



Eye of the Storm

2009-2010

www.eastviewwrestling.com

Eastview High School

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



Eastview Athletics

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

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



Eastview Administration



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 Boosters.



Eye of the Storm

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: **Eye of the Storm**.

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

- Keep calm and focused before a match. **Chris Bechly**
- Bringing the storm on the mat. **BJ Groskreutz**
- Leading by example on the mat. **Ben Schmitz**
- Always keep your eye on the storm and bring it to the mat. **Jose Cabrera**
- We are the storm and we will strike you with lightning. **Kai Matsuhashi**
- Be calm and wild at the same time. **Lukas Englemann**
- To always be in control of a situation. **Erik Ehresmann**
- Working hard through the storm to get to the eye. **Jonathan Lenz**
- Eyes on the prize. **Peter Nguyen**
- Control the Storm, match. **Brad Hogan**
- Preparing ourselves and being ready to go. **Alex Teagarden**
- Be relentless on the mat. **Nick Dodd**
- Unleash fury like a storm during matches. **Rob Wietecha**
- To keep your eyes on the victory. **Jake Hannan**
- The eye is focused, calm, and determined as it brings its wrath. **Alec Johnson**

The "Eye" is clearly identified as the time we are on the mat wrestling. We need to be prepared, focused, and aggressive when we step in the Eye.

In order to be prepared, focused, and aggressive we have to endure the whirlwind of practice. During practices, wrestlers experience a tornado of activities designed to prepare them for maximized performance in the eye/on the mat. They will encounter sprints, push-ups, live wrestling, jumping rope, weight training, long distance running, situational wrestling, repetitive drilling, and much, much more. If these activities are done right, the wrestlers will be ready to succeed in the Eye.

The only things we can control are our **attitude** and **effort** everyday. If we have a positive attitude and give 100% effort everyday, we will be successful in the Eye of The Storm!

**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 nineteen 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 15 year old daughter named Hannah, a 12 year old son named Zachary, 9 year old daughter named Erik, and a 6 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 thirteenth 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 have a daughter, Sophia.

**Travis Lee - Assistant Coach**

Travis Lee, originally from Kensington, Minnesota, is in his twelfth 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 two year old son named Spencer.

**Todd Frost - Assistant Coach**

Coach Todd Frost is from New York Mills, MN, and is in his ninth 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 5, and Aiden 2. While attending New York Mills High School Todd wrestled, mostly in the 189 lb weight class, 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.

**Kyle Rasmussen - Assistant Coach**

Kyle graduated from Owatonna High School in 2002. While in high school he competed for Owatonna's cross country, wrestling, and track & field teams. In the fall of 2002, he started his college career at Iowa State University as both a student and athlete. Throughout his college career Kyle competed on Iowa State's Cross Country, Indoor Track, and Outdoor Track teams. He completed a B.S. in chemistry degree in 2006, and a Master's in Teaching degree in winter 2007. He is now teaching Science as a long term sub at Eastview, will be working with the freshman. Thus far, he has enjoyed his time at Eastview and is looking forward to working with the guys and having a successful season!!

**Josh Nelson - Assistant Coach**

Coach Josh Nelson is in his fourth 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.

**Jarred McCarthy - Assistant Coach**

Jarred McCarthy, from Farmington, Minnesota is starting his first year as an assistant wrestling coach here at Eastview. Jarred wrestled for Farmington High School with career highlights during his sophomore year, placing fourth in state and is junior year, winning state at 140lbs. Jarred also competed at Augustana College for three years as a 141/149 pounder. Aside from wrestling Jarred enjoys backpacking, canoeing, biking, and disc golf.

**Brad Okonek - Assistant Coach**

Brad is an Eastview alumni and 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.

**Chad Eul - Assistant Coach**

Chad is in his third 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.

**Dean Stockwell - Assistant Coach**

Dean Stockwell, a native of Owatonna, Minnesota (or Slowatonna or Oh-What-A-Town!) graduated from Mankato State University where he was a two year participant in a nationally ranked wrestling program. Dean moved to Apple Valley in 1996 and has been involved in the baseball, football and wrestling youth sports programs. Dean has been married to Jenna for 16 years and have a 14 year old son, AJ and a 12 year old son, Adam. Dean has worked at URS Corporation (you know, the firm that is getting sued for the 35W Bridge Collapse!) in downtown Minneapolis for the past 15 years and when not involved with work or youth sports, enjoys hunting, fishing and spending time with family.

**Adam Fokken - Assistant Coach**

Adam is from Eagan, MN and is in his fourth year of coaching the Eastview Traveling Wrestling Program. 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.

**Doug Nelson - Athletic Trainer**

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

Dan Trewin - Assistant Coach

Dan Trewin is a native of Waucoma, Iowa. He attended Luther College in Decorah, Iowa where he lettered in football and wrestling. Dan and his wife, Kelley, currently reside in Lakeville with their two daughters, Lacey and Karly. Dan is a Director for Clofine Dairy Midwest, LLC in Apple Valley. He enjoys playing golf, outdoor activities, and spending time with his family.

Eastview Lightning Wrestling Coaching Staff



EASTVIEW WRESTLING

Captains: Cody Groskreutz & Nels Pederson

EIGHTH GRADE

Rukavina Jacob

FRESHMAN

Michael Backus
Griffin Birkins
Justin Boschwitz
Tommy Cole
Rico Davis
Will Gibson
Anthony Gonzalez
Jabri Guy
Marshall Lang
Jonathan Lenz
Patrick Mako
Nance Metz
Anthony Munos
Jack Penders
David Phomphackdy
Dima Rybakin
Kyle Schumann
Kendall Skahen
Jon Watson
Myles Witcher

SOPHOMORES

Chris Bechly

Brendan Cole
Adam Foreman
Patrick Gallagher
Edgar Garcia
BJ Groskreutz
Levi Groskreutz
Zac Groskreutz
Matt Henning
Brad Hogan
Greg Howard
Matthew Ladd
Billy Lawrence
Kai Matsuhashi
Mitch Rechtzigel
Hussein Yusuf
Nick Zelenak

JUNIORS

Lucas Allen
Max Apple
Derek Becker
Josh Blake
Sean Duchek
Erik Ehresmann
Lukas Engelmann
Quincy Gottwig

Jake Hannan
Jordan Humphries
Jack Lesch
Alex Mitchell
Mike Schliesman
Ben Schmitz
D.J. Schultz
Marcus Shaw

SENIORS

Carl Brown
Nick Dodd
Cody Groskreutz
Tom Hensley
Alec Johnson
Peter Nguyen
Nels Pederson
Steven Phomphackdy
D.J. Schliesman
Joey Scott
Nick Taschner
Alec Teagarden
Josh Weinberg
Rob Wietecha

PRINCIPAL

Dr. Randall Peterson

ATHLETIC DIRECTOR

Matt Percival

COACHES

Kurt Habeck
Nick Fornicoia
Todd Frost
Travis Lee
Kyle Rasmussen
Josh Nelson
Jarred Mccarthy
Dean Stockwell
Brad Okonek
Chad Eul
Dan Trewin
Adam Fokken

NICKNAME

Lightning

SCHOOL COLORS

Black, Blue, Silver, White

SENIOR MANAGERS

Brooke Larson | Sara Olson

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

Jane K. Barenz



**Cody Groskreutz**

Cody, a 3-time letter winner, has been leading the team on and off the mat due to injuries the past couple of years, but is geared up and ready to go for his senior season.

Cody is looking to use his All-Conference Honorable Mention and his Section 3AAA 4th place honors last season to propel him into this year's season.

Varsity Captains

2009-2010

**Nels Pederson**

Nels, a senior, began wrestling in ninth grade. Since then, he has quickly grasped the sport wrestling varsity for 2 years and earning All Conference honors last year.

After another high quality off-season, Nels is hoping to improve on his performance last year as a section champ and state participant.

**Carl Brown**

A senior, Brown, is a leader by example in the wrestling room. His fun loving personality makes him a fun member of the Lightning Wrestling

Team. Carl is expected to wrestle at 189 or 215.

**Nick Dodd**

Nick, a senior, returned to the sport of wrestling in ninth grade. Nick's motor and drive in the practice room are second to none. Nick will most

likely break the line up and make an impact at 145 or 152 this year.

**Alec Johnson**

Alec, a senior, rotated in the varsity line up last season. When he wasn't on varsity, he excelled on JV, earning a

JV Conference Championship and winning several other tournaments. He is expected to compete at 152 and 160 this season.

**Peter Nguyen**

Peter, another senior, also saw some varsity time last season and also excelled on JV when he wrestled with them. He was

also a JV Conference Champion. He is looking to make a big senior impact at find a spot at 125 or 130 this year.

**DJ Schliesman**

DJ, a senior wrestler, was a leader by example on the JV and Varsity teams last season. DJ is another three sport athlete who participates in foot-

ball and lacrosse. He is expected to wrestle at 215 this year.

**Joey Scott**

Senior Joey was a full time Varsity force last season. A member of Eastview Wrestling's elite 3D Club last season explains his commitment

and work ethic. He is expected to compete at 189 this year.

**Josh Weinberg**

Josh, a senior, enters his fourth year as a wrestler and is a key player in the Varsity line up. Last year's 3rd place in Section

3AAA has left him hungry for more! Expect to see Josh at 171 most of this year.

**Rob Wietecha**

Senior Rob Wietecha is also entering his fourth season as a wrestler. Coming off a season as a constant in the Varsity line

up, Rob is working to build on his improvements and performances from last year.

**Erik Ehresmann**

Erik is starting his third year as a wrestler. He has improved by leaps and bounds and is looking for more Varsity wins in his junior season. Erik will

probably see mat time at 215 and 285.

**Jake Hannan**

Junior letter winner, Jake Hannan, is looking to keep building momentum. An expected 285 pound wrestler, he will be

pushing around the big boys again this year.

**Tom Hensley**

Tom returns from a couple of solid seasons on JV that also included some varsity success. This season, he is expected to

**Steven Phomphackdy**

Senior Stephen Phomphackdy was the Falls, Takedowns, and Team Points leader on the JV team last season and really took

advantage of the limited var opportunities that he had last year. He is expected to compete again at 125 or 130 this year.

**Alec Teagarden**

Alec, a senior, saw some varsity time last season and is looking for more this year after really finding his style. Look

for Alec to be at the 145 pound weight class for most of the season.

**Lucas Allen**

Junior letter winner, Lucas Allen, had great success last year on the JV team and worked his way into the Varsity line

up a time or two. He has had a great off season through the Thunderbolts program and attended a few camps.

**Jordan Humphries**

Jordan has been a solid performer and is looking to have a break-through season. His practice room efforts will

him to reach his goals this season as a 145/152 pounder.

**Jack Lesch**

Jack is expected to wrestle around 135 this season. He brings a light sense of humor with his desire to work to improve that makes him a great

member of the team on and off the mat.

**Brad Hogan**

Brad, a sophomore, already has two years of varsity experience under his belt. He has

packed on the muscle and is looking to improve on his third place honors last year in Section 3AAA. Expect Brad to wrestle 130 and 135 this year.

**Ben Schmitz**

Ben, a varsity soccer player, brings his competitiveness from the soccer field into the wrestling room. His work

ethic and persistence may have him surprising some opponents this year with his solid improvements.

**Mitch Rechtzigal**

Sophomore Mitch Rechtzigal was a force to be reckoned with on the Varsity squad last year placing 4th at sections.

Mitch will start the season at 140 after hitting the weights and the mat hard in the off season.

**BJ Groskreutz**

Groskreutz, a sophomore letter winner, found his home last year in the 4 Varsity line up all

season. BJ had a solid Varsity year and has worked to put himself in a position to have an even better year at 119/125.

**Anthony Munos**

A freshman, Munos, gained valuable Varsity and JV experience last season as only an 8th grader. He is now ready to

lead his ninth grade classmates as they make the transition into high school wrestlers. Look for him around 125 this year.



SECTION 3AAA ACADEMIC TEAM 2009

- 103 BJ Groskreutz
- 112 Brad Hogan
- 125 Mitch Rechtzigal
- 130 Billy Kor
- 135 Scott Hogan
- 140 Cody Groskreutz
- 145 Ty Groskeutz
- 152 Nels Pederson
- 189 Joey Scott
- 215 Bobby Ladd





Freshman Team 2009-2010

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
- 2009 - State Team Consolation Finalists

9th Grade State Individual Championships

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

Freshman Schedule 2009-2010

DATE	OPPONENT	SITE	TIME
Friday, Dec. 4	Intra Squad Meet (Parent Open House @ 6:00pm)	Eastview	7:30 pm
Saturday, Dec. 5	Burnsville Open	Burnsville	9:30 am
Tuesday, Dec. 8	Burnsville / Tartan	Eastview	4:30 pm
Thursday, Dec. 10	Apple Valley	Eastview	4:30 pm
Sunday, Dec. 13	Spaghetti Dinner / Silent Auction	Rosemount Legion	5:00 pm
Tuesday, Dec. 15	Hastings / Richfield	Hastings	4:30 pm
Saturday, Dec. 19	Rosemount Duals	Rosemount	9:00 am
Tuesday, Jan. 5	Rosemount / Eagan	Eastview	4:30 pm
Saturday, Jan. 9	Eastview Tournament	Eastview	9:00 am
Tuesday, Jan. 12	Park	Park	4:30 pm
Saturday, Jan. 23	State Team Tournament (Need to qualify)	Hastings	9:30 am
Sunday, Jan. 24	Eastview (K-8) Tournament	Eastview	10:00 am
Saturday, Jan. 30	Region 4 Tournament	Richfield	9:00 am
Saturday, Feb. 6	State Individual Tournament (Need to qualify)	Champlin Park	8:00 am
Saturday, Feb. 13	Lake Conference Tournament (9th-JV)	TBD	9:00 am
Sunday, March 28	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 Lattermer
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
- 2009**
Kai Matsuhashi

Varsity and Junior Varsity Managers



Brooke Larson



Sara Olson



Caitlin Scott



Laquana Carpenter



Alicia Patrick



Veronica Elling



Kelly Schueler



Megan Auren



Sara Boese



Hannah Crookes



Anthony Metz

Board of Directors

- Diana & Mike Hogan.....President
- Kristen & Bill DoddVP Marketing/Comm.
- Carol & Jon Rechtzigel VP Operations
- Shelly & Scott MunosTreasure
- Abriella Ladd & Karen TulkSecretary
- Debra & Kevin PedersonConcessions Coordinator
- Nick Fornicoia.....ThunderBolts Liaison
- Travis Lee.....EVAA Liaison
- Shelly & Kurt Habeck..... EVHS Head Coach

Grade Representatives

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

Freshman Managers



Gretta Morrissey



Derek Dravis

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

MISSOURI CAMP 2009



EASTVIEW CAMP 2009



EASTVIEW WRESTLING PROGRAMS 2009-2010



PRE-SEASON WRESTLING TRAINING SESSIONS

SEASON October 11, 18, 25, & November 1 @ Eastview High School
SESSIONS Sunday's, 5:00-6:15pm
AGES 3rd - 8th Grade
REGISTER Register by October 11th. Walk-ins accepted.
LEVELS Intermediate - Advanced
COST \$25 / 4 Sessions (Both Pre-Season & Advanced Sessions = \$50)
CONTACT Kurt Habeck kurt.habeck@district196.org (651) 683-6969 ext. 98669

FREE WRESTLING CLINICS

SEASON October 19, 20, & 23 @ Eastview High School
SESSIONS Monday, Tuesday, & Friday 6:30-7:45pm
AGES K - 6TH Grade / 7-8TH Grade
REGISTER Register by October 19th. Walk-ins accepted.
LEVELS Beginner - Intermediate - Advanced
COST FREE! Includes T-Shirt! Free for ISD 196 students only.
CONTACT Travis Lee travis.lee@district196.org (651) 683-6969 ext. 98623

ADVANCED WRESTLING TRAINING SESSIONS

SEASON November 10, 17, 24, December 1, 8 @ Eastview High School
SESSIONS Tuesday's, 7:15-8:30pm
AGES 3rd - 8th Grade (EVAA Wrestlers encouraged to attend)
REGISTER Register by November 10th. Walk-ins accepted.
LEVELS Intermediate - Advanced
COST \$35 / 5 Sessions (\$25 if in EVAA),
(Both Pre-Season & Advanced Sessions = \$50)
CONTACT Kurt Habeck kurt.habeck@district196.org (651) 683-6969 ext. 98669

EVAA IN-HOUSE WRESTLING

SEASON November 2nd - December 15th @ Eastview High School
SESSIONS Monday (K-6), Tuesday (K-2), Thursday (3-6)
AGES K - 6th Grade
REGISTER By Oct. 28th online or at the Eastview Wrestling Clinic.
LEVELS Beginner - Intermediate - Advanced
COST \$60 Includes T-Shirt!
CONTACT Travis Lee travis.lee@district196.org (651) 683-6969 ext. 98623

EASTVIEW TRAVELING WRESTLING

SEASON December 16th - March @ Eastview High School
SESSIONS Tuesday's & Thursday's, & Select Monday's
AGES K-2nd Extension of In-House, 3rd - 8th Traveling Program
REGISTER Register by the December 16th parent meeting. Walk-ins accepted.
LEVELS K-2nd (All Levels), 3rd - 8th (Intermediate - Advanced Levels)
COST K-2nd = \$65 & 3rd-8th = \$85 (\$10 discount if in Advanced Training Sessions) Includes T-Shirt, Shorts, & (1-3) Tourney Fee(s).
CONTACT Travis Lee travis.lee@district196.org (651) 683-6969 ext. 98623

THUNDERBOLTS FREESTYLE WRESTLING

SEASON March - April, @ Eastview High School
SESSIONS Tuesday's & Thursday's
AGES 1st - 12th Grade
REGISTER Register by March 9th. Walk-ins accepted.
LEVELS Intermediate - Advanced
COST \$65, Includes T-Shirt & Thunderbolts Tourney!
CONTACT Travis Lee travis.lee@district196.org (651) 683-6969 ext. 98623

EASTVIEW SUMMER WRESTLING SESSIONS

SEASON June & July, @ Eastview High School
SESSIONS 13-15 Select Dates, Tuesday's & Thursday's
AGES 6th - 12th Grade (2010-2011 School Year)
REGISTER Register by May 24th. Walk-ins accepted.
LEVELS Beginner - Intermediate - Advanced
COST \$30 Includes T-Shirt!
CONTACT Kurt Habeck kurt.habeck@district196.org (651) 683-6969 ext. 98669

EASTVIEW SUMMER WRESTLING CAMP

SEASON July 19-22, @ Eastview High School
SESSIONS Monday-Tuesday-Wednesday-Thursday
AGES 1st - 9th Grade (2010-2011 School Year)
REGISTER Register by July 16th. Walk-ins accepted.
LEVELS Beginner - Intermediate - Advanced
COST \$50 Includes T-Shirt!
CONTACT Kurt Habeck kurt.habeck@district196.org (651) 683-6969 ext. 98669



EASTVIEW LIGHTNING Wrestling Tournament

Sunday, January 24th, 2010
Kids Folkstyle... Grades Pre-K - 8th

Location:

- ◇ Eastview High School
- ◇ 6200 140th St. West
- ◇ Apple Valley, MN 55124
- ◇ Enter Lower SW Entrance, Door #1

Tournament Procedures:

- ◇ Folkstyle Rules
- ◇ Divisions based on Grade, Weight, & Program
- ◇ Abilities May be considered based on win %...
- ◇ Beginner < .500, Intermediate > .500, Advanced > .750
- ◇ Four Man Round Robin (3 matches)
- ◇ Remain on the mat until finished
- ◇ Pre-K - 5th Grade... 1:00 periods (H.S. Overtime)
- ◇ 6th - 8th Grade... 1:30 periods (H.S. Overtime)

Awards:

- ◇ Large Trophies for 1st - 4th Place
- ◇ Awards immediately after wrestling.

Folkstyle Tournament!

Date: Sunday, January 24th, 2010

Age: Grades Pre-K - 8th

Weigh-Ins: 10:00 am - 10:45 am

Wrestling Begins: 11:45 am

Location: Eastview High School

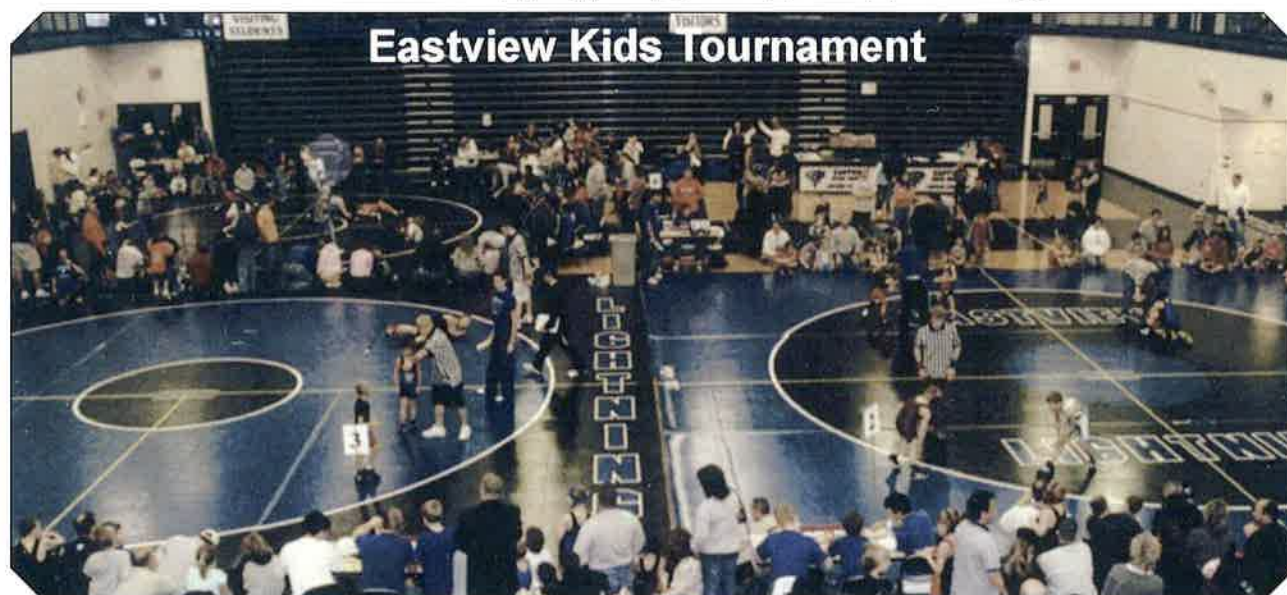
Entry Fee: \$12.00 / Wrestler
Adults \$5.00
Seniors & Students \$3.00
Kids 10 & under are Free

Contact: Dean Stockwell
(H) 952-322-2259
dean_stockwell@urscorp.com

Mark your calendar today!

300+ PARTICIPANTS EACH YEAR!

Eastview Kids Tournament



EVAA Wrestling 2009



K - 2nd Grade



EV Badgers

3rd - 6th Grade



EV Badgers



EV Gophers



EV Gophers



EV Hawkeyes



EV Hawkeyes



EV Wolverines



EV Wolverines



Black Hawk Middle School

Coaches: Mike Hogan, Kerry Blaine

Black Hawk Panthers

Corey Cox
Calvin So
Nicholas Anderson-Glass
Tim Heil
Jesse Clough
Samonty Ouk-Theng
Javonte Ealey
Liban Salad
Thomas Burgess
Hosea Evans
Rae Voges
Amar Kennedy
Ameer Eldomiatti
Jerel Warren



Kevin Garcia
Javon Hering
Nolan Cornwall
Shun Matsuhashi
Kevin McComb
Lee Mueller
Duop Pidor
Nimay Anand
Kai Nerhus
Nick Pegelow

Falcon Ridge Middle School

Coach: Scott Cave, Kedar Witte

Falcon Ridge Falcons

Jesse Gaida	Ronnie Norton
Ryan Kingsley	Xavier DeLosSantos
Kamal Gulled	Jakob Alber(JJ)
Trenton Kenney	Erik Kersten
Doug Molitor	Ivan Shapiro
Kevin Tschalla	Max Chlan
Morgan Ling	Nathan Coulter
Billy Marks	Aaron Berg
Jahyke McClarron	Kenneth Hogan
Sam Penders	Jack Garcia
Sergio Hernandez	Maurice Chambers



Scott Highlands Middle School

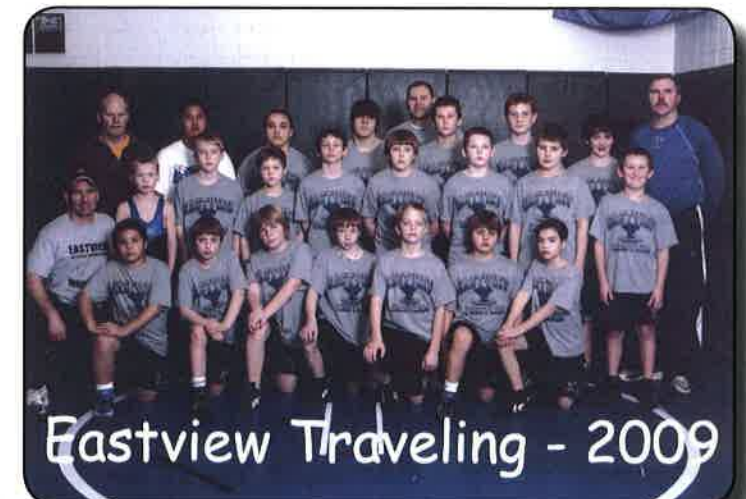
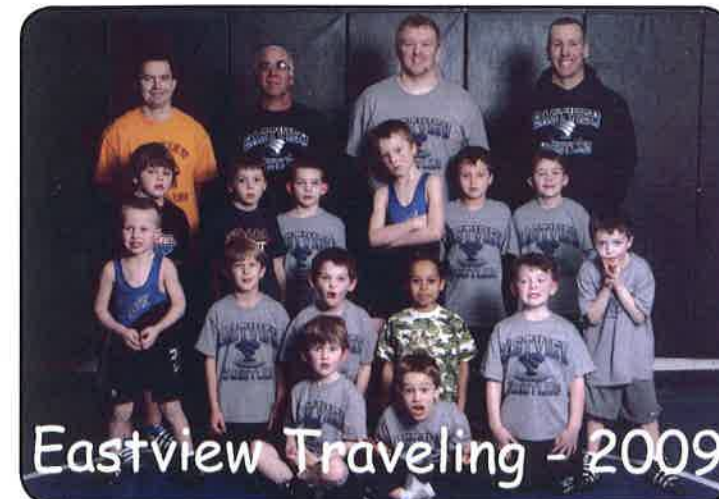
Coaches: Greg Dravis, Mike Griffith

Scott Highlands Saints

Angelo Lynn	Tanner Spackman
Tyler Lindgrin	Franklin Makabe
Dan Monaghan	Casey Dravis
Jesse Eide	Craig Szymanski
Brett Hestness	Tom Delich
Shawn Guzman	Micah Schmidt
David Trachet	Ryan Fox
Josh Payette	Mike Funchie
Andrew Krishner	Gavin Carlson
Zach Praus	Jack Buck
Trey Kueffer	Kyle Liggett
Luke Dodd	Joe Splettstoesser
Jordan Herbranson	Moemen Ibrahim
Braylon Temte	Michael Caples
Colin Benson	Adam Flores
Nick Paxson	

K - 8th Grade • December - 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 tournaments. The program will participate in State Team and Individual Tournaments.



MN/NATIONAL WRESTLING 2009				
TRAVELING PROGRAM THUNDERBOLTS PROGRAM				
GRADE	NAME	STYLE	PLACE	STATE
2	Justin Hecht	Folkstyle	Participant	MYAS
2	Jared Hecht	Folkstyle	Participant	MYAS
2	Gage Greenlee	Folkstyle	Participant	MYAS
3	Eric Schmidt	Folkstyle	4th	Tourney of Champions
3	Jaden Welborn	Folkstyle	Participant	MN/NYWA
4	Alex Lindstrom	Folkstyle	5th	MYAS
4	Knowledge Gutierrez	Folkstyle	Participant	MYAS
7	Jacob Rukovina	Folkstyle	Participant	NYWA/MYAS
8	Jacob Hathaway	Folkstyle	Participant	MN/USA
9	Brad Hogan	Freestyle	3rd	MN/USA
9	Mitch Rechtzigel	Freestyle	Participant	MN/USA
9	Brad Hogan	Folkstyle	Participant	Nationals
9	Mitch Rechtzigel	Folkstyle	Participant	Nationals
11	Nels Pederson	Free/Greco	Participant	MN/USA
11	Josh Weinberg	Free/Greco	Participant	MN/USA
11	Nels Pederson	Free/Greco	Participant	Nor-Plains
11	Nels Pederson	Greco	Participant	Nationals



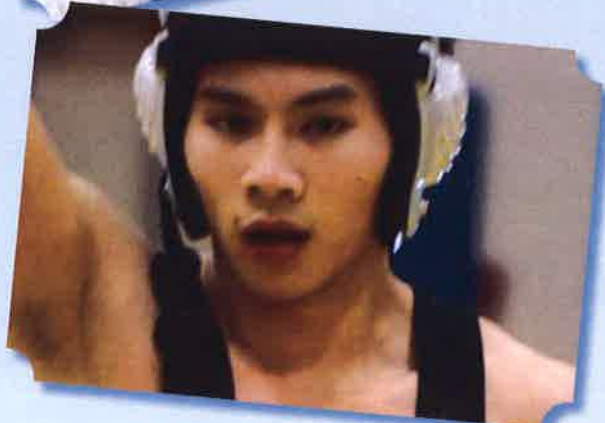
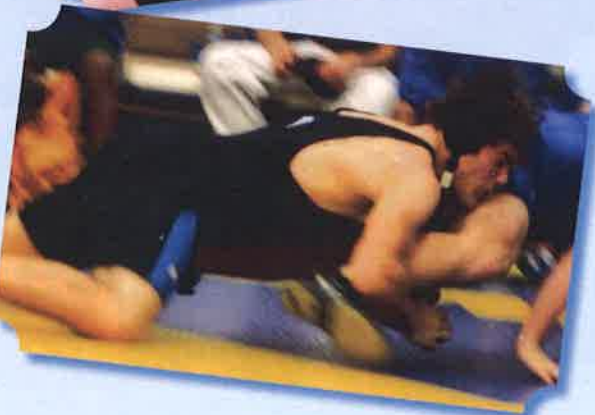
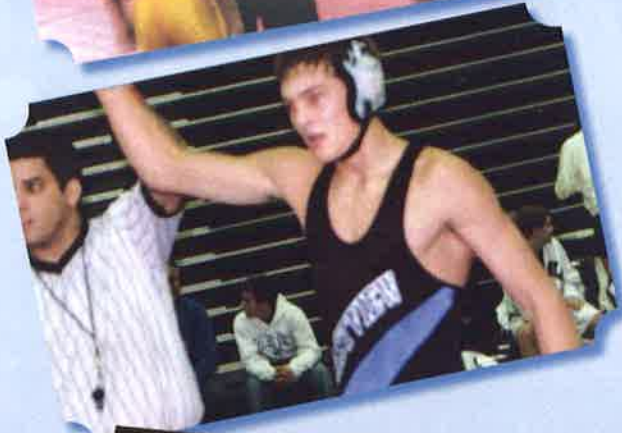
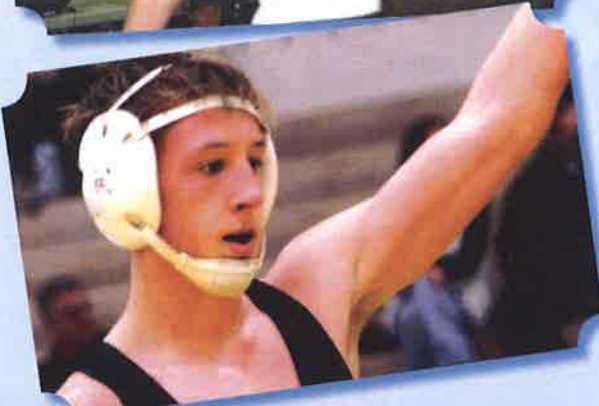
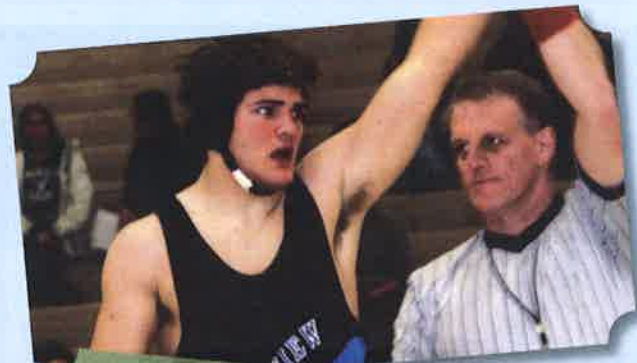
Offseason Training Club Members 2009	
Gold	Nels Pederson
Gold	Mitch Rechtzigel
Silver	Brad Hogan
Silver	Lucas Allen
Silver	Alec Teagarden
Silver	Matt Henning
Bronze	Chris Bechly



PRE-SEASON TRAINING SESSION 2009



ADVANCED TRAINING SESSION 2009



Varsity Dual Meet Results 2008-2009

Overall Record:		18 Wins	9 Losses
Conference Record:		7 Wins	2 Losses
Eastview 76	St. Paul Central	0	Win
Eastview 37	Stillwater	28	Win
Eastview 32	Spring Lake Park	30	Win
Eastview 12	Kasson-Mantorville	42	Loss
Eastview 53	Burnsville	19	Win
Eastview 34	JWP / WEM	33	Win
Eastview 49	NRHEG	18	Win
Eastview 12	Owatonna	50	Loss
Eastview 62	Chaska	9	Win
Eastview 11	Apple Valley	56	Loss
Eastview 41	Minnetonka	26	Win
Eastview 24	Buffalo	37	Loss
Eastview 40	Shakopee	33	Win
Eastview 48	Lakeville South	24	Win
Eastview 41	Park	18	Win
Eastview 57	Lakeville North	13	Win
Eastview 33	Wayzata	33	Loss
Eastview 3	Scott West	70	Loss
Eastview 31	Eagan	21	Win
Eastview 32	Rosemount	21	Win
Eastview 43	Eden Prairie	21	Win
Eastview 53	Faribault	21	Win
Eastview 44	Maple Grove	18	Win
Eastview 12	Apple Valley	66	Loss
Eastview 24	Bloomington	41	Loss
Eastview 35	Rosemount	22	Win
Eastview 18	Hastings	45	Loss

Team Tournaments:	Armstrong	2nd Place
Individual Tournaments:	Bi-State	9th Place
	Burnsville	1st Place
	Eastview	1st Place

Junior Varsity Dual Meet Results 2008-2009

Overall Record:		19 Wins	0 Losses
Conference Record:		7 Wins	2 Losses
Eastview 48	St. Paul Central	12	Win
Eastview 22	Stillwater	51	Loss
Eastview 70	Spring Lake Park	0	Win
Eastview 57	Kasson-Mantorville	12	Win
Eastview 41	Burnsville	36	Win
Eastview 53	JWP / WEM	36	Win
Eastview 22	NRHEG	15	Win
Eastview 10	Owatonna	60	Loss
Eastview 63	Chaska	18	Win
Eastview 51	Apple Valley	18	Win
Eastview 46	Minnetonka	35	Win
Eastview 59	Buffalo	12	Win
Eastview 37	Shakopee	18	Win
Eastview 39	Lakeville South	16	Win
Eastview 24	Park	18	Win
Eastview 42	Lakeville North	12	Win
Eastview 38	Wayzata	36	Win
Eastview 29	Scott West	42	Loss
Eastview 32	Eagan	7	Win
Eastview 58	Rosemount	12	Win
Eastview 65	Eden Prairie	6	Win
Eastview 50	Bloomington	14	Win

Freshman Dual Meet Results 2008-2009

Overall Record:		10 Wins	8 Losses
Conference Record:		5 Wins	2 Losses
Eastview vs.			
Section Duals		3rd Place	
51	Tartan	24	Win
52	Park	31	Win
27	Hastings	53	Loss
57	Eagan	21	Win
37	Rosemount	40	Loss
44	Simley	30	Win
48	Burnsville	30	Win
Rosemount Duals		4th Place	
15	Hastings	58	Loss
54	Eagan	27	Win
18	Rosemount	44	Loss
Eastview Duals		5th Place	
62	Mounds View	24	Win
31	Anoka	45	Loss
46	Coon Rapids	33	Win
24	Rosemount	60	Loss
Team State Tournament		Consolation Finalists	
27	Kasson-Mantorville	50	Loss
51	Dilworth-G-W	33	Win
50	Totino-Grace	28	Win
30	Coon Rapids	48	Loss

Team Managers 2009



TEAM 2009 RECOGNITION

LETTER WINNERS

Anthony Munos	EV	
BJ Groskreutz	EV	
Brad Hogan	EV	EV
Mitch Rechtzigel	EV	EV
Lucas Allen	EV	
Derrick Cox	EV	
Josiah Barrett	EV	
Erik Ehresmann	EV	
Matt Galloway	EV	EV
Jake Hannan	EV	
Jordan Humphries	EV	
Jack Lesch	EV	
Ben Schmitz	EV	
Carl Brown	EV	
Matt Decovich	EV	EV
Nick Dodd	EV	EV
Cody Groskreutz	EV	EV EV
Tom Hensley	EV	EV
Alec Johnson	EV	EV
Allen Keomongkoth	EV	
Max King	EV	
Peter Nguyen	EV	EV
Nels Pederson	EV	EV

Steven Phomphackdy	EV	EV
D.J. Schleisman	EV	EV
Joey Scott	EV	EV
Alec Teagarden	EV	EV
Josh Weinberg	EV	EV
Rob Wietecha	EV	EV
Pat Cox	EV	EV
Matt Franson	EV	EV
Ty Groskreutz	EV	EV EV EV
Scott Hogan	EV	EV EV EV
Billy Kor	EV	EV EV
Bobby Ladd	EV	EV
Dijon Sanders	EV	EV EV

MANAGERS

Brooke Larson	EV	EV
Caitlin Scott	EV	EV
Sara Olson	EV	EV
Allissa Jonker	EV	EV
Libby Carroll	EV	EV EV

ALL CONFERENCE

Scott Hogan

ALL CONFERENCE
HONORABLE MENTION

BJ Groskreutz
Brad Hogan
Mitch Rechtzigel
Peter Nguyen
Cody Groskreutz
Ty Groskreutz
Nels Pederson
Josh Weinberg
Bobby Ladd

LAKE CONFERENCE
RECORDS

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

SECTION 3AAA
TOURNAMENT RESULTS







Wt.	Name	Place
103	BJ Groskreutz	5th
112	Brad Hogan	3rd
125	Mitch Rechtzigel	4th
130	Billy Kor	5th
135	Scott Hogan	3rd
140	Cody Groskreutz	4th
145	Ty Groskreutz	4th
152	Nels Pederson	1st
160	Josh Weinberg	3rd
189	Joey Scott	4th
215	Bobby Ladd	5th
285	Dijon Sanders	2nd

3AAA INDIVIDUAL
SECTIONS

Team	Points
Apple Valley	291.5
Hastings	243
Eastview	158
Eagan	134
Rosemount	132
Henry Sibley	122
Park Cottage Grove	97.5
Burnsville	70.5



LAKE CONFERENCE
RECORDS 2008-2009

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

EASTVIEW WRESTLING SEASON AWARDS - 2009

Most Valuable Varsity
Wrestler of the Year
Scott Hogan

Most Valuable Junior Varsity
Wrestler of the Year
Nick Dodd

Most Valuable Freshman
Wrestler of the Year
Brad Hogan

Most Improved
Wrestler of the Year
Nels Pederson & Josh Weinberg

Scholar Athlete Award
Ty Groskreutz

Lightning Award
Bobby Ladd & Matt Franson

Wrestler Manager Hall of Fame
Libby Carroll

Scholar Athlete 2009
Ty Groskreutz

3-D Club Membership

Brad Hogan
Lucas Allen
Matt Galloway
Quincy Gottwig
Jake Hannan
Ben Schmitz
Carl Brown
Matt Decovich
Nick Dodd
Cody Groskreutz
Peter Nguyen
Nels Pederson
D.J. Schleisman
S. Phomphackdy
Joey Scott
Josh Weinberg
Matt Franson
Scott Hogan
Billy Kor
Bobby Ladd

John Rodin Service Award

Peter Nguyen

Most Falls

V	Scott Hogan	13
	Ty Groskreutz	13
JV	Steven Phomphackdy	15
9th	Evan Decovich	11

Most Takedowns

V	Scott Hogan	85
JV	Steven Phomphackdy	33
9th	Levi Groskreutz	19

Most Team Points

V	Scott Hogan	155
JV	Steven Phomphackdy	95
9th	Brendan Cole	69
	Evan Decovich	69

Academic Club - Gold (3.6-4.0)

Megan Auren

Chris Bechly

Evan Decovich

Matt Henning

Zach Groskreutz

Greg Howard

Billy Lawrence

Adam Foreman

BJ Groskreutz

Zac Groskreutz

Brad Hogan

Greg Howard

Justin Hudak

Matt Ladd

Carson Larocque

Anne Pearson

Kai Matsushashi

Mitch Rechtzigel

Matt Galloway

Quincy Gottwig

Mike Schliesman

Ben Schmitz

Nick Dodd

Cody Groskreutz

Peter Nguyen

Allen Keomongkoth

Sara Olson

Nels Pederson

Caitlin Scott

Joey Scott

Alec Teagarden

Rob Wietecha

Ty Groskreutz

Scott Hogan

Allisa Jonker

Billy Kor

Robert Ladd

--

Academic Club -
Silver (3.0-3.59)

Laquana Carpenter

Brendan Cole

Matt Henning

Billy Lawrence

Alicia Patrick

Matt Schmidt

Collin Underdahl

Nick Zelenak

Lucas Allen

Derrick Cox

Josiah Barrett

Erik Ehresmann

Sam Higgins

Tony Metz

Carl Brown

Matt Decovich

Tom Hensley

Brooke Larson

Steven Phomphackdy

DJ Schliesman

Libby Carroll

Pat Cox

Matt Franson

SECTION 3AAA
STATE PLACE WINNERS

Wt.	Name	Place	Team
103	Phil Levine	1st	Rosemount
103	Eric Bauer	3rd	Hastings
112	Dakota Trom	1st	Apple Valley
112	Jeff Engstrom	3rd	Hastings
119	Matt Kelliher	1st	Apple Valley
119	Ali Mohammed	5th	Burnsville
125	Brandon Kingley	1st	Apple Valley
130	Justin LaValle	1st	Apple Valley
130	Mason Young	3rd	Henry Sibley
135	Destin McCauley	2nd	Apple Valley
135	Zach Rohr	4th	Hastings
140	Luke Vaith	1st	Hastings
140	Joe Fessler	2nd	Apple Valley
145	Jared Hoepfner	3rd	Apple Valley
145	Tyler Rohr	4th	Hastings
160	Zak Coates	1st	Henry Sibley
160	Brendan Eichmann	2nd	Hastings
171	Tyler Lehmann	1st	Apple Valley
171	Jared Flaata	5th	Park
189	Craig Kelliher	2nd	Apple Valley

LAKE CONFERENCE
STATE PLACE WINNERS

Wt.	Name	Place	Team
103	Phil Levine	1st	Rosemount
103	Sam Brancale	6th	Eden Prairie
112	Dakota Trom	1st	Apple Valley
119	Ali Mohammed	5th	Burnsville
119	Matt Kelliher	1st	Apple Valley
125	Tony Skjefte	6th	Eden Prairie
125	Brandon Kingley	1st	Apple Valley
130	Justin LaValle	1st	Apple Valley
135	Robbie Fischer	1st	Bloomington
135	Destin McCauley	2nd	Apple Valley
140	Joe Fessler	2nd	Apple Valley
140	Dylan Ness	3rd	Bloomington
145	Pat Smith	2nd	Chaska
145	Jared Hoepfner	3rd	Apple Valley
171	Tyler Lehmann	1st	Apple Valley
189	Craig Kelliher	2nd	Apple Valley
215	Zane Peterson	5th	Lakeville South

LAKE CONFERENCE
TEAMS

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

SECTION 3AAA TEAMS

Apple Valley
Bloomington Kennedy
Burnsville
Eagan
Eastview
Hastings
Henry Sibley
Park
Rosemount



VARSITY STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Points
Lucas Allen	0	1	0	7	0	0	0	0	0	0	0
Chris Bechly	2	2	1	1	1	0	1	0	0	0	9
Jose Cabrera	1	3	3	1	0	0	0	0	0	0	6
Derrick Cox	2	1	1	1	0	0	0	0	0	1	12
Pat Cox	0	6	1	5	3	0	0	0	0	0	0
Nick Dodd	6	7	10	12	7	1	3	1	0	1	22
Erik Erhesmann	1	1	1	0	0	0	0	0	0	1	6
Matt Franson	7	5	8	10	2	1	2	0	0	4	36
Matt Galloway	10	9	12	16	4	1	8	0	1	4	44
BJ Groskreutz	18	22	20	16	12	6	6	2	0	9	95
Cody Groskreutz	25	12	55	29	14	5	13	5	2	5	99
Ty Groskreutz	24	13	36	30	11	4	17	3	2	11	112
Jake Hannan	0	1	0	0	0	0	0	0	0	0	0
Tom Hensley	2	7	3	4	1	2	1	0	0	2	12
Brad Hogan	33	9	55	21	27	12	18	6	2	10	142
Scott Hogan	37	3	85	34	18	17	21	6	2	11	155
Alec Johnson	6	7	4	19	9	4	2	1	0	2	28
Max King	0	1	0	0	0	0	0	0	0	0	0
Billy Kor	13	20	29	42	7	0	1	1	0	1	52
Robert Ladd	21	20	23	36	21	3	6	1	0	11	100
Anthony Munos	8	19	17	8	15	2	8	0	1	3	38
Peter Nguyen	15	15	24	32	10	6	13	2	1	10	79
Nels Pederson	33	11	72	34	20	10	11	5	1	9	136
Sieven Phomphackdy	2	2	2	0	1	0	2	1	0	1	10
Mitch Rechtzigel	29	13	47	30	13	7	9	5	1	5	109
Dijon Sanders	14	13	19	19	9	4	2	0	0	5	57
DJ Schliesman	3	11	3	4	1	4	1	0	0	1	15
Joey Scott	18	21	22	29	10	2	9	1	0	6	76
Alec Teagarden	3	2	7	5	2	1	2	0	0	3	18
Josh Weinberg	26	15	33	24	41	22	23	4	3	6	112
Rob Wietecha	6	19	17	32	3	0	1	0	0	2	24

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	365	293	610	509	263	114	180	44	16	124	1604
Opponents Totals	293	365	688	387	179	95	158	41	9	134	1343

JUNIOR VARSITY STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Points
Lucas Allen	14	5	22	15	7	1	8	1	1	6	39
Josh Barrett	4	2	3	2	1	0	0	0	0	4	12
Chris Bechly	7	9	7	2	2	3	0	1	0	3	28
Carl Brown	7	9	6	7	4	0	2	0	0	4	21
Jose Cabrera	3	6	4	2	0	0	0	0	0	3	12
Derrick Cox	15	6	23	10	17	4	10	3	0	8	47
Pat Cox	14	3	13	2	9	5	5	0	0	9	39
Evan Decovich	1	2	3	0	2	1	0	1	0	0	4
Matt Decovich	14	3	21	5	4	4	5	1	0	11	46
Nick Dodd	16	3	25	5	10	8	8	1	1	12	54
Erik Erhesmann	16	1	19	6	3	1	4	0	0	8	36
Matt Franson	17	1	31	9	6	7	11	3	2	8	60
Matt Galloway	7	0	15	4	3	6	6	2	2	2	21
Quincy Gottwig	5	11	6	4	2	3	3	1	0	1	22
Levi Groskreutz	2	1	5	1	5	2	2	0	0	2	6
Zach Groskreutz	5	1	5	2	8	1	1	0	0	4	9
Jake Hannan	10	12	14	10	3	2	3	0	0	5	36
Matt Henning	3	4	5	4	3	1	1	0	0	2	12
Tom Hensley	8	1	14	3	4	5	4	2	0	4	22
Sam Higgins	4	14	3	5	1	0	0	0	0	1	18
Greg Howard	1	1	1	0	3	2	0	1	0	0	4
Jordan Humphries	12	7	10	10	2	2	1	0	0	11	42
Alec Johnson	12	1	11	6	7	5	10	0	1	11	53
Allen Keomongkoth	6	7	9	13	5	1	1	0	0	4	18
Max King	13	6	22	9	7	5	8	1	1	7	39
Billy Kor	2	0	2	0	1	0	2	0	0	0	9
Matt Ladd	3	3	10	4	1	3	1	0	1	2	12
Jack Lesch	8	13	7	15	4	1	5	1	0	2	30
Anthony Munos	1	1	3	1	0	1	0	0	0	1	6
Peter Nguyen	2	0	4	1	0	0	6	0	1	1	11
Sieven Phomphackdy	25	3	33	12	14	12	12	2	3	12	95
Jose Rodriguez	2	1	2	0	1	0	0	0	0	2	0
DJ Schliesman	10	7	8	18	3	2	0	0	0	6	30
Mike Schliesman	2	8	1	0	0	0	0	0	0	2	0
Ben Schmitz	7	3	16	10	7	1	3	2	0	3	14
Marcus Shaw	4	3	3	7	9	0	1	1	0	3	10
Alec Teagarden	19	3	32	15	7	4	14	3	2	8	54
Josh Weinberg	0	1	0	0	4	1	2	0	0	0	0
Rob Wietecha	3	2	5	3	1	0	0	0	0	0	12

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	316	174	431	223	172	94	139	27	15	176	1052
Opponents Totals	174	316	318	163	146	54	93	9	5	115	536

FRESHMAN STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Points
Chris Bechly	14	7	5	7	7	4	1	0	0	1	57
Jose Cabrera	9	10	5	3	11	5	1	0	0	8	51
Michael Carpenter	3	11	1	3	2	1	1	0	0	1	15
Brendan Cole	12	5	11	4	9	2	3	0	0	9	69
Evan Decovich	12	8	10	3	7	3	5	0	1	10	69
Mitch Deinhammer	3	12	6	6	4	2	1	1	0	0	16
Adam Foreman	1	3	1	1	0	0	0	0	0	0	6
Edgar Garcia	6	8	5	1	3	0	0	0	0	4	36
Levi Groskreutz	13	4	19	7	6	6	7	0	0	8	66
Zach Groskreutz	13	8	12	3	13	3	9	0	0	6	62
Matt Henning	7	8	8	4	4	0	1	0	0	4	42
Greg Howard	9	11	8	10	6	2	4	1	0	6	46
Justin Hudak	11	7	7	7	1	1	2	2	0	4	59
Matt Ladd	2	4	2	3	2	0	0	0	0	1	12
Carson Larocque	3	4	4	5	1	0	0	0	0	1	18
Billy Lawrence	3	11	3	6	2	0	2	0	0	2	18
Peter Lesch	5	3	1	1	4	0	0	0	0	0	27
Kai Matsushashi	11	5	7	3	6	0	2	1	0	4	61
Vince Metz	8	12	4	2	4	2	3	0	0	4	45
Anthony Munos	1	4	5	1	0	0	1	0	0	0	3
Jose Rodriguez	6	6	6	2	5	0	0	0	0	6	36
Matt Schmidt	7	6	6	3	5	1	4	0	0	2	36
Collin Underdahl	0	2	2	0	1	0	0	0	0	0	0
Nick Zelenak	5	4	3	5	0	0	1	0	0	2	27

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	168	168	148	91	106	33	50	5	1	86	898
Opponents Totals	168	168	174	66	130	46	76	13	3	112	873

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

VARSITY CAREER RECORDS

TAKEDOWNS

Ryan Langlais	'04	449
Adam Fokken	'01	349
Scott Hogan	'09	252

NEAR FALLS

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

REVERSALS

Adam Fokken	'01	92
Mikey Fornicoia	'02	84
Scott Hogan	'09	75

FALLS

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

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

VARSITY SEASON RECORDS

TAKEDOWNS

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

NEAR FALLS

Mikey Fornicoia	'02	79
Minh Huynh	'05	56
Pat Dea	'03	50
Dan Getzke	'07	50

REVERSALS

Josh Weinberg	'09	41
Kevin McBride	'02	38
Adam Fokken	'99	28
Nate Kocer	'02	28

FALLS

James Pudwill	'06	28
Ty Groskreutz	'06	27
Joey Scott	'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

JUNIOR VARSITY SEASON RECORDS

TAKEDOWNS

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

NEAR FALLS

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

REVERSALS

Mike Redig	'06	26
------------	-----	----

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



Alumni 2009



~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!

Wall of Excellence

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



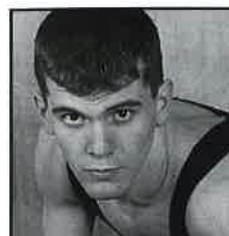
Tony Rodin
1998 - 4th Place
125 lbs.



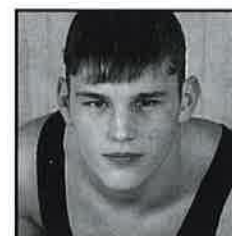
Adam Fokken
2000 - 4th Place
189 lbs.
2001 - State Champ
189 lbs.



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

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
2009	18	9	0	7	2nd	2
	172 wins	121 loses		.587 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
2002	Mikey Fornicoia, John Getzke, Eric Lemm	Mission Possible: 2002
2003	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
2010	Nels Pederson, Cody Groskreutz	Eye of the Storm

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

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

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	2009	Brad Hogan

Most Improved Wrestler of the Year

1998	Nate Ernst	1999	Nick Thompson
2000	Brad Okonek	2001	David Rasmussen
2002	Eric Lemm	2003	Jud Turk
2004	Minh Huynh	2005	Josh Nelson
2006	Chad Eul	2007	Dijon Sanders
2008	Nels Pederson	2009	Nels Pederson & Josh Weinberg

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 Gripp & Dillon Powell	2008	Bryan Okonek & David Ly
2007	Abebe Dessalegn & Andrew Pudwell	2009	Bobby Ladd & Matt Franson

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
2009	Libby Carroll		

Wrestling Scholarship Recipients

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

TOP 25 ALUMNI CAREER WINS

NAME	YEAR	WINS	LOSSES
Adam Fokken	2001	147	36
Ryan Langlais	2004	139	54
Scott Hogan	2009	129	25
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
Ty Groskrewtz	2009	65	43
Chris Shuck	2003	64	59
Josh Nelson	2006	60	52
Dijon Sanders	2009	58	44
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

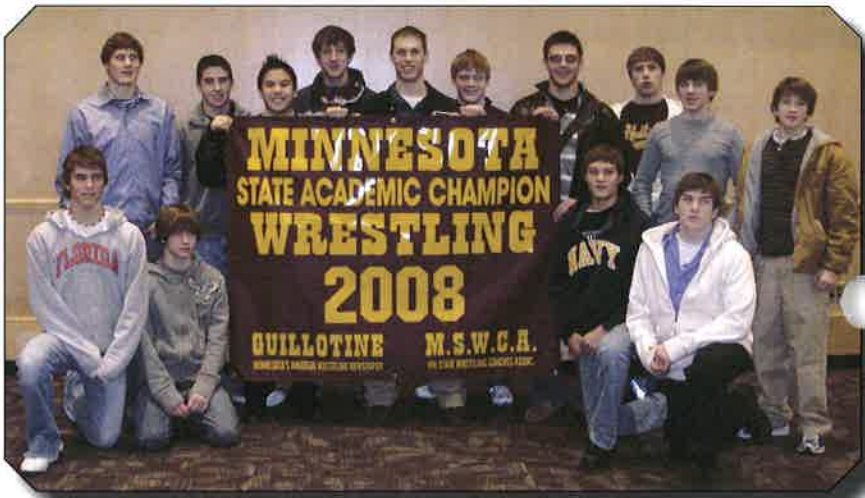
WRESTLING ACADEMIC TEAM

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
2009	MN State Academic Runner-up 3.89

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	(3x)
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	

SECTIONS CHAMPIONS

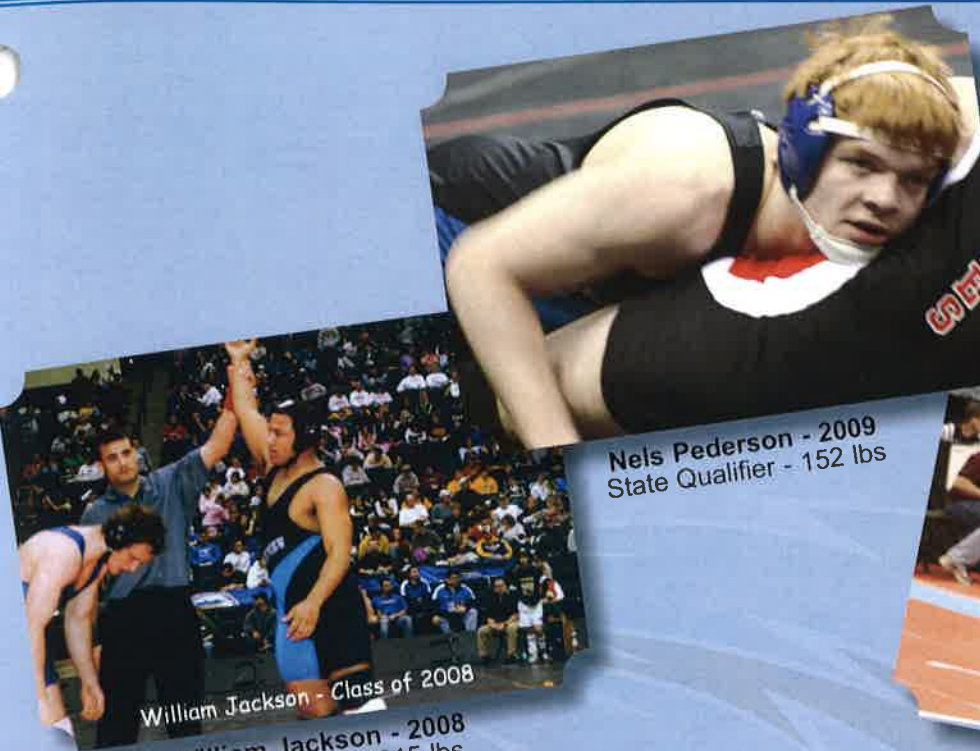
Tony Rodin
Adam Fokken
David Rasmussen
Mikey Fornicoia
James Voyles
Nate Kocer
Ryan Langlais
Nels Pederson

STATE QUALIFIERS

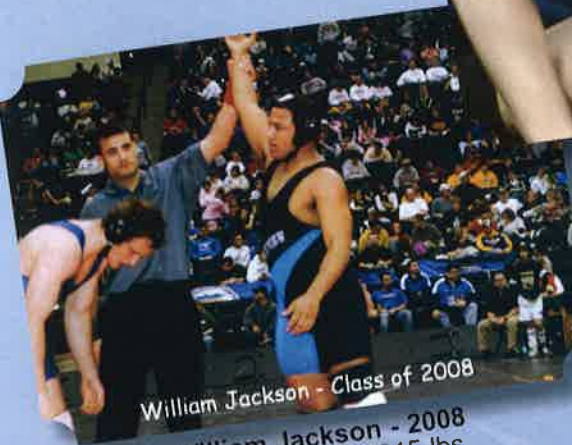
Tony Rodin	(2x)	4th Place
Brad Okonek		
Adam Fokken	(3x)	4th Place 1st Place
David Rasmussen		
Mikey Fornicoia	(2x)	6th Place
James Voyles		
Jud Turk		
Nate Kocer		6th Place
John Getzke		5th Place
Ryan Langlais	(3x)	
Pat Dea		
Steve Davis	(2x)	4th Place
Minh Huynh	(3x)	4th Place
John Makabe		
Ryan Ruckdashel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



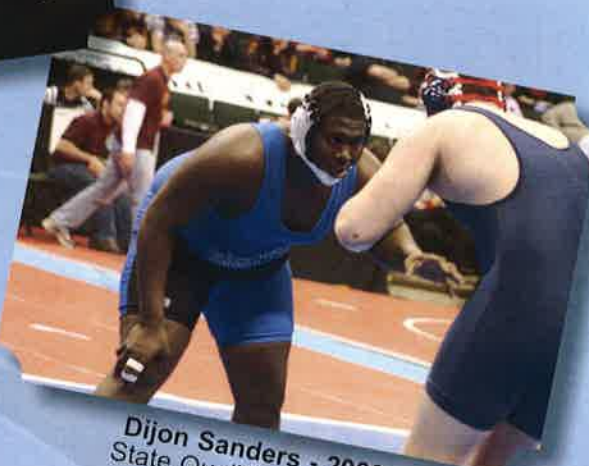
EASTVIEW STATE QUALIFIERS



Nels Pederson - 2009
State Qualifier - 152 lbs



William Jackson - Class of 2008
William Jackson - 2008
State Qualifier - 215 lbs



Dijon Sanders - 2009
State Qualifier - 285 lbs



JAKE NELSON - 130 LBS
STATE QUALIFIER - 2007
Jake Nelson - 2007
State Qualifier - 130 lbs



DAN GETZKE - 171 LBS
STATE QUALIFIER - 2007
Dan Getzke - 2007
State Qualifier - 171 lbs



Ryan Ruckdashel - 2005
State Qualifier - 285 lbs

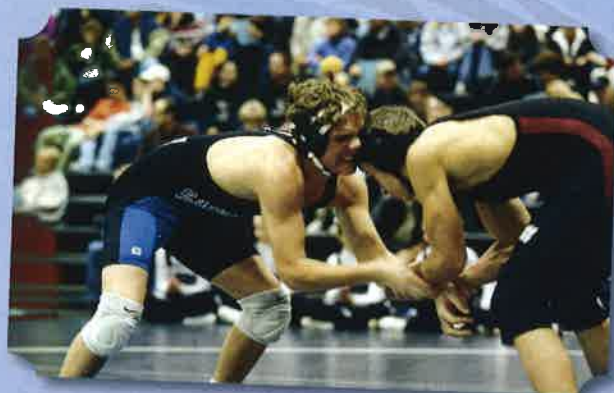


CHAD EUL - 2006
STATE QUALIFIER - 215 LBS
Chad Eul - 2006
State Qualifier - 215 lbs

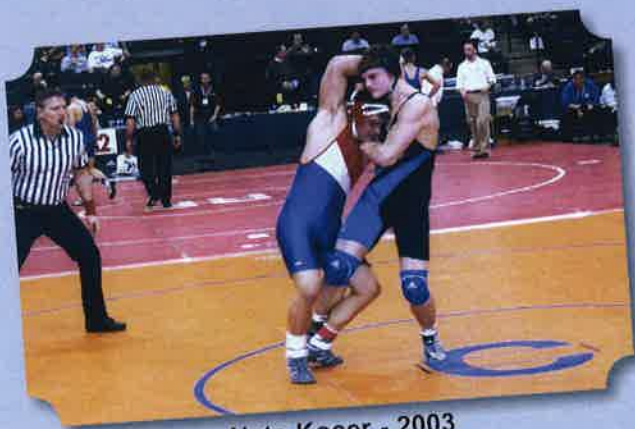
EASTVIEW STATE QUALIFIERS



Pat Dea - 2004
State Qualifier - 125 lbs.



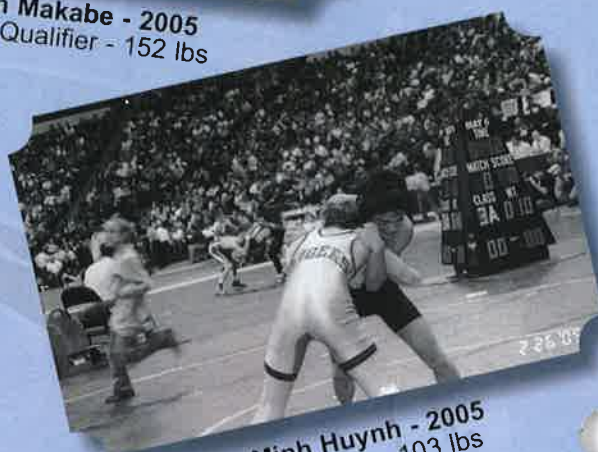
Judd Turk - 2003
State Qualifier - 140 lbs.



Nate Kocer - 2003
6th place - 189 lbs.



John Makabe - 2005
State Qualifier - 152 lbs

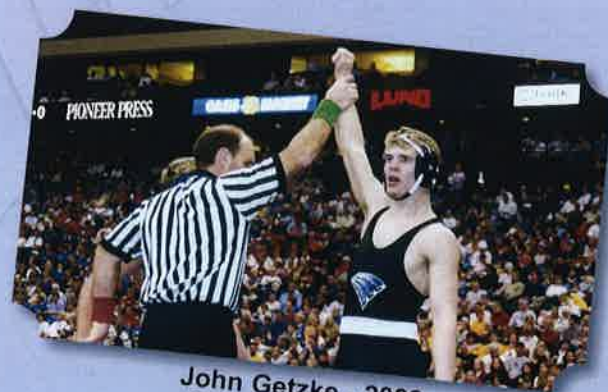


Minh Huynh - 2005
4th Place - 103 lbs



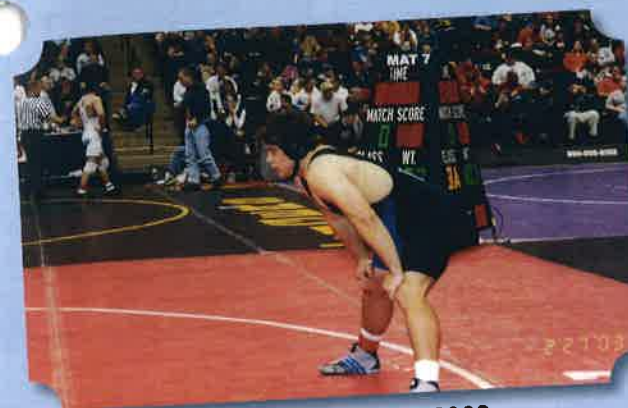
RYAN LANGLAIS - 2004
STATE QUALIFIER - 160 LBS

Ryan Langlais - 2004
State Qualifier - 160 lbs



John Getzke - 2003
5th place - 152 lbs.

EASTVIEW STATE QUALIFIERS



James Voyles - 2003
State Qualifier - 215 lbs.



David Rasmussen - 2001
State Qualifier - 145 lbs.

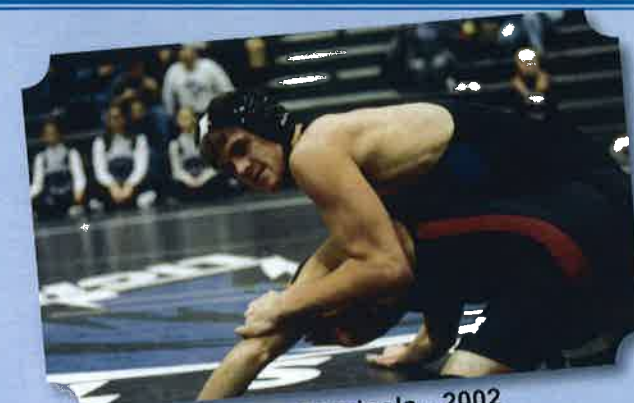


Adam Fokken - 2001
State Champion - 189 lbs
4th Place - 189 lbs



BRAD OKONEK - 2000
STATE QUALIFIER - 152 LBS

Brad Okonek - 2000
State Qualifier - 152 lbs.



Mikey Fornicola - 2002
6th Place - 130 lbs.



Steve Davis - 2001
4th Place - 125 lbs



Tony Rodin - 1998
4th place - 125 lbs.



**From everyday collection
to environmental protection,
Think Green.
Think Waste Management.**

- Commercial Collection
- Industrial Services
- Dumpster Services
- Residential Collection
- Compactors
- Temporary Roll-off Containers



WASTE MANAGEMENT

www.northland.com

Call today for a **FREE** estimate.
1-800-777-8408

©2009 Waste Management, Inc.

**We should
be starting
for you.**



www.anchorlink.com



14665 Galaxie Ave. • Apple Valley • 952-432-2265

**Kowalski's Eagan Market is
proud to support the
Eastview Wrestling Team!**



- The best selection of local, all natural and organic products
- A huge selection of grab & go meals in our deli
- Artisan cheeses from around the world
- Starbucks Coffee and Wine Shop
- One of a kind selection of gift and floral



1646 Diffley Road
651-328-8300

www.kowalskis.com
35E and Diffley Road

Missy Kissell REALTOR®
 CELL: 612-910-4795
 DIRECT: 952-997-8892
 FAX: 952-997-8810
 makissell@cbburnet.com
www.CBBurnet.com

COLDWELL BANKER
BURNET
 Owned And Operated By MBT LLC
 7741 147th St. W.
 Apple Valley, MN 55124

Insured



*Eagan
MN*

*Pool & Spa Maintenance • Weekly Cleaning •
Chemical Maintenance • Vacation Maintenance • Dive Service
Kevin Dacas-(612) 306-8997*



Von Hanson's Meats
... The "New" Old Fashioned Meat Market

Apple Valley, 7533 148th Street
952-431-3330
www.vonhansons.com

Now Serving You at 20 MN Locations

Hours: Sun 10-6 * Mon-Fri 9-8 * Sat 8-7

R.J. Ryan Construction, Inc.
Supports Eastview Lightning Wrestling



Jack Grotkin Tom Ryan

1100 Mendota Heights Road • Mendota Heights, MN 55120
Phone 651-681-0200 Fax 651-681-0235
www.rjryan.com



Monday through Friday, 5:30 a.m. to 3 p.m.
Saturday and Sunday, 7 a.m. to 3 p.m.

7501 145th Street West, Apple Valley
952-432-3699

**GOOD LUCK
Eastview
Wrestling!**



As your State Farm Agent, I am proud to support your dedication and commitment. Make this a season to remember. Go Lightning!

Paul Eggen, Agent
14450 S Robert Trail
Rosemount, MN 55068
Bus: 651-423-3535
www.paulleggen.com



LIKE A GOOD NEIGHBOR STATE FARM IS THERE.®

Providing Insurance and Financial Services

statefarm.com®

P047024

State Farm Insurance Companies • Home Offices: Bloomington, Illinois

12/06

RAG

Rudy's Redeye Grill

...Specializing in Homemade Comfort Food

14845 South Robert Trail
On the Corner of Cty. Rd. 42 & Hwy 3 in Rosemount
www.rudysrosemount.com
651-322-7700

Monday Nights
Half Price Bottles of Wine
Tuesday Nights
All you can eat Snow Crab
Wednesday Nights
Kids Eat Free
(with \$13.95 adult purchase)

Happy Hour

Mon-Fri 3p.m.- 6 p.m. & Sun-Thurs. 9p.m. -Close
\$1.50 off any drink & \$4.00 Appetizers

Join us for Breakfast

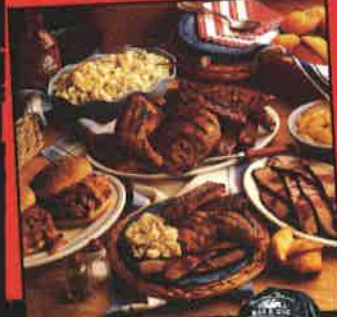
Saturdays & Sundays

9 a.m. - 2 p.m.

\$ 3.25 Bloody Marys \$.99 Mimosas



Famous Dave's Catering Menu



MAKE YOUR NEXT GET
TOGETHER "FAMOUS."
ORDER UP MY AWARD-
WINNING BARBEQUE
AND BRING THE FUN
OF A GOOD OL'
BACKYARD PICNIC TO
YOUR NEXT EVENT!

AND, WITH OUR NEW VALUE-PRICED
CATERING MENU, YOU DON'T HAVE TO
BREAK THE PIGGY BANK!



Famous Dave

LEGENDARY PIT BAR-B-QUE



LexisNexis™

Scott Childers

Non Profit National Sales Director

scott.childers@lexisnexus.com

651.437.3372 Direct
612.991.4297 Cell
651.437.5380 Fax
risk.lexisnexus.com/choicepoint

ChoicePoint

A LexisNexis Company

LexisNexis
Risk & Information Analytics Group Inc.
1810 West 14th Street
Hastings, MN 55033

D.W. WRESTLING PRODUCTS

Distributor of Brute/Adidas

Wrestling Products



DON WICHMANN

HOME: 612-929-2542

5621 THOMAS AVE. SOUTH

MINNEAPOLIS, MN 55410



BUFFALO WILD WINGS GRILL & BAR

Great Food in a Casual Atmosphere!

14658 Cedar Ave. So.
Apple Valley, MN 55124
952-997-2271

Wrestlers are part of
our electric co-op.

Good luck
Lightning!



**DAKOTA
ELECTRIC
ASSOCIATION**

Your Touchstone Energy® Partner

651-463-6212 • 800-874-3409

www.dakotaelectric.com



"PUTTING PAINT WHERE IT BELONGS"

Greg Munos 651-231-0417

Mike Munos 651-230-0859

Family Owned & Operated For 30+ Years

15% OFF if you mention *Eastview wrestling*

GOOD LUCK WRESTLERS!

Majors

sports cafe

Your Lighting Wrestling Place To Meet!
14889 Florence Trail
Apple Valley, MN 55124
952-432-4787

GENESIS CHIROPRACTIC HEALTH CENTER Dr. Erik B. Han-Lindemyer, DC

Caring for Lightning Wrestlers and their Families

Dr. Erik is a former college wrestler, who helps many South Metro
wrestler deal with injuries and increase peak performance.

Free Consultation with Dr. Erik @ 651-905-0330

Located in Diffley Square Shopping Center at Diffley & Blackhawk

Valley

AUTOMOTIVE GROUP

Rosemount AMERICAN LEGION POST 65

Good times with
Good Friends!

EXCELLENT Food
and Drink!



14590 Burma Avenue West, Rosemount, MN.
651-423-3380

Go Lightning



Tim Cooper's
TIRE & AUTO SERVICE

Complete professional vehicle repair for over 30 years

Apple Valley

14580 Glenda Drive
(145th and Cedar Avenue)

952-432-3262

Eagan Locations

1835 Diffley Road
(35E and Diffley Road)

651-454-3250

1340 Duckwood Dr.
(Across from Walmart)

651-454-7100

TAKEDOWN
LAWN CARE

Nick Fornicoia

15329 Greenhaven Ln, Suite 106

Burnsville, MN 55306

(E) TakedownLawnCare@gmail.com

How much is your time worth?

952-484-4692

KEN HENSLEY DRYWALL

952-891-1052

Time for your house to get a facelift?

Replace that old acoustic texture

With **KNOCKDOWN!**

Locally owned and operated since 1996 * 30 Years Experience * Insured



CONTRACTOR
LICENSE
#20584810

Ceiling and Wall Repair
New Sheetrock
Granite Countertops



OLE PIPER

FAMILY RESTAURANT & SPORTS BAR

CHICKEN, PIZZAS, BURGERS, ITALIAN, HOAGIES,
MEXICAN, STEAKS, SEAFOOD, DINNERS,
APPETIZERS, SALADS

952-432-7111
16604 CEDAR AVE S.

VISIT US AT WWW.OLEPIPER.COM

WE DELIVER

The Personal Advisors of
Ameriprise
Financial

**Bruce A. Hennen, CFP®,
ChFC®, CLU®**
Senior Financial Advisor
CERTIFIED FINANCIAL PLANNER™
practitioner

**An Ameriprise Platinum
Financial Services™ practice**

An Ameriprise associated franchise

Bruce A. Hennen & Associates
A financial advisory practice of
Ameriprise Financial Services, Inc.
Suite 195
2805 Dodd Road
Eagan, MN 55121
Tel: 651.256.6006
Fax: 651.256.6033
bruce.a.hennen@ampf.com



Rambow

We're in the business of making you look good!

- Screen Print
- Clothing Programs
- Embroidery
- Online Ordering



1.800.4RAMBOW • www.rambow.com



**Cyndi
Johnson**
Realtor®

I'm committed to the community
because I know and love it.

*I know what it takes
to build and run a
Championship
Program.*

That's why...

**I SUPPORT
THE
EASTVIEW
WRESTLING
PROGRAM AS A
CHAMPIONSHIP
PARTNER!**



CONTACT ME TO DISCUSS YOUR REAL ESTATE NEEDS!

CYNDI JOHNSON • 612.964.5989 • cyndijohnson@kw.com

MINNEAPOLIS OFFICE: 1300 Lagoon Ave. S., Ste. 250, Minneapolis, MN 55408

SOUTH METRO OFFICE: 7373 147th St., Ste. 161, Apple Valley, MN 55124



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.

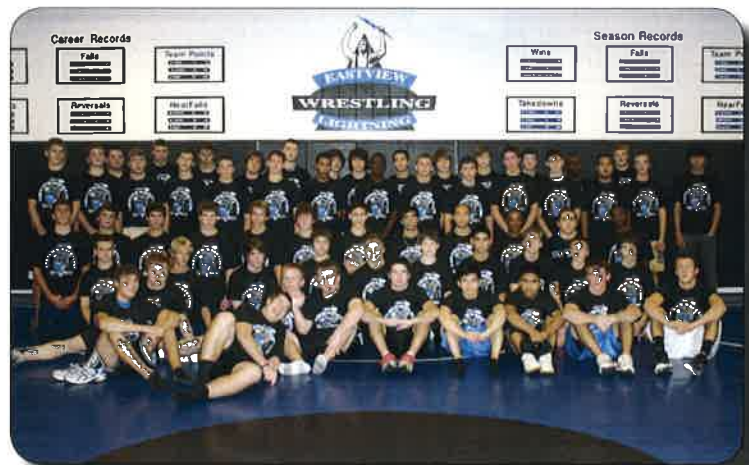
COMMITMENT NIGHT: NOVEMBER 13th. This is a night for you to pledge your commitment to excellence in the Eastview Wrestling program. This night will involve activities that encourage you to reflect on your goals and to discuss what it will take to reach those goals. Also, this night will emphasize each 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 2009



2009-10 WINTER SPORTS SCHEDULE EASTVIEW LIGHTNING

Girls Basketball

Head Coach: Paul Goetz			
Date	Opponent	Site	Time
Nov. 27	Hamline	Away	1:00 p.m.
Nov. 28	Hamline	Away	10:00 a.m.
Dec. 1	Eden Prairie	Home	7:15 p.m.
Dec. 3	New Prague	Home	7:15 p.m.
Dec. 8	White Bear Lake	Away	7:30 p.m.
Dec. 17	Minneapolis Washburn	Home	7:15 p.m.
Dec. 22	Minneapolis Roosevelt	Away	7:00 p.m.
Dec. 28	Hopkins Tournament	Away	
Dec. 29	Hopkins Tournament	Away	
Dec. 30	Hopkins Tournament	Away	
Jan. 5	Apple Valley	Away	7:15 p.m.
Jan. 7	Burnsville	Away	7:15 p.m.
Jan. 12	Lakeville North	Home	7:15 p.m.
Jan. 15	Lakeville South	Home	7:15 p.m.
Jan. 19	Kennedy	Away	7:15 p.m.
Jan. 22	Jefferson	Away	7:15 p.m.
Jan. 26	Rosemount	Home	7:15 p.m.
Jan. 29	Chanhassen	Away	7:15 p.m.
Feb. 1	Eagan	Home	7:15 p.m.
Feb. 5	Eden Prairie	Away	7:15 p.m.
Feb. 9	Chaska	Away	7:15 p.m.
Feb. 12	Apple Valley	Home	7:15 p.m.
Feb. 16	Burnsville	Home	7:15 p.m.
Feb. 20	Lakeville North	Away	3:00 p.m.
Feb. 23	Lakeville South	Away	7:15 p.m.
Feb. 26	Kennedy	Home	7:15 p.m.
March 3, 6 & 12	Section 3AAA Tournament		
March 18-21	State Tournament		

Add. Hockey I

Head Coach: Brett Sadek			
Date	Opponent	Site	Time
Jan. 13	South Suburban	Away	4:30 p.m.
Jan. 14	Minneapolis South	Away	4:30 p.m.
Jan. 20	Rochester	Away	6:30 p.m.
Jan. 21	Hudson	Away	4:30 p.m.
Jan. 27	Humboldt	Away	6:30 p.m.
Feb. 2	Burnsville/Lakeville/Farm	Away	4:30 p.m.
Feb. 4	South Suburban	Away	4:30 p.m.
Feb. 8	Minneapolis	Away	6:30 p.m.
Feb. 11	Rochester	Away	6:00 p.m.
Feb. 16	Hudson	Away	6:30 p.m.
Feb. 23	Humboldt	Away	4:30 p.m.
Feb. 24	Burnsville/Lakeville/Farm	Away	6:30 p.m.
March 9	Playoffs		
March 19-20	State Tournament		

Boys Swim/Dive

Head Coach: Mark Tollefson			
Date	Opponent	Site	Time
Dec. 11	Kennedy	Away	6:00 p.m.
Dec. 18	Eagan	Home	6:00 p.m.
Jan. 5	Apple Valley	Away	6:00 p.m.
Jan. 8	Chaska/Chanhassen	Home	6:00 p.m.
Jan. 15	Jefferson	Home	6:00 p.m.
Jan. 19	Rosemount	Away	6:00 p.m.
Jan. 26	Eden Prairie	Home	6:00 p.m.
Feb. 5	Burnsville	Away	6:00 p.m.
Feb. 12	Lakeville North/South	Away	6:00 p.m.
Feb. 24-26	Section 3AA Tournament		
March 5-7	State Tournament		

Girls Hockey

Head Coach: Herb Harvey			
Date	Opponent	Site	Time
Nov. 17	Apple Valley	Home	7:15 p.m.
Nov. 24	Eden Prairie	Away	7:30 p.m.
Nov. 28	Hastings	Away	3:00 p.m.
Dec. 1	Chaska/Chanhassen	Home	7:15 p.m.
Dec. 5	Lakeville North	Home	2:15 p.m.
Dec. 8	Burnsville	Home	7:15 p.m.
Dec. 11	Duluth East	Home	7:30 p.m.
Dec. 12	Jefferson	Away	2:15 p.m.
Dec. 15	Hopkins	Away	7:00 p.m.
Dec. 18	Park	Home	7:30 p.m.
Dec. 19	Kennedy	Home	7:15 p.m.
Dec. 22	Lakeville South	Away	7:15 p.m.
Dec. 31	South St. Paul	Away	
Jan. 9	Eden Prairie	Home	2:15 p.m.
Jan. 12	Rosemount	Away	7:00 p.m.
Jan. 16	Chaska/Chanhassen	Away	7:15 p.m.
Jan. 19	Lakeville North	Away	7:00 p.m.
Jan. 20	Apple Valley	Away	7:00 p.m.
Jan. 23	Burnsville	Away	3:00 p.m.
Jan. 26	Jefferson	Home	7:15 p.m.
Jan. 30	Eagan	Home	2:00 p.m.
Feb. 1	Kennedy	Away	7:15 p.m.
Feb. 6	Lakeville South	Home	7:15 p.m.
Feb. 8, 10, 13, 17	Section 3AA Tournament		
Feb. 25-28	State Tournament		

Boys Hockey

Head Coach: Drey Bradley			
Date	Opponent	Site	Time
Nov. 28	Apple Valley	Home	2:15 p.m.
Dec. 3	Woodbury	Home	7:30 p.m.
Dec. 5	Eden Prairie	Away	7:30 p.m.
Dec. 10	Rosemount	Home	7:15 p.m.
Dec. 12	Chaska/Chanhassen	Home	7:15 p.m.
Dec. 15	Hastings	Away	7:30 p.m.
Dec. 17	Lakeville North	Home	7:15 p.m.
Dec. 19	Jefferson	Away	7:30 p.m.
Dec. 28	Rochester	Away	TBD
Dec. 29	Rochester	Away	TBD
Dec. 30	Rochester	Away	TBD
Jan. 2	Burnsville	Home	2:15 p.m.
Jan. 7	Eagan	Away	7:30 p.m.
Jan. 12	Wayzata	Home	7:30 p.m.
Jan. 14	Lakeville South	Away	7:30 p.m.
Jan. 16	Apple Valley	Away	2:15 p.m.
Jan. 28	Rosemount	Away	7:30 p.m.
Jan. 30	Chaska/Chanhassen	Away	7:30 p.m.
Feb. 4	Lakeville North	Away	7:00 p.m.
Feb. 9	Jefferson	Home	7:15 p.m.
Feb. 11	Burnsville	Away	7:00 p.m.
Feb. 13	Eagan	Home	7:15 p.m.
Feb. 16	Eden Prairie	Home	7:15 p.m.
Feb. 18	Kennedy	Away	7:30 p.m.
Feb. 20	Lakeville South	Home	2:15 p.m.
Feb. 23, 25, 27	March 4 Section 3AA Tournament		
March 11-14	State Tournament		

Comp. Cheerleading

Head Coach: Tim Navarro			
Date	Opponent	Site	Time
Oct. 31	Lakeville North	Away	
Nov. 7	Minnetonka	Away	
Nov. 15	TC Open	Home	
Nov. 21	Plainview-Elgin-Millville	Away	
Dec. 13	Apple Valley	Away	
Dec. 20	U of M	Away	
Jan. 9	Lakeville South	Away	
Jan. 16	Edina	Away	
Jan. 23	DeLaSalle	Away	
Jan. 30	Richfield	Away	
Feb. 12	Orlando Florida Nationals Tournament	Away	

Adaptive Hockey CI

Head Coach: Brett Kosidowski & Dana Beck			
Date	Opponent	Site	Time
Jan. 11	Humboldt	Home	6:30 p.m.
Jan. 13	Winona	Away	5:00 p.m.
Jan. 20	South Suburban	Away	4:30 p.m.
Jan. 25	New Prague	Home	6:30 p.m.
Jan. 27	Hudson	Home	6:30 p.m.
Feb. 1	Owatonna	Away	4:30 p.m.
Feb. 3	Burn/Farm/Lake	Away	4:30 p.m.
Feb. 8	Humboldt	Away	4:30 p.m.
Feb. 10	Winona	Home	6:30 p.m.
Feb. 17	South Suburban	Home	6:30 p.m.
Feb. 22	New Prague	Away	4:30 p.m.
Feb. 24	Hudson	Away	4:30 p.m.
March 1	Owatonna	Home	6:30 p.m.
March 3	Burn/Farm/Lake	Home	6:30 p.m.
March 10	Playoffs	Home	6:30 p.m.
March 19-20	State Tournament		

Wrestling

Head Coach: Kurt Habeck			
Date	Opponent	Site	Time
Dec. 5	EV Duals	Home	9:00 a.m.
Dec. 10	Wayzata	Home	7:00 p.m.
Dec. 11	Northfield/Lakeville North	Away	5:00 p.m.
Dec. 17	Lakeville South/Chaska	Away	5:30 p.m.
Dec. 28	Holmen Tournament	Away	9:45 a.m.
Dec. 29	Holmen Tournament	Away	9:45 a.m.
Jan. 8	Prior Lake	Home	7:00 p.m.
Jan. 9	Burnsville	Away	7:00 a.m.
Jan. 14	Burnsville	Home	5:30 p.m.
Jan. 14	Shakopee	Home	7:00 p.m.
Jan. 15	Apple Valley	Away	5:30 p.m.
Jan. 22	Rosemount	Home	5:30 p.m.
Jan. 23	EVHS Tournament	Home	9:00 a.m.
Jan. 28	Eagan	Away	5:30 p.m.
Feb. 4	Eden Prairie	Away	5:30 p.m.
Feb. 6	Robbinsdale	Away	9:00 a.m.
Feb. 11	Kennedy	Home	5:30 p.m.
Feb. 19, 26, 27	Section 3AAA Tournament		
March 4-7	State Tournament		

Boys Basketball

Head Coach: Mark Gerber			
Date	Opponent	Site	Time
Dec. 4	Duluth East	Away	7:00 p.m.
Dec. 8	Chanhassen	Away	7:15 p.m.
Dec. 11	Eagan	Home	7:15 p.m.
Dec. 15	Eden Prairie	Away	7:15 p.m.
Dec. 18	Chaska	Away	7:15 p.m.
Dec. 23	St. Thomas Academy	Home	7:15 p.m.
Jan. 5	Apple Valley	Home	7:15 p.m.
Jan. 7	Burnsville	Home	7:15 p.m.
Jan. 12	Lakeville North	Away	7:15 p.m.
Jan. 15	Lakeville South	Away	7:15 p.m.
Jan. 16	Northfield	Home	7:15 p.m.
Jan. 19	Kennedy	Home	7:15 p.m.
Jan. 21	Jefferson	Home	7:15 p.m.
Jan. 26	Rosemount	Away	7:15 p.m.
Jan. 29	Chanhassen	Home	7:15 p.m.
Feb. 1	Eagan	Away	7:15 p.m.
Feb. 5	Eden Prairie	Home	7:15 p.m.
Feb. 9	Chaska	Home	7:15 p.m.
Feb. 11	Apple Valley	Away	7:15 p.m.
Feb. 16	Burnsville	Away	7:15 p.m.
Feb. 19	Lakeville North	Home	7:15 p.m.
Feb. 23	Lakeville South	Home	7:15 p.m.
Feb. 26	Kennedy	Away	7:15 p.m.
March 2	Jefferson	Away	7:15 p.m.
March 5	Rosemount	Home	7:15 p.m.
March 10, 13, 19	Section 3AAA Tournament		
March 25-28	State Tournament		

Girls Gymnastics

Head Coach: Jodi Ramboldt			
Date	Opponent	Site	Time
Dec. 5	Melrose	Away	11:00 a.m.
Dec. 8	Chaska/Chanhassen	Away	6:30 p.m.
Dec. 15	Lakeville South	Home	6:30 p.m.
Dec. 19	EV Tournament	Home	11:15 a.m.
Dec. 22	Eagan	Away	6:30 p.m.
Jan. 12	Rosemount	Home	6:30 p.m.
Jan. 16	Lakeville North	Away	12:00 p.m.
Jan. 19	Apple Valley	Away	6:30 p.m.
Jan. 26	Eden Prairie	Home	6:30 p.m.
Feb. 1	Jefferson/Kennedy	Away	6:00 p.m.
Feb. 9	Lakeville North	Home	6:30 p.m.
Feb. 19	Section 3AA Tournament		
Feb. 26-27	State Tournament		

Alpine Skiing

Head Coach: Bob Boldus			
Date	Opponent	Site	Time
Dec. 17	AVHS, BHS, EHS, EPHS, CHS, RHS	Away	
Jan. 7	EHS, KHS, EPHS, CHS, LSHS, PLHS, SHS	Away	
Jan. 12	EHS, JHS, EPHS, LNHS, PLHS, SHS	Away	
Jan. 21	AVHS, BHS, EHS, KHS, JHS, EPHS, CHS, RHS, LSHS, SHS	Away	
Jan. 28	AVHS, BHS, EHS, KHS, JHS, EPHS, CHS, RHS, LSHS, SHS	Away	
Feb. 2	Section Tournament		
Feb. 8	AVHS, BHS, EHS, KHS, JHS, EPHS, CHS, RHS, LSHS, PLHS, SHS	Away	
Feb. 12	State Tournament		

Nordic Skiing

Head Coach: Brian Abery			
Date	Opponent	Site	Time
Dec. 10	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:30 p.m.
Dec. 15	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:30 p.m.
Dec. 21	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:30 p.m.
Jan. 7	BHS, LNHS, LSHS, PLHS	Away	3:45 p.m.
Jan. 14	BHS, LNHS, LSHS, PLHS	Away	3:45 p.m.
Jan. 19	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:45 p.m.
Jan. 20	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:30 p.m.
Jan. 21	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:45 p.m.
Jan. 26	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:30 p.m.
Jan. 28	BHS, KHS, JHS, EPHS, LNHS, LSHS, CHS	Away	3:30 p.m.
Feb. 2	Section 1 Tournament		
Feb. 13	State Tournament		

Dance Team

Head Coach: Jenny Ralche			
Date	Opponent	Site	Time
Nov. 24	Rosemount	Away	7:30 p.m.
Dec. 1	Apple Valley	Away	7:30 p.m.
Dec. 8	Chaska	Away	7:30 p.m.
Dec. 12	Lightning Invitations!	Home	
Dec. 14	Burnsville	Away	7:30 p.m.
Dec. 19	Lakeville South	Away	11:30 a.m.
Feb. 6	Section 1AAA Tournament		
Feb. 13-14	State Tournament		

2009-2010 EASTVIEW LIGHTNING



EASTVIEW LIGHTNING SCHEDULE

DATE	OPPONENT	SITE	TIME
Friday, December 4	Intra Squad Meet <i>(Parent Open House @ 6:00pm)</i>	Eastview	7:30 p.m.
Saturday, December 5	Eastview Duals	Eastview	9:00 a.m.
Thursday, December 10	Wayzata <i>(EVAA Night / Middle School)</i>	Eastview	7:00 p.m.
Friday, December 11	Northfield Duals	Northfield	5:00 p.m.
Sunday, December 13	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 p.m.
Thursday, December 17	Lakeville South / Chaska	Apple Valley	5:30 p.m.
Saturday, December 19	NRHEG / Faribault / Austin	Faribault	10:00 a.m.
Mon-Tues, Dec. 28-29	Bi-State Classic (V)	La Crosse	10:00 a.m.
Tues, December 29	Sparta Tourney (JV)	Sparta	9:00 a.m.
Friday, January 8	Prior Lake <i>(Alumni & EWB Family Night)</i>	Eastview	7:00 p.m.
Saturday, January 9	Burnsville Invitational	Burnsville	9:30 a.m.
Thursday, January 14	Burnsville / Shakopee <i>(Parents Night)</i>	Eastview	5:30 p.m.
Friday, January 15	Apple Valley / Henry Sibley	Apple Valley	5:30 p.m.
Friday, January 22	Rosemount <i>(Traveling Night)</i>	Eastview	7:00 p.m.
Saturday, January 23	Lightning Invitational	Eastview	10:15 a.m.
Sunday, January 24	Eastview (K-8) Tournament	Eastview	10:30 a.m.
Thursday, January 28	Eagan	Eagan	7:00 p.m.
Thursday, February 4	Eden Prairie	Eden Prairie	7:00 p.m.
Saturday, February 6	Armstrong Team Tournament	Armstrong	9:00 a.m.
Thursday, February 11	Bloomington <i>(Senior Night)</i>	Eastview	7:00 p.m.
Friday, February 12	Mound-Westonka Invite (JV)	Mound	5:00 p.m.
Saturday, February 13	Lake Conference Tournament (JV)	Lakeville South	10:00 a.m.
Friday, February 19	Section 3 Team Tournament	Eagan	4:00 p.m.
Fri-Sat, February 26-27	Section 3 Individual Tournament	Rosemount	4:30 p.m./10:00 a.m.
Wed-Sat, March 3-6	State Tournament	Xcel Energy Center	TBA
Sunday, March 28	Wrestling Banquet	Rosemount CC	4:30 p.m.



Denotes Eastview Home Matches

WWW.EASTVIEWWRESTLING.COM