

# Eastview WRESTLING

## 2008-2009



[www.eastviewwrestling.com](http://www.eastviewwrestling.com)

SOMETHING MORE!



## 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



Randall Peterson  
Principal



Kim Martinson  
Associate Principal



Bruce Miller  
Assistant Principal



Rob Franchino  
Assistant Principal



Matt Percival  
Assistant Principal



Jodi Hanson  
Teacher on  
Special Assignment

This program is sponsored by the Eastview Wrestling Association.

## SOMETHING MORE!



2008-2009 Team Photo

## Something More!

By Nick Fornicoia

Last spring, the coaches, captains, and upperclassmen talked about wanting to accomplish more this year. We all came to the realization that to accomplish more we need to invest more and that is how this year's motto came to fruition. Eastview's motto for the 2008-2009 season is "SOMETHING MORE". We feel "SOMETHING MORE" encapsulates both the goal of accomplishing more **and** investing more.

This past offseason, we have already made an investment toward accomplishing more. This past offseason, we have already done SOMETHING MORE!

- Scott Hogan wrestled at the High School National tournament in Virginia Beach, Virginia winning 3 matches.
- We had 10 wrestlers regularly attend the regional training practices at Augsburg College.
- Eastview had 16 Training Sessions this summer with about 25 wrestlers attending each one.
- Ben Bowar made the Minnesota Storm Greco-Roman Cadet National team traveling to Missouri for Team competition and Fargo for individual nationals. Ben placed 5<sup>th</sup> place earning All-American honors.
- 19 Wrestlers traveled to Missouri for Team Camp earning 2<sup>nd</sup> place in the pool.
- An average of 28 wrestlers attended the Sunday Captain's practices!
- 6 wrestlers made the Off-Season Club which is a demanding combination of wrestling commitments.
- The coaching staff met several times this past spring, summer and fall creating ways to better prepare each wrestler.

The season has started and we are still looking to do "SOMETHING MORE" on a daily basis. Each wrestler can do "SOMETHING MORE"! You can:

- Work as hard as you possibly can in practice!
- Do 1 more repetition in the weight room when you are exhausted.
- Drill 10 Single leg shots after practice alone or better yet grab a partner.
- Drill 10 Stand-ups in your living room during a commercial break.
- Watch video and evaluate things you did well and things you can improve.

We cannot control many outside factors in wrestling like who our opponent is, the referee or a late bus, but we can control our effort preparing for the match and our effort in the match. By doing "SOMETHING MORE" every day we prepare ourselves to overcome those outside forces. When we push ourselves beyond what we thought possible, we have truly accomplished great things. Winning will take care of itself. We need to make sure we give something extra!

"SOMETHING MORE" is not just a season motto. It is an everyday attitude!





### 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 eighteen 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 14 year old daughter named Hannah, a 11 year old son named Zachary, 8 year old daughter named Erin, and a year old 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 twelfth 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 an 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, coaching and running marathons. Nick and his wife Mara welcomed their first child, Sofia, this past summer.



### Travis Lee-Assistant Coach

Travis Lee, originally from Kensington, Minnesota, is in his eleventh year as a math teacher and assistant wrestling coach at Eastview High School. In addition to teaching Algebra 1 and Geometry, he coaches 9th grade football. 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, run, and participate in many outdoor activities. Travis and his wife, Sara, have a one year old son named Spencer.



### Todd Frost-Assistant Coach

Coach Todd Frost, is from New York Mills, MN, is in his eight 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 two kids Cole 4, and Aiden 1. 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 outdoors and water sports.



### Jared Cooley-Assistant Coach

Jared is a native of Westbrook, Minnesota and is in his sixth year of coaching. Jared came to Eastview from Southwest State University in Marshall, MN. While earning his Bachelor Degree in Exercise Science, he made two trips to the NCAA II tournament, coming home once an All-American. In high school he made two trips to the State Tournament, coming home with a silver medal. Other sports included football, baseball, and track. Jared and his wife Lindsay have a two-year old son, Talon and a 5 month old daughter, Ayla. In his spare time he enjoys spending time with his family, going to the lake cabin and doing many outdoor activities.



### Adam Fokken-Assistant Coach

Adam is from Eagan, MN and is coaching for Eastview for the third time this year. He is a class of 2001 Eastview alumni, where he participated in Football, Wrestling, and Track. Adam earned Eastview's first wrestling state championship. Adam was Eastview's Male Athlete of the Year of 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 looks forward to his third year of coaching Eastview wrestling.



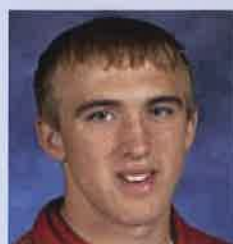
### Josh Nelson-Assistant Coach

Coach Josh Nelson is in his third 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 Physical Education. In High School Josh wrestled all four years, and was a three time varsity starter, and was also captain senior year. In his free time he enjoys fishing, wakeboarding, snowboarding, working out, and watching movies.



### Kevin McBride-Assistant Coach

Kevin McBride is in his second year for coaching at Eastview. He Graduated from Eastview in 2003, where he participated in wrestling his junior and senior year, he was a 2x letter winner, and captain his senior year. Kevin then went to Concordia College Moorhead MN where he competed in Div. III wrestling. Kevin posted the quickest Fall: 13sec. He was voted captain for his junior and senior year, and was a 3x Regional place winner.



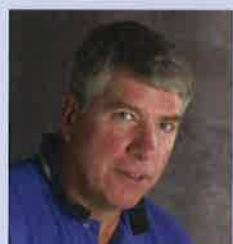
### Chad Eul-Assistant Coach

Chad is in his second year of coaching at Eastview. He graduated from Eastview in 2006, where he was captain and State Qualifier. Chad also participated in football and baseball. Chad currently is attending Gustavus Adolphus College and is playing baseball.



### Brad Peterson

Coach Peterson is a first year coach at Eastview. He graduated from Simley HS in 1998. Upon graduation he went on to wrestle for the Div III U.S. Coast Guard Bears. After a 7-0 start he suffered a knee injury and moved on to the real Coast Guard. After the injury healed Coach started a 7 year stint in Mixed Martial Arts (MMA). During that time he coached at Tawas HS in Tawas, MI and also in Bayfield, WI at their High School. Now home from the Military he attends Dakota County Tech where he will graduate in May as an Electrical Lineman. In his free time you'll find on the Golf course, softball field or hunting.



### Doug Nelson - Athletic Trainer

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



Coaches 2009



## EASTVIEW LIGHTNING DUALS - 2008



# EASTVIEW WRESTLING

Captains: Ty Groskreutz & Scott Hogan

2008-2009 Season

### Eighth Grade

Munos, Anthony

### Freshman

Bechly, Chris  
Cabrera, Jose  
Cole, Brendan  
Carpenter, Michael  
Decovich, Evan  
Deinhammer, Mitch  
Foreman, Adam  
Garcia, Edgar  
Groskreutz, Bj  
Groskreutz, Zach  
Henning, Matt  
Hogan, Brad  
Howard, Greg  
Hudak, Justin  
Kuefler, Devon  
Kyle, Charles  
Ladd, Matthew  
Larocque, Carson  
Lawrence, Billy  
Matsushashi, Kai  
Pham, Paul  
Rechtzigel, Mitch

Rodriguez, Jose  
Schmidt, Matt  
Underdahl, Collin  
Zelenak, Nick

### Sophomores

Allen, Lucas  
Cox, Derrick  
Ehresmann, Erik  
Galloway, Matt  
Gottwig, Quincy  
Hannan, Jake  
Higgins, Sam  
Humphries, Jordan  
Lesch, Jack  
Meyers, Josh  
Schliesman, Mike  
Schmitz, Ben  
Smith, Tyler

### Juniors

Brown, Carl  
Decovich, Matt  
Dodd, Nick  
Groskreutz, Cody  
Hensley, Tom

Johnson, Alec  
Keomongkoth, Allen  
King, Max  
Mako, Nick  
Nguyen, Peter  
Pederson, Nels  
Phomphackdy, Steven  
Schliesman, DJ  
Scott, Joey  
Teagarden, Alec  
Tse, Cameron  
Weinberg, Josh  
Wietecha, Rob

### Seniors

Cox, Pat  
Franson, Matt  
Gray, Byron  
Groskreutz, Ty  
Hogan, Scott  
Kor, Billy  
Ladd, Robert

### PRINCIPAL

Dr. Randall Peterson

### Athletic Director

Matt Percival

### Coaches

Kurt Habeck  
Nick Fornicoia  
Todd Frost  
Travis Lee  
Jared Cooley  
Adam Fokken  
Brad Okonek  
Josh Nelson  
Kevin McBride  
Chad Eul  
Brad Peterson

### Nickname

Lightning

### School Colors

Black, Blue, Silver, White

### Senior Managers

Libby Carroll  
Allissa Jonker

### Conference

Lake

### Section

3AAA

### Board of Education

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

### Superintendent

John Currie



Class of 2009



# LIGHTNING WRESTLING



## Ty Groskreutz

Ty, a senior and 3X letter winner, was All-Conference Honorable Mention as a sophomore. Ty has been a 3 sport athlete all through his high school years. He also competes in football and baseball.

## CAPTAINS



## LETTERMEN



## Pat Cox

Pat, a senior, has wrestled all four years at Eastview. Throughout his career, he has been a solid contributor to the JV team. Patrick is also a former recipient of Eastview Wrestling's prestigious John Rodin Service Award.



## Matt Franson

Senior wrestler Matt Franson returns as a letter winner from last season. He shared time in the varsity line up last year with a couple of other wrestlers.



## Matt Decovich

A junior, Matt, is a leader by example in the wrestling room. His work ethic was able to come through in his JV individual tourney championships. Matt is expected to wrestle at 171 and 189 this season.



## Scott Hogan

Scott, a senior, wrestled on varsity the past 3 seasons, earning All-Conference honors three times, and placing 3<sup>rd</sup> at sections the past two years behind two state place winners each year. Scott also plays soccer in the fall.



## Bobby Ladd

Senior wrestler Bobby Ladd saw limited mat time last season due to injury. When he was healthy, he was able to find some varsity time.



## Nick Dodd

Nick, a junior, returned to the sport of wrestling in ninth grade. He broke through to the varsity team last season and competed most of the year at that level. Nick will most likely break the line up at 140 or 145 this year.



## Cody Groskreutz

Cody, another 2-time letter winning junior, missed much of last season due to injury. He has been on the mat a lot in the off season and is back to 100%. Cody is another three sport athlete. He also competes in football and baseball.



## Tom Hensley

Tom returns from an outstanding season on JV that also included some varsity success. Tom is also a contributor to the success of the Eastview Football team. This season, he is expected to compete at 215 and 285.



## Alec Johnson

Alec, a junior, rotated in the varsity line up last season. When he wasn't on varsity, he excelled on JV. He is expected to compete at 140 and 145 this season.



## Peter Nguyen

Peter, a junior, also saw some varsity time last season and excelled on JV when he wrestled with them. He is looking to find a spot at 119 or 125 this year.



## Nels Pederson

Nels, a junior, began wrestling in ninth grade. Since then, he has quickly grasped the sport wrestling varsity all last season and earning All Conference Honorable Mention last year. Nels has high goals after putting in a lot of quality time in the off season.



## Steven Phomphackdy

Junior Stephen Phomphackdy was the Team Points leader on the JV team last season and took advantage of the limited varsity opportunities that he had last year. He is expected to wrestle at 125 or 130 this year.



## DJ Schliesman

DJ, a junior wrestler, was a leader by example on the JV team last season. DJ is another three sport athlete who participates in football and lacrosse. He is expected to wrestle at 215 this year.



## Joey Scott

Junior Joey split time between JV and varsity last season and found success at both levels. A member of Eastview's elite 3D Club last season explains his commitment and work ethic. He is expected to compete at 189 to start the season.

# LIGHTNING WRESTLING

## LETTERMEN



## Alec Teagarden

Alec, a junior, saw some varsity time last season and is looking for more this year. He is up and coming at the 145 pound weight class.



## Josh Weinberg

Josh, a junior, enters his third year as a wrestler and already is making an impact. As last season's JV MVP, he has set high goals for this year and has already been working hard towards those goals. Expect to see Josh at 160 this year.



## Rob Wietecha

Junior Rob Wietecha is also entering his third season as a wrestler. Coming off a solid JV season last year, he is looking to keep improving and find more time on the varsity mat. Look for Rob at 189 at the beginning of the season.



## Matt Galloway

Galloway, our lone sophomore letter winner, had good success last year on the ninth grade team, the JV team, and worked his way on the varsity team at the end of the season. Placing at the section meet last year has left Matt looking for "Something More".



## Brad Hogan

Brad, a ninth grader, wrestled all last season on the varsity team at 103. He found great success with over 20 wins, earning All Conference Honorable Mention, and placing 4<sup>th</sup> at the section tournament. Expect Brad to wrestle 112 and 119 this year.



## Mitch Rechtzigal

Freshman Mitch Rechtzigal was a force at the 112 pound weight class last season. He had over 20 wins, earned All Conference Honorable Mention, and placed 5<sup>th</sup> at sections. Mitch will start the season at 125 and might move down to 119.

## SECTION 3AAA ACADEMIC TEAM

103 Brad Hogan  
112 Mitch Rechtzigal  
119 Scott Hogan  
135 Matt Galloway  
145 Nels Pederson  
152 Bryan Okonek





# LIGHTNING WRESTLING

## Minnesota Ninth Grade and Under Wrestling League



FRESHMEN TEAM 2008-2009

### 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  
2007 - State Team 8th Place



### 9th Grade State Individual Championships

1999 - 11th Place  
2001 - State Champions  
2005 - 3rd Place

### FRESHMEN SCHEDULE 2008-2009

DATE	OPPONENT	SITE	TIME
Monday, Nov. 24	Practice Begins		
Friday, Dec. 5	Intra Squad Meet (Parent Open House)	Eastview	7:30 pm
Saturday, Dec. 6	Burnsville Open	Burnsville	9:30 am
Tuesday, Dec. 9	Park / Tartan	Park H.S.	4:30 pm
Sunday, Dec. 14	Spaghetti Dinner / Silent Auction	Rosemount Legion	5:00 pm
Tuesday, Dec. 16	Hastings / Eagan	Eastview	4:30 pm
Saturday, Dec. 20	Rosemount Duals	Rosemount	9:00 am
Tuesday, Jan. 6	Rosemount / Simley	Hastings	4:30 pm
Saturday, Jan. 10	Eastview Tournament	Eastview	9:00 am
Monday, Jan. 12	Richfield / Burnsville	Eastview	4:30 pm
Saturday, Jan. 24	State Team Tournament (Need to qualify)	Hastings	9:30 am
Sunday, Jan. 25	Eastview (K-8) Tournament	Eastview	10:00 am
Saturday, Jan. 31	Region 4 Tournament	Richfield	9:00 am
Saturday, Feb. 7	State Individual Tournament (Need to qualify)	Champlin Park	
Sunday, April 5	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 Lattner  
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

**2007**  
Brad Hogan - 6th Place  
Ben Bowar - 6th Place  
Cody Groskreutz - 7th Place  
Joey Scott - 8th Place

**2008**  
Brad Hogan - 2nd Place  
Matt Galloway

# LIGHTNING SUPPORT

## Varsity and Junior Varsity Managers



Libby Carroll



Allissa Jonker



Brooke Larson



Caitlin Scott



Sara Olson

## Freshman Managers



Aquana Carpenter



Megan Auren



Annie Pearson



Alicia Patrick



Anthony Metz

## Varsity Videographer

### Board of Directors

Diana & Mike Hogan..... President  
Mary & Kevin Bowar..... VP Marketing/Comm.  
Kristen & Bill Dodd..... VP Marketing/Comm.  
Carol & Jon Rechtzigel..... VP Operations  
Dawn & Curt Galloway..... Treasure  
Karen Tulk & Gabriella Ladd..... Secretary  
Kevin & Debra Pederson..... Concessions Coordinator  
Nick Fornicoia..... ThunderBolts Liaison  
Travis Lee..... EVAA Liaison  
Shelly & Kurt Habeck..... EVHS Head Coach

### Grade Representatives

Carol & Steve Metz..... 7-8th Grade Rep.  
Sue & Dennis Bechly..... 9th Grade Rep.  
Bonnie & Joe Schmitz..... 10th Grade Rep.  
Maureen Hensley..... 11th Grade Rep.  
Jen & Rod Franson..... 12th Grade Rep.  
Sharon & Tom Getzke..... Alumni Rep.

### A message from the President...Eastview Wrestling Boosters

We are proud to serve again this year as president of the Eastview Wrestling Boosters. EWB is a strong, active organization of wrestling parents, coaches, school officials, business sponsors and wrestling enthusiasts who work together to support the wrestling program at Eastview High School. Our constant goal is to promote the sport of wrestling at Eastview and to facilitate a rewarding and memorable experience each season for our student athletes and their families.

EWB meets every month, and all wrestler parents are encouraged to attend and participate. Feel free to call us at 651-681-8798 with any questions you may have regarding meeting times or volunteer opportunities.

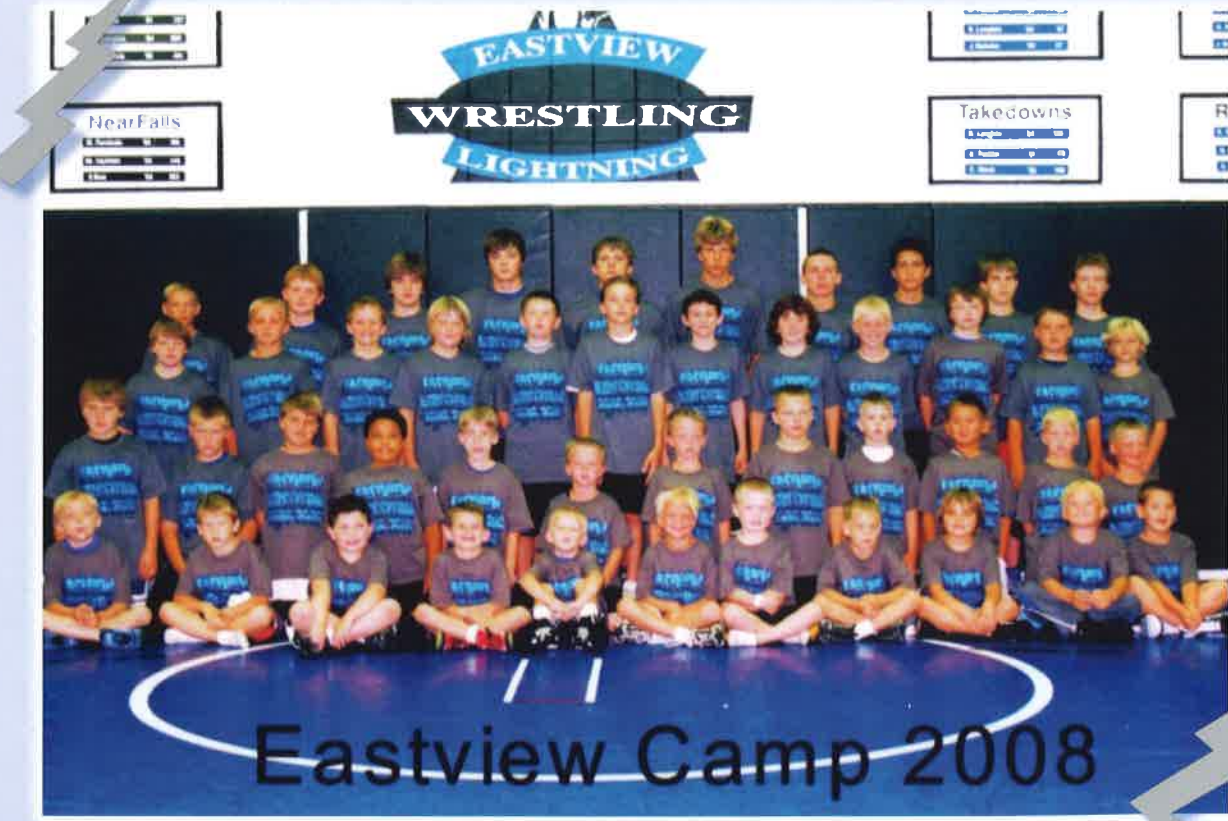
A special word of thanks to all of the Eastview parents who have volunteered their time and talents to serve on the EWB committees, board and leadership positions. Your support of Eastview wrestling, Middle School wrestling, EVAA wrestling, and Thunderbolts freestyle/greco wrestling is a critical factor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

The new wrestling season has begun, and the Eastview wrestling program promises to build on the successes of last season for the days to come.

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

Mike and Diana Hogan





Eastview Camp 2008



Missouri Camp 2008



# EASTVIEW WRESTLING PROGRAMS 2008-2009

## PRE-SEASON WRESTLING TRAINING SESSIONS

**SEASON SESSIONS** October 12, 19, 26, & November 2 @ Eastview High School  
**AGES** Sunday's, 5:00-6:15pm  
**REGISTER** 3<sup>rd</sup> - 8<sup>th</sup> Grade  
**LEVELS** Register by October 12<sup>th</sup>. Walk-ins accepted.  
**COST** Intermediate - Advanced  
**CONTACT** \$20 / 4 Sessions (Both Pre-Season & Advanced Sessions = \$40)  
 Kurt Habeck [kurt.habeck@district196.org](mailto:kurt.habeck@district196.org) (651) 683-6969 ext. 98669

## FREE WRESTLING CLINICS

**SEASON SESSIONS** October 23, 27, & 28 @ Eastview High School  
**AGES** Thursday, Monday, & Tuesday, 6:30-7:45pm  
**REGISTER** K - 6<sup>th</sup> Grade / 7-8<sup>th</sup> Grade  
**LEVELS** Register by October 23<sup>rd</sup>. Walk-ins accepted.  
**COST** Beginner - Intermediate - Advanced  
**CONTACT** FREE! Includes T-Shirt!  
 Travis Lee [travis.lee@district196.org](mailto:travis.lee@district196.org) (651) 683-6969 ext. 98623

## ADVANCED WRESTLING TRAINING SESSIONS

**SEASON SESSIONS** November 11, 18, 25, December 2, 9 @ Eastview High School  
**AGES** Tuesday's, 7:15-8:30pm  
**REGISTER** 3<sup>rd</sup> - 8<sup>th</sup> Grade (EVAA Wrestlers encouraged to attend)  
**LEVELS** Register by November 11<sup>th</sup>. Walk-ins accepted.  
**COST** Intermediate - Advanced  
**CONTACT** \$30 / 5 Sessions (\$20 if in EVAA). (Both Pre-Season & Advanced Sessions = \$40)  
 Kurt Habeck [kurt.habeck@district196.org](mailto:kurt.habeck@district196.org) (651) 683-6969 ext. 98669

## EVAA IN-HOUSE WRESTLING

**SEASON SESSIONS** November 3<sup>rd</sup>, December 16<sup>th</sup> @ Eastview High School  
**AGES** Monday (K-6), Tuesday (K-2), Thursday (3-6)  
**REGISTER** K - 6<sup>th</sup> Grade  
**LEVELS** By Nov. 1<sup>st</sup> online or at the Eastview Wrestling Clinic.  
**COST** Beginner - Intermediate - Advanced  
**CONTACT** \$60 Includes T-Shirt!  
 Travis Lee [travis.lee@district196.org](mailto:travis.lee@district196.org) (651) 683-6969 ext. 98623

## EASTVIEW TRAVELING WRESTLING

**SEASON SESSIONS** December 17<sup>th</sup> - March @ Eastview High School  
**AGES** Tuesday's & Thursday's, & Select Monday's  
**REGISTER** K-2<sup>nd</sup> Extension of In-House, 3<sup>rd</sup> - 8<sup>th</sup> Traveling Program  
**LEVELS** Register by the December 17<sup>th</sup> parent meeting. Walk-ins accepted.  
**COST** K-2<sup>nd</sup> (All Levels), 3<sup>rd</sup> - 8<sup>th</sup> (Intermediate - Advanced Levels)  
**CONTACT** K-2<sup>nd</sup> = \$65 & 3<sup>rd</sup>-8<sup>th</sup> = \$85 (\$10 discount if in Advanced Training Sessions)  
 Includes T-Shirt, Shorts, & (1-3) Tourney Fee(s).  
 Travis Lee [travis.lee@district196.org](mailto:travis.lee@district196.org) (651) 683-6969 ext. 98623

## THUNDERBOLTS FREESTYLE WRESTLING

**SEASON SESSIONS** March - April, @ Eastview High School  
**AGES** Tuesday's & Thursday's  
**REGISTER** 1<sup>st</sup> - 12<sup>th</sup> Grade  
**LEVELS** Register by March 10<sup>th</sup>. Walk-ins accepted.  
**COST** Intermediate - Advanced  
**CONTACT** \$65, Includes T-Shirt & Thunderbolts Tourney!  
 Nick Fornicola [nicholas.fornicola@district196.org](mailto:nicholas.fornicola@district196.org) (651) 683-6969 ext. 98679

## EASTVIEW SUMMER WRESTLING SESSIONS

**SEASON SESSIONS** June & July, @ Eastview High School  
**AGES** 13-15 Select Dates, Tuesday's & Thursday's  
**REGISTER** 6<sup>th</sup> - 12<sup>th</sup> Grade (2009-2010 School Year)  
**LEVELS** Register by May 26<sup>th</sup>. Walk-ins accepted.  
**COST** Beginner - Intermediate - Advanced  
**CONTACT** \$35 Includes T-Shirt  
 Kurt Habeck [kurt.habeck@district196.org](mailto:kurt.habeck@district196.org) (651) 683-6969 ext. 98669

## EASTVIEW SUMMER WRESTLING CAMP

**SEASON SESSIONS** July 20-23, @ Eastview High School  
**AGES** Monday-Tuesday-Wednesday-Thursday  
**REGISTER** 1<sup>st</sup> - 9<sup>th</sup> Grade (2009-2010 School Year)  
**LEVELS** Register by July 10<sup>th</sup>. Walk-ins accepted.  
**COST** Beginner - Intermediate - Advanced  
**CONTACT** \$50 Includes T-Shirt!  
 Kurt Habeck [kurt.habeck@district196.org](mailto:kurt.habeck@district196.org) (651) 683-6969 ext. 98669





# Eastview Lightning Wrestling Tournament

Sunday, January 25<sup>th</sup>, 2009  
Kids Folkstyle... Grades K – 8

## Location:

- ◆ Eastview High School  
6200 140<sup>th</sup> St. West  
Apple Valley, MN 55124
- ◆ Enter Lower SW Entrance, Door #1

## Tournament Procedures:

- ◆ Folkstyle Rules
- ◆ Divisions by Grade
- ◆ Four Man Brackets
- ◆ Round Robin (3 matches)
- ◆ Remain on the mat until finished
- ◆ 3 One-minute periods (1:00 SV Overtime)

## Awards:

- ◆ Large Trophies for 1<sup>st</sup> – 4<sup>th</sup> Place
- ◆ Awards immediately after wrestling.

## Folkstyle Tournament!

**Date:** Sunday, January 25<sup>th</sup>, 2009

**Age:** Grades K – 8<sup>th</sup>

**Weigh-Ins:** 10:30 am - 11:15 am

**Wrestling Begins:** 12:15 pm

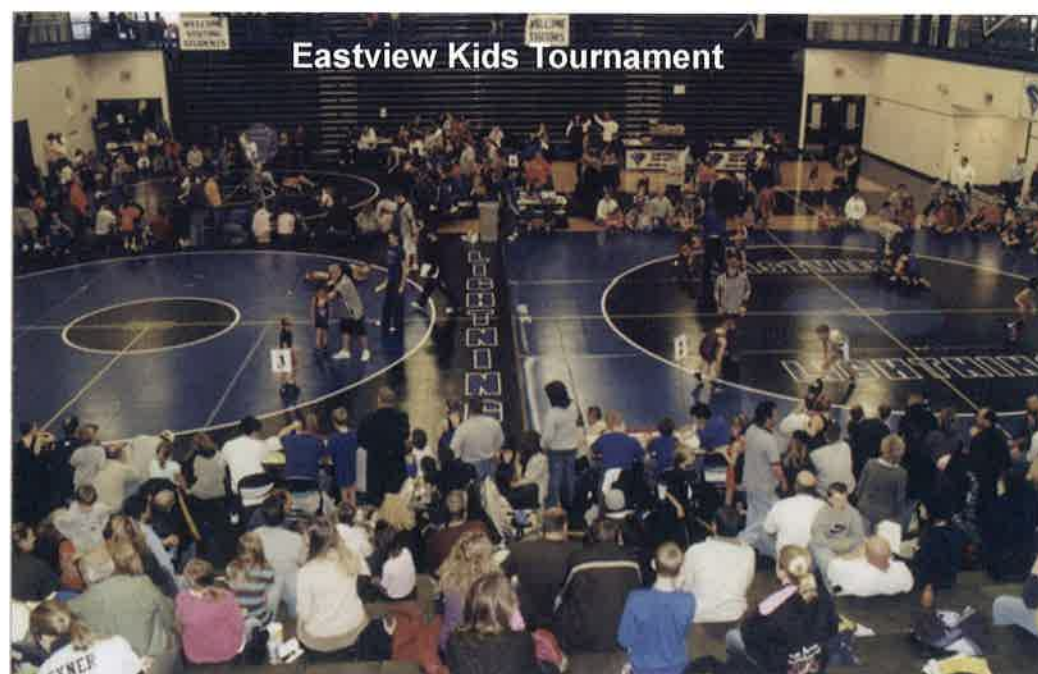
**Location:** Eastview High School

**Entry Fee:** \$12.00 / Wrestler  
Adults \$4.00

**Contact:** Dean Stockwell  
(H) 952 322-2259

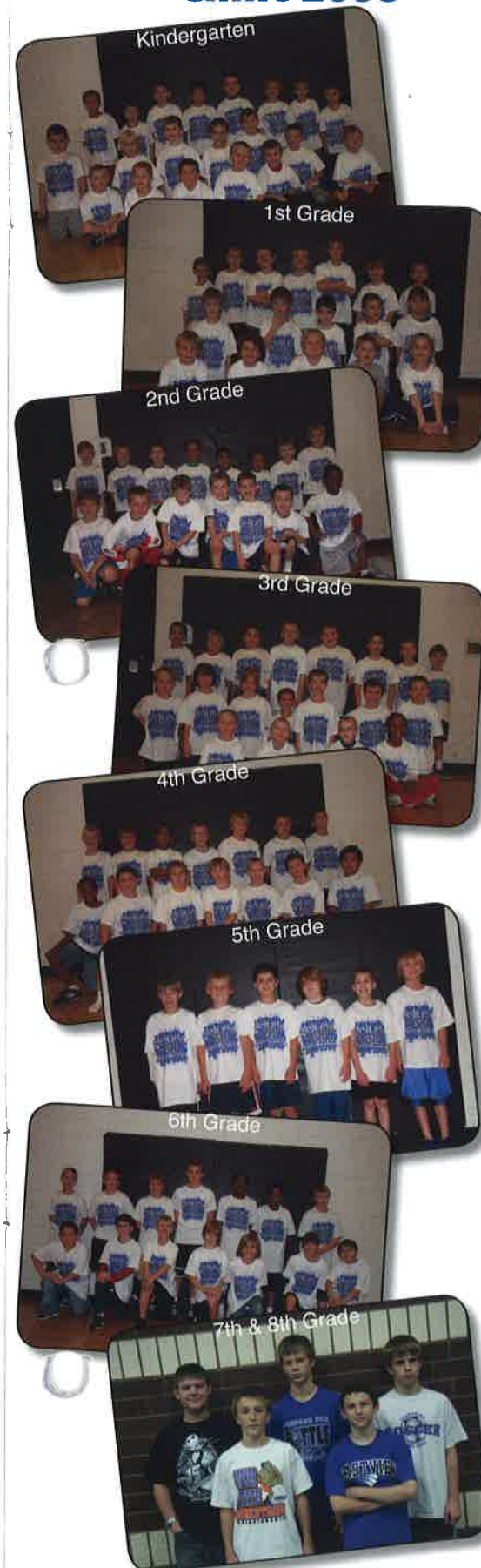
dean.stockwell@urscorp.com

**300+ PARTICIPANTS EACH YEAR**



## EASTVIEW WRESTLING

### EVHS Wrestling Clinic 2008



### EVAA Wrestling K - 2nd Grade



EV Badgers

### EVAA Wrestling 3rd - 6th Grade



EV Badgers



EV Gophers



EV Gophers



EV Hawkeyes



EV Hawkeyes



EV Wolverines



EV Wolverines



## MIDDLE SCHOOL WRESTLING

### Black Hawk Middle School

Coaches: Mike Hogan, Kerry Blaine



#### Black Hawk Panthers

Davis Arbogast  
Jacob Rukavina  
Marquise Burnett  
Victor Took  
Deon McCray  
Trevor Zimmerman  
Cody Keo  
Junno Luciano  
Marshall Lang  
Daniel Roy  
Duop Pidor  
Jacob Hathaway  
David Phompackdy  
Lee Mueller  
Josh Solano  
Josh Bleichner  
Alex Denis

### Falcon Ridge Middle School

Coach: Eriq Duong



#### Falcon Ridge Falcons

Al Rai, Adam	Kingsley, Ryan
Al Rai, Isaac	Lesch, Peter
Alber, Jakob	Mako, Patrick
Berg, Riley	Marks, Billy
Briones, Ivan	Mattison, Scott
Cabrera, Brian	Metz, Vicent
Collins, Caine	Moore, Dave
Creger, Zachary	Ogbeide, Ighedosa
David, Joe	Owen, Derrick
Garcia, Jack	Penders, Jack
Gonzalez, Anthony	Pipkins, James
Gross, Seth	Polus, Scott
Hogan, Kenny	Racz, Ryan
Hogan, Kevin	Soukhadong, Chris
Hooks, Quinn	Williams, Sharmar
Kenny, Trenton	Wilson, Eric



### Scott Highlands Middle School

Coaches: Greg Dravis, Mike Griffith

#### Scott Highlands Saints

Cave, Anthony	Mitchell, Adam
Lindgrin, Tyler	Spackman, Dan
Payette, Josh	Szymanski, Craig
Monaghan, Dan	Lorenz, Austin
Magnifico, Austin	Markraff, Matt
Cole, Tommy	Lentz, John
Cephas, Anferree	Groskruetz, Luke
Willert, Conner	Schumann, Kyle
Dravis, Derek	Anderson, Blake
Paxon, Nick	Ohmann, Andrew
Temte, Braylon	
Kiefler, Trey	

## EASTVIEW TRAVELING WRESTLING

K - 8th Grade • Jan.-March. • Program Director - Steve Praus

**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.

### 2007 EASTVIEW ELITE K-3



### 2007 EASTVIEW ELITE 4-8





# MN STATE WRESTLING 2008



EASTVIEW ELITE PROGRAM  
THUNDERBOLTS PROGRAM

GRADE	NAME	STYLE	PLACE	STATE
1	Quinn Hoffman	Folkstyle	Participant	MYAS
1	Jared Hecht	Folkstyle	Participant	MYAS
2	Jaden Welborn	Folkstyle	6 <sup>th</sup>	MYAS
2	Eric Schmidt	Folkstyle	Participant	MYAS
3	Alex Lindstrom	Folkstyle	Participant	MYAS
3	Brendan Formanek	Folkstyle	4 <sup>th</sup>	MYAS
6	Peter Lesch	Folkstyle	Participant	MYAS
6	Peter Lesch	Folkstyle	6 <sup>th</sup>	MN/USA
6	Pharoah Houston	Freestyle	1 <sup>st</sup>	MN/USA
7	Anthony Munos	Folkstyle	Participant	MN/USA
8	Brad Hogan	Freestyle	Participant	MN/USA
8	Mitch Rechtzigel	Freestyle	Participant	MN/USA
10	Ben Bowar	Greco	4 <sup>th</sup>	MN/USA



## PRE-SEASON TRAINING SESSION 2008

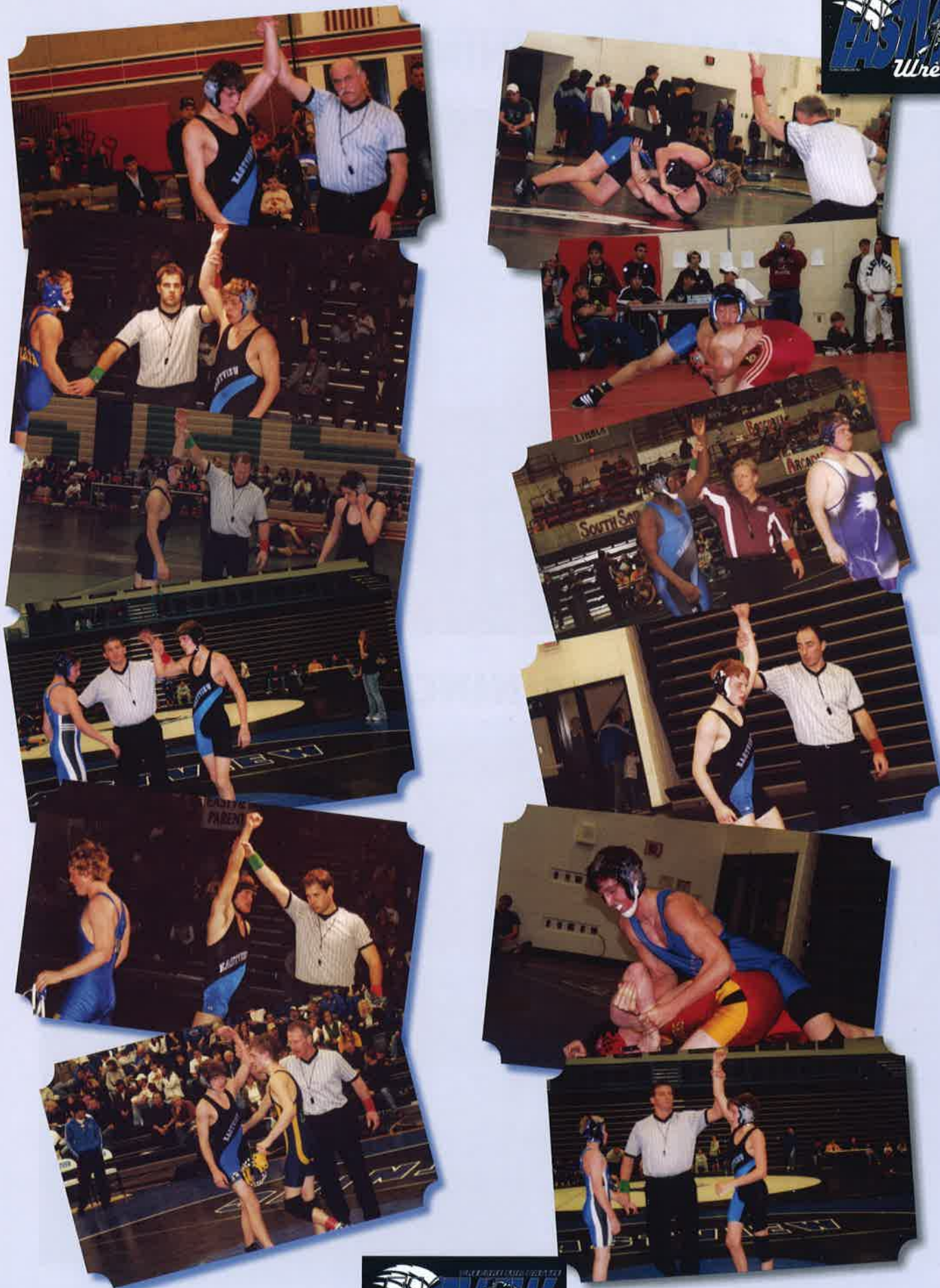


## ADVANCED TRAINING SESSION 2008



2008 Armstrong Tournament - Third Place





# LIGHTNING WRESTLING DUAL MEETS

## VARSITY DUAL MEET RESULTS 2007-2008

Overall Record: 14 Wins 10 Losses  
Conference Record: 5 Wins 4 Losses

Eastview	44	Spring Lake Park	24	Win
	59	Bloomington	18	Win
	47	Stillwater	16	Win
	80	St. Paul Central	0	Win
	24	Bloomington	41	Loss
	22	Coon Rapids	46	Loss
	21	Osseo	49	Loss
	59	Columbia Heights	10	Win
	45	Burnsville	16	Win
	39	Chaska	25	Win
	25	Henry Sibley	42	Loss
	29	Park	36	Loss
	44	Lakeville North	20	Win
	35	Minnetonka	34	Win
	41	Wayzata	30	Win
	18	Rosemount	43	Loss
	28	Eagan	33	Loss
	3	Apple Valley	73	Loss
	43	Lakeville South	24	Win
	45	Woodbury	25	Win
	25	Goodhue	46	Loss
	56	Maple Grove	12	Win
	49	Eden Prairie	16	Win
	0	Hastings	64	Loss

## JV DUAL MEET RESULTS 2007-2008

Overall Record: 13 Wins 4 Losses  
Conference Record: 7 Wins 2 Losses  
3<sup>rd</sup> Place Lake Conference

### Dual Meets

Eastview	69	Spring Lake Park	12	Win
	78	Bloomington	0	Win
	50	Stillwater	21	Win
	78	St. Paul Central	0	Win
	27	Bloomington	43	Loss
	60	Burnsville	28	Win
	70	Chaska	6	Win
	33	Henry Sibley	34	Loss
	36	Park	51	Loss
	57	Lakeville North	12	Win
	32	Minnetonka	21	Win
	45	Wayzata	21	Win
	56	Rosemount	6	Win
	47	Eagan	16	Win
	15	Apple Valley	39	Loss
	50	Lakeville South	6	Win
	51	Eden Prairie	24	Win

## FRESHMAN DUAL MEET RESULTS 2007-2008

Eastview	vs			
Section Duals	60	Richfield	12	Won
	12	Rosemount	54	Lost
	33	Henry Sibley	28	Won
	33	Park	54	Lost
	19	Eagan	31	Lost
	7	Simley	54	Lost
	16	Hastings	68	Lost
	58	Tartan	7	Won
	18	Burnsville	42	Loss
Non-Section	24	Wayzata	33	Loss
Rosemount Duals	4	Hastings	75	Lost
	15	Eagan	67	Lost
	39	Owatonna	45	Lost
Eastview Duals	22	Maple Grove	48	Lost
	32	Coon Rapids	42	Lost
	30	Eagan	47	Lost
	52	Armstrong	22	Won



Team Managers 2008





# 2008 SEASON IN-REVIEW

## TEAM 2008 RECOGNITION

### LETTER WINNERS

Brad Hogan	EV
Mitch Rechtzigel	EV
Matt Galloway	EV
Ryan Carriere	EV
Matt Decovich	EV
Nick Dodd	EV
Tom Hensley	EV
Alec Johnson	EV
Zach Johnson	EV
Peter Nguyen	EV
Nels Pederson	EV
Steven Phomphackdy	EV
DJ Schleisman	EV
Noah Schroeder	EV
Joey Scott	EV
Alec Teagarden	EV
Trevor Trombley	EV
Josh Weinberg	EV
Rob Wietecha	EV
Ben Bowar	EV
Cody Groskreutz	EV
Pat Cox	EV
Donnie Ealey	EV
Matt Franson	EV
Ty Groskreutz	EV
Scott Hogan	EV
Billy Kor	EV
Bobby Ladd	EV
Aaron Stevens	EV
Dijon Sanders	EV
Alex Bakardjiev	EV

Dino Blundetto	EV	EV
Scott Kenning	EV	EV
David Ly	EV	EV
Tony Nguyen	EV	EV
Bryan Okonek	EV	EV
James Pudwill	EV	EV

### MANAGERS

Brooke Larson	EV
Sam Fisher	EV
Caitlin Scott	EV
Sara Olson	EV
Allissa Jonker	EV
Libby Carroll	EV
James Jobes	EV

### ALL CONFERENCE

Scott Hogan
Bryan Okonek

### HONORABLE MENTION

Brad Hogan
Mitch Rechtzigel
David Ly
Nels Pederson
Ben Bowar
Dino Blundetto
Scott Kenning
Dijon Sanders

### LAKE CONFERENCE RECORDS

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

## Eastview Wrestling Season Awards – 2008

### 3-D Club Membership

Ben Bowar	Carl Brown
Nick Dodd	Peter Nguyen
Nels Pederson	Joey Scott
Josh Weinberg	Matt Franson
Scott Hogan	Billy Kor
Bobby Ladd	David Ly
Bryan Okonek	James Pudwill

### Freshman 3-D Club Membership

Lucas Allen	Erik Ehresmann
Ben Schmitz	

### Most Falls

V –	Scott Hogan – 19
JV –	Peter Nguyen – 13
9 <sup>th</sup> –	Eric Ehresmann – 7
	Jordan Humphries – 7

### Most Takedowns

V –	Scott Hogan – 65
JV –	Zach Johnson – 47
9 <sup>th</sup> –	Matt Galloway – 23

### Most Team Points

V –	Scott Hogan – 168
JV –	Steven Phomphackdy – 72
9 <sup>th</sup> –	Jordan Humphries – 57

### Academic Club – Gold (3.6-4.0)

Brad Hogan	Mitch Rechtzigel
Matt Galloway	Ben Schmitz
Ben Bowar	Ryan Carriere
Nick Dodd	Cody Groskreutz
Tom Hensley	Alec Johnson
Allen Keomongkoth	Nick Mako
Sean Marben	Peter Nguyen
Nels Pederson	Trevor Trombley
Rob Wietecha	Matt Franson
Ty Groskreutz	Scott Hogan
Billy Kor	Robert Ladd
David Ly	Tony Nguyen
Bryan Okonek	Katie Christofferson
Sara Olson	Allissa Jonker

### Academic Club – Silver (3.0-3.59)

Derrick Cox	Sean Duchek
Erik Ehresmann	Jake Hannan
Nicolai Bakardjiev	Carl Brown
Matt Decovich	Zach Johnson
DJ Schleisman	Noah Schroeder
Joey Scott	Alec Teagarden
Aaron Stevens	Alex Bakardjiev
James Pudwill	Allison Kincade
Brooke Larson	Sam Fisher
Caitlin Scott	Libby Carroll
James Jobes	

# LAKE CONFERENCE AND SECTION 3AAA

## Lake Conference Teams

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

## Section 3AAA Teams

Apple Valley
Burnsville
Eagan
Eastview
Hasting
Henry Sibley
Park
Rosemount

## Lake Conference Records 2007-2008

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

## Section 3AAA Tournament Results

103	Brad Hogan	4 <sup>th</sup>
112	Mitch Rechtzigel	5 <sup>th</sup>
119	Scott Hogan	3 <sup>rd</sup>
125		
130		
135	Matt Galloway	6 <sup>th</sup>
140		
145	Nels Pederson	5 <sup>th</sup>
152	Bryan Okonek	4 <sup>th</sup>
160	Josh Weinberg	4 <sup>th</sup>
171		
189	James Pudwill	5 <sup>th</sup>
215	Dijon Sanders	4 <sup>th</sup>
285	Scott Kenning	5 <sup>th</sup>

## Section 3AAA State Place Winners

103	Eric Devos	1 <sup>st</sup>	Apple Valley
112	Matt Kelliher	2 <sup>nd</sup>	Apple Valley
112	Zach Rohr	5 <sup>th</sup>	Hastings
119	Destin McCauley	1 <sup>st</sup>	Apple Valley
125	Tom Kelliher	2 <sup>nd</sup>	Apple Valley
130	Justin LaValle	1 <sup>st</sup>	Apple Valley
130	Luke Vaith	2 <sup>nd</sup>	Hastings
135	Matt Mincey	1 <sup>st</sup>	Apple Valley
140	Jarret Hoepfner	4 <sup>th</sup>	Apple Valley
145	Bobby Dorn	3 <sup>rd</sup>	Eagan
145	Zach Coates	4 <sup>th</sup>	Henry Sibley
152	Brendan Eichmann	2 <sup>nd</sup>	Hastings
152	Craig Kelliher	3 <sup>rd</sup>	Apple Valley
160	Adam Peterson	2 <sup>nd</sup>	Hastings
171	Tyler Lehman	1 <sup>st</sup>	Apple Valley
189	Billy Morgan	1 <sup>st</sup>	Rosemount
285	Andy Trembath	6 <sup>th</sup>	Hastings

## Lake Conference State Place Winners

103	Eric Devos	1 <sup>st</sup>	Apple Valley
103	Gavin Larson	6 <sup>th</sup>	Chaska
112	Matt Kelliher	2 <sup>nd</sup>	Apple Valley
119	Destin McCauley	1 <sup>st</sup>	Apple Valley
119	Dylan Ness	3 <sup>rd</sup>	Bloomington
125	Robbie Fischer	1 <sup>st</sup>	Bloomington
125	Tom Kelliher	2 <sup>nd</sup>	Apple Valley
130	Justin LaValle	1 <sup>st</sup>	Apple Valley
135	Matt Mincey	1 <sup>st</sup>	Apple Valley
135	Pat Smith	3 <sup>rd</sup>	Chaska
140	Jarret Hoepfner	4 <sup>th</sup>	Apple Valley
145	Bobby Dorn	3 <sup>rd</sup>	Eagan
152	Craig Kelliher	3 <sup>rd</sup>	Apple Valley
171	Tyler Lehman	1 <sup>st</sup>	Apple Valley
171	Luke Erickson	5 <sup>th</sup>	Bloomington
189	Billy Morgan	1 <sup>st</sup>	Rosemount



Alumni

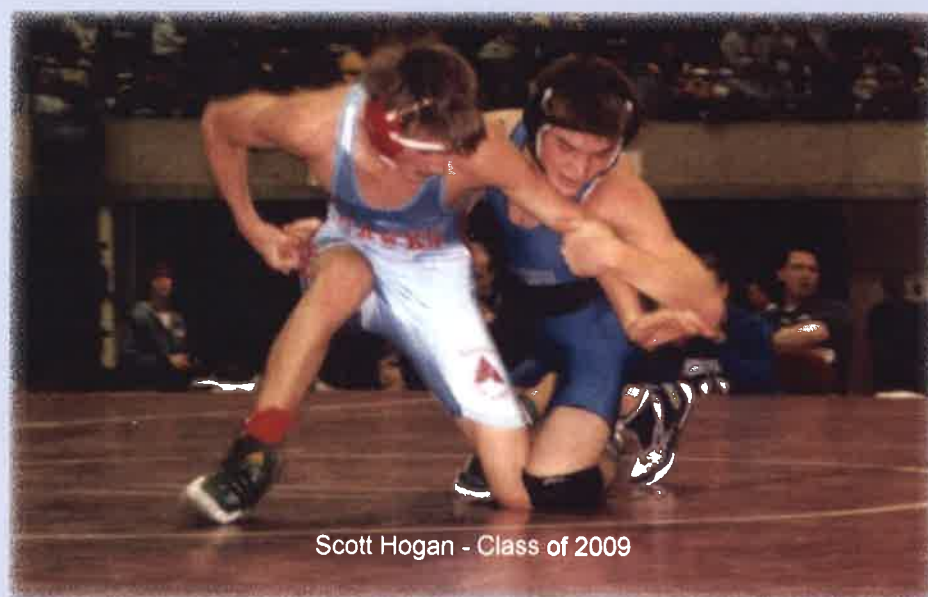
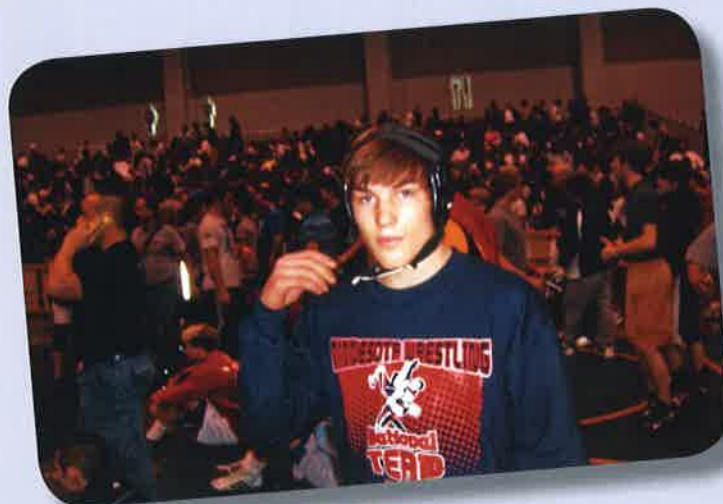




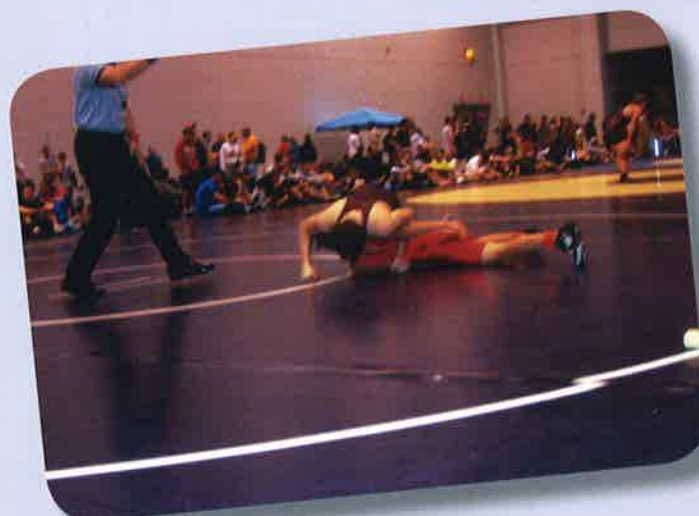


# Scott Hogan - High School National Tournament 2008

Virginia Beach, Virginia



Scott Hogan - Class of 2009



# LIGHTNING HISTORY

## Wall of Excellence

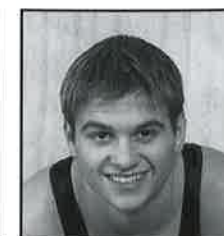
Criteria: State Place Winner, finish the program in good standing, and graduate from Eastview High School.



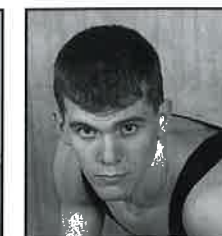
**Tony Rodin**  
1998 - 4th Place  
125 lbs.



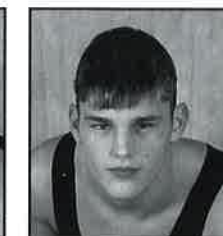
**Adam Fokken**  
2000 - 4th Place  
189 lbs.  
2001 - State Champ  
189 lbs.



**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.

## 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

## Section Champions

Mikey Fornicoia  
Tony Rodin  
Adam Fokken  
David Rasmussen

James Voyles  
Nate Kocer  
Ryan Langlais

## Season Records/Conference Place

	Wins	Losses	Ties	Conf. Wins	Conf. Place	State Qualifiers
1998	3	19	1	1	9th	1
1999	6	14	1	2	7th	2
2000	18	4	0	7	2nd	3
2001	14	8	0	5	5th	4
2002	16	9	0	6	4th	3
2003	21	5	1	7	2nd	4
2004	13	15	0	4	5th	3
2005	12	14	0	3	7th	3
2006	24	7	0	8	2nd	3
2007	13	7	0	5	4th	3
2008	14	10	0	5	4th	0
	154 wins	112 losses		.579 winning percentage		

## Season Captains & Team Motto

1998	Matt McDonald, Joe Theisen	Lightning Strikes
1999	Tony Rodin, Joe Theisen	Attitude and Effort
2000	Nate Ernst, Brad Okonek, Adam Fokken	Team 2000: Paving the Way
2001	Adam Fokken, Mikey Fornicoia	Courage to Succeed
	Mikey Fornicoia, John Getzke, Eric Lemm	Mission Possible: 2002
	John Getzke, Kevin McBride, Jud Turk, James Voyles	Fight! Inch ... By ... Inch
2004	Tyler Cookas, Kevin Eich, Jeremiah Foertsch, Ryan Langlais	The Long March
2005	Ryan Ruckdashel, Sam Voyles, Kyle Wilson	No Guts, No Glory
2006	Chad Eul, Minh Huynh, Josh Nelson	Our Vision, Our Mission
2007	Dan Getzke, Jake Nelson	Storm the Mat
2008	Bryan Okonek	Prepare for Battle
2009	Ty Groskreutz, Scott Hogan	Something More

## 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		

### 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		

### 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 Groskreutz
2008	Matt Galloway		

### 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		

### 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		
2007	Abebe Dessalegn & Andrew Pudwell		
2008	Bryan Okonek & David Ly		

### 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		

### Wrestling Manager Hall of Fame

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



## Top 25 Alumni Career Wins

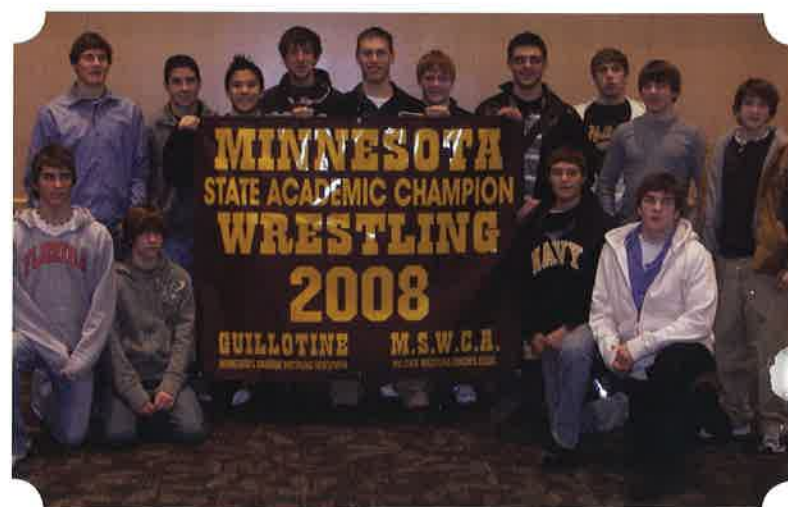
NAME	YEAR	WINS	LOSSES
Adam Fokken	2001	147	36
Ryan Langlais	2004	139	54
Kevin McBride	2003	110	84
Mikey Fornicoia	2002	107	31
Minh Huynh	2006	100	32
John Makabe	2006	90	33
Pat Dea	2004	79	57
John Getzke	2003	78	46
Tony Rodin	1999	77	23
Dan Getzke	2007	70	35
David Rasmussen	2001	66	49
Jacob Nelson	2007	65	25
Chris Shuck	2003	64	59
Josh Nelson	2006	60	52
Nate Kocer	2003	55	25
Bryan Okonek	2008	55	51
Ryan Ruckdashel	2005	54	29
Jud Turk	2003	53	57
James Voyles	2003	50	28
Brad Okonek	2000	49	50
Andrew Nelson	2006	49	44
Jeremiah Foertsch	2004	48	57
Matt Davis	2000	44	61
Nate Ernst	2000	44	24
Eric Lemm	2002	38	37

## 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
2007	Gold Academic Team 3.64
2008	MN State Academic Champions 3.84

## 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  
Eric Lemm  
James Voyles  
John Getzke  
Nate Kocer  
Kevin McBride  
Ryan Langlais (2x)  
Minh Huynh (2x)  
John Makabe(2x)  
Ryan Ruckdashel  
Scott Hogan (2x)  
Jacob Nelson  
Andrew Nelson  
Dan Getzke (2x)  
Chad Eul  
Bryan Okonek

### SECTIONS CHAMPIONS

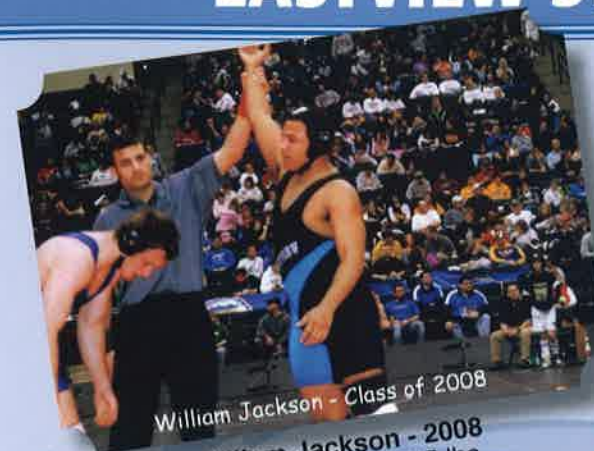
Tony Rodin  
Adam Fokken  
David Rasmussen  
Mikey Fornicoia  
James Voyles  
Nate Kocer  
Ryan Langlais



### STATE QUALIFIERS

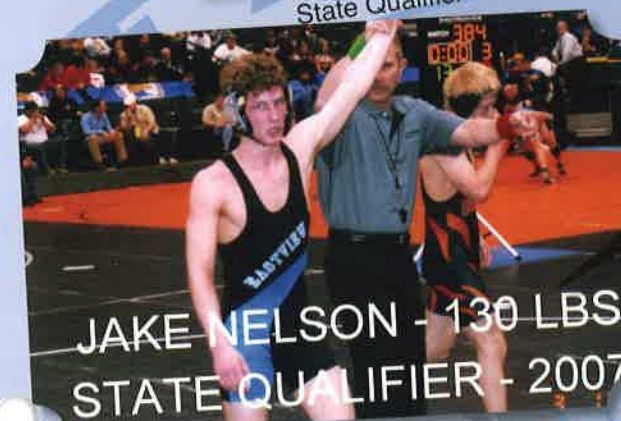
Tony Rodin (2x) 4<sup>th</sup> Place  
Brad Okonek  
Adam Fokken (3x) 4<sup>th</sup> Place  
David Rasmussen  
Mikey Fornicoia (2x) 6<sup>th</sup> Place  
James Voyles  
Jud Turk  
Nate Kocer 6<sup>th</sup> Place  
John Getzke 5<sup>th</sup> Place  
Ryan Langlais (3x)  
Pat Dea  
Steve Davis (2x) 4<sup>th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

## EASTVIEW STATE QUALIFIERS



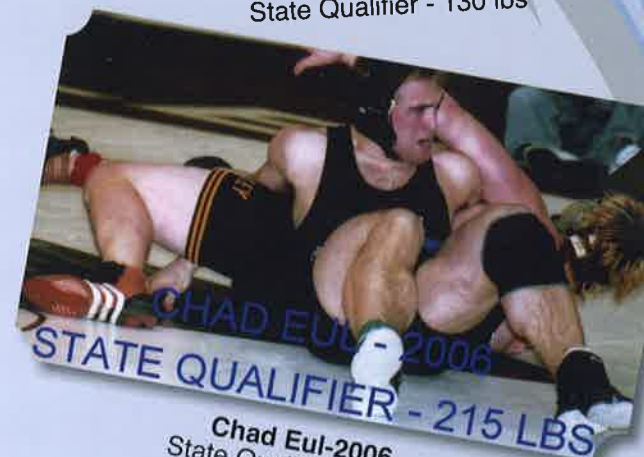
William Jackson - Class of 2008

William Jackson - 2008  
State Qualifier - 215 lbs



JAKE NELSON - 130 LBS  
STATE QUALIFIER - 2007

Jake Nelson - 2007  
State Qualifier - 130 lbs



CHAD EUL - 2006  
STATE QUALIFIER - 215 LBS

Chad Eul-2006  
State Qualifier-215 lbs



John Makabe-2005  
State Qualifier-152 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!



DAN GETZKE - 171 LBS  
STATE QUALIFIER - 2007

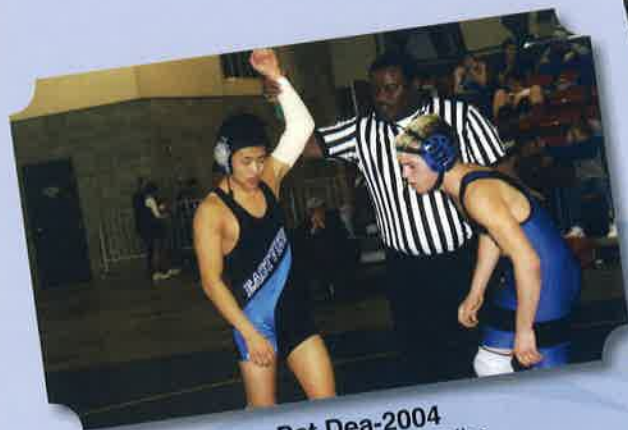
Dan Getzke - 2007  
State Qualifier - 171 lbs.



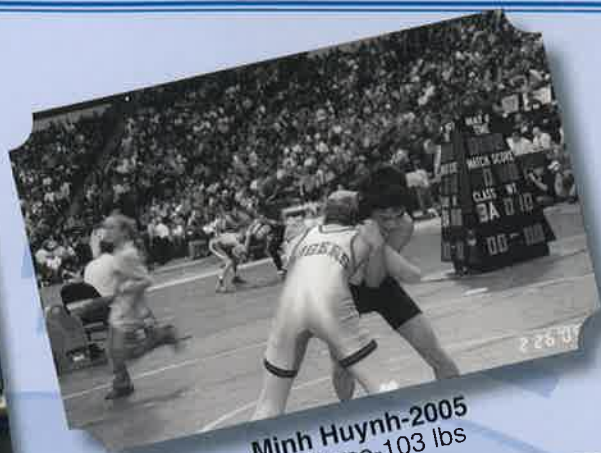
Ryan Ruckdashel-2005  
State Qualifier-HWT



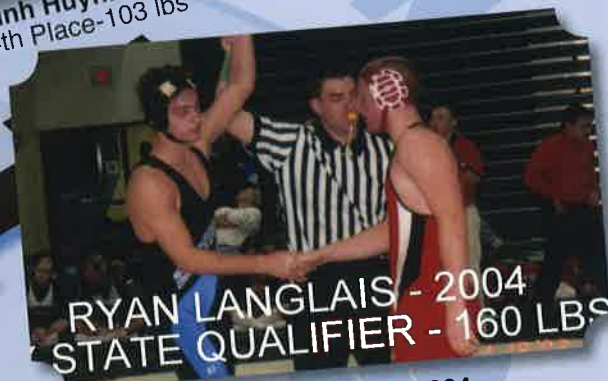
## EASTVIEW STATE QUALIFIERS



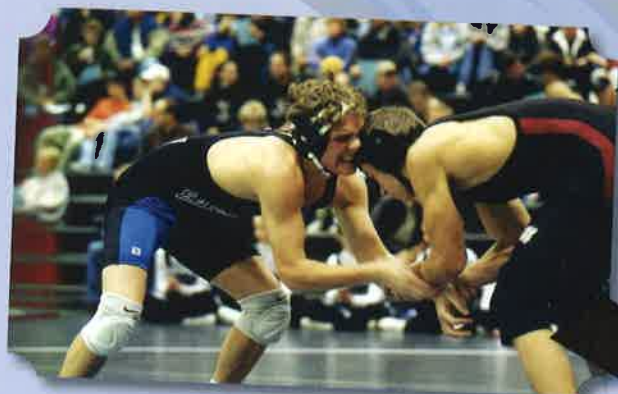
**Pat Dea-2004**  
State Qualifier-125 lbs.



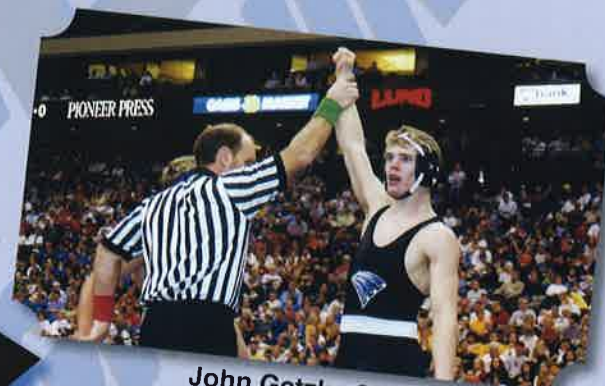
**Minh Huynh-2005**  
4th Place-103 lbs



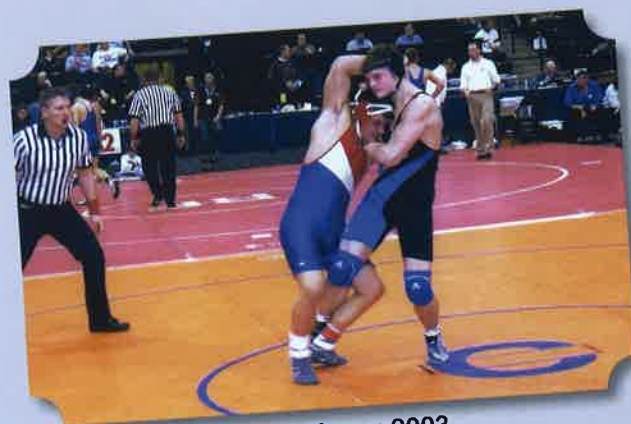
**Ryan Langlais-2004**  
State Qualifier-160 lbs



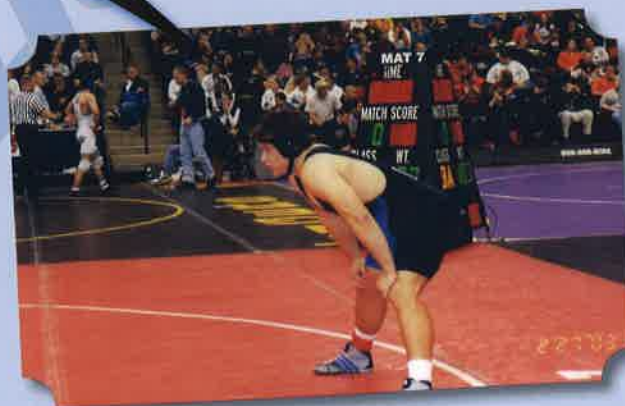
**Judd Turk-2003**  
State Qualifier-140 lbs.



**John Getzke-2003**  
5th place-152 lbs.

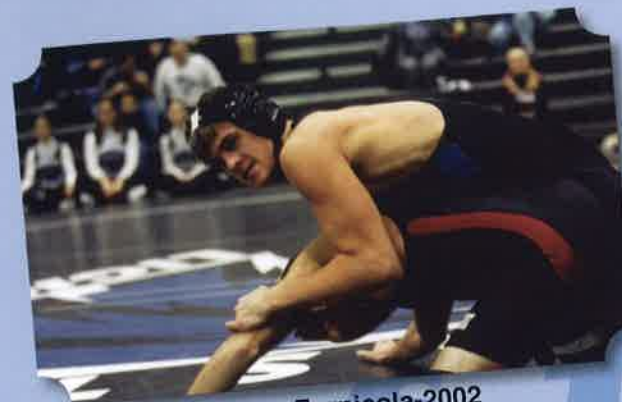


**Nate Kocer-2003**  
6th place-189 lbs.

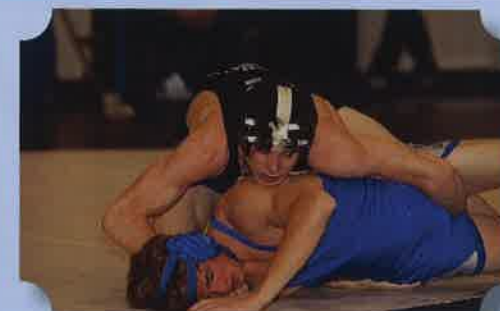


**James Voyles-2003**  
State Qualifier-215 lbs.

## 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.





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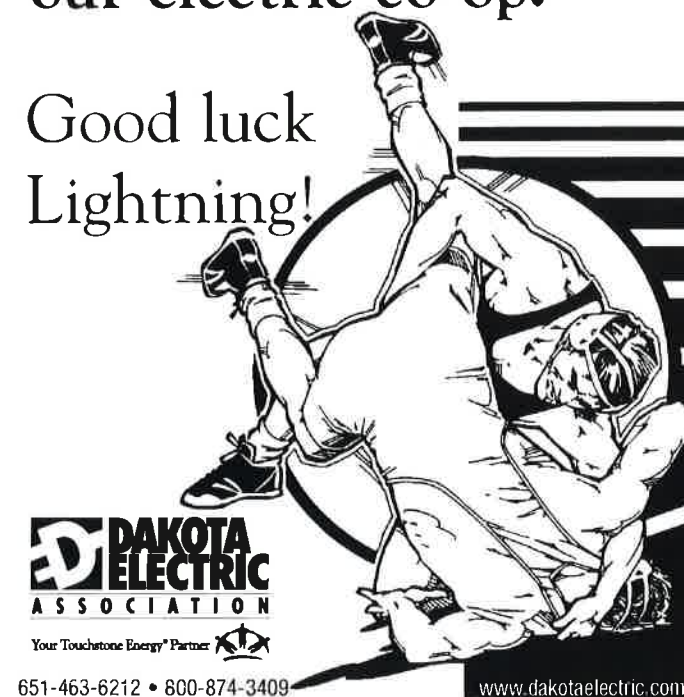


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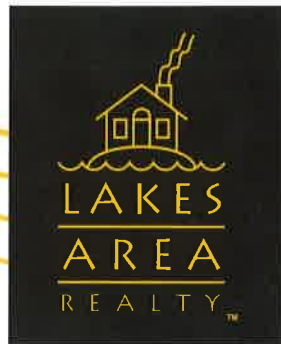
What you don't see is all the work  
it took to make it great.



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Cyndi Johnson



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Greg Neis

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We know what it takes to build and run a Championship Program. That's why WE SUPPORT THE EASTVIEW WRESTLING PROGRAM AS A CHAMPIONSHIP PARTNER.



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Wrestling!**



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Fax: 651.256.6033  
bruce.a.hennen@ampf.com



# "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.

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.

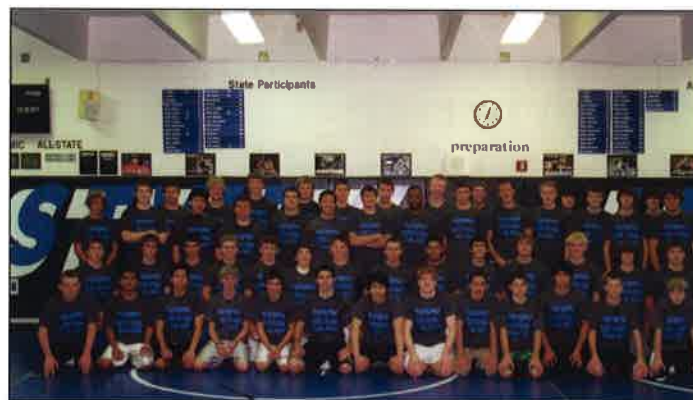
**COMMITMENT NIGHT: NOVEMBER 14<sup>th</sup>.** This is a night for you to pledge your commitment to excellence in the Eastview Wrestling program. This night will involve activities that encourage you to reflect on your goals and to discuss what it will take to reach those goals. Also, this night will 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 the man's personal commitment to excellence and to victory, regardless of what field he may be in."

## MAKE A COMMITMENT TO EXCELLENCE!



Commitment Night 2008



## 2008-09 WINTER SPORTS SCHEDULE EASTVIEW LIGHTNING

### Girls Basketball

Date	Opponent	Site	Time
Nov. 29	St. Paul Johnson	Home	6:00 p.m.
Dec. 2	Eagan	Away	7:15 p.m.
Dec. 5	Rosemount	Away	7:15 p.m.
Dec. 9	Chaska	Home	7:15 p.m.
Dec. 16	Apple Valley	Away	6:00 p.m.
Dec. 19	Eden Prairie	Away	7:15 p.m.
Dec. 23	New Prague	Away	7:30 p.m.
Dec. 29-31	Hopkins	Away	TBD
Jan. 6	Lakeville South	Home	7:15 p.m.
Jan. 9	Lakeville North	Away	7:15 p.m.
Jan. 13	Kennedy	Away	7:15 p.m.
Jan. 16	Burnsville	Home	7:15 p.m.
Jan. 20	Jefferson	Away	7:15 p.m.
Jan. 22	Eagan	Home	7:15 p.m.
Jan. 27	Rosemount	Home	7:15 p.m.
Jan. 30	Chaska	Away	7:15 p.m.
Feb. 3	Park	Home	7:15 p.m.
Feb. 6	Apple Valley	Home	6:00 p.m.
Feb. 10	Eden Prairie	Home	7:15 p.m.
Feb. 13	Lakeville South	Away	7:15 p.m.
Feb. 17	Lakeville North	Home	7:15 p.m.
Feb. 20	Kennedy	Home	7:15 p.m.
Feb. 24	Burnsville	Away	7:15 p.m.
Feb. 27	Jefferson	Home	7:15 p.m.
March 5, 10 & 13	Section 3AAAA Tournament		
March 18-21	State Tournament		

### Adp. Hockey DI

Date	Opponent	Site	Time
Jan. 8	South Suburban	Away	4:30 p.m.
Jan. 12	Minneapolis South	Home	6:30 p.m.
Jan. 15	Rochester	Away	6:00 p.m.
Jan. 30	Humboldt	Away	4:30 p.m.
Feb. 2	Lakeville	Home	6:30 p.m.
Feb. 5	South Suburban	Home	6:30 p.m.
Feb. 9	Minneapolis South	Away	4:30 p.m.
Feb. 11	Rochester	Home	6:30 p.m.
Feb. 19	Hudson	Away	6:30 p.m.
Feb. 26	Humboldt	Home	6:30 p.m.
March 3	Lakeville	Away	4:30 p.m.
March 12	Playoffs	Home	6:30 p.m.
March 20-21	State Tournament		

### Boys Swim/Dive

Date	Opponent	Site	Time
Dec. 12	Kennedy	Home	6:00 p.m.
Dec. 19	Eagan Tournament	Away	6:00 p.m.
Jan. 6	Apple Valley	Home	6:00 p.m.
Jan. 9	Chaska	Away	6:00 p.m.
Jan. 13	Jefferson	Away	6:00 p.m.
Jan. 20	Rosemount	Home	6:00 p.m.
Jan. 30	Eden Prairie	Away	6:00 p.m.
Feb. 6	Burnsville	Home	6:00 p.m.
Feb. 13	Lakeville North/South	Home	6:00 p.m.
Feb. 25-28	Section 3AA Tournament		
March 5-7	State Tournament		

### Girls Hockey

Date	Opponent	Site	Time
Nov. 15	Lakeville South	Home	2:15 p.m.
Nov. 20	Apple Valley	Away	7:15 p.m.
Nov. 22	Hastings	Home	2:15 p.m.
Nov. 25	Eden Prairie	Home	7:15 p.m.
Nov. 29	Rosemount	Away	3:00 p.m.
Dec. 4	Chaska	Away	7:15 p.m.
Dec. 6	Breck	Away	1:00 p.m.
Dec. 11	Burnsville	Away	TBD
Dec. 13	Jefferson	Home	7:15 p.m.
Dec. 18	Eagan	Home	7:15 p.m.
Dec. 20	Kennedy	Away	7:15 p.m.
Dec. 23	Hopkins	Home	2:15 p.m.
Jan. 1-3	So. St. Paul Tournament	Away	12:00 p.m.
Jan. 6	Duluth	Away	7:30 p.m.
Jan. 8	Apple Valley	Home	7:15 p.m.
Jan. 15	Eden Prairie	Away	7:30 p.m.
Jan. 17	Rosemount	Home	7:15 p.m.
Jan. 22	Lakeville South	Away	TBD
Jan. 24	Lakeville North	Home	2:15 p.m.
Jan. 29	Burnsville	Home	7:15 p.m.
Jan. 31	Jefferson	Away	2:15 p.m.
Feb. 5	Eagan	Away	7:15 p.m.
Feb. 7	Kennedy	Home	7:15 p.m.
Feb. 9, 12, 14, 18	Section 3AA Tournament		
Feb. 25-28	State Tournament		

### Boys Hockey

Date	Opponent	Site	Time
Dec. 2	Apple Valley	Away	7:15 p.m.
Dec. 5	Lakeville South	Home	7:30 p.m.
Dec. 6	Hastings	Home	2:15 p.m.
Dec. 9	Eden Prairie	Home	7:15 p.m.
Dec. 13	Rosemount	Away	7:30 p.m.
Dec. 16	Chaska	Away	7:30 p.m.
Dec. 20	Lakeville North	Home	2:15 p.m.
Dec. 27	Roseville Tournament	Away	3:00 p.m.
Dec. 30	Roseville Tournament	Away	1:00 p.m.
Jan. 3	Burnsville	Away	7:30 p.m.
Jan. 6	Jefferson	Home	7:15 p.m.
Jan. 8	Minnetonka	Away	7:00 p.m.
Jan. 10	Eagan	Home	7:15 p.m.
Jan. 15	Wayzata	Away	7:00 p.m.
Jan. 17	Lakeville South	Away	3:00 p.m.
Jan. 20	Apple Valley	Home	7:15 p.m.
Jan. 22	Woodbury	Away	7:30 p.m.
Jan. 27	Eden Prairie	Away	7:30 p.m.
Jan. 31	Rosemount	Home	2:15 p.m.
Feb. 3	Chaska	Home	7:15 p.m.
Feb. 7	Lakeville North	Away	3:00 p.m.
Feb. 10	Burnsville	Home	7:15 p.m.
Feb. 14	Jefferson	Away	7:30 p.m.
Feb. 17	Eagan	Away	7:15 p.m.
Feb. 21	Kennedy	Home	2:15 p.m.
Feb. 24, 26, 28	March 5 Section 3AA Tournament		
March 11-14	State Tournament		

### Comp. Cheerleading

Date	Opponent	Site
Nov. 1	Lakeville North	Away
Nov. 8	Minnetonka	Away
Nov. 16	TC Open	Home
Dec. 6	Champlin Park	Away
Dec. 13	U of M	Away
Dec. 14	Apple Valley	Away
Jan. 10	Lakeville South	Away
Jan. 17	Edina	Away
Jan. 31	U of M	Away
Feb. 7-8	Orlando Florida Nationals Tournament	Away

### Adaptive Hockey CI

Date	Opponent	Site	Time
Jan. 8	Humboldt	Away	4:30 p.m.
Jan. 12	South Suburban	Home	6:30 p.m.
Jan. 14	Winona	Home	6:30 p.m.
Jan. 22	New Prague	Away	4:30 p.m.
Jan. 27	Hudson	Away	6:30 p.m.
Jan. 28	Owatonna	Home	6:30 p.m.
Feb. 2	Lakeville	Home	6:30 p.m.
Feb. 4	Humboldt	Home	6:30 p.m.
Feb. 9	Winona	Away	5:00 p.m.
Feb. 12	South Suburban	Away	4:30 p.m.
Feb. 19	New Prague	Home	6:30 p.m.
Feb. 23	Hudson	Home	6:30 p.m.
Feb. 27	Owatonna	Away	6:00 p.m.
March 5	Lakeville	Away	4:30 p.m.
March 12	Playoffs	Home	6:30 p.m.
March 20-21	State Tournament		

### Wrestling

Date	Opponent	Site	Time
Dec. 6	EV Quad	Home	9:00 a.m.
Dec. 11	Burnsville	Away	5:30 p.m.
Dec. 12	Northfield	Away	5:00 p.m.
Dec. 18	Chaska	Home	5:30 p.m.
Dec. 18	Apple Valley	Home	7:00 p.m.
Dec. 19	Minnetonka	Away	5:00 p.m.
Dec. 29-30	Bi-State Classics	Away	9:00 a.m.
Dec. 30	Holmen	Away	9:00 a.m.
Jan. 9	Lakeville South	Home	5:30 p.m.
Jan. 9	Park	Home	7:00 p.m.
Jan. 10	Burnsville	Away	9:00 a.m.
Jan. 15	Lakeville North	Home	5:30 p.m.
Jan. 23	Eagan	Home	5:30 p.m.
Jan. 24	EVHS Tournament	Home	9:00 a.m.
Jan. 30	Rosemount	Away	5:30 p.m.
Feb. 5	Eden Prairie	Away	7:00 p.m.
Feb. 7	Armstrong Tournament	Away	9:00 a.m.
Feb. 12	Kennedy	Away	5:30 p.m.
Feb. 13	Mound-Westonka	Away	5:00 p.m.
Feb. 27-28	Section 3AAA Tournament		
March 4-7	State Tournament		

### Boys Basketball

Date	Opponent	Site	Time
Dec. 5	Duluth East	Away	TBD
Dec. 9	Chaska	Away	7:15 p.m.
Dec. 16	Apple Valley	Away	8:00 p.m.
Dec. 19	Eden Prairie	Home	7:15 p.m.
Dec. 23	Centennial	Home	7:15 p.m.
Jan. 6	Lakeville South	Away	7:15 p.m.
Jan. 8	Lakeville North	Home	7:15 p.m.
Jan. 10	Prior Lake	Away	7:30 p.m.
Jan. 13	Kennedy	Home	7:15 p.m.
Jan. 16	Burnsville	Away	7:15 p.m.
Jan. 17	Cretin-Derham Hall	Home	7:15 p.m.
Jan. 20	Jefferson	Home	7:15 p.m.
Jan. 23	Eagan	Away	7:15 p.m.
Jan. 24	Milwaukee Vincent	Away	7:15 p.m.
Jan. 27	Rosemount	Away	7:15 p.m.
Jan. 30	Chaska	Home	7:15 p.m.
Feb. 6	Apple Valley	Home	8:00 p.m.
Feb. 10	Eden Prairie	Away	7:15 p.m.
Feb. 13	Lakeville South	Home	7:15 p.m.
Feb. 17	Lakeville North	Away	7:15 p.m.
Feb. 20	Kennedy	Away	7:15 p.m.
Feb. 24	Burnsville	Home	7:15 p.m.
Feb. 27	Jefferson	Away	7:15 p.m.
March 3	Eagan	Home	7:15 p.m.
March 6	Rosemount	Home	7:15 p.m.
March 11, 14, 20	Section 3AAAA Tournament		
March 25-28	State Tournament		

### Girls Gymnastics

Date	Opponent	Site	Time
Dec. 6	Melrose	Away	12:00 p.m.
Dec. 9	Lakeville South	Away	6:30 p.m.
Dec. 16	Eagan	Home	6:30 p.m.
Dec. 20	EV Tournament	Home	11:15 a.m.
Jan. 6	Rosemount	Away	6:30 p.m.
Jan. 13	Apple Valley	Home	6:30 p.m.
Jan. 17	Lakeville North	Away	12:00 p.m.
Jan. 20	Eden Prairie	Away	6:30 p.m.
Jan. 27	Jefferson/Kennedy	Home	6:00 p.m.
Feb. 3	Lakeville North	Away	6:30 p.m.
Feb. 10	Chaska	Home	6:30 p.m.
Feb. 20	Section 3AA Tournament		
Feb. 26-27	State Tournament		

### Alpine Skiing

Date	Opponent	Site
Dec. 18	EHS, BKHS, EPHS, LSHS	Away
Dec. 19	EHS, BKHS, EPHS, LSHS	Away
Jan. 6	AVHS, BHS, EHS, EPHS, RHS	Away
Jan. 15	EHS, BJHS, EPHS, LNHS	Away
Jan. 20	AVHS, BHS, EHS, BKHS, BJHS, EPHS, CHS, RHS, LNHS, LSHS	Away
Feb. 27	AVHS, BHS, EHS, BKHS, BJHS, EPHS, CHS, RHS, LNHS, LSHS	Away
Feb. 12	State Tournament	

### Nordic Skiing

Date	Opponent	Site	Time
Dec. 11	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:30 p.m.
Dec. 16	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:30 p.m.
Dec. 22	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:30 p.m.
Jan. 8	BHS, LNHS	Away	3:45 p.m.
Jan. 15	BHS, LNHS	Away	3:45 p.m.
Jan. 20	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:45 p.m.
Jan. 21	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:45 p.m.
Jan. 22	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:45 p.m.
Jan. 27	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:30 p.m.
Jan. 29	BHS, BKHS, BJHS, EPHS, CHS, LNHS, LSHS	Away	3:30 p.m.
Feb. 13	State Tournament		

### Dance Team

Date	Opponent	Site	Time
Nov. 25	Eagan	Away	7:30 p.m.
Dec. 2	EPHS	Away	7:30 p.m.
Dec. 6	Brainerd	Away	TBD
Dec. 9	Lakeville South	Away	7:30 p.m.
Dec. 13	EVHS Tournament	Home	9:00 a.m.
Dec. 15	EVHS	Home	7:30 p.m.
Dec. 20	Kennedy	Away	11:00 a.m.
Jan. 17	Wayzata	Away	11:00 a.m.
Section 1AAA Tournament			
Feb. 13-14	State Tournament		

### Figure Skating

Date	Opponent	Site
Dec. 19-21	Maplewood Synchro Classic	Away
Jan. 9-11	Synchro	Away
Jan. 29 - Feb. 1	Synchro Midwestern	Away
Feb. 6-8	Blaine Super Rink	Away
Mar. 6-7	ISI Blades of March	Away
Mar. 11	Ice Show Tech. Rehearsal Preview	Away
Mar. 12-14	Ice Show TV Glide	Away

Schedule is subject to change - for up to date information go to [www.district196.org/evhs](http://www.district196.org/evhs)



# 2008-2009 EASTVIEW LIGHTNING



## 2008-2009 Eastview Lightning Schedule

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Friday, Nov. 14	Commitment Night	Eastview	6:30 pm
Monday, Nov. 24	Practice Begins		
Friday, Dec. 5	Intra Squad Meet (Parent Open House)	Eastview	7:30 pm
Saturday, Dec. 6	Eastview Duals	Eastview	9:00 am
Thursday, Dec. 11	Burnsville	Burnsville	7:00 pm
Friday, Dec. 12	Northfield Team Tournament	Northfield	5:00 pm
Sunday, Dec. 14	Spaghetti Dinner / Silent Auction	Rosemount Legion	5:00 pm
Thursday, Dec. 18	Chaska / Apple Valley (EVAA Night / Middle School)	Eastview	5:30 pm
Friday, Dec. 19	Minnetonka / Buffalo / Shakopee	Minnetonka	5:00 pm
Mon-Tues, Dec. 29-30	Bi-State Classic (V)	La Crosse	10:00 am
Mon, Dec. 29	Winona Tourney (JV)	Winona	TBD
Friday, Jan. 9	Lakeville South / Park (EWB Family & Alumni Night)	Eastview	5:30 pm
Saturday, Jan. 10	Burnsville Invitational	Burnsville	9:30 am
Thursday, Jan. 15	Lakeville North (Parents Night)	Eastview	7:00 pm
Friday, Jan. 16	Wayzata / Scott West	Wayzata	5:30 pm
Friday, Jan. 23	Eagan (Senior Night, Traveling Night)	Eastview	7:00 pm
Saturday, Jan. 24	Lightning Invitational	Eastview	10:15 am
Sunday, Jan. 25	Eastview (K-8) Tournament	Eastview	10:00 am
Friday, Jan. 30	Rosemount	Rosemount	7:00 pm
Thursday, Feb. 5	Eden Prairie	Eden Prairie	7:00 pm
Saturday, Feb. 7	Armstrong Team Tournament	Armstrong	9:00 am
Thursday, Feb. 12	Bloomington Kennedy	Bloomington	7:00 pm
Friday, Feb. 13	Mound-Westonka Invite (JV)	Mound	5:00 pm
Saturday, Feb. 14	Lake Conference Tournament (JV)	Apple Valley	9:00 am
Friday, Feb. 20	Section 3 Team Tournament	Burnsville	4:00 pm
Fri-Sat, Feb. 27-28	Section 3 Individual Tournament	Henry Sibley	4:30/10:00
Wed-Sat, Mar. 4-7	State Tournament	Xcel Energy	TBA
Sunday, April 5	Wrestling Banquet (As of 11-11-08)	Rosemount CC	4:30 pm