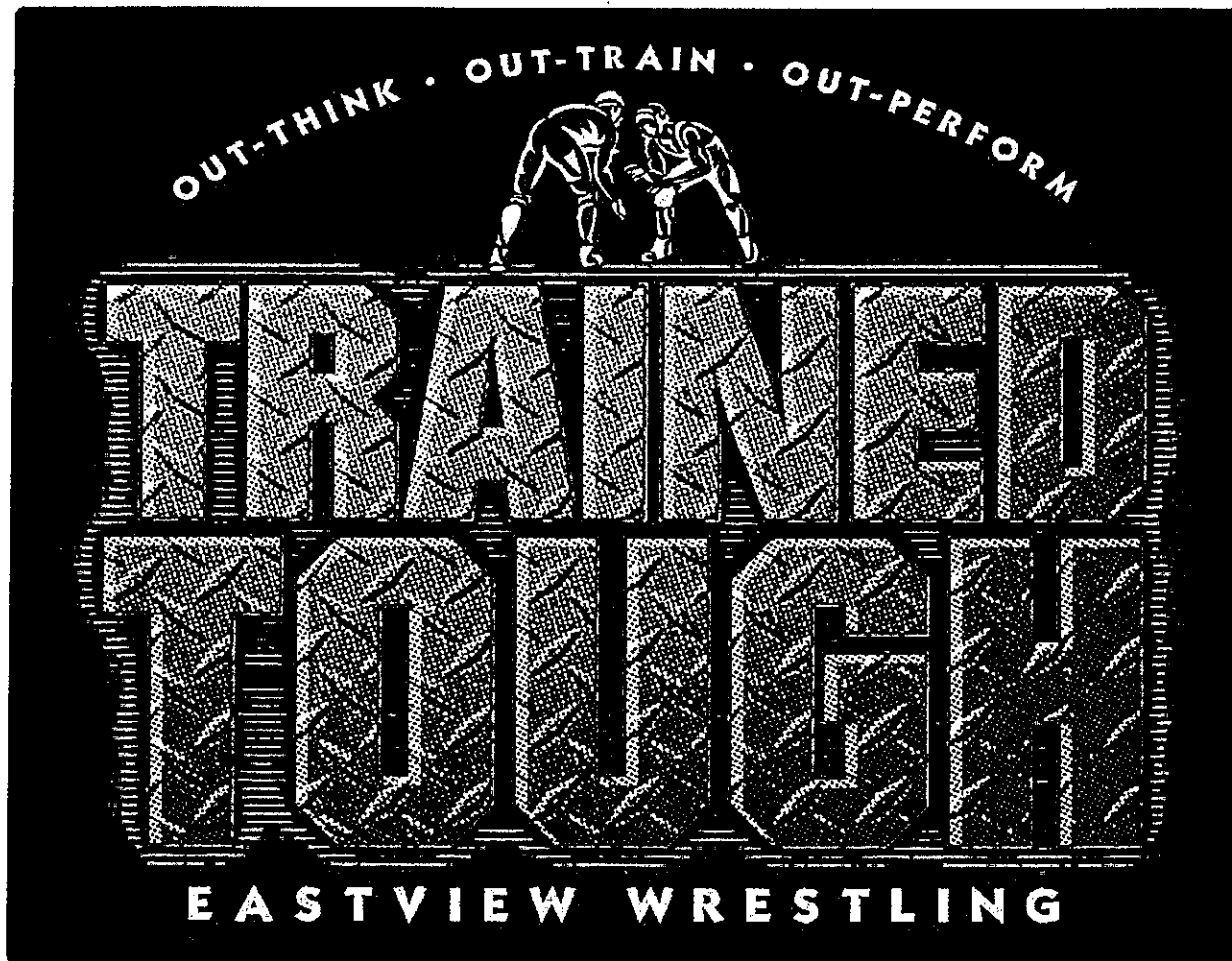

EASTVIEW WRESTLING

SEASON REVIEW

2010-2011



TRAINED TOUGH!



EASTVIEW WRESTLING

TEAM 2011: TRAINED TOUGH!

Congratulations to each of the wrestlers for successfully completing the season. Team 2011's season's motto, "**Trained Tough**", encouraged each wrestler to face the challenges in their athletic, academic, and personal life with strength and courage. At last year's banquet, we said good-bye to 13 quality seniors. The senior class of 2011 was determined to achieve high standards set by previous teams. Team 2011 committed to several off-season training programs including attending practices at Augsburg, participating in challenging summer training sessions, and traveling to the University of Missouri for team camp. All of the accomplishments this year were directly related to the leadership provided by the seniors and the **Trained Tough Strategies** learned.

Reflecting on this past season brings back many **positive memories**. Commitment Night led by the captains and seniors allowed each wrestler to come together, build relationships, set goals, and begin making a commitment to the upcoming season. The seniors did a great job leading by example, promoting a solid work ethic, and encouraging each wrestler to think like a warrior and win like a leader. Below is a recap of the 2011 season.

The Freshman Team...

- ◆ Had 24 freshman and 7 middle school wrestlers learn the sport and complete the season.
- ◆ Improved throughout the season, placing 7th in sections and having 8 wrestlers place at Regions.
- ◆ Earned 6 dual meet victories including participating in the 9th Grade State Team Tournament.
- ◆ Had Jack Buck earn recognition for being a 9th grade state place winner.
- ◆ Earned 143 match wins, 747 team points, 71 falls, and 169 takedowns.

The Junior Varsity Team...

- ◆ Earned 16 dual meet wins and earned 4th place honors in the South Suburban Conference.
- ◆ Competed in the Annual Lake Conference JV Tourney earning 3rd place honors.
- ◆ Earned 25 individual tournament championships.
- ◆ Competed in a varsity tourney at Mound-Westonka and had 8 wrestlers place in the top 5.
- ◆ Earned 334 match wins, 1752 team points, 193 falls, and 444 takedowns.
- ◆ Had 10 wrestlers provide the depth needed to fulfill the varsity team's needs.

The Varsity Team...

- ◆ Earned Academic Gold Recognition with a team GPA of 3.79.
- ◆ Earned 14 hard fought victories with a 4th place finish in the South Suburban Conference.
- ◆ Had 5 wrestlers earn All Conference Honorable Mention and 2 earn All Conference Honors.
- ◆ Participated in Super Section 3AAA and had 8 section place winners.
- ◆ Had 30 wrestlers get an opportunity to wrestle on varsity with 9 wrestlers earning at least 15 wins.
- ◆ Earned 283 match wins, 1384 team points, 137 falls, and 504 takedowns.

The **Class of 2011** includes 8 highly dedicated wrestlers who helped their team become "**Trained Tough**"! The senior class will leave having earned 116 wins, 62 falls, and 558 team points. To each of the seniors, we thank you for your hard work, commitment, and your ability to achieve things nobody would have believed. We wish you the best of luck in your future endeavors and we hope that the Lightning Pride you developed over the past 4 years stays with you forever.

I want to share with you some final thoughts about the future of **Eastview Wrestling**. It appears that the changes made to section 3AAA will increase opportunities for Lightning wrestlers to achieve success. In order for that success to become reality, each of us must commit to make the changes necessary in order to improve. The **Coaching Staff** is more committed than ever to inspire those involved and to make improvements needed to the overall program. **Wrestlers** need to challenge themselves even more than those before them, inspire teammates to work harder, make greater sacrifices, and do all the little things needed to become a champion. **Parents** must continue to offer their support and work with the wrestlers and coaching staff to raise expectations. The future success of our wrestling program is dependent not only on everyone accepting their role, but on everyone owning it. As we work together, I truly believe Eastview Wrestling can become a program that can call themselves **CHAMPIONS!**

Coach Habeck



Eastview Wrestling

Captains: Josh Blake, Ben Schmitz, & Mitch Rechtzigel

2010-2011 Season

8TH GRADE

DODD, LUKE
DELICH, TOM

FRESHMAN

BALLINGER, ISAIAH
BUCK, JACK
BURGESS, THOMAS
CARLSON, GAVIN
CORDOVA, BRANDON
DAHM, ALEX
DELGADO, EDDY
FOREMAN, AARON
KERSTEN, ERIK
KIRKMAN, KENNY
KRISHER, ANDREW
KUEFLER, TREY
LESCH, PETER
LINDGREN, TYLER
MARKS, BILLY
MATSUHASHI, SHUN
ST PIERRE, DEXTER
PEGELOW, NICK
ROARK, RORY
ROSARIO, SAM
RUKAVINA, JACOB
SWANSON, JORDAN
WAHLEN, ZACH
WARREN, JEREL

JUNIORS

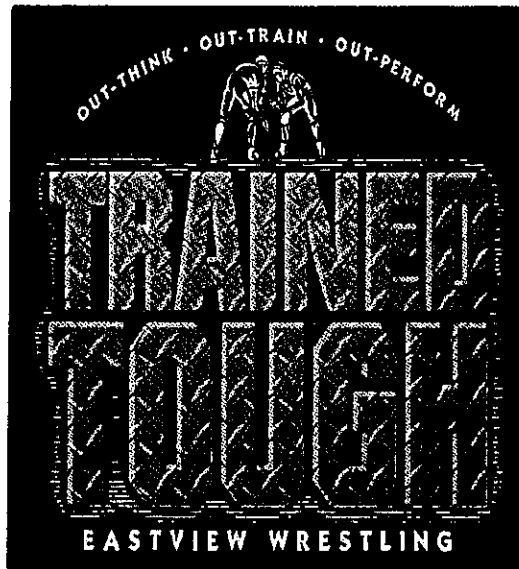
BALLINGER, ELIJAH
BECHLY, CHRIS
COLE, BRENDAN
GARCIA, EDGAR
GROSKREUTZ, BJ
GROSKREUTZ, LEVI
HENNING, MATT
HOWARD, GREG
LADD, MATTHEW
MARTENS, JOE
RECHTZIGEL, MITCH
YUSUF, HUSSEIN
ZELENAK, NICK

SOPHOMORES

BERTELL, ALEX
BOSCHWITZ, JUSTIN
GIBSON, WILL
HARRIS, BLAKE
LANG, MARSHALL
LENZ, JONATHAN
MAKO, PATRICK
METZ, VINCE
MUNOS, ANTHONY
PENDERS, JACK
PHOMP HACKDY, DAVID
SCHUMANN, KYLE
WATSON, JON
WITCHER, MYLES

SENIORS

BLAKE, JOSH
BECKER, DEREK
EHRESMANN, ERIK
LESCH, JACK
MITCHELL, ALEX
SCHLIESMAN, MIKE
SCHMITZ, BEN
SHAW, MARCUS



PRINCIPAL

Dr. Randall Peterson

Athletic Director

Matt Percival

Coaches

Kurt Habeck
Nick Fornicoia
Todd Frost
Travis Lee
Jarred Mccarthy
Chad Eul
Minh Huynh
Josh Nelson
Kyle Rasmussen
Jared Cooley
Dean Stockwell
Brad Okonek
Scott Pauly
Chad Wentzel

Nickname

Lightning

School Colors

Black, Blue, Silver, White

Managers

Sara Boese
Veronica Elling
Kayla Hutsell
Tony Metz
Ashley Nelson
Jessica Schmitz
Brooke Micholic
Hannah Habeck
Courtney Hopps
Karen Le
Kallie Smith

Videographers

Annie Ehresmann
Roatana Dinh

Photographer

Derek Dravis

Conference

South Suburban

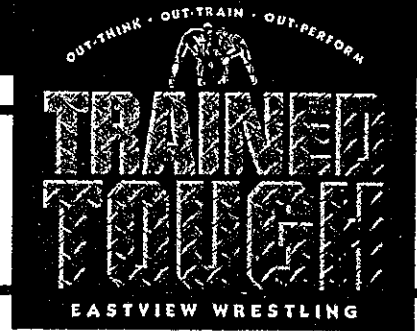
Section

3AAA



Trained Tough

2010-2011 Eastview Wrestling



Each year the seniors and captains, along with the coaches, pick a season motto that represents the thoughts and desires of the current team. This year, we picked the motto: Trained Tough.

We asked the wrestlers to identify what "Trained Tough" means to them. Here are some of their responses:

- Using the skills and toughness we developed to become a champion. *-Bert Schmitz*
- Having goals. *-Vince Metz*
- To push on when things get tough. *-Jacob Rukavina*
- Practice like it is a meet. *-Trey Kuefler*
- To improve 1% everyday. *-Erik Ehresmann*
- Train Tougher than your opponent. *-Chris Bechly*
- Train tough physically, mentally, and spiritually. *-Brendan Cole*
- Be tough on the mat. *-Mitch Rechtzigel*
- Training your absolute hardest every workout. *-Joe Martens*
- Don't try your best. DO your best. *-Tyler Lindgren*
- We have been through some of the hardest workouts, pushed ourselves beyond our limit. We are trained tough. *-Josh Blake*
- Being able to eat nails for breakfast with no milk. *-Anthony Munos*

Trained Tough is more than a motto for this year's wrestling squad. Train Tough is a powerful strategy to attack athletics and life.

Trained Tough will help take our wrestlers from "see what happens" to "make it happen." Trained Tough uses every factor affecting outcome and turns it to our advantage. It's always looking for that edge.

This season we will learn the Trained Tough Strategy. We will learn how to:

- Achieve our best "mental game" ever
 - Put 110 percent effort into athletics—and rise to levels beyond our physical gifts
 - Think of winning as something that's ours to take—something we deserve!
 - Think like a warrior and win like a leader
- And much more!

We will learn how to face every challenge in our athletic, professional, and personal life with strength and courage. We will be TRAINED TOUGH for wrestling and beyond!



**The Minnesota
Wrestling Coaches Association
proudly recognizes**

EASTVIEW

**As a Gold Academic Team for achieving
G.P.A. of 3.79 for the
2010 - 2011 wrestling season.**

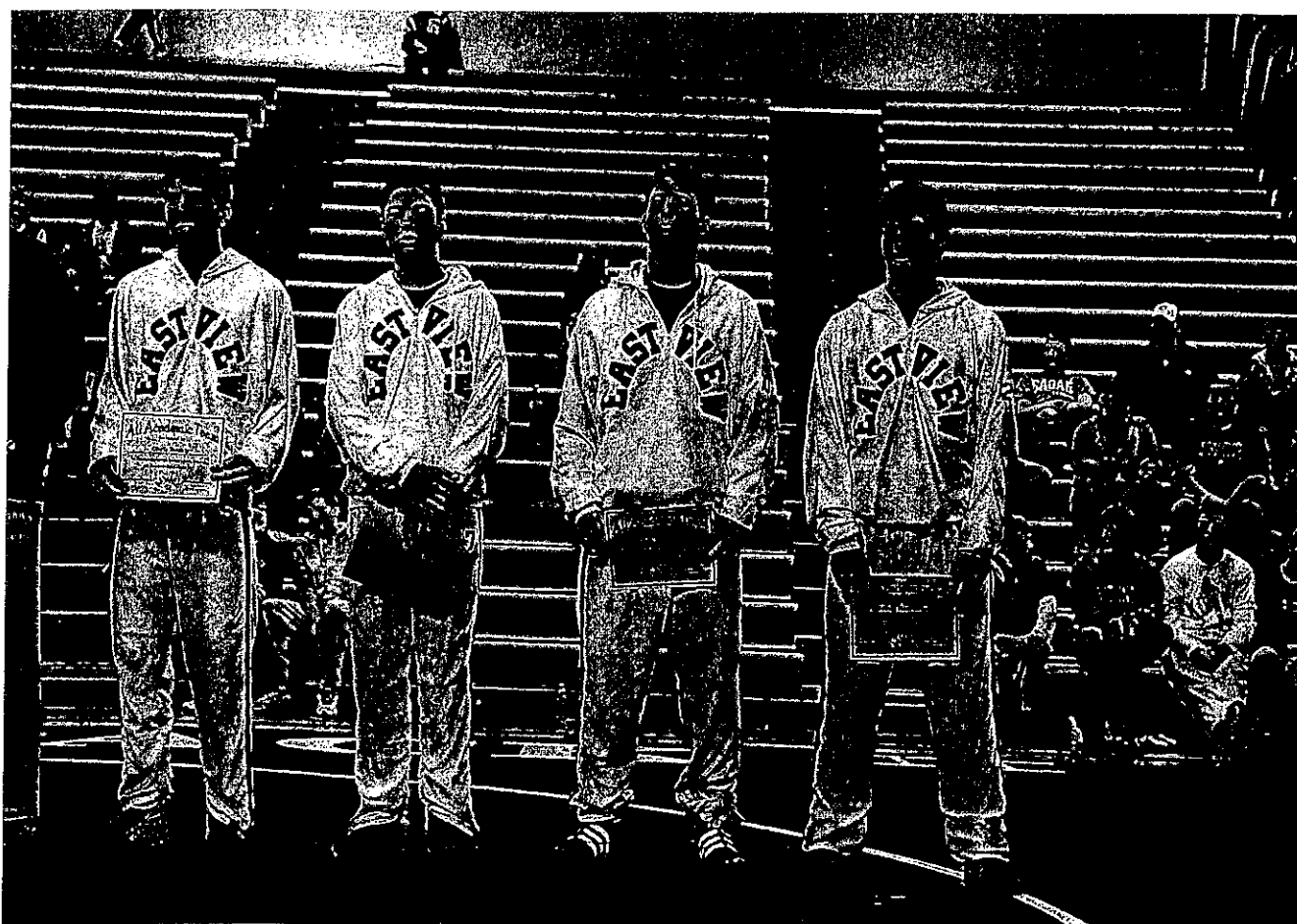
SECTION 3AAA ACADEMIC TEAM

125 Chris Bechly

135 BJ Groskreutz

145 Ben Schmitz

152 Mitch Rechtzigel



TEAM 2011 RECOGNITION

LETTER WINNERS

Luke Dodd	EV			
Peter Lesch	EV			
Tyler Lindgren	EV			
Jacob Rukavina	EV	EV		
Jonathan Lenz	EV			
Patrick Mako	EV			
Vince Metz	EV			
Jack Penders	EV			
Anthony Munos	EV	EV	EV	
David Phomphackdy	EV			
Kyle Schumann	EV			
Jon Watson	EV			
Myles Witcher	EV			
Chris Bechly	EV	EV		
Brendan Cole	EV	EV		
Edgar Garcia	EV			
BJ Groskreutz	EV	EV	EV	
Levi Groskreutz	EV	EV		
Matt Henning	EV	EV		
Greg Howard	EV	EV		
Mathew Ladd	EV	EV		
Mitch Rechtzigel	EV	EV	EV	EV
Derek Becker	EV			
Josh Blake	EV	EV		
Erik Ehresmann	EV	EV	EV	
Jack Lesch	EV	EV	EV	
Alex Mitchell	EV			
Mike Schliesman	EV	EV		
Ben Schmitz	EV	EV	EV	
Marcus Shaw	EV			

MANAGERS

Derek Dravis	EV			
Tony Metz	EV	EV		
Sara Boese	EV			
Veronica Elling	EV			
Kayla Hutsell	EV			

ALL CONFERENCE

Mitch Rechtzigel
Erik Ehresmann

ALL CONFERENCE

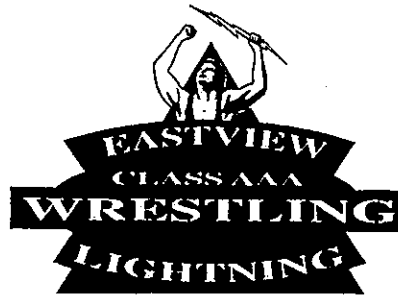
HONORABLE MENTION

BJ Schmitz
Anthony Munos
Ben Schmitz
Josh Blake
Edgar Garcia

SOUTH SUBURBAN

CONFERENCE RECORDS

Apple Valley	8-0
Prior Lake	7-1
Rosemount	6-2
Eastview	4-4
Bloomington	4-4
Lakeville South	3-5
Burnsville	2-6
Eagan	2-6
Lakeville North	0-8



Wrestling Manager Hall of Fame

Each wrestling manager inductee has successfully graduated from Eastview High School and demonstrated a tremendous commitment and work ethic to the sport and to the Eastview Wrestling program.

Erinn Roos
Class of 2000

Sara Olson
Class of 2010

Rachel Davis
Class of 2001

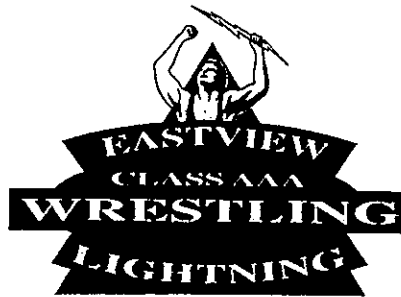
Kari Okonek
Class of 2003

Ashley Langlais
Class of 2006

Libby Carroll
Class of 2009

Brooke Larson
Class of 2010

John Rodin Service Award



*In memory of John Rodin
and his life long commitment
to the sport of wrestling.*

This award winner is a person who has shown great commitment to the Eastview Wrestling program as well as to the youth programs in the Eastview Community.

Brad Okonek
2008

Ben Foertsch
2004

Jacob Rukavina
2010

Brad Okonek
1999

Dante Hendricks
2005

2011

Andrew Lenertz
2000

Pat Cox
2006

John Getzke
2001

Joey Scott
2007

Cory Wagner
2002

Nick Dodd
2008

Cory Wagner
2003

Peter Nguyen
2009

Eastview Wrestling Season Awards – 2011

3-D Club Membership

Jonathan Lenz	Patrick Mako
Vince Metz	Jack Penders
BJ Groskreutz	David Phomphackdy
Mitch Rechtzigel	Josh Blake
Erik Ehresmann	Ben Schmitz
Jacob Rukavina	Anthony Munos

Freshman 3-D Club Membership

Kenny Kirkman
Billy Marks
Jack Buck

Most Falls

V – Erik Ehresmann – 26
JV – Matt Ladd – 17
9th – Jack Buck – 10

Most Takedowns

V – Mitch Rechtzigel – 113
JV – Matthew Ladd – 30
9th – Jack Buck – 18

Most Team Points

V – Erik Ehresmann – 171
JV – Matthew Ladd – 132
9th – Jack Buck – 99

Academic Club – Gold (3.6-4.0)

Luke Dodd	Casey Dravis
Sam Penders	Zach Praus
Alex Dahm	Erik Kersten
Billy Marks	Shun Matsuhashi
Nick Pegelow	Jacob Rukavina
Dexter St. Pierre	Jordan Swanson
Jonathan Lenz	Patrick Mako
Jack Penders	Kyle Schumann
BJ Groskreutz	Greg Howard
Matthew Ladd	Mitch Rechtzigel
Ben Schmitz	Kallie Smith
Hannah Habeck	Courtney Hopps
Derek Dravis	Annie Ehresmann
Ashley Nelson	Veronica Elling
Kayla Hutzell	

Academic Club – Silver (3.0-3.59)

Tom Delich	Brett Hestness
Isaiah Ballinger	Jack Buck
Thomas Burgess	Brandon Cordova
Kenny Kirkman	Andrew Krisher
Peter Lesch	Zach Wahlen
Alex Bertell	Justin Boschwitz
Blake Harris	Vince Metz
David Phomphackdy	Myles Witcher
Elijah Ballinger	Chris Bechly
Brendan Cole	Matt Henning
Joe Martens	Nick Zelenak
Josh Blake	Erik Ehresmann
Mike Schliesmann	Brooke Micholic
Jessica Schmitz	Roatana Dinh
Sara Boese	Tony Metz

John Rodin Service Award

Most Valuable Varsity Wrestler of the Year _____

Most Valuable Junior Varsity Wrestler of the Year _____

Most Valuable Freshman Wrestler of the Year _____

Freshman Team Most Valuable Wrestler _____

Most Improved Wrestler of the Year _____

Most Improved Freshman Wrestler of the Year _____

Scholar Athlete Award _____

Lightning Award _____

Junior Varsity – Varsity Drill Partner Award _____

Freshman Drill Partner Award _____

2010 – 2011 STATISTIC LEADERS

	VARSITY		JUNIOR VARSITY		FRESHMAN	
WINS	Mitch Rechtzigel	33	Matthew Ladd	25	Jack Buck	19
	Erik Ehresmann	30	Jack Lesch	23	Billy Marks	13
	Josh Blake	27	Brendan Cole	21	Jerel Warren	12
			Jack Penders	21		
FALLS	Erik Ehresmann	26	Matthew Ladd	17	Jack Buck	10
	Josh Blake	17	Patrick Mako	13	Jerel Warren	8
	Mitch Rechtzigel	12	Alex Mitchell	11	Billy Marks	6
			Jack Penders	11		
			Kyle Schumann	11		
TEAM POINTS	Erik Ehresmann	171	Matthew Ladd	132	Jack Buck	99
	Josh Blake	141	Jack Lesch	123	Jerel Warren	64
	Mitch Rechtzigel	140	Jack Penders	104	Billy Marks	63
TAKEDOWNS	Mitch Rechtzigel	113	Matthew Ladd	30	Jack Buck	18
	Erik Ehresmann	44	Brendan Cole	28	Tom Delich	17
	Chris Bechly	38	Jack Penders	26	Jerel Warren	14
	Anthony Munos	38	Myles Witcher	26		
NEAR FALLS	Anthony Munos	34	Matt Henning	28	Billy Marks	12
	Josh Blake	26	Brendan Cole	19	Jack Buck	11
	BJ Groskreutz	26	Matthew Ladd	18	Tom Delich	8
REVERSALS	Anthony Munos	26	Matthew Ladd	17	Billy Marks	11
	Josh Blake	24	Brendan Cole	15	Jack Buck	9
	BJ Groskreutz	17	Jack Lesch	14	Luke Dodd	5





Eastview Varsity Meet Results

Overall Record: 14 Wins 13 Losses
Conference Record: 4 Wins 4 Losses

Eastview	48	St. Paul Central	24	Win
	21	Stillwater	50	Loss
	54	Spring Lake Park	21	Win
	0	Simley	68	Loss
	38	Dover Eyota	28	Win
	36	Bloomington	32	Win
	32	Northfield	30	Win
	33	Faribault	35	Loss
	38	Lakeville South	37	Win
	15	Apple Valley	56	Loss
	75	Orono	6	Win
	40	Minnetonka	22	Win
	25	Lakeville North	49	Loss
	24	Rosemount	39	Loss
	24	Eden Prairie	44	Loss
	19	Shakopee	50	Loss
	39	Chaska /Chanhassen	31	Win
	26	Eagan	36	Loss
	24	Prior Lake	42	Loss
	44	Burnsville	26	Win
	41	Tartan	33	Win
	44	Lakeville North	24	Win
	42	Armstrong	33	Win
	18	White Bear Lake	50	Loss
	39	Fridley	32	Win
	28	Henry Sibley	43	Loss
	24	Henry Sibley	39	Loss

Team Tournaments

Eastview Duals	3 rd Place
Richfield Tournament	2 nd Place
Armstrong	3 rd Place

Individual Tournaments

Bi-State Classic	12 th Place
Burnsville Invitational	2 nd Place
Eastview Invitational	7 th Place

Varsity Tournament Results

Team Tournaments

Eastview Duals – 2nd Place

1 st	Simley	3 rd	Eastview	5 th	St. Paul Central
2 nd	Stillwater	4 th	Spring Lake Park		

Richfield Tournament – 2nd Place

1 st	Lakeville North	4 th	Glencoe-Silver Lake	7 th	Crein-Derham Hall
2 nd	Eastview	5 th	Richfield / Edina	8 th	Orono
3 rd	Minnetonka	6 th	Brooklyn Center		

Armstrong Tournament – 3rd Place

1 st	Apple Valley	Armstrong	Goodhue
2 nd	White Bear Lake	Faribault	St. Paul Harding
3 rd	Eastview	Woodbury	Fridley
4 th	Maple Grove	Mankato West	Orono

Individual Tournaments

Bi-State Classic

21st out of 54 Teams

103	Tyler Lindgren (0-2)	DNP	135	Levi Groskreutz (3-2)	DNP	171	Josh Blake (3-2)	13 th
112	Peter Lesch (2-2)	DNP	140	Anthony Munos (2-2)	DNP	189	Derek Becker (3-2)	13 th
119	Jacob Rukavina (4-3)	10 th	145	Ben Schmitz (0-2)	DNP	215	Erik Ehresmann (6-2)	9 th
125	Chris Bechly (1-2)	DNP	152	Mitch Rechtzigel (5-2)	7 th	285	Edgar Garcia (1-2)	DNP
130	BJ Groskreutz (3-2)	13 th	160	Jonathan Lenz (1-2)	DNP			

Division 1

Division 1

1. Wausau West	286.0
2. Marshfield	220.0
3. Hudson	211.5
4. Lakeville South	203.0
5. Holmen	185.0
6. New Richmond	162.0
7. La Crosse Central	159.5
8. Mt Horeb/Barneveld	158.0
9. Baraboo	151.5
10. South Saint Paul	143.0
11. DC Everest	132.5
12. Eastview	127.5
13. Bloomington Kennedy	118.5
14. Middleton	110.5
15. Tomah	106.5
16. Portage	102.0
17. Verona	93.0
18. La Crosse Logan	77.0
19. Cudahy/St Francis	20.0

Division 2

Division 2

1. Ellsworth	323.5
2. Caledonia/Houston/Spring Grove	225.0
3. Adams Friendship	167.5
4. Viroqua	160.0
5. River Valley	141.0
6. Cuba City/South Western	133.0
7. Monroe	97.0
8. Mauston	96.0
9. Nekoosa/Port Edwards	88.0
10. Belmont/Platteville	75.0
11. Dodgeville	70.0
12. Black River Falls	59.0
13. Prairie Du Chien	56.0
14. Richland Center	54.0
15. West Salem/Bangor	53.0

Division 3

Division 3

1. Weston/Ithaca	165.0
2. New Lisbon	156.0
3. Stratford	155.5
4. Aquinas	127.0
5. Westby	127.0
6. DeSoto	123.0
7. Arcadia	122.0
8. Lancaster	121.5
9. Cashton	109.0
10. Athens	95.5
11. Kickapoo/LaFarge	88.0
12. Loyal	81.0
13. Royall	73.0
14. Shell Lake	59.0
15. Boscobel	53.0
16. Riverdale	53.0
17. Independence/Gilmanton	36.0
18. Auburndale	30.0
19. Hillsboro	30.0
20. North Crawford/Seneca	17.0

Burnsville Invitational 2nd Place

1 st	247.5	Eden Prairie	5 th	126	Champlin Park
2 nd	199	Eastview	6 th	85.5	Mounds View
3 rd	182	Eagan	7 th	36.5	Southwest
4 th	173.5	Burnsville	8 th	31	Highland Park

103	Tyler Lindgren (0-2)	5 th	135	Levi Groskreutz (1-3)	6 th	171	Josh Blake (3-0)	1 st
112	Peter Lesch (2-1)	2 nd	140	Anthony Munos (2-2)	4 th	189	Derek Becker (2-1)	3 rd
119	Jacob Rukavina (3-1)	3 rd	145	Ben Schmitz (2-2)	4 th	215	Erik Ehresmann (1-1)	2 nd
125	Chris Bechly (1-1)	2 nd	152	Mitch Rechtzigel (2-0)	1 st	285	Edgar Garcia (2-2)	4 th
130	BJ Groskreutz (1-1)	2 nd	160	Jonathan Lenz (2-2)	4 th			

Eastview Lightning Invitational - 7th Place

1 st	280.5	Scott West	7 th	93.5	Eastview
2 nd	146.5	Coon Rapids	8 th	82.5	MPLS South
3 rd	143.5	Rosemount	9 th	69	Triton
4 th	141	Maple Grove	10 th	26	Farmington
5 th	107	River Falls	11 th	20	MPLS Southwest
6 th	97	Faribault			

103			135	Anthony Munos (2-2)	5 th	171	Josh Blake (3-2)	5 th
112			140			189	Matt Henning (1-2)	
119	Jacob Rukavina (2-2)	5 th	145	Ben Schmitz (2-2)	5 th	215	Erik Ehresmann (1-1)	2 nd
125	Chris Bechly (0-2)		152	Mitch Rechtzigel (2-1)	2 nd	285	Edgar Garcia (0-3)	6 th
130	BJ Groskreutz (3-2)	5 th	160	Greg Howard (0-2)				

Mound-Westonka Invitational - 7th Place

1	Monicello	4	Mound Westonka	7	Austin
2	Waconia	5	Buffalo	8	Eastview
3	Glencoe-Silver Lake / Lester Prairie	6	South St. Paul	9	Como Park

103			135	Levi Groskreutz	4 th	171	Matt Henning	6 th
112	Dexter St. Pierre	7 th	140	Jack Lesch	5 th	189	Derek Becker	6 th
119	Luke Dodd	5 th	145	Matt Ladd	3 rd	215	Edgar Garcia	5 th
125	Vince Metz	4 th	152	Jonathan Lenz	3 rd	285	Hussein Yusuf	6 th
130	Jack Penders	7 th	160	Greg Howard	4 th			

3AAA Individual Sections - 3rd Place

1	Apple Valley	274.5	5	Rosemount	88.5
2	Hastings	191	6	Park	78
3	Henry Sibley	105	7	Eastview	69
4	Eagan	93	8	Burnsville	49

103	Tyler Lindgren	---	135	BJ Groskreutz	4 th	171	Josh Blake	3 rd
112	Peter Lesch	---	140	Anthony Munos	4 th	189	Derek Becker	6 th
119	Luke Dodd	---	145	Ben Schmitz	4 th	215	Erik Ehresmann	5 th
125	Chris Bechly	4 th	152	Mitch Rechtzigel	4 th	285	Edgar Garcia	---
130	Jacob Rukavina	---	160	Jonathan Lenz	---			

VARSITY STATISTICS

Wrestler	Win	Loss	T2	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Chris Bechly	18	20	38	31	16	3	6	1	1	5	78
Derek Becker	13	18	27	34	8	2	6	1	0	5	58
Josh Blake	27	14	31	31	24	14	12	4	1	16	141
Brendan Cole	2	11	7	10	5	4	0	1	0	1	10
<u>Luke Dodd</u>	4	17	9	13	3	3	3	0	0	3	21
Erik Ehresmann	30	10	44	16	3	5	12	2	2	24	171
Edgar Garcia	16	21	16	10	3	1	3	0	0	8	84
BJ Groskreutz	25	16	34	36	17	10	16	3	0	7	102
Levi Groskreutz	8	11	14	10	1	6	5	0	1	6	44
Matt Henning	7	13	14	9	9	4	10	2	0	3	38
Greg Howard	4	8	9	2	2	2	5	0	0	3	22
Matthew Ladd	2	1	4	1	2	2	3	1	0	1	10
Marshall Lang	1	0	0	0	0	0	0	0	0	0	6
Jonathan Lenz	8	10	15	30	4	1	2	0	0	7	45
Jack Lesch	0	2	2	2	0	0	0	0	0	0	0
Peter Lesch	11	24	10	6	3	2	4	2	0	3	62
Tyler Lindgren	6	26	3	4	6	0	0	0	0	2	33
Patrick Mako	1	0	0	0	0	0	0	0	0	0	6
Vince Metz	3	7	4	4	2	0	0	1	0	1	16
Anthony Munos	23	18	38	34	26	13	21	5	0	9	110
Jack Penders	0	3	3	3	1	0	0	0	0	0	0
Mitch Rechtzigel	33	8	113	37	12	9	15	5	3	9	140
Jacob Rukavina	19	20	36	32	11	4	11	1	0	10	91
Mike Schliesman	0	1	0	1	0	0	0	0	0	0	0
Ben Schmitz	19	19	31	38	14	9	12	4	1	4	78
Dexter St. Pierre	0	5	1	5	0	0	0	0	0	0	0
Jerel Warren	1	0	0	0	0	0	0	0	0	0	6
Jon Watson	1	3	1	4	1	0	0	0	0	1	6
Myles Witcher	1	0	0	0	0	0	0	0	0	0	6
Hussein Yusaf	0	4	0	1	0	0	0	0	0	0	0

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	283	310	504	404	173	94	146	33	9	128	1384
Opponents Totals	310	283	643	272	194	104	180	32	10	176	1521

EASTVIEW WRESTLING 2010-2011

TRAINED TOUGH!

TEAM	GOAL	35 Team Points	4 Falls	8 Wins	19 Take-Downs	10 Near-Falls	Won 75% 3 rd Periods	1 or Less Pins	1 or Less Major/TF	Total Goals	Dual Win
ST. PAUL CENTRAL		48	7	9	20/12	10/5	3:3	2	1	6	W 48-24
STILLWATER		21	2	4	6/8	7/12	0/5	5	2	0	L 50-21
SPRING LAKE PARK		54	5	10	13/8	13/4	3:2	2	0	5	W 54-21
SIMLEY		0	0	0	1/31	0/7	0:5	7	2	0	L 68-0
DOVER-EAOTA		38	2	8	12/10	10/6	5:2	3	1	4	W 38-28
BLOOMINGTON		36	5	7	15/14	7/7	2:2	4	1	3	W 36-28
NORTHERD		32	2	8	13/11	9/7	4:3	4	0	2	W 32-30
FARBALT		33	1	7	12/12	6/6	3:1	3	1	2	L 33-35
LAKEVILLE SOUTH		38	5	7	13/10	15/9	3:1	5	1	5	W 38-37
APPLE VALLEY		15	1	3	3/14	1/10	1:2	8	0	1	L 15-56
ORONO		75	6	13	7/3	12/2	2:0	1	0	7	W 75-6
MINNETONKA		40	3	9	15/13	8/7	4:1	2	1	4	W 40-22
LAKEVILLE NORTH		25	2	5	8/17	6/6	4:2	7	1	1	L 25-49
ROSEMOUNT		24	3	5	7/27	4/10	4:4	3	3	0	L 24-39
EDEN PRAIRIE		24	3	5	7/23	7/2	3:2	5	2	0	L 24-44
SHAKOPEE		19	2	4	12/16	5/10	2:4	6	1	1	L 19-50
CHASKA/CHANHASSEN		39	5	8	13/10	7/2	3:1	4	1	4	W 39-31
EAGAN		26	3	5	16/19	4/3	2:7	3	0	1	L 36-26
PRIOR LAKE		24	2	6	8/20	8/12	3:3	6	0	0	L 24-42
BURNSVILLE		44	6	8	13/17	11/11	4:5	2	2	4	W 44-26
TARTAN		41	3	8	17/11	7/8	3:2	5	1	3	W 41-33
LAKEVILLE NORTH		44	4	10	12/7	15/5	6/0	3	0	6	W 44-24
ARMSTRONG		42	3	8	11/9	5/9	2/1	5	0	3	W 42-33
WHITE BEAR LAKE		18	2	4	10/22	5/16	3/4	6	1	1	L 18-50
FRIDLEY		39	5	8	13/11	10/10	3/2	4	1	5	W 39-32
HENRY SIBLEY		28	2	6	14/21	12/14	4/3	4	3	1	L 43-28
HENRY SIBLEY		24	2	6	14/17	8/3	6/2	5	0	2	L 24-39

VARSDITY SEASON RECORDS

FALLS

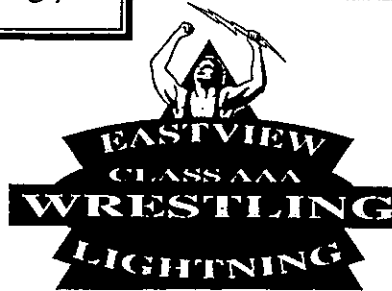
Adam Fokken	'01	28
Nate Kocer	'03	28
Erik Ehresmann	'11	26

WINS

Adam Fokken	'01	38
Scott Hogan	'09	37
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
Mitch Rechtzigel	'11	113

NEAR FALLS

Mikey Fornicoia	'02	79
Josh Weinberg	'10	73
Minh Huynh	'05	56

REVERSALS

Josh Weinberg	'10	41
Kevin McBride	'02	38
Adam Fokken	'99	28
Nate Kocer	'02	28

VARSDTY CAREER RECORDS

FALLS

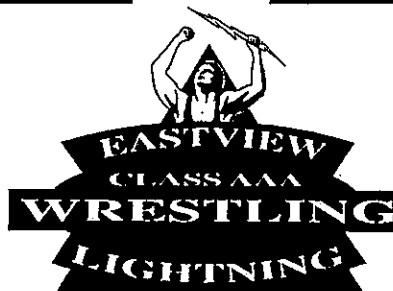
Adam Fokken	'01	83
Scott Hogan	'09	66
Ryan Langlais	'04	55

WINS

Adam Fokken	'01	147
Ryan Langlais	'04	139
Scott Hogan	'09	129

TEAM POINTS

Adam Fokken	'01	727
Ryan Langlais	'04	621
Scott Hogan	'09	606



TAKEDOWNS

Ryan Langlais	'04	449
Adam Fokken	'01	349
Mitch Rechtzigel	'11	278

NEAR FALLS

Mikey Fornicoia	'02	166
Minh Huynh	'06	148
Scott Hogan	'09	145

REVERSALS

Adam Fokken	'01	92
Josh Weinberg	'10	87
Mikey Fornicoia	'02	84



EASTVIEW WRESTLING
JV TEAM RESULTS
2010-2011

Overall Record: 16 Wins 8 Losses
Conference Record: 5 Wins 3 Losses

Dual Meets

Eastview	42	St. Paul Central	12	Win
	30	Stillwater	42	Loss
	42	Spring Lake Park	12	Win
	18	Simley	63	Loss
	30	Dover Eyota	15	Win
	24	Kennedy	33	Loss
	54	Fairbault	27	Win
	36	Lakeville South	42	Loss
	27	Apple Valley	28	Loss
	42	Armstrong	39	Win
	45	Maple Grove	30	Win
	22	Minnetonka	30	Loss
	36	Como Park	42	Loss
	39	Henry Sibley	45	Loss
	42	Rosemount	42	Win
	67	Eden Prairie	40	Win
	38	Shakopee	30	Win
	46	Chaska/Chanhassen	24	Win
	49	Eagan	15	Win
	33	Prior Lake	27	Win
	54	Burnsville	18	Win
	36	Tartan	36	Win
	52	Lakeville North	35	Win
	48	Henry Sibley	30	Win

Individual Tournaments

Sparta Scramble
No Team Score Kept

- 130 Jordan Swanson- Champ
- 171 Kyle Schumann- Champ
- 171 Matt Henning- Champ
- 171 Michael Schliesman- Champ
- 119 Luke Dodd- 2nd
- 130 Vince Metz- 2nd
- 130 Jack Penders- 2nd
- 140 Jack Lesch- 2nd
- 145 Brendan Cole- 2nd
- 189 Nick Pegelow- 2nd
- 152 Tom Delich- 3rd
- 171 Myles Witcher- 3rd
- 171 Shun Matsuhashi- 3rd
- 171 Jack Buck- 3rd
- 285 Jon Watson- 3rd
- 285 Hussien Yusuf- 3rd

Burnsville Invitational
No Team Score Kept

- 130 Jack Penders - Champ
- 145 Brendan Cole - Champ
- 171 Myles Witcher - Champ
- 140 Jack Lesch - 2nd
- 140 Patrick Mako - 2nd
- 171 Kyle Schumann - 2nd
- 152 Alex Mitchell - 3rd
- 285 Hussein Yusuf - 3rd
- 135 Alex Bertell - 4th
- 145 Matt Ladd - 4th
- 285 Jon Watson - 5th

Armstrong Tourney
No Team Score Kept

130 Jack Penders- Champ
130 Billy Marks- Champ
140 Jack Lesch- Champ
145 Brendan Cole- Champ
152 Alex Mitchell- Champ
160 Greg Howard- Champ
160 Nick Zelenak- Champ
171 Kyle Schumann- Champ
215 Jerel Warren- Champ
125 Kenny Kirkman-2nd
152 Gavin Carlson- 2nd
160 Tom Delich- 2nd
171 Myles Witcher- 2nd
140 Patrick Mako-3rd
145 Matt Ladd- 3rd
160 Michael Schliesman- 3rd
160 David Phomphackdy- 3rd
171 Will Gibson- 3rd
189 Shun Matsuhashi- 3rd
285 Hussein Yusuf- 3rd
160 Zach Wahlen- 4th
189 Joe Martens- 4th
189 Nick Pegelow- 4th
189 Blake Harris- 4th
189 Marshall Lang- 4th

South Suburban Conference JV Tourney
3rd Place - 9 Teams

135 Patrick Mako - 2nd
152 Brendan Cole - 2nd
160 Greg Howard - 2nd
140 Jack Lesch - 3rd
145 Matt Ladd - 3rd
215 Jerel Warren - 3rd
171 Michael Shliesman - 4th
189 Marshall Lang - 4th
125 Vince Metz - 5th
112 Dexter St. Pierre - 5th
130 Jack Penders - 6th

Team Scores

1 st	Apple Valley	258.5
2 nd	Bloomington	141
3 rd	Eastview	127
4 th	Prior Lake	126.5
5 th	Lakeville South	102
6 th	Rosemount	99
7 th	Burnsville	81.5
8 th	Eagan	70.5
9 th	Lakeville North	35

Lake Conference JV Silver Tourney
No Team Score Kept

152 Alex Mitchell - Champ
160 Nick Zelenak - Champ
125 Kenny Kirkman - 2nd
171 Kyle Schumann - 2nd
160 Zach Wahlen - 3rd
171 Jack Buck - 4th
171 Myles Witcher - 5th
171 Joe Martens - 6th

JUNIOR VARSITY STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Elijah Ballinger	1	9	2	3	1	0	0	0	0	1	6
Isaiah Ballinger	1	3	1	3	1	0	0	0	0	0	6
Alex Bertell	4	18	1	0	1	1	0	0	0	1	24
Justin Boschwitz	2	2	3	2	1	0	0	0	0	1	12
Jack Buck	2	5	3	3	0	0	1	0	0	2	12
Gavin Carlson	2	4	7	0	0	1	0	0	0	1	12
Brendan Cole	21	1	28	9	15	5	14	2	0	9	101
Brandon Cordova	1	3	1	1	1	0	0	0	0	1	6
Tom Delich	4	5	13	6	2	4	1	1	0	2	19
Luke Dodd	3	1	9	4	5	3	3	0	0	3	27
Aaron Foreman	0	3	0	2	1	0	0	0	0	0	0
Will Gibson	10	13	19	13	9	1	3	0	0	5	54
Levi Groskreutz	3	1	5	3	1	0	2	0	0	1	15
Blake Harris	3	8	4	3	2	1	1	0	0	2	12
Matt Henning	14	2	22	5	13	10	18	3	1	9	89
Greg Howard	10	5	14	7	2	1	3	0	0	9	57
Erik Kersten	0	3	0	0	0	0	0	0	0	0	0
Kenny Kirkman	5	10	12	6	2	2	3	0	0	4	27
Andrew Krisher	1	1	5	1	2	0	1	0	0	1	6
Matthew Ladd	25	7	30	19	17	7	11	0	0	17	132
Marshall Lang	7	4	8	1	4	1	0	0	0	4	39
Jonathan Lenz	12	1	18	3	5	4	3	3	0	3	57
Jack Lesch	23	8	25	21	14	4	9	0	0	8	123
Patrick Mako	18	15	13	8	11	3	3	1	0	13	103
Billy Marks	4	2	5	0	1	1	2	0	0	4	24
Joe Martens	6	14	7	6	3	2	0	0	0	2	33
Shun Matsushashi	1	3	2	0	0	0	0	0	0	1	6
Vince Metz	12	11	15	7	8	7	3	1	0	8	62
Alex Mitchell	16	4	19	4	4	3	3	0	0	11	84
Nick Pegelow	3	4	2	6	0	0	1	0	0	3	18
Jack Penders	21	12	26	19	9	4	8	2	0	11	104
David Phomphackdy	3	12	3	12	2	0	2	0	0	3	18
Rory Roark	0	3	0	0	0	0	0	0	0	0	0
Mike Schliesman	16	5	18	10	9	3	10	2	0	8	77
Kyle Schumann	15	4	19	5	5	3	5	0	0	11	81
Marcus Shaw	5	0	2	0	1	0	0	0	0	3	30
Dexter St. Pierre	5	19	12	8	10	1	2	1	0	1	20
Jordan Swanson	4	3	5	0	3	1	2	0	0	3	21
Zach Wahlen	1	5	2	5	1	1	0	0	0	1	6
Jerel Warren	8	2	12	3	4	1	0	1	0	2	37
Jon Watson	6	8	5	3	7	2	1	0	0	3	31
Myles Witcher	12	11	26	13	13	2	6	0	1	5	53
Hussein Yusaf	9	10	8	3	2	1	0	0	0	7	54
Nick Zelenak	10	1	13	4	1	0	2	0	0	7	54

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	334	270	444	231	193	80	123	17	2	191	1752.60
Opponents Totals	270	334	494	185	144	85	108	8	0	187	1415.00

JUNIOR VARSITY SEASON RECORDS

FALLS

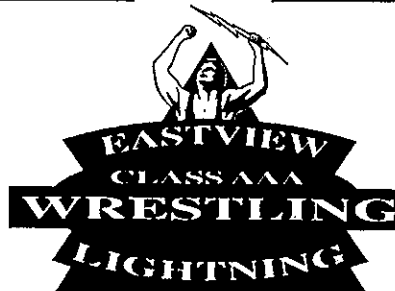
James Pudwill	'06	28
Justin Armstrong	'06	27
Scott Kenning	'06	25

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
Alec Teagarden	'10	45

NEAR FALLS

Josh Weinberg	'08	46
Kyle Fokken	'02	39
Bryan Okonek	'06	35

REVERSALS

Mike Redig	'06	26
Josh Weinberg	'08	22
Brian Wallenta	'04	22

FRESHMAN RESULTS

2010-2011

Overall Record: 6 Wins 13 Losses

Section Record: 4 Wins 5 Losses

	Eastview	vs		
Section Duals	66	Park	30	Win
	48	Henry Sibley	42	Win
	38	Simley	45	Loss
	36	Richfield	36	Loss
	30	Rosemount	45	Loss
	54	Tartan	36	Win
	15	Hastings	57	Loss
	15	Eagan East Ridge	61	Loss Win
Rosemount Duals	28	Lake City	55	Loss
	18	Hastings	74	Loss
	27	Owatonna	57	Loss
	18	Apple Valley	70	Loss
Eastview Tourney 4 th Place	51	Mounds View	18	Win
	9	Hastings	78	Loss
	42	Farmington	39	Win
	16	Rosemount	48	Loss
Team State Tournament	12	Frazee	69	Loss
	24	Becker	60	Loss

Individual Tournaments

Burnsville Open	Region 2 Individual Qualifier	State Tourney
Luke Dodd – 1 st Tom Delich – 1 st Jack Buck – 2 nd Erik Kersten – 2 nd Kenny Kirkman – 2 nd Billy Marks – 2 nd Jordan Swanson – 2 nd Thomas Burgess – 3 rd Alex Dahm – 3 rd Aaron Foreman – 3 rd Shun Matsuhashi – 3 rd Rory Roark – 3 rd Eddy Delgado – 4 th Andrew Krisher – 4 th Dexter St Pierre – 4 th Zach Wahlen – 4 th Kyle Weiss – 4 th Isaiah Ballinger – 5 th Gavin Carlson – 5 th Sam Rosario – 7 th	Jack Buck – 2 nd Billy Marks – 3 rd Jerel Warren – 3 rd Eddy Delgado – 4 th Tom Delich – 4 th Nick Pegelow – 4 th Casey Dravis – 5 th Aaron Foreman – 5 th	Jack Buck – 8 th

FRESHMAN STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Isaiah Ballinger	2	15	0	4	1	0	0	0	0	0	12
Jack Buck	19	6	18	7	9	2	9	0	0	10	99
Thomas Burgess	4	6	3	3	2	2	2	0	0	2	21
Gavin Carlson	4	8	4	3	2	0	2	0	0	4	24
Brandon Cordova	0	6	1	3	1	0	0	0	0	0	0
Alex Dahm	3	5	4	0	4	1	1	0	0	2	18
Eddy Delgado	6	13	12	13	4	3	1	0	0	3	34
Tom Delich	8	7	17	18	4	4	4	2	0	3	38
Luke Dodd	2	2	9	1	5	2	3	0	0	5	43
Casey Dravis	1	4	1	4	1	1	0	0	0	1	6
Aaron Foreman	7	6	10	6	1	4	2	1	0	1	28
Brett Hestness	3	12	3	3	0	1	1	0	0	1	15
Erik Kersten	2	4	3	1	0	0	2	1	0	1	10
Kenny Kirkman	5	6	7	7	1	2	0	1	0	2	25
Andrew Krisher	7	7	8	7	3	0	3	1	0	2	37
Trey Kuefler	1	2	1	1	1	1	0	0	0	0	6
Peter Lesch	2	0	2	0	0	0	4	0	0	2	12
Tyler Lindgren	2	4	1	0	4	2	1	0	0	1	12
Billy Marks	13	9	13	6	11	7	5	0	0	6	63
Shun Matsuhashi	6	7	5	1	2	1	1	0	0	4	36
Nick Pegelow	10	6	11	7	3	0	1	0	0	6	57
Sam Penders	0	1	0	0	0	0	0	0	0	0	0
Zach Praus	1	2	1	0	3	1	0	0	0	0	3
Willie Rains	2	1	2	0	3	0	0	0	0	0	6
Rory Roark	4	4	4	1	3	0	2	0	0	3	24
Sam Rosario	1	12	2	0	1	1	0	0	0	0	6
Dexter St. Pierre	1	16	3	8	0	1	1	0	0	1	6
Jordan Swanson	7	5	10	2	2	4	1	0	0	2	30
Zach Wahlen	2	9	0	1	0	0	0	0	0	1	12
Jerel Warren	12	6	14	9	4	2	3	1	0	8	64
Kyle Weisse	0	3	0	0	0	0	0	0	0	0	0

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	143	196	169	116	75	42	49	7	0	71	747
Opponents Totals	196	143	277	69	68	56	65	7	0	148	1032

FRESHMAN SEASON RECORDS

FALLS

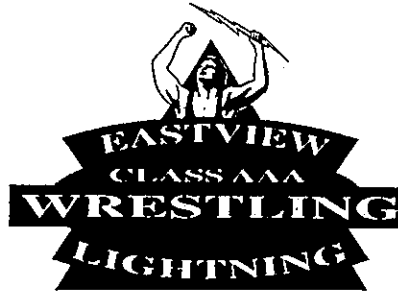
Bona Ku	'01	16
Ty Groskreutz	'06	15
Joey Scott	'07	15

WINS

Bryan Okonek	'05	25
Joey Scott	'07	24
Bryan Lewis	'00	23

TEAM POINTS

Joey Scott	'07	128
Bryan Okonek	'05	118
Troy Fokken	'03	117



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

WRESTLERS OF THE WEEK

Varsity

Greg Howard
 Erik Ehresmann
 Chris Bechly
 Mitch Rechtzigel
 Josh Blake
 BJ Groskreutz
 Ben Schmitz
 Jonathan Lenz
 Matt Henning
 Anthony Munos
 Tyler Lindgren
 Luke Dodd
 Ben Schmitz
 Jonathan Lenz

Junior Varsity

Matthew Ladd
 Matt Henning
 Jonathan Lenz
 Kyle Schumann
 Brendan Cole
 David Phomphackdy
 Jon Watson
 Jack Penders
 Nick Zelenak
 Patrick Mako
 Mike Schliesmann
 Alex Mitchell

Freshman

Jack Buck
 Peter Lesch
 Jerel Warren
 Nick Pegelow
 Jake Swanson
 Kenny Kirkman
 Jack Buck
 Billy Marks
 Dexter St. Pierre
 Jack Buck
 Zach Wahlen



Eastview Wrestling

***We are ready! We are Strong! We are Trained Tough!
It's time to show them we've got the right stuff!***

***Out-train, Out-think, Out-perform!
Let's knock them off their feet with our Eastview storm!***

***Strike! Thunder! Blow them away!
It's here! It's now! It's gonna be our day!***

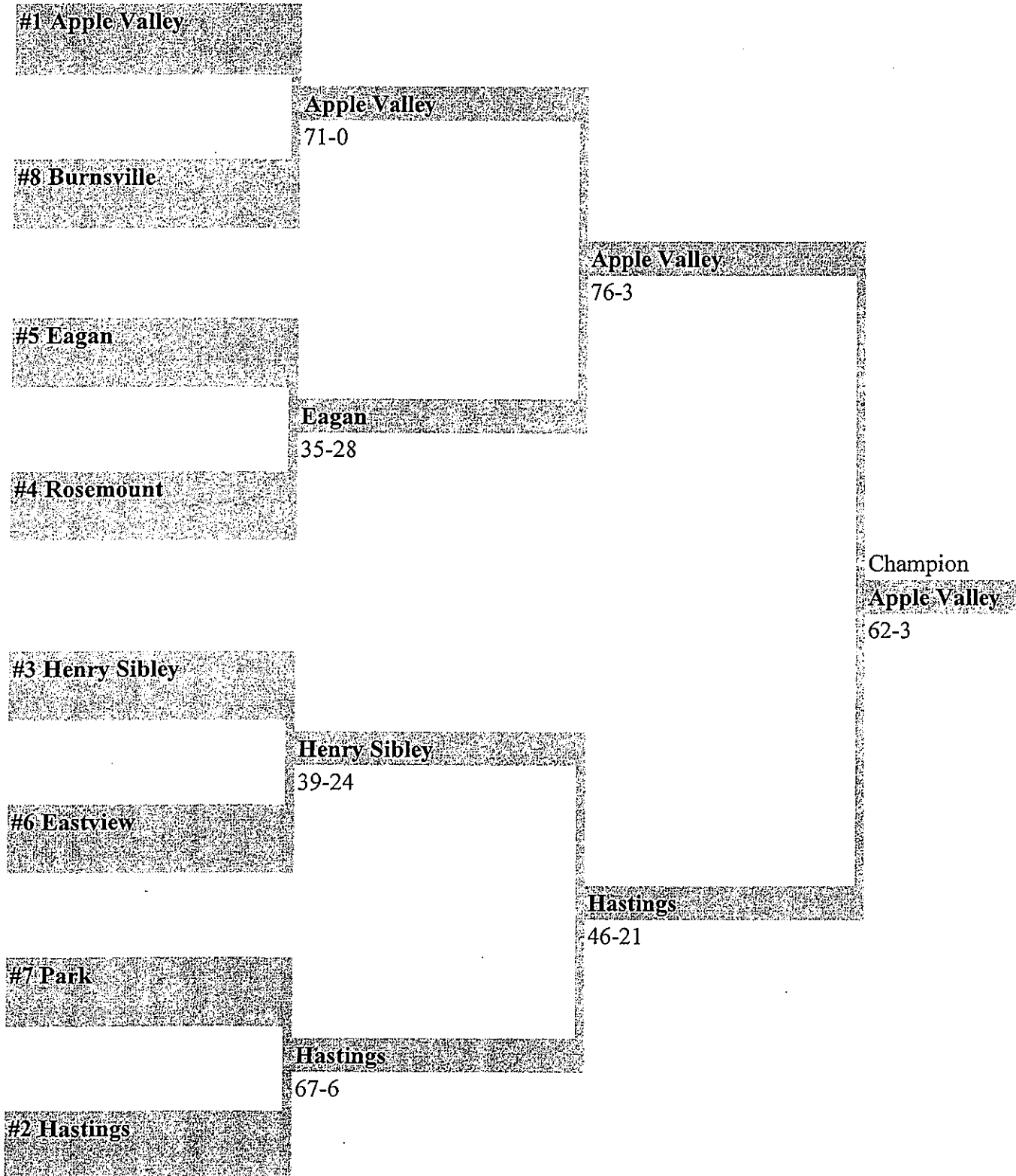
Wrestling for the Lightning at:

- | | |
|---|--|
| 103: Tough Tyler | 145: Smashin' Schmitz
Monstrous Matt Ladd |
| 112: Powerful Peter | 152: Ravenous Rechtzigel
Jammin Jonathan |
| 119: Rip Roarin' Rukavina
Lightnin' Luke | 160: Grapplin' Greg |
| 125: Colossal Chris
Vicious Vince | 171: Damaging Dragon
Maulin' Matt Henning |
| 130: Brawlin' BJ | 189: Battlin' Becker |
| 135: Lethal Levi | 215: Airstrike Ehresmann |
| 140: Attackin' Anthony | 285: Growlin' Garcia |

Alternates: 140 Joltin' Jack
152 Battlin' Brendan
160 Scoring Schliesman

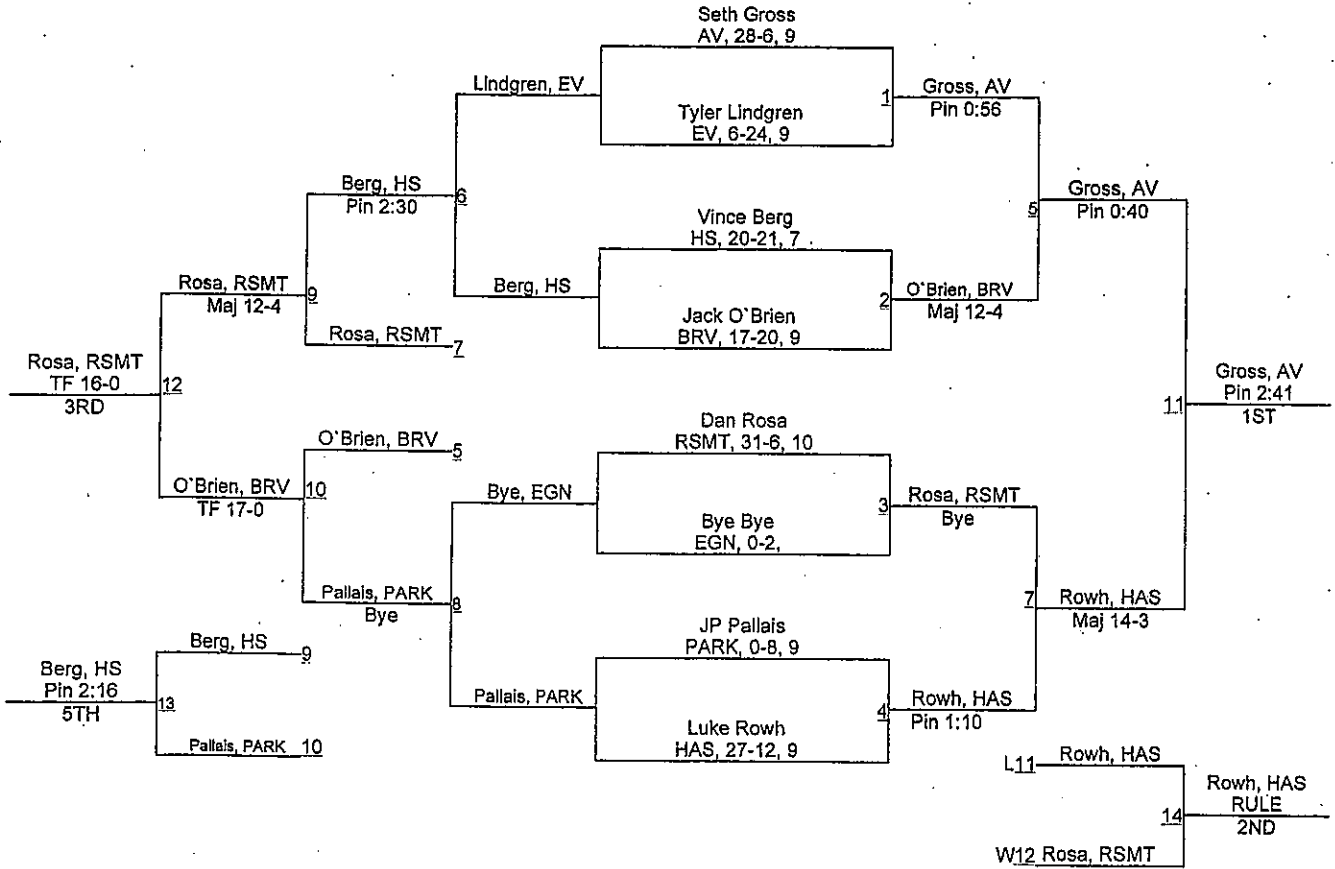
***Believe in your training, Believe in your technique
Believe in your teammates, Believe in yourself!
It's time for Lightning to Strike!***

2011 Class AAA Section 3 Team Tournament



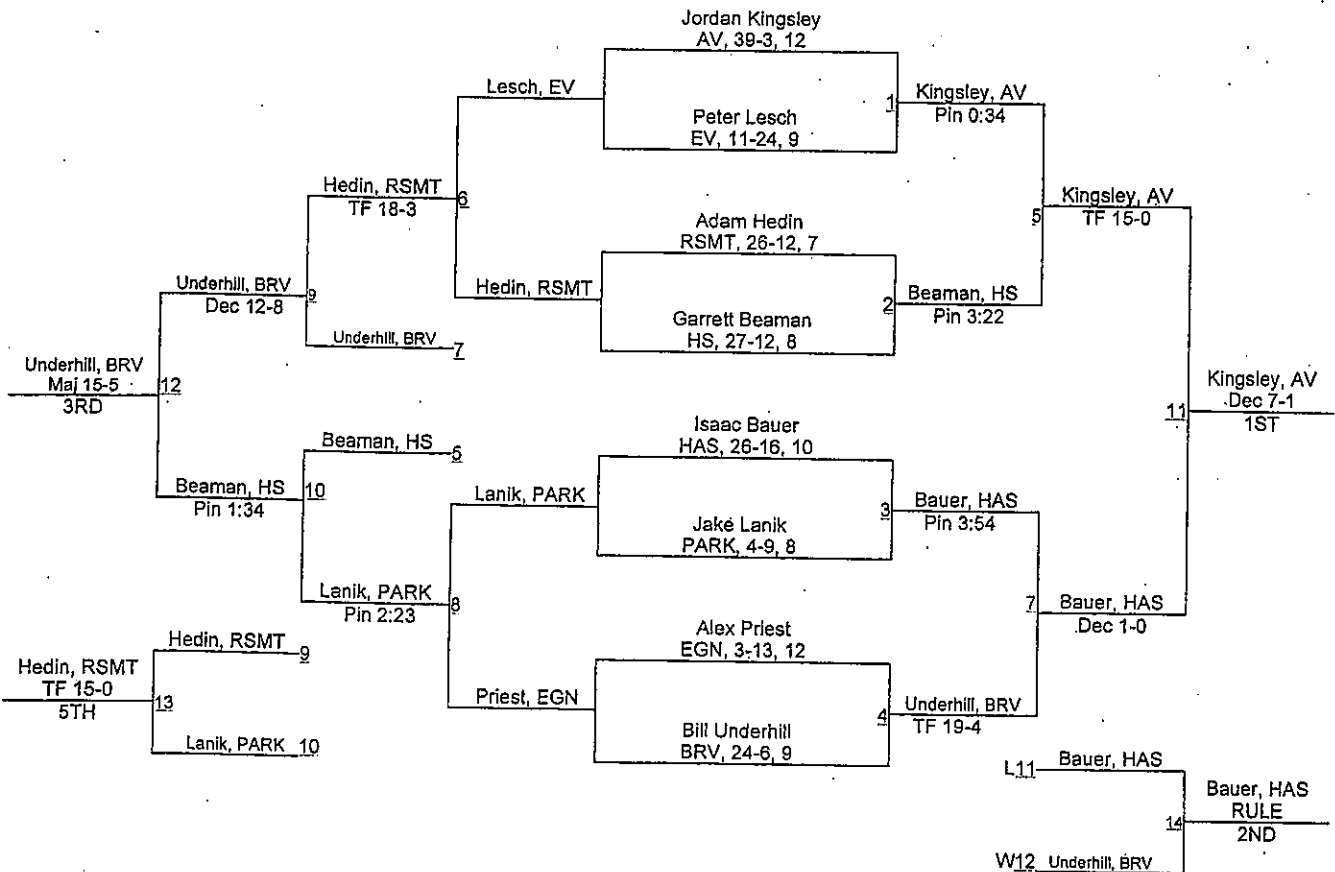
MN Section 3AAA Individual Tournament

103



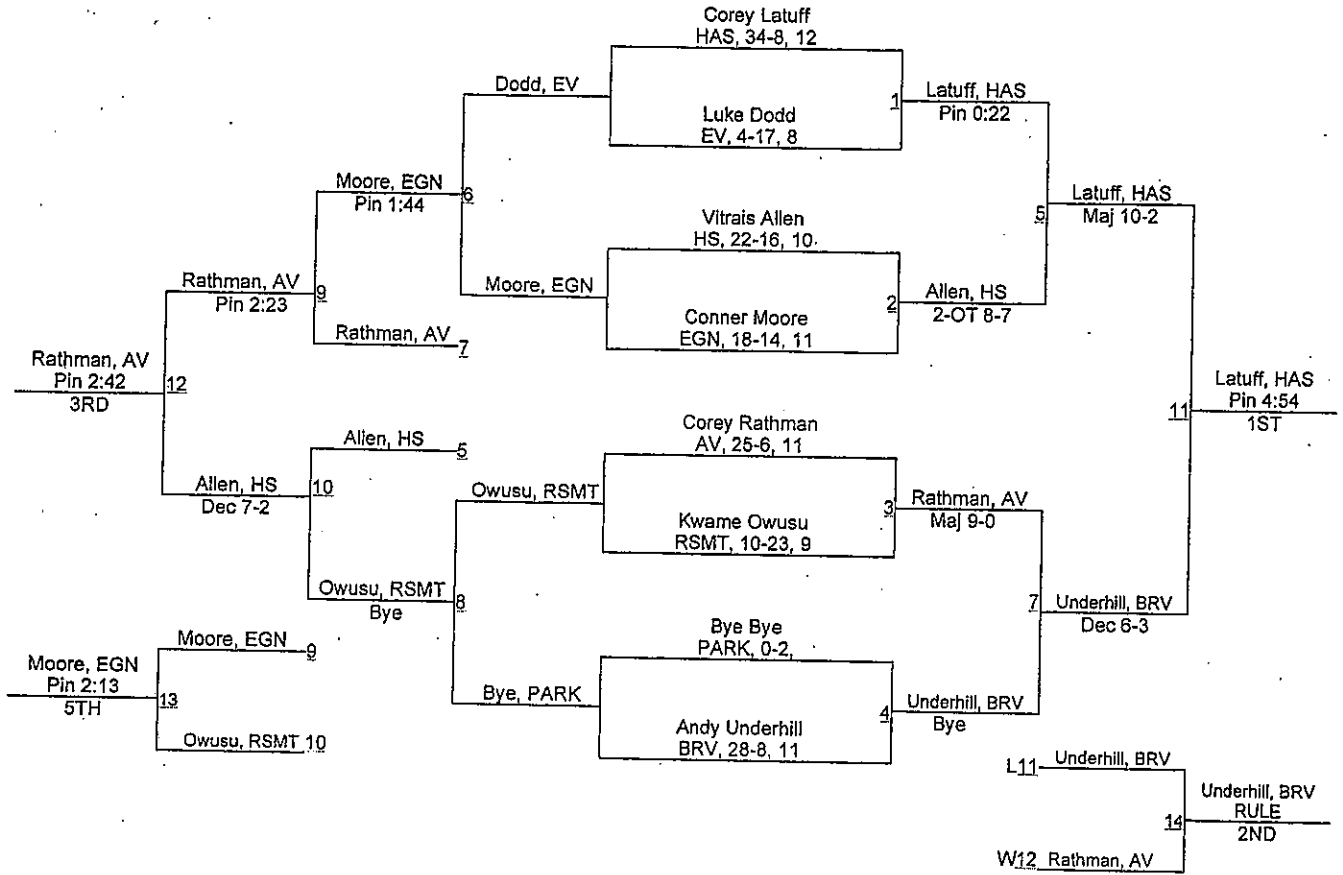
MN Section 3AAA Individual Tournament

112



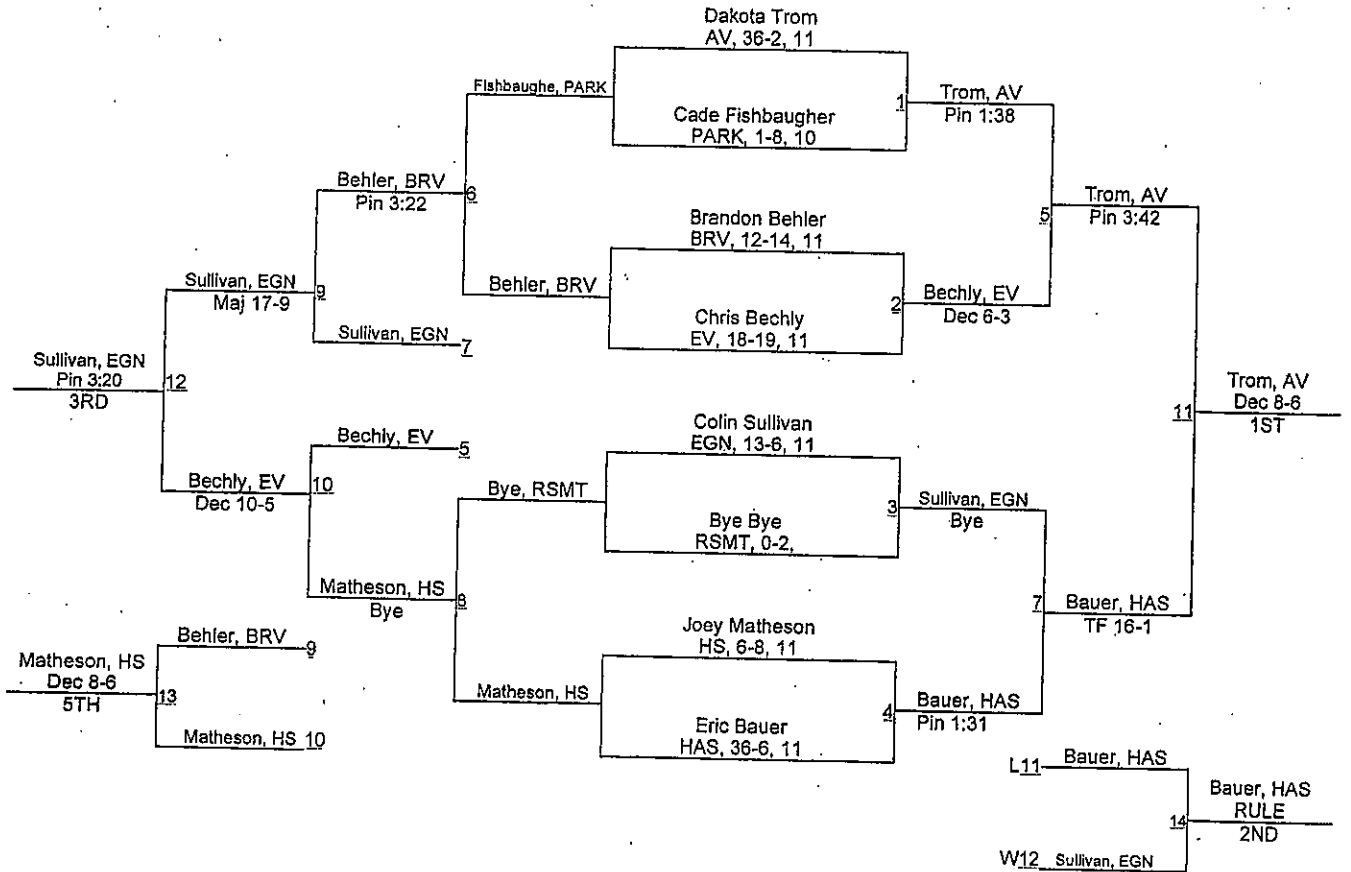
MN Section 3AAA Individual Tournament

119



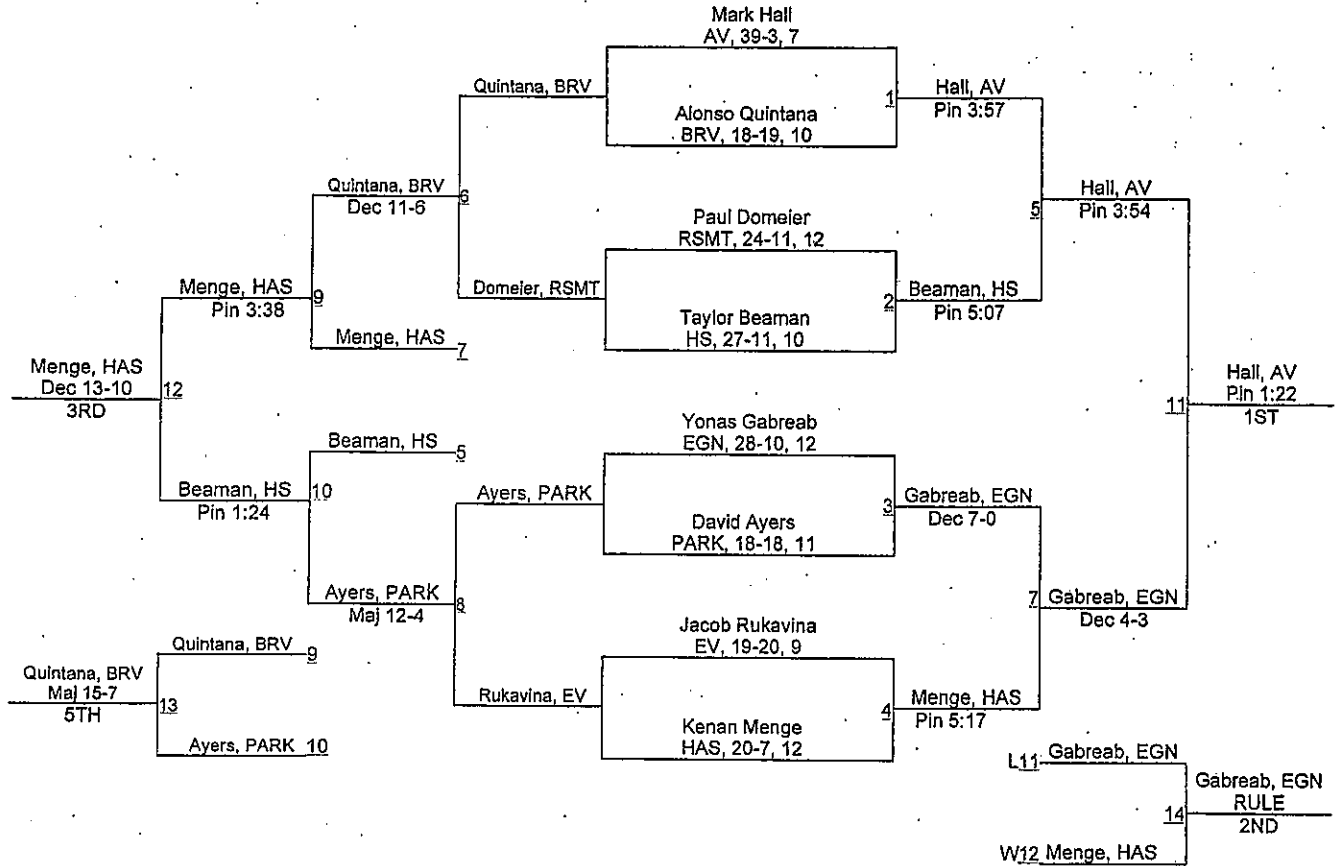
MN Section 3AAA Individual Tournament

125



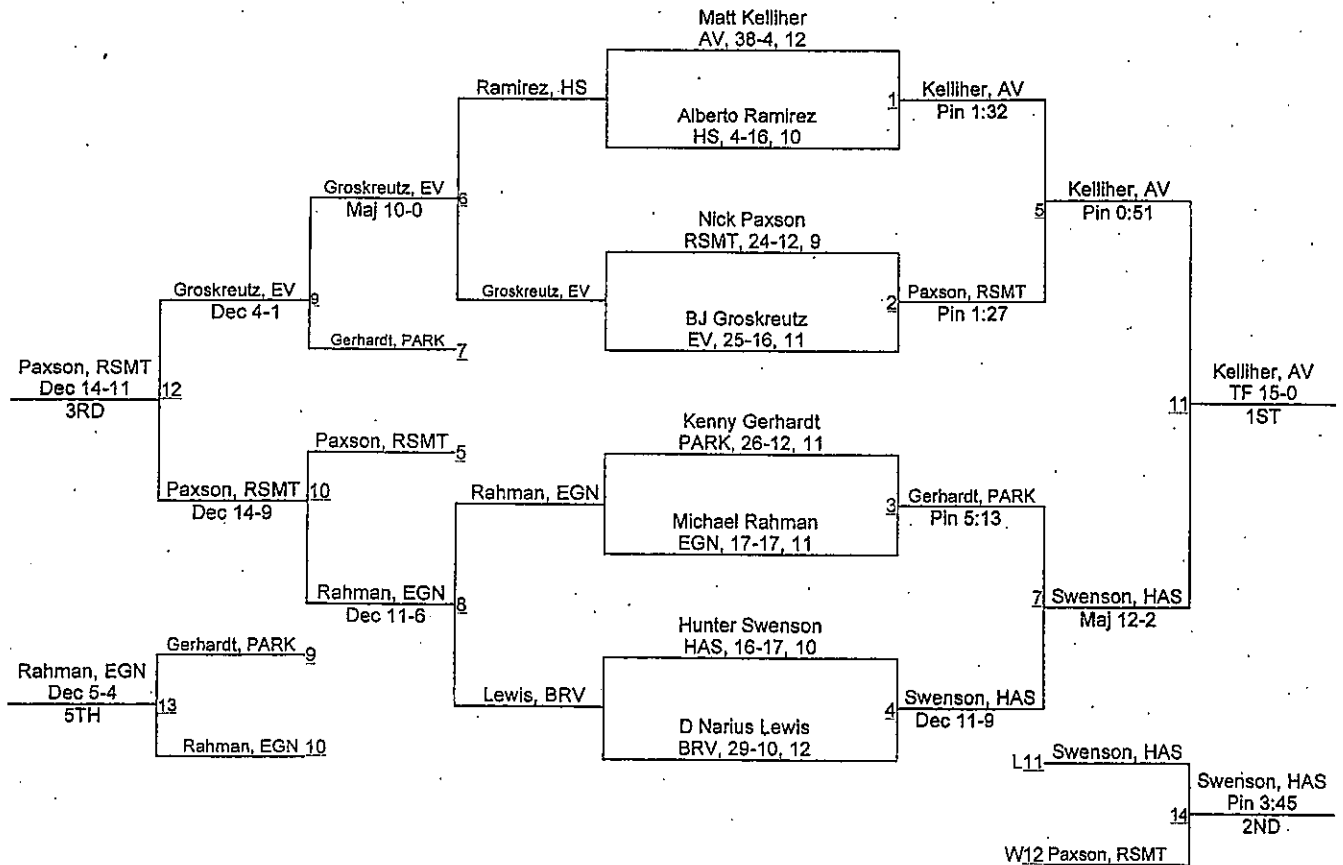
MN Section 3AAA Individual Tournament

130



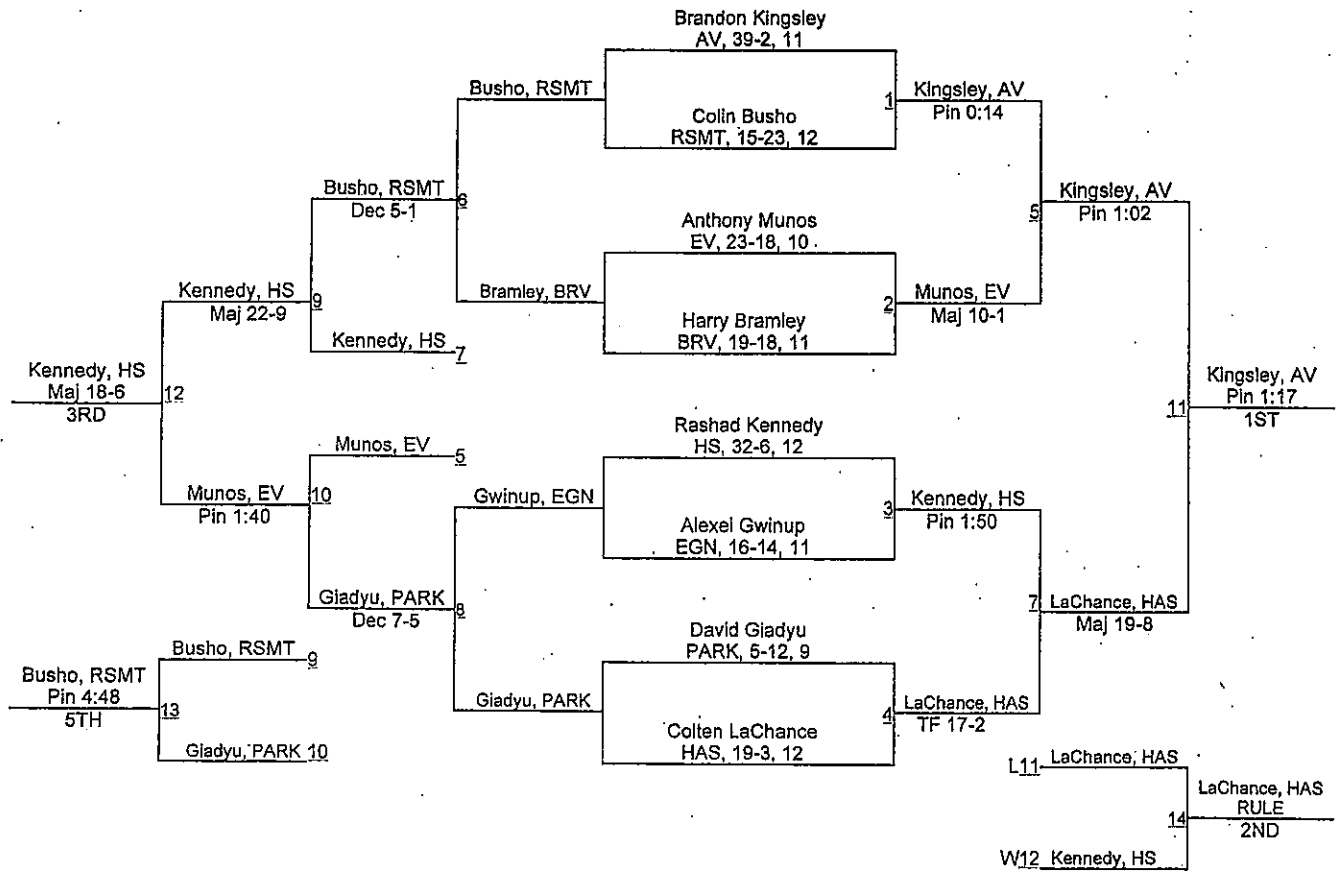
MN Section 3AAA Individual Tournament

135



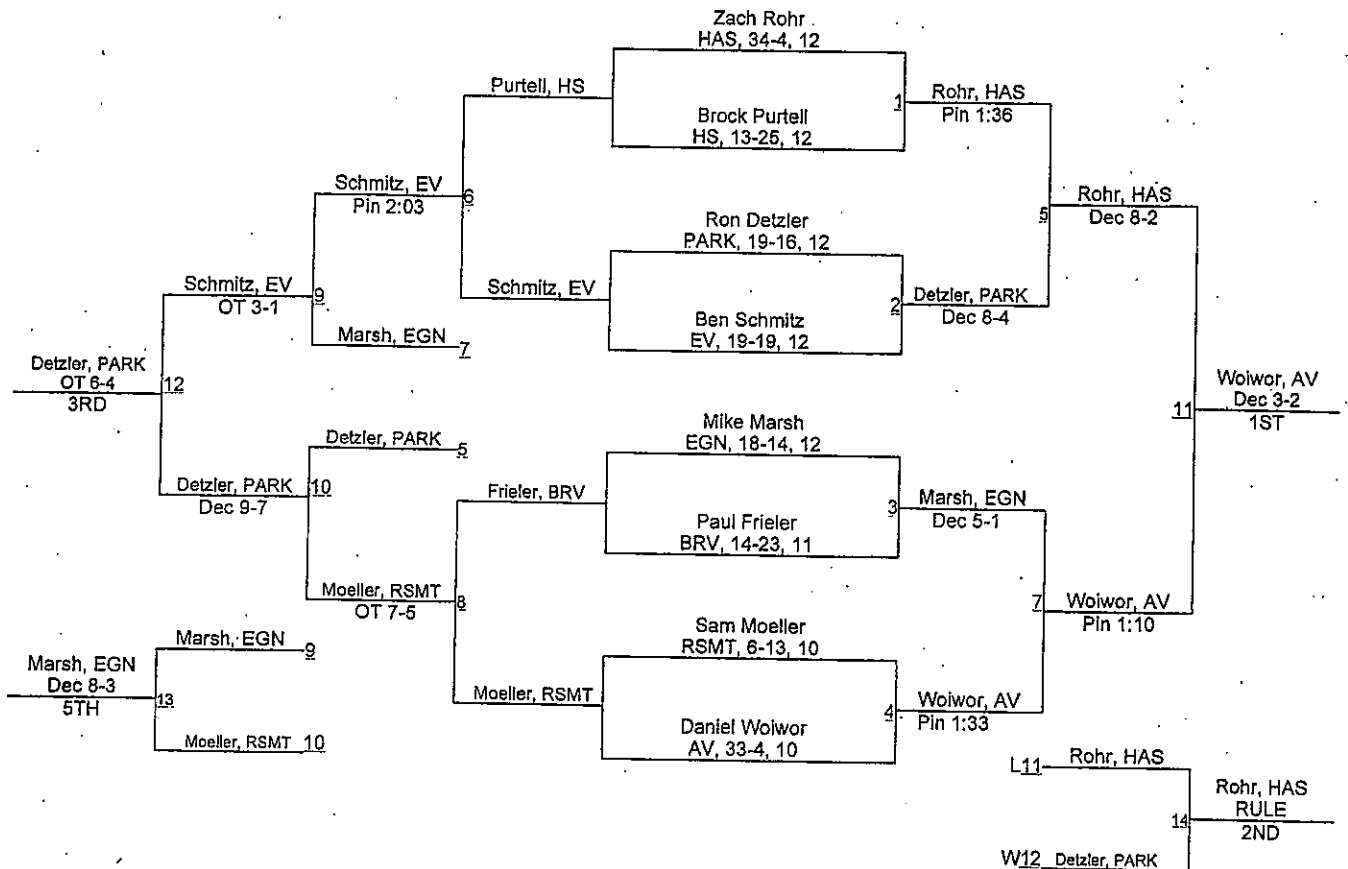
MN Section 3AAA Individual Tournament

140



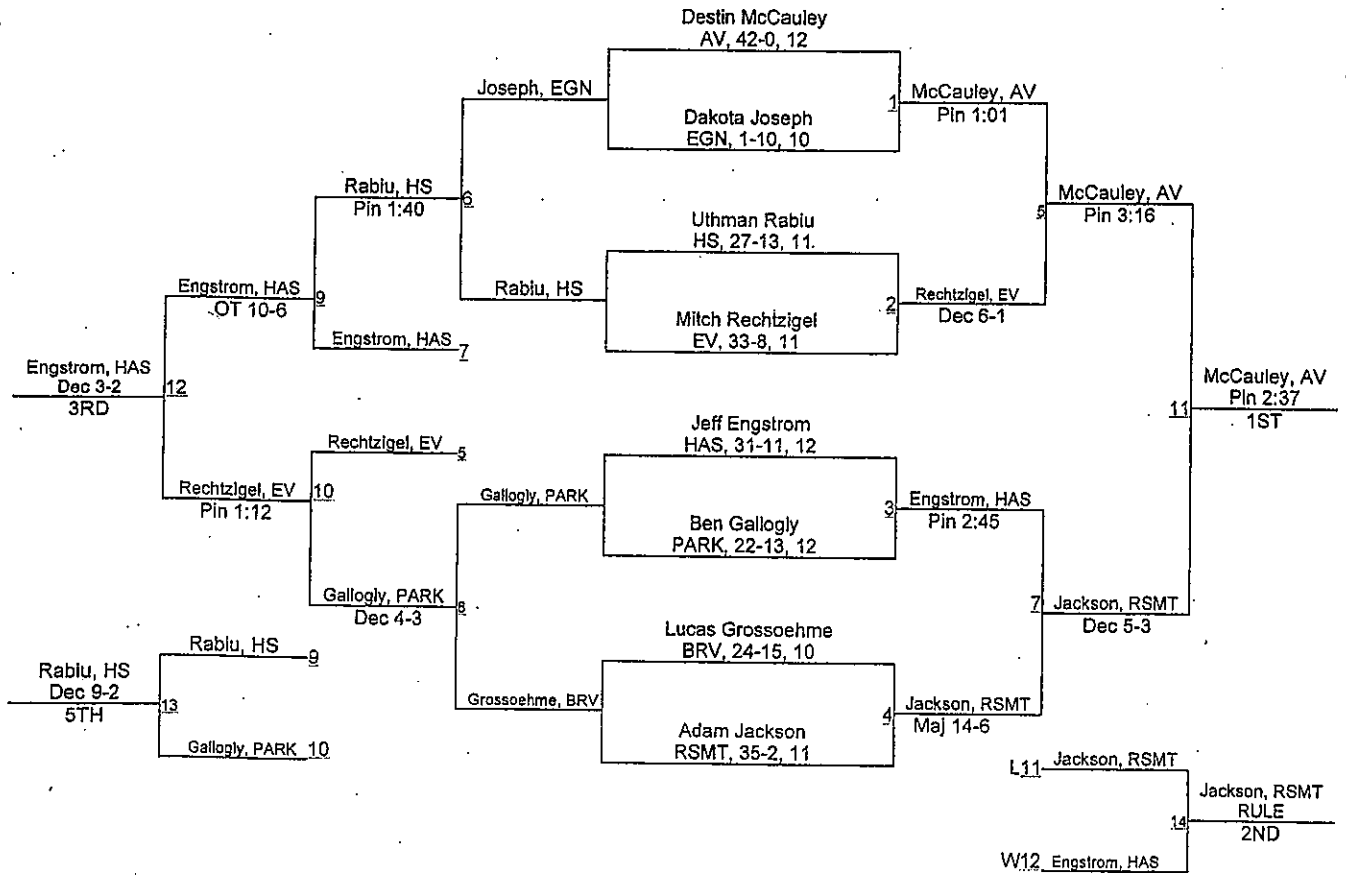
MN Section 3AAA Individual Tournament

145



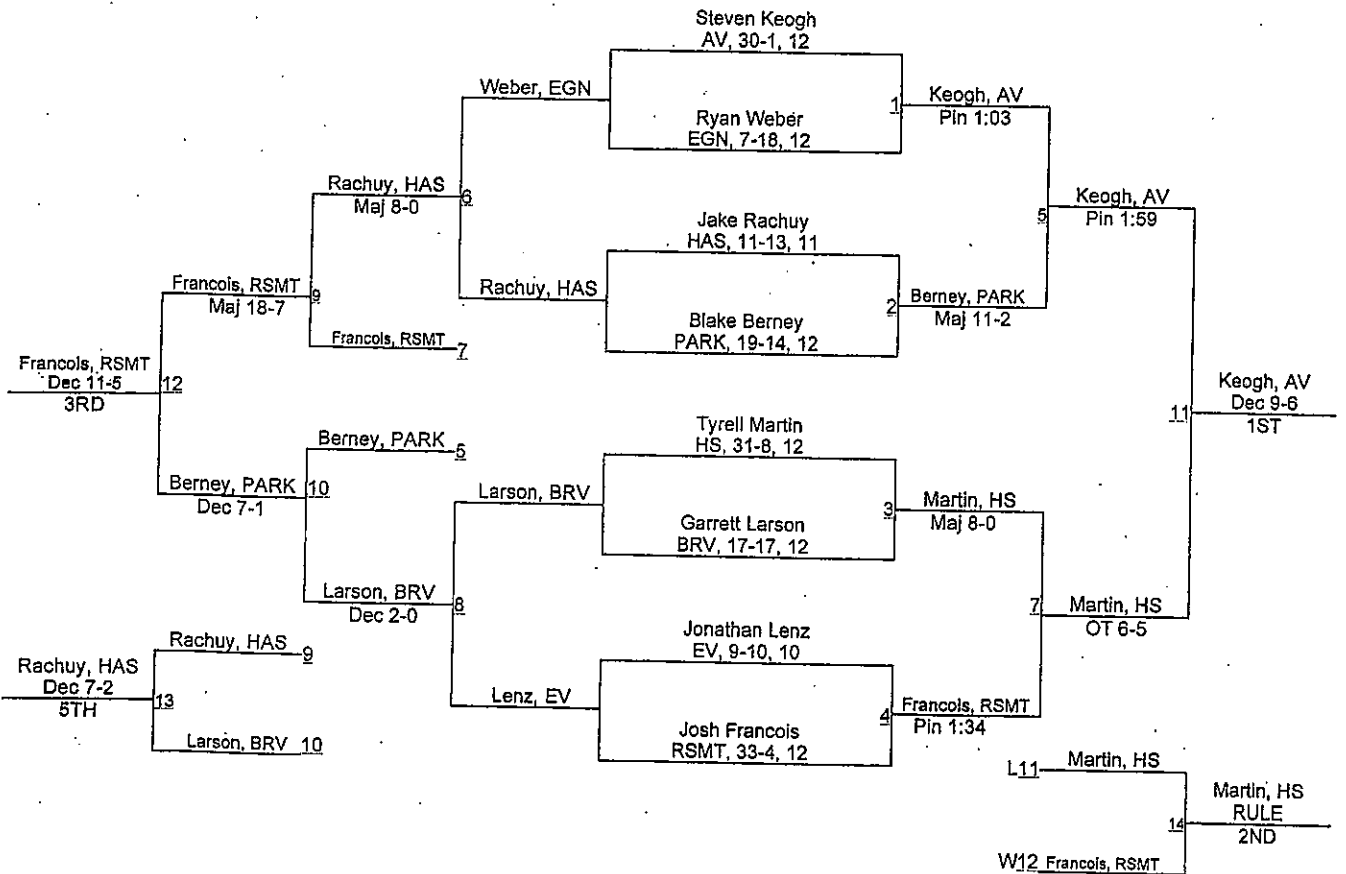
MN Section 3AAA Individual Tournament

152



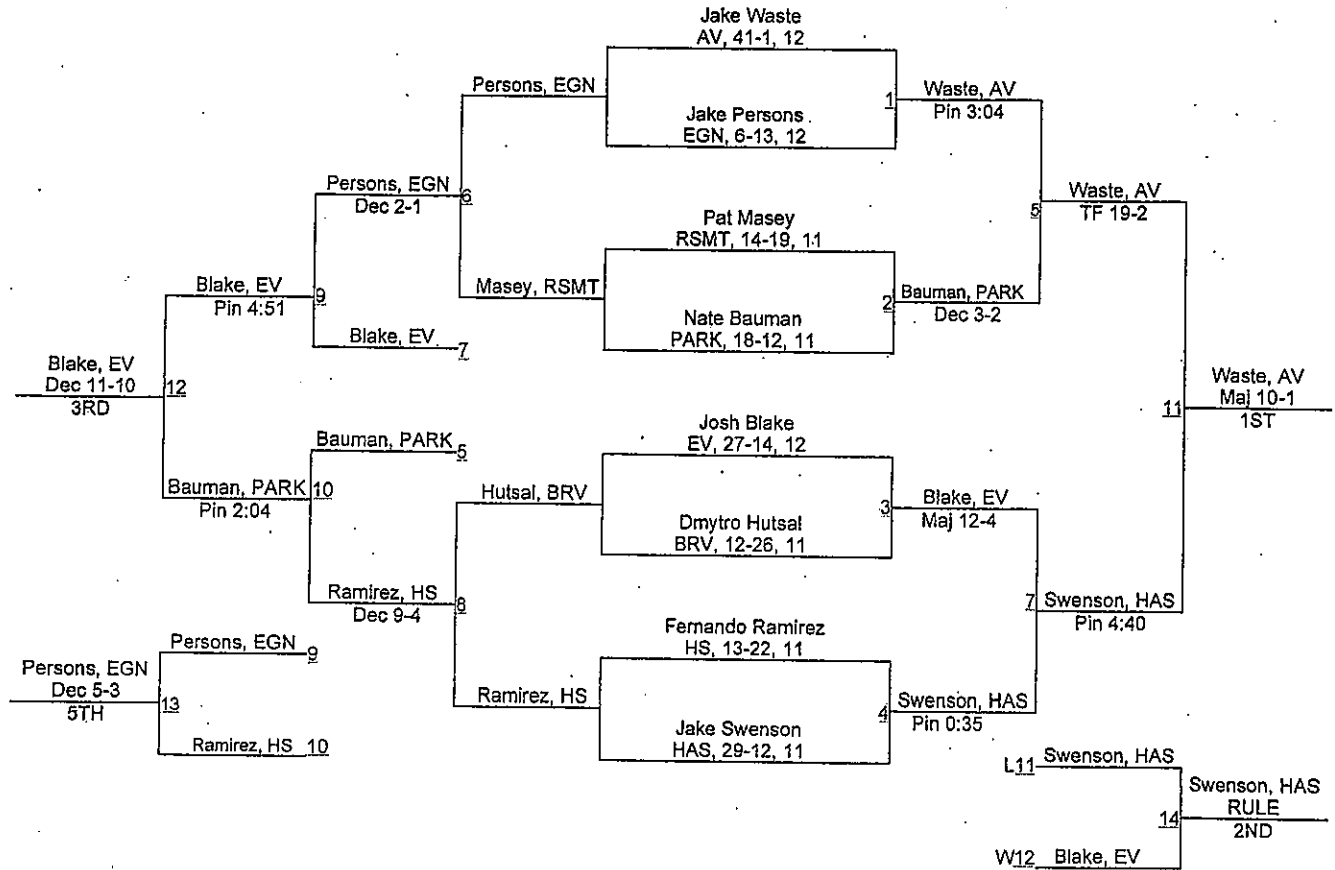
MN Section 3AAA Individual Tournament

160



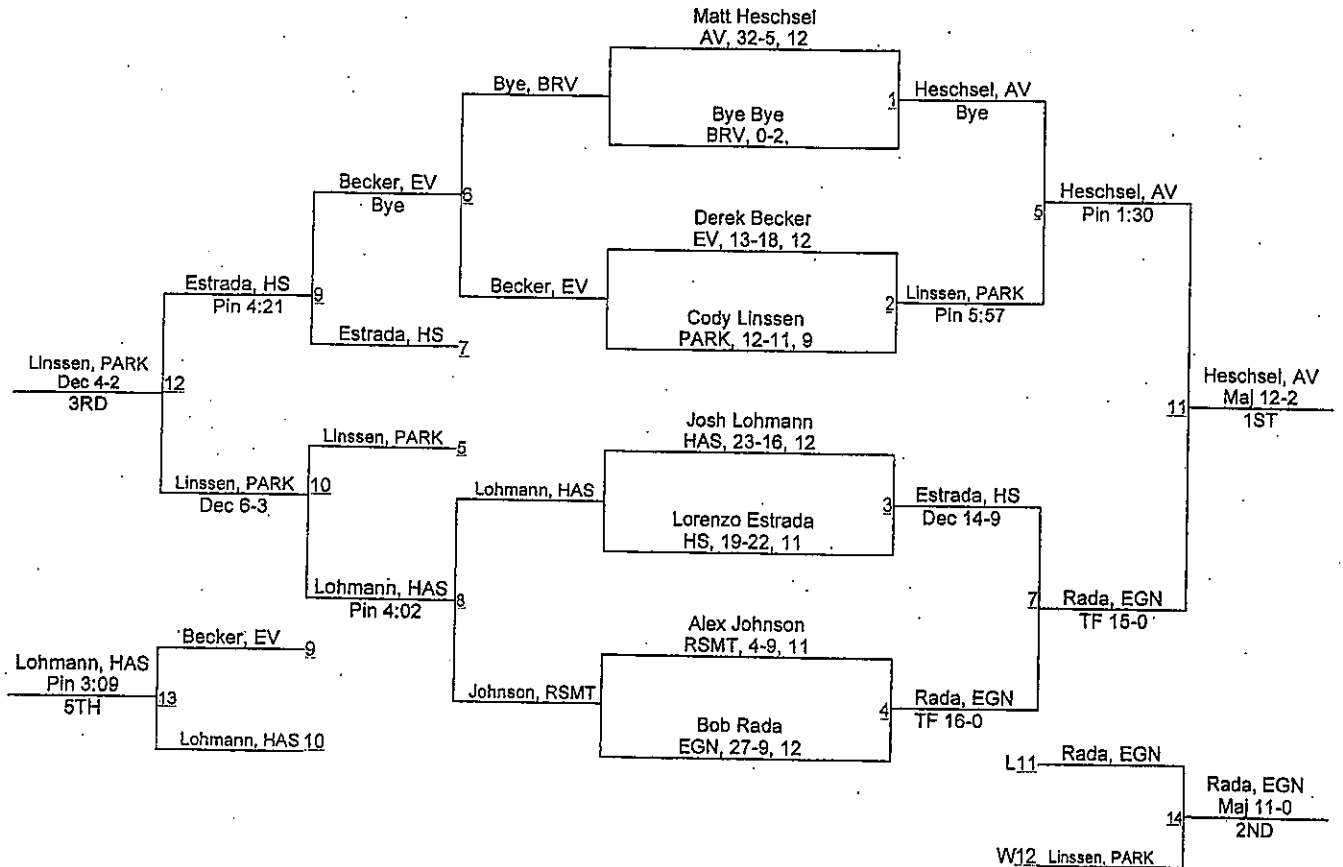
MN Section 3AAA Individual Tournament

171



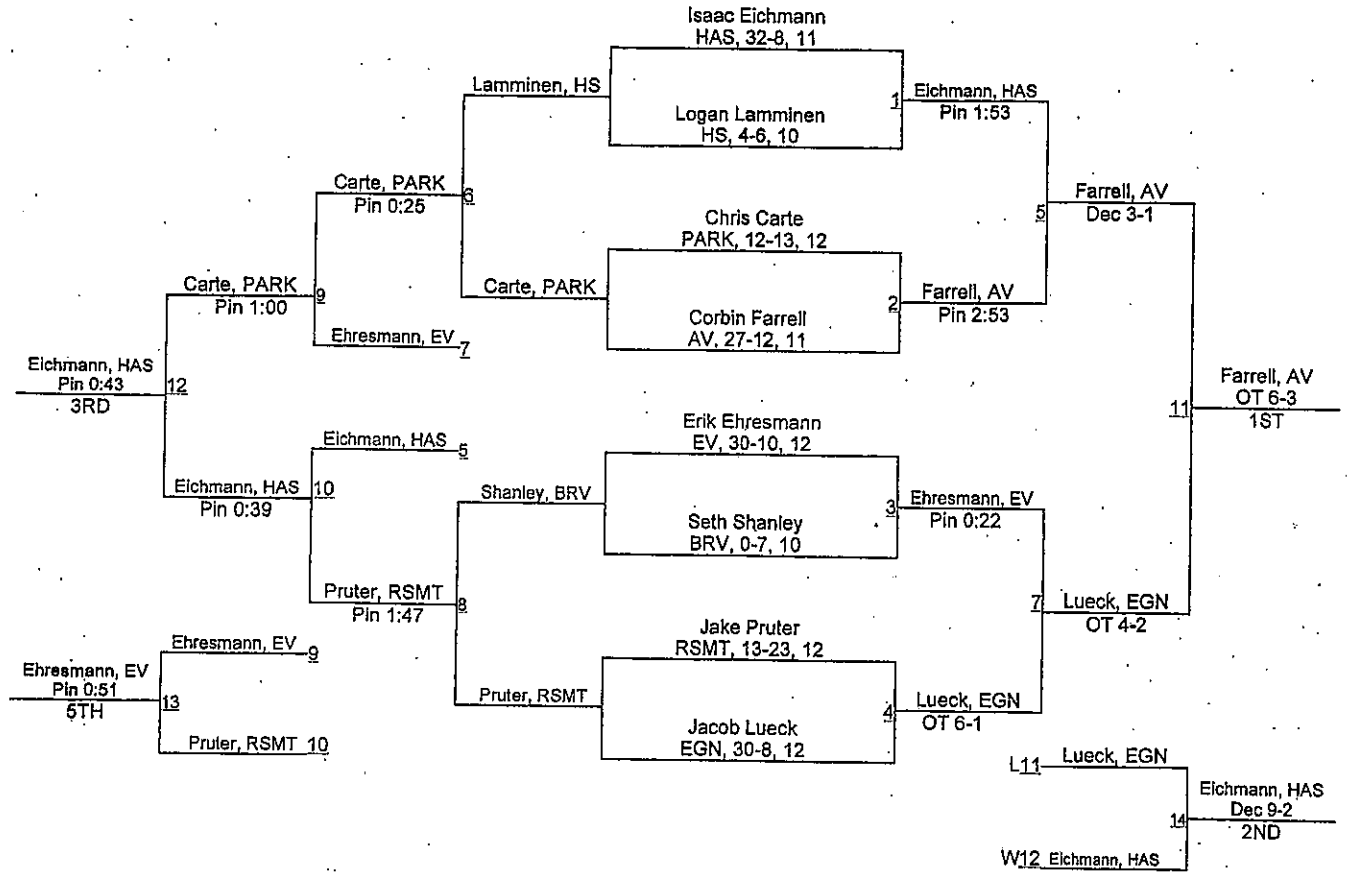
MN Section 3AAA Individual Tournament

189



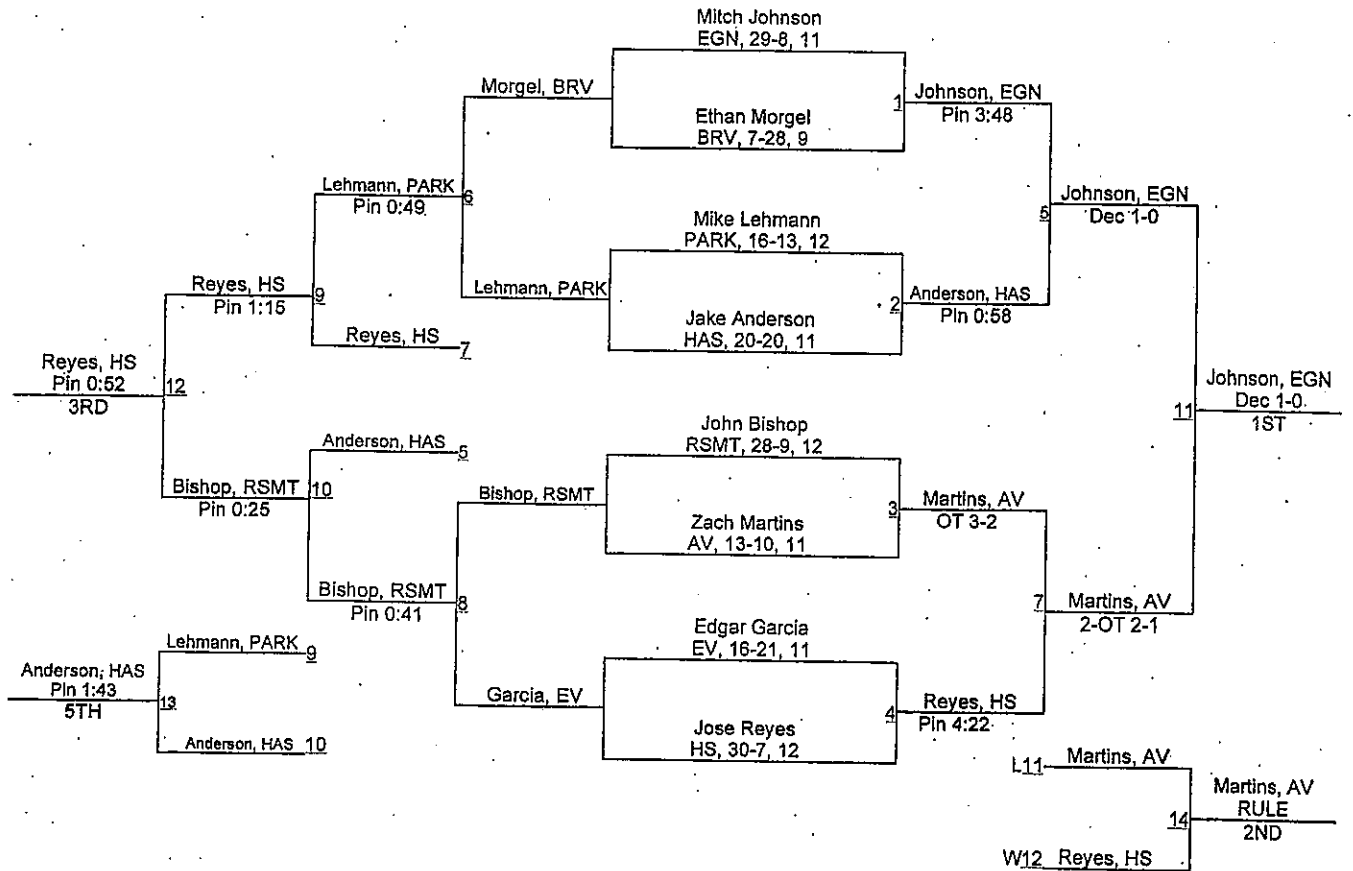
MN Section 3AAA Individual Tournament

215



MN Section 3AAA Individual Tournament

285



Team Results Class A

Kimball _____ 24 | Lake Crystal-Wellcome Memo_25
 Lake Crystal-Wellcome Memo_29 | Frazee _____ 28
 Frazee _____ 39 | Frazee _____ 27 | CHAMPION
 Border West _____ 18 | CHAMPION _co-CHAMPIONS
 Jackson County Central _____ 59 | Jackson County Central _____ 34
 Pierz _____ 16 | Jackson County Central _____ 28
 Minnesota _____ 35 | Minnesota _____ 25
 Zumbrota Mazzepa _____ 20
 Lake Crystal-Wellcome Memo_21 THIRD | Minnesota _____
 Minnesota _____ 33
 Kimball _____ 32 | Kimball _____ 37
 Border West _____ 28 | Consolation
 Pierz _____ 26 | Kimball _____
 Zumbrota Mazzepa _____ 47 | Zumbrota Mazzepa _____ 25

Team Results Class AA

Kasson Mantorville _____ 31 | Kasson Mantorville _____ 19
 Wabasso/Red Rock Central _____ 20 | Scott West _____ 16
 Scott West _____ 46 | Scott West _____ 36
 Monticello _____ 22 | CHAMPION
 Simley _____ 56 | Simley _____ 52
 Grand Rapids _____ 7 | Simley _____ 39
 Foley _____ 38 | Foley _____ 3
 Thief River Falls/Goodridg_22 |
 Kasson Mantorville _____ 40 THIRD | Kasson Mantorville _____
 Foley _____ 18
 Wabasso/Red Rock Central _____ 33 | Wabasso/Red Rock Central _____ 41
 Monticello _____ 20 | Consolation
 Grand Rapids _____ 33 | Wabasso/Red Rock Central _____
 Thief River Falls/Goodridg_30 | Grand Rapids _____ 18

Team Results Class AAA

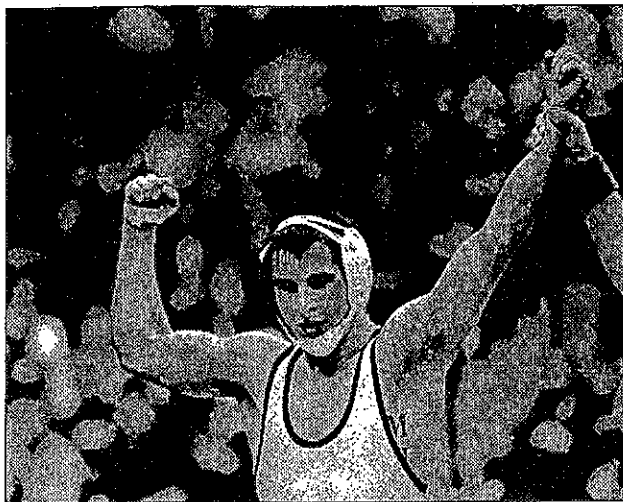
STWA _____ 59 | STWA _____ 36
 Centennial _____ 3 | STWA _____ 6
 Albert Lea Area _____ 60 | Albert Lea Area _____ 13
 Hopkins _____ 9 | CHAMPION
 Apple Valley _____ 65 | Apple Valley _____
 White Bear Lake Area _____ 12 | Apple Valley _____ 61
 Prior Lake _____ 59 | Prior Lake _____
 Bemidji _____ 10
 Albert Lea Area _____ 23 THIRD |
 Prior Lake _____ 29 |
 Centennial _____ 41 | Centennial _____ 21
 Hopkins _____ 22 | Consolation
 White Bear Lake Area _____ 61 | White Bear Lake Area _____
 Bemidji _____ 12 | White Bear Lake Area _____ 45

2011 SECTION 3AAA STATE PLACE WINNERS

103	Seth Gross	3 rd	Apple Valley
103	Luke Rowh	5 th	Hastings
112	Jordan Kingsley	1 st	Apple Valley
119	Corey Latuff	2 nd	Hastings
125	Dakota Trom	1 st	Apple Valley
125	Eric Bauer	3 rd	Hastings
130	Mark Hall	1 st	Apple Valley
135	Matt Kelliher	1 st	Apple Valley
140	Brandon Kingsley	1 st	Apple Valley
140	Colton LaChance	2 nd	Hastings
145	Zach Rohr	1 st	Hastings
145	Daniel Woiwor	2 nd	Apple Valley
152	Destin McCauley	1 st	Apple Valley
152	Adam Jackson	2 nd	Rosemount
160	Steven Keogh	2 nd	Apple Valley
160	Tyrell Martin	3 rd	Henry Sibley
171	Jake Waste	1 st	Apple Valley
171	Jake Swenson	4 th	Hastings
189	Matt Hechsel	3 rd	Apple Valley
215	Isaac Eichmann	2 nd	Hastings

2011 SOUTH SUBURBAN CONFERENCE STATE PLACE WINNERS

103	Seth Gross	3 rd	Apple Valley
103	Tanner Johnshoy	2 nd	Prior Lake
112	Jordan Kingsley	1 st	Apple Valley
119	Sam Brancale	3 rd	Eden Prairie
125	Dakota Trom	1 st	Apple Valley
125	Zach Goldberg	4 th	Lakeville North
130	Mark Hall	1 st	Apple Valley
130	Brady Johnshoy	2 nd	Prior Lake
135	Matt Kelliher	1 st	Apple Valley
135	Matt Kahnke	5 th	Prior Lake
140	Brandon Kingsley	1 st	Apple Valley
145	Daniel Woiwor	2 nd	Apple Valley
145	Tanner Carlisle	6 th	Prior Lake
152	Destin McCauley	1 st	Apple Valley
152	Adam Jackson	2 nd	Rosemount
152	Danny Egesdal	6 th	Chaska / Chanhassen
160	Steven Keogh	2 nd	Apple Valley
160	Anton Kalista	6 th	Lakeville North
171	Jake Waste	1 st	Apple Valley
189	Matt Hechsel	3 rd	Apple Valley
189	Joshua Vaughan	4 th	Bloomington
189	Tom Peterson	6 th	Lakeville South
215	Zane Peterson	1 st	Lakeville South



DAVID JOLIS • djolis@startribune.com

AND THE WINNER IS ...

South St. Paul's Joey Munos had his arm raised Saturday after winning the Class 2A championship at 125 pounds. Munos pinned Zimmerman's Zach Stepan.

WRESTLING

INDIVIDUAL MEET

CLASS 3A

Semifinals

- 103: Tanner Johnshoy, Prior Lake, dec. Erik Olson, Sauk Rapids-Rice, 8-4; Tommy Thorn, St. Michael-Albertville, dec. Seth Gross, Apple Valley, 4-2 (OT).
 112: Cole Sladek, St. Michael-Albertville, dec. Nick O'Brien, Wayzata, 8-4; Jordan Kingsley, Apple Valley, dec. Dustin Weinmann, Irondale, 6-0.
 119: Mitch Bengtson, St. Cloud Apollo, dec. Tyler Isaacson, Forest Lake, 7-0; Corey Latuff, Hastings, dec. Mark Voss, St. Michael-Albertville, 4-2.
 125: Austin Leibel, St. Francis, dec. Eric Bauer, Hastings, 8-6; Dakota Trom, Apple Valley, tech. fall Ben Anderson, Owatonna, 18-2.
 130: Brady Johnshoy, Prior Lake, dec. Alex Johannes, Willmar, 8-0; Mark Hall, Apple Valley, dec. Ben Morgan, Forest Lake, 8-6 (4 OT).
 135: Travis Holt, Cambridge-Isanti, dec. Adam Hammer, Osseo, 8-4 (OT); Matt Kelliher, Apple Valley, dec. Grant Nehring, St. Cloud Apollo, 13-0.
 140: Colten LaChance, Hastings, dec. Derek Weinmann, Irondale, 12-3; Brandon Kingsley, Apple Valley, tech. fall Jamie Brazil, Cooper, 18-0.
 145: Daniel Woiwor, Apple Valley, dec. Luke Boroda, Mounds View, 4-3; Zach Rohr, Hastings, dec. Dalton Westerlund, Albert Lea, 7-6.
 152: Destin McCauley, Apple Valley, tech. fall Logan Canedy, Northfield, 18-2; Adam Jackson, Rosemount, dec. Cody Gilnes, Cambridge-Isanti, 9-6.
 160: Kyle Begin, Anoka, dec. Tyrell Martin, Henry Sibley, 5-3; Steven Keogh, Apple Valley, dec. Anton Kalista, Lakeville North, 4-0.
 171: Clayton Jennissen, Cambridge-Isanti, dec. Dan Rekuski, Maple Grove, 10-5; Jake Waste, Apple Valley, dec. Ryan Stott, St. Michael-Albertville, 13-3.
 189: Nathaniel Swoyer, Willmar, dec. Tom Peterson, Lakeville South, 7-4; Shaun Little, St. Michael-Albertville, dec. Matt Hechsel, Apple Valley, 3-1.
 215: Zane Peterson, Lakeville South, dec. Zack Vine, Centennial, 4-1; Isaac Eichmann, Hastings, dec. Michael Burckhardt, Coon Rapids, 3-1.
 285: Donny Longendyke, White Bear Lake, dec. Parker Betts, St. Michael-Albertville, 3-1; Brock Horwath, Stillwater, dec. Sam Gaul, Rochester Century, 5-0.

Championship

- 103: Thorn dec. T. Johnshoy, 7-1.
 112: J. Kingsley dec. Sladek, 5-2.
 119: Bengtson tech. fall Latuff, 15-0
 125: Trom dec. Leibel, 4-2.
 130: Hall dec. B. Johnshoy, 8-1.
 135: Kelliher tech. fall Holt, 16-0.
 140: B. Kingsley dec. LaChance, 11-0.
 145: Rohr dec. Woiwor, 6-3.
 152: McCauley pinned Jackson, :59.
 160: Begin dec. Keogh, 8-5.
 171: Waste pinned Jennissen, 3:07.
 189: Swoyer dec. Little, 3-2 (4 OT).
 215: Peterson pinned Eichmann, 2:47.
 285: Longendyke dec. Horwath, 3-2 (3 OT).

CLASS 2A

Semifinals

- 103: Kyle Gliva, Simley, dec. Tristan Manderfeld, Foley, 3-2; Jarred Oftedahl, Benilde-St. Margaret's, dec. Skyler Petry, Waterville-Elysian-Morristown/Janesville-Waldorf-Pemberton, 3-1.
 112: Brett Stolarzyk, Stewartville, pinned Ty Griffin, Rockford, 1:49; Nate Thomas, Kasson-Mantorville, dec. Abbot Aho, Fergus Falls, 8-4.
 119: Tony Morrow, Kasson-Mantorville, dec. Jacoby Bergeron, Thief River Falls/Goodridge, 4-2; Pedro DeLao, Simley, dec. John Weeding, Dawson-Boyd/Lac qui Parle Valley, 4-2 (OT).
 125: Zach Stepan, Zimmerman, dec. Jonah Gahm, Milaca/Faith Christian, 5-0; Joey Munos, South St. Paul, pinned Tanner Rohlik, Wabasso/Red Rock Central, 3:55.
 130: Matt Tloughan, Byron, dec. Nate Lynn, Adrian, 6-4; Matt Nelson, Big Lake, dec. Drake Borsgard, Windom/Mountain Lake-Butterfield-Odin, 2-0.
 135: Gabe Fogarty, Scott West, dec. Matt Kruse, Simley, 3-0; Zach Friederich, Montgomery-Lonsdale/LeCenter, dec. Zach Campbell, Tracy-Milroy-Balaton/Westbrook-Walnut Grove, 7-2.
 140: Jake Short, Simley, dec. Zac Bainville, Grand Rapids, 3-2; Jamie Holt, Albany, dec. Jake Siegle, Scott West, 4-2 (OT).
 145: Shawn Hatlestad, New London-Spicer, dec. Charlie Pesch, Scott West, 9-2; Nick Wanzek, Simley, dec. Joey Stadnick, Watertown-Mayer/Mayer Lutheran 1-0.
 152: Tyler Mergen, Monticello, dec. Dan Dick, Simley, 5-3; Jesse Munos, South St. Paul, dec. Jesse Puncocchar, Annandale/Maple Lake, 4-0.

- 160: Taylor Lewandowski, Foley, dec. Jamison Evans, Grand Rapids, 5-1; Micah Barnes, Simley, dec. Sam Haas, Dawson-Boyd/Lac qui Parle Valley, 7-4.
 171: Sebastian Gardner, Monticello, pinned Justin Ladehoff, Milaca/Faith Christian, 1:13; Brandon Pederson, Waseca, dec. Blake Petrich, Staples-Motley, 11-0.
 189: Broc Berge, Kasson-Mantorville, dec. Ryan Michaelis, Monticello, 3-1; Dakota Hanson, Daşpel-Cokato, dec. Cody Welch, Wabasso/Red Rock Central, 3-2.
 215: Michael Kroells, Scott West, dec. Daren Wingert, Plainview/Elgin-Millville, 10-0; Anthony Gullickson, Totino-Grace, pinned Mike Kellner, Stewartville, :44.
 285: Sam Stoll, Kasson-Mantorville, pinned Derek Butcher, DeJano, 3:47; Austin Goergen, Caledonia/Houston, pinned Donald Martinez, Sauk Centre/Melrose, 1:10.

Championship

- 103: Gliva dec. Oftedahl, 4-1.
 112: Stolarzyk dec. Thomas, 6-4 (4 OT).
 119: DeLao dec. Morrow, 7-2.
 125: Jo, Munos pinned Stepan, 5:28.
 130: Nelson dec. Tloughan, 11-0.
 135: Fogarty dec. Friederich, 7-2.
 140: Short dec. Holt, 3-2.
 145: Wanzek dec. Hatlestad, 4-3.
 152: Mergen dec. Je. Munos, 5-2.
 160: Lewandowski dec. Barnes, 3-2.
 171: Gardner dec. Pederson, 7-6.
 189: Berge dec. Hanson, 10-4.
 215: Kroells dec. Gullickson, 1-0.
 285: Goergen dec. Stoll, 3-0.

CLASS 1A

Semifinals

- 103: Cameron Sykora, Border West, dec. Cody Hanson, St. James, 3-0; Trevor Schultz, Martin County West, dec. Joey Majerus, Zumbrota-Mazepa, 9-0.
 112: Shane Novak, New York Mills, dec. Quinten Berres, Kimball, 6-3; Jacob Braaten, Minnewaska, dec. Mitch Andrews, Border West, 6-3.
 119: Will McCarthy, Border West, tech. fall Justin Doerr, Lewiston-Altura/Rushford-Peterson, 18-2; Mitchel Lexvold, Kenyon-Wanamingo, dec. Taner Trembley, Lake Crystal-Wellcome Memorial, 8-0.
 125: Jake Wirtjes, Blue Earth, pinned Gus McCarthy, Border West, 5:09; Oakley McLain, Kenyon-Wanamingo, dec. Tanner Ellenberg, Frazee, 6-1.
 130: Clinton VanHeuveln, Kerkhoven-Murdock-Sunburg, dec. Bruce Lemon, Frazee, 7-5; Hayden Zillmer, Crosby-Ironton, dec. Beau Buysee, Minnetonka, 3-1.
 135: Mike Jarnot, Holdingford, dec. Jim Cossette, Pelican Rapids, 8-4; Bronson Steuber, Jackson County Central, dec. Jacob Anderson, River Valley, 7-4.
 140: Clint Poster, Pierz, dec. Larry Bomstad, Atwater-Cosmos-Grove City, 13-2; Dustin Dylla, United South Central, dec. Tyler Kuechle, Kimball, 3-2.
 145: Darick Vancura, Jackson County Central, pinned Ryan Jones, Mille Lacs, :51; Curt Maas, Medford, dec. Jordan Chouanard, Aitkin, 9-1.
 152: Alex Steffel, BOLD, dec. Bryan Andrews, Martin County West, 4-2 (4 OT); Brett Pfarr, LeSueur-Henderson, dec. Joe Franta, Blue Earth, 9-1.
 160: Stephen Erlandson, Breckenridge/Campbell-Tintah, dec. Cody Tibbetts, Lake Crystal-Wellcome Memorial, 8-2; Alex Cooling, Madelia-Truman/Martin Luther, dec. Jacob Forcier, Eden Valley-Watkins, 6-2.
 171: Matt Doom, Paynesville, pinned Ryan Sieberg, St. Clair/Mankato Loyola, 1:13; Josh Willaert, LeSueur-Henderson, dec. Shawn Johnson, Dilworth-Glyndon-Felton, 9-7.
 189: Kody Sorenson, Frazee, pinned David Joseph, Kimball, 5:53; Nate Meixell, Lake Crystal-Wellcome Memorial, dec. Juan Gomez, Chatfield, 5-0.

- 215: Jon Gorter, Pipestone, dec. Billy Connelly, Border West, 16-13; Brody Davidson, Crookston, dec. Matt Marketon, Howard Lake-Waverly-Winsted, 9-7.
 285: Alex Yeager, Badger-Greenbush-Middle River, pinned Josh Van Overbecke, Minnetonka, 4:55; Travis Longhenry, Canby, pinned Colin Turchin, Bertha-Hewitt/Verndale, 5:12.

Championship

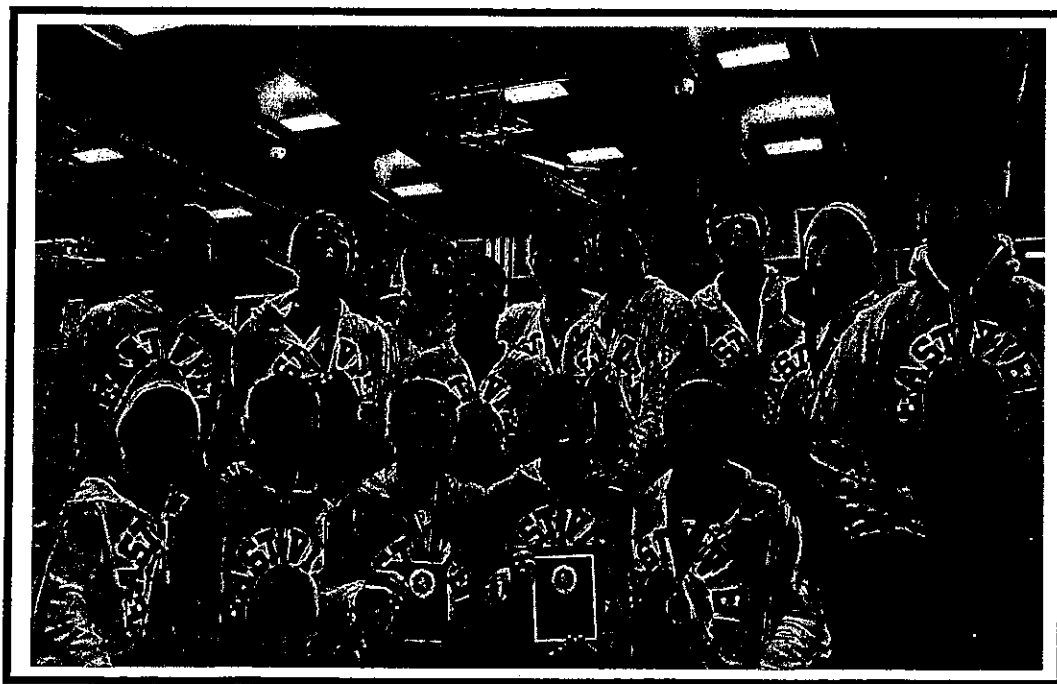
- 103: Sykora pinned Schultz, 3:21.
 112: Braaten dec. Novak, 5-4.
 119: Lexvold dec. McCarthy, 9-2.
 125: McLain dec. Wirtjes, 4-3 (4 OT).
 130: Zillmer dec. VanHeuveln, 9-2.
 135: Steuber dec. Jarnot, 6-3.
 140: Poster dec. Dylla, 9-3.
 145: Maas dec. Vancura, 3-0.
 152: Steffel dec. Pfarr, 9-4.
 160: Cooling pinned Erlandson, 5:50.
 171: Willaert dec. Doom, 7-3.
 189: Sorenson dec. Meixell, 3-2.
 215: Gorter dec. Davidson, 3-2 (4 OT).
 285: Yeager pinned Longhenry, :59.

**Returning Letter Winners
2010-2011 Varsity Career Statistics**

WRESTLER	GRADE	WINS	LOSS	TD	NF	R	FALLS	TM PTS
Chris Bechly	11	37	46	69	9	30	13	166
Brendan Cole	11	2	11	7	4	5	1	10
Edgar Garcia	11	16	21	16	4	3	8	84
BJ Groskreutz	11	58	65	81	55	52	25	274
Levi Groskreutz	11	12	14	19	14	1	9	66
Matt Henning	11	7	13	14	14	9	3	38
Greg Howard	11	4	8	9	7	2	3	22
Matt Ladd	11	2	1	4	5	2	1	10
Mitch Rechtzigel	11	119	46	278	80	47	37	494
Hussein Yusaf	11	0	4	0	0	0	0	0
Marshall Lang	10	1	0	0	0	0	0	6
Jonathan Lenz	10	8	10	15	3	4	7	45
Patrick Mako	10	1	0	0	0	0	0	6
Vince Metz	10	4	8	5	1	2	1	22
Anthony Munos	10	31	43	57	45	42	13	148
Jack Penders	10	03	3	3	0	1	0	0
Jon Watson	10	1	3	1	0	1	1	6
Miles Witcher	10	1	0	0	0	0	0	6
Peter Lesch	9	11	24	10	6	3	3	62
Tyler Lindgren	9	6	26	3	0	6	2	33
Jacob Rukavina	9	40	41	76	32	20	25	203
Dexter St. Pierre	9	0	5	1	0	0	0	0
Jerel Warren	9	1	0	0	0	0	0	6
Luke Dodd	8	4	17	9	6	3	3	21

Other Letter Winners...

David Phomphackdy & Kyle Schumann



**Burnsville Invitational
2nd Place 2011**

**EASTVIEW WRESTLER ALUMNI
VARSITY CAREER STATISTICS**

NAME	YEAR	WINS	LOSSES	TD	NF	R	FALLS	TEAM PTS
Tony Rodin	1999	77	23	151	83	36	31	361
Brandon Jones	1999	13	20	31	18	7	5	56
Joe Theisen	1999	5	27	11	7	7	1	22
Brad Okonek	2000	49	50	84	71	24	33	255
Matt Davis	2000	44	61	76	66	25	23	204
Nate Ernst	2000	44	24	94	25	15	19	203
Adam Miller	2000	28	34	64	15	13	14	135
Nick Thompson	2000	27	21	41	23	39	13	126
Chris Verhaeghe	2000	2	3	3	2	1	1	9
Adam Fokken	2001	147	36	349	121	92	83	727
David Rasmussen	2001	66	49	154	60	43	23	298
Brian Putnam	2001	19	21	13	11	7	10	91
Adam Johnson	2001	13	45	39	16	15	7	65
Eric Budd	2001	0	1	0	0	0	0	0
Jon Hanson	2001	0	5	1	0	1	0	0
Kris Carson	2002	0	0	0	0	0	0	0
Mikey Fornicoia	2002	107	31	231	166	84	44	491
Mic Hale	2002	0	1	0	0	0	0	0
Wade Halvorsen	2002	1	0	1	0	1	1	6
Eric Lemm	2002	38	37	53	26	24	16	173
David Pudwill	2002	11	12	10	1	0	4	51
John Getzke	2003	78	46	138	79	50	40	368
Nate Kocer	2003	55	25	71	31	55	45	310
Andrew Lenertz	2003	5	5	12	4	5	2	24
Kevin McBride	2003	110	84	111	89	65	39	307
Chris Shuck	2003	64	59	194	35	17	16	252
Jud Turk	2003	53	57	110	63	26	16	223
James Voyles	2003	50	28	107	12	11	15	213
Jason Berve	2004	0	1	0	0	0	0	0
Pat Dea	2004	79	57	151	123	69	42	322
Kevin Eich	2004	71	61	167	47	26	18	290
Jeremiah Foertsch	2004	48	57	97	50	50	26	228
David Grogg	2004	7	16	14	4	4	3	30
Fred Hwang	2004	12	23	15	9	7	11	74
Ryan Langlais	2004	139	54	449	112	50	55	621
Andy Tighe	2004	2	0	0	0	0	0	12
Cory Wagner	2004	13	12	15	9	7	11	74
Brain Wallenta	2004	4	3	3	3	1	2	24
Tom Chies	2005	12	27	19	9	21	2	48
Steve McMoore	2005	6	8	15	7	9	2	25
Ryan Ruckdashel	2005	54	29	76	30	10	36	292
Sam Voyles	2005	15	12	33	14	8	7	74
Kyle Wilson	2005	19	45	44	8	22	9	97
Justin Armstrong	2006	7	5	4	3	4	5	42
Chris Becker	2006	4	10	3	4	2	1	18
Chad Eul	2006	31	23	40	24	18	17	160
Chris Griegg	2006	20	41	27	15	15	8	98
Minh Huynh	2006	100	32	160	148	53	42	458
John Makabe	2006	90	33	190	60	45	47	442
Andrew Nelson	2006	49	44	54	48	46	23	216
Josh Nelson	2006	60	52	156	68	25	20	254
Dillon Powell	2006	32	19	85	21	13	16	149
Abebe Dessalegn	2007	36	24	89	35	13	21	178
Dan Getzke	2007	70	35	142	101	36	39	326
Jacob Nelson	2007	65	25	103	75	35	23	304
Jeff Hanson	2007	1	2	3	0	1	0	3
Andrew Pudwill	2007	12	21	18	3	5	7	61
Alex Bakardjiev	2008	1	7	0	0	2	1	6
Dino Blundetto	2008	18	37	36	11	4	14	105
Scott Kenning	2008	20	30	31	13	11	13	104
David Ly	2008	35	40	53	29	30	16	155

NAME	YEAR	WINS	LOSSES	TD	NF	R	FALLS	TEAMPTS
Tony Nguyen	2008	7	8	10	2	1	2	39
Brian Okonek	2008	55	51	91	37	35	27	261
James Pudwill	2008	37	40	54	24	16	26	189
Pat Cox	2009	0	6	1	0	3	0	0
Matt Franson	2009	11	12	15	6	4	7	59
Ty Groskreutz	2009	65	43	92	59	22	41	323
Scott Hogan	2009	129	25	252	145	75	66	606
Billy Kor	2009	15	24	32	2	8	2	61
Bobby Ladd	2009	21	23	24	11	22	11	100
Dijon Sanders	2009	58	44	74	21	39	17	240
Carl Brown	2010	0	2	0	0	0	0	0
Nick Dodd	2010	37	42	49	28	35	19	170
Cody Groskreutz	2010	82	48	180	58	46	26	341
Alec Johnson	2010	22	25	25	24	26	14	118
Peter Nguyen	2010	48	35	67	50	27	29	249
Neils Pederson	2010	86	35	200	50	50	28	373
Steven Phomphackdy	2010	21	18	29	16	15	6	83
DJ Schliesman	2010	16	30	19	6	11	8	78
Joey Scott	2010	44	46	56	26	17	16	192
Alec Teagarden	2010	8	12	17	5	8	4	36
Josh Weinberg	2010	64	29	74	126	87	27	298
Rob Wietecha	2010	14	23	30	3	7	5	57
Derek Becker	2011	13	18	27	8	8	5	58
Josh Blake	2011	29	18	33	40	31	17	147
Erik Ehresmann	2011	53	31	79	31	10	35	269
Jack Lesch	2011	0	2	2	0	0	0	0
Alex Mitchell	2011	0	0	0	0	0	0	0
Mike Schliesman	2011	0	1	0	0	0	0	0
Ben Schmitz	2011	21	21	33	24	14	5	84
Marcus Shaw	2011	0	0	0	0	0	0	0



EASTVIEW WRESTLING RECOGNITIONS

ALL CONFERENCE

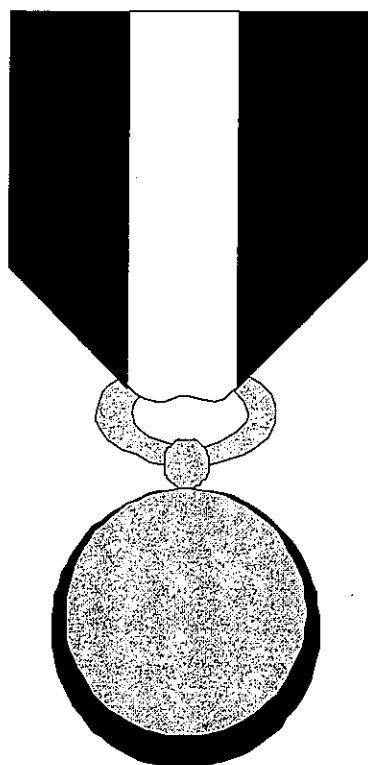
Tony Rodin (2x)
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 Nate Ernst
 Adam Fokken (4x)
 David Rasmussen
 Mikey Fornicoia
 Eric Lemm
 James Voyles
 John Getzke
 Nate Kocer
 Kevin McBride
 Ryan Langlais (2x)
 Minh Huynh (2x)
 John Makabe(2x)
 Ryan Ruckdashel
 Scott Hogan (3x)
 Jacob Nelson
 Andrew Nelson
 Dan Getzke (2x)
 Chad Eul
 Bryan Okonek
 Mitch Rechtzigel (2x)
 Nels Pederson
 Josh Weinberg
 Erik Ehresmann

SECTIONS CHAMPIONS

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

STATE QUALIFIERS

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



Season Captains & Team Motto

Year	Captains	Motto
1998	Matt McDonald, Joe Theisen	<i>Lightning Strikes</i>
1999	Tony Rodin, Joe Theisen	<i>Attitude and Effort</i>
2000	Nate Ernst, Brad Okonek, Adam Fokken	<i>Team 2000: Paving the Way</i>
2001	Adam Fokken, Mikey Fornicoia	<i>Courage to Succeed</i>
2002	Mikey Fornicoia, John Getzke, Eric Lemm	<i>Mission Possible: 2002</i>
2003	John Getzke, Kevin McBride, Jud Turk, James Voyles	<i>Fight! Inch ... By ... Inch</i>
2004	Kevin Eich, Jeremiah Foertsch, Ryan Langlais, Tyler Cookas	<i>The Long March</i>
2005	Ryan Ruckdashel, Sam Voyles, Kyle Wilson	<i>No Guts, No Glory</i>
2006	Chad Eul, Minh Huynh, Josh Nelson	<i>Our Vision, Our Mission</i>
2007	Dan Getzke, Jake Nelson	<i>Storm The Matt</i>
2008	Bryan Okonek	<i>Prepare for Battle</i>
2009	Scott Hogan, Ty Groskretz,	<i>Something More</i>
2010	Cody Groskretz, Nels Pederson	<i>Eye of the Storm</i>
2011	Mitch Rehtzigal, Josh Blake, Ben Schmitz	<i>Trained Tough</i>

Season Records / Conference Place

	Wins	Losses	Ties	Conf. Wins	Conf. Place	State Qualifiers
1998	3	19	1	1	9 th	1
1999	6	14	1	2	7 th	2
2000	18	4	0	7	2 nd	3
2001	14	8	0	5	5 th	4
2002	16	9	0	6	4 th	3
2003	21	5	1	7	2 nd	4
2004	13	15	0	4	5 th	3
2005	12	14	0	3	7 th	3
2006	24	7	0	8	2 nd	3
2007	13	7	0	5	4 th	3
2008	14	10	0	5	4 th	0
2009	18	9	0	7	2 nd	2
2010	21	6	0	8	2 nd	0
2011	14	13	0	4	4 th	0
				207 wins	140 losses	.596 winning percentage

Season Awards

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
2007	Jacob Nelson & Dan Getzke
2008	Scott Hogan
2009	Scott Hogan
2010	Nels Pederson

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
2007	Jeff Hanson
2008	Josh Weiberg
2009	Nick Dodd
2010	Alec Teagarden

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	Trever Sutherland
2006	Scott Hogan
2007	Cody Groskretz
2008	Matt Galloway
2009	Brad Hogan
2010	Anthony Munos

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
2007	Dijon Sanders
2008	Nels Pederson
2009	Nels Pederson & Josh Weinberg
2010	Eric Ehresmann

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
2008	Bryan Okonek & David Ly
2007	Abebe Dessalegn & Andrew Pudwell
2009	Bobby Ladd & Matt Franson
2010	Nick Dodd & Cody Groskretz

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
2007	Joey Scott
2008	Nick Dodd
2010	Jacob Rukavina

Wrestling Manager Hall of Fame

2000	Erinn Roos
2001	Rachel Davis
2003	Kari Okonek
2006	Ashley Langlais
2009	Libby Carroll
2010	Brooke Larson & Sara Olson

Wrestling Scholarship Recipients

2005	Kyle Wilson
2006	John Makabe
2007	Jacob Nelson
2008	David Ly
2009	Robert Ladd
2010	Nick Dodd

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!

Eastview Distinguished Athletes



Adam Fokken

Football, Wrestling & Track
2001 Athlete of the Year
2001 Scholar Athlete
2000 4th Place State - 189 lbs.
2001 State Champion - 189 lbs.



Ryan Langlais

Football, Wrestling & Baseball
2004 Athlete of the Year
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



Scott Hogan

Soccer & Wrestling
Distinguished Athlete
129 Career Wins
Team Captain



Ty Groskreutz

Football, Wrestling & Baseball
2001 Scholar Athlete
3 Sport Letter Winner
Team Captain



Cody Groskreutz

Wrestling & Baseball
Athlete of the Year
82 Career Wins
Team Captain 2010

2010 Alumni



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.



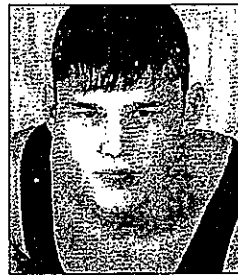
Adam Fokken
2000 - 4th Place 189 lbs.
2001 - State Champ 189 lbs.



Mikey Fornicoia
2002 - 6th Place
130 lbs.



John Getzke
2003 - 5th Place
152 lbs.



Nate Kocer
2003 - 6th Place
189 lbs.



Minh Huynh
2005 - 4th Place
103 lbs.

Section Champions

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



RosemountPatch

Covering the community of Rosemount, MN

SCHOOLS, SPORTS

Irish Wrestlers Use Experience, Bonus Points to Beat Eastview 39-24

Rosemount won the first five matches of the night en route to a 9-5 overall win

By Jeff Roberts 9:55am

The Rosemount High School gymnasium hummed amidst the buzz of a heated rivalry on Wednesday night.

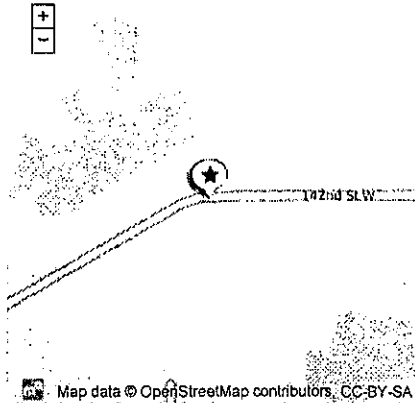
Varsity wrestlers from Rosemount defeated 39-24 their counterparts from Eastview High School in a conference meet that pitted experience against youth.

The Irish won nine of 14 matches – including the first five in a row – thanks to a series of bonus points and two overtime wins.

"We knew we had a shot to beat Eastview but only if everything went perfectly," explained Rosemount head coach, Brett Larson. "The matches at 145 and 152 (pounds) were key tonight. Our 152 wrestler (Adam Jackson, Grade 11) beat the #5 ranked kid in the state (Mitch Rehtzigel, Grade 11). That was huge."



PHOTOS (6)



Map data © OpenStreetMap contributors, CC-BY-SA

Rosemount senior captain, Paul Domeier, pinned Eastview's Chris Bechley in one of the night's most dominant performances for the Irish.

"We always try to come out strong against Eastview," said Domeier. "Our goal is always compete, whether that's in practice or against opponents. Our success is a real credit to our coaching staff. They always push us, even when we want to quit."

Eastview is a program that is very much in the middle of rebuilding. After losing eight starting wrestlers from the 2009-10 season the Lightning are 8-6 this season and trying to keep things in perspective.

"We are just looking to get better everyday. We need to continue to work hard in practice and get better when it matters," explained Eastview head coach, Kurt Habeck.

Eastview's inexperience was once again a factor in tonight's meet.

"We don't match up well (in the lower weight classes) which is where they are really tough," explained Eastview head coach, Kurt Habeck.

"But we also left some matches on the mat tonight," Habeck said. "I was very disappointed in the 152 (pounds) match. I thought the referee got too involved. I thought he could have let the kids wrestle a bit more."

Eastview's performance, however, was not without its highlights. Senior heavyweight Erik Ehresmann pinned Rosemount senior captain, John Bishop, in the last match of the night.

The upset victory, which likely came as a surprise to everyone in attendance, allowed the Lightning to keep the final score respectable and gave Habeck reason for encouragement. "We won five matches and lost two in overtime. If we win those two, then its a 7-7 meet and I would have been happy."

Interested in a follow-up to this article?



SEE NEXT IN SCHOOLS

Rosemount Alternative Learning School Wins 'Classroom of the Future'

Rock.

Eastview

Last season had several highlights for the Lightning wrestling squad. The team was named Academic State Champions with the highest team GPA for the third time. They also had seven wrestlers finish in third place and three in fourth in the Section 3AAA individual meet.

The trouble is only the top two wrestlers move on to state.

Section 3AAA is a tough bracket to break through. You have one of the best teams in the nation in Apple Valley and one of the best in the state in Hastings in your way.

The Lightning know it's not going to be easy, but they have a deep lineup again this season.

THISWEEK December 17, 2010 17A

Two of those wrestlers who finished in third place at sections are back on the mat this season - Jacob Rukavina and Mitch Rehtzigel.

Other returning wrestlers - Chris Bechly, BJ Groskreutz and Erik Ehresmann - also placed in sections last season.

The Lightning went 2-1 at the Northfield Duals last weekend, besting Bloomington Kennedy/Jefferson 36-31 and Northfield 32-30, but they lost to Faribault 35-33.

Ehresmann, Chris Bechly, Richtzigel and Groskreutz all went undefeated during the duals.

The Lightning will head to Richfield on Saturday for another dual.

Andy Rogers is at andy.rogers@ecm-inc.com.

Eastview

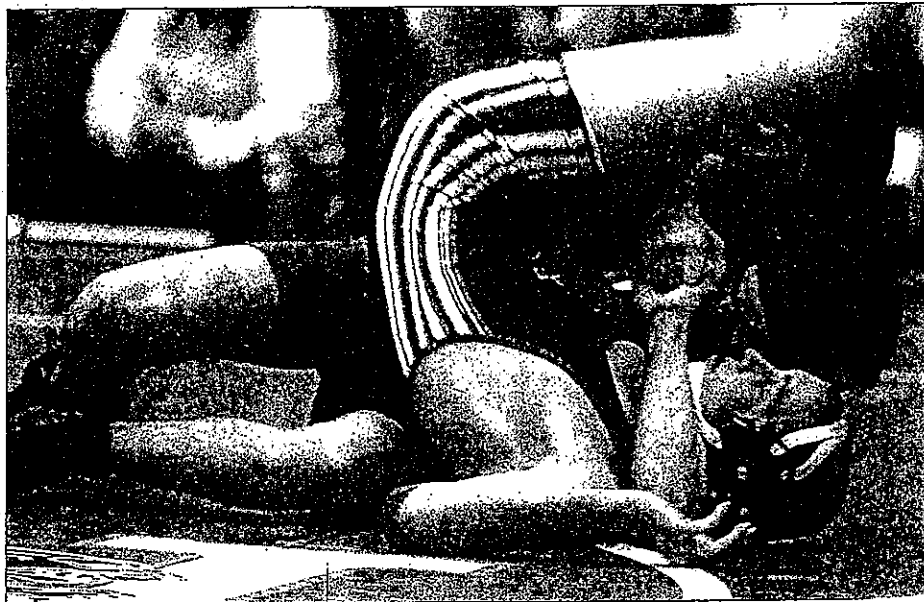
The Eastview wrestling team finished 21st out of 54 teams and 12th in Division 1 at the Bi-State Classic Dec. 29 and 30 in La Crosse, Wis.

Mitch Rehtzigel earned his 100th win by defeating Ryan Smith of Hudson 2-1 in the seventh-place match.

Erik Ehresmann was ninth and Jacob Rukavina 10th in their respective weight classes. BJ Groskreutz, Derek Becker and Josh Blake were all 13th.

Eastview's Mitch Rehtzigel was champion at 152. Rehtzigel recently earned his 100th career victory at the Bi-State Classic over the holiday break. The Lightning's Josh Blake won by fall in the 171-pound championship match.

Wrestlers ready for sections



Photos by Andy Rogers

Eastview's BJ Groskreutz (above) pins his opponent against Lakeville North on Feb. 3, helping his team win 44-24. The team will compete in the Section 3AAA team meet Feb. 19 at Apple Valley High School with Burnsville, Eagan, Hastings, Henry Sibley, Park, Rosemount and host Apple Valley.

Commitment To Excellence

How good do you want to be? If your answer is, "good enough to get by," than a commitment to excellence is not necessary, but if your completely honest answer is, "the best," you must make a total commitment to excellence.

Wrestlers are born with varying degrees of natural ability. Sacrifice and a commitment to excellence are required to develop that ability. Time, hard work, continuous practice and repetition all go into the making of a good athlete.

To be a winner you must be willing to make sacrifices. This means maintaining good training habits, getting the proper amount of rest, and eating a balanced diet.

You can be as great as you want to be. If you believe in yourself and have the courage, determination, dedication, competitive drive, and if you are willing to give up the little things in life to accomplish an ultimate goal down the road, you will succeed!

In our years of involvement in athletics, we have seen athletes make a sincere commitment to excellence. They had a burning desire to be not just good, but great. They craved coaching. They wanted to learn a new wrestling move every day. They worked harder than the other wrestlers during the season and they never stopped working in the offseason. They went out of their way to look for tougher competition. Finally, they were stubborn – they refused to settle for anything less than the best.

As a result, each was a big winner. There was no luck or chance involved; these wrestlers worked hard so they would always have an edge when they went into their matches. They knew they would win...and they did.

MAKE A COMMITMENT TO EXCELLENCE!

A commitment to excellence means you must be willing to work hard, to push yourself physically until it hurts. We believe that any wrestler who walks off the mat after a full match and is not physically spent has not worked to his physical potential.

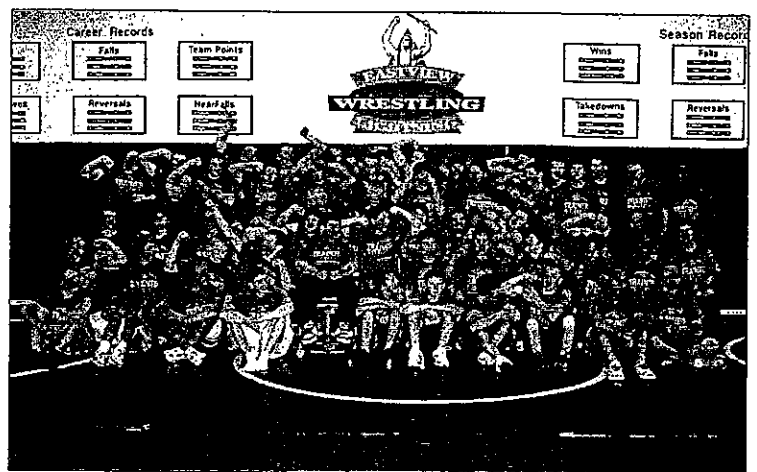
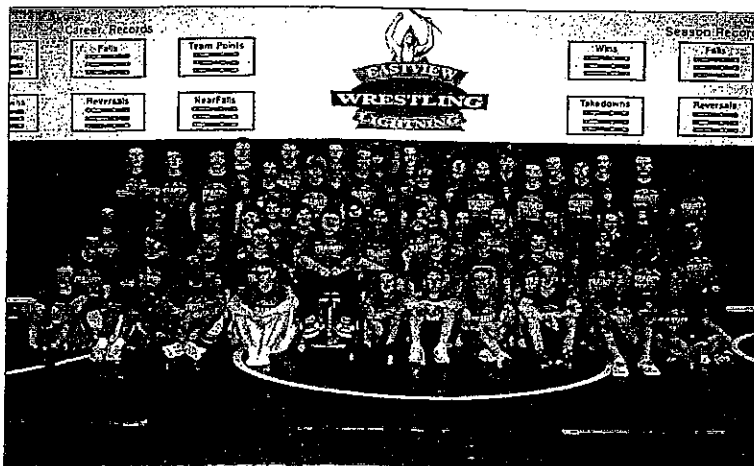
If you have a true commitment to excellence you will give up anything that does not help you become better as an athlete or a person. Don't be content with mediocrity- strive to live up to the greatness within you.

COMMITMENT NIGHT: This is a night for you to pledge your commitment to excellence in the Eastview Wrestling program. This night will involve activities that encourage you to reflect on your goals and to discuss what it will take to reach those goals. Also, this night will emphasize each wrestler's commitment to the whole team. We depend upon each wrestler to succeed. Your complete commitment is crucial to the success of the team. You deserve to give yourself the best opportunity to succeed. **BE THE BEST YOU CAN BE!**

The great coach Vince Lombardi had this to say about making the commitment to excellence:

"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 game, 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.

"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 Night 2010