	Rachel Davis
2003	Kari Okonek	2006	Ashley Langlais

Section Champions

Mikey Fornicoia
Tony Rodin
Adam Fokken
David Rasmussen
James Voyles
Nate Kocer
Ryan Langlais

Season Records/Conference Place

	Wins	Losses	Ties	Conference Place
1998	3	19	1	9th
1999	6	14	1	7th
2000	18	4	0	2nd
2001	14	8	0	5th
2002	16	9	0	4th
2003	21	5	1	2nd
2004	13	15	0	5th
2005	12	14	0	7th
2006	24	7	0	2nd
Total	127	95	3	.572

Season Captains and Team Motto

1998	Matt McDonald, Joe Theisen
1999	Tony Rodin, Joe Theisen
2000	Nate Ernst, Brad Okonek, Adam Fokken
2001	Adam Fokken, Mikey Fornicoia
2002	Mikey Fornicoia, John Getzke, Eric Lemm
2003	John Getzke, Kevin McBride, Jud Turk, James Voyles
2004	Tyler Cookas, Kevin Eich, Jeremiah Foertsch, Ryan Langlais
2005	Ryan Ruckdashel, Sam Voyles, Kyle Wilson
2006	Chad Eul, Minh Huynh, Josh Nelson
2007	Dan Getzke, Jake Nelson

Lightning Strikes
Attitude and Effort
Team 2000: Paving the Way
Courage to Succeed
Mission Possible: 2002
Fight! Inch ... By ... Inch
The Long March
No Guts, No Glory
Our Vision, Our Mission
Storm the Mat

Top 25 Alumni Career Wins

NAME	YEAR	WINS	LOSSES
Adam Fokken	2001	147	36
Ryan Langlais	2004	139	54
Kevin McBride	2003	110	84
Mikey Fornicoia	2002	107	31
Pat Dea	2004	79	57
John Getzke	2003	78	46
Tony Rodin	1999	77	23
David Rasmussen	2001	66	49
Chris Shuck	2003	64	59
Nate Kocer	2003	55	25
Ryan Ruckdashel	2005	54	29
Jud Turk	2003	53	57
James Voyles	2003	50	28
Brad Okonek	2000	49	50
Jeremiah Foertsch	2004	48	57
Matt Davis	2000	44	61
Nate Ernst	2000	44	24
Eric Lemm	2002	38	37
Adam Miller	2000	28	34
Nick Thompson	2000	27	21
John Makabe	2006	90	33
Josh Nelson	2006	60	52
Andrew Nelson	2006	49	44
Dillon Powell	2006	32	19
Chad Eul	2006	31	23

Academic Team

2000	Silver Academic Team 3.44
2001	Gold Academic Team 3.68
2002	MN State Academic Champions 3.71
2003	Gold Academic Team 3.59
2004	Gold Academic Team 3.6
2005	Gold Academic Team 3.61
2006	Gold Academic Team 3.67

Academic All-State

2001	Adam Fokken
------	-------------



EASTVIEW WRESTLING RECOGNITIONS

ALL CONFERENCE

Tony Rodin (2x)
 Brad Okonek
 Nate Ernst
 Adam Fokken (4x)
 David Rasmussen
 Mikey Fornicoia
 James Voyles
 John Getzke
 Nate Kocer
 Kevin McBride
 Ryan Langlais (2x)
 Minh Huynh (2x)
 John Makabe(2x)
 Ryan Ruckdashel
 Scott Hogan
 Jacob Nelson
 Andrew Nelson
 Dan Getzke
 Chad Eul

SECTIONS CHAMPIONS

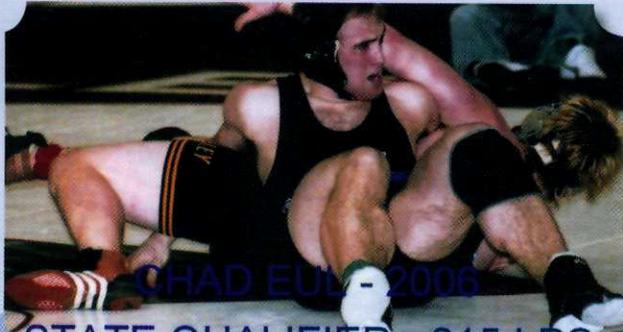
Tony Rodin
 Adam Fokken
 David Rasmussen
 Mikey Fornicoia
 James Voyles
 Nate Kocer
 Ryan Langlais



STATE QUALIFIERS

Tony Rodin (2x) 4th Place
 Brad Okonek
 Adam Fokken (3x) 4th Place
 1st Place
 David Rasmussen
 Mikey Fornicoia (2x) 6th Place
 James Voyles
 Jud Turk
 Nate Kocer 6th Place
 John Getzke 5th Place
 Ryan Langlais (3x)
 Pat Dea
 Steve Davis (2x) 4th Place
 Minh Huynh (3x) 4th Place
 John Makabe
 Ryan Ruckdashel
 Dan Getzke
 Chad Eul

EASTVIEW STATE QUALIFIERS



CHAD EUL-2006
STATE QUALIFIER - 215 LBS

Chad Eul-2006
State Qualifier-215 lbs

Eastview School Song

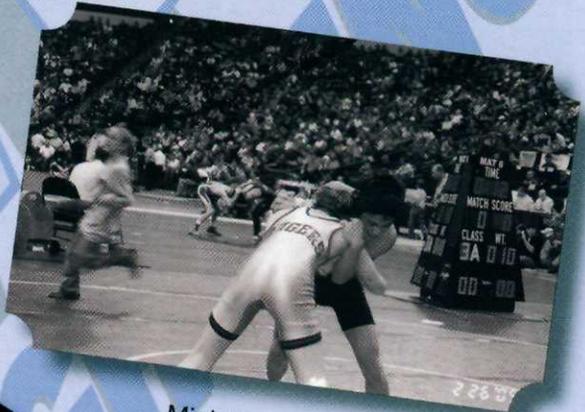
Go Eastview lightning
Victory is our game
Blaze a trail of glory
Marching on to fame.

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

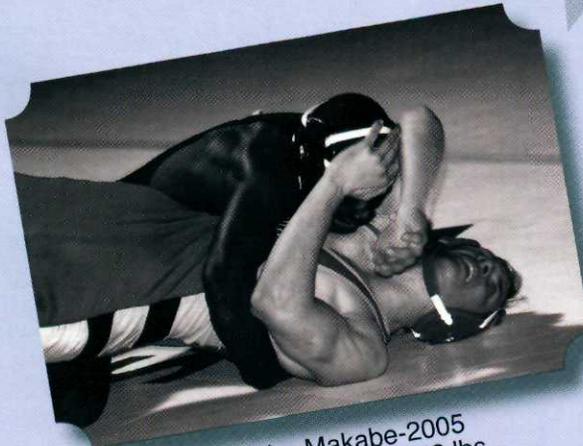
Eastview lightning fight, fight, fight,
Go, fight, win tonight!



Ryan Ruckdashel-2005
State Qualifier-HWT



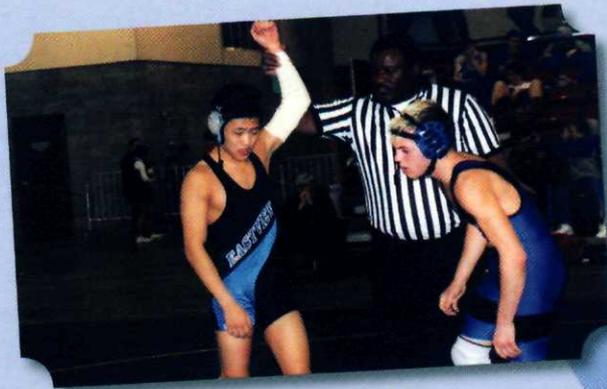
Minh Huynh-2005
4th Place-103 lbs



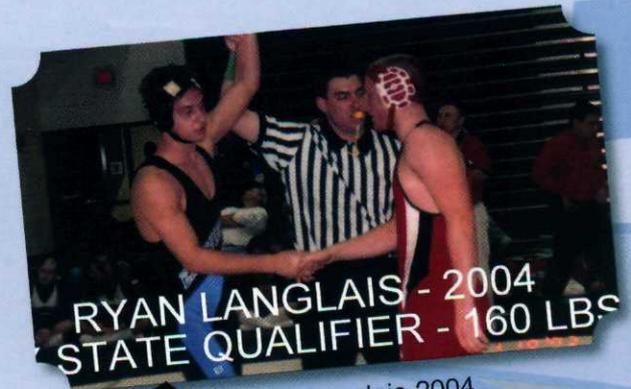
John Makabe-2005
State Qualifier-152 lbs



EASTVIEW STATE QUALIFIERS

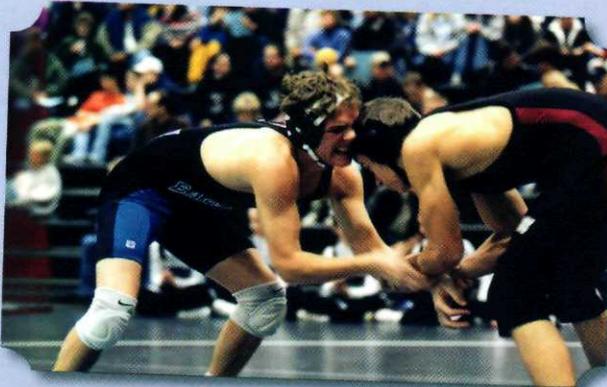


Pat Dea-2004
State Qualifier-125 lbs.

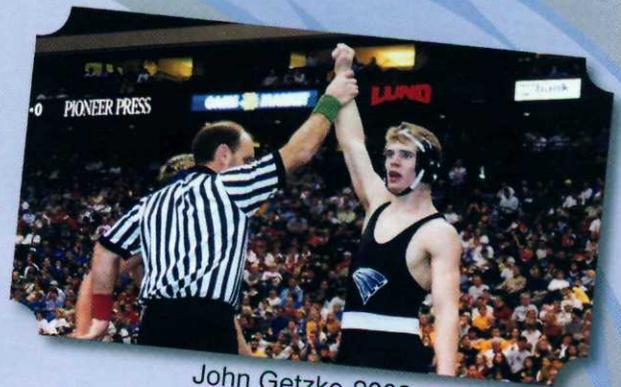


RYAN LANGLAIS - 2004
STATE QUALIFIER - 160 LBS

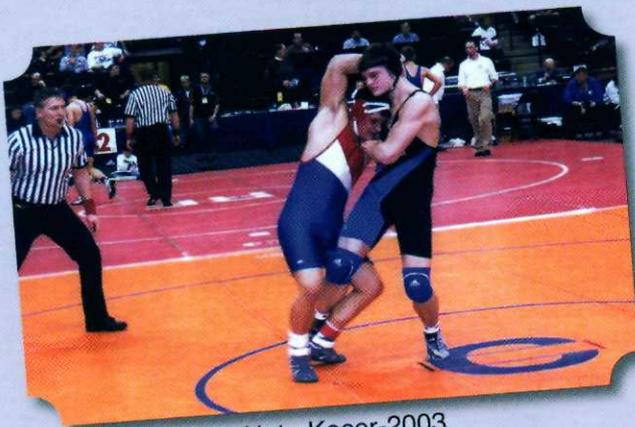
Ryan Langlais-2004
State Qualifier-160 lbs



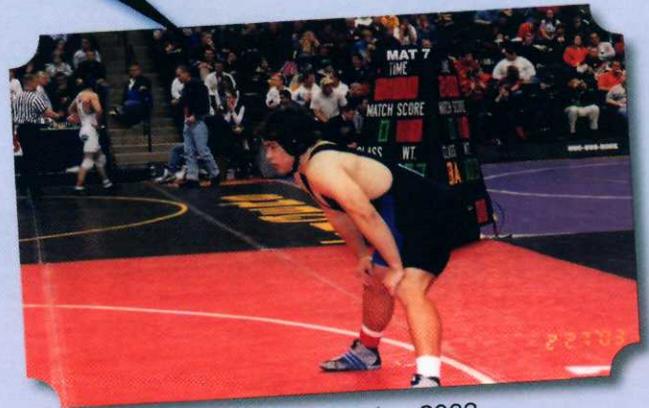
Judd Turk-2003
State Qualifier-140 lbs.



John Getzke-2003
5th place-152 lbs.

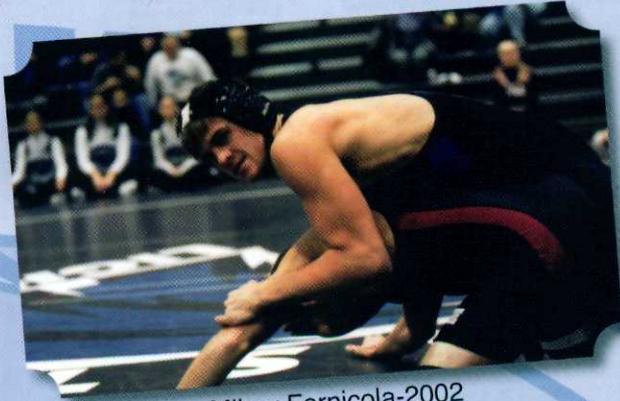


Nate Kocer-2003
6th place-189 lbs.

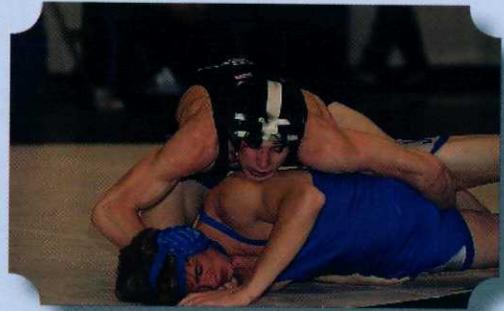


James Voyles-2003
State Qualifier-215 lbs.

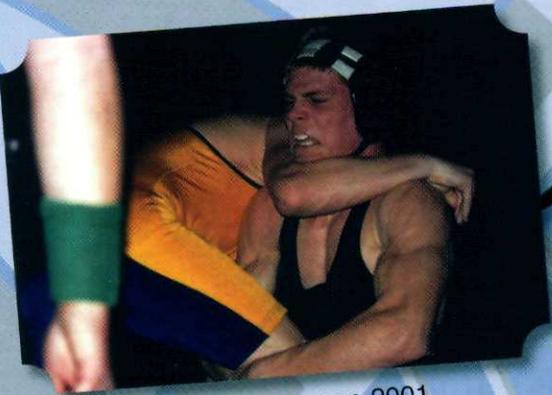
EASTVIEW STATE QUALIFIERS



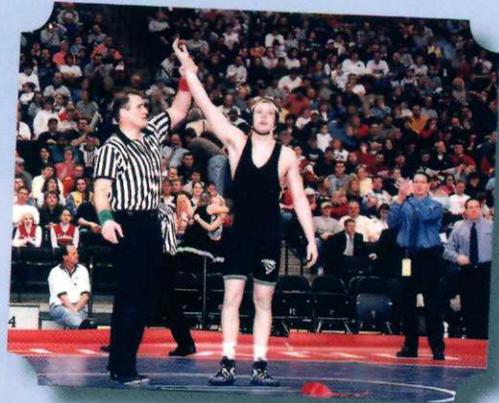
Mikey Fornicola-2002
6th Place-130 lbs.



Steve Davis-2001
4th Place-125 lbs



David Rasmussen-2001
State Qualifier-145 lbs.



Adam Fokken-2001
State Champion-189 lbs
4th Place-189 lbs



Brad Okonek-2000
State Qualifier-152 lbs.



Tony Rodin-1998
4th place-125 lbs.



Armstrong Tournament Champions – 2006

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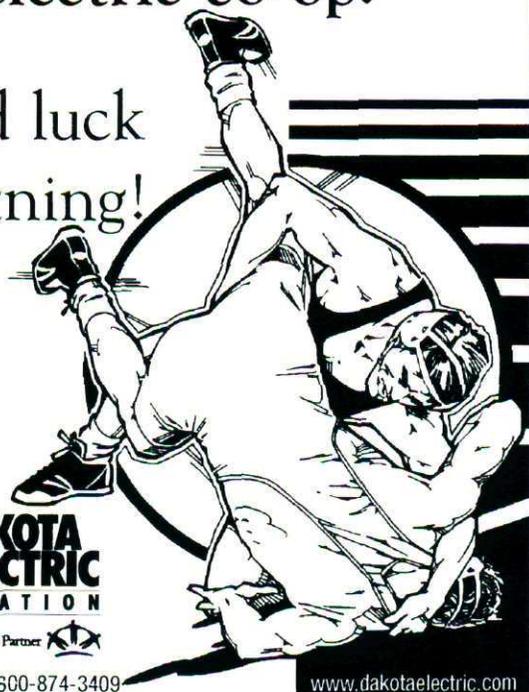


Good Luck!
Eastview Wrestling Team

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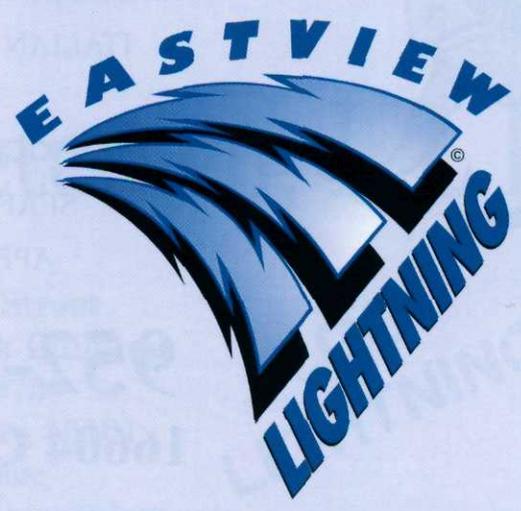


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Gregory J. Johnson
Attorney at Law

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"Commitment to Excellence"

Adapted from Vince Lombardi speech

I owe almost everything to wrestling, which I spent the greater part of my life in, and I have never lost my respect, my admiration nor my love for what I consider a great sport. Each day after the battle, one group savors victory, another group wallows in the bitterness of defeat. The many hurts seem a small price to pay for having won and there is no reason at all which is adequate for having lost.

For the winner there is 100 percent elation, 100 percent laughter, 100 percent fun and for the loser the only thing left is a 100 percent resolution and 100 percent determination. The sport, I think, is a great deal like life. Every man makes his own personal commitment toward excellence and toward victory. Although you know ultimate victory can never be completely won, it must be pursued with all of one's might and each week there is a new encounter, each year a new challenge.

All of the rings and all of the money and all of the color and all of the display, they linger only in a memory. But the spirit, the will to win, the will to excel, these are the things that endure and these are the qualities, of course, that are so much more important than any of the events that occur.

I'd like to say that the quality of any man's life is a full measure of that man's personal commitment to excellence and to victory, regardless of what field he may be in.

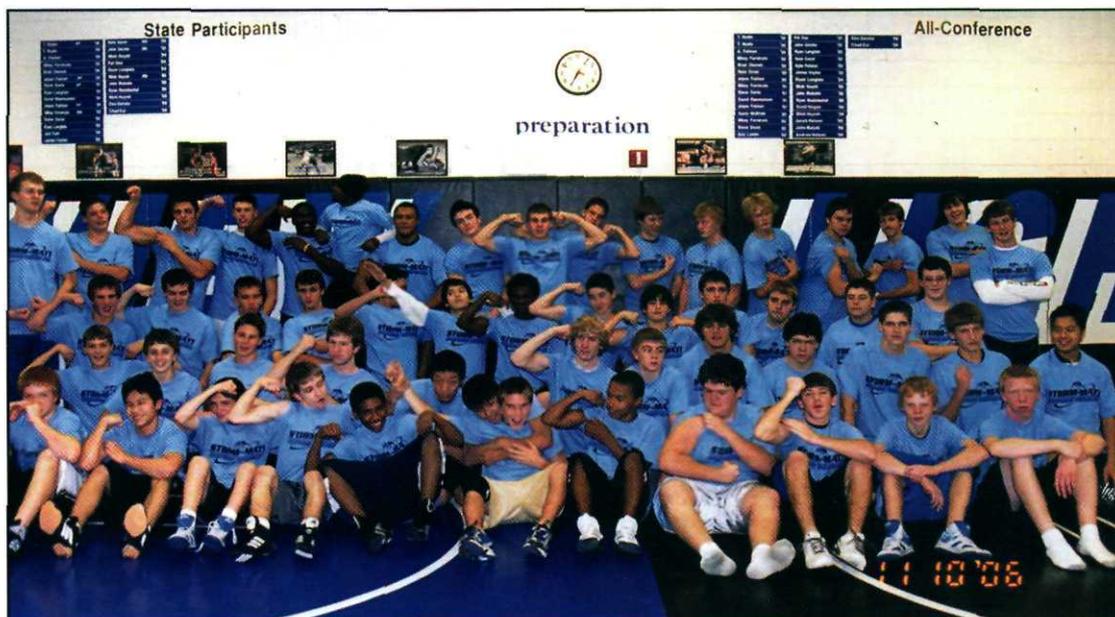
"Commitment"

To accomplish anything worthwhile in your life you must first make a **COMMITMENT**.

1. A **COMMITMENT** to clearly identify your goals, dreams and aspirations.
2. A **COMMITMENT** to identify a plan of attack that will help you reach these goals.
3. A **COMMITMENT** strong enough to overcome all obstacles so you will hang tough through the rough times.
4. A **COMMITMENT** to doing the tedious work, the difficult tasks, the little things that make the big difference.

To make this kind of Commitment requires courage and perseverance. It means that you will maintain a positive attitude; you will refuse to quit; you will never give up. The truly committed person is a winner who will make positive things happen.

COMMITMENT- It is the difference between excellence and mediocrity; between winning and losing; between accomplishing something special with your life or just surviving.



Commitment Night 2006



2006-07 WINTER SPORTS SCHEDULE EASTVIEW LIGHTNING

Girls Basketball

Head Coach: Paul Goetz			
Date	Opponent	Site	Time
Nov. 25	White Bear Lake	Home	6:00 p.m.
Nov. 28	Eden Prairie	Home	7:15 p.m.
Dec. 1	Chaska	Away	7:15 p.m.
Dec. 5	Burnsville	Away	7:15 p.m.
Dec. 8	Apple Valley	Away	7:15 p.m.
Dec. 12	Lakeville South	Home	7:15 p.m.
Dec. 15	Jefferson	Away	7:15 p.m.
Dec. 27-29	Rochester Tourn.	Away	TBD
Jan. 2	Roseville	Away	7:30 p.m.
Jan. 5	Lakeville North	Away	7:15 p.m.
Jan. 9	Rosemount	Away	7:15 p.m.
Jan. 12	Eagan	Home	7:15 p.m.
Jan. 16	Kennedy	Home	7:15 p.m.
Jan. 18	Eden Prairie	Away	7:15 p.m.
Jan. 23	Chaska	Home	7:15 p.m.
Jan. 26	Burnsville	Home	7:15 p.m.
Jan. 30	Apple Valley	Home	7:15 p.m.
Feb. 2	Lakeville South	Away	7:15 p.m.
Feb. 6	Jefferson	Home	7:15 p.m.
Feb. 9	Moorhead	Home	7:15 p.m.
Feb. 13	Lakeville North	Home	7:15 p.m.
Feb. 16	Rosemount	Home	7:15 p.m.
Feb. 20	Eagan	Away	7:15 p.m.
Feb. 23	Kennedy	Away	7:15 p.m.
March 1, 6, 9,	Section 6AAAA Tournament		
March 14-17	State Tournament		

Adp. Hockey DI

Head Coach: Brett Sadek			
Date	Opponent	Site	Time
Jan. 12	Humboldt	Away	4:30 p.m.
Jan. 17	Rochester	Away	6:30 p.m.
Jan. 23	Lakeville	Away	4:30 p.m.
Jan. 24	Hudson	Away	6:30 p.m.
Jan. 29	Minneapolis South	Away	4:30 p.m.
Feb. 1	South Suburban	Away	6:30 p.m.
Feb. 7	Humboldt	Away	6:30 p.m.
Feb. 13	Rochester	Away	6:00 p.m.
Feb. 15	Lakeville	Away	6:30 p.m.
Feb. 20	Hudson	Away	5:00 p.m.
Feb. 26	Minneapolis South	Away	6:30 p.m.
March 1	South Suburban	Away	4:30 p.m.
March 7	Play-Offs	Away	6:30 p.m.

Boys Swim/Dive

Head Coach: Mark Tollefson			
Date	Opponent	Site	Time
Dec. 8	Kennedy	Home	6:00 p.m.
Dec. 9	Hudson Invitational	Away	10:00am/1:00pm
Dec. 15	Jefferson	Away	6:00 p.m.
Dec. 21	Chaska	Away	6:00 p.m.
Jan. 5	Burnsville	Home	6:00 p.m.
Jan. 12	Eagan	Away	6:00 p.m.
Jan. 13	Tournament True Team	State - Away	-TBD
Jan. 19	Eden Prairie	Away	6:00 p.m.
Jan. 20	Tournament True Team	State - Away	-TBD
Jan. 26	Apple Valley	Home	6:00 p.m.
Feb. 2	Lakeville South	Home	6:00 p.m.
Feb. 8	Rosemount	Home	6:00 p.m.
Feb. 21, 23	Section 3AA Tourn.	Away	
Feb. 21-23	Tournament	Away	
Mar. 1-3	State Tournament	Away	

Wrestling

Head Coach: Kurt Habeck			
Date	Opponent	Site	Time
Dec. 2	EVHS Duals	Home	9:00 a.m.
Dec. 7	Burnsville	Away	7:00 p.m.
Dec. 9	Coon Rapids	Away	9:00 a.m.
Dec. 14	Lakeville South/Chaska	Home	6:00 p.m.
Dec. 16	Faribault	Away	9:30 a.m.
Dec. 21	Apple Valley	Away	7:00 p.m.
Dec. 29	Holmen	Away	10:30 a.m.
Dec. 30	Holmen	Away	10:30 a.m.
Jan. 5	Eden Prairie	Home	7:00 p.m.
Jan. 6	Burnsville	Away	9:00 a.m.
Jan. 11	Rosemount	Away	7:00 p.m.
Jan. 19	Eagan	Home	7:00 p.m.
Jan. 20	EVHS Tournament	Home	9:00 a.m.
Jan. 25	Hopkins/Minnetonka	Away	TBD
Jan. 26	Kennedy	Away	7:00 p.m.
Feb. 1	Lakeville North/S. St. Paul	Home	4:30 p.m.
Feb. 3	Armstrong Tournament	Away	9:00 a.m.
Feb. 8	Richfield	Home	7:00 p.m.
Feb. 17&23	Section 6AAA	Away	TBD
Feb. 28-Mar. 3	State Tournament		

Boys Hockey

Head Coach: Mike Gibbons			
Date	Opponent	Site	Time
Nov. 28	Eden Prairie	Away	7:30 p.m.
Nov. 30	Bemidji	Away	7:30 p.m.
Dec. 1	Warroad	Away	7:30 p.m.
Dec. 5	Kennedy	Home	7:30 p.m.
Dec. 7	Lakeville North	Home	7:30 p.m.
Dec. 9	Rosemount	Away	7:30 p.m.
Dec. 14	Eagan	Away	8:00 p.m.
Dec. 16	Jefferson	Home	2:30 p.m.
Dec. 19	Stillwater	Away	7:30 p.m.
Dec. 21	Minnetonka	Away	7:30 p.m.
Jan. 4	Burnsville	Home	7:30 p.m.
Jan. 6	Lakeville South	Away	7:30 p.m.
Jan. 9	Chaska	Away	7:00 p.m.
Jan. 11	Apple Valley	Away	7:30 p.m.
Jan. 13	Edina	Home	7:30 p.m.
Jan. 18	Kennedy	Away	7:30 p.m.
Jan. 20	Eden Prairie	Home	2:30 p.m.
Jan. 25	Lakeville North	Away	7:00 p.m.
Jan. 27	Rosemount	Home	2:30 p.m.
Feb. 1	Eagan	Home	7:30 p.m.
Feb. 3	Jefferson	Away	2:30 p.m.
Feb. 6	Chaska	Home	7:30 p.m.
Feb. 10	Burnsville	Away	3:30 p.m.
Feb. 15	Lakeville South	Home	7:30 p.m.
Feb. 17	Apple Valley	Home	2:30 p.m.
Feb. 20, 22, 24 & Mar. 1	Section 5AA Tournament		
Mar. 8-10	State Tournament	Away	

Comp. Cheerleading

Head Coach: Tracy		
Date	Opponent	Site
Nov. 4	Lakeville North	Away
Nov. 11	Minnetonka	Away
Nov. 19	TC Open	Home
Dec. 10	Apple Valley	Away
Dec. 17	U of M	Away
Jan. 5	U of M	Away
Jan. 13	Lake Conference Tournament	Home
Feb. 5	MCCA State Tournament	Away

Adaptive Hockey CI

Head Coach: Chris Brown & Dana Beck			
Date	Opponent	Site	Time
Jan. 8	Lakeville	Home	6:30 p.m.
Jan. 11	Owatonna	Home	6:30 p.m.
Jan. 18	Hudson	Away	5:00 p.m.
Jan. 23	New Prague	Away	6:00 p.m.
Jan. 24	South Suburban	Home	6:30 p.m.
Jan. 29	Winona	Home	6:30 p.m.
Feb. 1	Humboldt	Away	4:30 p.m.
Feb. 6	Lakeville	Away	4:30 p.m.
Feb. 9	Owatonna	Away	6:00 p.m.
Feb. 12	Hudson	Home	6:30 p.m.
Feb. 15	New Prague	Home	6:30 p.m.
Feb. 23	South Suburban	Away	4:30 p.m.
Feb. 27	Winona	Away	5:00 p.m.
Mar. 1	Humboldt	Home	5:00 p.m.

Girls Hockey

Head Coach: Herb Harvey			
Date	Opponent	Site	Time
Nov. 9	Jefferson	Away	7:30 p.m.
Nov. 11	Eagan	Home	2:30 p.m.
Nov. 14	Lakeville South	Away	7:00 p.m.
Nov. 16	St. Louis Park	Away	6:00 p.m.
Nov. 18	Chaska	Home	2:30 p.m.
Nov. 21	Hopkins	Home	6:00 p.m.
Nov. 24	Edina Tournament	Away	6:00 p.m.
Nov. 25	Edina Tournament	Away	6:00 p.m.
Dec. 2	Apple Valley	Home	2:30 p.m.
Dec. 7	Eden Prairie	Away	7:30 p.m.
Dec. 12	Burnsville	Home	7:00 p.m.
Dec. 14	Coon Rapids	Away	7:30 p.m.
Dec. 19	Jefferson	Home	6:00 p.m.
Dec. 23	Eagan	Away	3:30 p.m.
Dec. 27-29	Schwan's Tournament	Away	
Jan. 6	Lakeville South	Home	2:30 p.m.
Jan. 9	Chaska	Away	7:30 p.m.
Jan. 13	Eden Prairie	Home	2:30 p.m.
Jan. 16	Apple Valley	Away	7:30 p.m.
Jan. 20	Kennedy	Away	2:45 p.m.
Jan. 23	Rosemount	Away	7:30 p.m.
Jan. 27	Lakeville North	Home	7:30 p.m.
Jan. 30	Burnsville	Away	7:00 p.m.
Feb. 5, 7, 9, 14	Section 5AA Tournament	Away	
Feb. 21-24	State Tournament	Away	

Boys Basketball

Head Coach: Mark Gerber			
Date	Opponent	Site	Time
Dec. 2	Prior Lake	Away	3:00 p.m.
Dec. 5	Burnsville	Home	7:15 p.m.
Dec. 8	Apple Valley	Home	7:15 p.m.
Dec. 12	Lakeville South	Away	7:15 p.m.
Dec. 15	Jefferson	Home	7:15 p.m.
Dec. 19	St. Paul Johnson	Home	7:15 p.m.
Dec. 21	Park Center	Home	7:15 p.m.
Dec. 29	Duluth East	Away	7:00 p.m.
Jan. 2	Richfield	Away	7:30 p.m.
Jan. 4	Lakeville North	Home	7:15 p.m.
Jan. 9	Rosemount	Home	7:15 p.m.
Jan. 11	Eagan	Away	7:15 p.m.
Jan. 16	Kennedy	Away	7:15 p.m.
Jan. 18	Eden Prairie	Home	7:15 p.m.
Jan. 23	Chaska	Away	7:15 p.m.
Jan. 26	Burnsville	Away	7:15 p.m.
Jan. 30	Apple Valley	Away	7:15 p.m.
Feb. 2	Lakeville South	Home	7:15 p.m.
Feb. 6	Jefferson	Away	7:15 p.m.
Feb. 13	Lakeville North	Away	7:15 p.m.
Feb. 16	Rosemount	Away	7:15 p.m.
Feb. 20	Eagan	Home	7:15 p.m.
Feb. 22	Kennedy	Home	7:15 p.m.
Feb. 27	Eden Prairie	Away	7:15 p.m.
March 2	Chaska	Home	7:15 p.m.
Mar. 7, 13, 16	Section 6AAAA Tournament		
Mar. 21-24	State Tournament		

Girls Gymnastics

Head Coach: Jodi Ramboldt			
Date	Opponent	Site	Time
Dec. 5	Rosemount	Away	6:30 p.m.
Dec. 12	Apple Valley	Home	6:30 p.m.
Dec. 16	EVHS Tournament	Home	11:15 a.m.
Dec. 19	Eden Prairie	Away	6:30 p.m.
Jan. 4	Jefferson/Kennedy	Home	6:00 p.m.
Jan. 6	Faribault Tournament	Away	11:00 a.m.
Jan. 9	Lakeville North	Away	6:30 p.m.
Jan. 13	Lakeville North Tournament	Away	12:00 p.m.
Jan. 16	Chaska	Home	6:30 p.m.
Jan. 23	Lakeville South	Away	6:30 p.m.
Feb. 6	Eagan	Home	6:30 p.m.
Feb. 16-17	Section 2AA Tournament	Away	
Feb. 23-24	State Tournament	Away	

Alpine Skiing

Head Coach: Dave Loeffler			
Date	Opponent	Site	Time
Dec. 12	EHS, KHS, EPHS, LNHS, LSHS	Away	
Jan. 4	AVHS, BHS, EHS, EPHS, RHS	Away	
Jan. 11	EHS, JSH, EPHS	Away	
Jan. 16	EHS, KHS, EPHS, LNHS, TBD, LSHS	Away	
Jan. 23	AVHS, BHS, EHS, KHS, JHS, EPHS, RHS, LNHS, LSHS	Away	
Feb. 7	Section 5 Tournament	Away	
Feb. 12	Lake Conference Tournament	Away	
Feb. 15	State Meet	Away	

Nordic Skiing

Head Coach: Brian Abery			
Date	Opponent	Site	Time
Dec. 13	BHS, KHS, JHS, EPHS, CHS, LNHS, ISD 196	Away	3:30 p.m.
Dec. 20	BHS, KHS, JHS, EPHS, CHS, LNHS, ISD 196	Away	3:30 p.m.
Jan. 5	BHS, LNHS, ISD 196	Away	3:45 p.m.
Jan. 9	KHS, JHS, ISD 196	Away	3:45 p.m.
Jan. 12	BHS, KHS, JHS, EPHS, CHS, LNHS, ISD 196	Away	7:00 p.m.
Jan. 19	BHS, LNHS, ISD 196	Away	3:45 p.m.
Jan. 24	BHS, KHS, JHS, EPHS, CHS, LNHS, ISD 196	Away	3:00 p.m.
Jan. 26	BHS, KHS, JHS, EPHS, CHS, LNHS, ISD 196	Away	3:00 p.m.
Jan. 31	BHS, KHS, JHS, EPHS, CHS, LNHS, ISD 196	Away	3:30 p.m.
Feb. 2	BHS, KHS, JHS, EPHS, CHS, LNHS, ISD 196	Away	3:30 p.m.

Dance Team

Head Coach: Jenny Raiche			
Date	Opponent	Site	Time
Nov. 21	EPHS Jazz/Funk-Side A	Away	7:30 p.m.
Nov. 28	BKHS Jazz/Funk-Side B	Away	7:30 p.m.
Dec. 2	Brainerd High School	Away	
Dec. 7	BJHS High Kick Precision-Side A	Away	7:30 p.m.
Dec. 9	TBD Tournament	Home	9:00 a.m.
Dec. 11	Eagan High Kick	Away	7:30 p.m.
Dec. 16	Lakeville Jazz Funk/High Kick Precision	Away	11:00 a.m.
Feb. 10	Section 1AA Tournament	Away	
Feb. 16-17	State Tournament	Away	

Figure Skating

Head Coach: Ann Harschultz		
Date	Opponent	Site
Dec. 10	Exhibition	Away
Jan. 18-21	Northland Competition	Away
Feb. 1-4	Mid-America	Away
Feb. 9-10	Frosty Blades	Away
Mar. 2-3	Blades of March	Away
Mar. 15-17	Ice Show	Away

Schedule is subject to change - for up to date information go to www.district196.org/evhs

2006-2007 EASTVIEW LIGHTNING



2006-2007 Eastview Lightning Schedule

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Friday, Dec. 1	Intra Squad Meet (Parent Open House)	Eastview	7:30 pm
Saturday, Dec. 2	Eastview Duals	Eastview	9:00 am
Thursday, Dec. 7	Burnsville	Burnsville	7:00 pm
Saturday, Dec. 9	Coon Rapids Duals	Coon Rapids	9:00 am
Thursday, Dec. 14	Lakeville South / Chaska (EVAA / Middle School Night)	Eastview	5:30 pm
Saturday, Dec. 16	Faribault Invitational	Faribault	9:30 am
Sunday, Dec. 17	Spaghetti Dinner / Silent Auction	A.V. Legion	5:00 pm
Thursday, Dec. 21	Apple Valley	Apple Valley	7:00 pm
Fri-Sat, Dec. 29-30	Bi-State Classic	La Crosse	10:30 am
Friday, Jan. 5	Eden Prairie (Parents Night & Alumni Night)	Eastview	7:00 pm
Saturday, Jan. 6	Burnsville Invitational	Burnsville	9:30 am
Thursday, Jan. 11	Rosemount	Rosemount	7:00 pm
Friday, Jan. 19	Eagan (EWA Family Night)	Eastview	7:00 pm
Saturday, Jan. 20	Lightning Invitational	Eastview	9:00 am
Sunday, Jan. 21	Eastview (K-8) Tournament	Eastview	10:00 am
Thursday, Jan. 25	Hopkins / Minnetonka	Minnetonka	5:30 pm
Friday, Jan. 26	Bloomington Kennedy	Kennedy	7:00 pm
Thursday, Feb. 1	Lakeville North / South St. Paul	Eastview	4:30 pm
Saturday, Feb. 3	Armstrong Tournament	Armstrong	9:00 am
Thursday, Feb. 8	Richfield (Senior Night)	Eastview	7:00 pm
Friday, Feb. 9	Mound-Westonka Invite (JV)	Mound	5:00 pm
Saturday, Feb. 10	Lake Conference JV Tournament	Lakeville South	9:00 am
Saturday, Feb. 17	Section 6 Team Tournament	Burnsville	TBA
Fri-Sat, Feb. 23-24	Section 6 Individual Tournament	Eastview	TBA
Wed-Fri., 2/28-Mar. 3	State Tournament	Xcel Energy	TBA
Sunday, March 25	Wrestling Banquet	Rosemount CC	4:30 pm