



2012-2013

**RESPECT ALL
FEAR NONE**

**EASTVIEW
WRESTLING**



www.eastviewwrestling.com

Eastview High School

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



Eastview 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.

- 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
Special Assignment



Respect All, Fear None

2012-2013 Eastview Wrestling



Each season the captains, upperclassmen, and coaches pick a motto to represent the year. The motto is something we hang our hat on and use to teach life lessons and lessons about wrestling. Eastview Wrestling's 2012-2013 season motto is: "Respect All, Fear None."

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

At our annual Captain's Commitment Night, the captains asked the wrestlers to tell us what "Commitment To Excellence" means to them. Here are some of their responses to what "Commitment to Excellence" means:

- Strive for excellence (*Alex Lindstrom, Tony Watts*)
- Give 100% of your effort 100% of the time (*Will Gibson*)
- Holding yourself to a high standard (*Luke Dodd*)
- Being a class act wherever you are (*David Phomphackdy*)
- Work as a team, not as an individual (*Andrew Morgenstern*)
- Doing what will make you better (*Nick Pegelow*)
- Work hard (*Jon Watson*)
- No compromises (*Jono Lenz*)
- To have confidence in yourself and achieve good things (*Kieran Mackes*)
- What you put into wrestling is what you get out (*Anthony Munos*)
- Committing oneself to sports, academics, and the Eastview community (*Billy Marks*)
- All in (*Blake Harris*)
- Perfect practice makes perfect (*Jack Penders*)
- Do everything to the best of your ability (*Jacob Rukavina*)

The team also had an opportunity to give us their views about "Respect All, Fear None." These views vary from the literal to the not so obvious meanings:

- Wrestle like it is your last match (*Blake Harris*)
- Go into every match knowing you can win (*Jacob Rukavina*)
- Don't underestimate your opponent (*Jack Penders*)
- Fear none = gain confidence in yourself (*Zack Machacek*)
- Believe that you are the best (*Julius Henry*)
- Prepare yourself so fear is irrelevant (*Billy Marks*)
- Respect your opponents, but show no fear (*Jack Buch*)
- Never look past an opponent (*Anthony Munos*)
- Work hard, so you don't fear any wrestler (*Jack Schliesman*)
- Don't underestimate your opponent, but go in believing you can win (*Jono Lenz*)
- Believe in yourself in the most critical time (*Davis Phomphackdy*)

As the season progresses, the motto will take shape and all will take an ownership in "Respect All, Fear None" and believe in our goals.

The coaches believe the motto "Respect All, Fear None" represents life lessons. Every team practices, lifts, runs, and works on wrestling technique. There is nothing unique about that. We need to respect the fact that every team is working to get better. We can make ourselves unique by working even harder. Through our hard work we will have *no* fear of any opponent. In fact, our hard work and tenacity should instill *fear* in our opponents. We need to make them fear us in the end.

COWBOY UP!

We are not cowboys, but we love the cowboy way. Cowboys work hard and there are hard lessons in the life of a cowboy and that is like wrestling. We have work to do this year and there will be hard lessons along the way, but that is what cowboys do. In the end we are going to be able to hang our cowboy hat up and say "Great job!"

We look forward to the wrestlers and fans creating the meaning for our motto throughout the year. "Respect All, Fear None" will continue to evolve, but make no mistake about it, we *all* will create our own meanings and goals for this year. Good luck to the Lightning in 2013!



EASTVIEW WRESTLING

2012 - 2013 ROSTER

**SENIORS**

Gibson, Will
Harris, Blake
Lenz, Jonathan ★
Mako, Patrick
Metz, Vince
Munos, Anthony ★
Penders, Jack
Phomphackdy, David
Watson, Jon

JUNIORS

Adolphsen, Carter
Ballinger, Isaiah
Buck, Jack
Burgess, Thomas
Carlson, Gavin
Cordova, Brandon
Delgado, Eddie
Kirkman, Kenny
Krisher, Andrew
Lesch, Peter
Lindgren, Tyler
Marks, Billy
Martinez-Saavedra, Ricky
Pegelow, Nick
Rukavina, Jacob ★
Swanson, Jordan

SOPHOMORES

Alba, Gage
Arellano, Antonio
Delich, Tom
Dodd, Luke
Dravis, Casey
Farley, Eli
Farmah, George
Gaubert, Andre
Gibson, Ben
Giles, Antwoine
Habeck, Zach
Hestness, Brett
Morgenstern, Andrew
Pfeifer, Ryan
Praus, Zach
Schliesman, Jack
Stumpf, Eric
Tallapaka, Shivang

FRESHMEN

Adams, Nick
Arehart, Daniel
Burch, Jawanza
Dolejs, Collin
Duffy, Tim
Forman, Austin
Greenlee, Gavin
Johnson, Terry
Kamano, Sean
Machacek, Zach
Mackes, Kieran
Mason, David
Odell, Jefferson
Scholler, Zach
Schumann, Matthew
York, Alex
Yusof, Hamsa

EIGHTH GRADE

Lindstrom, Alex

SEVENTH GRADE

Watts, Tony

★ *Captains*



Class of 2013

PRINCIPAL

Dr. Randall Peterson

ATHLETIC DIRECTOR

Matt Percival

COACHES

Kurt Habeck
Nick Fornicoia
Todd Frost
Travis Lee
Greg Dravis
Chad Eul
Jarred McCarthy
Josh Nelson
Dean Stockwell
Chad Wentzel

NICKNAME

Lightning

SCHOOL COLORS

Black, Blue, Silver, White

MANAGERS

Katie Grutza
Hannah Habeck
Courtney Hopps
Brooke Micholic
Malissa Montagnese
Grace Hagestad
Rayanne Hedges
Jazmine Okongo-Gwoke
Rachel Munos
Rachel Schmidt
Briana Peterman
Emily O'Shea
Makayla Montagnese

VIDEOGRAPHER

Devony Carlson

PHOTOGRAPHER

Derek Dravis

CONFERENCE

South Suburban

SECTION

3AAA

Varsity Captains

**Jonathan Lenz**

Senior Captain Jono has wrestled for 8 years. This fall, he was a starter on the State Champion soccer team. Jono is planning to wrestle around the 160/170 weight classes.

**Anthony Munos**

Anthony Munos, is a four-year letter winner. Being seconds away from the state tournament last year, Anthony is focused on improvement and taking his talents to the next level. Anthony is also active in football and the ZEUs ultimate Frisbee team.

**Jacob Rukavina**

Junior Jacob Rukavina already has three years of Varsity under his belt and has transformed himself into a solid competitor. After a trip to the state tourney last year, Jacob has had an outstanding offseason and is hungry for more.

Returning Lettermen

**Jack Buck**

A Section 3AAA place winner last year, Jack is hungry for more. Jack is another sport athlete rounding out his athletic year with football and track.

**Tom Delich**

Tom's fireman's carry is devastating to his opponents. Tom has wrestled for 9 years and his experience has him Varsity ready. Watch for him at 195lbs.

**Will Gibson**

Will has taken the reigns at 182lbs to start the season. He is in his fourth year of wrestling and has improved every year.

**Thomas Burgess**

Thomas brings his unique perspectives to the wrestling room. He is an innovator, making up moves as he goes. He enjoys trying while he is flying and finds good success with that strategy.

**Luke Dodd**

The only 2-time letter winner of the 10th grade clan, Dodd has already proven himself in Varsity competition. Look for his tenacity at 152.

**Zach Habeck**

Zach, another three sport athlete, had a solid off season. He is preparing himself for a solid year at 113 and 120. Zach was a member of the prestigious 3-D club last year.

**Gavin Carlson**

Gavin has the best duck under on the team and he is confident enough to use it on anyone. In his fourth year of wrestling, Gavin provides the team with solid depth around the 152lb weight class.

**Casey Dravis**

Casey, a three sport athlete, placed in the Ninth Grade State Tournament and is ready to use that experience to catapult him to further success. He will be a force at the 145lb slot.

**Blake Harris**

Blake is only in his third year of wrestling, but being a three sport athlete has helped him to develop his skills quickly. His snatch single and crossface cradle are his weapons of choice on the mat.

**Brandon Cordova**

A member of the 2012 state champion soccer team this fall, Brandon is excited to carry his momentum into the winter season. Look for Brandon to be around the 132lb weight class.

**George Farmah**

As a first year wrestler last year, George was a section place winner. He has developed even more in the off season and is ready to take on all challenges. Watch for George to show his strength at 126.

**Brett Hestness**

Brett is in his fourth year of wrestling. He is also involved in the football and lacrosse programs at Eastview. Watch out for his Hi-C takedown.

**Kenny Kirkman**

Kenny is a football player and a wrestler. In only his 3rd year of wrestling, he has made himself into a solid competitor. Watch for him around 152.

**Andrew Krisher**

Andrew is a pinner with his patented Krisher Cradle! When he isn't pinning his opponents, he is a snowboarding and motocross enthusiast.

**Peter Lesch**

A 2-year Varsity starter, Peter is back at it. He is focused and determined to continue to improve for both himself and for his team. Peter's anticipated weight class will be 138.

**Tyler Lindgren**

Tyler is also a 2-year Varsity starter. He has wrestled for 7 years and has been busy refining his low single during the off season.

**Alex Lindstrom**

The lone Eighth Grade returning letter winner, Alex is entering the season with high expectations after placing in the Section 3AAA tournament last season. He is likely to be at the 132lb weight class.

**Patrick Mako**

Patrick is one of our lifelong wrestlers. He has put 11 years in to the sport! He loves the headlock, but has many other moves to back that up.

**Billy Marks**

Billy is very active at Eastview in football, rugby, NHS, and LINC. A six year veteran of the sport, he is still a purist and enjoys using the half nelson.

**Vince Metz**

Vince has also put many years into pour great sport. Due to injuries he will be unable to compete this year, but he will be around helping his peers and the underclassmen to reach their goals.

**Nick Pegelow**

Nick has only wrestled for 2 years, but has already gained valuable varsity experience. He brings his intensity for sports to the football field as well as to the wrestling mat. Watch for Nick at 220 and 285 as needed.

**Jack Penders**

Jack is a scholar and an athlete seeing success in both arenas. He will likely compete around the 152lb weight class.

**David Phomphackdy**

David is the ultimate team player. He puts his team above all! He believes in the fundamentals of wrestling and loves the half nelson.

**Zach Praus**

A participant in the 9th grade state tournament last year, Zach showed that he is a contender. Look for him to compete around 145 or 152 this season.

**Jack Schliesman**

Jack participates in football, wrestling, and lacrosse. In only three years of wrestling, he has transformed himself into a competitor. Look for Jack in the mix from 195 to 220.

**Eric Stumpf**

As a first year wrestler, Eric was able to find some Varsity success and a place at the Section 3AAA tournament. Eric was an academic gold club member last year.

**Jordan Swanson**

Jordan brings his fun loving personality and intensity to the wrestling room. He is very motivated to maximize his abilities. Beware of his cradle around the 160lb weight class.

**Jon Watson**

Jon Watson is only in his third year of wrestling and has found himself loving the sport. He is a pinner, with more than 50% of his wins by fall. His ability to get the fall has helped his team to seal the

victory on several occasions.





2012-2013 FRESHMAN SCHEDULE

DATE	OPPONENT	SITE	TIME
Tuesday, Nov. 27	Intra Squad Meet (Parent Open House @ 6:00 pm)	Eastview	7:30 pm
Friday, Nov. 30	Eastview Invitational	Eastview	5:00 pm
Saturday, Dec. 1	Eastview (K-8) Tournament	Eastview	8:00 am
Tuesday, Dec. 4	Farmington / Richfield	Farmington	4:30 pm
Sunday, Dec. 9	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Tuesday, Dec. 11	Park / Henry Sibley	Richfield	4:30 pm
Saturday, Dec. 15	East Ridge Invitational (JV-V)	East Ridge	9:00 am
Tuesday, Dec. 18	East Ridge / St. Thomas / CDH	Eastview	4:30 pm
Saturday, Jan. 5	Eastview Team Tournament	Eastview	9:00 am
Tuesday, Jan. 8	Rosemount / South St. Paul	Eastview	4:30 pm
Tuesday, Jan. 15	Hastings / Eagan	Eastview	4:30 pm
Saturday, Jan. 19	State Team Tourney (Need to qualify)	Hastings	9:30 am
Saturday, Jan. 26	Region 4 Individual Tourney	Richfield	9:00 am
Saturday, Feb. 2	State Individual Tourney (Need to qualify)	Champlin Park	8:00 am
Saturday, Feb. 9	South Suburban Invite (9th-JV)	Lakeville South	9:00 am
Sunday, March 17	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
2012 - State Team Consolation Finalists

9th Grade State Individual Championships

1999 - 11th Place
2001 - State Champions
2005 - 3rd Place
2012 - State Runner-up

9th Grade State Individual Championships

1998 Adam Johnson Brian Nold Adam Fokken - 1st Don Wachter	2006 Scott Hogan - 1st Ty Groskreutz
1999 1999 Team 11th Place Honors Mikey Fornicoia - 5th Eric Lemm - 8th David Pudwill - 4th	2007 Brad Hogan - 6th Ben Bowar - 6th Cody Groskreutz - 7th Joey Scott - 8th
2000 Brian Lewis - 6th Pat Dea John Getzke Andrew Lenertz	2008 Brad Hogan - 2nd Matt Galloway
2001 2001 Team State Champions Steve Davis - 1st Sean Dwyer - 1st Ryan Langlais - 2nd Eric Yuen - 4th Kyle Fokken - 6th Pat Dea - 8th David Hilden - 8th Kevin Eich Jeremiah Foertsch Tim Lewis	2009 Kai Matsuhashi
2002 Tyler Cookas Sam Voyles - 4th Tom Chies Scott Polansky Troy Fokken	2010 Anthony Munos - 8th Rico Davis Jabri Guy
2003 Troy Fokken - 4th Justin Armstrong Chad Eul Jon Latterner Andrew Nelson Matt Neutz	2011 Jack Buck - 8th
2004 Dan Getzke - 8th Kennedy Mans Jake Neutz Justin Peterson Ryan Stepan	2012 Kevin McComb - 2nd Luke Dodd - 3rd Tom Delich - 4th Will Rains - 5th Casey Dravis - 6th Zach Praus
2005 2005 Team 3rd Place Honors Trevor Gordon - 2nd Will Jackson - 2nd Trevor Flaten - 4th Bryan Okonek - 6th Zack Fanth - 7th Alex Makabe Scott Kenning	

Varsity and Junior Varsity Managers



Katie Grutza



Hannah Habeck



Grace Hagestad



Rayanne Hedges



Courtney Hopps



Brooke Micholic

Videographer



Devony Carlson



Malissa Montagnese



Rachel Munos



Jazmine Okongo-Gwoke

Freshman Managers



Makayla Montagnese



Emily O'shea



Briana Peterman



Rachel Schmidt



Derek Dravis

Photographer

Board of Directors

President	Kristen & Bill Dodd
VP Marketing/Comm.	Terry Pegelow
VP Operations	Tonya & Steve Praus
Treasurer.	Shelly & Scott Munos
Secretaries.	Karen Kirkman
Concessions Coordinator . .	Claude & Chris Stumpf
Concessions Assistant	Susan Penders
ThunderBolts Liaison	Mike Hogan
EVAA Liaison	Travis Lee
EVHS Head Coach.	Shelly & Kurt Habeck

Grade Representatives

12th Grade Rep.	Carol & Steve Metz
11th Grade Rep.	Therese & Rick Lesch
10th Grade Rep.	Nicole & Bob Delich
9th Grade Rep.	Natalie & Mike Greenlee
Alumni Rep.	Sharon & Tom Getzke

A Message from the President Eastview Wrestling Boosters

We're proud to serve as president of the Eastview Wrestling Boosters. EWB is a dynamic, active organization of wrestling parents, families, coaches, school officials, community sponsors, & wrestling enthusiasts who partner together to support our wrestling program at Eastview High School. Our constant goal is promoting the sport of wrestling & facilitating a rewarding & memorable experience for our student-athletes & their families.

EWB meet every month & all wrestler parents are encouraged to attend & participate. Feel free to e-mail billdodd@doddsales.com or call 612-839-9218 with any questions regarding meeting times or participation opportunities.

Thanks to all Eastview parents, families, & supporters investing their valuable time and talents to serve on the EWB committees, board, & leadership positions! Your support of Eastview wrestling, middle school wrestling, EVAA wrestling, & Thunderbolts freestyle/greco wrestling is a critical factor in the ability of EWB to provide services and support for our wrestlers and coaches.

Thanks to our coaching staff on their consistency & leadership in guiding our student-athletes to success on the mat, in the classroom, & developing the quality foundation learned from this incredible sport that will pay huge dividends in their future careers.

The new season has begun & our team promises to work hard, respect all, & fear none on their way to another successful season. On behalf of EWB, we wish the best of luck to all of our wrestlers and coaches. Go Lightning!

— Kristen & Bill Dodd

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 two 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 18-year-old daughter named Hannah, a 15-year-old son named Zachary, 12-year-old daughter named Erinn, and a 9-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 is entering his sixteenth year at Eastview High School. He is an English teacher, Television Production Teacher, weight room instructor, and assistant wrestling coach. Fornicoia wrestled for Augsburg College and captured an individual National Championship his senior year. 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 is the Publicity Chair for the Minnesota Wrestling Coaches Association. Fornicoia enjoys reading and watching the Minnesota Twins in the off season. Nick and his wife Mara have two daughters, Sofia (4) and Amelia (0).



Travis Lee – Assistant Coach

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



Todd Frost – Assistant Coach

Coach Todd Frost, is from New York Mills, MN, is in his twelfth 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, 8, and Aiden, 5. 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 owned by his family. Todd enjoys the outdoors and water sports.



Josh Nelson – Assistant Coach

Coach Josh Nelson is in his seventh year coaching at Eastview. He is a recent 2006 graduate of Eastview High School. Currently Josh lives in Eagan. 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 sixth 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.



Jarred McCarthy – Assistant Coach

Jarred McCarthy, from Farmington, Minnesota is starting his third 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 in 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. 2012-13 will be Dean's fourth year as an assistant coach with the Ninth Grade program. Dean has been married to Jenna for 18 years and they have a 17-year-old son, AJ and a 15-year-old son, Adam. Dean works for the St. Paul Park Refining Company/SuperAmerica and when not involved with work or youth sports, enjoys hunting, fishing, reading and spending time with family.



Chad Wentzel – Assistant Coach

Coach Chad Wentzel is from Pipestone, MN. While in high school Chad wrestled in the heavy weight class and played football. He is in his third year assisting the Eastview wrestling program. He is also a coach in the football program. Coach Wentzel played football at Dakota State University in Madison, South Dakota for two seasons. He graduated from Minnesota State University-Mankato and has been teaching at a private school in Prior Lake for eight years. He is married to Julie and they have one child, Maddie, who is 3 years old. In his spare time he enjoys spending time with his family and outdoor activities.



Greg Dravis – Assistant Coach

Coach Greg Dravis, is in his twenty-seventh year of teaching Physical Education at Scott Highlands Middle School. He has also coached wrestling at SHMS, RHS and AVHS during that time. Raised in Staples, MN, Greg was a three-time state place winner in high school wrestling and was a two-time team State Champion. As a graduate of The University of Minnesota – Morris, he was a two year captain and completed his senior year as a NAIA Wrestling National Champion. Greg and his wife Traci, have two sons that attend Eastview High School, Derek and Casey. In Greg's spare time he likes to spend time with his family. He also enjoys northern Minnesota where he likes to hunt and fish.



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.

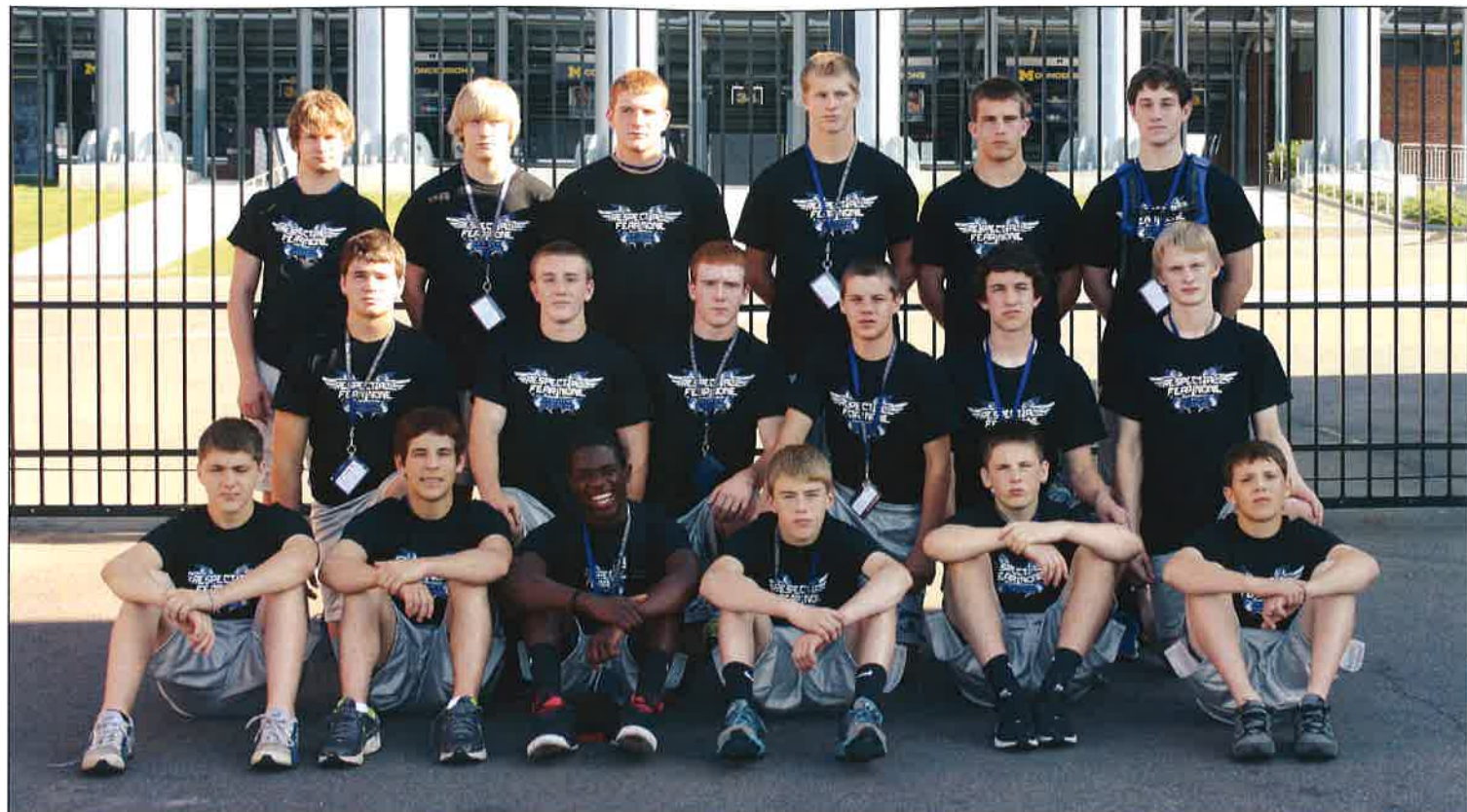


2012 SECTION 3AAA ACADEMIC TEAM



Nick Pegelow
Matt Henning
Greg Howard
Mitch Rechtzigel
Jacob Rukavina
BJ Groskreutz
Eric Stumpf
Alex Lindstrom

Michigan Camp 2012



Eastview Camp 2012



Summer Wrestling 2012



Michigan Team Camp 2012



Augsburg Camp 2012

Off-Season Training Club 2012



Off-Season Training Club Members 2012

Gold	Jacob Rukavina
Gold	Luke Dodd
Gold	Nick Pegelow
Silver	Anthony Munos
Bronze	Jack Buck
Bronze	Jonathan Lenz
Bronze	Billy Marks
Bronze	George Faramah
Bronze	Zach Habeck
Bronze	Tyler Lindgren
Bronze	Zach Praus

EASTVIEW WRESTLING 2011-2012 HIGHLIGHTS

The Varsity Team...

- Earned an Academic State Championship with a team GPA of 3.79.
- Earned 12 hard fought victories placing 1st at the Eastview Duals and 2nd at the Richfield Duals.
- Had 4 wrestlers earn All Conference Honorable Mention and 2 earn All Conference Honors.
- Placed 2nd at Individual Sections with 14 place winners and 3 state qualifiers.
- Mitch Rechtzigel became Eastview's All-Time Career Wins Leader with 158 wins.
- Had 33 wrestlers get an opportunity to wrestle on varsity with 9 wrestlers earning at least 19 wins.
- Earned 330 match wins, 1622 team points, 153 falls, and 715 takedowns.



Eastview Wrestling Programs 2012-2013



PRE-SEASON WRESTLING TRAINING SESSIONS

SEASON Sundays - October 14, 21, 28, Nov. 4 @ Eastview
SESSIONS Sundays, 5:00-6:00pm
AGES 3rd - 12th Grade
REGISTER Check-in upon arrival for training session.
LEVELS Intermediate - Advanced
COST Free!
CONTACT Kurt Habeck kurt.habeck@district196.org
 (651) 683-6969 ext. 98669

FREE WRESTLING CLINICS

SEASON October 22 @ DP, TL; Oct. 23 @ GL, OR, HL,
 & Oct. 25th @ All Schools
SESSIONS 6:30-7:45pm @ DP, TL, OR, & HL.
 GL is K-2 @ 6pm, 3-5th @ 7pm.
AGES Pre-K - 5th Grade
REGISTER Register by October 18th. 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

EVAA IN-HOUSE WRESTLING

SEASON November 1st - December 11th
 @ Eastview High School
SESSIONS Mondays, Tuesdays, and/or Thursdays
AGES K - 6th Grade
REGISTER By Oct. 29th 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 SESSION #1

SEASON November 11, 18, 25; December 2, 9, 16
 @ Eastview High School
SESSIONS Sundays 4:30-6:00pm & Saturday Tournaments
AGES 3rd - 8th Grade (EVAA & Middle School Wrestlers
 encouraged to attend)
REGISTER Turn registrations in by November 11th.
LEVELS Intermediate - Advanced
COST \$40, includes Long Sleeve T-Shirt &
 Eastview Kids Tourney - Dec. 1st
CONTACT Kurt Habeck kurt.habeck@district196.org
 (651) 683-6969 ext. 98669

EASTVIEW TRAVELING SESSION #2

SEASON December 18th - March @ Eastview High School
SESSIONS Tuesdays & Thursdays (K-2 = 1-2X week)
 (3-8 = 2X week)
AGES K - 2nd Extension of In-House,
 3rd - 8th Traveling Program
REGISTER Register by the December 18th parent meeting.
 Walk-ins accepted.
LEVELS K - 2nd (All Levels),
 3rd - 8th (Intermediate - Advanced Levels)
COST K - 2nd = \$65; 3rd - 8th = \$75, + Tourney Fee(s).
 Includes T-Shirt & Shorts
CONTACT Travis Lee travis.lee@district196.org
 (651) 683-6969 ext. 98623

THUNDERBOLTS FREESTYLE WRESTLING

SEASON March - April @ Eastview High School
SESSIONS Tuesdays & Thursdays
AGES 1st - 12th Grade
REGISTER Register by March 7th. 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, Tuesdays & Thursdays
AGES 6th - 12th Grade (2013-2014 School Year)
REGISTER Register by June 1st. 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 15-18 @ Eastview High School
SESSIONS Monday-Tuesday-Wednesday-Thursday
AGES 1st - 9th Grade (2013-2014 School Year)
REGISTER Register by July 12th. 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 KIDS FOLKSTYLE Tournament



Saturday, December 1st, 2012
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: Saturday, December 1st, 2012
Age: Grades Pre-K - 8th
Weigh-Ins: 8:00 am - 9:00 am
Wrestling Begins: 10:00 am
Location: Eastview High School
Entry Fee: \$12.00 / Wrestler
 No pre-registration
 Adults \$5.00
 Seniors & Students \$3.00
 Kids 10 & under are Free
Contact: Dean Stockwell
 (H) 952-322-2259
dean.stockwell@ntenergy.com

Mark your calendar's today!

355+ PARTICIPANTS IN 2011
 Facilities can hold 500 kids and still be done by 1:30 pm.
 Quality officiating!
 Great competition!
 Concessions available all day!



EV Wrestling Clinic 2012

Diamond Path Elementary



Pre-K - 1st Grade



2nd - 5th Grade

Greenleaf Elementary



Pre-K - 1st Grade



2nd - 5th Grade

Highland Elementary



Pre-K - 1st Grade



2nd - 5th Grade

Oak Ridge Elementary



Pre-K - 1st Grade



2nd - 5th Grade

Thomas Lake Elementary



Pre-K - 1st Grade



2nd - 5th Grade

EVAA Wrestling 2012

Pre-K - 2nd Grade



EV Cornhuskers

3rd - 6th Grade



EV Cornhuskers



EV Cowboys



EV Cowboys



EV Cyclones



EV Cyclones



EV Tigers



EV Tigers

Middle School Wrestling



Black Hawk Middle School

Coaches: Mike Hogan, Nick Cobbett



BLACK HAWKS PANTHERS

Yu Yang	Nate Luciano
Isaiah Ostrue	Jaden Plonski
Adam Bass	Jeth Poland
Logan Tse	Adam Larson
Chris Abbey	Devin Dagendesh
Jalen Haom	Mikayle Cameron
Garrett Backus	CJ Thomas
Kelton Vavrosky	Rylan Woodard
Mohamed Musa	Will Cobbett
Xavier Rosenbloom	Patrick Beck
Kuan Gant	Tom Olson
Alex Wick	Matt Martens
Andrew Westgard	Kyle Anderson
Chayen Yang	Trevon Jasinski
Devon Rogers	

Falcon Ridge Middle School

Coaches: James Jackson, Kelli Rasmussen



FALCON RIDGE FALCONS

Logan Estep	Jordan Laak
Mitchell Budreau	Raymond Jackson
Dane Mcdevitt	Tanyi Besong
Brendan Formanek	Maurice Olufson
Carter Epperson	Alvin Pcheco Omana
Noah Drehamel	Jose Zitlalt
Kyle Brusco	Robert Slinger
Hugo Briones	Muhsin Yusuf
Ovie Embu	Peyton McLagan
David Tait	Tyrone Tolbert
Arthur Quinones	Obehi Ogbeide



Scott Highlands Middle School

Coaches: Perry Lynam, Kerry Blaine

SCOTT HIGHLANDS Saints

Johnathan Allstot	Nathaniel Moore
Cory Brodeur	Kaiden Paulson
Michael Delich	Jacob Pearson
Erik Forte	Anthony Ricci
Lorenzo Gardner	Macarthur Roberts
Justus Gentile	Eric Schmidt
Knowledge Gutierrez	Alex Tweeton
Michael Judd	Artur Un
Thomas Kuefler	Joshua Washington
Johnathan Markgraf	



Travel Session 1 – 2012



Eastview Tournament – 2012



2011-2012 Dual Meet Results

Varsity Dual Meet Results

Overall Record:	12 Wins	15 Losses
Conference Record:	2 Wins	6 Loss
Eastview 44	Lakeville South	30 Win
Eastview 66	St. Paul Central	18 Win
Eastview 47	Stillwater	22 Win
Eastview 19	Rosemount	43 Loss
Eastview 21	Bloomington	37 Loss
Eastview 35	Northfield	32 Win
Eastview 26	Henry Sibley	37 Loss
Eastview 40	Hopkins	39 Win
Eastview 37	Farmington	38 Loss*
Eastview 75	Cretin-Derham Hall	3 Win
Eastview 51	Minnetonka	24 Win
Eastview 17	Lakeville North	52 Loss
Eastview 30	Chaska / Chanhasen	42 Loss
Eastview 30	Wayzata	42 Loss
Eastview 26	Lakeville North	46 Loss
Eastview 9	Apple Valley	62 Loss
Eastview 32	Eagan	30 Win
Eastview 48	East Ridge	24 Win
Eastview 56	Hastings	16 Loss
Eastview 25	Prior Lake	43 Loss
Eastview 72	St. Paul Humboldt	10 Win
Eastview 33	South St. Paul	34 Loss*
Eastview 22	White Bear Lake	45 Loss
Eastview 43	Goodhue	32 Win
Eastview 66	St. Paul Harding	15 Win
Eastview 27	Burnsville	37 Loss
Eastview 21	Henry Sibley	45 Loss

*Dual ended in a tie... lost on #8 criteria.

Team Tournaments

Eastview Duals	1st Place
Northfield Duals	3rd Place
Richfield Duals	2nd Place

Individual Tournaments

Bi-State Classic	8th Place
Burnsville Invitational	2nd Place
Eastview Invitational	4th Place

2012-2013 Team Managers



Junior Varsity Dual Meet Results

Overall Record:		22 Wins	0 Losses	
Conference Record:		8 Wins	0 Loss	
1st Place South Suburban Conference				
Eastview	49	Lakeville South	18	Win
Eastview	64	St. Paul Central	9	Win
Eastview	65	Stillwater	12	Win
Eastview	36	Rosemount	33	Win
Eastview	50	Bloomington	23	Win
Eastview	60	Northfield	12	Win
Eastview	82	Henry Sibley	20	Win
Eastview	51	Hopkins	20	Win
Eastview	59	Farmington	17	Win
Eastview	46	Norwood Young America	19	Win
Eastview	46	St. Paul Como Park	32	Win
Eastview	65	Maple Grove	12	Win
Eastview	76	Rochester Century	3	Win
Eastview	57	Armstrong	10	Win
Eastview	69	Chaska-Chanhassen	4	Win
Eastview	57	Wayzata	7	Win
Eastview	39	Lakeville North	12	Win
Eastview	43	Apple Valley	31	Win
Eastview	39	Eagan	9	Win
Eastview	57	East Ridge	8	Win
Eastview	42	Hastings	18	Win
Eastview	54	Prior Lake	16	Win

Freshman Dual Meet Results

Overall Record:		19 Wins	5 Losses	
Section Record:		9 Wins	2 Loss	
Section Duals				
Eastview	55	Park	18	Win
Eastview	42	Eagan	45	Loss
Eastview	72	Rosemount	16	Win
Eastview	52	Simley	27	Win
Eastview	69	Henry Sibley	21	Win
Eastview	82	East Ridge	12	Win
Eastview	30	Hastings	53	Loss
Eastview	75	Richfield	15	Win
Eastview	87	Cretin-Derham Hall	0	Win
Eastview	90	St. Thomas	0	Win
Eastview	82	Tartan	6	Win

Rosemount Duals 2nd Place			
Eastview 57	Lake City	30 Win	
Eastview 55	Hastings	42 Win	
Eastview 52	Owatonna	37 Win	
Eastview 37	Apple Valley	51 Loss	

Eastview Duals 1st Place			
Eastview 78	Armstrong	9 Win	
Eastview 66	Mounds View	20 Win	
Eastview 21	New Prague	70 Win	
Eastview 62	Eagan	27 Win	
Eastview 45	Hastings	39 Win	

Team State Tournament			
Eastview 36	Coon Rapids	41 Loss	
Eastview 84	Maple Grove	6 Win	
Eastview 42	KMS	30 Win	
Eastview 35	Apple Valley	43 Loss	

2012 Team Recognition

LETTER WINNERS

Alex Lindstrom	EV			
Tom Delich	EV			
Luke Dodd	EV	EV		
Casey Dravis	EV			
George Farmah	EV			
Zach Habeck	EV			
Brett Hestness	EV			
Zach Praus	EV			
Will Rains	EV			
Jack Schliesman	EV			
Eric Stumpf	EV			
Jack Buck	EV			
Thomas Burgess	EV			
Gavin Carlson	EV			
Brandon Cordova	EV			
Kenny Kirkman	EV			
Andrew Krisher	EV			
Peter Lesch	EV	EV		
Tyler Lindgren	EV	EV		
Billy Marks	EV			
Nick Pegelow	EV			
Jacob Rukavina	EV	EV	EV	
Jordan Swanson	EV			
Alex Bertell	EV			
Will Gibson	EV			
Blake Harris	EV			
Jonathan Lenz	EV	EV		

Patrick Mako	EV	EV			
Vince Metz	EV	EV			
Anthony Munos	EV	EV	EV	EV	
Jack Penders	EV	EV			
David Phomphackdy	EV	EV			
Jon Watson	EV	EV			
Chris Bechly	EV	EV	EV		
Brendan Cole	EV	EV	EV		
Adam Foreman	EV	EV			
Edgar Garcia	EV	EV			
BJ Groskreutz	EV	EV	EV	EV	
Zac Groskreutz	EV	EV			
Matt Henning	EV	EV	EV		
Greg Howard	EV	EV	EV		
Mathew Ladd	EV	EV	EV		
Joe Martens	EV				
Mitch Rechtzigel	EV	EV	EV	EV	EV
Nick Zelenak	EV	EV			

MANAGERS

Derek Dravis	EV	EV
Hannah Habeck	EV	
Courtney Hopps	EV	
Brooke Micholic	EV	
Annie Ehresmann	EV	
Ashley Nelson	EV	
Jessica Schmitz	EV	

ALL CONFERENCE

BJ Groskreutz
Mitch Rechtzigel

ALL CONFERENCE HONORABLE MENTION

Jacob Rukavina
Anthony Munos
Matt Henning
Edgar Garcia

SOUTH SUBURBAN CONFERENCE RECORDS

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

2012 Season Awards

Most Valuable Varsity Wrestler of the Year

Mitch Rechtzigel

Most Valuable Junior Varsity Wrestler of the Year

Matt Ladd

Most Valuable Freshman Wrestler of the Year

George Farmah

Freshman Team Most Valuable Wrestler

Tom Delich

Most Improved Wrestler of the Year

BJ Groskreutz

Most Improved Freshman Wrestler of the Year

Eric Stumpf

Junior Varsity - Varsity Drill Partner Award

Nick Zelenak, Brendan Cole

Freshman Drill Partner Award

Jack Schliesman

Academic Club - Gold (3.6-4.0)

Matt Schumann
Casey Dravis
Drew Hoeschen

Zach Praus
Eric Stumpf
Nick Pegelow

Jordan Swanson
Jack Penders
Adam Foreman

Matt Henning
Matt Ladd
Grace Hagestad

Derek Dravis
Hannah Habeck
Malissa Montognese

Ashley Nelson
Alex Lindstrom
Zach Habeck

Andrew Morgenstern
Jack Schliesman
Billy Marks

Jacob Rukavina
Jonathan Lenz
Chris Bechly

BJ Groskreutz
Greg Howard
Mitch Rechtzigel

Rayanne Hedges
Katie Grutza
Courtney Hopps

Annie Ehresmann
Michael Delich
Noah Borkowski

Luke Dodd
Omar Kadry
Jonathan Mullen

Gavin Carlson
Peter Lesch
Ben Taschner

Will Gibson
Patrick Mako
Brendan Cole

Joe Martens
Devony Carlson
Maddie Smith

Tommy Anderson
Tom Delich
Brett Hestness

Tyler Micholic
Thomas Burgess
Kenny Kirkman

Micah Schmitt
Alex Bertell

Scholar Athlete Award

Greg Howard

Lightning Award

Chris Bechly

John Rodin Service Award

Billy Marks

3-D Club Membership

Jack Buck
Jacob Rukavina
Jonathan Lenz

Vince Metz
Anthony Munos
Jack Penders

Matt Henning
David Phomphackdy
Matt Ladd

Mitch Rechtzigel

Blake Harris
Vince Metz
Zac Groskreutz

Nick Zelenak
Brooke Micholic
Jessica Schmitz

Blake Harris
Vince Metz
Zac Groskreutz

Nick Zelenak
Brooke Micholic
Jessica Schmitz

Blake Harris
Vince Metz
Zac Groskreutz

Nick Zelenak
Brooke Micholic
Jessica Schmitz

Blake Harris
Vince Metz
Zac Groskreutz

Nick Zelenak
Brooke Micholic
Jessica Schmitz

Most Wins

V	Mitch Rechtzigel	39
JV	Matt Ladd	26
9th	Tom Delich	28

Most Falls

V	Mitch Rechtzigel	17
JV	Andrew Krisher	18
9th	Casey Dravis	16

Most Takedowns

V	Mitch Rechtzigel	221
JV	Matthew Ladd	87
9th	Tom Delich	35

Most Team Points

V	Mitch Rechtzigel	180
JV	Matt Ladd & Andrew Krisher	132
9th	Tom Delich	143

South Suburban Conference - 2011-2012

SOUTH SUBURBAN CONFERENCE STATE PLACE WINNERS

WT	NAME	PLACE	TEAM
106	Maolu Woiwor	1st	Apple Valley
113	Tanner Johnshoy	2nd	Prior Lake
120	Seth Gross	1st	Apple Valley
120	Andy Underhill	2nd	Burnsville
126	Steve Levine	5th	Rosemount
126	Shamar Williams	4th	Apple Valley
132	Dakota Trom	3rd	Apple Valley
138	Dayton Racer	2nd	Apple Valley
145	Mark Hall	1st	Apple Valley
152	Adam Jackson	2nd	Rosemount
152	Mason Manville	3rd	Apple Valley
160	Brandon Kingsley	1st	Apple Valley
160	Mitch Rechtzigel	2nd	Eastview
160	Anton Kalista	6th	Lakeville North
170	Ben Sullivan	3rd	Apple Valley
182	Daniel Woiwor	6th	Apple Valley
195	Tommy Peterson	1st	Lakeville South
220	Mitch Johnson	4th	Eagan
285	Colin Fisher	5th	Eagan

SOUTH SUBURBAN CONFERENCE 2011-2012 RECORDS

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

SOUTH SUBURBAN CONFERENCE TEAMS 2011-2012

Apple Valley
Bloomington Jefferson/Kennedy
Burnsville
Eagan
Eastview
Lakeville North
Lakeville South
Prior Lake
Rosemount

Section 3AAA - 2012

SECTION 3AAA STATE PLACE WINNERS

WT	NAME	PLACE	TEAM
106	Maolu Woiwor	1st	Apple Valley
106	Reid Lyden	6th	East Ridge
120	Seth Gross	1st	Apple Valley
120	Andy Underhill	2nd	Burnsville
126	Steve Levine	5th	Rosemount
126	Shamar Williams	4th	Apple Valley
132	Dakota Trom	3rd	Apple Valley
138	Dayton Racer	2nd	Apple Valley
145	Mark Hall	1st	Apple Valley
152	Adam Jackson	2nd	Rosemount
152	Mason Manville	3rd	Apple Valley
160	Brandon Kingsley	1st	Apple Valley
160	Mitch Rechtzigel	2nd	Eastview
170	Ben Sullivan	3rd	Apple Valley
182	Daniel Woiwor	6th	Apple Valley
182	Uthman Rabiou	4th	Henry Sibley
195	Cody Linssen	6th	Park
220	Mitch Johnson	4th	Eagan
285	Colin Fisher	5th	Eagan

SECTION 3AAA TOURNAMENT RESULTS

WT	NAME	PLACE
106	Alex Lindstrom	5th
113	Tyler Lindgren	4th
120	Eric Stumpf	6th
126	George Farmah	4th
132	BJ Groskreutz	2nd
138	Jacob Rukavina	2nd
145	Anthony Munos	4th
152	Brendan Cole	6th
160	Mitch Rechtzigel	2nd
170	Greg Howard	4th
182	Matt Henning	4th
195	Jack Buck	4th
220	Edgar Garcia	5th
285	Nick Pegelow	4th

SECTION 3AAA INDIVIDUALS

TEAM	POINTS
1 Apple Valley	335
2 Eastview	167
3 Rosemount	142
4 Park	130
5 Eagan	129
6 Henry Sibley	126
7 Burnsville	120
8 East Ridge	47
9 Minneapolis South	17

SECTION 3AAA TEAMS

Apple Valley
Burnsville
Eagan
East Ridge
Eastview
Henry Sibley
Minneapolis South
Park
Rosemount

VARSITY CAREER RECORDS

FALLS

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

WINS

Mitch Rechtzigel	'12	158
Adam Fokken	'01	147
Ryan Langlais	'04	139

TEAM POINTS

Adam Fokken	'01	727
Mitch Rechtzigel	'12	674
Ryan Langlais	'04	621

TAKEDOWNS

Mitch Rechtzigel	'12	499
Ryan Langlais	'04	449
Adam Fokken	'01	349

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

VARSITY SEASON RECORDS

FALLS

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

WINS

Mitch Rechtzigel	'12	39
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

Mitch Rechtzigel	'12	221
Ryan Langlais	'04	134
Adam Fokken	'01	119

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

2011-2012 Varsity Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Chris Bechly	1	4	2	5	0	1	3	1	0	0	4
Jack Buck	21	13	33	30	7	6	9	2	0	9	101
Brendan Cole	11	12	21	21	4	3	3	0	0	8	63
Brandon Cordova	1	2	1	0	0	0	0	0	0	0	6
Luke Dodd	1	1	1	0	1	0	2	0	0	1	6
Casey Dravis	2	1	3	0	4	0	3	1	0	1	10
George Farmah	8	5	14	9	7	1	4	0	0	4	41
Adam Foreman	11	18	6	8	4	1	1	0	1	9	63
Edgar Garcia	19	22	18	19	13	1	5	0	0	11	105
Will Gibson	2	1	2	0	1	0	0	0	0	1	12
BJ Groskreutz	27	13	63	24	11	9	6	4	1	9	115
Zac Groskreutz	4	13	8	22	5	0	0	0	0	1	24
Zach Habeck	1	3	1	5	0	0	0	0	0	0	3
Matt Henning	19	19	36	30	10	17	8	2	2	12	99
Brett Hestness	1	2	2	1	1	0	1	0	0	1	6
Greg Howard	21	20	35	34	11	3	2	1	0	9	100
Andrew Krisher	0	2	0	1	0	0	0	0	0	0	0
Matt Ladd	6	4	12	2	1	4	2	1	0	3	34
Jonathan Lenz	7	8	11	11	3	1	0	0	0	3	30
Peter Lesch	9	16	14	9	5	3	10	2	1	4	46
Tyler Lindgren	13	25	19	30	14	9	0	0	0	8	66
Alex Lindstrom	19	19	32	10	20	12	5	2	0	9	91
Joe Martens	0	2	2	5	1	0	0	0	0	0	0
Vince Metz	7	6	8	4	3	0	2	0	0	6	42
Anthony Munos	30	11	59	21	21	17	16	5	2	7	130
Nick Pegelow	7	11	6	10	0	4	0	0	0	5	39
Jack Penders	1	0	0	1	1	0	0	0	0	1	6
Will Rains	2	1	4	0	2	3	1	1	0	1	10
Mitch Rechtzigel	39	4	221	32	7	9	9	9	3	14	180
Jacob Rukavina	29	14	66	19	20	12	10	9	1	12	132
Jack Schliesman	1	1	2	1	0	0	0	0	0	1	6
Eric Stumpf	6	19	10	9	0	0	3	1	0	1	28
Nick Zelenak	2	2	1	0	3	1	0	0	0	1	12

SEASON TEAM TOTALS

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	330	300	715	374	180	117	105	41	11	153	1622
Opponents Totals	300	330	589	437	155	103	164	33	12	150	1409

2011-2012 Junior Varsity Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Gage Alba	1	5	4	3	1	0	0	0	0	1	6
Alex Bertell	4	4	2	3	3	1	0	0	0	2	24
Jack Buck	1	1	0	0	0	0	0	0	0	0	6
Thomas Burgess	18	2	18	5	5	0	6	0	0	12	99
Gavin Carlson	18	8	31	10	10	6	7	0	0	10	87
Brendan Cole	7	1	9	3	4	2	3	0	1	4	38
Brandon Cordova	1	2	3	0	0	0	0	0	0	1	6
Tom Delich	5	0	6	0	1	1	1	0	0	3	24
Casey Dravis	3	0	12	3	0	2	1	0	0	7	42
George Farmah	2	1	16	4	8	1	11	0	1	9	62
Will Gibson	19	7	31	17	9	8	5	0	0	14	102
Antoine Giles	0	3	0	2	0	0	0	0	0	0	0
Zac Groskreutz	9	0	13	2	7	4	3	1	0	2	40
Zach Habeck	11	3	13	7	8	6	2	0	0	9	102
Blake Harris	11	3	8	5	4	0	4	0	0	6	54
Brett Hestness	3	3	5	1	1	0	0	0	0	1	15
Vantrel Ingram	5	6	9	5	3	1	1	0	1	0	29
Kenny Kirkman	7	3	9	2	3	3	4	1	0	3	31

(Continued on Page 24)

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

Matt Ladd	'12	87
Mike Redig	'06	65
Nathaniel Carroll	'05	50

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

2011-2012 Junior Varsity Statistics

(Continued from Page 23)

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Andrew Krisher	22	5	17	8	5	1	7	1	0	18	132
Matt Ladd	26	1	87	8	13	11	11	3	1	14	132
Jonathan Lenz	18	0	20	2	3	3	6	0	0	13	96
Peter Lesch	6	2	5	1	2	1	3	0	0	5	36
Patrick Mako	15	10	17	6	6	3	4	0	0	11	87
Billy Marks	16	4	25	6	6	11	15	1	2	9	81
Joe Martens	22	5	16	10	9	6	4	1	0	12	121
Kevin McComb	4	2	6	0	5	0	4	1	0	3	22
Vince Metz	8	1	10	2	2	2	4	1	0	7	46
Nick Pegelow	21	2	30	8	1	1	7	1	1	11	117
Jack Penders	25	5	20	17	17	3	5	0	0	17	130
David Phomphackdy	15	12	9	20	9	1	4	0	0	8	78
Zach Praus	1	2	2	0	2	0	0	0	0	1	6
Will Rains	8	2	17	2	4	9	6	2	0	5	41
Jack Schliesman	2	4	4	2	0	0	1	0	0	1	12
Micah Schmitt	5	2	5	1	1	1	0	0	0	2	27
Eric Stumpf	9	6	21	9	6	3	5	0	0	6	48
Jordan Swanson	11	1	16	2	3	3	4	1	0	5	49
Ben Taschner	13	14	7	16	1	2	1	0	0	6	78
Jerrell Warren	6	3	18	3	2	0	0	0	0	2	24
Jon Watson	21	8	14	12	3	1	3	0	0	4	105
Nick Zelenak	21	3	52	18	9	8	6	2	0	13	104
TOTALS	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	441	161	610	227	176	105	148	16	7	257	2339
Opponents Totals	161	441	360	295	140	72	85	26	4	24	591

2011-2012 Freshman Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Joey Adamson	2	1	3	1	1	0	0	0	0	2	12
Gage Alba	6	6	1	3	2	0	0	0	0	4	36
Tommy Anderson	3	1	1	1	1	1	0	0	0	4	18
Gabe Ayle	1	3	1	0	0	0	0	0	0	1	6
Noah Borkowski	1	6	2	2	0	0	1	0	0	1	6
Mike Delich	2	0	6	1	3	2	1	1	0	1	10
Tom Delich	28	4	35	12	8	3	6	2	0	14	143
Luke Dodd	20	4	29	8	7	5	9	3	0	8	90
Casey Dravis	25	5	23	7	11	4	8	4	0	16	139
Javonte Ealey	0	4	2	0	0	0	0	0	0	0	0
Eli Farley	7	1	9	1	0	0	1	1	0	4	34
George Farmah	17	3	23	4	5	6	4	0	0	14	81
Ben Gibson	1	3	0	0	0	0	0	0	0	1	6
Antwoine Giles	1	7	1	0	0	0	0	0	0	0	6
Gavin Greenlee	9	16	13	4	6	1	4	0	0	4	45
Zach Habeck	8	10	13	3	10	2	6	0	0	4	36
Brett Hestness	7	8	11	3	4	1	0	0	0	6	39
Drew Hoeschen	13	8	14	2	7	3	2	0	0	13	78
Moemen Ibrahim	7	1	9	0	1	0	0	0	0	4	39
Vantrell Ingram	3	8	4	4	1	0	0	0	0	2	15
Omar Kadry	1	5	0	0	0	0	0	0	0	0	6
Kevin McComb	17	4	14	1	6	1	5	1	0	11	100
Tyler Micholic	3	5	4	0	0	0	4	0	0	3	18
Andrew Morgenstern	18	10	26	10	11	5	9	1	0	13	97
Zach Praus	16	8	23	10	9	6	7	4	0	6	76
Will Rains	18	2	29	1	3	7	9	1	1	12	103
Jack Schliesman	11	7	13	7	2	3	4	0	0	4	60
Matt Schumann	2	2	9	1	1	1	1	0	1	1	11
Zach Scholler	2	6	9	8	0	0	0	0	0	0	12
Eric Stumpf	10	6	13	10	2	2	2	1	0	3	49
Nick Xiong	0	1	0	0	0	0	0	0	0	0	0
TOTALS	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	260	156	340	104	101	53	83	19	2	153	1392
Opponents Totals	156	260	257	100	104	58	76	11	5	99	799

FRESHMAN
SEASON RECORDS

FALLS

Casey Dravis	'12	16
Ty Groskreutz	'06	15
Joey Scott	'07	15

WINS

Tom Delich	'12	28
Casey Dravis	'12	25
Bryan Okonek	'05	25

TEAM POINTS

Tom Delich	'12	143
Casey Dravis	'12	139
Joey Scott	'07	128

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

Eastview Distinguished Athletes



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



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



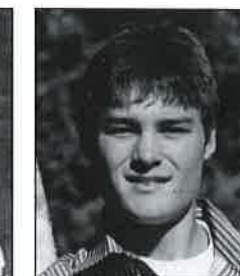
Ryan Ruckdashel
Football, Wrestling & Track
Distinguished Athlete & Scholar
2004 MSHSL ExCEL Winner
2005 State Qualifier & Team Captain



Scott Hogan
Soccer & Wrestling
Distinguished Athlete
129 Career Wins
Team Captain



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



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



Ben Schmitz
Wrestling & Soccer
Distinguished Scholar Athlete
Section Place Winner
Team Captain 2011

2012 Alumni



Wall of Excellence

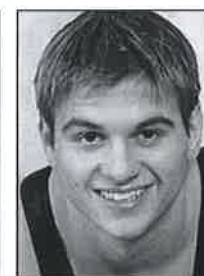
Criteria: State Place Winner, finish the program in good standing, and graduate from Eastview High School.



Tony Rodin
1998 - 4th Place
125 lbs.



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



Mikey Fornicoia
2002 - 6th Place
130 lbs.



John Getzke
2003 - 5th Place
152 lbs.



Nate Kocer
2003 - 6th Place
189 lbs.



Minh Huynh
2005 - 4th Place
103 lbs.



Mitch Rechtzigel
2012 - 2nd Place
160 lbs.

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	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	Kevin Eich, Jeremiah Foertsch, Ryan Langlais, Tyler Cookas	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 Matt
2008	Bryan Okonek	Prepare for Battle
2009	Scott Hogan, Ty Groskretz,	Something More
2010	Cody Groskretz, Nels Pederson	Eye of the Storm
2011	Mitch Rechtzigel, Josh Blake, Ben Schmitz	Trained Tough
2012	Mitch Rechtzigel, BJ Groskretz, Chris Bechly	Aim Towards the Enemy
2013	Jonathan Lenz, Anthony Munos, Jacob Rukavina	Respect All, Fear None

Season Statistics

	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
2011	14	13	0	4	4th	0
2012	12	15	0	2	7th	3
Totals	219	155		.585 winning percentage		

Season Awards

Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin
1999	Adam Fokken
2000	Adam Fokken
2001	Adam Fokken
2002	Mikey Fornicoia
2003	Nate Kocer
2004	Ryan Langlais
2005	Minh Huynh
2006	Minh Huynh & John Makabe
2007	Jacob Nelson & Dan Getzke
2008	Scott Hogan
2009	Scott Hogan
2010	Nels Pederson
2011	Mitch Rechtzigel
2012	Mitch Rechtzigel

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
2011	Matt Henning
2012	Matt Ladd

Most Valuable Freshman Wrestler of the Year

1998	Adam Fokken
1999	Mikey Fornicoia
2000	Bryan Lewis
2001	Steve Davis
2002	Tyler Cookas
2003	Troy Fokken
2004	Ryan Stepan
2005	Trever Sutherland
2006	Scott Hogan
2007	Cody Groskretz
2008	Matt Galloway

2009	Brad Hogan
2010	Anthony Munos
2011	Jacob Rukavina
2012	George Faramah

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
2011	Anthony Munos & Josh Blake
2012	BJ Groskretz

Lightning Award

1998	Chris Verhaeghe
1999	Chris Verhaeghe
2000	Brian Putnam
2001	Brian Putnam & Eric Budd
2002	David Pudwill
2003	Jud Turk & John Getzke
2004	Jeremiah Foertsch
2005	Sam Voyles
2006	Chris Griep & Dillon Powell
2008	Bryan Okonek & David Ly
2007	Abebe Dessalegn & Andrew Pudwell
2009	Bobby Ladd & Matt Franson
2010	Nick Dodd & Cody Groskretz
2011	Erik Ehresmann
2012	Chris Bechly

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
2011	Levi Groskretz
2012	Billy Marks

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
2011	Ben Schmitz
2012	Chris Bechly

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
2011	Gold Academic Team - 3.79
2012	MN State Academic Champions - 3.29

Academic All-State

2001	Adam Fokken
2012	Mitch Rechtzigel

Top 25 Alumni Career Wins

NAME	YEAR	WINS	LOSSES
Mitch Rechtzigel	2012	158	50
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
BJ Groskretz	2012	85	28
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 Groskretz	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
Erik Ehresmann	2011	53	31
Jud Turk	2003	53	57
James Voyles	2003	50	28



Eastview Wrestling Recognitions

All Conference

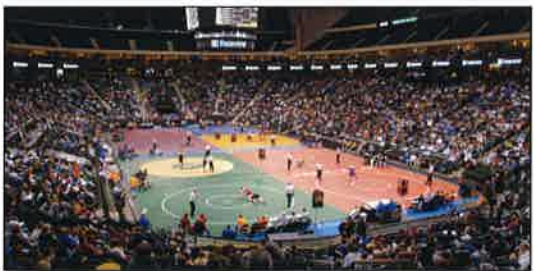
Tony Rodin (2x)
Brad Okonek
Nate Ernst
Adam Fokken (4x)
David Rasmussen
Mikey Fornicoia (3x)
Eric Lemm
James Voyles
John Getzke
Nate Kocer
Kevin McBride
Ryan Langlais (2x)
Minh Huynh (2x)
John Makabe (2x)
Ryan Ruckdashel
Scott Hogan (3x)
Jacob Nelson
Andrew Nelson
Dan Getzke (2x)
Chad Eul
Bryan Okonek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

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	
BJ Groskretz	
Mitch Rechtzigel	2nd Place
Jacob Rukavina	

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

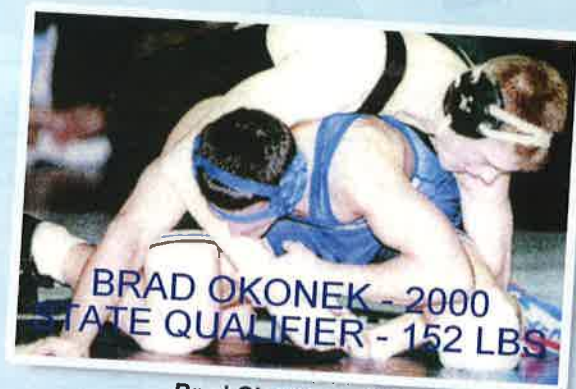
Eastview State Qualifiers



Tony Rodin - 1998
4th Place - 125 lbs.



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



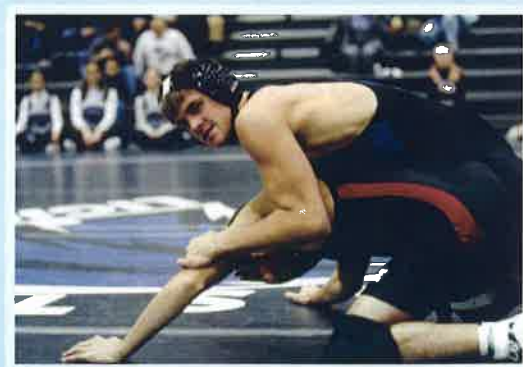
Brad Okonek - 2000
State Qualifier - 152 lbs.



Steve Davis - 2001
4th Place - 125 lbs.



David Rasmussen - 2001
State Qualifier - 145 lbs.



Mikey Fornicoia - 2002
6th Place - 130 lbs.

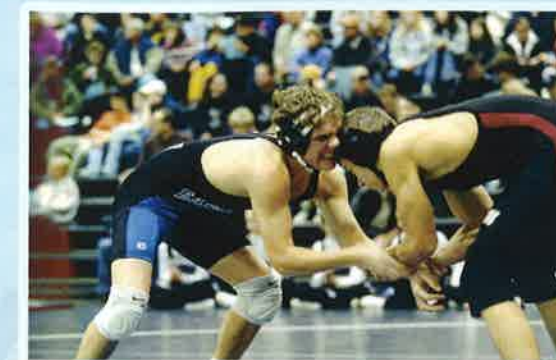


John Getzke - 2003
5th Place - 152 lbs.

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
State Qualifier - 160 lbs.



Minh Huynh - 2005
4th Place - 103 lbs.

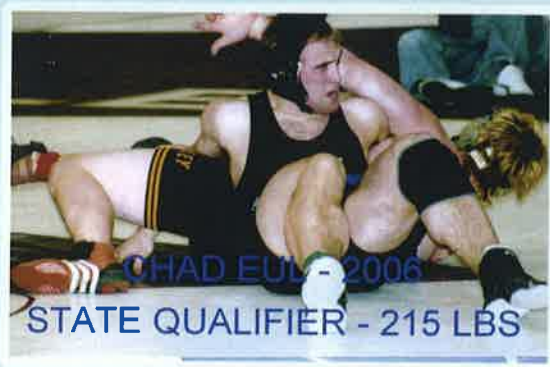


John Makabe - 2005
State Qualifier - 152 lbs.



Ryan Ruckdashel - 2005
State Qualifier - 285 lbs.

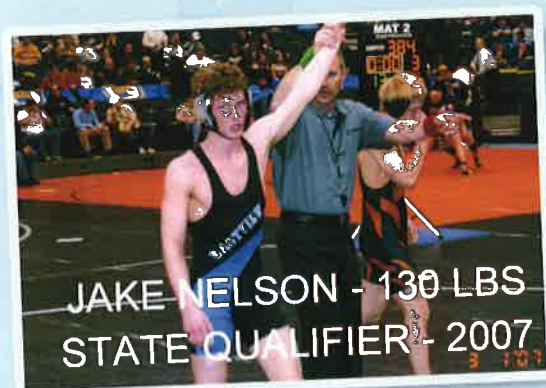
Eastview State Qualifiers



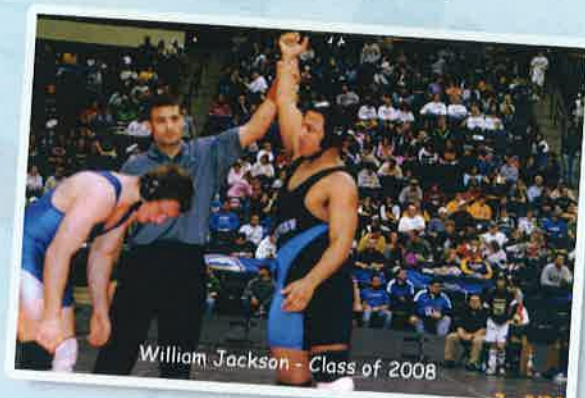
Chad Eul - 2006
State Qualifier - 215 lbs.



Dan Getzke - 2007
State Qualifier - 171 lbs.



Jake Nelson - 2007
State Qualifier - 130 lbs.



William Jackson - 2008
State Qualifier - 215 lbs.



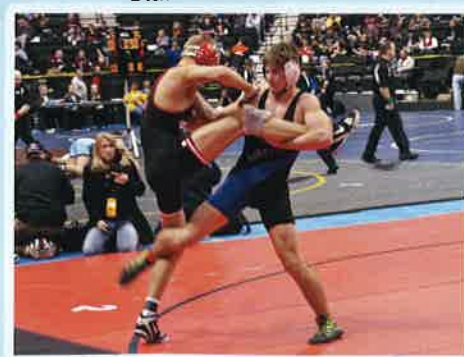
Nels Pederson - 2009
State Qualifier - 152 lbs.



Dijon Sanders - 2009
State Qualifier - 285 lbs.



BJ Groskreutz - 2012
State Qualifier - 130 lbs.



Mitch Rechtzigel - 2012
2nd Place - 160 lbs.

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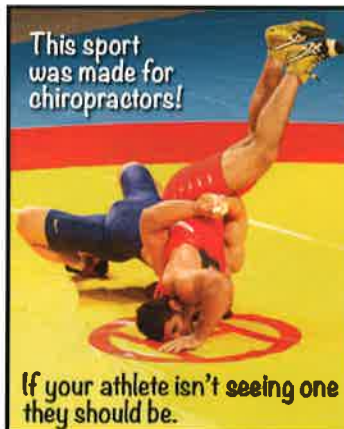
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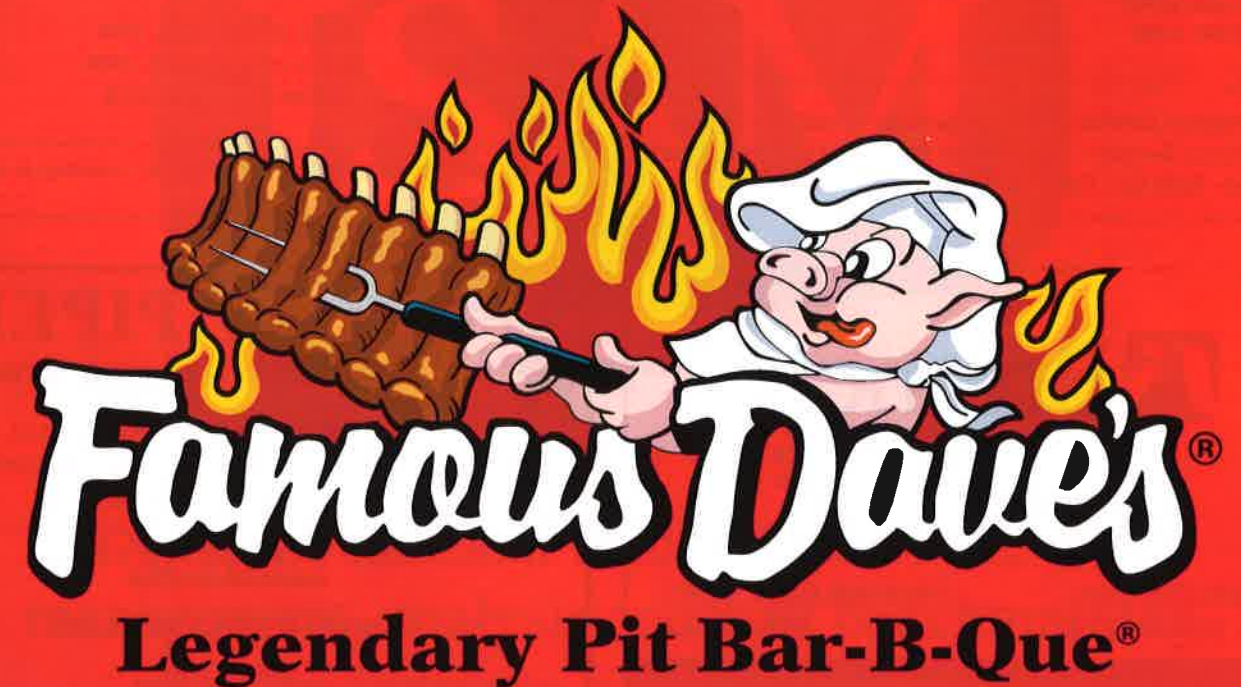
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Information Systems Asset Management

ISAM, the national leader in software asset management, analysis and cost benchmarking proudly supports Eastview Wrestling.

Best wishes to all our student athletes, coaches, team members, and fans for a fun and successful season!



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 2012



2012-13 WINTER SPORTS SCHEDULE EASTVIEW LIGHTNING

Girls Basketball

Date	Opponent	Site	Time
Nov. 23	Hamline Tournament	Away	TBD
Nov. 24	Hamline Tournament	Away	TBD
Nov. 29	Minnetonka	Away	7:00 a.m.
Dec. 7	Park	Away	7:15 p.m.
Dec. 11	Red Wing	Home	7:15 p.m.
Dec. 14	Eagan	Away	7:00 p.m.
Dec. 18	Burnsville	Home	7:00 p.m.
Dec. 21	Lakeville North	Away	7:00 p.m.
Dec. 27-29	St. Olaf College Tmt.	Away	TBD
Jan. 2	Bloomington Kennedy	Away	7:00 p.m.
Jan. 4	Apple Valley	Away	7:00 p.m.
Jan. 8	Rosemount	Home	7:00 p.m.
Jan. 11	Prior Lake	Home	7:00 p.m.
Jan. 15	Lakeville South	Home	7:00 p.m.
Jan. 22	Bloomington Jefferson	Home	7:00 p.m.
Jan. 25	Eagan	Home	7:00 p.m.
Jan. 29	Burnsville	Away	7:00 p.m.
Feb. 1	Lakeville North	Home	7:00 p.m.
Feb. 5	Rosemount	Away	7:00 p.m.
Feb. 8	Apple Valley	Home	7:00 p.m.
Feb. 12	Prior Lake	Away	7:00 p.m.
Feb. 15	Bloomington Kennedy	Home	7:00 p.m.
Feb. 19	Lakeville South	Away	7:00 p.m.
Feb. 22	Bloomington Jefferson	Away	7:00 p.m.
Feb. 27, Mar. 2, 7	Section 3AAAA Tournament		
Mar. 13-16	State Tournament		

Boys Basketball

Date	Opponent	Site	Time
Dec. 1	Duluth East	Home	7:00 p.m.
Dec. 8	Minnetonka	Away	TBD
Dec. 11	Hopkins	Away	7:00 p.m.
Dec. 13	Spring Lake Park	Home	7:15 p.m.
Dec. 21	Lakeville North	Home	7:00 p.m.
Dec. 22	Moorhead	Away	7:30 p.m.
Dec. 29	Austin	Home	7:00 p.m.
Jan. 3	Apple Valley	Home	7:00 p.m.
Jan. 5	St. Paul Highland Park	Home	7:15 p.m.
Jan. 8	Rosemount	Away	7:00 p.m.
Jan. 11	Prior Lake	Away	7:00 p.m.
Jan. 15	Lakeville South	Away	7:00 p.m.
Jan. 19	Aquinas	Away	TBD
Jan. 22	Bloomington Jefferson	Away	7:00 p.m.
Jan. 24	Bloomington Kennedy	Home	7:00 p.m.
Jan. 25	Eagan	Away	7:00 p.m.
Jan. 29	Burnsville	Home	7:00 p.m.
Feb. 1	Lakeville North	Away	7:00 p.m.
Feb. 5	Rosemount	Home	7:00 p.m.
Feb. 8	Apple Valley	Away	7:00 p.m.
Feb. 12	Prior Lake	Home	7:00 p.m.
Feb. 15	Bloomington Kennedy	Away	7:00 p.m.
Feb. 19	Lakeville South	Home	7:00 p.m.
Feb. 22	Bloomington Jefferson	Home	7:00 p.m.
Feb. 26	Eagan	Home	7:00 p.m.
Mar. 1	Burnsville	Away	7:00 p.m.
Mar. 6, 9, 15	Section 3AAAA Tournament		
Mar. 20-23	State Tournament		

Girls Hockey

Date	Opponent	Site	Time
Nov. 8	Hastings	Home	7:00 p.m.
Nov. 20	Lakeville South	Away	7:15 p.m.
Nov. 24	Farmington	Home	12:00 p.m.
Nov. 29	Rosemount	Away	7:00 p.m.
Dec. 1	Eagan	Home	2:15 p.m.
Dec. 4	Wayzata	Away	7:00 p.m.
Dec. 6	Prior Lake	Away	7:00 p.m.
Dec. 8	Bloomington Kennedy	Away	3:00 p.m.
Dec. 11	Shakopee	Away	7:00 p.m.
Dec. 13	Lakeville North	Home	7:15 p.m.
Dec. 15	Burnsville	Home	2:15 p.m.
Dec. 20	Apple Valley	Home	7:15 p.m.
Dec. 27-29	Farmington Tournament	Away	TBD
Jan. 3	Bloomington Jefferson	Away	5:15 p.m.
Jan. 5	Lakeville South	Home	7:00 p.m.
Jan. 10	Rosemount	Home	7:00 p.m.
Jan. 12	Eagan	Away	3:00 p.m.
Jan. 17	Prior Lake	Home	7:00 p.m.
Jan. 24	Lakeville North	Away	7:00 p.m.
Jan. 26	Burnsville	Away	3:00 p.m.
Jan. 31	Apple Valley	Away	7:00 p.m.
Feb. 2	Bloomington Jefferson	Home	7:00 p.m.
Feb. 4, 6, 9, 13	Section 3AA Tournament		
Feb. 20-23	State Tournament		

Boys Hockey

Date	Opponent	Site	Time
Nov. 27	Hastings	Home	7:15 p.m.
Nov. 29	Woodbury	Away	7:30 p.m.
Dec. 4	Wayzata	Away	7:00 p.m.
Dec. 8	Burnsville	Home	7:00 p.m.
Dec. 11	Lakeville North	Away	7:00 p.m.
Dec. 15	Bloomington Kennedy	Away	3:15 p.m.
Dec. 18	Apple Valley	Home	7:15 p.m.
Dec. 20	East Ridge	Away	7:30 p.m.
Dec. 21	Bloomington Jefferson	Away	7:30 p.m.
Jan. 5	Lakeville South	Home	2:15 p.m.
Jan. 8	Rosemount	Home	7:00 p.m.
Jan. 10	Rochester John Marshall	Away	7:30 p.m.
Jan. 12	Eagan	Away	7:30 p.m.
Jan. 15	Prior Lake	Home	7:00 p.m.
Jan. 22	Lakeville North	Home	7:00 p.m.
Jan. 26	Burnsville	Away	5:00 p.m.
Jan. 29	Apple Valley	Away	7:00 p.m.
Feb. 2	Bloomington Jefferson	Home	2:15 p.m.
Feb. 5	Lakeville South	Away	7:30 p.m.
Feb. 9	Rosemount	Away	7:00 p.m.
Feb. 12	Eagan	Home	7:00 p.m.
Feb. 16	Prior Lake	Away	3:00 p.m.
Feb. 19, 21, 23, 28	Section 3AA Tournament		
Mar. 6-9	State Tournament		

Adaptive Hockey CI

Date	Opponent	Site	Time
Jan. 23	Humboldt	Away	4:30 p.m.
Jan. 28	Burnsville	Home	5:30 p.m.
Feb. 4	South Suburban	Away	4:30 p.m.
Feb. 6	Lakeville South	Away	4:30 p.m.
Feb. 11	Highland Park	Home	5:30 p.m.
Feb. 13	New Prague	Away	4:30 p.m.
Feb. 18	Owatonna	Away	4:30 p.m.
Feb. 20	Winona	Home	5:30 p.m.
Feb. 25	Minneapolis	Home	4:30 p.m.
Feb. 27	Humboldt	Home	5:30 p.m.
March 6	Section Tournament		
Mar. 15, 16	State Tournament		

Adaptive Hockey DI

Date	Opponent	Site	Time
Jan. 16	South Suburban	Home	6:30 p.m.
Jan. 17	Minneapolis	Away	4:30 p.m.
Jan. 24	St. Paul Humboldt	Away	4:30 p.m.
Jan. 28	Burnsville/Farmington/Lakeville	Home	6:30 p.m.
Feb. 4	St. Paul Highland Park	Home	6:30 p.m.
Feb. 5	Rochester	Away	6:00 p.m.
Feb. 7	South Suburban	Away	4:30 p.m.
Feb. 13	St. Paul Humboldt	Home	6:30 p.m.
Feb. 14	Minneapolis	Home	6:30 p.m.
Feb. 21	Burnsville/Farmington/Lakeville	Away	4:30 p.m.
Feb. 26	St. Paul Highland Park	Away	4:30 p.m.
Feb. 28	Rochester	Home	6:30 p.m.
March 7	Section Tournament		
Mar. 15, 16	State Tournament		

Boys Swim/Dive

Date	Opponent	Site	Time
Dec. 7	Bloomington Jefferson	Away	6:00 p.m.
Dec. 14	Apple Valley	Home	6:00 p.m.
Dec. 21	Bloomington Kennedy	Home	6:00 p.m.
Jan. 4	Eagan	Away	6:00 p.m.
Jan. 8	Burnsville	Home	6:00 p.m.
Jan. 15	Prior Lake	Away	6:00 p.m.
Jan. 22	Rosemount	Home	6:00 p.m.
Feb. 1	Lakeville South	Away	6:00 p.m.
Feb. 8	Lakeville North	Home	6:00 p.m.
Feb. 20-22	Section 3AA		
Feb. 28, Mar. 1-2	State Tournament		

(All Home Meets at Falcon Ridge Middle School)

Figure Skating

Date	Opponent	Site	Time
Feb. 8-10	ISI Frosty Blades	Away	TBD
Feb. 24	Skate in the Park 2013	Away	TBD
Mar. 2-3	Blades of March ISI Open	Away	TBD
Mar. 13	Ice Show Preview	Home	6:30 p.m.
Mar. 14-16	Ice Show	Home	7:00 p.m.

Wrestling

Date	Opponent	Site	Time
Nov. 30	EVHS Duals	Home	5:00 p.m.
Dec. 6	Burnsville	Home	7:00 p.m.
Dec. 7	Northfield	Away	4:30 p.m.
Dec. 13	Farmington	Away	5:00 p.m.
Dec. 15	East Ridge	Away	10:00 a.m.
Dec. 20	Rosemount	Away	7:00 p.m.
Jan. 4	Eden Prairie	Home	7:00 p.m.
Jan. 10	Lakeville North	Away	7:00 p.m.
Jan. 18	Apple Valley	Home	7:00 p.m.
Jan. 19	EVHS Invitational	Home	10:00 p.m.
Jan. 24	Eagan	Away	7:00 p.m.
Jan. 31	Prior Lake	Home	7:00 p.m.
Feb. 7	New Prague	Home	TBD
Feb. 15, 22, 23	Section 3AAA Tournament		
Feb. 28, Mar. 1-2	State Tournament		

Comp. Cheerleading

Date	Opponent	Site
Nov. 3	Ten Thousand Lakes National Qualifier	Away
Nov. 10	Jaguar Jam Competition	Away
Nov. 11	TC Open	Home
Nov. 17	PEM Bulldog Competition	Away
Dec. 2	Santa's Workshop Competition	Away
Dec. 8	Beach Bash	Away
Jan. 5	South Suburban Conference Competition	Away
Feb. 2	MCCA State Competition	
Feb. 10	UCA Nationals	

Girls Gymnastics

Date	Opponent	Site	Time
Dec. 11	Apple Valley	Away	6:00 p.m.
Dec. 18	Rosemount	Home	6:00 p.m.
Jan. 5	Watertown-Mayer	Away	1:00 p.m.
Jan. 8	Lakeville North	Away	6:00 p.m.
Jan. 12	Lakeville North	Away	8:30 a.m.
Jan. 15	Prior Lake	Away	6:00 p.m.
Jan. 22	Lakeville South	Home	6:00 p.m.
Jan. 26	Apple Valley, St. Louis Pk	Home	11:00 a.m.
Jan. 29	Eagan	Home	6:00 p.m.
Feb. 5	Bloomington J & K	Home	6:00 p.m.
Feb. 15	Section 2AA Tournament		
Feb. 22, 23	State Tournament		

Dance Team

Date	Opponent	Site	Time
Nov. 20	SSC Competition	Eagan	7:00 p.m.
Nov. 27	SSC Competition	Burnsville	7:00 p.m.
Dec. 4	SSC Competition	Eastview	7:00 p.m.
Dec. 8	Eastview Inv'l	Home	TBD
Dec. 10	SSC Competition	Bloomington Kennedy	7:00 p.m.
Dec. 15	Conference Chapsmanship	Apple Valley	11:00 a.m.
Feb. 9	Section 1AAA Tournament		
Feb. 15, 16	State Tournament		

Alpine Skiing

Date	Opponent	Site	Time
Dec. 18	SSC Competition	Buck Hill	3:30 p.m.
Jan. 10	SSC Competition	Buck Hill	3:30 p.m.
Jan. 17	SSC Competition	Buck Hill	3:30 p.m.
Jan. 22	SSC Competition	Buck Hill	3:30 p.m.
Jan. 31	SSC Competition	Buck Hill	3:30 p.m.
Feb. 5	Section 6 Tournament	Buck Hill	
Feb. 13	State Tournament		

Nordic Skiing

Date	Opponent	Site	Time
Dec. 6	SSC Competition	Valleywood Golf Cs	3:30 p.m.
Dec. 11	SSC Competition	Hyland Park Res	3:30 p.m.
Dec. 18	SSC Competition	Kenwood Trail MS	3:30 p.m.
Jan. 5	SSC Competition	Valleywood Golf Cs	9:00 a.m.
Jan. 8	SSC Competition	Battle Creek Pk	3:30 p.m.
Jan. 15	SSC Competition	Murphy-Hanrehan Pk	3:30 p.m.
Jan. 17	SSC Competition	Valleywood Golf Cs	3:30 p.m.
Jan. 23	SSC Competition	Valleywood Golf Cs	3:00 p.m.
Jan. 29	SSC Competition	Battle Creek Pk	9:30 a.m.
Feb. 5	Section 1 Tournament		
Feb. 14	State Tournament		

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

2012-2013 Eastview Wrestling



Eastview Lightning Schedule

DATE	OPPONENT	SITE	TIME
Tuesday, Nov. 27	Intra Squad Meet (<i>Parent Open House @ 6:00pm</i>)	Eastview	7:30 pm
Friday, Nov. 30	Eastview Duals	Eastview	5:00 pm
Saturday, Dec. 1	Eastview (K-8) Tournament	Eastview	8:00 am
Thursday, Dec. 6	Burnsville (<i>EVAA Night</i>)	Eastview	7:00 pm
Friday, Dec. 7	Northfield Duals	Northfield	5:00 pm
Sunday, Dec. 9	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Thursday, Dec. 13	Monticello, Farmington	Farmington	5:00 pm
Saturday, Dec. 15	Richfield Duals (V)	Richfield	9:00 am
	East Ridge Invitational (JV)	East Ridge	9:00 am
Thursday, Dec. 20	Rosemount	Rosemount	7:00 pm
Fri-Sat, Dec. 28-29	Bi-State Classic (V)	La Crosse	10:00 am
Saturday, Dec. 29	Sparta Tourney (JV)	Sparta	9:00 am
Friday, Jan. 4	Eden Prairie (<i>Alumni & EWB Family Night</i>)	Eastview	7:00 pm
Saturday, Jan. 5	Burnsville Invitational	Burnsville	9:30 am
Thursday, Jan. 10	Lakeville North	Lakeville	7:00 pm
Friday, Jan. 18	Apple Valley	Eastview	5:30 pm
Saturday, Jan. 19	Lightning Invitational	Eastview	10:15 am
Thursday, Jan. 24	Eagan	Eagan	7:00 pm
Thursday, Jan. 31	Prior Lake (<i>Parents Night</i>)	Eastview	7:00 pm
Saturday, Feb. 2	Armstrong Team Tournament	Armstrong	9:00 am
Thursday, Feb. 7	New Prague (<i>Senior / Traveling Night</i>)	Eastview	7:00 pm
Friday, Feb. 8	Mound-Westonka Invite (JV)	Mound-Westonka	5:00 pm
Saturday, Feb. 9	South Suburban Invite (JV-9)	Lakeville South	10:00 am
Friday, Feb. 15	Section 3 Team Tournament	Henry Sibley	4:00 pm
Fri-Sat, Feb. 22-23	Section 3 Individual Tournament	Burnsville	4:30/10:00
Thur-Sat, Feb. 28-Mar. 2	State Tournament	Xcel Energy	TBA
Sun, Mar. 17	Wrestling Banquet	Rosemount CC	4:30 pm