

# EASTVIEW WRESTLING

2010-2011

OUT-THINK • OUT-TRAIN • OUT-PERFORM



# TRAINED TOUGH

Wins

10/10/10
11/11/11
12/12/12

Takedowns

13/13/13
14/14/14
15/15/15

Team Points

16/16/16
17/17/17
18/18/18

Near Falls

19/19/19
20/20/20
21/21/21

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

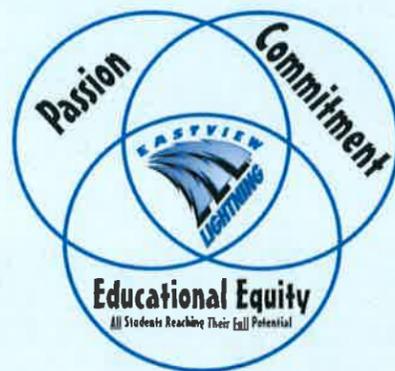
## Eastview High School

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 Athletes

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.



## Eastview Administration



**Randall Peterson**  
Principal



**Kim Martinson**  
Associate Principal



**Bruce Miller**  
Assistant Principal



**Rob Franchino**  
Assistant Principal



**Matt Percival**  
Assistant Principal



**Jodi Hanson**  
Special Assignment

- 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)

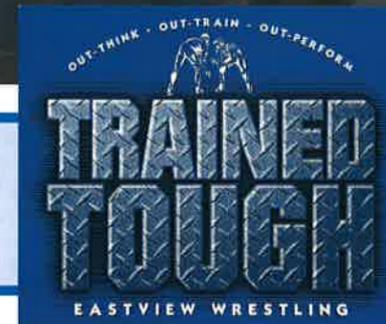
This program is sponsored by the Eastview Wrestling Boosters.

WELCOME TO EASTVIEW WRESTLING 2010-2011



## Trained Tough

### 2010-2011 Eastview Wrestling



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

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

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

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

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

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

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

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

# EASTVIEW WRESTLING

## COACHING STAFF



**Kurt Habeck** – Head Coach

Kurt Habeck, a native of Winona, Minnesota, has been a social studies teacher, wrestling and football coach, and weight room instructor for twenty 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 16 year old daughter named Hannah, a 13 year old son named Zachary, 10 year old daughter named Erinn, and a 7 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, MN, is entering his fourteenth 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 and coaching. Nick and his wife Mara have a daughter, Sophia.



**Travis Lee** – Assistant Coach

Travis Lee, originally from Kensington, MN, is in his thirteenth 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 three year old son named Spencer and a one year old daughter named Emersen.



**Todd Frost** – Assistant Coach

Coach Todd Frost, is from New York Mills, MN, is in his tenth 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, 6, and Aiden, 3. 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 two brothers, Chad and Phillip, and two sisters, Tina and Beth. Todd enjoys the outdoors and water sports.



**Jared Cooley** – Assistant Coach

Jared is a native of Westbrook, MN, and is in his eighth 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 four year old son, Talon and a 2 year old daughter Ayla. In his spare time he enjoys spending time with his family, going to the lake cabin and doing many outdoor activities.



**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 start a career as an engineer. Brad and his wife Natalie, now live in Farmington. 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 fifth year of coaching Eastview wrestling.



**Adam Fokken** – Assistant Coach

Adam is from Eagan, MN, and is coaching for Eastview for the fourth 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.



**Josh Nelson** – Assistant Coach

Coach Josh Nelson is in his fifth year coaching at Eastview. He is a recent 2006 graduate of Eastview High School. Currently Josh lives in Eagan while he attends Metro State University. In High School Josh 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.



**Chad Eul** – Assistant Coach

Chad is in his fourth year of coaching at Eastview. He graduated from Eastview in 2006 where he was a Captain and State Qualifier. While at Eastview Chad also participated in football and baseball. Chad graduated in May 2010 from Gustavus Adolphus College with a degree in Finance. While at Gustavus Chad competed on the Baseball Team.



**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 my 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 Wayzata, 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.



**Minh Huynh** – Assistant Coach

Minh is in his 3rd year coaching wrestling and is a graduate of Eastview High, class of 2006. He is a senior at Augsburg College with a double-major in Marketing and International Business. In High School, Minh made three trips to the state tournament and placing 4th at 103lbs. He also competed collegiately with the Auggies at the 125 & 133lb weight classes. In the past year, Minh also completed his first Olympic Triathlon and Marathon. During his spare time, he enjoys training, fishing, snowboarding and spending time with his girlfriend of four years, Nicole.



**Jarred McCarthy** – Assistant Coach

Jarred McCarthy, from Farmington, MN, is starting his second 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.



**Dean Stockwell** – Assistant Coach

Dean Stockwell, a native of Owatonna, MN, 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 15 year old son, AJ and a 13 year old son, Adam. Dean has worked at URS Corporation 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.



**Scot Pauly** – Assistant Coach

Scot graduated from Jordan High School in 1990 and is starting his first year as a volunteer coach. Wrestling varsity from 7th grade through his senior year at Jordan, he was a 2-time state entrant and holds the school record for most career wins. Currently, he resides in Lakeville and is married to Holly. They have three daughters, Nicole (12), Emily (11) and Rylee (3). In his free time, Scot enjoys Musky fishing, downhill skiing, wood-working and spending time with his family.



**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.

**Chad Wentzel** – Volunteer Coach



# EASTVIEW WRESTLING

## 2010 - 2011 ROSTER

### SENIORS

Blake, Josh ★  
 Becker, Derek  
 Ehresmann, Erik  
 Lesch, Jack  
 Mitchell, Alex  
 Schliesman, Mike  
 Schmitz, Ben ★  
 Shaw, Marcus

### JUNIORS

Ballinger, Elijah  
 Bechly, Chris  
 Cole, Brendan  
 Garcia, Edgar  
 Groskreutz, Bj  
 Groskreutz, Levi  
 Henning, Matt  
 Howard, Greg  
 Ladd, Matthew  
 Martens, Joe  
 Rechtzigel, Mitch ★  
 Yusuf, Hussein

### SOPHOMORES

Bertell, Alex  
 Boschwitz, Justin  
 Gibson, Will  
 Harris, Blake  
 Lang, Marshall  
 Lenz, Jonathan  
 Mako, Patrick  
 Metz, Vince  
 Munos, Anthony  
 Penders, Jack  
 Phomphackdy, David  
 Schumann, Kyle  
 Watson, Jon  
 Witcher, Myles

### FRESHMEN

Ballinger, Isaiah  
 Buck, Jack  
 Burgess, Thomas  
 Carlson, Gavin  
 Cordova, Brandon  
 Dahm, Alex  
 Delgado, Eddy

Foreman, Aaron  
 Kersten, Erik  
 Kirkman, Kenny  
 Krisher, Andrew  
 Kuefler, Trey  
 Lesch, Peter  
 Lindgren, Tyler  
 Marks, Billy  
 Matsuhashi, Shun  
 St Pierre, Dexter  
 Pegelow, Nick  
 Roark, Rory  
 Rosario, Sam  
 Rukavina, Jacob  
 Swanson, Jordan  
 Wahlen, Zach  
 Warren, Jerel

### EIGHTH GRADE

Dodd, Luke  
 Delich, Tom

★ Captains

### PRINCIPAL

Dr. Randall Peterson

### ATHLETIC DIRECTOR

Matt Percival

### COACHES

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

### NICKNAME

Lightning

### SCHOOL COLORS

Black, Blue, Silver, White

### MANAGERS

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

### VIDEOGRAPHERS

Alicia Patrick  
 Annie Ehresmann  
 Shannon Bortz  
 Roatana Dinh

### PHOTOGRAPHER

Derek Dravis

### CONFERENCE

South Suburban

### SECTION

3AAA



Class of 2011

### Varsity Captains



**Josh Blake**

In only his third year of wrestling, Josh has found his passion. He has shown fast improvements and has vaulted himself into the role of Captain by his hard work and commitment. Josh is expected to wrestle at 171 this season.



**Mitch Rechtzigal**

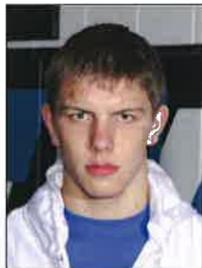
Junior Captain, Mitch Rechtzigal will be starting the season at full speed as he has been wrestling throughout the off season with his team and through a metro wrestling academy. He is very motivated to improve on his 3rd Place finish at sections last year.



**Ben Schmitz**

Ben, a varsity soccer player, brings his competitiveness onto the mat. His work ethic, persistence, and regard for the team have him greatly respected by his peers. Ben will start the season at the 152 pound weight class.

### Returning Lettermen



**Erik Ehresmann**

Erik is only starting his 4th year of wrestling. He has thrived on the conditioning, the pressures of one on one competition, and the team concept that wrestling provides. Erik will see mat time at both 215 and 285 during the season depending on the needs of the team.



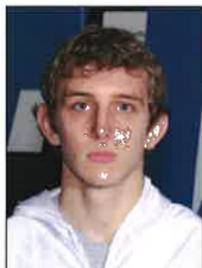
**Chris Bechly**

Bechly returns after a year on Varsity last year where he continually showed improvement. He has been preparing himself to solidify our lineup in the lower weights around 125 and 130. Chris plays soccer in the fall at Eastview.



**Levi Groskreutz**

Levi is hungry for action and is running on all cylinders coming off of the Cross country season. He had a solid season last year on both the JV and Varsity mat. He is also expected to wrestle around 135.



**Jack Lesch**

Jack is expected to wrestle around 140 or 145 this season. His sense of humor and work ethic will make him a great senior leader this year. Jack thrives on being challenged and loves to challenge others to be their best.



**Brendan Cole**

Brendan, also a soccer player, is stepping up his game. He has set high goals and will work with all that he has in order to achieve them. Look for Brendan around 145.



**Matt Henning**

Henning will start the season at 171. He had a nice off season and has prepared himself well for the grind of a season on the mat. Watch out for his cross face cradle!



**Michael Schliesman**

Senior Michael Schliesman will be returning to the mat this winter after a nice season last year. He is scrappy and enjoys the physical nature of the great sport of wrestling. Expect to see Michael around 160 and 171.



**BJ Groskreutz**

BJ is up a few weight classes from last year. In his third year as a Varsity starter, he expects to be a solid competitor in our lineup. Look for him to wrestle at 130 and 135.



**Greg Howard**

Howard is coming off of his football season as a 160 pounder. He has put in a solid off season and is well prepared for a great season.



**Matt Ladd**

Junior wrestler Matt Ladd has wrestling coursing through his veins. With a brother and cousins that wrestle, he couldn't help but be a wrestler. His work ethic and attitude help him to improve in every run, lift, and practice.



**Anthony Munos**

The lone Sophomore returning letter winner, Munos has actually already lettered twice in wrestling. His wiry strength will make him a fixture in the Varsity line up around 135 or 140 pounds.



**Jacob Rukavina**

A freshman, Rukavina, has already earned a letter wrestling Varsity all last season. His solid 3rd place finish in Sections last season has left him hungry to improve.

### 2010 SECTION 3AAA ACADEMIC TEAM

- 103 Jacob Rukavina
- 112 Chris Bechly
- 119 BJ Groskreutz
- 125 Peter Nguyen
- 130 Brad Hogan
- 135 Mitch Rechtzigal
- 140 Nick Dodd
- 145 Cody Groskreutz
- 160 Nels Pederson
- 285 Erik Ehresmann



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**Good Luck Eastview Lightning Wrestlers!**

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**2010-2011 FRESHMAN SCHEDULE**

DATE	OPPONENT	SITE	TIME
Thursday, Dec. 2	Intra Squad Meet <i>(Parent Open House @ 6:00pm)</i>	Eastview	7:30 pm
Saturday, Dec. 4	Burnsville Open	Burnsville	9:30 am
Tuesday, Dec. 7	Park / Henry Sibley	Eastview	4:30 pm
Sunday, Dec. 12	Spaghetti Dinner / Silent Auction	Rosemount Legion	5:00 pm
Tuesday, Dec. 14	Simley / St. Thomas	Eastview	4:30 pm
Saturday, Dec. 18	Rosemount Duals	Rosemount	9:00 am
Tuesday, Jan. 4	Rosemount / Tartan	Eastview	4:30 pm
Saturday, Jan. 8	Eastview Tournament	Eastview	9:00 am
Tuesday, Jan. 11	Hastings / Eagan / East Ridge	Richfield H.S.	4:30 pm
Tuesday, Jan. 18	Richfield	Richfield H. S.	4:30 pm
Saturday, Jan. 22	State Team Tourney <i>(Need to qualify)</i>	Hastings	9:30 am
Sunday, Jan. 23	Eastview (K-8) Tournament <i>(Need to work)</i>	Eastview	10:00 am
Saturday, Jan. 29	Region 4 Individual Tourney	Richfield	9:00 am
Saturday, Feb. 5	State Individual Tourney <i>(Need to qualify)</i>	Champlin Park	8:00 am
Saturday, Feb. 12	Lake Conference Tourney <i>(9th-JV)</i>	Lakeville South	9:00 am
Sunday, Mar. 27	Wrestling Banquet	Rosemount CC	4:30 pm

**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

**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
- 2010  
Anthony Munos - 8th Place  
Rico Davis  
Jabri Guy

**Varsity and Junior Varsity Managers**



Sara Boese



Veronica Elling



Kayla Hutsell



Tony Metz



Ashley Nelson



Jessica Schmitz

**Freshman Managers**



Brooke Micholic



Hannah Habeck



Courtney Hopps



Karen Le



Kallie Smith

**Videographers**



Alicia Patrick



Annie Ehresmann



Shannon Bortz



Roatana Dinh



Derek Dravis

**Photographer**

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- VP Operations . . . . . Carol & Jon Rehtzigel
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- Secretary . . . . . Gabriella Ladd
- Concessions Coordinator . . . . . Kristen Ehresmann
- ThunderBolts Liaison . . . . . Nick Fornicoia
- EVAA Liaison . . . . . Travis Lee
- EVHS Head Coach . . . . . Shelly & Kurt Habeck

**Grade Representatives**

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

**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 2010



## Eastview Camp 2010



# Eastview Wrestling Programs 2010-2011



### PRE-SEASON WRESTLING TRAINING SESSIONS

**SEASON** October 10, 17, 24, & 31 @ Eastview High School  
**SESSIONS** Sunday's, 5:00-6:15pm  
**AGES** 3rd – 8th Grade  
**REGISTER** Register by October 10th. Walk-ins accepted.  
**LEVELS** Intermediate – Advanced  
**COST** \$25 / 4 Sessions  
 (Both Pre-Season & Advanced Sessions = \$50)  
**CONTACT** Kurt Habeck [kurt.habeck@district196.org](mailto:kurt.habeck@district196.org)  
 (651) 683-6969 ext. 98669

### FREE WRESTLING CLINICS

**SEASON** October 18, & 19 @ DP, GL, HL, TL, & OR Elementary Schools  
 October 25 @ Eastview High School  
**SESSIONS** Monday, Tuesday, & Monday 6:30-7:45pm  
**AGES** K – 6th Grade / 7-8th Grade Clinic TBD  
**REGISTER** Register by October 14th. 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](mailto:travis.lee@district196.org)  
 (651) 683-6969 ext. 98623

### ADVANCED WRESTLING TRAINING SESSIONS

**SEASON** November 9, 16, 23, 30, December 7 @ Eastview High School  
**SESSIONS** Tuesday's, 7:15-8:30pm  
**AGES** 3rd – 8th Grade  
 (EVAA Wrestlers encouraged to attend)  
**REGISTER** Register by November 9th. 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](mailto:kurt.habeck@district196.org)  
 (651) 683-6969 ext. 98669

### EVAA IN-HOUSE WRESTLING

**SEASON** November 1st – December 14th @ Eastview High School  
**SESSIONS** Monday (K-6), Tuesday (K-2), Thursday (3-6)  
**AGES** K – 6th Grade  
**REGISTER** By Oct. 27th online or at the Eastview Wrestling Clinic.  
**LEVELS** Beginner – Intermediate – Advanced  
**COST** \$60 Includes T-Shirt!  
**CONTACT** Travis Lee [travis.lee@district196.org](mailto:travis.lee@district196.org)  
 (651) 683-6969 ext. 98623

### EASTVIEW TRAVELING WRESTLING

**SEASON** December 16th – March @ Eastview High School  
**SESSIONS** Monday's, Tuesday's & Thursday's (K-2 = 2X week)  
 (3-8 = 3X week)  
**AGES** K – 2nd Extension of In-House  
 3rd – 8th Traveling Program  
**REGISTER** Register by the December 13th 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](mailto: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 8th. Walk-ins accepted.  
**LEVELS** Intermediate – Advanced  
**COST** \$65, Includes T-Shirt & Thunderbolts Tourney  
**CONTACT** Travis Lee [travis.lee@district196.org](mailto: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 (2011-2012 School Year)  
**REGISTER** Register by May 23rd. Walk-ins accepted.  
**LEVELS** Beginner – Intermediate – Advanced  
**COST** \$30, includes T-Shirt!  
**CONTACT** Kurt Habeck [kurt.habeck@district196.org](mailto:kurt.habeck@district196.org)  
 (651) 683-6969 ext. 98669

### EASTVIEW SUMMER WRESTLING CAMP

**SEASON** July 18-21, @ Eastview High School  
**SESSIONS** Monday-Tuesday-Wednesday-Thursday  
**AGES** 1st – 9th Grade (2011-2012 School Year)  
**REGISTER** Register by July 15th. Walk-ins accepted.  
**LEVELS** Beginner – Intermediate – Advanced  
**COST** \$50, includes T-Shirt!  
**CONTACT** Kurt Habeck [kurt.habeck@district196.org](mailto:kurt.habeck@district196.org)  
 (651) 683-6969 ext. 98669



# Eastview Lightning KIDS FOLKSTYLE Tournament



Sunday, January 23rd, 2011  
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.

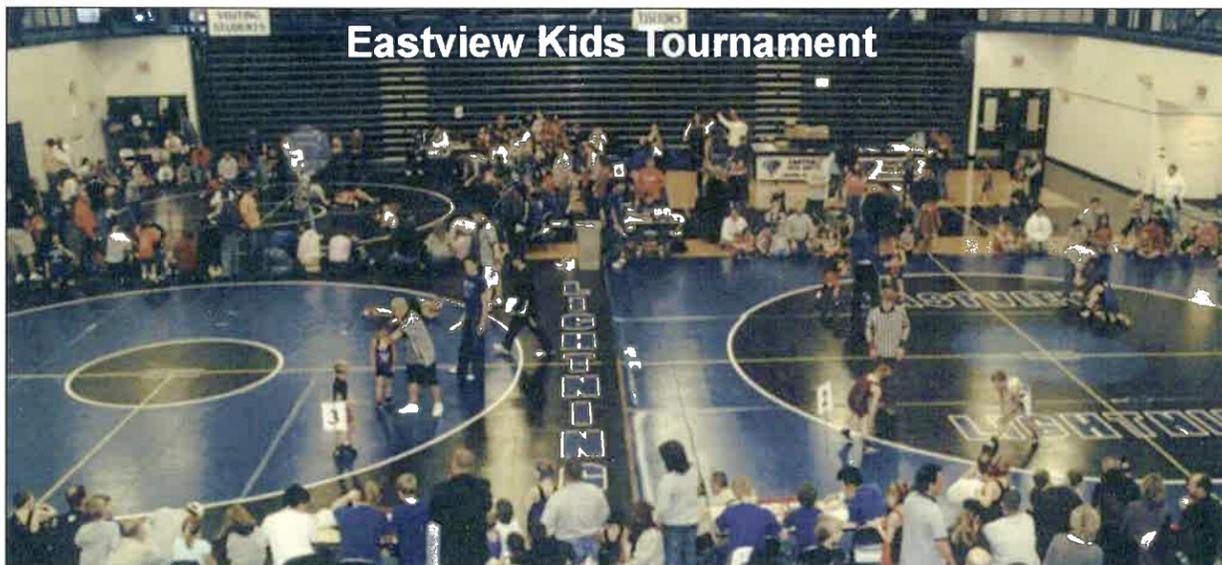
## Folkstyle Tournament

**Date:** Sunday, January 23rd, 2011  
**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 \$4.00  
Seniors & Students \$2.00  
Kids 10 & under are Free  
**Contact:** Dean Stockwell  
(H) 952-322-2259  
dean\_stockwell@urscorp.com

*Mark your calendar's today!*

300+ PARTICIPANTS EACH YEAR

### Eastview Kids Tournament



## EV Wrestling Clinic 2010

Diamond Path Elementary



K - 2nd Grade



3rd - 6th Grade

Greenleaf Elementary



K - 2nd Grade



3rd - 6th Grade

Highland Elementary



K - 2nd Grade



3rd - 6th Grade

Oak Ridge Elementary



K - 2nd Grade



3rd - 6th Grade

Thomas Lake Elementary



K - 2nd Grade



3rd - 6th Grade

## EVAA Wrestling 2010

K - 2nd Grade



EV Badgers

3rd - 6th Grade



EV Badgers



EV Gophers



EV Gophers



EV Hawkeys



EV Hawkeys



EV Wolverines



EV Wolverines

# Middle School Wrestling



## Black Hawk Middle School

Coaches: Mike Hogan, Joe Pulice



### BLACK HAWKS PANTHERS

- |                   |                |
|-------------------|----------------|
| Gavin Greenlee    | Adrian Nordby  |
| Riley White       | Zach Keo       |
| Jason Espinosa    | Chris Espinosa |
| Cole Bielefeldt   | Joey Peterson  |
| Corey Cox         | Lemone Dailey  |
| Brandon Garcia    | Ethan Mottaz   |
| Devante Erlandsen | DJ Greer       |
| Grant Hartman     | Hosea Evans    |
| Justin Irby       | Chris Cook     |
| Joey Adamson      | Kevin McComb   |
| Niko Valente      |                |

## Falcon Ridge Middle School

Coaches: Scott Cave

### FALCON RIDGE FALCONS

- Sam Kelly  
 Kamal Gulled  
 Marwang Lual  
 James Skaine  
 Taylor Moynihan  
 Sergio Fernandez  
 Sam Penders  
 Kevin Tchalla  
 Ronnie Norton  
 Ben Gibson  
 Mitch Nelson  
 Rey Arellano  
 Tim Duffy



## Scott Highlands Middle School

Coaches: Greg Dravis, Mike Griffith

### SCOTT HIGHLANDS Saints

- |                   |                    |
|-------------------|--------------------|
| Jeremy Carnicelli | Luke Dodd          |
| Jordan Harshman   | Ezrelle Myre-Hager |
| Ruben Cephas      | Ezekiel Burkhalter |
| Josh Lorenz       | Josiah Haugen      |
| Matt Schumann     | Casey Dravis       |
| Hudson Boe        | Joel Anderson      |
| Angelo Lynn       | Andrew Morgenstern |
| Malachi Wagaman   | Michael Russell    |
| Jeremiah Smith    | Will Rains         |
| Shawn Guzman      | Tom Delich         |
| Dylan Johnson     | Jiren Williams     |
| Alex Payette      | Gabe Ayele         |
| Kyle Lovejoy      | Joe Spletstoesser  |
| Taylor Pivec      | Austin Forman      |
| Sonny Monterola   | Aaron Berg         |
| Brett Hestness    | Meomen Ibrahim     |
| Noah Carlson      | Michael Caples     |
| Zach Praus        |                    |



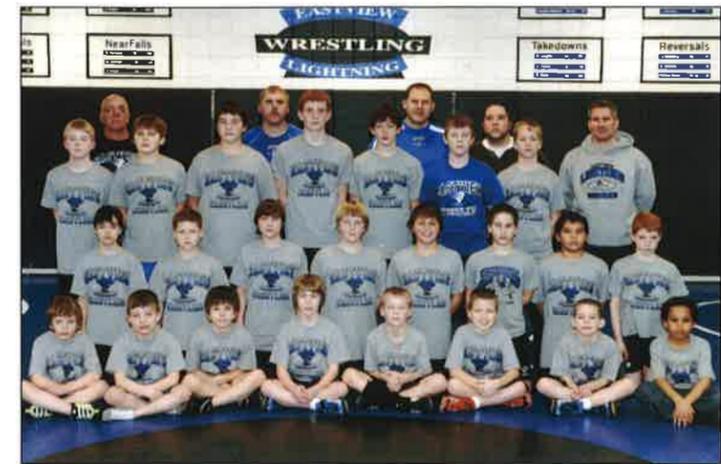
# K - 8th Grade Traveling Wrestling

December – March • Program Director: Steve Praus • K-2nd Coach: Cory Wagner • 3rd-8th Coach: Adam Fokken

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.



2010 Eastview Traveling - K-2nd Grade



2010 Eastview Traveling - 3rd - 8th Grade





# Minnesota Wrestling 2010

## Traveling Program & Thunderbolts Program



GRADE	NAME	PLACE	STATE
PreK	Jordan Hecht	Participant	MYAS
PreK	Ezra Formanek	Participant	MYAS
2	Elliot Brown	Participant	MYAS
3	Alan Schoenecke	Participant	MYAS
3	Jared Hecht	Participant	MYAS
3	Justin Hecht	Participant	MYAS
3	Quinn Hoffman	Participant	MYAS
3	Sakien Kelly	Participant	MYAS
4	Eric Schmidt	Participant	MYAS
4	Jaden Welborn	5th	MYAS
5	Alex Lindstrom	Participant	MYAS
5	Brendan Formanek	Participant	MYAS
5	Mike Delich	Participant	MYAS
6	Alex Crow	Participant	MYAS
7	Brett Hestness	5th	MYAS
7	Jack Schliesman	4th	MYAS
7	Luke Dodd	Participant	MYAS
7	Sam Penders	5th	MYAS
7	Tom Delich	4th	MYAS
7	Zach Praus	5th	MYAS



### Off-Season Training Club Members 2010

- Silver Mitch Rechtzigel
- Silver Josh Blake
- Silver Anthony Munos
- Silver Jacob Rukavina
- Bronze Brendan Cole
- Bronze Chris Bechly
- Bronze Matt Ladd
- Bronze Erik Ehresmann
- Bronze Ben Schmitz

## Pre-Season Training Session – 2010



## Advanced Training Session – 2010



# 2009-2010 Dual Meet Results

## Varsity Dual Meet Results

<b>Overall Record:</b>	<b>21 Wins</b>	<b>6 Losses</b>
<b>Conference Record:</b>	<b>8 Wins</b>	<b>1 Loss</b>
Eastview 65	St. Paul Central	6 Win
Eastview 50	Stillwater	21 Win
Eastview 52	Spring Lake Park	10 Win
Eastview 6	Simley	58 Loss
Eastview 30	Wayzata	34 Loss
Eastview 53	Lakeville North	18 Win
Eastview 37	Northfield	22 Win
Eastview 61	Rochester Century	16 Win
Eastview 45	Lakeville South	19 Win
Eastview 51	Chaska / Chanhassen	22 Win
Eastview 57	NRHEG	16 Win
Eastview 37	Austin	22 Win
Eastview 48	Faribault	16 Win
Eastview 38	Prior Lake	18 Win
Eastview 40	Burnsville	23 Win
Eastview 38	Shakopee	23 Win
Eastview 3	Apple Valley	68 Loss
Eastview 22	Henry Sibley	43 Loss
Eastview 40	Rosemount	21 Win
Eastview 50	Eagan	11 Win
Eastview 33	Eden Prairie	29 Win
Eastview 60	Osseo	6 Win
Eastview 6	Owatonna	50 Loss
Eastview 50	Goodhue	18 Win
Eastview 38	Bloomington	28 Win
Eastview 37	Eagan	26 Win
Eastview 9	Apple Valley	67 Loss

### Team Tournaments

Eastview Duals	2nd Place
Armstrong Tournament	3rd Place

### Individual Tournaments

Bi-State Classic	5th Place
Burnsville Invitational	1st Place
Eastview Invitational	1st Place

## Junior Varsity Dual Meet Results

<b>Overall Record:</b>	<b>19 Wins</b>	<b>3 Losses</b>
<b>Conference Record:</b>	<b>8 Wins</b>	<b>1 Loss</b>
<b>2nd Place Lake Conference</b>		
Eastview 48	St. Paul Central	34 Win
Eastview 27	Stillwater	51 Loss
Eastview 34	Spring Lake Park	33 Win
Eastview 19	Simley	52 Loss
Eastview 44	Wayzata	27 Win
Eastview 60	Lakeville North	18 Win
Eastview 54	Northfield	18 Win
Eastview 55	Rochester Century	6 Win
Eastview 60	Lakeville South	9 Win
Eastview 40	Chaska/Chanhassen	15 Win
Eastview 33	NRHEG	6 Win
Eastview 41	Faribault	12 Win
Eastview 48	Austin	18 Win
Eastview 50	Prior Lake	27 Win
Eastview 54	Burnsville	12 Win
Eastview 34	Shakopee	27 Win
Eastview 12	Apple Valley	58 Loss
Eastview 40	Henry Sibley	33 Win
Eastview 40	Rosemount	21 Win
Eastview 42	Eagan	24 Win
Eastview 54	Eden Prairie	24 Win
Eastview 48	Bloomington	27 Win

## Freshman Dual Meet Results

<b>Overall Record:</b>	<b>12 Wins</b>	<b>8 Losses</b>
<b>Section Record:</b>	<b>8 Wins</b>	<b>1 Loss</b>
<b>Section Duals</b>		
Eastview 72	Tartan	6 Win
Eastview 52	St. Thomas	12 Win
Eastview	Burnsville	Forfeit Win
Eastview 13	Hastings	75 Loss
Eastview 66	Richfield	12 Win
Eastview 48	Rosemount	40 Win
Eastview 45	Eagan	33 Win
Eastview 54	Park	22 Win

### Non-Conference

Eastview 0	Apple Valley	75 Loss
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### Rosemount Duals Consolation Champs

Eastview 33	Hastings	51 Loss
Eastview 47	Eagan	32 Win
Eastview 66	Rosemount	24 Win

### Eastview Tourney 9th Place

Eastview 38	Mound Westonka	42 Loss
Eastview 39	New Prague	48 Loss
Eastview 4	Apple Valley	74 Loss
Eastview 27	St. Francis	39 Loss

### Team State Tournament 13th Place

Eastview 46	Fergus Falls	27 Win
Eastview 18	Cambridge	60 Loss
Eastview 42	Eagan	28 Win
Eastview 39	Centennial	38 Win

## 2010-2011 Team Managers



# 2010 Team Recognition

## LETTER WINNERS

Jacob Rukavina	EV			
Anthony Munos	EV	EV		
Chris Bechly		EV		
Brendan Cole		EV		
Adam Foreman	EV			
BJ Groskreutz	EV	EV	EV	
Levi Groskreutz	EV			
Zac Groskreutz	EV			
Matt Henning		EV		
Brad Hogan	EV	EV	EV	
Greg Howard		EV		
Mathew Ladd		EV		
Billy Lawrence	EV			
Kai Matsuhashi	EV			
Mitch Rechtzigel	EV	EV	EV	
Nick Zelenak		EV		
Lucas Allen		EV	EV	
Josh Blake		EV		
Erik Ehresmann	EV	EV		
Quincy Gottwig	EV			
Jake Hannan		EV	EV	
Jordan Humphries	EV	EV		
Jack Lesch		EV	EV	
Mike Schliesman	EV			
Ben Schmitz		EV	EV	

Carl Brown	EV	EV		
Nick Dodd	EV	EV	EV	
Cody Groskreutz	EV	EV	EV	EV
Alec Johnson		EV	EV	EV
Peter Nguyen		EV	EV	EV
Nels Pederson		EV	EV	EV
Steven Phomphackdy	EV	EV	EV	
DJ Schliesman		EV	EV	EV
Joey Scott		EV	EV	EV
Alec Teagarden	EV	EV	EV	
Josh Weinberg		EV	EV	EV
Rob Wietecha		EV	EV	EV

## MANAGERS

Brooke Larson	EV	EV	EV	
Sara Olson	EV	EV	EV	
Caitlin Scott	EV	EV	EV	
Tony Metz	EV			
Alicia Patrick	EV			
Laquana Carpenter	EV			
Megan Auren	EV			

## ALL CONFERENCE

Mitch Rechtzigel				
Nels Pederson				
Josh Weinberg				

## ALL CONFERENCE HONORABLE MENTION

BJ Groskreutz
Peter Nguyen
Steven Phomphackdy
Brad Hogan
Nick Dodd
Cody Groskreutz
Joey Scott
Erik Ehresmann

## LAKE CONFERENCE RECORDS

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

# Lake Conference - 2010

## LAKE CONFERENCE STATE PLACE WINNERS

WT	NAME	PLACE	TEAM
103	Jordan Kingsley	3rd	Apple Valley
112	Eric Bauer	2nd	Hastings
119	Dakota Trom	1st	Apple Valley
119	Corey Latuff	5th	Hastings
125	Matt Kelliher	1st	Apple Valley
125	Tom Perillat	2nd	Henry Sibley
130	Daniel Woiwar	1st	Apple Valley
130	Mason Young	2nd	Henry Sibley
135	Brandon Kingsley	1st	Apple Valley
135	Colton LaChance	3rd	Hastings
140	Devon Scott	1st	Apple Valley
140	Zach Rohr	2nd	Hastings
145	Nate Bruner	2nd	Apple Valley
152	Destin McCauley	1st	Apple Valley
152	Tyler Rohr	2nd	Hastings
171	Zak Coats	1st	Henry Sibley
160	Steven Keogh	1st	Apple Valley
171	Jake Waste	2nd	Apple Valley
189	Matt Hechsel	5th	Apple Valley
215	Yusef Hassen	2nd	Burnsville

## LAKE CONFERENCE 2009-2010 RECORDS

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

## LAKE CONFERENCE TEAMS

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

## Most Valuable Varsity Wrestler of the Year

Nels Pederson

## Most Valuable Junior Varsity Wrestler of the Year

Alec Teagarden

## Most Valuable Freshman Wrestler of the Year

Anthony Munos

## Most Improved Wrestler of the Year

Eric Ehresmann

## Scholar Athlete Award

Rob Wietecha / Peter Nguyen

## Lightning Award

Nick Dodd / Cody Groskreutz

## John Rodin Service Award

Jacob Rukavina

## Junior Varsity - Varsity Drill Partner Award

Lucas Allen

## Freshman Drill Partner Award

Jonathan Lenz

## Most Improved Freshman Wrestler of the Year

Jabri Guy

# 2010 Season Awards

## 3-D Club Membership

Jacob Rukavina
Chris Bechly
Matt Henning
Mitch Rechtzigel
Erik Ehresmann
Ben Schmitz
Cody Groskreutz
Nels Pederson
Steven Phomphackdy
Anthony Munos
BJ Groskreutz
Brad Hogan
Lucas Allen
Lukas Engelmann
Nick Dodd
Peter Nguyen
DJ Schliesman

## Freshman 3-D Club Membership

Jonathan Lenz
Vince Metz
David Phomphackdy
Myles Witcher
Patrick Mako
Jack Penders
Jon Watson

## Academic Club - Gold (3.6-4.0)

Jacob Rukavina
Tommy Cole
Patrick Mako
Kyle Schumann
Adam Foreman
Brad Hogan
Mathew Ladd
Mitch Rechtzigel
Quincy Gottwig
Carl Brown
Cody Groskreutz
Nels Pederson
Rob Wietecha
Vernonica Elling
Sara Olson
Justin Boschwitz
Jonathan Lenz
Vince Metz
Chris Bechly
BJ Groskreutz
Greg Howard
Kai Matsuhashi
Lucas Allen
Ben Schmitz
Nick Dodd
Peter Nguyen
Alec Teagarden
Megan Auren
Caitlin Scott

## Academic Club - Silver (3.0-3.59)

Michael Backus
Anthony Gonzalez
Kendall Skahen
Zac Groskreutz
Billy Lawrence
Erik Ehresmann
Jake Hannan
Mike Schliesman
Joey Scott
Derek Dravis
Laquana Carpenter
Sara Boese
Griffin Birkins
Jack Penders
Brendan Cole
Matt Henning
Derek Becker
Lukas Engelmann
Alex Mitchell
DJ Schliesman
Nick Taschner
Gretta Morrissey
Tony Metz
Brooke Larson

## Wrestler Manager Hall of Fame

Brooke Larson
Sara Olson

## Most Falls

V Nick Dodd	15
Peter Nguyen	15
Jacob Rukavina	15
JV Lucas Allen	13
Brendan Cole	13
9th Anthony Munos	10

## Most Takedowns

V Mitch Rechtzigel	89
JV Alec Teagarden	45
9th Jabri Guy	28
Anthony Munos	28

## Most Team Points

V Nels Pederson	154
JV Brendan Cole	112
9th Anthony Munos	81

# Section 3AAA - 2010

## SECTION 3AAA STATE PLACE WINNERS

WT	NAME	PLACE	TEAM
103	Sam Brancale	1st	Eden Prairie
103	Jordan Kingsley	3rd	Apple Valley
119	Dakota Trom	1st	Apple Valley
125	Matt Kelliher	1st	Apple Valley
125	RJ Hallman	5th	Chaska/Chanhassen
130	Daniel Woiwar	1st	Apple Valley
130	Tony Skjefte	6th	Eden Prairie
135	Brandon Kingsley	1st	Apple Valley
140	Devon Scott	1st	Apple Valley
145	Dylan Ness	1st	Bloomington
145	Nate Bruner	2nd	Apple Valley
152	Destin McCauley	1st	Apple Valley
160	Steven Keogh	1st	Apple Valley
160	Kevin Bright	4th	Lakeville South
171	Jake Waste	2nd	Apple Valley
171	Eric Hensel	4th	Lakeville South
189	Matt Hechsel	5th	Apple Valley
215	Yusef Hassen	2nd	Burnsville
215	Zane Peterson	5th	Lakeville South
285	Andrew Hermann	5th	Bloomington

## SECTION 3AAA TOURNAMENT RESULTS

WT	NAME	PLACE
103	Jacob Rukavina	3rd
112	Chris Bechly	5th
119	BJ Groskreutz	6th
125	Peter Nguyen	3rd
130	Brad Hogan	3rd
135	Mitch Rechtzigel	3rd
140	Nick Dodd	3rd
145	Cody Groskreutz	4th
152	Alec Johnson	4th
160	Nels Pederson	3rd
171	Josh Weinberg	3rd
215	DJ Schliesman	6th
285	Erik Ehresmann	4th

## SECTION 3AAA INDIVIDUALS

TEAM	POINTS
Apple Valley	295
Hastings	197
Eastview	176.5
Henry Sibley	153
Rosemount	106
Park	94.5
Eagan	92
Burnsville	85

## SECTION 3AAA TEAMS

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

### Varsity Career Records

#### FALLS

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

#### WINS

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

#### TEAM POINTS

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

#### TAKEDOWNS

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

#### NEAR FALLS

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

#### REVERSALS

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

## 2009-2010 Varsity Statistics

Wrestler	Win	Loss	T2	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Lucas Allen	3	7	3	12	2	0	0	0	0	2	18
Chris Bechly	17	24	30	18	13	8	5	1	0	7	79
Griffin Birkins	2	0	0	0	0	0	0	0	0	0	12
Josh Blake	2	4	2	5	3	0	1	0	0	0	6
Carl Brown	0	2	0	2	0	0	0	0	0	0	0
Tommy Cole	1	0	1	0	0	0	0	0	0	1	6
Nick Dodd	26	11	28	18	20	6	12	1	0	15	124
Erik Ehresmann	22	20	34	44	7	3	11	2	0	8	92
BJ Groskreutz	15	27	27	27	23	8	9	1	1	8	72
Cody Groskreutz	24	17	56	40	9	6	11	7	0	8	103
Levi Groskreutz	4	3	5	2	0	1	2	1	0	2	22
Zach Groskreutz	3	3	10	6	1	1	5	0	1	1	14
Brad Hogan	26	7	74	27	9	8	12	7	0	8	109
Alec Johnson	16	12	21	49	14	6	11	1	1	11	90
Kai Matsuhashi	1	0	0	0	0	0	0	0	0	0	6
Vince Metz	1	1	1	1	0	0	1	0	0	0	6
Anthony Munos	0	6	2	1	1	0	1	0	0	0	0
Peter Nguyen	29	13	37	32	12	9	19	3	1	14	146
Nels Pederson	34	8	81	18	19	5	13	10	0	13	154
Steven Phomphackdy	18	14	26	24	13	5	8	2	1	3	67
Mitch Rechtzigel	33	8	89	45	12	8	16	7	1	10	138
Jacob Rukavina	21	21	40	8	9	9	8	1	0	15	112
DJ Schliesman	13	19	16	20	10	1	0	0	0	7	63
Ben Schmitz	2	2	2	3	0	1	2	1	0	0	6
Joey Scott	21	15	28	44	6	3	7	2	0	6	89
Alec Teagarden	5	4	9	16	2	0	1	0	0	1	18
Josh Weinberg	32	9	36	23	41	50	23	8	4	10	151
Rob Wietecha	8	4	13	13	4	0	2	0	0	3	33

#### SEASON TEAM TOTALS

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	391	268	685	509	237	139	182	55	10	158	1781
Opponents Totals	268	391	673	355	208	129	154	47	13	104	1145

### Varsity Season Records

#### 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

#### TAKEDOWNS

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

#### NEAR FALLS

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

#### REVERSALS

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

### Junior Varsity Season Records

#### FALLS

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

#### WINS

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

#### TEAM POINTS

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

#### TAKEDOWNS

Mike Redig	'06	65
Nathaniel Carroll	'05	50
Alec Teagarden	'10	45

#### NEAR FALLS

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

#### REVERSALS

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

### Freshman Season Records

#### FALLS

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

#### WINS

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

#### TEAM POINTS

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

#### TAKEDOWNS

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

#### NEAR FALLS

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

#### REVERSALS

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

## 2009-2010 Junior Varsity Statistics

Wrestler	Win	Loss	T2	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Lucas Allen	20	4	27	5	12	4	15	1	1	12	105
Derek Becker	11	8	34	24	5	2	6	3	0	4	51
Griffin Birkins	2	1	1	3	0	1	1	0	0	0	9
Josh Blake	15	3	18	7	3	4	7	0	0	8	79
Carl Brown	21	10	21	9	4	0	4	0	0	9	111
Brendan Cole	20	1	18	11	14	4	11	1	0	13	112
Tommy Cole	2	11	2	6	2	0	2	0	0	0	12
Rico Davis	2	1	4	4	1	0	1	0	0	1	9
Nick Dodd	1	0	1	0	0	0	0	0	0	1	6
Lukas Engelmann	14	6	20	10	10	5	2	0	0	9	72
Adam Foreman	12	9	15	11	2	7	6	0	1	8	65
Edgar Garcia	12	6	11	1	3	2	1	3	0	9	72
Anthony Gonzalez	5	6	4	1	1	1	3	0	0	3	30
Quincy Gottwig	8	5	18	5	5	5	3	1	0	4	37
Levi Groskreutz	13	1	22	7	4	5	9	1	0	9	70
Zach Groskreutz	18	8	33	18	17	14	10	3	0	11	90
Jake Hannan	6	6	6	4	1	0	1	0	0	5	36
Matt Henning	13	5	17	8	8	6	10	3	1	7	68
Greg Howard	19	7	30	12	10	8	4	2	0	10	92
Jordan Humphries	15	8	18	6	13	5	2	0	0	11	81
Alec Johnson	12	0	11	1	7	6	13	0	2	10	71
Mathew Ladd	13	5	14	9	13	10	4	2	0	10	70
Billy Lawrence	10	4	22	16	0	2	4	2	0	4	44.3
Jonathan Lenz	0	1	1	1	0	0	0	0	0	0	0
Jack Lesch	14	6	18	13	13	7	12	0	2	10	76
Patrick Mako	1	1	1	2	0	0	0	0	0	1	6
Kai Matsuhashi	10	7	8	5	5	2	6	2	0	6	53
Vince Metz	9	7	9	2	6	5	4	0	0	7	54
Alex Mitchell	3	1	5	1	2	1	1	0	0	3	18
Anthony Munos	14	2	24	5	7	5	6	1	0	10	74
Jack Penders	3	3	3	5	2	1	0	0	0	2	15
David Phompackdy	0	3	0	0	0	0	0	0	0	0	0
Steven Phompackdy	3	1	4	5	0	3	1	1	0	1	13
DJ Schliesman	5	3	6	3	3	0	2	0	0	4	27
Mike Schliesman	10	6	15	8	10	3	4	1	0	7	52
Ben Schmitz	13	3	18	11	6	3	6	0	1	6	59
Marcus Shaw	9	6	28	14	20	7	6	0	1	6	47
Nick Taschner	5	2	12	5	0	1	1	0	0	4	27
Alec Teagarden	18	1	45	15	5	7	6	2	3	7	83
Rob Wietecha	18	2	25	8	5	5	9	5	1	4	88
Myles Witcher	1	1	1	2	2	0	2	0	0	0	3
Nick Zelenak	13	7	25	5	14	8	6	1	1	7	66

TOTALS	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	422	184	623	294	240	152	194	32	14	249	2201.30
Opponents Totals	184	422	408	272	206	89	100	19	4	84	820.10

## 2009-2010 Freshman Statistics

Wrestler	Win	Loss	T2	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Michael Backus	8	4	8	2	1	0	1	0	0	6	48
Griffin Birkins	3	9	9	6	3	2	4	0	0	2	16
Justin Boschwitz	2	3	3	0	2	0	0	0	0	2	12
Tommy Cole	5	5	4	7	3	3	2	0	0	3	24
Rico Davis	8	5	10	10	1	0	4	0	0	1	36
Will Gibson	3	4	3	1	1	1	1	0	0	2	18
Anthony Gonzalez	7	5	13	2	2	2	7	0	0	4	37
Jabri Guy	15	5	28	3	4	3	7	0	0	5	74
Marshall Lang	10	4	14	7	3	5	1	0	0	7	51
Jonathan Lenz	12	4	15	7	6	3	1	0	0	4	55
Patrick Mako	3	2	5	0	1						

# Eastview Distinguished Athletes



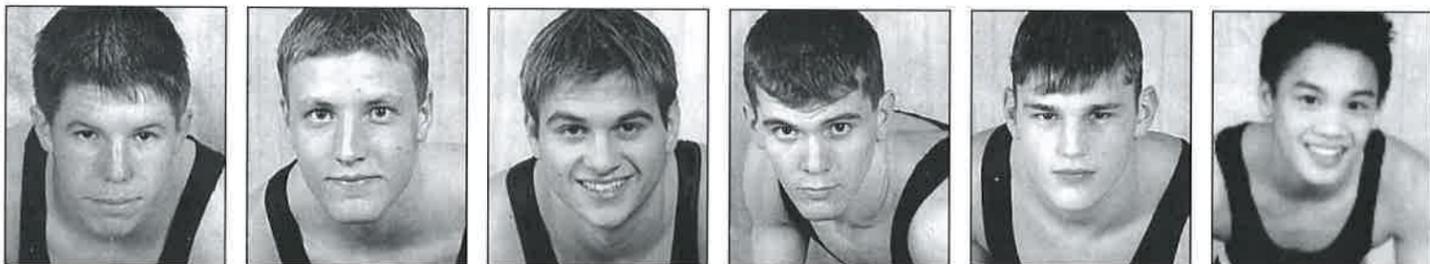
<b>Adam Fokken</b> Football, Wrestling & Track 2001 Athlete of the Year 2001 Scholar Athlete 2000 4th Place State - 189 lbs. 2001 State Champion - 189 lbs.	<b>Ryan Langlais</b> Football, Wrestling & Baseball 2004 Athlete of the Year 3X State Qualifier 2004 Section Champion - 160 lbs.	<b>Ryan Ruckdashel</b> Football, Wrestling & Track Distinguished Athlete & Scholar 2004 MSHSL ExCEL Winner 2005 State Qualifier & Team Captain	<b>Scott Hogan</b> Soccer & Wrestling Distinguished Athlete 129 Career Wins Team Captain	<b>Ty Groskreutz</b> Football, Wrestling & Baseball 2001 Scholar Athlete 3 Sport Letter Winner Team Captain	<b>Cody Groskreutz</b> Wrestling & Baseball Athlete of the Year 82 Career Wins Team Captain 2010
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## 2010 Alumni



## Wall of Excellence

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



<b>Tony Rodin</b> 1998 - 4th Place 125 lbs.	<b>Adam Fokken</b> 2000 - 4th Place 189 lbs. 2001 - State Champ 189 lbs.	<b>Mikey Fornicoia</b> 2002 - 6th Place 130 lbs.	<b>John Getzke</b> 2003 - 5th Place 152 lbs.	<b>Nate Kocer</b> 2003 - 6th Place 189 lbs.	<b>Minh Huynh</b> 2005 - 4th Place 103 lbs.
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## Section Champions

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

## Season Captains & Team Motto

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

## Season Records / Conference Place

	Wins	Losses	Ties	Conf. Wins	Conf. Place	State Qualifiers
1998	3	19	1	1	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
2010	21	6	0	8	2nd	0
<b>Totals</b>	<b>193</b>	<b>127</b>			<b>.603 winning percentage</b>	

## Season Awards

### Most Valuable Varsity Wrestler of the Year

- 1998 Tony Rodin
- 1999 Adam Fokken
- 2000 Adam Fokken
- 2001 Adam Fokken
- 2002 Mikey Fornicoia
- 2003 Nate Kocer
- 2004 Ryan Langlais
- 2005 Minh Huynh
- 2006 Minh Huynh & John Makabe
- 2007 Jacob Nelson & Dan Getzke
- 2008 Scott Hogan
- 2009 Scott Hogan
- 2010 Nels Pederson

### Most Valuable Junior Varsity Wrestler of the Year

- 1998 Jim Maloney
- 1999 Tyrel Narva
- 2000 Chris Verhaeghe
- 2001 David Pudwill
- 2002 Andrew Lenertz
- 2003 Andrew Lenertz
- 2004 Brian Wallenta
- 2005 Chad Eul
- 2006 Mike Redig
- 2007 Jeff Hanson
- 2008 Josh Weiberg
- 2009 Nick Dodd
- 2010 Alec Teagarden

### Most Valuable Freshman Wrestler of the Year

- 1998 Adam Fokken
- 1999 Mikey Fornicoia
- 2000 Bryan Lewis
- 2001 Steve Davis
- 2002 Tyler Cookas
- 2003 Troy Fokken
- 2004 Ryan Stepan
- 2005 Trever Sutherland
- 2006 Scott Hogan
- 2007 Cody Groskreutz
- 2008 Matt Galloway
- 2009 Brad Hogan
- 2010 Anthony Munos

### Most Improved Wrestler of the Year

- 1998 Nate Ernst
- 1999 Nick Thompson
- 2000 Brad Okonek
- 2001 David Rasmussen
- 2002 Eric Lemm
- 2003 Jud Turk
- 2004 Minh Huynh
- 2005 Josh Nelson
- 2006 Chad Eul
- 2007 Dijon Sanders
- 2008 Nels Pederson
- 2009 Nels Pederson & Josh Weinberg
- 2010 Eric Ehresmann

### Lightning Award

- 1998 Chris Verhaeghe
- 1999 Chris Verhaeghe
- 2000 Brian Putnam
- 2001 Brian Putnam & Eric Budd
- 2002 David Pudwill
- 2003 Jud Turk & John Getzke
- 2004 Jeremiah Foertsch
- 2005 Sam Voyles
- 2006 Chris Gripp & Dillon Powell
- 2008 Bryan Okonek & David Ly
- 2007 Abebe Dessalegn & Andrew Pudwell
- 2009 Bobby Ladd & Matt Franson
- 2010 Nick Dodd & Cody Groskreutz

### John Rodin Service Award

- 1998 Brad Okonek
- 1999 Brad Okonek
- 2000 Andrew Lenertz
- 2001 John Getzke
- 2002 Cory Wagner
- 2003 Cory Wagner
- 2004 Ben Foertsch
- 2005 Dante Hendricks
- 2006 Pat Cox
- 2007 Joey Scott
- 2008 Nick Dodd
- 2010 Jacob Rukavina

### Wrestling Manager Hall of Fame

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

### Wrestling Scholarship Recipients

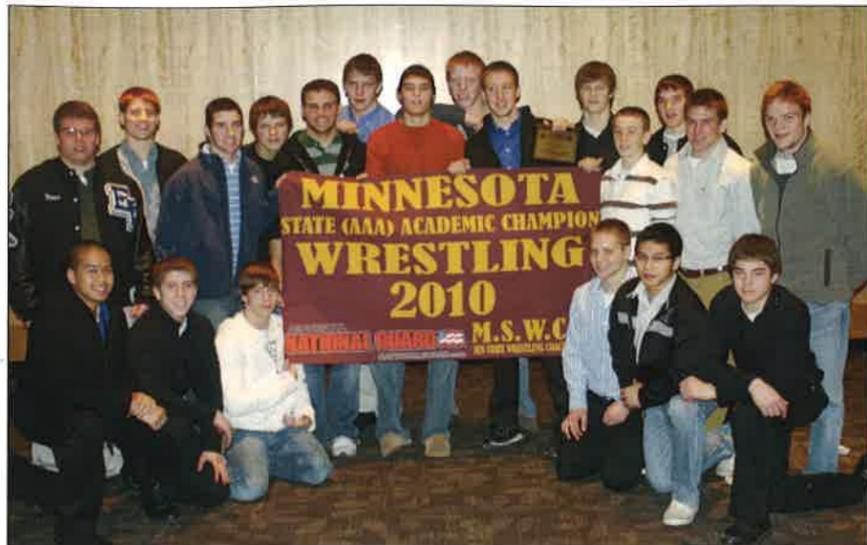
- 2005 Kyle Wilson
- 2006 John Makabe
- 2007 Jacob Nelson
- 2008 David Ly
- 2009 Robert Ladd
- 2010 Nick Dodd

## School Song

*Go Eastview Lightning  
Victory is our game.  
Blaze a trail of glory  
Marching on to fame.  
Feel the mighty thunder,  
Flash that fills the sky.  
Blue, black and white won't  
Give up the fight,  
We're the lightning from  
Eastview High.  
Eastview Lightning  
Fight, fight, fight.  
Go, fight, win tonight!*

### Wrestling 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
- 2010 MN State Academic Champions - 3.88



### Academic All-State

2001 Adam Fokken

### 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

### 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

#### 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
- Will Jackson 4th Place
- Nels Pederson
- Dijon Sanders

#### Section Champs

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

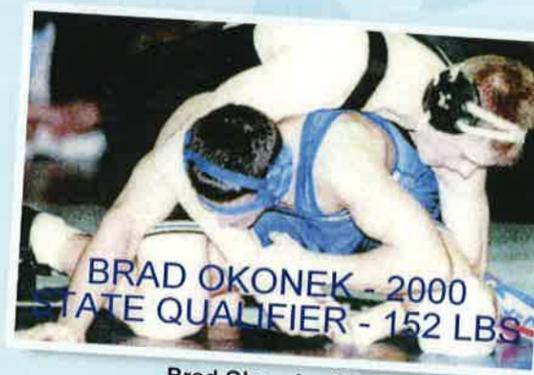


State Wrestling Tournament at the Xcel Energy Center

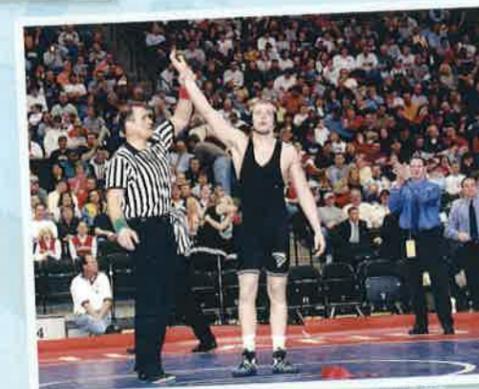
## Eastview State Qualifiers



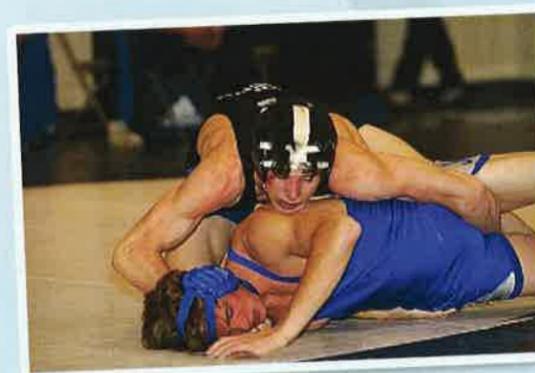
Tony Rodin - 1998  
4th Place - 125 lbs.



BRAD OKONEK - 2000  
STATE QUALIFIER - 152 LBS  
Brad Okonek - 2000  
State Qualifier - 152 lbs.



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



Steve Davis - 2001  
4th Place - 125 lbs.



David Rasmussen - 2001  
State Qualifier - 145 lbs.

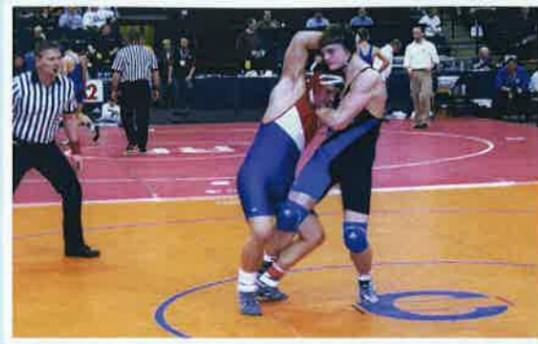


Mikey Fornicoia - 2002  
6th Place - 130 lbs.

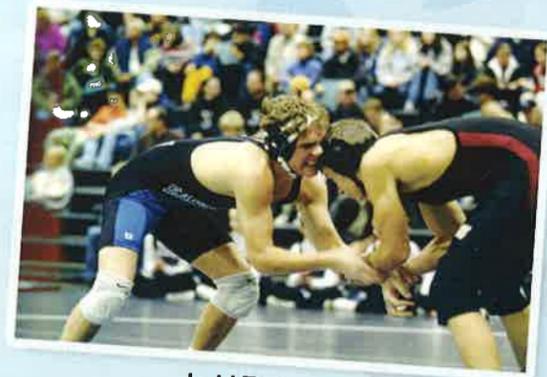


John Getzke - 2003  
5th Place - 152 lbs.

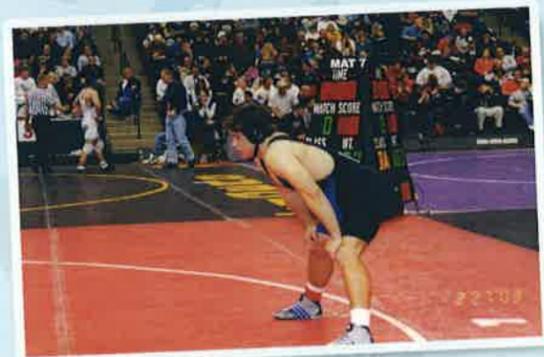
# Eastview State Qualifiers



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



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



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



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



**RYAN LANGLAIS - 2004**  
3X STATE QUALIFIER - 160 LBS

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



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

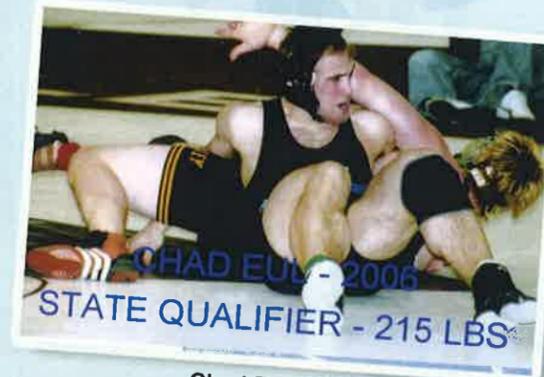


**John Makabe - 2005**  
State Qualifier - 152 lbs.

# Eastview State Qualifiers



**Ryan Ruckdashel - 2005**  
State Qualifier - 285 lbs.



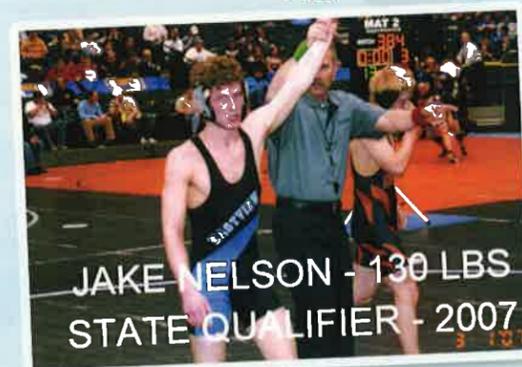
**CHAD EUL - 2006**  
STATE QUALIFIER - 215 LBS

**Chad Eul - 2006**  
State Qualifier - 215 lbs.



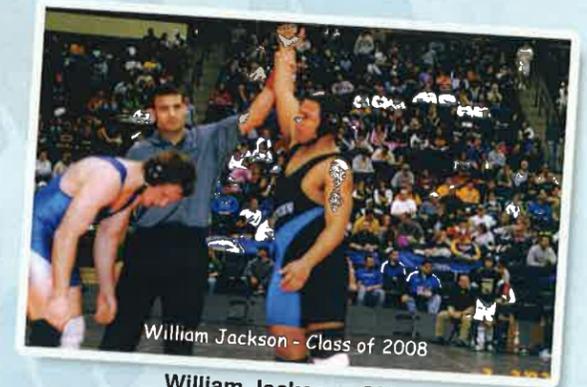
**DAN GETZKE - 171 LBS**  
2X STATE QUALIFIER - 2007

**Dan Getzke - 2007**  
State Qualifier - 171 lbs.



**JAKE NELSON - 130 LBS**  
STATE QUALIFIER - 2007

**Jake Nelson - 2007**  
State Qualifier - 130 lbs.



*William Jackson - Class of 2008*

**William Jackson - 2008**  
State Qualifier - 215 lbs.



**Nels Pederson - 2009**  
State Qualifier - 152 lbs.



**Dijon Sanders - 2009**  
State Qualifier - 285 lbs.

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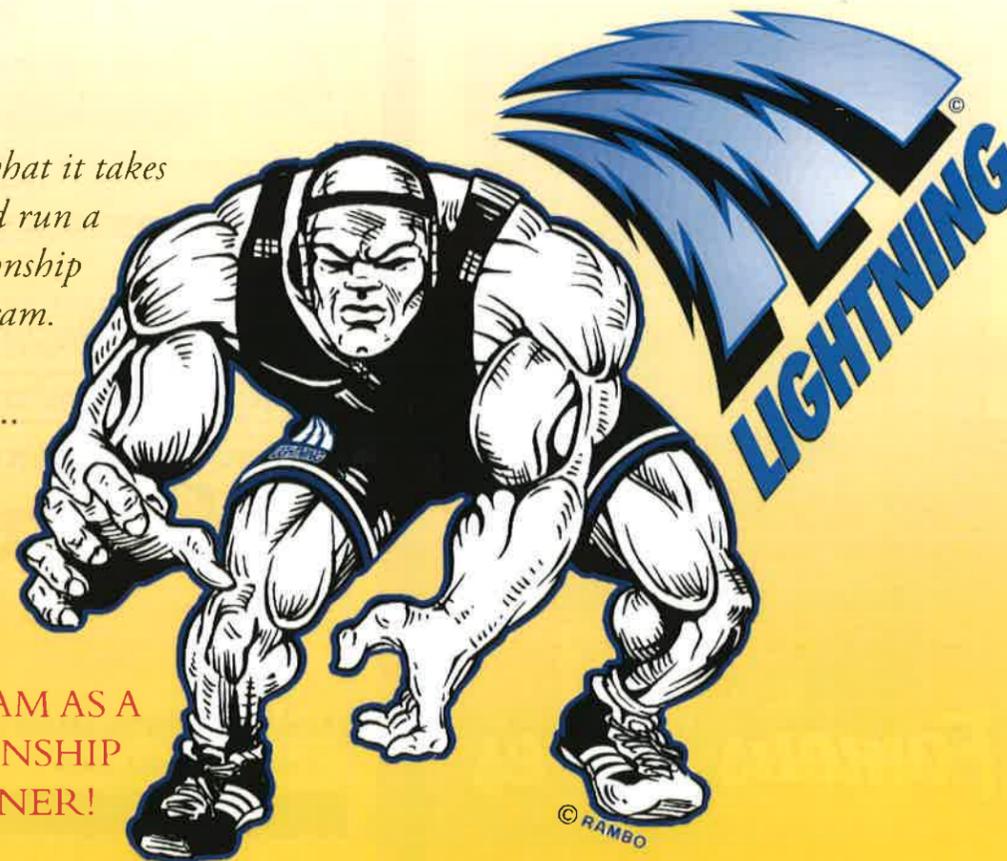
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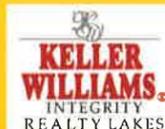


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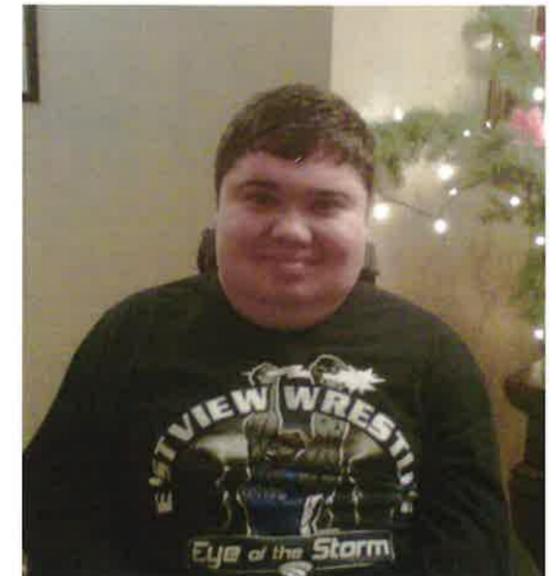
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**Congratulations to the Eastview Wrestling Program!**



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# Commitment To Excellence

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

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

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

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

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

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

## MAKE A COMMITMENT TO EXCELLENCE!



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

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

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

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

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

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



Commitment Night 2010



## 2010-11 WINTER SPORTS SCHEDULE EASTVIEW LIGHTNING

### Girls Basketball

Head Coach - Paul Goetz			
Date	Opponent	Site	Time
Nov. 26	Hamline Univ. Trmt.	Away	TBD
Nov. 27	Hamline Univ. Trmt.	Away	TBD
Dec. 4	Hopkins Trmt.	Away	TBD
Dec. 9	New Prague	Away	7:30 p.m.
Dec. 14	Menomonie	Away	7:30 p.m.
Dec. 17	Bloomington Kennedy	Home	7:15 p.m.
Dec. 21	Bloomington Jefferson	Away	7:15 p.m.
Dec. 28-30	Hopkins Trmt.	Away	TBD
Jan. 4	Eagan	Away	7:15 p.m.
Jan. 6	Burnsville	Home	7:15 p.m.
Jan. 11	Lakeville North	Away	7:15 p.m.
Jan. 14	Apple Valley	Away	7:15 p.m.
Jan. 18	Rosemont	Home	7:15 p.m.
Jan. 20	Prior Lake	Home	7:15 p.m.
Jan. 25	Lakeville South	Home	7:15 p.m.
Jan. 27	Bloomington Kennedy	Away	7:15 p.m.
Feb. 1	Bloomington Jefferson	Home	7:15 p.m.
Feb. 4	Eagan	Home	7:15 p.m.
Feb. 8	Burnsville	Away	7:15 p.m.
Feb. 11	Lakeville North	Home	7:15 p.m.
Feb. 15	Apple Valley	Home	7:15 p.m.
Feb. 18	Rosemont	Away	7:15 p.m.
Feb. 22	Prior Lake	Away	7:15 p.m.
Feb. 25	Lakeville South	Away	7:15 p.m.
Mar. 2, 5, 11	Section 3AAA Trmt		
Mar. 16-19	State Tournament		

### Boys Basketball

Head Coach - Mark Gerber			
Date	Opponent	Site	Time
Dec. 3	Duluth East	Home	7:00 p.m.
Dec. 9	Northfield	Away	7:30 p.m.
Dec. 11	Waconia @ Mlka	Away	2:45 p.m.
Dec. 18	Superior	Away	3:45 p.m.
Dec. 21	Spring Lake Park	Home	7:15 p.m.
Dec. 28, 29	Hastings Tournament	Away	TBD
Jan. 4	Eagan	Home	7:15 p.m.
Jan. 6	Burnsville	Away	7:15 p.m.
Jan. 11	Lakeville North	Home	7:15 p.m.
Jan. 14	Apple Valley	Home	7:15 p.m.
Jan. 15	Lacrosse Aquinas	Away	TBD
Jan. 18	Rosemont	Away	7:30 p.m.
Jan. 21	Prior Lake	Away	7:15 p.m.
Jan. 25	Lakeville South	Away	7:15 p.m.
Jan. 28	Bloomington Kennedy	Home	TBD
Feb. 1	Bloomington Jefferson	Away	7:15 p.m.
Feb. 4	Eagan	Away	7:15 p.m.
Feb. 8	Burnsville	Home	7:15 p.m.
Feb. 11	Lakeville North	Away	7:15 p.m.
Feb. 15	Apple Valley	Away	7:15 p.m.
Feb. 18	Rosemont	Home	7:15 p.m.
Feb. 22	Prior Lake	Home	7:15 p.m.
Feb. 25	Lakeville South	Home	7:15 p.m.
Mar. 1	Bloomington Kennedy	Away	7:15 p.m.
Mar. 4	Bloomington Jefferson	Home	7:15 p.m.
Mar. 9, 12, 18	Section 3AAA Tournament		
Mar. 23-26	State Tournament		

### Girls Hockey

Head Coach - Herb Harvey			
Date	Opponent	Site	Time
Nov. 23	Eagan	Home	7:15 p.m.
Nov. 26	Maple Grove	Away	5:30 p.m.
Nov. 27	Maple Grove	Away	TBD
Nov. 30	Bloomington Jefferson	Home	7:15 p.m.
Dec. 4	Prior Lake	Away	5:30 p.m.
Dec. 7	Lakeville North	Home	7:15 p.m.
Dec. 10	Hastings	Home	7:15 p.m.
Dec. 11	Apple Valley	Away	7:15 p.m.
Dec. 14	Bloomington Kennedy	Home	6:00 p.m.
Dec. 18	Burnsville	Away	3:00 p.m.
Dec. 21	Lakeville South	Home	7:15 p.m.
Dec. 28-30	Farmington Trmt.	Away	TBD
Jan. 4	Rosemont	Home	7:15 p.m.
Jan. 8	Eagan	Away	3:15 p.m.
Jan. 11	Bloomington Jefferson	Away	7:15 p.m.
Jan. 13	Eden Prairie	Away	7:00 p.m.
Jan. 15	Prior Lake	Home	7:15 p.m.
Jan. 18	Lakeville North	Away	7:00 p.m.
Jan. 22	Apple Valley	Home	2:15 p.m.
Jan. 25	Bloomington Kennedy	Away	7:15 p.m.
Jan. 29	Burnsville	Home	7:15 p.m.
Feb. 1	Lakeville South	Away	7:15 p.m.
Feb. 5	Rosemont	Away	3:00 p.m.
Feb. 7, 9, 12, 16	Section 3AA Trmt.		
Feb. 23-26	State Tournament		

### Boys Hockey

Head Coach - Drey Bradley			
Date	Opponent	Site	Time
Dec. 2	Hastings	Home	7:15 p.m.
Dec. 9	Lakeville North	Home	7:15 p.m.
Dec. 11	Apple Valley	Away	2:15 p.m.
Dec. 16	Bloomington Kennedy	Home	7:15 p.m.
Dec. 18	Burnsville	Away	7:00 p.m.
Dec. 21	Woodbury	Away	7:30 p.m.
Dec. 28-30	Rochester Tournament	Away	TBD
Jan. 6	Rosemont	Home	7:15 p.m.
Jan. 8	Eagan	Away	7:15 p.m.
Jan. 11	East Ridge	Away	7:30 p.m.
Jan. 13	Bloomington Jefferson	Away	7:30 p.m.
Jan. 15	Prior Lake	Home	2:15 p.m.
Jan. 20	Lakeville North	Away	7:00 p.m.
Jan. 22	Apple Valley	Home	7:15 p.m.
Jan. 25	Park @ Eagan	Away	7:15 p.m.
Jan. 27	Bloomington Kennedy	Away	7:30 p.m.
Jan. 29	Burnsville	Home	2:15 p.m.
Feb. 3	Lakeville South	Away	7:30 p.m.
Feb. 5	Rosemont	Away	7:30 p.m.
Feb. 10	Eagan	Home	7:15 p.m.
Feb. 12	Bloomington Jefferson	Home	2:15 p.m.
Feb. 17	Lakeville South	Home	7:15 p.m.
Feb. 19	Prior Lake	Away	3:00 p.m.
Feb. 22, 24, 26, Mar. 3	Section 3AA Tournament		
Mar. 9-12	State Tournament		

### Adaptive Hockey CI

Head Coach - Brett Kosidowski & Dana Beck			
Date	Opponent	Site	Time
Jan. 19	Winona	Home	6:30 p.m.
Jan. 24	St. Paul Humboldt	Away	4:30 p.m.
Jan. 26	South Suburban	Home	6:30 p.m.
Jan. 31	Hudson	Away	4:30 p.m.
Feb. 2	Burns./Farm./Lake.	Home	6:30 p.m.
Feb. 7	New Prague	Home	6:30 p.m.
Feb. 9	Owatonna	Away	4:30 p.m.
Feb. 14	Winona	Away	4:30 p.m.
Feb. 16	St. Paul Humboldt	Home	6:30 p.m.
Feb. 23	South Suburban	Away	4:30 p.m.
Feb. 28	Hudson	Home	6:30 p.m.
Mar. 2	Burns./Farm./Lake.	Away	4:30 p.m.
Mar. 18, 19	State Tournament	TBD	TBD

### Adp. Hockey DI

Head Coach - Brett Sadek			
Date	Opponent	Site	Time
Jan. 20	Burns./Farm./Lake.	Away	6:30 p.m.
Jan. 25	Hudson	Away	6:30 p.m.
Jan. 27	Rochester John Marshall	Away	6:00 p.m.
Feb. 1	South Suburban	Away	6:30 p.m.
Feb. 8	Humboldt	Away	4:30 p.m.
Feb. 10	Minneapolis Adapted	Away	4:30 p.m.
Feb. 15	Burns./Farm./Lake.	Away	4:30 p.m.
Feb. 17	Hudson	Away	4:30 p.m.
Feb. 24	Rochester John Marshall	Away	6:30 p.m.
Mar. 1	South Suburban	Away	4:30 p.m.
Mar. 18, 19	State Tournament	TBD	TBD

### Boys Swim/Dive

Head Coach - Mark Tollefson			
Date	Opponent	Site	Time
Dec. 10	Lakeville North	Home	6:00 p.m.
Dec. 17	Bloomington Jefferson	Away	6:00 p.m.
Jan. 4	Apple Valley	Home	6:00 p.m.
Jan. 7	Bloomington Kennedy	Home	6:00 p.m.
Jan. 14	Eagan	Away	6:00 p.m.
Jan. 18	Burnsville	Home	6:00 p.m.
Jan. 25	Prior Lake	Away	6:00 p.m.
Feb. 4	Rosemont	Home	6:00 p.m.
Feb. 11	Lakeville South	Away	6:00 p.m.
Feb. 23-25	Section 3AA	Away	6:00 p.m.
Mar. 3-5	State Tournament		

(All Home Meets at Falcon Ridge Middle School)

### Figure Skating

Head Coach - Ann Harschutz			
Date	Opponent	Site	Time
Mar. 16	Ice Show Preview	Home	6:30 p.m.
Mar. 17-19	Ice Show	Home	7:00 p.m.

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

### Wrestling

Head Coach - Kurt Habeck			
Date	Opponent	Site	Time
Dec. 4	EVHS Duals	Home	9:00 a.m.
Dec. 9	Dover/Eyota	Home	7:00 p.m.
Dec. 10	Northfield Duals	Away	5:00 p.m.
Dec. 16	Apple Valley	Away	5:00 p.m.
Dec. 18	Richfield Duals	Away	9:00 a.m.
Dec. 22	Rosemont	Away	7:00 p.m.
Dec. 29, 30	Bi-State Inv'l	Away	9:30 a.m.
Jan. 7	Eden Prairie	Home	7:00 p.m.
Jan. 8	Burnsville Inv'l	Away	7:00 a.m.
Jan. 13	Shakopee	Away	5:00 p.m.
Jan. 14	Eagan	Away	7:00 p.m.
Jan. 21	Prior Lake	Home	7:00 p.m.
Jan. 22	Lightning Inv'l	Home	9:00 a.m.
Jan. 27	Tartan/Burnsville	Home	7:00 p.m.
Feb. 3	Lakeville North	Away	5:30 p.m.
Feb. 5	Armstrong Duals	Away	9:30 a.m.
Feb. 10	Henry Sibley	Home	7:00 p.m.
Feb. 11	Mound-Westonka	Away	5:00 p.m.
Feb. 18, 25, 26	Section 3AAA Tournament		
Mar. 2-5	State Tournament		

### Comp. Cheerleading

Head Coach - Tim Navarro		
Date	Opponent	Site
Oct. 30	Lakeville North Invite	Away
Nov. 6	Ten Thousand Lakes Regional	Away
Nov. 13	Bloomington Jefferson Jaguar Jam	Away
Nov. 14	Eastview TC Open	Home
Nov. 20	East Ridge Competition	Away
Nov. 21	Apple Valley Bash	Away
Dec. 5	Prior Lake Competition	Away
Jan. 8	1st Annual South Suburban Conference	Away
Jan. 16	Edina Sweet Heart Classic	Away
Jan. 29	State Competition	Away
Feb. 10-14	Nationals	Away

### Girls Gymnastics

Head Coach - Ashley Maxson			
Date	Opponent	Site	Time
Dec. 4	Melrose Area	Away	11:00 a.m.
Dec. 14	Lakeville North	Away	6:00 p.m.
Dec. 18	Apple Valley	Away	11:00 a.m.
Dec. 21	Prior Lake	Away	6:00 p.m.
Jan. 11	Lakeville South	Home	6:00 p.m.
Jan. 15	Lakeville North	Away	9:00 a.m.
Jan. 18	Eagan	Home	6:00 p.m.
Jan. 25	Bloomington Jefferson	Home	6:00 p.m.
Feb. 1	Bloomington Kennedy	Away	6:00 p.m.
Feb. 8	Apple Valley	Home	6:00 p.m.
Feb. 18	Rosemont	Home	6:00 p.m.
Feb. 18	Section 3AA Tournament	Away	TBD
Feb. 25, 26	State Tournament	Away	TBD

### Dance Team

Head Coach - Jenny Raiche			
Date	Opponent	Site	Time
Nov. 22	SSC Competition	EHS	7:30 p.m.
Nov. 30	SSC Competition	Home	7:30 p.m.
Dec. 7	SSC Competition	Bloomington Kennedy	7:30 p.m.
Dec. 11	Lightning Inv'l	Home	9:00 a.m.
Dec. 13	SSC Competition	Lakeville North	7:30 p.m.
Dec. 18	SSC Competition	Home	11:30 a.m.
Jan. 22	Wayzata Inv'l	Away	TBD
Feb. 12	Section 1AAA Tournament	Home	4:00 p.m.
Feb. 18, 19	State Tournament		

### Alpine Skiing

Head Coach - Bob Boldus			
Date	Opponent	Site	Time
Dec. 16	SSC Competition	Buck Hill	3:30 p.m.
Jan. 11	SSC Competition	Buck Hill	3:30 p.m.
Jan. 18	SSC Competition	Buck Hill	3:30 p.m.
Jan. 25	SSC Competition	Buck Hill	3:30 p.m.
Feb. 3	SSC Competition	Buck Hill	3:30 p.m.
Feb. 8	Section 6 Tournament	Buck Hill	9:00 a.m.
Feb. 16	State Tournament		

### Nordic Skiing

Head Coach - Brian Avery			
Date	Opponent	Site	Time
Dec. 9	SSC Competition	Hyland Park Res	3:30 p.m.
Dec. 14	SSC Competition	Hyland Park Res	3:30 p.m.
Dec. 21	SSC Competition	Valleywood Golf Cs	3:30 p.m.
Jan. 4	SSC Competition	Kenwood Trail MS	3:45 p.m.
Jan. 11	SSC Competition	Murphy-Hanrahan Pk	3:45 p.m.
Jan. 19	SSC Competition	Valleywood Golf Cs	3:00 p.m.
Jan. 25	SSC Competition	Hyland Park Res	3:45 p.m.
Feb. 1	SSC Competition	Hyland Park Res	9:30 a.m.
Feb. 8	Section 1 Tournament		
Feb. 17	State Tournament		

# 2010-2011 Eastview Wrestling



## Eastview Lightning Schedule

DATE	OPPONENT	SITE	TIME
Thursday, Dec. 2	Intra Squad Meet ( <i>Parent Open House @ 6:00pm</i> )	Eastview	7:30 pm
Saturday, Dec. 4	Eastview Duals	Eastview	9:00 am
Thursday, Dec. 9	Dover-Eyota ( <i>EVAA Night</i> )	Eastview	7:00 pm
Friday, Dec. 10	Northfield Duals	Northfield	5:00 pm
Sunday, Dec. 12	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Thursday, Dec. 16	Lakeville South / Apple Valley	Apple Valley	5:00 pm
Saturday, Dec. 18	Richfield Duals (V)	Richfield	9:00 am
	Armstrong Duals (JV)	Armstrong	9:00 am
Wednesday, Dec. 22	Rosemount	Rosemount	7:00 pm
Wed-Thurs, Dec. 29-30	Bi-State Classic (V)	La Crosse	10:00 am
Thurs, Dec. 30	Sparta Tourney (JV)	Sparta	9:00 am
Friday, Jan. 7	Eden Prairie ( <i>Alumni &amp; EWB Family Night</i> )	Eastview	7:00 pm
Saturday, Jan. 8	Burnsville Invitational	Burnsville	9:30 am
Thursday, Jan. 13	Chaska / Shakopee	Shakopee	5:00 pm
Friday, Jan. 14	Eagan	Eagan	7:00 pm
Friday, Jan. 21	Prior Lake ( <i>Traveling Night</i> )	Eastview	6:00 pm
Saturday, Jan. 22	Lightning Invitational	Eastview	10:15 am
Sunday, Jan. 23	Eastview (K-8) Tournament	Eastview	10:30 am
Thursday, Jan. 27	Burnsville / Tartan ( <i>Parents Night</i> )	Eastview	5:30 pm
Thursday, Feb. 3	Lakeville North	Lakeville	7:00 pm
Saturday, Feb. 5	Armstrong Team Tournament	Armstrong	9:00 am
Thursday, Feb. 10	Henry Sibley ( <i>Senior Night</i> )	Eastview	7:00 pm
Friday, Feb. 11	Mound-Westonka Invite (JV)	Mound-Westonka	5:00 pm
Saturday, Feb. 12	Lake Conference Tournament (JV-9)	Lakeville South	10:00 am
Friday, Feb. 18	Section 3 Team Tournament	Apple Valley	4:00 pm
Fri-Sat, Feb. 25-26	Section 3 Individual Tournament	Park	4:30/10:00
Wed-Sat, Mar. 2-5	State Tournament	Xcel Energy	TBA
Sun, Mar. 27	Wrestling Banquet	Rosemount CC	4:30 pm