

2013-2014

EASTVIEW VALLEY

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

WELCOME TO EASTVIEW WRESTLING 2013-2014



Leave No Doubt

2013-2014 Eastview Wrestling



Wrestling requires tremendous strength. Sometimes the strength we require is physical, sometimes mental, sometimes emotional and sometimes spiritual. In order to get to this greater strength, you have to push your boundaries. That means going outside of your comfort zone.

Leave No Doubt is this year's motto. *Leave no doubt* is a call to action. Regardless of who we are, we all have the ability to make a difference and turn dreams into reality.

We are learning to push ourselves outside of our comfort zone. As our wrestlers drive themselves their drive train gets bigger and stronger. The harder they push, the more powerful their drive train becomes and their will to succeed gets stronger and more importantly, the less they will tolerate just "good enough". When you are chasing a dream, you've got to keep at it until there's no doubt.

One of the biggest areas we are working on is the effort in our practice. Preparation is the foundation for success in every area of life. Every good practice makes a difference. It is part of our preparation. Practice involves working to make yourself better. You have to work constantly and that means you can't stop learning. When you are learning, you are getting better.

Under pressure, you always fall back on foundation and structure. That's why practice is extremely important because it hones your foundation and structure, so that what you fall back on will withstand pressure and adversity. We challenge our athletes to look at every day as an opportunity to learn: an opportunity to encounter adversity, an opportunity to face pressure, an opportunity to learn from challenges.

What we do in practice will show when we step on the mat and wrestle. A great example of how we want to approach every competition is in the movie, *Remember The Titans*. Assistant Coach Bill Yoast instructed his players during a crucial game:

"You make sure they remember, forever, the night they played the Titans. *Leave No Doubt*."

Coach didn't mention winning or losing. He told his players to make the other team remember how physical, tough, and relentless they were. He instructed his players to *Leave No Doubt* about effort on the field of battle. Wins and losses are not how we should measure life. Life should be measured by our efforts!

So, in wrestling and in life we can control our attitude and effort. In wrestling and in life you can and should...do good, do amazing, do impossible, do small, do unexpected, do helpful, do inspirational, do meaningful, do different, do better—commit. Don't do just good enough, go all in. *Leave NO doubt!*



EASTVIEW WRESTLING

2013 - 2014 ROSTER

**SENIORS**

Adolphsen, Carter
 Buck, Jack ★
 Carlson, Gavin
 Delgado, Eddy
 Lindgren, Tyler
 Marks, Billy ★
 Martinez, Ricky
 Pegelow, Nick ★
 Rukavina, Jacob
 Swanson, Jordan

JUNIORS

Alba, Gage
 Delich, Tom
 Dodd, Luke
 Dravis, Casey
 Farmah, George
 Gaubert, Andre
 Giles, Antwoine
 Habeck, Zach
 Hagestad, Grace
 Hestness, Brett
 Morgenstern, Andrew
 Praus, Zach
 Schliesman, Jack
 Stumpf, Eric
 Tallapaka, Shivang

SOPHOMORES

Abebe, Mickis
 Adams, Nick
 Arehart, Daniel
 Dolejs, Collin
 Donahue, Dannon
 Duffy, Tim
 Forman, Austin
 Greenlee, Gavin
 Kamano, Sean
 Machacek, Zach
 Mackes, Kieran
 McLin, Téante
 Scholler, Zach
 Yusuf, Hamsa

FRESHMEN

Abbey, Chris
 Agbator, Daniel
 Brodeur, Cory
 Castellanos, Sebastian
 Delich, Mike
 Diaz-Dominguez, Gustavo
 Epperson, Carter
 Florin, Will
 Formanek, Brendan
 Gutierrez, Knowledge

Kuefler, TJ
 Larson, Adam
 Le, Kenneth
 Lindstrom, Alex
 Luciano, Nate
 Mackes, Kevin
 Mcdevitt, Dane
 Mitchell, Graham
 Moore, Nate
 Moukrim, Mehdi
 Pearson, Jake
 Plaszcz, Nathan
 Sammon, Ben
 Tse, Logan
 Tweeton, Alex
 Vang, Brandon

7TH & 8TH GRADE

Greenlee, Gage
 Schmidt, Eric
 Others TBD

★ Captains

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
 Minh Huynh
 Scott Hogan
 Ryan Fulsaa

NICKNAME

Lightning

SCHOOL COLORS

Black, Blue, Silver, White

MANAGERS

Emmie Boubelik
 Abbey Furnstahl
 Rayanne Hedges
 Rachel Munos
 Jazmine Okongo-Gwoke
 Jhetali Gutierrez
 Briana Peterman
 Rachel Schmidt
 Alyssa Bernloher
 Tia Donlan
 Aly Hanson
 Erin Kronabetter
 Emily Pauley
 Nicole Vogelgesang
 Skylar Young

VIDEOGRAPHER

Hannah Runge

PHOTOGRAPHER

Derek Dravis
 Mark Mackes

CONFERENCE

South Suburban

SECTION

3AAA



Class of 2014

Varsity Captains

**Jack Buck**

Captain Jack placed 3rd in Section 3AAA last year and is hungry to improve on that finish. Look for Jack in the upper weights. Jack is a three sport athlete rounding out his athletic year with football and track.

**Billy Marks**

Billy is very active at Eastview in football, rugby, NHS, LINC student leadership, and zEUs ultimate frisbee. Though he is a veteran of the sport, he is still a purist and enjoys using the half nelson.

**Nick Pegelow**

Nick is relatively new to wrestling, but in the past 3 years, he has put in the time to make him a seasoned veteran. He brings his intensity for competition to the football field as well as to the wrestling mat. Watch for Nick at 220 and 285 as needed.

Returning Lettermen

**Gage Alba**

Gage has developed in the past few years into a solid wrestler on top, bottom, and neutral. He keeps putting in quality time to continue to up his game. Look for him in the middle weights.

**Luke Dodd**

The only 3-time letter winner of the Junior clan, Dodd has already proven himself in Varsity competition. Look for him to show his experience and his drive in the upper middle weights.

**Gavin Greenlee**

Gavin is using his Varsity experience and an outstanding off season to position himself to reach his goals for the upcoming season. Look for Gavin in the lower weights.

**Gavin Carlson**

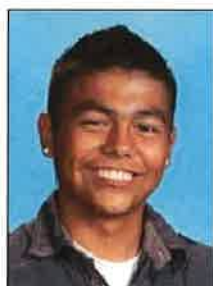
Gavin has the best duck under on the team and he is confident enough to use it on anyone. In his fifth year of wrestling, Gavin provides the team with solid depth around the 152lb weight class.

**Casey Dravis**

Casey, another three sport athlete, has put in a quality off season to make himself a force on his feet and on the mat. Even with those improvements, he prefers top wrestling and pinning!

**Zach Habeck**

Zach, another multi-sport athlete, had a solid off season. He is preparing himself for a strong year at 126 and 132. Zach was a member of the Section 3AAA Academic Team last season.

**Eddie Delgado**

Eddie is a cagy veteran. He enjoys creating scrambles while wrestling and finding a way to catch his opponent on their back. He is a turner and enjoys scoring back points.

**Tim Duffy**

Big Tim loves to compete and be challenged. At 285, he gets lots of both. Tim is a hard worker and that pays off on the mat. He is working to improve on his section 3AAA 5th place finish last season.

**Brett Hestness**

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

**Tom Delich**

Tom's fireman's carry is devastating to his opponents. Tom has wrestled for 10 years and his experience has him ready for prime time.

**George Farmah**

George has fast and furiously positioned himself as one of the best wrestlers in the state. His unmatched strength and his quickness make him a fun wrestler to watch. He is looking to improve on his 3rd place section finish from last season.

**Tyler Lindgren**

Tyler has quite a bit of Varsity experience. He has wrestled for 8 years and keeps getting more seasoned. He is ready to show what he has to offer in our lower middle weights.

**Alex Lindstrom**

The lone Ninth Grade returning letter winner, Alex is entering the season with high expectations after placing in the Section 3AAA tournament the past two years. Watch for him in the middle weights.

**Andrew Morgenstern**

Andrew has raw power. He enjoys turning and pinning, but is solid in the neutral and bottom position as well. Andrew will compete in the middle weights this season.

**Zach Praus**

Zach is positioning himself as an all-around solid wrestler. He will provide a lot of depth and experience around the 152 weightclass.

**Jacob Rukavina**

Jacob Rukavina already has two trips to the state tournament under his belt and is seeking one more. Jacob is hungry for a podium finish to wrap up his senior year.

**Jack Schliesman**

Jack participates in football, wrestling, and lacrosse. Look for Jack in the mix from 195 to 220. Like his idol, Tom Brady, he is always ready for a challenge.

**Eric Stumpf**

Eric keeps getting better and better. With a mix of Varsity and JV competition last season, he has shown that he is ready for any challenge that he is given. Eric was an academic gold club member and a section place winner last year.

**Jordan Swanson**

Jordan brings his fun loving personality and intensity to the wrestling room. Jordan has a great motor that runs wide open for the duration of his matches. Wrestlers should beware of his turns around the 170lb weight class.

School Song

*Go Eastview Lightning
Victory is our game.
Blaze a trail of glory
Marching on to fame.*

*Feel the mighty thunder,
Flash that fills the sky.
Blue, black and white won't
Give up the fight,*

*We're the lightning from
Eastview High.
Eastview Lightning
Fight, fight, fight.
Go, fight, win tonight!*

EASTVIEW
WRESTLING

2013 SECTION 3AAA ACADEMIC TEAM



113 Zach Habeck
120 Alex Lindstrom

138 Casey Dravis
160 Jacob Rukavina

170 Jonathan Lenz
220 Nick Pegelow



2013-2014 FRESHMAN SCHEDULE

DATE	OPPONENT	SITE	TIME
Fri-Sat, Nov. 8 or 9	Commitment Night	Eastview	6:30 pm
Monday, Nov. 18	Practice Begins	Eastview	2:45 pm
Saturday, Nov. 23	Eastview (K-8) Tournament	Eastview	8:00 am
Tuesday, Nov. 26	Intra Squad Meet (Parent Open House @ 6:00pm)	Eastview	7:30 pm
Tuesday, Dec. 3	Park / Henry Sibley	Eastview	4:30 pm
Friday, Dec. 6	Eastview Invitational	Eastview	5:00 pm
Tuesday, Dec. 10	Cretin-Derham Hall / St. Thomas	St. Thomas	4:30 pm
Saturday, Dec. 14	East Ridge Ruckus (9th-JV)	Concordia University	9:00 am
Sunday, Dec. 15	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Tuesday, Dec. 17	Rosemount / South St. Paul	Eastview	4:30 pm
Saturday, Jan. 4	Eastview Team Tournament	Eastview	9:00 am
Tuesday, Jan. 7	Hastings / Eagan	Eagan	4:30 pm
Tuesday, Jan. 14	Richfield / Farmington	Eastview	4:30 pm
Saturday, Jan. 18	State Team Tourney (Need to qualify)	Hastings	9:30 am
Saturday, Jan. 25	Region 4 Individual Tourney	Richfield	9:00 am
Saturday, Feb. 1	State Individual Tourney (Need to qualify)	Champlin Park	8:00 am
Saturday, Feb. 8	South Suburban Invite (9th-JV)	Lakeville South	9:00 am
Sunday, March 16	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
2013 - State Team Qualifier

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 <i>1999 Team</i> <i>11th Place Honors</i> 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 <i>2001 Team</i> <i>State Champions</i> 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 Matsushashi
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 <i>2005 Team</i> <i>3rd Place Honors</i> Trevor Gordon - 2nd Will Jackson - 2nd Trevor Flaten - 4th Bryan Okonek - 6th Zack Fanth - 7th Alex Makabe Scott Kenning	2013 Daniel Arehart Dane McDevitt Matt Schumann

Varsity and Junior Varsity Managers



Emmie Boubelik



Abbey Fumstahl



Rayanne Hedges



Rachel Munos



Jazmine Okongo-Gwoke



Rachel Schmidt



Jhetali Gutierrez



Briana Peterman

Photographer

Videographer



Derek Dravis



Hannah Runge



Erin Kronabetter



Emily Pauley



Nicole Vogelgesang



Skylar Young

Freshman Managers



Alyssa Bernloeher



Tia Donlan



Aly Hanson

Board of Directors

President	Kristen & Bill Dodd
VP Marketing/Comm.	Terry Pegelow
VP Operations	Tonya & Steve Praus
Treasurer	Nicole & Bob Delich
Secretaries	Karen Kirkman Mark & Mariella Mackes
Concessions Coordinator	Claude & Chris Stumpf
ThunderBolts Liaison	Mike Hogan
EVAA Liaison	Travis Lee
EVHS Head Coach	Shelly & Kurt Habeck

Grade Representatives

12th Grade Rep.	Jodi & James Lindgren
11th Grade Rep.	Rita & Jimmie Gaubert
10th Grade Rep.	Natalie & Mike Greenlee
9th Grade Rep.	Donna & Nick Luciano
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 board, committees, & 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.

Our team promises to "leave no doubt" in their effort in earning 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-three 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 19-year-old daughter named Hannah, a 16-year-old son named Zachary, 13-year-old daughter named Erinn, and a 10-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 seventeenth 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 (5) and Amelia (1).



Travis Lee – Assistant Coach

Travis Lee, originally from Kensington, Minnesota, is in his sixteenth 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 six-year-old son named Spencer and a four-year-old daughter named Emersen.



Todd Frost – Assistant Coach

Coach Todd Frost, is from New York Mills, MN, and is in his thirteenth 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, 9, and Aiden, 6. 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 eighth year coaching at Eastview. He is a 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 his senior year. In his free time he enjoys fishing, wakeboarding, snowboarding, working out, and watching movies.



Jarred McCarthy – Assistant Coach

Jarred McCarthy, from Farmington, Minnesota is starting his fifth 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 traveling. Jarred is engaged to Maggie Endersbe.



Greg Dravis – Assistant Coach

Coach Greg Dravis, is in his twenty-eighth 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 Derek (graduate in 2013) and Casey a junior. 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.



Dean Stockwell – Assistant Coach

Dean Stockwell, a native of Owatonna, Minnesota 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. 2013-14 will be Dean's fifth year as an assistant coach with the 9th Grade program. Dean has been married to Jenna for 19 years and they have a 18-year-old son, AJ and a 16-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 fourth 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 nine years. He is married to Julie and they have one child, Maddie, who is 4 years old. In his spare time he enjoys spending time with his family and outdoor activities.



Ryan Fulsaa – Assistant Coach

Ryan Fulsaa is in his first year on the Eastview Wrestling Staff. He grew up in Decorah, Iowa and graduated from Decorah High School as a four-sport athlete. During his time at DHS he lettered multiple years in wrestling, football, track and baseball. His prep career record in wrestling was 117-12 with 68 wins. He went 40-0 with 28 pins his senior year setting a new high school record for most pins in a single season. Following high school Ryan was recruited to wrestle for the University of Iowa Hawkeyes. While wrestling for the Hawks he was a four-time letter winner, three-time Academic Big Ten recipient, and as a senior earned All American honors at the 197lb weight class with a second place finish in both the NCAA Championship and the Big Ten Conference Championship. He graduated with a degree in Elementary Education. Currently Ryan is employed as an account manager at Five Star Professional in Eagan, MN. During his spare time he enjoys spending time with his family which includes his daughter Grace, 8, son Luke, 5, and girlfriend Bre. He also enjoys making wood working projects, working out, softball, golf, hunting, down hill skiing and cycling.



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 and competed in baseball. Chad is engaged to Chelsey and they are busy planning for a summer wedding.



Scott Hogan – Assistant Coach

Coach Scott Hogan is a first-year assistant coach at Eastview High School. In previous years he has helped out with the high school pre-season and with the youth program. Graduating from Eastview in 2009, he was a four-time varsity starter acquiring 129 wins. He recently graduated from University of Wisconsin-LaCrosse, where he wrestled four years, placing 2nd and 3rd nationally multiple times as a team. He aspires to go to grad school to become a physical therapist. Besides wrestling he enjoys playing the guitar, motorcycling, water-sports, outdoor activities, working out, and going out with friends.



Minh Huynh – Assistant Coach

Minh is currently living in Apple Valley with his girlfriend Nicole where they recently bought a house. Minh is in his fourth year of coaching at Eastview High School. Minh graduated from Eastview High in 2006 and was a co-captain of the 05-06 varsity wrestling team. During his prep career, Minh was a 3-time state qualifier with a 4th-place finish as a junior. In his free time, Minh enjoys competing in marathons and triathlons when he is not working and assisting with wrestling.



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.



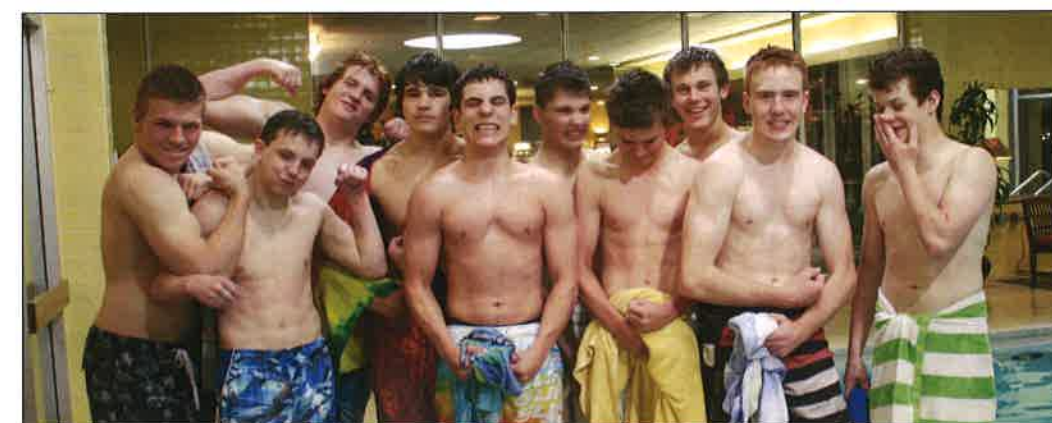
Augsburg Technique Camp 2013



Eastview Camp 2013



Illinois Team Camp 2013



Off-Season Training Club 2013



Off-Season Training Club Members 2013

Gold	Jacob Rukavina
Gold	Nick Pegelow
Gold	Luke Dodd
Silver	George Farmah
Silver	Gavin Greenlee
Silver	Zach Habeck
Bronze	Jack Buck
Bronze	Billy Marks
Bronze	Tyler Lindgren
Bronze	Collin Dolejs



Eastview Wrestling Programs 2013-2014



PRE-SEASON WRESTLING TRAINING SESSIONS

SEASON Sundays - October 13, 20, 27, Nov. 3 @ Eastview
SESSIONS Sundays, 4:00-5:15pm
AGES 6th - 12th Grade
REGISTER Check-in upon arrival for training session.
LEVELS Intermediate - Advanced
COST **Free!**
CONTACT Kurt Habeck kurt.habeck@district196.org

FREE WRESTLING CLINICS

SEASON Oct. 22, 24 @ TL; Oct. 23rd @ GL, DP, HL;
 Oct. 24th @ TL, HL, OR; Oct. 28th @ GL, DP, OR;
 Oct. 29th @ Eastview High School
SESSIONS 6:30-7:45pm @ DP, TL, & HL, OR is 6:15-7:30pm;
 GL is K-1 @ 6:00pm; 2-5th @ 7:00pm.
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

EVAA IN-HOUSE WRESTLING

SEASON November 4th - December 16th
 @ Eastview High School
SESSIONS Mondays, Tuesdays, and/or Thursdays
AGES Pre-K - 5th 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

EASTVIEW MIDDLE SCHOOL SEASON

SEASON November-December @ Falcon Ridge,
 Scott Highlands, Black Hawk
SESSIONS Monday - Friday
AGES 6th - 8th Grade
REGISTER Register on-line through SchoolView
LEVELS Beginner - Intermediate - Advanced
COST TBD
CONTACT Kurt Habeck kurt.habeck@district196.org

EASTVIEW TRAVELING SESSION

SEASON December 17th - March @ Eastview High School
SESSIONS Tuesdays & Thursdays (PreK-2 = 1-2X week)
 (3-8 = 2X week)
AGES K - 2nd Extension of In-House,
 3rd - 8th Traveling Program
REGISTER Register by the December 17th. 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

THUNDERBOLTS FREESTYLE WRESTLING

SEASON March - April @ Eastview High School
SESSIONS Tuesdays & Thursdays
AGES 1st - 12th Grade
REGISTER Register by March 6th. Walk-ins accepted.
LEVELS Intermediate - Advanced
COST \$65, includes T-Shirt & Thunderbolts Tourney!
CONTACT Travis Lee travis.lee@district196.org

EASTVIEW SUMMER WRESTLING SESSIONS

SEASON June & July @ Eastview High School
SESSIONS 13-15 Select Dates, Tuesdays & Thursdays
AGES 6th - 12th Grade (2014-2015 School Year)
REGISTER Register by June 1st. Walk-ins accepted.
LEVELS Beginner - Intermediate - Advanced
COST \$40, includes T-Shirt!
CONTACT Kurt Habeck kurt.habeck@district196.org

EASTVIEW SUMMER WRESTLING CAMP

SEASON July 14-17 @ Eastview High School
SESSIONS Monday-Tuesday-Wednesday-Thursday
AGES 1st - 9th Grade (2014-2015 School Year)
REGISTER Register by July 11th. Walk-ins accepted.
LEVELS Beginner - Intermediate - Advanced
COST \$50, includes T-Shirt!
CONTACT Kurt Habeck kurt.habeck@district196.org



Eastview Lightning WRESTLING Tournament



Saturday, November 23rd, 2013
Kids Folkstyle. . . Grades Pre-K - 8th

Location:

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

Tournament Procedures:

- Folkstyle Rules
- Divisions based on Grade, Weight, & Program
Guidelines similar to NYWA
- 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, November 23rd, 2013
Age: Grades Pre-K - 8th
Weigh-Ins: 8:00 am - 9:00 am
Wrestling Begins: 10:15 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!

385+ PARTICIPANTS IN 2013
 Facilities can hold 500 kids and still be done by 1:30 pm.
 Quality officiating!
 Great competition!
 Concessions available all day!



EV Wrestling Clinic 2013

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

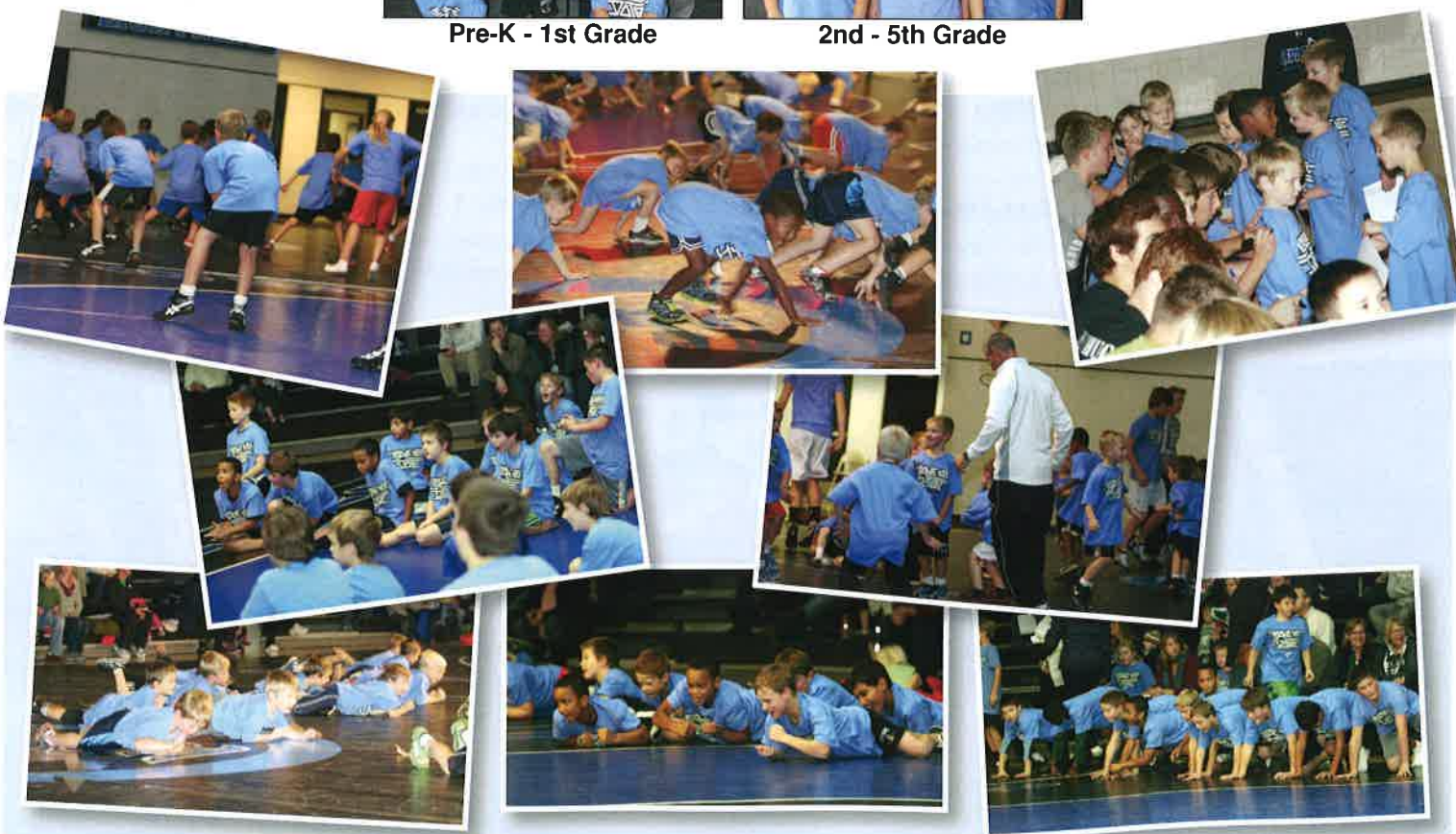
Thomas Lake Elementary



Pre-K - 1st Grade



2nd - 5th Grade



EVAA Wrestling 2013

Pre-K - K



EV Cyclones

1st - 2nd Grade



EV Cyclones

3rd - 5th Grade



EV Cyclones



EV Hurricanes



EV Hurricanes



EV Hurricanes



EV Tornadoes



EV Tornadoes



EV Tornadoes



EV Typhoons



EV Typhoons



EV Typhoons

Middle School Wrestling



Black Hawk Middle School

Coaches: Mike Hogan, Nick Cobbett



BLACK HAWKS PANTHERS

Jack Riehle	Adam Bass
Alex Livingston	Oliver Matte
Will Trojack	Hon Pidor
Hussein Jama	Quinn Hoffman
Estefan Colon	Justin Xiong
Trever Sharp	TJ Waltzer
Hamza Ahmed	Chayen Yang
Shawn Johnson	Michael Dara
Hassan Jama	Rook Rowe
Marcus McGinley	Devin Levoir
Frank Pinex	Mason Lentz
Patrick Rouse	Thomas Evenson
Isaiah Ostrue	Ty'Rell Jones
Jalen Haom	Isaiah Yeager

Falcon Ridge Middle School

Coaches: Pete Sentry, Amy Cress

FALCON RIDGE FALCONS

Paxton Creese	Cole Meyers
Mason Enderlin	Musin Yusuf
Rutger Haines	Jacob LaFlex
Noah Drehmel	Collin Beane
Logan Estep	James Goetz
Mitch Arnold	Nick Mudd
Elliot Brown	Tyler Kim
Evan Erickson	Jacob Jewram
Kyle Brusco	Jackson Green
Michael Mattison	Eli Rippelmeyer
Brandon Pehrson	Tyrone Tolbert

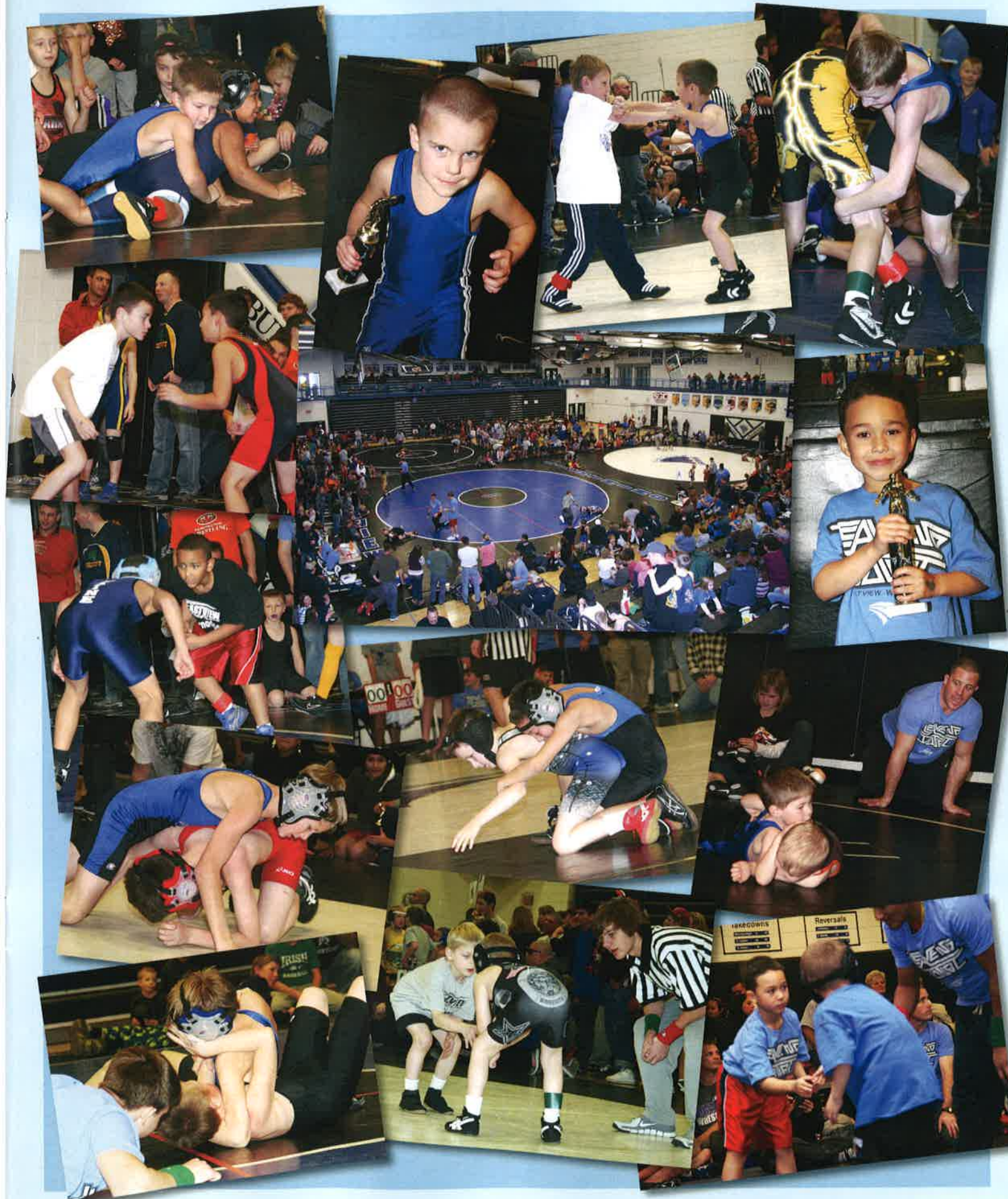


Scott Highlands Middle School

Coaches: Dan Crone, Kerry Blaine

SCOTT HIGHLANDS Saints

Tyge Mccarthy	Artur Un
Raymond Gerisch	Payton Davis
Miguel Payette	Arik Nordenstrom
Alexander Burdi	Zachary Selchow
Dylan Coutermash	Johnathon Markgraf
Amari Harris	Eric Schmidt
Emanuel	Peyton McGowan
Canas-Martinez	Brady O'Neil
Jonathon Rodriguez	Joshua Lesch
Elante Harris	Benjamin Hicks



2012-2013 Dual Meet Results

Varsity Dual Meet Results

Overall Record:		16 Wins	8 Losses
Conference Record:		4 Wins	4 Losses
Eastview	41	Lakeville South	27 Win
Eastview	63	St. Paul Central	10 Win
Eastview	43	Woodbury	42 Win
Eastview	45	Burnsville	28 Win
Eastview	31	Bloomington	27 Win
Eastview	42	Northfield	36 Win
Eastview	51	Henry Sibley	21 Loss
Eastview	37	Monticello	29 Win
Eastview	42	Farmington	31 Win
Eastview	73	Brooklyn Center	3 Win
Eastview	27	Glencoe Silver Lake	50 Loss
Eastview	54	Minnetonka	17 Win
Eastview	29	Rosemount	37 Loss
Eastview	29	Eden Prairie	33 Loss
Eastview	46	Lakeville North	22 Loss
Eastview	9	Apple Valley	57 Loss
Eastview	33	Eagan	19 Win
Eastview	17	Prior Lake	58 Loss
Eastview	80	Minneapolis Southwest	0 Win
Eastview	45	White Bear Lake	25 Win
Eastview	62	Mahtomedi	12 Win
Eastview	36	New Prague	31 Win
Eastview	40	Eagan	20 Win
Eastview	0	Apple Valley	77 Loss

Team Tournaments

Eastview Duals	1st Place
Northfield Duals	2nd Place
Richfield Duals	3rd Place
Armstrong Duals	Undeafated Team

Individual Tournaments

Bi-State Classic	6th Place
Burnsville Invitational	1st Place
Eastview Invitational	3rd Place
Mound Westonka Invite	4th Place

2013-2014 Team Managers



Junior Varsity Dual Meet Results

Overall Record:		15 Wins	2 Losses	
Conference Record:		7 Wins	1 Loss	
2nd Place South Suburban Conference				
Eastview	42	Lakeville South	3	Win
Eastview	31	St. Paul Central	18	Win
Eastview	63	Woodbury	12	Win
Eastview	36	Ellsworth	28	Win
Eastview	40	Burnsville	27	Win
Eastview	62	Northfield	10	Win
Eastview	72	Henry Sibley	6	Win
Eastview	44	Bloomington	20	Win
Eastview	45	Farmington	21	Win
Eastview	36	Monticello	15	Win
Eastview	27	Rosemount	38	Loss
Eastview	31	Eden Prairie	37	Loss
Eastview	45	Lakeville North	24	Win
Eastview	33	Apple Valley	17	Win
Eastview	37	Eagan	24	Win
Eastview	33	Prior Lake	21	Win
Eastview	35	New Prague	30	Win

Individual Tournaments

East Ridge Ruckus	3rd Place
Burnsville Invitational	No team scores
Lightning Invitational	No team scores
Cougar JV Invitational - Gold	4th Place
Armstrong Tourney	No team scores
Cougar JV Invitation - Silver	No team scores

Freshman Dual Meet Results

Overall Record:		11 Wins	6 Losses	
Section Record:		6 Wins	2 Losses	
Section Duals				
Eastview	33	Farmington	51	Loss
Eastview	54	Richfield/Edina	33	Win
Eastview	55	Park	27	Win
Eastview	78	East Ridge	15	Win
Eastview	77	Cretin-Durham Hall	18	Win
Eastview	39	South St. Paul	36	Win
Eastview	25	Rosemount	35	Loss
Eastview	18	Hastings	61	Loss
Eastview	51	Eagan	27	Win
Eastview Team Tournament 2nd Place				
Eastview	41	Forest Lake	33	Win
Eastview	42	Eden Prairie	39	Win
Eastview	45	Coon Rapids	29	Win
Eastview	18	Anoka	63	Loss

Team State Tournament

Eastview	48	Farmington	33 Win
Eastview	34	New Prague	41 Loss
Eastview	46	Mounds View	31 Win
Eastview	18	Hastings	60 Loss

2013 Team Recognition

LETTER WINNERS

Tony Watts	EV				
Alex Lindstrom	EV	EV			
Tim Duffy	EV				
Gavin Greenlee	EV				
Gage Alba	EV				
Tom Delich	EV	EV			
Luke Dodd	EV	EV	EV		
Casey Dravis	EV	EV			
George Farmah	EV	EV			
Zach Habeck	EV	EV			
Brett Hestness	EV	EV			
Andrew Morgenstern	EV				
Zach Praus	EV	EV			
Jack Schliesman	EV	EV			
Eric Stumpf	EV	EV			
Isaiah Ballinger	EV				
Jack Buck	EV	EV			
Thomas Burgess	EV	EV			
Gavin Carlson	EV	EV			
Brandon Cordova	EV	EV			
Eddie Delgado	EV				
Kenny Kirkman	EV	EV			
Andrew Krisher	EV	EV			
Peter Lesch	EV	EV	EV		
Tyler Lindgren	EV	EV	EV		
Billy Marks	EV	EV			
Nick Pegelow	EV	EV			

Jacob Rukavina	EV	EV	EV	EV	
Jordan Swanson	EV	EV			
Will Gibson	EV	EV			
Blake Harris	EV	EV			
Jonathan Lenz	EV	EV	EV		
Patrick Mako	EV	EV	EV		
Vince Metz	EV	EV	EV		
Anthony Munos	EV	EV	EV	EV	EV
David Phomphackdy	EV	EV	EV		
Jon Watson	EV	EV	EV		

MANAGERS

Rayanne Hedges	EV				
Devony Carlson	EV				
Katie Grutza	EV				
Derek Dravis	EV	EV	EV		
Hannah Habeck	EV	EV			
Courtney Hopps	EV	EV			
Brooke Micholic	EV	EV			
Malissa Montognese	EV				

ALL CONFERENCE

George Farmah
Anthony Munos
Jacob Rukaviona

ALL CONFERENCE HONORABLE MENTION

Casey Dravis
Luke Dodd
Jonathan Lenz
Nick Pegelow

SOUTH SUBURBAN CONFERENCE RECORDS

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

2013 Season Awards

Most Valuable Varsity Wrestler of the Year

Jacob Rukavina

Most Valuable Junior Varsity Wrestler of the Year

Billy Marks

Most Valuable Freshman Wrestler of the Year

Tim Duffy

Most Improved Wrestler of the Year

Will Gibson

Most Improved Freshman Wrestler of the Year

Nick Adams

Freshman Team Most Valuable Wrestler

Matt Schumann

Junior Varsity - Varsity Drill Partner Award

Luke Dodd

Freshman Drill Partner Award

Zachary Machacek

Academic Club - Gold (3.6-4.0)

Eric Schmidt
Carter Epperson

Tony Watts
Terry Johnson

Zach Machacek
Casey Dravis

Zach Habeck
Zach Praus

Isaiah Ballinger
Nick Pegelow

Jordan Swanson
Emily O'Shea

Rachel Schmidt
Derek Dravis

Hannah Habeck
Malissa Montognese

Jayden Welborn
Adam Larson

Nick Adams
Sean Kamano

Matt Schumann
Andre Gaubert

Andrew Morgenstern
Eric Stumpf

Billy Marks
Jacob Rukavina

Jonathan Lenz

Briana Peterman
Rayanne Hedges

Katie Grutza
Courtney Hopps

Academic Club - Silver (3.0-3.59)

Mike Delich
Dane Mcdevitt

Alex Lindstrom
Kieran Mackes

Jefferson Odell
Tom Delich

Brett Hestness
Jack Schliesman

Gavin Carlson
Peter Lesch

Makayla Montognese
Jazmine Okongo-

Gwoke
Grace Hagestad

Brooke Micholic
Brendan Formanek

Collin Dolejs
David Mason

Alex York
Luke Dodd

Ryan Pfeifer
Thomas Burgess

Kenny Kirkman
Patrick Mako

Vince Metz
Rachel Munos

Devony Carlson

3-D Club Membership

Luke Dodd
Andre Gaubert

George Farmah
David Phomphackdy

Casey Dravis
Nick Pegelow

Anthony Munos
Eric Stumpf

Freshman 3-D Club Membership

Nick Adams
Zach Scholler

Zach Machacek

Scholar Athlete Award

Jonathan Lenz

Lightning Award

Anthony Munos

John Rodin Service Award

Nick Pegelow

Most Wins

V	Jacob Rukavina	36
JV	Jordan Swanson	24
9th	Matt Schumann	19

Most Falls

V	George Farmah	19
JV	Eric Stumpf	15
9th	Matt Schumann	18

Most Takedowns

V	Jacob Rukavina	75
JV	Eric Stumpf	40
9th	Nick Adams	24

Most Team Points

V	Jacob Rukavina	170
JV	Jordan Swanson	118
9th	Matt Schumann	117

South Suburban Conference - 2012-2013

SOUTH SUBURBAN CONFERENCE STATE PLACE WINNERS

WT	NAME	PLACE	TEAM
113	Maolu Woiwor	1st	Apple Valley
120	Gannon Volk	2nd	Apple Valley
120	Tanner Johnshoy	3rd	Prior Lake
132	Seth Gross	1st	Apple Valley
138	Blake Carlisle	3rd	Prior Lake
145	Dayton Racer	1st	Apple Valley
152	Mark Hall	1st	Apple Valley
160	Daniel Woiwor	1st	Apple Valley
160	Lucas Westrich	4th	Lakeville North
182	David Johnson	1st	Apple Valley
182	Sam Moeller	3rd	Rosemount
182	Tristyn Hanson	5th	Lakeville North
195	Tommy Peterson	1st	Lakeville South
195	Alex Hart	3rd	Prior Lake
220	Paul Cheney	1st	Apple Valley
285	Colin Fisher	1st	Eagan

SOUTH SUBURBAN CONFERENCE 2012-2013 RECORDS

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

SOUTH SUBURBAN CONFERENCE TEAMS 2012-2013

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

Section 3AAA - 2013

SECTION 3AAA STATE PLACE WINNERS

WT	NAME	PLACE	TEAM
113	Maolu Woiwor	1st	Apple Valley
120	Gannon Volk	2nd	Apple Valley
120	Reid Lyden	4th	East Ridge
132	Seth Gross	1st	Apple Valley
132	Alberto Ramirez	6th	Henry Sibley
138	Jose Rodriguez	5th	Henry Sibley
145	Dayton Racer	1st	Apple Valley
152	Mark Hall	1st	Apple Valley
160	Daniel Woiwor	1st	Apple Valley
182	David Johnson	1st	Apple Valley
182	Sam Moeller	3rd	Rosemount
220	Paul Cheney	1st	Apple Valley
285	Colin Fisher	1st	Eagan

SECTION 3AAA TOURNAMENT RESULTS

WT	NAME	PLACE
106	Tony Watts	DNP
113	Zach Habeck	6th
120	Alex Lindstrom	4th
126	George Farmah	3rd
132	Brett Hestness	6th
138	Casey Dravis	4th
145	Luke Dodd	5th
152	A. Munos (3-1)	3rd
160	Jacob Rukavina	2nd
170	Jonathan Lenz	6th
182	Tom Delich	5th
195	Jack Buck	3rd
220	Nick Pegelow	4th
285	Tim Duffy	5th

SECTION 3AAA TEAMS

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

EASTVIEW WRESTLING 2012-2013 HIGHLIGHTS

The Varsity Team...

- Earned its 5th Academic State Championship with a team GPA of 3.74.
- Earned 16 hard fought victories placing 1st at the Eastview Duals and the Burnsville Invitational.
- Had 4 wrestlers earn All Conference Honorable Mention and 3 earn All-Conference Honors.
- Placed 13 wrestlers at Individual Sectionals with 4 wrestlers placing in the top three.
- 2X State Qualifier Jacob Rukavina earned his 100th win during the season.
- Had 33 wrestlers get an opportunity to wrestle on varsity with 11 wrestlers earn at least 15 wins.
- Earned 332 match wins, 1589 team points, 145 falls, and 568 takedowns.

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

Anthony Munos	'13	29
Adam Fokken	'01	92
Josh Weinberg	'10	87

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
Anthony Munos	'13	29

2012-2013 Varsity Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Gage Alba	1	2	2	0	1	1	0	0	0	1	0
Jack Buck	10	5	21	8	4	4	2	2	0	5	50
Thomas Burgess	0	1	0	4	0	0	0	0	0	0	0
Brandon Cordova	0	3	0	0	0	0	0	0	0	0	0
Tom Delich	16	17	16	28	5	2	1	0	0	6	81
Luke Dodd	20	19	36	22	9	7	8	4	0	5	82
Casey Dravis	25	17	15	24	18	10	15	3	2	12	130
Tim Duffy	4	7	16	8	0	1	3	0	0	1	18
George Farmah	33	9	67	23	8	7	13	4	2	17	158
Will Gibson	18	17	34	19	19	17	9	3	0	8	87
Gavin Greenlee	5	10	10	5	4	0	5	1	0	3	18
Zach Habeck	10	16	19	19	5	3	1	0	0	4	54
Blake Harris	1	3	0	2	0	0	0	0	0	0	6
Brett Hestness	4	14	13	13	1	3	2	0	0	2	18
Andrew Krisher	0	2	0	2	0	0	0	0	0	0	0
Johnathan Lenz	20	17	34	41	4	3	6	1	0	11	94
Peter Lesch	4	14	5	6	3	4	4	2	0	1	17
Tyler Lindgren	1	4	0	4	0	0	0	0	0	0	6
Alex Lindstrom	23	16	34	17	11	7	18	3	1	13	116
Patrick Mako	2	1	2	2	1	0	1	0	0	2	12
Billy Marks	2	2	2	0	1	1	0	0	0	0	12
Ricky Martinez	1	0	0	0	0	0	0	0	0	0	6
Andrew Morgenstern	1	6	8	5	7	0	3	1	0	0	4
Anthony Munos	33	8	71	12	29	21	25	8	3	15	160
Nick Pegelow	28	13	46	24	10	3	4	2	0	10	122
Daviv Phomphackdy	0	1	0	9	0	0	0	0	0	0	0
Zack Praus	1	3	1	3	2	0	2	0	0	1	6
Jacob Rukavina	36	7	75	28	15	10	27	5	3	13	170
Jack Schliesman	6	13	6	19	0	0	4	0	0	4	36
Eric Stumpf	5	11	14	13	3	5	1	0	1	3	26
Jordan Swanson	3	2	4	4	0	0	1	0	0	0	12
Jon Watson	3	6	5	7	2	0	1	0	0	1	12
Tony Watts	16	21	12	20	9	7	6	1	0	7	76

SEASON TEAM TOTALS

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	332	287	568	391	171	116	162	40	12	145	1589

2012-2013 Junior Varsity Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Carter Adolphsen	0	11	3	8	5	0	5	0	0	5	45
Gage Alba	12	4	17	6	9	7	11	0	2	7	52
Antonio Arellano	3	5	7	7	3	0	0	0	0	1	18
Isaiah Ballinger	6	12	13	13	3	1	0	0	0	1	36
Thomas Burgess	14	7	12	3	11	2	6	2	1	7	69
Gavin Carlson	11	8	21	3	4	2	9	2	1	6	40
Brandon Cordova	1	1	2	2	1	0	0	0	0	0	3
Eddie Delgado	12	6	25	14	5	8	5	0	0	8	60
Tom Delich	1	0	1	0	0	0	0	0	0	1	6
Luke Dodd	2	1	3	2	1	1	0	0	0	1	9
Tim Duffy	4	2	6	6	5	0	1	0	0	4	24
Andre Gaubert	4	7	8	13	6	2	2	1	0	2	19
Ben Gibson	3	10	7	0	1	1	3	0	0	3	12
Will Gibson	2	1	4	3	2	2	0	0	0	2	12
Antwoine Giles	12	6	14	9	7	3	7	1	0	7	30
Gavin Greenlee	4	0	3	0	0	0	1	0	0	3	6

(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

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

2012-2013 Junior Varsity Statistics

(Continued from Page 23)

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Zach Habeck	0	1	1	0	0	0	0	0	0	0	0
Blake Harris	3	1	3	1	2	1	1	0	0	2	18
Brett Hestness	12	4	20	4	3	2	1	1	0	8	64
Kenny Kirkmen	11	6	11	5	5	5	1	0	0	4	48
Andrew Krisher	18	7	16	18	14	3	12	1	0	11	91
Peter Lesch	6	4	11	3	6	2	7	0	1	3	29
Tyler Lindgren	16	7	22	10	15	3	5	1	0	6	76
Kieran Mackes	6	2	8	5	2	1	2	0	0	1	24
Patrick Mako	4	2	6	1	2	1	2	1	0	2	22
Billy Marks	17	3	30	4	8	9	10	2	0	12	72
Ricky Martinez	5	17	8	5	0	0	0	0	0	3	30
Tyler Micholic	4	0	1	1	0	0	0	0	0	1	24
Andrew Morgenstern	17	5	21	11	7	4	2	1	0	12	88
Ryan Pfeifer	17	11	28	16	6	8	4	0	0	6	84
Daviv Phomphackdy	15	16	3	19	28	6	3	0	0	6	72
Zach Praus	13	5	15	11	13	7	5	1	0	6	58
Jack Schliesman	11	3	17	8	3	2	0	1	0	7	58
Zach Scholler	3	0	6	1	1	1	1	0	0	2	15
Matt Schumann	3	1	3	1	0	3	4	0	1	1	14
Eric Stumpf	20	4	40	9	3	11	8	0	3	12	106
Jordan Swanson	24	4	29	18	23	10	5	1	0	13	118
Shivang Tallapaka	2	11	6	4	0	0	1	0	0	1	9
Jon Watson	15	5	12	3	6	4	1	0	0	12	90
TOTALS	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	341	200	463	247	210	112	125	16	9	189	1651

2012-2013 Freshman Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Nick Adams	14	10	24	15	8	4	9	1	0	6	67
Daniel Arehart	10	11	14	4	5	3	2	0	0	7	36
Jawanza Burch	4	4	3	0	2	0	0	0	0	1	24
Mike Delich	9	2	8	2	2	3	2	0	0	9	54
Collin Dolejs	14	7	20	12	13	7	7	3	0	7	51
Tim Duffy	18	1	18	3	6	4	2	2	0	11	101
Carter Epperson	4	8	3	3	1	0	1	0	0	3	24
Austin Forman	2	8	3	0	0	0	0	0	0	2	12
Brendan Formanek	10	12	15	9	11	4	2	1	0	4	52
Gavin Greenlee	17	4	18	3	8	5	4	1	0	11	88
Knowledge Guitierrez	6	2	7	3	2	3	2	0	0	5	36
Terry Johnson	2	4	2	3	0	0	0	0	0	1	12
Sean Kamano	1	6	4	1	1	1	0	0	0	0	6
Alex Lindstrom	1	0	3	0	0	2	1	0	0	1	6
Zach Machacek	5	9	2	1	1	1	0	0	0	1	30
Kieran Mackes	8	16	22	19	7	7	3	1	0	3	40
David Mason	3	13	1	0	0	0	0	0	0	0	18
Dane McDevitt	4	4	6	0	2	0	2	0	0	4	24
Jefferson Odell	0	5	0	1	0	0	0	0	0	0	0
Ryan Pfeifer	1	1	1	0	0	0	0	0	0	1	6
Eric Schmidt	2	6	0	2	1	1	1	0	0	0	12
Zach Scholler	12	11	12	6	7	1	6	0	1	5	62
Matt Schumann	19	8	18	3	5	1	10	0	0	17	111
Daniel Steiner	2	5	3	5	0	0	1	0	0	0	6
Tony Watts	0	1	0	0	0	0	0	0	0	0	0
Jayden Welborn	1	6	9	0	3	0	2	1	0	0	4
Alex York	3	4	8	0	0	0	0	1	0	1	16
Hamsa Yusof	4	2	0	0	0	0	0	0	0	1	24
TOTALS	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	176	170	224	95	85	47	57	11	1	101	922

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



Jonathan Lenz
Wrestling & Soccer
Scholar Athlete of the Year
Section Place Winner
Team Captain 2013

2013 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
2014	Jack Buck, Billy Marks, Nick Pegelow	Leave No Doubt

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
2013	16	8	0	4	4th	1
Totals	235	163	.590 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
2013	Jacob Rukavina

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
2013	Billy Marks

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
2013	Tim Duffy

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
2013	Will Gibson

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
2013	Anthony Munos

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
2013	Nick Pegelow

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
2013	Hannah Habeck

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
2013	Jonathan Lenz

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
2013	MN State Academic Champions - 3.74

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
Anthony Munos	2013	94	62
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 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
Erik Ehresmann	2011	53	31
Jud Turk	2003	53	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
Erik Ehrismann
Mitch Rechtzigel (3X)
BJ Groskretz
George Farmah
Anthony Munos
Jacob Rukaviona

Section Champs

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

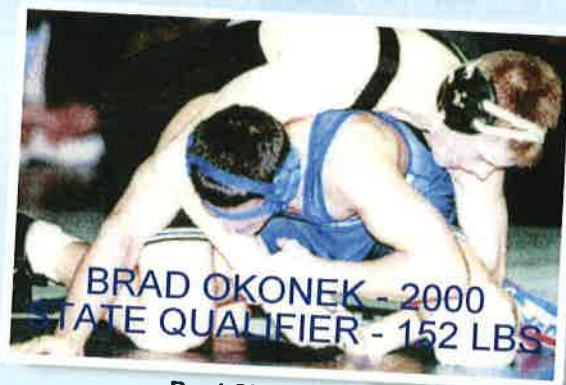
State Qualifiers

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

Eastview State Qualifiers



Tony Rodin - 1998
4th Place - 125 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.

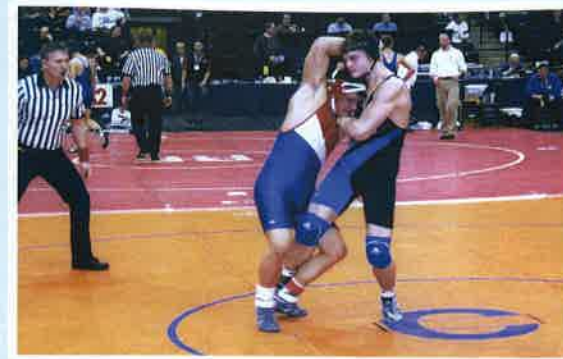


Mikey Fornicoia - 2002
6th Place - 130 lbs.



John Getzke - 2003
5th Place - 152 lbs.

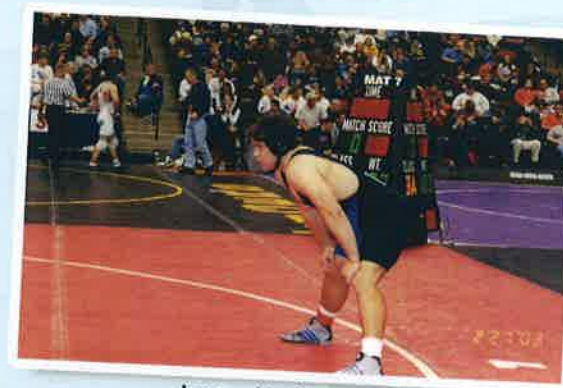
Eastview State Qualifiers



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
BX 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.

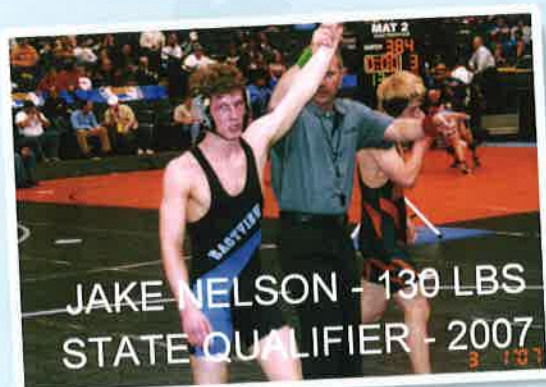
Eastview State Qualifiers



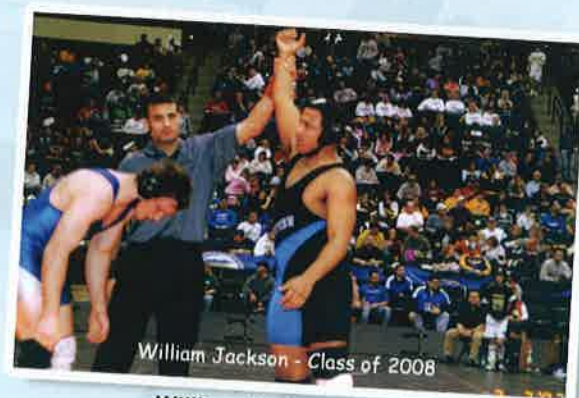
Chad Eul - 2006
State Qualifier - 215 lbs.



Dan Getzke - 2007
State Qualifier - 171 lbs.



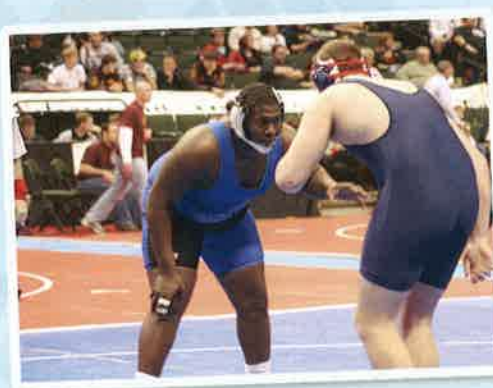
Jake Nelson - 2007
State Qualifier - 130 lbs.



William Jackson - 2008
State Qualifier - 215 lbs.



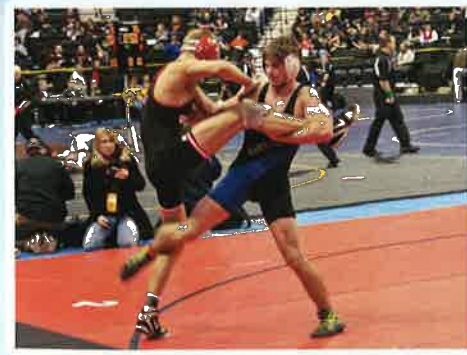
Nels Pederson - 2009
State Qualifier - 152 lbs.



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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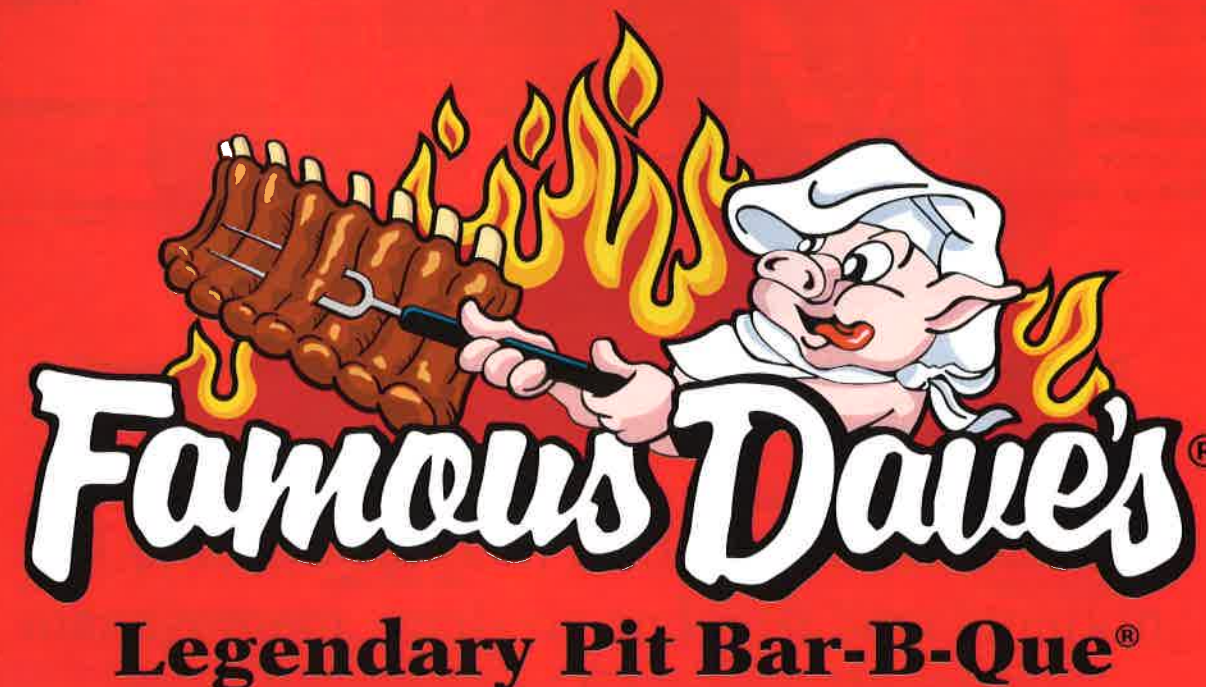
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Commitment To Excellence

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.

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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."



2013-2014 WINTER SPORTS EASTVIEW LIGHTNING

[HTTP://WWW.DISTRICT196.ORG/EVHS/](http://www.district196.org/evhs/)

COMPETITION CHEER

DATE	OPPONENT	SITE	TIME
OCT 20	KASSON PIANTOVILLE INVITATIONAL	AWAY	TBA
NOV 9	BLOOMINGTON JEFFERSON INVITATIONAL	HOME	TBA
NOV 10	TC OPEN INVITATIONAL	AWAY	TBA
NOV 16	PLAINVIEW-ELGIN MILLVILLE INVITATIONAL	AWAY	TBA
DEC 6-7	NATIONALS REGIONAL COMPETITION	DES MOINES, IA	TBA
DEC 14	APPLE VALLEY INVITATIONAL	AWAY	TBA
DEC 21	CAMBRIDGE (IA) INVITATIONAL	AWAY	TBA
JAN 9	ALL-CONFERENCE COMPETITION	PRIOR LAKE	TBA
JAN 11	INVITATIONAL	PRIOR LAKE	TBA
JAN 15	STATE TOURNAMENT	MALL OF AMERICA	TBA
FEB 1	STATE TOURNAMENT	ROY WALKINS AUDITORIUM ST. PAUL	TBA
COACH: TIM NAVARRO			

GIRLS' VARSITY HOCKEY

DATE	OPPONENT	SITE	TIME
NOV 9	LAKEVILLE NORTH	APPLE VALLEY SPORTS ARENA+	7:00
NOV 12	HASTINGS	HASTINGS CIVIC ARENA	TBA
NOV 14	HOPKINS	APPLE VALLEY SPORTS ARENA+	7:00
NOV 21	LAKEVILLE SOUTH	APPLE VALLEY SPORTS ARENA+	7:00
NOV 23	ROSEMOUNT	APPLE VALLEY SPORTS ARENA+	7:00
NOV 29	FARMINGTON	FARMINGTON ARENA	7:00
NOV 30	EDEN PRAIRIE	APPLE VALLEY SPORTS ARENA+	7:00
DEC 5	EAGAN	EAGAN ICE ARENA	TBA
DEC 7	PRIOR LAKE	APPLE VALLEY SPORTS ARENA+	7:00
DEC 12	BURNSVILLE	BURNSVILLE ICE CTR.	7:00
DEC 14	APPLE VALLEY	APPLE VALLEY SPORTS ARENA+	7:00
DEC 19	BLOOMINGTON JEFFERSON	APPLE VALLEY SPORTS ARENA+	7:00
DEC 21	LAKEVILLE SOUTH	LAKEVILLE HASSE ARENA	7:00
DEC 27	COON RAPIDS	COON RAPIDS ICE CTR.	TBA
JAN 4	SHAWDOE	SHAWDOE ARENA	7:00
JAN 11	ROSEMOUNT	ROSEMOUNT COMMUNITY CTR.	7:00
JAN 13	EAGAN	ROSEMOUNT SPORTS ARENA+	7:00
JAN 16	PRIOR LAKE	DAKOTA ICE ARENA	7:00
JAN 23	LAKEVILLE NORTH	APPLE VALLEY SPORTS ARENA+	TBA
JAN 25	LAKEVILLE	APPLE VALLEY SPORTS ARENA+	7:00
JAN 30	APPLE VALLEY	APPLE VALLEY SPORTS ARENA+	7:00
FEB 1	BLOOMINGTON JEFFERSON	BLOOMINGTON ICE GARDEN	7:00
FEB 3	SECTION 3AA TOURNAMENT	TBA	TBA
FEB 8-12	STATE TOURNAMENT	VETERANS MEMORIAL COMMUNITY CTR. XCEL ENERGY CTR.	TBA
FEB. 19-22 STATE TOURNAMENT			
+HOME SITE			
COACH: HERB HARVEY			

BOYS' VARSITY HOCKEY

DATE	OPPONENT	SITE	TIME
NOV 26	LAKEVILLE NORTH	APPLE VALLEY SPORTS ARENA+	7:00
NOV 30	EAST RIDGE	EAGAN ICE ARENA+	7:00
DEC 7	HOPKINS	APPLE VALLEY SPORTS ARENA+	7:00
DEC 10	BURNSVILLE	BURNSVILLE ICE CTR.	7:00
DEC 14	APPLE VALLEY	BIG (BLOOMINGTON ICE GARDEN)	11AM
DEC 17	BLOOMINGTON JEFFERSON	APPLE VALLEY SPORTS ARENA+	7:00
DEC 21	LAKEVILLE SOUTH	LAKEVILLE HASSE ARENA	7:45
DEC 28	SCHWARTZ CUP	BLAINE MSC	7:00
JAN 4	BLOOMINGTON KENNEDY	APPLE VALLEY SPORTS ARENA+	7:00
JAN 7	ROSEMOUNT	ROSEMOUNT COMMUNITY CTR.	7:00
JAN 11	PRIOR LAKE	APPLE VALLEY SPORTS ARENA+	7:00
JAN 14	HASTINGS	HASTINGS CIVIC ARENA	7:30
JAN 17	ROCHESTER JOHN MARSHALL	APPLE VALLEY SPORTS ARENA+	7:00
JAN 24	LAKEVILLE NORTH	APPLE VALLEY SPORTS ARENA+	TBA
JAN 25	BURNSVILLE	APPLE VALLEY SPORTS ARENA+	7:00
JAN 28	APPLE VALLEY	APPLE VALLEY SPORTS ARENA+	7:00
FEB 1	BLOOMINGTON JEFFERSON	BLOOMINGTON ICE GARDEN	7:00
FEB 6	LAKEVILLE SOUTH	APPLE VALLEY SPORTS ARENA+	7:00
FEB 8	ROSEMOUNT	APPLE VALLEY SPORTS ARENA+	7:00
FEB 11	EAGAN	EAGAN ICE ARENA	TBA
FEB 13	PRIOR LAKE	APPLE VALLEY SPORTS ARENA+	7:00
FEB 18-20	SECTION 3AA TOURNAMENT	TBA	TBA
FEB 22-27	SECTION 3AA TOURNAMENT	COUSEUM ARENA	TBA
MAR 5-8	STATE TOURNAMENT	XCEL ENERGY CTR.	TBA
+HOME SITE			
COACH: DREY BRADLEY			

CI VARSITY ADAPTIVE HOCKEY

DATE	OPPONENT	SITE	TIME
JAN 22	ST. PAUL HUMBOLDT	HOME	3:30
JAN 27	BURNSVILLE/FARMINGTON	HOME	4:30
FEB 3	LAKEVILLE SOUTH	MCQUEEN MS	5:30
FEB 5	SOUTH SUBURBAN	HOME	5:30
FEB 10	BURNSVILLE/FARMINGTON	HOME	5:30
FEB 12	ST. PAUL HIGHLAND PARK	HOME	5:30
FEB 17	NEW PRAGUE	HOME	5:30
FEB 24	CHATTOWNA	HOME	5:30
FEB 28	MINNEAPOLIS EDISON	AWAY	4:30
MAR 5	SECTION 3AAA TOURNAMENT	AWAY	4:30
MAR 14-15	STATE TOURNAMENT	TBA	TBA
COACH: BRETT KOSIDOWSKI			

PI VARSITY ADAPTIVE HOCKEY

DATE	OPPONENT	SITE	TIME
NOV 8	ST. PAUL HUMBOLDT	HOME	4:30
JAN 8	SOUTH SUBURBAN	TBA	TBA
JAN 16	MINNEAPOLIS	TBA	TBA
JAN 28	BURNSVILLE/FARMINGTON/LAKEVILLE	TBA	TBA
JAN 29	ROCHESTER JOHN MARSHALL	HOME	4:30
JAN 30	ST. PAUL HIGHLAND PARK	TBA	TBA
FEB 4	ROCHESTER JOHN MARSHALL	TBA	TBA
FEB 6	SOUTH SUBURBAN	TBA	TBA
FEB 11	MINNEAPOLIS	TBA	TBA
FEB 18	ST. PAUL HUMBOLDT	AWAY	4:30
FEB 20	BURNSVILLE/FARMINGTON/LAKEVILLE	TBA	TBA
FEB 25	ST. PAUL HIGHLAND PARK	TBA	TBA
FEB 27	ROCHESTER JOHN MARSHALL	TBA	TBA
MAR 4	SECTION TOURNAMENT	APPLE VALLEY HS	6:30
MAR 14-15	STATE TOURNAMENT	BLOOMINGTON JEFFERSON ACTIVITY CTR.	TBA
NOTE: HOME SITE IS APPLE VALLEY HS			
COACH: BRETT SAEK			

BOYS' VARSITY SWIMMING/DIVING

DATE	OPPONENT	SITE	TIME
DEC 6	APPLE VALLEY	HOME	6:00
DEC 12	BLOOMINGTON KENNEDY	OAK GROVE JH	6:00
DEC 20	EAGAN	HOME	6:00
JAN 3	BURNSVILLE (SWIM)	AWAY	6:00
JAN 9	PRIOR LAKE	HOME	6:00
JAN 14	ROSEMOUNT	ROSEMOUNT MS	6:00
JAN 21	LAKEVILLE NORTH	HOME	6:00
JAN 31	LAKEVILLE NORTH (DYE)	MCQUEEN MS	4:30
FEB 4	LAKEVILLE NORTH (SWIM)	KENWOOD TRAIL MS	5:30
FEB 6	BLOOMINGTON JEFFERSON	HOME	6:00
FEB 19-21	SECTION 3AA TOURNAMENT	HIDDEN OAKS HS	TBA
FEB 27-MAR 1	STATE TOURNAMENT	UNIVERSITY OF MN AQUATIC CTR.	TBA
NOTE: HOME SITE IS FALCON RIDGE HS			
COACH: MARK TOLLEFSON			

BOYS' VARSITY BASKETBALL

DATE	OPPONENT	SITE	TIME
NOV 23	DULUTH EAST	AWAY	7:00
NOV 26	WAYZATA	AWAY	7:00
NOV 30	ROSEVILLE AREA TOURNAMENT	ANCHOR BAY SEC. COMMUNITY COLLEGE	6:30
DEC 3	ST. PAUL HIGHLAND PARK	AWAY	7:00
DEC 10	SPRING LAKE PARK	AWAY	7:15
DEC 13	EAGAN	AWAY	7:00
DEC 17	BURNSVILLE	HOME	7:00
DEC 19	LAKEVILLE NORTH	HOME	7:00
DEC 21	MINNEAPOLIS WASHBURN	HOME	6:00
DEC 30	CHASKA	HOME	6:00
JAN 3	APPLE VALLEY	AWAY	6:00
JAN 7	ROSEMOUNT	HOME	6:00
JAN 10	PRIOR LAKE	HOME	7:00
JAN 14	LAKEVILLE SOUTH	HOME	7:00
JAN 16	BLOOMINGTON KENNEDY	AWAY	7:00
JAN 20	BLOOMINGTON JEFFERSON	HOME	6:00
JAN 23	EAGAN	HOME	7:00
JAN 25	SUPER 80 SHOWCASE	MINNEAPOLIS WASHBURN	6:30
JAN 28	BURNSVILLE	AWAY	7:00
JAN 30	LAKEVILLE NORTH	AWAY	7:00
FEB 3	ROSEMOUNT	AWAY	8:00
FEB 7	APPLE VALLEY	HOME	7:00
FEB 11	PRIOR LAKE	HOME	7:00
FEB 13	BLOOMINGTON KENNEDY	HOME	7:00
FEB 18	LAKEVILLE SOUTH	AWAY	7:00
FEB 21	BLOOMINGTON JEFFERSON	AWAY	7:00
FEB 26	SECTION 3AAA QUARTER FINAL	TBA	TBA
MAR 1	SECTION 3AAA SEMI-FINAL	FARMINGTON	TBA
MAR 6	SECTION 3AAA FINAL	FARMINGTON	TBA
MAR 12-15	STATE TOURNAMENT	TARGET CTR.	TBA
COACH: PAUL GOETZ			

GIRLS' VARSITY BASKETBALL

DATE	OPPONENT	SITE	TIME
NOV 29-30	HAWKINS UNIVERSITY TOURNAMENT	AWAY	TBA
DEC 3	PARK	HOME	7:00
DEC 7	HOPKINS TOURNAMENT	HOPKINS UNDERBERG CTR.	TBA
DEC 16	HOPKINS	AWAY	7:00
DEC 20	LAKEVILLE NORTH	AWAY	7:00
DEC 22-28	30 ST. CLAIR COLLEGE INVITATIONAL	AWAY	TBA
JAN 3	APPLE VALLEY	AWAY	4:30
JAN 7	ROSEMOUNT	HOME	6:00
JAN 10	PRIOR LAKE	AWAY	7:00
JAN 14	LAKEVILLE SOUTH	AWAY	7:00
JAN 16	BLOOMINGTON KENNEDY	HOME	7:00
JAN 24	EAGAN	AWAY	7:00
JAN 28	BURNSVILLE	HOME	7:00
JAN 31	LAKEVILLE NORTH	HOME	7:00
FEB 3	ROSEMOUNT	AWAY	6:00
FEB 7	APPLE VALLEY	HOME	6:00
FEB 11	PRIOR LAKE	HOME	7:00
FEB 13	BLOOMINGTON KENNEDY	AWAY	7:00
FEB 18	LAKEVILLE SOUTH	HOME	7:00
FEB 21	BLOOMINGTON JEFFERSON	HOME	7:00
FEB 25	EAGAN	HOME	7:00
FEB 28	BURNSVILLE	AWAY	7:00
MAR 5	SECTION 3AAA QUARTER FINAL	TBA	TBA
MAR 8	SECTION 3AAA SEMI-FINAL	TBA	TBA
MAR 13	SECTION 3AAA FINAL	HAWKINS UNIV. TARGET CTR.	TBA
MAR 18-22	STATE TOURNAMENT	TBA	TBA
COACH: MELISSA GUEBERT			

VARSITY DANCE TEAM

DATE	OPPONENT	SITE	TIME
NOV 26	SSC EVENT	LAKEVILLE NORTH	7:00
DEC 3	SSC EVENT	APPLE VALLEY	7:00
DEC 9	SSC EVENT	PRIOR LAKE	7:00
DEC 14	SSC EVENT	ROSEMOUNT	TBA
DEC 16	SSC EVENT	ROSEMOUNT	7:00
DEC 21	SSC TOURNAMENT	BURNSVILLE	11AM
JAN 25	PRE-SECTIONS SHOWCASE	HOME	2:00
FEB 8	SECTION 1AAA TOURNAMENT	BLOOMINGTON KENNEDY	TBA
FEB 14-15	STATE TOURNAMENT	TARGET CTR.	TBA
COACH: JENNY RAICHE			

VARSITY WRESTLING

DATE	OPPONENT	SITE	TIME
DEC 5	BURNSVILLE	AWAY	7:00
DEC 6	LAKEVILLE SOUTH/ST. PAUL CENTRAL	HOME	5:00
DEC 12	ROSEMOUNT	HOME	7:00
DEC 13	BLOOMINGTON KENNEDY/NORTHFIELD	NORTHFIELD	4:30
DEC 14	EAST RIDGE TOURNAMENT	AWAY	9AM
DEC 19	EDEN PRAIRIE	AWAY	5:00
DEC 21	RICHFIELD TOURNAMENT	AWAY	9AM
DEC 21-28	BI STATE CLASSIC TOURNAMENT	LA CROSSE, WI	8:30AM
DEC 28	SPARTA TOURNAMENT	AWAY	9AM
JAN 3	EAGAN	HOME	6:00
JAN 4	BURNSVILLE TOURNAMENT	AWAY	TBA
JAN 9	LAKEVILLE NORTH	AWAY	7:00
JAN 17	ROCHESTER CENTURY/APPLE VALLEY	HOME	TBA
JAN 18	INVITATIONAL	TBA	7:00
JAN 30	PRIOR LAKE	AWAY	7:00
FEB 1	ARMSTRONG INVITATIONAL	AWAY	9AM
FEB 7	MOONING WESTONKA INVITATIONAL	AWAY	5:30
FEB 14	SECTION 3AA TEAM TOURNAMENT	ROSEMOUNT	TBA
FEB 21-22	SECTION 3AA INDIVIDUAL TOURNAMENT	EAGAN	TBA
FEB 27-MAR 1	STATE TOURNAMENT	XCEL ENERGY CTR.	TBA
COACH: KURT HABECK			

VARSITY GYMNASTICS

DATE	OPPONENT	SITE	TIME
DEC 10	EAGAN	AWAY	6:00
DEC 12	APPLE VALLEY	HOME	6:00
JAN 4	WATERLOO PARKER INVITATIONAL	AWAY	1:00
JAN 7	ROSEMOUNT	AWAY	6:00
JAN 11	LAKEVILLE INVITATIONAL	AWAY	8:30AM
JAN 14	LAKEVILLE NORTH	HOME	6:00
JAN 21	PRIOR LAKE	HOME	6:00
JAN 25	APPLE VALLEY/ST. LOUIS PARK	HOME	11AM
JAN 28	LAKEVILLE SOUTH	AWAY	6:00
FEB 4	BLOOMINGTON JEFFERSON	AWAY	6:00
FEB 14	SECTION 3AA TOURNAMENT	EAGAN	TBA
FEB 21-22	STATE TOURNAMENT	U OF M SPORTS PAVILION	TBA
COACH: KIM HILBY			

VARSITY NORDIC SKIING

DATE	OPPONENT	SITE	TIME
DEC 10	FREE STYLE MASS*	VALLEYWOOD GC+	7:30
DEC 17	CLASSIC INTERVAL*	KENWOOD TRAIL MS	3:30
DEC 31	CF SSC RELAY*	VALLEYWOOD GC+	12:00
JAN 4	SSC TRUE TEAM CF MASS*	VALLEYWOOD GC+	9AM
JAN 7	FREE STYLE INTERVAL*	MYHARD HILLS SKI AREA	3:30
JAN 14	CLASSIC INTERVAL*	MURPHY-HARRAHAN PARK	3:30
JAN 21	FREE STYLE INTERVAL/HEATS*	WORTH PARK	3:00
JAN 28	SSC PURSUIT CHAMPIONSHIPS	BATTLE CREEK PARK	8:30AM
FEB 4	CF INTERVAL PURSUIT*	VALLEYWOOD GOLF COURSE	TBA
FEB 13	SECTION 1 TOURNAMENT	GIANTS RIDGE	TBA
FEB 13	STATE TOURNAMENT	GIANTS RIDGE	T

2013-2014 Eastview Wrestling



Eastview Lightning Schedule

DATE	OPPONENT	SITE	TIME
Tuesday, Nov. 26	Intra Squad Meet (<i>Parent Open House @ 6:00pm</i>)	Eastview	7:30 pm
Thursday, Dec. 5	Burnsville	Burnsville	7:00 pm
Friday, Dec. 6	Eastview Duals	Eastview	5:00 pm
Thursday, Dec. 12	Rosemount (<i>EVAA Night</i>)	Eastview	7:00 pm
Friday, Dec. 13	Northfield Duals	Northfield	4:30 pm
Saturday, Dec. 14	East Ridge Ruckus (JV-9th)	Concordia University	9:00 am
Sunday, Dec. 15	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Thursday, Dec. 19	Eden Prairie, Shakopee	Eden Prairie	5:00 pm
Saturday, Dec. 21	Richfield Duals (V)	Richfield	9:00 am
Fri-Sat, Dec. 27-28	Bi-State Classic (V)	La Crosse	10:00 am
Saturday, Dec. 28	Sparta Tourney (JV)	Sparta	9:00 am
Friday, Jan. 3	Eagan (<i>Alumni & EWB Family Night</i>)	Eastview	6:00 pm
Saturday, Jan. 4	Burnsville Invitational	Burnsville	9:30 am
Thursday, Jan. 9	Lakeville North	Lakeville	5:00 pm
Friday, Jan. 17	Apple Valley / Rochester Century (<i>Parents Night</i>)	Eastview	5:00 pm
Saturday, Jan. 18	Lightning Invitational	Eastview	10:15 am
Friday, Jan. 24	Faribault, Armstrong (<i>Senior / Traveling Night</i>)	Eastview	4:30 pm
Thursday, Jan. 30	Prior Lake	Prior Lake	7:00 pm
Saturday, Feb. 1	Armstrong Team Tournament	Armstrong	9:00 am
Thursday, Feb. 6	Chaska-Chanhassen	Chaska	7:00 pm
Friday, Feb. 7	Mound Westonka Invite (JV)	Mound Westonka	5:00 pm
Saturday, Feb. 8	South Suburban Invite (JV-9)	Lakeville South	10:00 am
Friday, Feb. 14	Section 3 Team Tournament	Rosemount	4:00 pm
Fri-Sat, Feb. 21-22	Section 3 Individual Tournament	Eagan	4:30/10:00
Thur-Sat, Feb. 27-Mar. 1	State Tournament	Xcel Energy	TBD
Sun, Mar. 16	Wrestling Banquet	Rosemount CC	4:30 pm
Sat, Mar. 29	Thunderbolts Freestyle Tourney	Eastview	10:00 am