



# EASTVIEW FINISH

WRESTLING



THINK STRONG - BE STRONG



2015-2016



# Eastview High School



- QUICK FACTS**
- Established in 1997
  - 2100 students in grades 9-12
  - Distinguished as one of "America's Best High Schools" by *Newsweek*, *US News and World Report* and by the *Washington Post*
  - State of the art digital classrooms
  - All 9th and 10th graders are members of interdisciplinary learning teams
  - 4:1 student to computer ratio
  - iPad initiative beginning in 2015
  - Learning Commons with digital library research capabilities
  - Fully equipped and Emmy winning Television Studio and digital editing suites
  - 650 seat Performing Arts Center with a fly loft and scene shop
  - 4,500 square foot fitness center
  - 200 acres of playing fields, recreational facilities and competition stadiums
  - District 196 encompasses 110 square miles
  - Over 110 programs offered in performing arts, athletics, and activities
  - More than 80% of students involved in activities

## 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



Eastview Twitter  
@evhsathletics



Eastview Facebook  
facebook.com/  
EastviewHighSchool

## A Message from the President Eastview Wrestling Boosters

I hope this letter finds you in great health and anticipating the 18th season of Eastview Wrestling. The kids are hard at work in the weight room and wrestling room in preparation for the upcoming season. The 2014-2015 team ended the season with seven state qualifiers, and we are excited to have three returning state competitors back for the 2015-2016 season. The team will be led by captains Tim Duffy, Alex Lindstrom, and Mike Delich and will be supported by several up-and-coming sophomores, juniors, and seniors.

As the season quickly approaches, I would like to invite all alumni to the 2015-2016 season meets and remind all supporters of a few items. We are currently in the middle of our Corporate Sponsorship drive for advertising in the 2015 Eastview Wrestling Program. This is a great place to show your community support for the wrestling program. Please review the attached flyer for details on how you or your company can be a proud backer of Eastview Wrestling.

The second important piece of information is the date for the Annual Alumni Meet and gathering. Alumni Night will be on Friday, January 8th. We will start the night off with a Lakeville South dual meet at Eastview High School at 7:00 pm and will immediately travel to Famous Dave's (Apple Valley) for some appetizers, beverages and laughs. Please bring your loud-and-proud voices to both events. I would also like you to put the Individual Section 2 meet on your calendars for Friday and Saturday, February 19-20. Eastview will again be hosting the section event in our home gym.

If any alumni are looking for a reason to get out of the house and enjoy a day on the mats, please join us for the Lighting Invitational which will be held on Saturday, January 16. This is a great event to show off your skills at running a clock, tapping a referee or keeping score. We are always in need of an energetic group of fans that love the sport and feed on the thrill of the fight. The event will start at 10:00 a.m.

As proud supporters of Eastview Wrestling, I would like to thank you in advance for your support and continued passion for wrestling. You will not be disappointed with the effort and talent of our 2015- 2016 Eastview wrestlers.

— Chris Dolejs, Booster President

This program is sponsored by the Eastview Wrestling Boosters.

## WELCOME TO EASTVIEW WRESTLING 2015-2016



# Think Strong - Be Strong FINISH STRONG

## 2015-2016 Eastview Wrestling

**B**e a Finisher! If you start an English project, finish it and finish it strong! If you are mowing the lawn, finish the entire lawn not just a portion of the yard. You start a wrestling match and you end it with the same passion that the match started with.

*FINISH STRONG is more than a motto. It's a Life Lesson!*

Finishing Strong speaks to the way you live your life. You cannot win the third period of a match simply by getting pumped up. You have to put in the work before hand to have the ability to win the third period. So, finishing strong is not an emotional thing it is a WORK THING.

Eastview Wrestling is committed to building a foundation of hard work in each of our wrestlers. We WILL work hard! We WILL improve every day! We WILL do everything right (no shortcuts)! We WILL keep fighting until the final whistle...

Success is not measured on wins and losses but on how hard we work and by never letting up and finishing what we start with the same intensity as we began.

## EV Wrestling Board of Directors

President . . . . . Chris & Brenda Dolejs  
VP Marketing/Comm. . . . . Michael & Lisa Schmidt  
VP Operations. . . . . Chad Lindstrom, Pete Sammon  
Treasurer . . . . . Nicole & Bob Delich  
Secretary. . . . . Mark & Mariella Mackes  
Concessions Coordinators. . . . . Rosy Epperson,  
Angie Formanek  
Takedown Cancer Chair . . . . . Traci Dravis  
ThunderBolts Liaison . . . . . Mike Hogan  
EVAA Liaison . . . . . Travis Lee  
EVHS Co-Head Coaches . . . . . Nick Fornicoia,  
Kurt Habeck

## Grade Representatives

12th Grade Rep. . . . . Natalie & Mike Greenlee  
11th Grade Rep. . . . . Donna & Nick Luciano  
10th Grade Rep. . . . . Patti & Eric Estep  
9th Grade Rep. . . . . TBD  
Alumni Rep. . . . . Kristen & Bill Dodd



Wrestling Twitter  
@EVwrestling

EASTVIEW  
**FINISH**  
WRESTLING  
**Strong**  
THINK STRONG - BE STRONG

*FINISH STRONG is not just a slogan.  
It is a Way of Life!*





Join us as we work to  
**TakeDown Cancer!**

Thank You

# EASTVIEW WRESTLING

## 2015 - 2016 ROSTER



### SENIORS

Arehart, Daniel  
Branch, Blake  
Dolejs, Collin  
Duffy, Timothy ★  
Greenlee, Gavin  
Yusuf, Hamsa

### JUNIORS

Abbey, Chris  
Brodeur, Cory  
Delich, Michael ★  
Epperson, Carter  
Florin, William  
Formanek, Brendan  
Gutierrez, Knowledge  
Larson, Adam  
Lindstrom, Alexander ★  
Luciano, Nathaniel  
McDevitt, Dane  
Melroe, Phillip  
Moore, Nathaniel  
Moukrim, Mehdi  
Renteria, Brady

Sammon, Benjamin  
Shahrokhi, Alireza  
Taylor, Nathan  
Tse, Logan

### SOPHOMORES

Alba, Kobe  
Barretto, Bill  
Bass, Adam  
Berger, Nathan  
Brusco, Kyle  
Dunne, Charlie  
Estep, Logan  
Hagebock, Spencer  
Laflex, Jacob  
O'Neil, Brady  
Plan, Blake  
Pronmachai, Micky  
Schmidt, Eric  
Sharp, Trever

### FRESHMEN

Alipate, Maximus  
Bulson-Bratton,  
Clofun

Burdi, Alexander  
Cristerna-Hernandez,  
Hector  
Dara, Michael  
Faulkner, Travis  
Goetz, James  
Greenlee, Gage  
Hoffman, Quinn  
Johnson, Enrique  
Matte, Oliver  
Mcgowan, Peyton  
Mckenzie, Carter  
Norton, Mark  
Rice, Brenden  
Rouse, Patrick  
Selchow, Zachary  
Swanson, Peter  
Warner, Cedric  
Zurich, Brian

### 7TH & 8TH GRADE

Enderlein, Mason

★ Captains

### PRINCIPAL

Dr. Randall Peterson

### ATHLETIC DIRECTOR

Matt Percival

### COACHES

Kurt Habeck  
Nick Fornicoia  
John Prokopowicz  
Greg Dravis  
Jarred McCarthy  
Josh Nelson  
Dean Stockwell  
Chad Wentzel  
Minh Huynh  
Chad Eul  
Ryan Fulsas  
Brad Vanderveren

### NICKNAME

Lightning

### SCHOOL COLORS

Black, Blue, Silver, White

### MANAGERS

Brianna Peterman  
Rachel Schmidt  
Abby Hallstrom  
Jheta'li Gutierrez  
Kamea Green  
Alexa Hort  
Grace Florin  
Steffi Frederickson  
Hope Gilbertson  
Marissa Munos  
Allyson Tuthill  
Brooke Van Overbeke  
Morgan Van Waes  
Abby Lindgren  
Aayah Moukrim  
Paige Olson  
Riley Peterson  
Julia Rosen  
Maddie Singel  
Sophia Wells

### PHOTOGRAPHER

Whitney Wellik  
Lexi Johnson

### CONFERENCE

South Suburban

### SECTION

2AAA



Class of 2016



## Varsity Captains

**Mike Delich****Grade 11**EVHS Activities:  
Football, Track, IM  
BasketballFavorite memory of  
Eastview Wrestling:  
Winning Freshman State

What I like most about

Eastview... "is the weight room/Coaches."

Favorite Quote... "Hard work beats talent  
when talent fails to work hard."**Tim Duffy****Grade 12**EVHS Activities:  
Football, Wrestling,  
Television ProductionHobbies: Paintball  
ShootingFavorite memory of  
Eastview Wrestling:

Placing fifth at state

I wrestle because... "It's part of my life"

Favorite Quote... "Anything is possible."

**Alex Lindstrom****Grade 11**EVHS Activities:  
Football, Baseball,  
Television ProductionWhat I like most about  
Eastview... "The  
Amazing Janitors and  
Lunch Ladies"

Favorite Movie: Magic Mike 2

I wrestle because... "I can't go back now."

## Returning Lettermen

**Chris Abbey****Grade 11**EVHS Activities:  
FootballHobbies: Playing  
Guitar, Biking, Hanging  
with friends.I wrestle because...  
"that's who I am!"What I like most about Eastview... "Coaches  
and teachers put the students first."

Favorite Quote... "I can therefore I will."

**Collin Dolejs****Grade 12**EVHS Activities:  
Football, Track, LINCBest Memory of  
Eastview Wrestling:  
Getting second at team  
sections

Favorite Movie: Get Hard

I wrestle because... "it puts me in my best  
athletic shape"Favorite Quote: "It's not how hard you can  
hit, it's how hard you can get hit."**Will Florin****Grade 11**EVHS Activities:  
Football, Track, FrisbeeHobbies: Fishing,  
Adventuring,  
GameCube, Pond  
Hockey

I wrestle because... "it

makes me a better man."

What I like most about Eastview... the strong  
community**Danny Arehart****Grade 12**EVHS Activities:  
Football, WrestlingBest Memory of  
Eastview Wrestling:  
Attending Bi-StateHobbies: The outdoors,  
Swimming

I wrestle because... "it keeps me disciplined."

Favorite Quote: "Suffer now and live the rest  
of your life a champion." — Muhammad Ali**Carter Epperson****Grade 11**EVHS Activities:  
Football, Track, Frisbee,  
IM BasketballFavorite memory of  
Eastview Wrestling:  
Missouri Trip

I wrestle because... "it

challenges me."

Favorite Quote... "If you're not getting better,  
you're getting worse."**Brendan Formanek****Grade 11**EVHS Activities:  
Football, Track,  
Wellness ClubHobbies: Eating,  
Hanging with friends,  
Madden 07

What I like most about

Eastview... "LDT"

Favorite Quote... "Eat Greedy"

**Cory Brodeur****Grade 11**EVHS Activities:  
FootballFavorite memory of  
Eastview Wrestling:  
Bi-State shenanigansWhat I like most about  
Eastview... "Coaches  
and teachers put the students first."Favorite Quote... "CROSS FACE" Coach  
Stockwell**Logan Estep****Grade 10**EVHS Activities:  
Trapshooting, WrestlingFavorite Movie: Brave  
Heart

Hobbies: Trapshooting

I wrestle because...  
"it's fun"**Gage Greenlee****Grade 9**Favorite Movie: Wolf of  
Wall StreetHobbies: School,  
Playing CODI wrestle because...  
"it's life."**Gavin Greenlee****Grade 12**EVHS Activities:  
WrestlingI wrestle because... "I  
look good in a singlet"Favorite Quote: "Start  
Strong, Finish Strong"**Dane McDevitt****Grade 11**EVHS Activities:  
Football, Television  
ProductionFavorite Movie: Saving  
Private RyanBest Memory of  
Eastview Wrestling:

Attending Bi-State

Hobbies: Technology and Movies

I wrestle because... "I enjoy it."

**Ben Sammon****Grade 11**EVHS Activities:  
Football, Track and  
Field, WrestlingBest Memory of  
Eastview Wrestling:  
Attending Bi-State

Favorite Movie:

Star Wars

I wrestle because... "it helps with football."

Favorite Quote: "He shoots, I score."

**Knowledge Gutierrez****Grade 11**EVHS Activities:  
FootballFavorite Movie: Red  
DawnWhat I like most about  
Eastview... "the

education"

Favorite Quote... "Be Determined!"

**Phil Melroe****Grade 11**EVHS Activities:  
Football, IM Basketball,  
Track, Television  
ProductionBest Memory of  
Eastview Wrestling:  
Attending Bi-State

Hobbies: Pokemon

I wrestle because... "for football"

Favorite Quote: "Fool me once, strike one.  
Fool me twice, strike three."**Trevor Sharp****Grade 10**Favorite Movie: Straight  
Outta Compton

Hobbies: Working out

I wrestle because... "it  
makes me mentally and  
physically tougher."Favorite Quote: "Once  
you've wrestled, everything else in life is easy."**Adam Larson****Grade 11**EVHS Activities:  
Football

Hobbies: Snowboarding

What I like most about  
Eastview... "It's a great  
school with great  
teachers"I wrestle because... "I enjoy the sport and it  
challenges me."**Nate Moore****Grade 11**EVHS Activities:  
Football, TrackBest Memory of  
Eastview Wrestling:  
Attending Bi-StateHobbies: Snowboarding,  
Hockey, SleepingI wrestle because... "the competition with  
myself and others"Favorite Quote: "You miss 100% of the shots  
you don't take" — Wayne Gretzky**Logan Tse****Grade 11**EVHS Activities:  
Football, Supergroup,  
WrestlingBest Memory of  
Eastview Wrestling:  
Walking to Hardees in  
negative degree weather

at Bi-State

Hobbies: Hunting, Camping, Boating,  
SnowmobilingI wrestle because... "it makes me mentally  
tough"Favorite Quote: "It's not what you do, it's how  
you do it."**Nate Luciano****Grade 11**EVHS Activities:  
Football, TrapshootingFavorite Memory of  
Eastview Wrestling:  
Oklahoma State Team  
Camp

Favorite Quote: "The

best thing on a gym floor is wrestling mats  
from door to door."I wrestle because... "It makes me a disciplined  
person."**Medhi Moukrim****Grade 11**EVHS Activities:  
Football, TrackBest Memory of  
Eastview Wrestling:  
Attending Bi-StateHobbies: Snowboarding,  
Hockey, SleepingI wrestle because... "the competition with  
myself and others"Favorite Quote: "You miss 100% of the shots  
you don't take" — Wayne Gretzky

THINK STRONG - BE STRONG





2015-2016 FRESHMAN SCHEDULE

DATE	OPPONENT	SITE	TIME
Thursday, Nov. 5	Commitment Night	Eastview	6:30 pm
Monday, Nov. 16	Practice Begins	Eastview	2:45 pm
Saturday, Nov. 21	Eastview (K-8) Tournament	Eastview	8:00 am
Tuesday, Nov. 24	Intra Squad Practice / Scrimmage	Eastview	6:00 pm
Tuesday, Dec. 1	Park, Henry Sibley	Eastview	4:30 pm
Friday, Dec. 4	Eastview Invitational	Eastview	5:00 pm
Tuesday, Dec. 8	Cretin-Derham Hall / St. Thomas	St. Thomas	4:30 pm
Sunday, Dec. 13	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Tuesday, Dec. 15	Rosemount / Tartan	Eastview	4:30 pm
Saturday, Dec. 19	Northfield Invitational	St. Olaf College	9:30 am
Tuesday, Jan. 5	Eagan / Hastings	Eagan	4:30 pm
Saturday, Jan. 9	Eastview Team Tournament	Eastview	9:00 am
Tuesday, Jan. 12	Richfield	Eastview	4:30 pm
Saturday, Jan. 16	State Team Tourney (Need to qualify)	Hastings	9:30 am
Saturday, Jan. 23	Region 4 Individual Tourney	Richfield	9:00 am
Saturday, Jan. 30	State Individual Tourney (Need to qualify)	Champlin Park	8:00 am
Saturday, Feb. 6	South Suburban Invite (9th-JV)	Lakeville South	9:00 am
Fri-Sun, March 11-13	MN/USA State Tournament (Cadets)	Rochester	TBD
Sunday, March 13	Wrestling Banquet	Rosemount CC	4:30 pm
Sat, April 2	Thunderbolts Freestyle Tourney	Eastview	10:00 am

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  
2014 - 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

<b>1998</b> Adam Johnson Brian Nold Adam Fokken – 1st Don Wachter	<b>2006</b> Scott Hogan – 1st Ty Groskreutz
<b>1999</b> 1999 Team 11th Place Honors Mikey Fornicoia – 5th Eric Lemm – 8th David Pudwill – 4th	<b>2007</b> Brad Hogan – 6th Ben Bowar – 6th Cody Groskreutz – 7th Joey Scott – 8th
<b>2000</b> Brian Lewis – 6th Pat Dea John Getzke Andrew Lenertz	<b>2008</b> Brad Hogan – 2nd Matt Galloway
<b>2001</b> 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	<b>2009</b> Kai Matsuhashi
<b>2002</b> Tyler Cookas Sam Voyles – 4th Tom Chies Scott Polansky Troy Fokken	<b>2010</b> Anthony Munos – 8th Rico Davis Jabri Guy
<b>2003</b> Troy Fokken – 4th Justin Armstrong Chad Eul Jon Latterner Andrew Nelson Matt Neutz	<b>2011</b> Jack Buck – 8th
<b>2004</b> Dan Getzke – 8th Kennedy Mans Jake Neutz Justin Peterson Ryan Stepan	<b>2012</b> Kevin McComb – 2nd Luke Dodd – 3rd Tom Delich – 4th Will Rains – 5th Casey Dravis – 6th Zach Praus
<b>2005</b> 2005 Team 3rd Place Honors Trevor Gordon – 2nd Will Jackson – 2nd Trevor Flaten – 4th Bryan Okonek – 6th Zack Fanth – 7th Alex Makabe Scott Kenning	<b>2013</b> Daniel Arehart Dane McDevitt Matt Schumann
	<b>2014</b> Gage Greenlee Mike Delich – 1st
	<b>2015</b> Eric Schmidt Noah Drehmel

Varsity and Junior Varsity Managers



Grace Florin



Steffi Frederickson



Hope Gilbertson



Kamea Green



Jheta'li Gutierrez



Abby Hallstrom



Alexa Hort



Marissa Munos



Brianna Peterman



Rachel Schmidt



Maddie Singel



Allyson Tuthill



Brooke Van Overbeke



Morgan Van Waes



Sophia Wells

Freshman Managers



Abby Lindgren



Aayah Moukrim



Paige Olson



Riley Peterson



Julia Rosen

Photographers



Whitney Wellik



Lexi Johnson

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

## COACHING STAFF



**Kurt Habeck – Co-Head Coach**

Co-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 four 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 21-year-old daughter named Hannah, an 18-year-old son named Zachary, 15-year-old daughter named Erinn, and a 12-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 training for fitness.



**John Prokopowicz – Assistant Coach**

John is currently living in Inver Grove Heights, and currently teaches at Eastview High School as a special education teacher. John is in his second year of coaching at Eastview High School. He graduated from Simley High School in 2008 and was a captain of the 07-08 varsity wrestling team. During his prep career, John was a 4-time state qualifier and was part of a state champion team in 2008. In his free time, John enjoys spending his summers outside and traveling.



**Ryan Fulsaa – Assistant Coach**

Ryan Fulsaa is in his third 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 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 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 197 lb. 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 (10 years old), son Luke (6 years old), and wife Bre. He also enjoys making wood working projects, working out, softball, golf, hunting, down hill skiing and cycling.



**Nick Fornicoia – Co-Head Coach**

Co-Head Coach Nick Fornicoia is entering his nineteenth 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 (7) and Amelia (3).

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 (7) and Amelia (3).



**Greg Dravis – Assistant Coach**

Coach Greg Dravis, is in his 30th 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 (graduated in 2013) and Casey (graduated in 2015). 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. 2015-16 will be Dean's seventh year as an assistant coach with the Ninth Grade program. Dean has been married to Jenna for 21 years and

they have a 20-year-old son, AJ and a 18-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.



**Jarred McCarthy – Assistant Coach**

Jarred McCarthy has been an assistant wrestling coach at Eastview since 2010. Jarred wrestled for Farmington High School with career highlights including winning a MSHL State Tourney championship at 140 lbs. as a junior and placing fourth as a sophomore. He also competed in USA Wrestling freestyle winning multiple championships and competing on the Minnesota Storm National Team for several years. Jarred then wrestled for Augustana College as a 141 pounder through his junior year. Aside from wrestling Jarred enjoys traveling with his wife Maggie, camping, rock climbing and riding his bikes.



**Chad Eul – Assistant Coach**

Chad is in his ninth 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. Chad recently was married to Chelsea.



**Josh Nelson – Assistant Coach**

Coach Josh Nelson is in his tenth 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 senior year. In his free time he enjoys fishing, wakeboarding, snowboarding, working out, and watching movies.



**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 sixth 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 is currently teaching at Highland Elementary and Scott Highlands Middle School. He is married to Julie and they have one child, Maddie, who is 6 years old. In his spare time he enjoys spending time with his family and outdoor activities.



**Minh Huynh – Assistant Coach**

Minh is currently living in Apple Valley and is married to Nicole. Minh is in his sixth 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 three-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.



**Bradley Vanderveren – Assistant Coach**

Brad lives in Elko New Market, and currently works at Eastview High School. He graduated from Pulaski High School in 2004. He was a two-time state qualifier for Wisconsin in 2003 and 2004. He went on to play college football and graduated from the University of Wisconsin River Falls in 2008. During his free time he enjoys fishing, hunting and spending time with his wife and son.





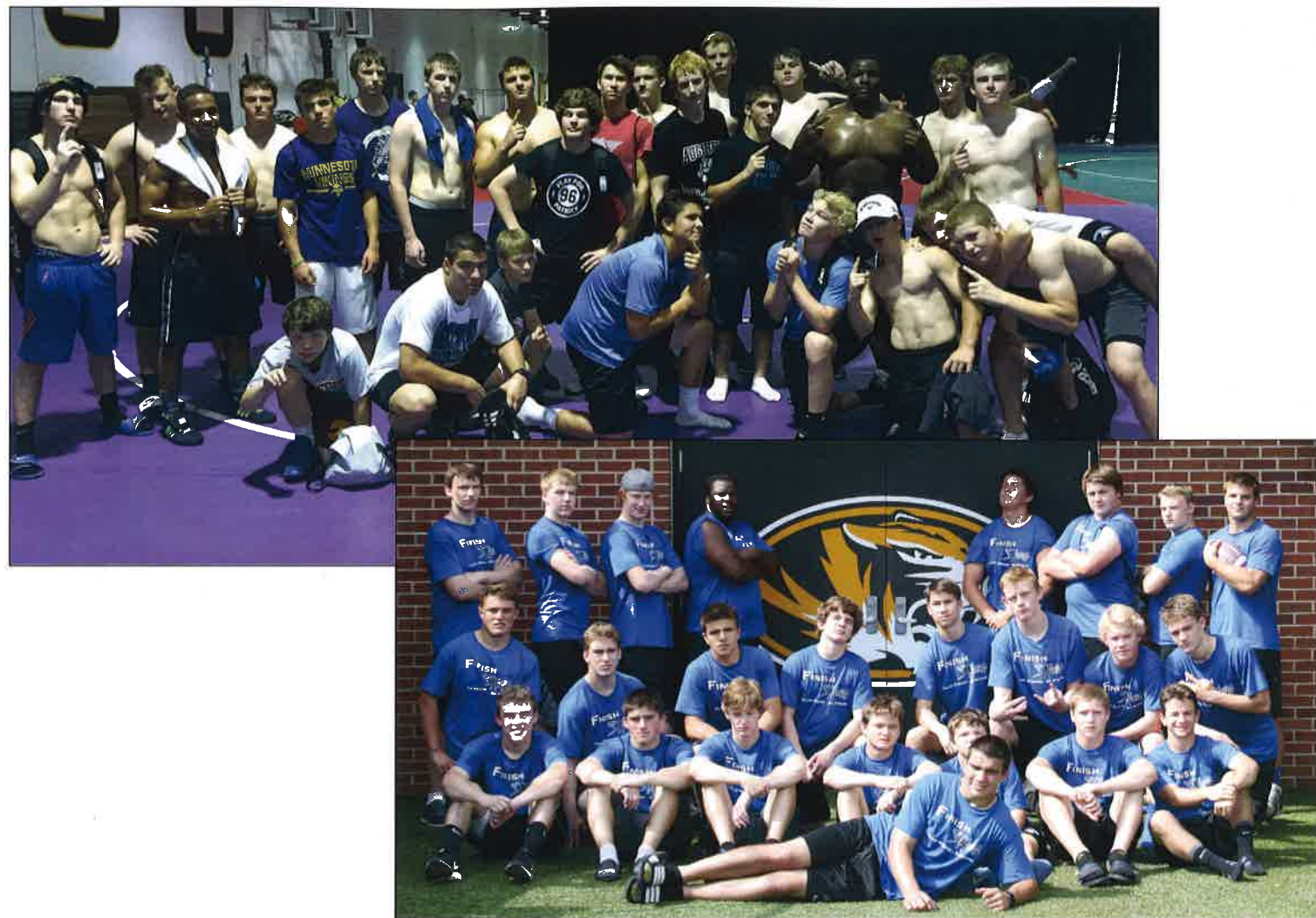
## Augsburg Technique Camp 2015



## Eastview Wrestling Camp 2015



## Missouri Team Camp 2015



## Off-Season Training Club 2015



### Off-Season Training Club Members 2015

#### Silver

Tim Duffy, Collin Dolejs,  
Alex Lindstrom, Gage Greenlee

#### Bronze

Logan Tse, Adam Larson,  
Daniel Arehart, Will Florin,  
Nate Luciano, Mike Delich



# EV Wrestling Clinic 2015

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 2015

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 Typhoons



EV Typhoons



## Middle School Wrestling



**Black Hawk Middle School**  
Coaches: Mike Hogan, Tyler Griffith



### BLACK HAWKS PANTHERS

Rusik Allen  
Quinton Belk  
Jaylen Bonds  
Chris Collier  
Kevin Dang  
Adrian Dotts  
Aiden Ford  
Seamus Halligan  
Sebastian Matte  
Denis Shtern  
Jack Stevens  
Will Trojack  
Ty Vinje  
Jaden Williams  
Kane Zahn

### Falcon Ridge Middle School

Coaches: Mike Geib

### FALCON RIDGE FALCONS

Elliot Brown  
Jerzy DeWald  
Jenny Flatum  
Rutger Haines  
John Schwartz  
Jacob Taylor  
Sam Weinhaus



### Scott Highlands Middle School

Coaches: Travis Lee, Todd Frost

### SCOTT HIGHLANDS Saints

Haroon Abdillahi	Nils Kapper
Dylan Anderson	Connor Meixell
Rome Anthony	Logan Middendorf
Andrew Baccoli	Riley Middendorf
Elijah Beckfeld	Samuel Morgenstern
Jace Butcher	Reid Olson
Daniel Dixon	Logan O'Neil
Dylan Fredrickson	Aidan Peltó
Taylor Fritz	Haydyn Rehder
Cole Frost	Wyatt Rehder
AJ Gerisch	Nathaniel Saba
Austin Gerisch	Kian Tulk
Brian Gerisch	Benjamin Vandenberg
Luke Habeck	Jackson Vandenberg
Harrison Hetland	Cole Watkins
Cassius Howard	Josh Ziegenbein



## 2015 Section 3AAA Academic Team



(Left to right): Tom Delich (220), Mike Delich (195), Luke Dodd (182), Collin Dolejs (160), Alex Lindstrom (152), Casey Dravis (145), Zach Habeck (138), Eric Schmidt (132).

## Alumni Night – 2015





## 2014-2015 Dual Meet Results

### Varsity Dual Meet Results

<b>Overall Record:</b>	<b>18 Wins</b>	<b>7 Losses</b>
<b>Conference Record:</b>	<b>4 Wins</b>	<b>5 Losses</b>
Eastview 30	Eagan	36 Loss
Eastview 29	Lakeville South	45 Loss
Eastview 51	St. Paul Central	15 Win
Eastview 32	Woodbury	37 Loss
Eastview 51	Rosemount	27 Win
Eastview 70	Burnsville	11 Win
Eastview 30	Prior Lake	41 Loss
Eastview 43	Chaska/Chanhasen	22 Win
Eastview 55	Faribault	12 Win
Eastview 61	Tartan	7 Win
Eastview 45	Dassel-Cokato	23 Win
Eastview 33	Milaca	26 Win
Eastview 36	Owatonna	34 Win
Eastview 21	Apple Valley	53 Loss
Eastview 34	Farmington	33 Win
Eastview 32	Shakopee	34 Loss
Eastview 62	Henry Sibley	12 Win
Eastview 58	Park	12 Win
Eastview 43	South St. Paul	12 Win
Eastview 44	White Bear Lake	15 Win
Eastview 41	Totino Grace	22 Win
Eastview 42	Lakeville North	25 Win
Eastview 61	Henry Sibley	9 Win
Eastview 36	Eagan	25 Win
Eastview 24	Apple Valley	52 Loss

#### Team Tournaments

Mounds View Duals	1st Place
Armstrong Duals	1st Place
Section 3AAA Tournament	2nd Place

#### Individual Tournaments

MN Christmas Tournament (33 Teams)	19th Place
Bi-State Classic (54 Teams)	2nd in Division, 3rd Overall
Eastview Invitational	2nd Place
Section 3AAA Tournament	2nd Place

### 2015-2016 Team Managers



### Junior Varsity Dual Meet Results

<b>Overall Record:</b>	<b>12 Wins</b>	<b>3 Losses</b>		
<b>Conference Record:</b>	<b>7 Wins</b>	<b>2 Losses</b>		
<b>3rd Place – South Suburban Conference</b>				
Eastview	42	Eagan	39	Win
Eastview	72	St. Paul Central	0	Win
Eastview	30	Lakeville South	22	Win
Eastview	21	Woodbury	36	Loss
Eastview	60	Burnsville	12	Win
Eastview	15	Prior Lake	33	Loss
Eastview	51	Chaska/Chanhasen	18	Win
Eastview	54	Faribault	9	Win
Eastview	63	Rosemount	4	Win
Eastview	42	Apple Valley	30	Win
Eastview	33	Shakopee	27	Win
Eastview	30	Farmington	36	Loss
Eastview	68	Park	12	Win
Eastview	51	Henry Sibley	22	Win
Eastview	66	Lakeville North	15	Win

#### Individual Tournaments

Armstrong Tourney	19 wrestlers placed
Northfield Invite	2 wrestlers placed
Lakeville Gold (2nd Place)	8 wrestlers placed
Eastview Invite	16 wrestlers placed
Mustang Invite	13 wrestlers placed
Northfield Invite	8 wrestlers placed

### Freshman Dual Meet Results

<b>Overall Record:</b>	<b>7 Wins</b>	<b>6 Losses</b>		
<b>Section Record:</b>	<b>6 Wins</b>	<b>3 Losses</b>		
<b>Section Duals</b>				
Eastview	63	Cretin-Derham Hall	21	Win
Eastview	54	Park	28	Win
Eastview	0	Hastings	81	Loss
Eastview	45	Rosemount	30	Win
Eastview	54	Henry Sibley	30	Win
Eastview	72	Richfield	25	Win
Eastview	22	So St. Paul	57	Loss
Eastview	75	St. Thomas	24	Win
Eastview	15	Eagan	59	Loss

#### Eastview Team Tournament

Eastview 30	Fairbault	43 Loss
Eastview 42	Eden Prairie	38 Win
Eastview 21	New Prague	51 Loss
Eastview 33	Rosemount	35 Loss

#### Team State Tournament

Did not qualify

## 2015 Team Recognition

### LETTER WINNERS

Logan Estep	EV	
Trevor Sharp	EV	
Christ Abbey	EV	
Gage Greenlee	EV	2X
Mike Delich	EV	2X
Carter Epperson	EV	
Will Florin	EV	
Brendan Formanek	EV	2X
Adam Larson	EV	
Alex Lindstrom	EV	4X
Nate Luciano	EV	
Dane McDevitt	EV	
Nate Moore	EV	
Mehdi Moukrim	EV	
Ben Sammon	EV	
Logan Tse	EV	
Daniel Arehart	EV	
Collin Dolejs	EV	2X
Tim Duffy	EV	3X
Gavin Greenlee	EV	3X
Gage Alba	EV	3X
Tom Delich	EV	3X
Luke Dodd	EV	5X
Casey Dravis	EV	4X
George Farmah	EV	4X

Andre Gaubert	EV	2X
Antwoine Giles	EV	
Zach Habeck	EV	4X
Grace Hagestad	EV	
Brett Hestness	EV	4X
Moemen Ibrahim	EV	
Zach Praus	EV	4X
Jack Schliesman	EV	4X
Eric Stumpf	EV	4X
Shivang Tallapaka	EV	

### MANAGERS

Alyssa Bernloher	EV	
Brianna Peterman	EV	2X
Rachel Schmidt	EV	2X
Rayanne Hedges	EV	3X
Rachel Munos	EV	2X
Jazmine Okongo-Gwoke	EV	2X
Hannah Runge	EV	2X

### ALL CONFERENCE

Luke Dodd  
Mike Delich

### ALL CONFERENCE HONORABLE MENTION

Gage Greenlee  
Casey Dravis  
Alex Lindstrom  
Jack Schliesman  
Tim Duffy

### SOUTH SUBURBAN CONFERENCE RECORDS

Apple Valley	9-0
Prior Lake	7-2
Shakopee	7-2
Farmington	5-4
Lakeville South	5-4
Eagan	5-4
Eastview	4-5
Lakeville North	2-7
Rosemount	1-8
Burnsville	0-9

## 2015 Season Awards

### Most Valuable Varsity Wrestler of the Year

George Farmah  
Luke Dodd

### Most Valuable Junior Varsity Wrestler of the Year

Carter Epperson

### Most Valuable Freshman Wrestler of the Year

Eric Schmidt

### Most Improved Wrestler of the Year

Jack Schliesman

### Most Improved Freshman Wrestler of the Year

Logan Estep

### Junior Varsity – Varsity Drill Partner Award

Eric Stumpf

### Freshman Drill Partner Award

Jacob Laflex

### Train Like Superman Award

Luke Dodd  
Casey Dravis

### Academic Club – Gold (3.6-4.0)

Elliot Brown  
Mason Enderlein  
Zach Selchow  
Kye Brusco  
Noah Drehmel  
Aidan Johnson  
Nick Mudd  
Eric Schmidt  
Cory Brodeur  
Mike Delich  
Kenneth Le  
Nate Luciano  
Logan Tse  
Casey Dravis  
Zach Habeck  
Grace Hagestad  
Zach Praus  
Eric Stumpf  
Brooke Van Overbeke  
Alyssa Bernloher  
Erin Kronabatter  
Brianna Peterman  
Rachel Schmidt  
Kayla Thomas  
Rachel Munos

### Academic Club – Silver (3.0-3.59)

Jalen Haom  
Jacob Laflex  
Manny Phoulom-Smith  
Blake Plan  
Chris Abbey  
Carter Epperson  
Will Florin  
TJ Kuefler  
Brendan Formanek  
Adam Larson  
Alex Lindstrom  
Dane Mcdevitt  
Phil Melroe  
Mehdi Moukrim  
Collin Dolejs  
Michael Watkins  
Tom Delich  
Luke Dodd  
Andre Gaubert  
Brett Hestness  
Moemhen Ibrahim  
Jack Schliesman  
Steffi Frederickson  
Allyson Tuthill  
Skyllynn Dunkley  
Alexa Hort  
Skylar Young

Jheta'Li Gutierrez  
Abby Hallstrom  
Rayanne Hedges  
Jazmine Okongo-Owoke  
Hannah Runge

### 3-D Club Membership

Gage Greenlee  
Carter Epperson  
Kenny Le  
Collin Dolejs  
Luke Dodd  
George Farmah  
Zach Praus  
Chris Abbey  
Adam Larson  
Dane Mcdevitt  
Tom Delich  
Casey Dravis  
Zach Habeck  
Eric Stumpf

### Freshman 3-D Club Membership

Noah Drehmel  
Logan Estep  
Jacob Laflex  
Nick Mudd

### Scholar Athlete Award

Zach Praus

### Lightning Award

Casey Dravis  
Tom Delich

### John Rodin Service Award

Brendan Formanek

### Most Wins

V	Luke Dodd	40
JV	Knowledge Gutierrez	20
9th	Adam Bass	21

### Most Falls

V	Mike Delich	22
JV	Carter Epperson	15
9th	Eric Schmidt	15

### Most Takedowns

V	Alex Lindstrom	96
JV	Carter Epperson	34
9th	Adam Bass	21

### Most Team Points

V	Luke Dodd	173
JV	Knowledge Gutierrez	94
9th	Adam Bass	109



### Career Records

Wins		
M. Neundorfer	'12	158
A. Fokken	'11	147
J. Rukamp	'14	141

Falls		
A. Fokken	'11	83
J. Rukamp	'14	79
S. Hagan	'13	86

Team Points		
A. Fokken	'11	727
J. Rukamp	'14	679
M. Neundorfer	'12	624

Takedowns		
M. Neundorfer	'12	488
R. Campbell	'10	448
A. Fokken	'11	388

Reversals		
A. Fokken	'11	93
A. Fokken	'11	93

Near Falls		
M. Neundorfer	'12	167
M. Neundorfer	'12	167

### Season Records

Wins		
Luke Dodd	'15	46
M. Neundorfer	'12	28
A. Fokken	'11	30

Falls		
A. Fokken	'11	35
R. Kaser	'13	28
E. Christensen	'11	26

Team Points		
A. Fokken	'11	25
R. Kaser	'13	25
J. Mahoney	'11	25

Reversals		
J. Mahoney	'11	41
R. Kaser	'13	28
A. Fokken	'11	28

Near Falls		
M. Neundorfer	'12	41
Josh Weinberg	'13	28
Minh Nguyen	'11	28



FINISH



# South Suburban Conference - 2014-2015

## SOUTH SUBURBAN CONFERENCE STATE PLACE WINNERS

WT	NAME	PLACE	TEAM	WT	NAME	PLACE	TEAM
106	Victor Gliva	2nd	Farmington	160	Lucas Westrich	2nd	Lakeville North
106	Nate Larson	3rd	Apple Valley	160	Owen Webster	5th	Shakopee
106	Sodan Ka	5th	Eagan	160	Andrew Walock	6th	Apple Valley
113	Kyle Rathman	3rd	Apple Valley	170	Mark Hall	1st	Apple Valley
113	Alex Crowe	4th	Shakopee	170	Dalton Peterson	3rd	Lakeville South
113	Zach Smith	5th	Prior Lake	182	Luke Dodd	2nd	Eastview
120	Brent Jones	1st	Shakopee	195	Bobby Stevenson	1st	Apple Valley
120	Jamin Leduc	2nd	Farmington	195	Tristyn Hanson	2nd	Lakeville North
126	George Farmah	2nd	Eastview	220	Gable Stevenson	1st	Apple Valley
126	Wade Sullivan	3rd	Lakeville North	220	Rylee Streifel	5th	Prior Lake
132	Adam Hedin	1st	Rosemount	285	Alex Hart	1st	Prior Lake
132	Seth Elwood	5th	Apple Valley	285	Jon Zeidler	2nd	Lakeville South
145	Taylor Venz	2nd	Farmington	285	Tim Duffy	5th	Eastview
145	Kenny O'Neil	5th	Prior Lake	285	Mitchel Nelson	6th	Apple Valley
152	Joe Dubbels	5th	Eagan				

## SOUTH SUBURBAN CONFERENCE TEAMS & 2014-2015 RECORDS

1.	Apple Valley	9-0
2.	Shakopee	7-2
2.	Prior Lake	7-2
4.	Farmington	5-4
4.	Lakeville South	5-4
4.	Eagan	5-4
7.	Eastview	4-5
8.	Lakeville North	2-7
9.	Rosemount	1-8
10.	Burnsville	0-9

## Section 3AAA - 2015

### SECTION 3AAA STATE PLACE WINNERS

WT	NAME	PLACE	TEAM
106	Nate Larson	3rd	Apple Valley
106	Sodan Ka	5th	Eagan
113	Kyle Rathman	3rd	Apple Valley
120	Ty Okada	6th	East Ridge
126	George Farmah	2nd	Eastview
132	Adam Hedin	1st	Rosemount
132	Seth Elwood	5th	Apple Valley
152	Joe Dubbels	5th	Eagan
160	Garrett Beaman	3rd	Henry Sibley
160	Andrew Walock	6th	Apple Valley
170	Mark Hall	1st	Apple Valley
170	Cory Flaata	6th	Park
182	Luke Dodd	2nd	Eastview
220	Gable Stevenson	1st	Apple Valley
285	Tim Duffy	5th	Eastview
285	Mitchel Nelson	6th	Apple Valley

### EASTVIEW RESULTS AT SECTION 3AAA TOURNAMENT

WT	NAME	PLACE
106	Gage Greenlee	4th
113	Brendan Formanek	4th
120	Gavin Greenlee	3rd
126	George Farmah	1st
132	Eric Stumpf	3rd
138	Zach Habeck	5th
145	Casey Dravis	2nd
152	Alex Lindstrom	2nd
160	Collin Dolejs	3rd
170	Daniel Arehart	3rd
182	Luke Dodd	1st
195	Mike Delich	2nd
220	Tom Delich	2nd
285	Tim Duffy	2nd

### SECTION 3AAA TEAM POINTS

1st	Apple Valley	261.5
2nd	Eastview	233.5
3rd	Eagan	154
4th	Rosemount	145.5
5th	Henry Sibley	125.5
6th	Park	125
7th	East Ridge	64
8th	Burnsville	30
9th	Mpls Southwest	24.5

## EASTVIEW WRESTLING 2014-2015 HIGHLIGHTS

### The Varsity Team...

- Earned MN Academic Gold Recognition with a team GPA of 3.62.
- Earned 18 hard fought victories placing 1st at the Mounds View & Armstrong Duals.
- Had 2 wrestlers earn All-Conference Honors and 5 earn All-Conference Honorable Mention Honors.
- Placed all 14 wrestlers at Individual Sectionals and earned 2nd place honors in team points.
- Had 2 Section Champs, 7 State Qualifiers, and 3 All-State Wrestlers earning 2nd, 2nd and 5th place honors.
- Had 30 wrestlers get an opportunity to wrestle on varsity with 12 wrestlers earning at least 18 wins.
- Earned 393 match wins, 1828 team points, 199 falls, and 733 takedowns.

## VARSITY CAREER RECORDS

### FALLS

Adam Fokken	'01	83
Jacob Rukavina	'14	75
Scott Hogan	'09	66

### WINS

Mitch Rechtzigel	'12	158
Adam Fokken	'01	147
Jacob Rukavina	'14	141

### TEAM POINTS

Adam Fokken	'01	727
Jacob Rukavina	'14	679
Mitch Rechtzigel	'12	674

### 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	92
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

Luke Dodd	'15	40
Mitch Rechtzigel	'12	39
Adam Fokken	'01	38

### 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

## 2014-2015 Varsity Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Chris Abbey	2	6	3	3	-	1	-	-	-	1	9
Danny Arehart	5	3	9	7	2	3	1	-	-	3	33
Mike Delich	33	9	51	40	20	13	30	3	6	16	165
Tom Delich	18	11	25	22	6	1	4	-	1	10	89
Luke Dodd	40	5	85	40	14	18	21	8	3	13	173
Collin Dolejs	18	14	21	28	27	12	21	3	2	7	82
Casey Dravis	28	16	26	29	19	9	27	4	3	8	118
Noah Drehmel	-	1	-	-	-	-	-	-	-	-	-
Tim Duffy	31	9	43	16	19	4	4	-	-	20	153
Carter Epperson	4	8	10	10	1	2	2	1	-	2	22
Logan Estep	5	7	4	8	4	5	4	2	-	1	20
George Farmah	32	5	68	27	10	10	23	8	2	14	150
Will Florin	1	6	3	3	-	1	-	-	-	-	3
Brendan Formanek	23	11	59	24	16	9	12	5	1	9	106
Andre Gaubert	1	3	2	4	1	-	1	-	-	1	6
Gage Greenlee	21	13	36	20	11	7	12	3	2	13	109
Gavin Greenlee	11	5	17	17	10	1	6	3	-	5	51
Knowledge Gutierrez	2	3	3	3	1	-	-	-	-	1	9
Zach Habeck	18	22	52	49	10	13	12	3	3	3	75
Brett Hestness	8	12	15	9	1	3	3	-	-	5	36
Adam Larson	-	3	1	1	-	-	-	-	-	-	-
Alex Lindstrom	31	14	96	28	23	18	32	5	5	10	143
Dane McDevitt	8	12	18	17	4	1	3	-	-	8	48
Mehdi Moukrim	1	9	1	6	3	-	-	-	-	1	6
Zach Praus	10	14	18	19	8	1	2	2	-	3	44
Ben Sammon	-	2	-	-	-	-	-	-	-	-	-
Jack Schliesman	22	9	33	41	1	4	3	1	1	8	93
Trevar Sharp	2	8	2	7	-	-	-	-	-	1	9
Eric Stumpf	18	17	49	30	18	8	8	4	-	7	76
Logan Tse	-	3	2	2	-	-	1	-	-	-	-

### SEASON TEAM TOTALS

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Points
Eastview Team Totals	393	260	733	551	229	144	268	55	29	292	1828

## 2014-2015 Junior Varsity Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Chris Abbey	13	2	27	7	10	6	6	2	-	8	65
Gage Alba	11	2	16	2	3	1	4	-	-	9	54
Kobe Alba	1	5	2	2	-	-	1	-	-	1	6
Danny Arehart	9	2	12	6	3	2	3	2	-	6	44
Adam Bass	3	2	6	2	-	3	-	-	-	1	15
Cory Brodeur	16	5	22	18	7	10	3	-	2	12	86
Elliot Brown	2	1	2	4	1	-	-	-	-	2	12
Kyle Busco	1	4	-	-	-	-	-	-	-	-	6
Gustavo Diaz	1	3	1	2	-	-	-	-	-	1	-
Noah Dremmel	7	9	11	4	1	2	3	-	-	4	36
Mason Enderlein	2	1	2	1	-	-	-	-	-	2	12
Carter Epperson	19	1	34	6	9	17	18	3	3	12	86
Logan Estep	18	4	14	10	7	6	8	1	-	13	94
Tony Fiore	-	-	-	-	-	-	-	-	-	-	-
Will Florin	8	5	8	3	2	1	2	-	-	7	45
Andre Gaubert	9	2	15	6	4	3	2	1	-	5	43
Antwoine Giles	11	8	22	8	7	-	1	1	-	5	52
Knowledge Gutierrez	20	2	30	9	5	7	3	1	-	10	94
Grace Hagestad	0	3	-	-	1	-	-	-	-	-	-
Brett Hestness	3	1	8	2	2	-	5	-	-	1	11
Moemen Ibrahim	6	3	7	-	2	2	1	1	-	5	28
TJ Kuefler	7	5	9	7	5	4	2	-	-	6	33
Jacob Laffex	1	4	1	-	2	1	-	-	-	1	6
Adam Larson	10	11	13	5	6	4	8	1	-	8	55

(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
Carter Epperson	'15	35

## REVERSALS

David Phomphackdy	'13	28
Mike Redig	'06	26
Josh Weinberg	'08	22
Brian Wallenta	'04	22

FRESHMAN  
SEASON RECORDS

## FALLS

Dane McDevitt	'14	18
Matt Schumann	'13	18
Casey Dravis	'12	16

## WINS

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

## TEAM POINTS

Tom Delich	'12	143
Dane McDevitt	'14	140
Casey Dravis	'12	139

## 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

## 2014-2015 Junior Varsity Statistics

(Continued from Page 23)

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Kenny Le	18	9	30	17	14	9	16	3	1	9	59
Nate Luciano	14	5	20	10	3	1	4	1	-	6	54
Kevin Mackes	5	8	6	4	2	-	2	-	-	3	24
Dane McDevitt	2	0	2	-	-	-	-	-	-	2	12
Phil Melroe	4	13	4	14	-	-	3	-	-	3	21
Nate Moore	12	5	10	2	4	3	2	-	-	10	60
Mehdi Moukrim	11	3	21	2	4	5	5	1	1	8	55
Nick Mudd	4	2	7	5	-	-	3	-	-	2	18
Blake Plan	6	3	10	3	4	5	6	-	-	5	33
Zach Praus	7	0	12	1	1	2	5	1	-	6	40
Ben Sammon	7	11	8	5	2	2	-	-	-	5	36
Eric Schmidt	5	2	6	-	2	-	-	-	-	5	30
Zach Selchow	2	1	3	-	1	3	-	1	-	1	10
Trevor Sharp	4	3	5	3	3	-	-	-	-	1	21
Ali Shaurokhi	0	1	2	2	-	-	-	-	-	-	6
Garret Sprouce	1	4	1	1	-	-	-	-	-	1	6
Logan Tse	9	8	8	2	3	-	7	2	-	6	44
Michael Watkins	3	11	4	12	5	1	-	-	-	3	12
Nate Watkins	1	1	4	-	1	-	-	-	-	1	6
Hamsa Yusuf	9	10	18	11	1	1	2	2	-	7	44
<b>TOTALS</b>	<b>Win</b>	<b>Loss</b>	<b>TD</b>	<b>E</b>	<b>R</b>	<b>NF2</b>	<b>NF3</b>	<b>MAJ.</b>	<b>T.F.</b>	<b>Falls</b>	<b>Points</b>
Eastview Team Totals	464	199	448	198	127	101	125	24	7	203	1498

## 2014-2015 Freshman Statistics

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Zach Aden	1	5	-	-	-	-	-	-	-	-	-
Kobe Alba	3	2	3	-	-	1	-	-	-	1	15
Adam Bass	21	4	20	8	6	1	4	1	-	9	109
Elliot Brown	4	3	7	7	1	-	1	-	-	3	24
Kyle Brusco	9	7	6	9	3	1	-	-	-	4	48
Alex Burdi	3	3	3	-	-	-	1	-	-	3	18
Michael Dara	-	1	-	1	1	-	-	-	-	-	-
Noah Drehamel	16	8	15	9	3	1	2	1	-	5	82
Mason Enderlein	14	4	15	4	-	7	6	2	-	2	65
Logan Estep	9	3	9	3	7	1	3	-	-	3	42
Dylan Fredrickson	2	2	3	1	1	-	1	1	-	-	9
Spencer Hagebook	2	5	1	-	-	-	-	-	-	1	12
Jalen Haom	6	3	8	1	2	-	1	-	-	5	36
Quinn Hoffman	2	1	2	-	2	-	1	-	-	1	9
Aidan Johnson	-	2	-	1	-	-	-	-	-	-	-
Shawn Johnson	-	1	-	-	-	-	-	-	-	-	-
Tyrell Jones	2	1	3	1	1	-	-	-	1	1	6
Jacob Laflex	4	13	8	12	4	-	-	-	-	3	21
John Lesch	-	11	3	7	2	-	-	-	-	-	-
Nick Mudd	5	14	7	11	2	-	1	-	-	2	27
Manny Phoulom-Smith	-	2	2	-	-	-	-	-	-	-	-
Blake Plan	6	7	5	6	3	1	-	-	-	5	33
Rooke Rowe	1	2	1	-	-	-	1	-	-	-	3
Eric Schmidt	17	7	14	2	9	1	5	-	-	15	102
Zeke Selchow	-	3	3	2	-	1	-	-	-	-	-
Trevor Sharp	2	2	1	1	1	1	-	-	-	-	9
Garrett Sprouce	-	7	1	3	-	-	-	-	-	-	-
Anwar Suleman	2	4	-	1	1	-	-	-	-	-	12
Marvin Trammel	-	2	-	1	-	-	-	-	-	-	-
Nate Watkins	8	11	7	3	5	4	-	-	-	1	39
Khoby West	1	3	2	1	1	-	-	-	-	1	6
Muhsin Yusuf	4	7	4	2	-	-	-	-	-	1	24
<b>TOTALS</b>	<b>Win</b>	<b>Loss</b>	<b>TD</b>	<b>E</b>	<b>R</b>	<b>NF2</b>	<b>NF3</b>	<b>MAJ.</b>	<b>T.F.</b>	<b>Falls</b>	<b>Points</b>
Eastview Team Totals	144	150	153	96	5	20	27	5	1	66	751





# 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



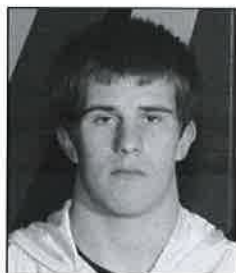
**Ty Groskreutz**  
Football, Wrestling & Baseball  
2001 Scholar Athlete  
3 Sport Letter Winner  
Team Captain



**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



**Nick Pegelow**  
Football & Wrestling  
Distinguished Scholar Athlete  
State Qualifier  
Team Captain 2014



**Jack Buck**  
Football, Wrestling, Track  
Athlete of the Year  
Three Sport Letter Winner  
Team Captain 2014



## 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.



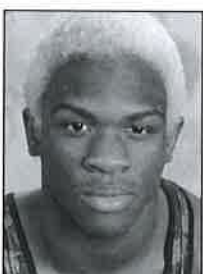
**Minh Huynh**  
2005 - 4th Place  
103 lbs.



**Mitch Rechtzigel**  
2012 - 2nd Place  
160 lbs.



**Jacob Rukavina**  
2014 - 3rd Place  
160 lbs.



**George Farmah**  
2014 - 2nd Place  
2015 - 2nd Place  
126 lbs.



**Luke Dodd**  
2015 - 2nd Place  
182 lbs.

## Section Champions

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

## 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 Groskreutz,	Something More
2010	Cody Groskreutz, Nels Pederson	Eye of the Storm
2011	Mitch Rechtzigel, Josh Blake, Ben Schmitz	Trained Tough
2012	Mitch Rechtzigel, BJ Groskreutz, 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
2015	Luke Dodd, Casey Dravis	Pain is Temporary, Pride is Forever
2016	Mike Delich, Tim Duffy, Alex Lindstrom	Think Strong-Be Strong-Finish Strong

## 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
2014	21	5	0	5	3rd	4
2015	18	7	0	4	7th	7
<b>Totals</b>	<b>274</b>	<b>175</b>			<b>.610 winning percentage</b>	

## Season Awards

### Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin
1999	Adam Fokken
2000	Adam Fokken
2001	Adam Fokken
2002	Mikey Fornicoia
2003	Nate Kocer
2004	Ryan Langlais
2005	Minh Huynh
2006	Minh Huynh & John Makabe
2007	Jacob Nelson & Dan Getzke
2008	Scott Hogan
2009	Scott Hogan
2010	Nels Pederson
2011	Mitch Rechtzigel
2012	Mitch Rechtzigel
2013	Jacob Rukavina
2014	Jacob Rukavina & George Farmah
2015	George Farmah & Luke Dodd

### 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
2014	Jack Schliesman
2015	Carter Epperson

### Most Valuable Freshman Wrestler of the Year

1998	Adam Fokken
1999	Mikey Fornicoia
2000	Bryan Lewis
2001	Steve Davis

2002	Tyler Cookas
2003	Troy Fokken
2004	Ryan Stepan
2005	Trever Sutherland
2006	Scott Hogan
2007	Cody Groskreutz
2008	Matt Galloway
2009	Brad Hogan
2010	Anthony Munos
2011	Jacob Rukavina
2012	George Farmah
2013	Tim Duffy
2014	Alex Lindstrom
2015	Eric Schmidt

### 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 Groskreutz
2013	Will Gibson
2014	Jordan Swanson
2015	Jack Schliesman

### 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 Groskreutz
2011	Erik Ehresmann
2012	Chris Bechly
2013	Anthony Munos
2014	Jack Buck & Tyler Lindgren
2015	Casey Dravis & Tom Delich

### 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 Groskreutz
2012	Billy Marks
2013	Nick Pegelow
2014	Brendan Formanek
2015	Brendan Formanek

### 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
2014	Billy Marks
2015	Luke Dodd & Brett Hestness



**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 - 3.79
2013	MN State Academic Champions - 3.74
2014	Gold Academic Team - 3.71
2015	Gold Academic Team - 3.62

**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
Jacob Rukavina	2014	141	68
Ryan Langlais	2004	139	54
Scott Hogan	2009	129	25
Kevin McBride	2003	110	84
George Farmah	2015	108	25
Mikey Fornicoia	2002	107	31
Minh Huynh	2006	100	32
Luke Dodd	2015	100	54
Anthony Munos	2013	94	62
John Makabe	2006	90	33
BJ Groskreutz	2012	85	28
Pat Dea	2004	79	57
Casey Dravis	2015	79	51
John Getzke	2003	78	46
Tony Rodin	1999	77	23
Nick Pegelow	2014	72	31
Dan Getzke	2007	70	35
David Rasmussen	2001	66	49
Jacob Nelson	2007	65	25
Ty Groskreutz	2009	65	43
Chris Shuck	2003	64	59
Josh Nelson	2006	60	52
Dijon Sanders	2009	58	44

**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)  
 Nels Pederson  
 Josh Weinberg  
 BJ Groskreutz  
 Anthony Munos  
 Jacob Rukaviona  
 George Farmah (2x)  
 Alex Lindstrom  
 Billy Marks  
 Luke Dodd (2x)  
 Nick Pegelow  
 Mike Delich

**Section Champs**

Tony Rodin  
 Adam Fokken  
 David Rasmussen  
 Mikey Fornicoia  
 James Voyles  
 Nate Kocer  
 Ryan Langlais  
 Nels Pederson  
 George Farmah (2x)  
 Luke Dodd

**State Qualifiers**

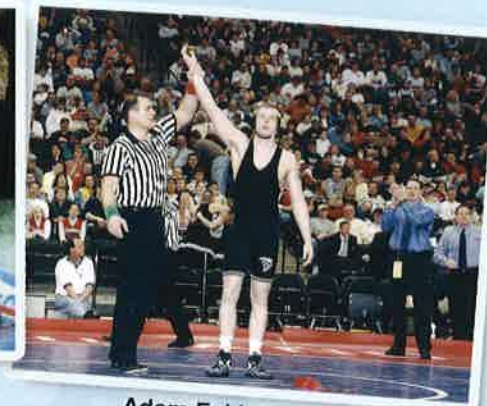
Tony Rodin	(2x)	4th Place
Brad Okonek		
Adam Fokken	(3x)	4th Place 1st Place
David Rasmussen		
Mikey Fornicoia	(2x)	6th Place
James Voyles		
Jud Turk		
Nate Kocer		6th Place
John Getzke		5th Place
Ryan Langlais	(3x)	
Pat Dea		
Steve Davis	(2x)	4th Place
Minh Huynh	(3x)	4th Place
John Makabe		
Ryan Ruckdashel		
Dan Getzke		
Chad Eul		
Jacob Nelson		4th Place
Will Jackson		
Nels Pederson		
Dijon Sanders		
BJ Groskreutz		
Mitch Rechtzigel		2nd Place
Jacob Rukavina	(3x)	3rd Place
Nick Pegelow		
George Farmah	(2x)	2nd Place 2nd Place
Luke Dodd	(2x)	2nd Place
Tim Duffy		5th Place
Casey Dravis		
Tom Delich		
Alex Lindstrom		
Mike Delich		

**Eastview State Qualifiers**

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



**Brad Okonek - 2000**  
 State Qualifier - 152 lbs.



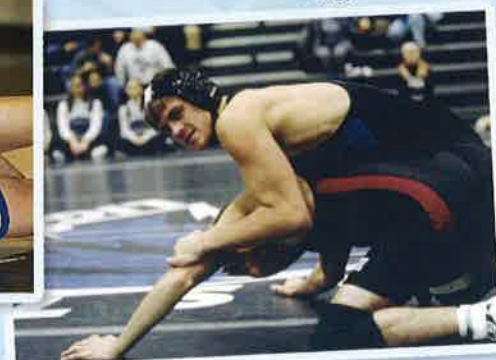
**Adam Fokken - 2001**  
 State Champion - 189 lbs.  
 4th Place - 189 lbs.



**David Rasmussen - 2001**  
 State Qualifier - 145 lbs.



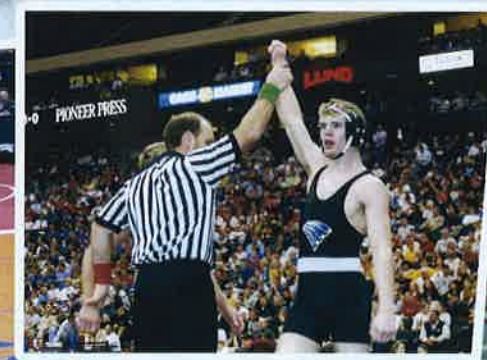
**Steve Davis - 2001**  
 4th Place - 125 lbs.



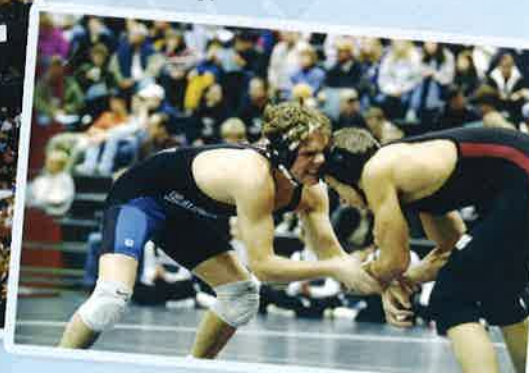
**Mikey Fornicoia - 2002**  
 6th Place - 130 lbs.



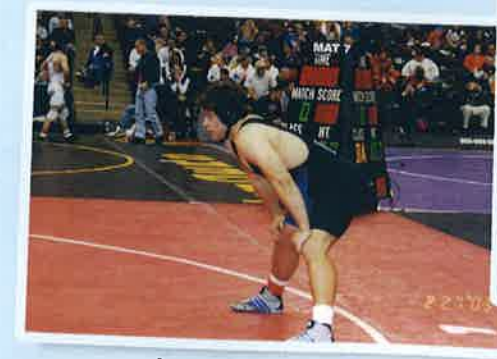
**Nate Kocer - 2003**  
 6th Place - 189 lbs.



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



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



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



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



**RYAN LANGLAIS - 2004**  
 3X STATE QUALIFIER - 160 LB  
 State Qualifier - 160 lbs.



# Eastview State Qualifiers



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



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



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



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



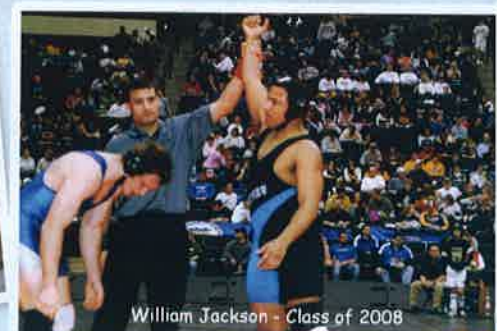
**JAKE NELSON - 130 LBS**  
STATE QUALIFIER - 2007



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



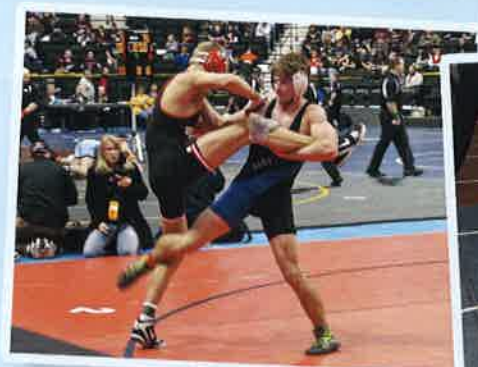
**Nels Pederson - 2009**  
State Qualifier - 152 lbs.



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



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



**Mitch Rechtzigel - 2012**  
2nd Place - 160 lbs.



**BJ Groskreutz - 2012**  
State Qualifier - 130 lbs.

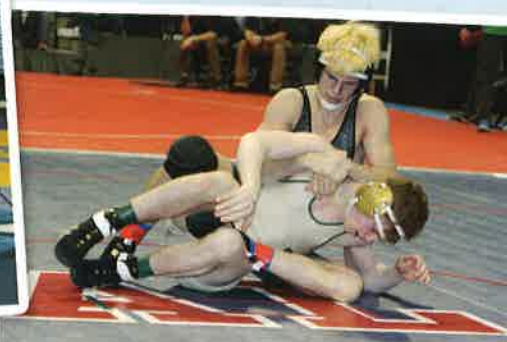
# Eastview State Qualifiers



**Jacob Rukavina - 2014**  
3rd Place - 160 lbs.



**Nick Pegelow - 2014**  
State Qualifier - 195 lbs.



**Casey Dravis - 2015**  
State Qualifier - 145 lbs.



**Tom Delich - 2015**  
State Qualifier - 220 lbs.



**George Farmah**  
2014 - 2nd Place - 126 lbs.  
2015 - 2nd Place - 126 lbs.



**Luke Dodd - 2015**  
2nd Place - 182 lbs.



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Vice President

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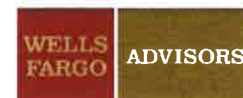
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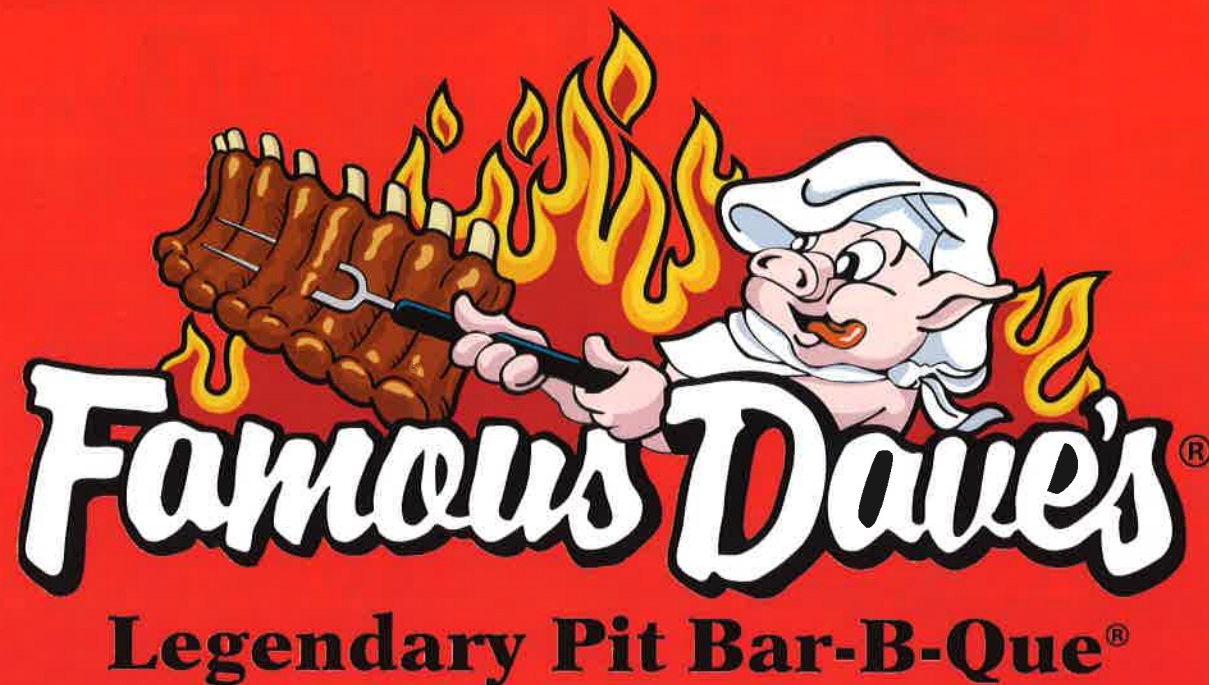


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*Best wishes to all our student athletes, coaches, team members, and fans for a fun and successful season!*





# 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!



Commitment Night 2015

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."*



# 2015-2016 WINTER SPORTS EASTVIEW LIGHTNING

## COMPETITION CHEERLEADING

DATE	OPPONENT	SITE	TIME
OCT 25	EARLY BIRD COMPETITION	KASSON-MANTORVILLE	TBA
OCT 31	UCA REGIONAL QUALIFIER	MINNETONKA	TBA
NOV 7	JAGUAR JAM COMPETITION	BLOOMINGTON/JEFFERSON	TBA
NOV 8	TWIN CITIES OPEN	HOME	TBA
NOV 14	EAST RIDGE COMPETITION	EAST RIDGE	TBA
NOV 21	PEW BULL DOG COMPETITION	PLAINVIEW-ELGIN-MILLVILLE	TBA
DEC 5	SANTA'S WORKSHOP COMPETITION	PRIOR LAKE	TBA
JAN 2	TOKKA FREEZE COMPETITION	MINNETONKA	TBA
JAN 9	JACKETS JAMBOREE	APPLE VALLEY	TBA
JAN 16	STATE TOURNAMENT	CAMBRIDGE-ISANTI	TBA
JAN 30	NATIONALS	ROY WILKINS AUDITORIUM-ST. PAUL	TBA
FEB 7		TBA	TBA
HEAD COACH: TIM NAVARRO			

## VARSITY ALPINE SKI

DATE	OPPONENT	SITE	TIME
DEC 15	LAKEVILLE NORTH/EDINA/	BUCK HILL SKI AREA	TBA
JAN 7	BURNSVILLE/LAKEVILLE NORTH/APPLE/	BUCK HILL SKI AREA	TBA
JAN 14	EDEN PRAIRIE/OKONTO/MAZATA/	BUCK HILL SKI AREA	TBA
JAN 21	LAKEVILLE SOUTH/MINNETONKA/	BUCK HILL SKI AREA	TBA
JAN 25	LAKEVILLE SOUTH/VALLEY/	BUCK HILL SKI AREA	TBA
JAN 28	ROSEMOUNT/PRIOR LAKE	BUCK HILL SKI AREA	TBA
FEB 2	CHAMPIONSHIPS (V)	BUCK HILL SKI AREA	TBA
FEB 3	ROSEMOUNT/PRIOR LAKE	BUCK HILL SKI AREA	TBA
FEB 4	SECTION 6 TOURNAMENT	BUCK HILL SKI AREA	TBA
FEB 10	SECTION 4 MEET	WILD MOUNTAIN	TBA
	SECTION 5 MEET	APTON ALPS	TBA
	STATE TOURNAMENT	GIANT'S RIDGE-BIWAABIK	TBA

## VARSITY NORDIC SKI

DATE	OPPONENT	SITE	TIME
NOV 9	SEASON START DATE	VALLEYWOOD GC	TBA
FEB 2	SECTION 1 TOURNAMENT	GIANT'S RIDGE-BIWAABIK	TBA
FEB 11	STATE TOURNAMENT		TBA

## GIRLS' VARSITY HOCKEY

DATE	OPPONENT	SITE	TIME
NOV 10	WHITE BEAR LAKE AREA	HOME+	7:00
NOV 12	BLOOMINGTON/JEFFERSON	HOME+	7:00
NOV 17	BURNSVILLE	BURNSVILLE ICE CENTER	7:00
NOV 21	SHAKOPEE	HOME+	2:00
NOV 24	FARMINGTON	HOME+	7:00
DEC 1	LAKEVILLE NORTH	AMES ARENA	7:00
DEC 5	APPLE VALLEY	HOME+	2:00
DEC 8	ROSEMOUNT	HOME+	7:00
DEC 12	LAKEVILLE SOUTH	HOME+	4:00
DEC 15	EAGAN	EAGAN ICE ARENA	7:15
DEC 17	HASTINGS	HASTINGS CIVIC ARENA	7:00
DEC 19	PRIOR LAKE	DAKOTAH ICE ARENA	5:30
DEC 22	BURNSVILLE	HOME+	7:00
DEC 29-31	TOURNAMENT	SCHWAN'S SUPER RINK	TBA
JAN 5	SHAKOPEE	SHAKOPEE ICE ARENA	7:00
JAN 9	FARMINGTON	SCHMITZ-WAKI ICE ARENA	7:00
JAN 12	LAKEVILLE NORTH	HOME+	7:00
JAN 16	APPLE VALLEY	APPLE VALLEY SPORTS ARENA	12:00
JAN 19	ROSEMOUNT	ROSEMOUNT COMMUNITY CENTER	7:00
JAN 21	ACADEMY OF HOLY ANGELS	RICHFIELD ICE ARENA	7:00
JAN 23	LAKEVILLE SOUTH	LAKEVILLE HASSE ARENA	TBA
JAN 26	EAGAN	HOME+	7:00
JAN 30	PRIOR LAKE	HOME+	2:00
FEB 1, 3	SECTION 3AA TOURNAMENT	TBA	TBA
FEB 6, 10	SECTION 3AA TOURNAMENT	VETERANS MEMORIAL COMMUNITY CENTER	TBA
FEB 17-20	STATE TOURNAMENT		TBA
+HOME SITE IS APPLE VALLEY SPORTS ARENA HEAD COACH: HERB HARVEY			

## VARSITY GYMNASTICS

DATE	OPPONENT	SITE	TIME
DEC 8	EAGAN	HOME	6:00
DEC 15	APPLE VALLEY	HOME	6:00
JAN 2	INVITATIONAL	WATERTOWN-WATER	1:00
JAN 5	ROSEMOUNT	HOME	6:00
JAN 12	LAKEVILLE NORTH	HOME	6:00
JAN 16	INVITATIONAL	LAKEVILLE NORTH	8:30AM
JAN 19	PRIOR LAKE	HOME	6:00
JAN 23	LIGHTNING INVITATIONAL	HOME	11AM
JAN 26	LAKEVILLE SOUTH	HOME	6:00
FEB 2	FARMINGTON	FARMINGTON INSTRUCTIONAL SERVICE CENTER	6:00
FEB 12	SECTION 3AA TOURNAMENT	EAST RIDGE	TBA
FEB 19-20	STATE TOURNAMENT	U OF M SPORTS PAVILION	TBA
HEAD COACH: KIM WILKINSON			

## BOYS' VARSITY HOCKEY

DATE	OPPONENT	SITE	TIME
NOV 28	EAST RIDGE	HOME+	2:00
DEC 1	HASTINGS	HASTINGS CIVIC CENTER	7:30
DEC 3	ST. THOMAS ACADEMY	HOME+	8:00
DEC 5	APPLE VALLEY	HOME+	12:00
DEC 10	ROSEMOUNT	HOME+	7:00
DEC 12	EAGAN	EAGAN ICE ARENA	7:15
DEC 17	PRIOR LAKE	DAKOTAH ICE ARENA	3:00
DEC 19	BURNSVILLE	HOME+	7:00
DEC 23	TOURNAMENT	SCHWAN'S SUPER RINK	5:30/TBA
DEC 28-30	TOURNAMENT	CRETON-DERHAM HALL	2:00
JAN 2	SHAKOPEE	HOME+	7:00
JAN 7	FARMINGTON	SCHMITZ-WAKI ICE ARENA	3:00
JAN 14	LAKEVILLE NORTH	HOME+	7:00
JAN 16	APPLE VALLEY	APPLE VALLEY SPORTS ARENA	2:00
JAN 21	ROSEMOUNT	ROSEMOUNT COMMUNITY CENTER	7:00
JAN 23	LAKEVILLE SOUTH	LAKEVILLE HASSE ARENA	TBA
JAN 28	EAGAN	HOME+	7:00
JAN 30	PRIOR LAKE	HOME+	6:00
FEB 4	BURNSVILLE	BURNSVILLE ICE CENTER	7:00
FEB 6	SHAKOPEE	SHAKOPEE ICE ARENA	3:00
FEB 11	LAKEVILLE NORTH	AMES ARENA	7:00
FEB 13	FARMINGTON	HOME+	2:00
FEB 16, 18	SECTION 3AA TOURNAMENT	TBA	TBA
FEB 20	SECTION 3AA TOURNAMENT	VETERANS MEMORIAL COMMUNITY CENTER	TBA
FEB 25	SECTION 3AA TOURNAMENT	RIDGE ARENA	TBA
FEB 26, 27, 4-5	STATE TOURNAMENT		TBA
+HOME SITE IS APPLE VALLEY SPORTS ARENA HEAD COACH: DREY BRADLEY			

## PI VARSITY FLOOR HOCKEY

DATE	OPPONENT	SITE	TIME
JAN 11	ROCHESTER RAIDERS	HOME+	5:30
JAN 13	ST. PAUL HIGHLAND - ADAPTED	AWAY	4:30
JAN 20	ST. PAUL HUMBOLDT ADAPTED	AWAY	4:30
JAN 25	MINNEAPOLIS ADAPTED	HOME	4:30
JAN 27	ST. PAUL HUMBOLDT ADAPTED	HOME+	6:00
JAN 28	BURN/FARM/LAKE	HOME+	6:00
FEB 1	SOUTH SUBURBAN - ADAPTED	AWAY	4:30
FEB 4	ROCHESTER RAIDERS	AWAY	6:00
FEB 10	ST. PAUL HIGHLAND PARK - ADAPTED	HOME+	6:00
FEB 17	MINNEAPOLIS ADAPTED	AWAY	4:30
FEB 22	BURN/FARM/LAKE	AWAY	4:30
FEB 25	SOUTH SUBURBAN - ADAPTED	HOME+	6:00
FEB 29	PLAYOFFS	APPLE VALLEY	TBA
MAR 11	STATE TOURNAMENT	TBA	TBA
+HOME SITE IS APPLE VALLEY HEAD COACH: BRETT SACK			

## CI VARSITY FLOOR HOCKEY

DATE	OPPONENT	SITE	TIME
JAN 14	WINONA ADAPTED	AWAY	4:30
JAN 19	SOUTH WASHINGTON - ADAPTED	HOME	4:30
JAN 26	NEW PRAGUE ADAPTED	AWAY	4:30
JAN 28	SOUTH SUBURBAN - ADAPTED	HOME	4:30
FEB 2	MINNEAPOLIS EDISON	HOME	4:30
FEB 4	BURN/FARM/LAKE	MCQUIRE MS	4:30
FEB 9	OWATONNA ADAPTED	AWAY	4:30
FEB 11	ST. PAUL HUMBOLDT ADAPTED	AWAY	4:30
FEB 18	NEW PRAGUE ADAPTED	HOME	4:30
FEB 23	WINONA ADAPTED	HOME	4:30
FEB 23	MINNEAPOLIS EDISON	AWAY	4:30
MAR 1	PLAYOFFS	TBA	4:30
MAR 11	STATE TOURNAMENT	TBA	TBA
HEAD COACH: BRETT ROSIDOWSKI			

## VARSITY WRESTLING

DATE	OPPONENT	SITE	TIME
DEC 3	MOUNDS VIEW/WOODBURY/EASTVIEW	MOUNDS VIEW	5:00
DEC 4	EASTVIEW DUALS	HOME	5:00
DEC 10	APPLE VALLEY (TAKEDOWN CANCER NIGHT)	AWAY	7:00
DEC 11	CHAMPLIN PARK	AWAY	7:00
DEC 18-19	BI-STATE CLASSIC	ROCHESTER	TBA
JAN 8	LAKEVILLE SOUTH	HOME	7:00
JAN 9	MOUNDS VIEW INVITATIONAL	MOUNDS VIEW	9AM
JAN 15	FARMINGTON	HOME	7:00
JAN 16	LIGHTNING INVITATIONAL	HOME	10AM
JAN 21	LAKEVILLE NORTH	HOME	7:00
JAN 22	ROSEMOUNT/SHAKOPEE	ROSEMOUNT	5:00
JAN 28	EAGAN/APPLE VALLEY/EASTVIEW	EAGAN	TBA
JAN 30	INVITATIONAL	ARMSTRONG, PLYMOUTH MN	9AM
FEB 4	PRIOR LAKE	HOME	7:00
FEB 5	INVITATIONAL	MOUND WESTONKA	5:00
FEB 12	SECTION 2AAA TEAM TOURNAMENT	APPLE VALLEY	TBA
FEB 19-20	SECTION 2AAA		
FEB 25-27	INDIVIDUAL TOURNAMENT	TBA	TBA
FEB 28	STATE TOURNAMENT	XCCEL ENERGY CENTER	TBA
HEAD COACH: KURT HABECK			

**SCHEDULE IS SUBJECT TO CHANGE.  
FOR UP-TO-DATE INFORMATION GO TO  
[WWW.DISTRICT96.ORG/EVHS](http://WWW.DISTRICT96.ORG/EVHS)**

## BOYS' VARSITY BASKETBALL

DATE	OPPONENT	SITE	TIME
NOV 24	HASTINGS	AWAY	7:00
NOV 28	QUAKRA	HOME	9:00
DEC 1	NORTH	HOME	7:00
DEC 3	EDEN PRAIRIE	AWAY	7:00
DEC 8	EAGAN	AWAY	7:00
DEC 11	BURNSVILLE	HOME	7:00
DEC 15	LAKEVILLE NORTH	AWAY	7:00
DEC 18	APPLE VALLEY	AWAY	7:00
DEC 19	EAU CLAIRE NORTH	HOME	5:00
DEC 29	HOPKINS	AUGSBURG	7:00
DEC 30	SIBLEY	AUGSBURG	3:00
DEC 31	CHAMHASSEN	AUGSBURG	2:00
JAN 5	ROSEMOUNT	HOME	6:00
JAN 7	PRIOR LAKE	HOME	7:00
JAN 12	LAKEVILLE SOUTH	HOME	7:00
JAN 15	FARMINGTON	AWAY	7:00
JAN 19	SHAKOPEE	HOME	6:00
JAN 22	EAGAN	HOME	7:00
JAN 26	BURNSVILLE	AWAY	7:00
JAN 29	LAKEVILLE NORTH	HOME	7:00
FEB 2	ROSEMOUNT	AWAY	7:00
FEB 5	APPLE VALLEY	AWAY	5:45
FEB 9	PRIOR LAKE	AWAY	7:00
FEB 12	FARMINGTON	HOME	7:00
FEB 16	LAKEVILLE SOUTH	AWAY	7:00
FEB 19	SHAKOPEE	AWAY	7:30
FEB 24	SECTION 3AAAA QUARTER FINAL	TBA	TBA
FEB 27	SECTION 3AAAA SEMI-FINAL	FARMINGTON	TBA
MAR 3	SECTION 3AAAA FINAL	FARMINGTON	TBA
MAR 9-12	STATE TOURNAMENT	TBA	TBA
HEAD COACH: PAUL GOETZ			

## GIRLS' VARSITY BASKETBALL

DATE	OPPONENT	SITE	TIME
NOV 27-28	INVITATIONAL	HAMLINE UNIVERSITY	5:45/7:30
DEC 8	PARK	HOME	7:00
DEC 10	MINNETONKA	HOME	7:00
DEC 15	LAKEVILLE NORTH	AWAY	7:00
DEC 18	APPLE VALLEY	AWAY	5:45
DEC 28-30	ST. OLAF CLASSIC INVITATIONAL	ST. OLAF COLLEGE	6:45/8:30/10:00
JAN 5	ROSEMOUNT	HOME	7:30
JAN 9	SIBLEY	HOME	7:00
JAN 12	LAKEVILLE SOUTH	AWAY	7:00
JAN 14	FARMINGTON	HOME	7:00
JAN 16	ST. MICHAEL - ALBERTVILLE	AWAY	2:30
JAN 19	SHAKOPEE	HOME	7:30
JAN 22	EAGAN	AWAY	7:00
JAN 26	BURNSVILLE	HOME	7:00
JAN 28	LAKEVILLE NORTH	AWAY	7:00
FEB 2	ROSEMOUNT	AWAY	6:00
FEB 5	APPLE VALLEY	HOME	7:15
FEB 9	PRIOR LAKE	HOME	7:00
FEB 12	FARMINGTON	AWAY	7:00
FEB 16	LAKEVILLE SOUTH	HOME	7:00
FEB 19	SHAKOPEE	AWAY	6:00
FEB 23	EAGAN	HOME	7:00
FEB 26	BURNSVILLE	AWAY	7:00
MAR 2	SECTION 3AAAA QUARTER FINAL	TBA	TBA
MAR 5	SECTION 3AAAA SEMI-FINAL	TBA	TBA
MAR 10	SECTION 3AAAA FINAL	TBA	TBA
MAR 15-19	STATE TOURNAMENT	TBA	TBA
HEAD COACH: MOLLY KASPER			

## BOYS' VARSITY SWIMMING/DIVING

DATE	OPPONENT	SITE	TIME
DEC 11	EAGAN	DAKOTA HILLS MS	6:00
DEC 18	PRIOR LAKE	HOME+	6:00
JAN 5	LAKEVILLE SOUTH	HOME+	6:00
JAN 8	LAKEVILLE NORTH	KENWOOD TRAIL MS	6:00
JAN 15	MCQUIRE (D)	AWAY	5:00
JAN 15	FARMINGTON	HOME+	6:00
JAN 21	ROSEMOUNT	ROSEMOUNT MS	6:00
JAN 26	APPLE VALLEY	HOME+	6:00
FEB 5	BURNSVILLE (S)	AWAY	6:00
FEB 9	SHAKOPEE	HOME+	6:00
FEB 13	CHAMPIONSHIP MEET	LEVY DODGE MS	1:00
FEB 24-26	SECTION 3AA TOURNAMENT	UNIV. OF MINN.	TBA
MAR 3-5	STATE TOURNAMENT	RICHFIELD	TBA
+HOME SITE IS FALCON RIDGE MS HEAD COACH: MARK TOLLEFSON			

## VARSITY DANCE

DATE	OPPONENT	SITE	TIME
NOV 24	JAZZ MEET	FARMINGTON	7:00
DEC 1	JAZZ MEET (V/JV)	LAKEVILLE NORTH	7:00
DEC 8	KICK MEET	LAKEVILLE SOUTH	7:00
DEC 12	LIGHTNING INVITATIONAL	HOME	9AM
DEC 15	KICK MEET (V/JV)	PRIOR LAKE	7:00
DEC 19	JAZZ & KICK		
	CHAMPIONSHIPS (V/JV)	LAKEVILLE NORTH	11AM
FEB 6	SECTION 1AAA TOURNAMENT	BLOOMINGTON KENNEDY	7:00
FEB 12-13	STATE TOURNAMENT	TARGET CENTER	
HEAD COACH: JENNY RAICHE			



# 2015-2016 Eastview Wrestling



## Eastview Lightning Schedule

DATE	OPPONENT	SITE	TIME
Saturday, Nov. 21	Eastview (K-8) Tournament	Eastview	9:00 am
Tuesday, Nov. 24	Intra-Squad Practice / Scrimmage (EVAA Night)	Eastview	6:00 pm
Thursday, Dec. 3	Woodbury / Mounds View	Mounds View	5:00 pm
Friday, Dec. 4	Eastview Duals	Eastview	5:00 pm
Thursday, Dec. 10	Apple Valley (Takedown Cancer)	Apple Valley	7:00 pm
Friday, Dec. 11	Faribault / Champlin Park / Andover	Champlin Park	4:00 pm
Sunday, Dec. 13	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Fri-Sat, Dec. 18-19	MN Christmas Tournament (V)	Rochester	2:00pm / 9:30am
Saturday, Dec. 19	Northfield Invitational (JV-9)	St. Olaf College	9:30 am
Tue-Wed, Dec. 29-30	Bi-State Classic (V)	La Crosse, WI	10:00 am
Wednesday, Dec. 30	Winona Tourney (JV)	Winona, MN	9:00 am
Friday, Jan. 8	Lakeville South (Alumni & EWB Family Night)	Eastview	7:00 pm
Saturday, Jan. 9	Mustang Duals (V)	Mounds View	9:00 am
	Mustang Invite (JV)	Irondale	9:00 am
Friday, Jan. 15	Farmington (Traveling / Super Fan Night)	Eastview	7:00 pm
Saturday, Jan. 16	Lightning Invitational	Eastview	10:15 am
Thursday, Jan. 21	Lakeville North (Parents Night)	Eastview	7:00 pm
Friday, Jan. 22	Rosemount / Shakopee	Rosemount	7:00 pm
Thursday, Jan. 28	Eagan	Eagan	7:00 pm
Saturday, Jan. 30	Armstrong Team Tournament	Armstrong	9:00 am
Thursday, Feb. 4	Prior Lake (Senior Night)	Eastview	7:00 pm
Friday, Feb. 5	Mound-Westonka Invite (JV)	Mound-Westonka	5:00 pm
Saturday, Feb. 6	South Suburban Invite (JV-9)	Lakeville South	10:00 am
Friday, Feb. 12	Section 2 Team Tournament	Apple Valley	3:00 pm
Fri-Sat, Feb. 19-20	Section 2 Individual Tournament	Eastview	4:30 / 11:00
Thur-Sat, Feb. 25-27	State Tournament	Xcel Energy	TBD
Sun, Mar. 13	Wrestling Banquet	Rosemount CC	4:30 pm
Sat, April 2	Thunderbolts Freestyle Tournament	Eastview	10:00 am