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**EASTVIEW WRESTLING**  
**SEASON REVIEW**  
**2022-2023**

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**Kaizen:** Continuous Improvement!

**COMMITMENT TO EXCELLENCE**



# EASTVIEW WRESTLING

## TEAM 2023: KAIZEN: Continuous Improvement!

Congratulations to each of the wrestlers for successfully completing the season. Eastview Wrestling season's motto was: **KAIZEN: Constant Daily Learning & Improvement!** Team 2023 focused on the process of knowing themselves and improving their weaknesses. They focused on "What can I learn today? How can I become better tomorrow?" The process of learning was our focus instead of wins and losses. In the end, we had much more success with this approach.

Team 2023 participated in wrestling training sessions, super group, attending the Augsburg Technique, Ohio Team Camp. Many wrestlers attended camps or clubs outside of Eastview. All of the accomplishments this year were directly related to the hard work of our athletes as they strived to continually improve.

The Eastview wrestling team read *Chop Wood, Carry Water* to learn how to fall in love with the process of becoming great. The team learned they are building their own house every day in everything they do. They learned the only difference about today is who you become in the process! Each wrestler was encouraged to Take Risks, don't be afraid to Fail, Learn, and Repeat until Successful! Physical and mental training allowed the wrestlers to develop a Predator Mindset and focus on W.I.N. (What's Important Now). Below are a few highlights of the 2023 season.

### The Freshman Team...

- ◆ Had 10 freshman and 3 middle school wrestlers learn the sport and compete during the season.
- ◆ Earned 4 dual meet victories including a 2<sup>nd</sup> place finish in the Section 4 Dual Schedule.
- ◆ Earned 4<sup>th</sup> place at the Eastview Duals
- ◆ Had 8 wrestlers place at individual regions, 4 wrestlers qualify for 9<sup>th</sup> Grade State with 2 place winners.
- ◆ Earned 78 match wins, 350 team points, 44 falls, and 113 takedowns.

### The Junior Varsity Team...

- ◆ Earned 18 dual meet wins and placed 3<sup>rd</sup> in the South Suburban Conference Tournament.
- ◆ Placed 1<sup>st</sup> at the Eastview Duals and had 15 wrestlers place at the SSC Tournament.
- ◆ Several wrestlers were able to participate in varsity tournaments and competitions during the season.
- ◆ Had 10+ wrestlers provide the depth needed to fulfill the varsity team's needs.
- ◆ Earned 285 match wins, 1438 team points, 201 falls, and 413 takedowns.

### The Varsity Team...

- ◆ Earned MN Academic Gold Recognition with a team GPA of 3.85.
- ◆ Earned 18 hard fought victories competing at the highest level including 4 conference wins.
- ◆ Had 7 wrestlers earn All-Conference and 3 earn All Conference Honorable Mention Honors.
- ◆ Placed 13 wrestlers at Individual Sectionals with 11 placing in the top six & 12 earn Academic Recognition.
- ◆ Had 4 Girls at Sectional qualifier with 3 placing and 1 State Qualifier.
- ◆ Had 4 boys and 1 girl State Qualifiers with 4 earning All-State honors at the State Championships.
- ◆ Had 24 wrestlers get an opportunity to wrestle on varsity with 11 wrestlers earn at least 10 wins.
- ◆ Earned 349 match wins, 1834 team points, 207 falls, and 498 takedowns.

The Class of 2023 includes 9 dedicated wrestlers who experienced many successes while living the mottos: GDT - Grit-Determination-Triumph, Own the Moment, Embrace the Corner and this year's motto: Kaizen! The senior class will graduate having earned 345 wins, 207 falls, and 1864 team points.

As we begin preparing for next season, the **Senior Class of 2024** must ask themselves - How good do I want our team to be? The leadership the seniors provide over the next 11 months will ultimately determine Team 2024's success! In order for Eastview to raise the bar and achieve more, each of us must commit to make the needed changes. The **Coaching Staff** must provide opportunities and inspire those involved to make the improvements needed. **Wrestlers** need to motivate teammates to work harder, make greater sacrifices, and do all the little things needed to become a champion. **Parents** must continue their commitment and work with the wrestlers and coaching staff to raise expectations. The future success of Eastview's wrestling program is dependent on each of us taking ownership in our roles.

REMEMBER: Each of us is building our own house. *Build Wisely!*

**Coach Fornicoia**



# Eastview Wrestling

**Captains:** Alex Baccoli, Ethan Dupont, Nolan Enderlein, Ezra Formaneck

**2022-2023 Season**

## 7<sup>th</sup> GRADE

ARYAN KARIMNEJAD

## FRESHMAN

EMANUEL ANDERSON  
 DIEGO CAFFIERI  
 TINO CAFFIERI  
 HAYDON CAYLOR  
 AIDEN FROST  
 AMANUEL GETACHEW  
 ALEX HERRERA  
 MATTHEW JACOBSON  
 KAYAN KARIMNEJAD  
 RYAN LAYEUX  
 KIERNAN LEE  
 SPENCER LEE  
 PIERCE LEWIS  
 BEAU MCKENZIE  
 MARCUS MCKINLEY  
 LOGAN MYERS  
 ABDUL OSMAN  
 THOMAS SCHMIDT  
 CAITLYN TIGHE  
 MATTHEW WAGNER

## SOPHOMORES

JACK BAUER  
 KYE BROUCHET  
 AIDEN ENDERLEIN  
 KIAN GHOBADI  
 LANDON ODEGARD  
 ELSIE OLSON  
 ZAKARIA OSMAN  
 LOGAN OSTLER  
 LEVI RUYLE  
 BROCK TAYLOR  
 ELI ZILLHARDT

## SENIORS

ALEX BACCOLI  
 ETHAN DUPONT  
 NOLAN ENDERLEIN  
 EZRA FORMANECK  
 JUAN GONZALEZ  
 DILLON LAUNDRIE  
 CALVIN LEMA  
 DAMIEN MOGERE  
 BEN NGUYEN

## JUNIORS

SAM COHEN  
 AYDEN COLUMBUS  
 AUSTIN FINNE  
 COLTON HANNEMAN  
 DAT HOANG  
 SAQIB KANWAR  
 JANELLE MENDEZ  
 JACK MCNEELY  
 RILEY MYERS  
 TODD OSTLER  
 ADONAY SEMIE

## PRINCIPAL

Bruce Miller

## Athletic Director

Matt Percival

## Coaches

Nick Fornicoia  
 John Prokopowicz  
 Kurt Habeck  
 Todd Frost  
 Travis Lee  
 Ron McClure  
 Josh Nelson  
 Dean Stockwell  
 Chad Wentzel  
 Tristin Faust  
 Chris Abbey  
 Eric Schmidt  
 Mikey Fornicoia  
 Luke Habeck

## Nickname

Lightning

## School Colors

Black, Blue, Silver, White

## Managers

Emma Kelley  
 Sofia Arceo  
 Faylin Hetland  
 Nandini Ghadge  
 Abbey McFadden

## Conference

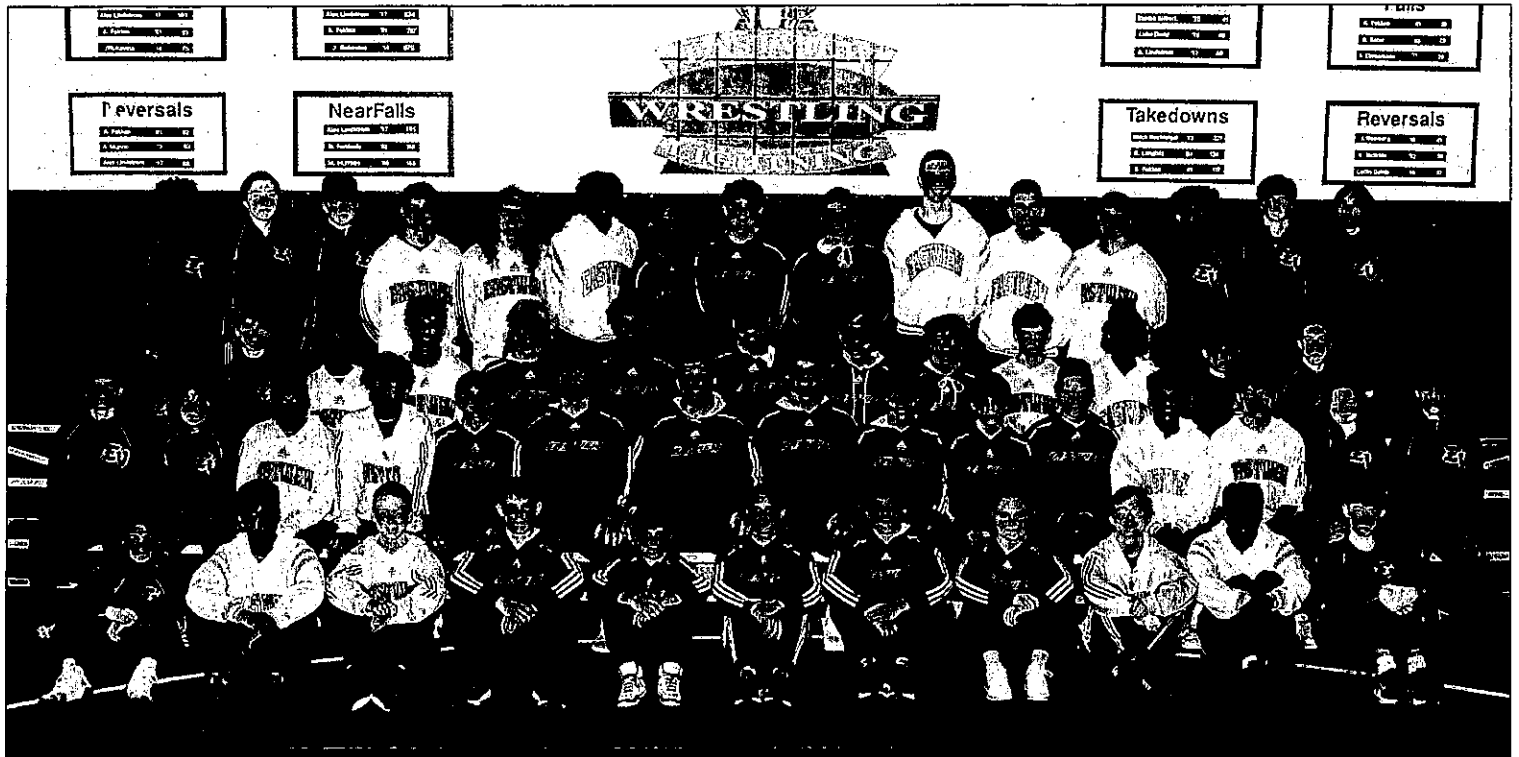
South Suburban

## Section

2AAA

\*Captains





# Kaizen: Continuous Improvement

## 2022-2023 Eastview Wrestling

In sport we are always looking for ways to improve our skills and techniques. Each season at Eastview Wrestling we have a team motto or mantra that we use as motivation during the long season. **Kaizen: Continuous Improvement** is this year's axiom that we will adhere to.

***Kaizen Definition:** A Japanese word that means "continual improvement." It's a philosophy that says you can never get everything right the first time, and there's always room for improvement. It's a philosophy of continuous improvement in your systems and processes. The idea is to keep improving day-to-day at every step of the process. Kaizen means making small improvements throughout the day, every day.*

Continuous improvement that will lead us to reach our team and individual goals on the mat, and in life. Striving for improvement each time we practice and in the classroom.

Many wrestlers have skills or techniques that they are adept — something that they do better than the average athlete, yet those skills need to be worked on as much as those pesky trouble areas. There is a common saying in sports, "Improve 1% each day", this is very similar to Kaizen, except using the continuous improvement does not 'limit' one by a measurable amount. We will seek out those areas and times where we can improve.

We can look at our international wrestlers showing examples of continual improvement.

David Taylor is one of the most decorated collegiate and international wrestlers of our time.

There is a video of Taylor at an early age where during an interview he said that he lost a lot during his first year of the

sport but kept improving and coming back for more. He wrestled in high school in Ohio where he was a four-time state champion going 182-2 AND graduated with a 4.0 GPA. He wrestled collegiately for Penn State where:

He was 4X Big Ten Champion for Penn State University.

Taylor was a 2x NCAA Champion, (4X finalist) and voted two times as the best college wrestler. Hodges Trophy winner (Wrestling's Heisman trophy).

He finished his career with 134 wins 3 losses with 50 pins and 42 tech falls. Dominate. He has gone on to a stellar international freestyle career.

After graduating, he entered the Senior Level international ranks, however, he could not beat Kyle Dake and Jordan Burroughs, both outstanding mainstays of the United States Team. After working on his craft, he met up with Burroughs in 2021 for a Flo Wrestling event and finally bested the 5-time World Champion!

There are YouTube videos of David working out, always seeking to improve his wrestling, his technique, being inventive — even after a devastating knee injury, he looked for ways to continuously improve.

Many of us are not going to be a David Taylor, that is not the point. The point is he worked very hard for what he has earned and for where he is now.

Watching matches on video, coming in early to the room, staying late, watching what we put into our bodies, are all ways to continually improve. Moreover, developing this mindset will permeate to other areas of our lives, and after the headgear is taken off for the final time, **Kaizen: Continuous Improvement** will be ingrained into our daily lives.

# MN ACADEMIC

## GOLD 2023

2<sup>nd</sup> Place AAA  
EASTVIEW WRESTLING  
3.85 TEAM GPA



# **SECTION 2AAA**

## **ACADEMIC TEAM**

**106 NOLAN ENDERLEIN**  
**120 AIDEN ENDERLEIN**  
**126 TODD OSTLER**  
**132 AYDEN COLUMBUS**  
**138 SAM COHEN**  
**145 LOGAN MYERS**  
**152 PIERCE LEWIS**  
**160 THOMAS SCHMIDT**  
**170 AIDEN FROST**  
**182 EZRA FORMANECK**  
**220 JACK BAUER**  
**285 ALEX BACCOLI**



# Wrestling CAMPS



Eastview Wrestling Camp



Augsburg Technique Camp



Off-Season Training Club



Summer Training



Team Bonding in Ohio

# TEAM 2023 RECOGNITION

## LETTER WINNERS

Alex Baccoli	EV	4X
Ethan Dupont	EV	3X
Nolan Enderlein	EV	4X
Ezra Formaneck	EV	5X
Juan Gonzalez	EV	
Dillon Laundrie	EV	
Calvin Lema	EV	3X
Damien Mogere	EV	3X
Ben Nguyen	EV	
Sam Cohen	EV	2X
Ayden Columbus	EV	2X
Colton Hanneman	EV	2X
Saqib Kanwar	EV	
Jack McNeely	EV	2X
Riley Myers	EV	2X
Todd Ostler	EV	2X
Jack Bauer	EV	2X
Kye Brouchet	EV	
Aiden Enderlein	EV	3X
Landon Odegard	EV	3X
Elsie Olson	EV	2X
Logan Ostler	EV	2X
Levi Ruyle	EV	3X
Brock Taylor	EV	
Eli Zillhardt	EV	
Aiden Frost	EV	3X
Kayan Karimnejad	EV	
Spencer Lee	EV	3X
Pierce Lewis	EV	3X
Logan Myers	EV	2X
Thomas Schmidt	EV	3X
Aryan Karimnejad	EV	

## ALL CONFERENCE

Alex Baccoli  
Nolan Enderlein  
Ezra Formaneck  
Ethan Dupont  
Riley Myers  
Aiden Enderlein  
Elsie Olson

## HONORABLE MENTION

Jack Bauer  
Spencer Lee  
Pierce Lewis

## SOUTH SUBURBAN RECORDS

Apple Valley	9-0
Shakopee	8-1
Rosemount	6-3
Farmington	5-4
Prior Lake	5-4
Eastview	4-5
Eagan	4-5
Lakeville North	3-6
Burnsville	1-8
Lakeville South	0-9

	Wins	Losses	Ties	Conf. Wins	Conf. Place	State Qualifiers
1998	3	19	1	1	9 <sup>th</sup>	1
1999	6	14	1	2	7 <sup>th</sup>	2
2000	18	4	0	7	2 <sup>nd</sup>	3
2001	14	8	0	5	5 <sup>th</sup>	4
2002	16	9	0	6	4 <sup>th</sup>	3
2003	21	5	1	7	2 <sup>nd</sup>	4
2004	13	15	0	4	5 <sup>th</sup>	3
2005	12	14	0	3	7 <sup>th</sup>	3
2006	24	7	0	8	2 <sup>nd</sup>	3
2007	13	7	0	5	4 <sup>th</sup>	3
2008	14	10	0	5	4 <sup>th</sup>	0
2009	18	9	0	7	2 <sup>nd</sup>	2
2010	21	6	0	8	2 <sup>nd</sup>	0
2011	14	13	0	4	4 <sup>th</sup>	0
2012	12	15	0	2	7 <sup>th</sup>	3
2013	16	8	0	4	4 <sup>th</sup>	1
2014	21	5	0	5	3 <sup>rd</sup>	4
2015	18	7	0	4	7 <sup>th</sup>	7
2016	16	9	0	4	6 <sup>th</sup>	5
2017	17	9	0	4	6 <sup>th</sup>	2
2018	9	14	0	4	5 <sup>th</sup>	1
2019	16	10	0	5	5 <sup>th</sup>	1
2020	18	8	0	6	4 <sup>th</sup>	2
2021	18	12	0	5	4 <sup>th</sup>	5
2022	18	7	0	6	4 <sup>th</sup>	6
2023	15	12	0	4	6 <sup>th</sup>	5

**Totals 404 wins 253 losses .614 winning percentage**



# 2022 – 2023 STATISTIC LEADERS

	VARSITY		JUNIOR VARSITY		FRESHMAN	
<b>WINS</b>	Ezra Formanek	42	Brock Taylor	22	Aiden Frost	15
	Nolan Enderlein	41	Aryan Karimnejad	18	Ryan Layeux	11
	Alex Baccoli	38	Damien Mogere	17	Aryan Karimnejad	8
<b>FALLS</b>	Nolan Enderlein	31	Brock Taylor	15	Aiden Frost	8
	Ezra Formanek	25	Colton H/Aryan K	14	Marcus M/Aryan K	6
	Alex Baccoli	24	Damien/L. Odegard	13	Ryan Layeux	5
<b>TEAM POINTS</b>	Nolan Enderlein	237	Brock Taylor	112	Aiden Frost	60
	Ezra Formanek	220	Aryan Karimnejad	96	Aryan Karimnejad	45
	Alex Baccoli	210	Damien Mogere	90	Ryan L/Marcus M	39
<b>TAKEDOWNS</b>	Ezra Formanek	57	Aryan Karimnejad	41	Aryan Karimnejad	17
	Aiden Enderlein	53	Kian Ghobadi	26	Marcus McKinley	15
	Nolan Enderlein	48	Colton Hanneman	25	Aiden Frost	12
<b>NEAR FALLS</b>	Aiden Enderlein	31	Aryan Karimnejad	17	Aiden Frost	10
	Ezra Formanek	27	Colton Hanneman	12	Ryan Layeux	9
	Nolan Enderlein	22	Damien M/Brock T	11	Pierce L/Marcus M	5
<b>REVERSALS</b>	Pierce Lewis	20	Brock Taylor	13	Kayan Karimnejad	4
	Jack Bauer	14	Eli Z/Colton H	12	Pierce Lewis	4
	Nolan Enderlein	13	Damien Mogere	9	Aiden F/Aryan K	4



# Eastview Wrestling Season Awards – 2023

## 3-D Club Membership

Alex Baccoli	Jack Bauer
Nolan Enderlein	Sam Cohen
Landon Odegard	Eli Zillhardt

## Freshman 3-D Club Membership

Aiden Frost	Kayan Karimnejad
Ryan Layeux	

## Most Falls

V – Nolan Enderlein - 31  
 JV – Brock Taylor - 15  
 9<sup>th</sup> – Aiden Frost - 8

## Most Takedowns

V – Ezra Formanek - 57  
 JV – Aryan Karimnejad - 41  
 9<sup>th</sup> – Aiden Frost - 10

## Most Team Points

V – Nolan Enderlein - 237  
 JV – Brock Taylor - 112  
 9<sup>th</sup> – Aiden Frost - 60

## Academic Club – Gold (3.5-4.0)

Alex Baccoli	Nolan Enderlein
Ezra Formanek	Sam Cohen
Austin Finne	Jack McNeely
Riley Myers	Todd Ostler
Adonay Semie	Aiden Enderlein
Zakaria Osman	Logan Ostler
Brock Taylor	Eli Zillhardt
Tino Caffieri	Aiden Frost
Alex Herrera	Ryan Layeux
Kayan Karimnejad	Kiernan Lee
Spencer Lee	Pierce Lewis
Logan Myers	Thomas Schmidt
Aryan Karimnejad	Nandini Ghadge
Emma Kelley	Abbey McFadden

## Academic Club – Silver (3.0-3.49)

Ayden Columbus	Saqib Kanwar
Janelle Mendez	Jack Bauer
Kye Brouchet	Kian Ghobadi
Landon Odegard	Elsie Olson
Haydon Caylor	Matthew Jacobson
Beau McKenzie	Gavin Thiem
Caitlyn Tighe	

**Most Valuable Varsity Wrestler of the Year** \_\_\_\_\_

**Most Valuable Girls Wrestler of the Year** \_\_\_\_\_

**Most Valuable Junior Varsity Wrestler of the Year** \_\_\_\_\_

**Most Valuable Freshman (7-8-9) Wrestler of the Year** \_\_\_\_\_

**Freshman Team Most Valuable Wrestler** \_\_\_\_\_

**Most Improved Wrestler of the Year** \_\_\_\_\_

**Most Improved Freshman (7-8-9) Wrestler of the Year** \_\_\_\_\_

**Scholar Athlete Award** \_\_\_\_\_

**Lightning Award** \_\_\_\_\_

**John Rodin Service Award** \_\_\_\_\_

**Junior Varsity – Varsity Drill Partner Award** \_\_\_\_\_

**Freshman Drill Partner Award** \_\_\_\_\_



# EASTVIEW VARSITY MEET RESULTS

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Overall Record:           15 Wins           12 Losses  
Conference Record:       4 Wins           5 Losses

Eastview	34	Eagan	42	Loss
Eastview	45	Pine Island	34	Win
Eastview	62	Armstrong	17	Win
Eastview	66	Two Rivers	18	Win
Eastview	70	Trinity	6	Win
Eastview	58	Buffalo	20	Win
Eastview	36	Eden Prairie	47	Loss
Eastview	64	Lakeville South	13	Win
Eastview	57	Saint Agnes	24	Win
Eastview	46	South St. Paul	25	Win
Eastview	30	Apple Valley	45	Loss
Eastview	42	Farmington	36	Win
Eastview	66	Burnsville	9	Win
Eastview	24	Prior Lake	50	Loss
Eastview	37	Rosemount	39	Loss
Eastview	48	Blaine	27	Win
Eastview	54	Orono	27	Win
Eastview	36	Rogers	42	Loss
Eastview	33	Maple Grove	38	Loss
Eastview	28	Shakopee	51	Loss
Eastview	45	Lakeville North	27	Win
Eastview	9	Hastings	64	Loss
Eastview	74	Prescott	4	Win
Eastview	20	Goodhue	49	Loss
Eastview	63	Mounds View	11	Loss
Eastview	56	Rochester JM	18	Win

Team Sections       Eastview    39       Prior Lake       40       Loss

## Team Tournaments

Eastview Duals (4)           2nd Place  
Mounds View Duals (8)       4th Place

## Individual Tournaments

Maple Grove (13 teams)       2nd Place  
Bi-State Classic               7th Place in Division, 12th Overall (70 Teams)  
Lightning Invitational (15 )   8th Place  
Mound-Westonka               8th Place  
State Individual               10th Place

# Varsity Tournament Results

## Team Tournaments

### Eastview Duals

Eagan 34-42  
 Pine Island 45-34  
 Armstrong 62-17  
 Two Rivers 66-20

### Mounds View Duals

Blaine 48-27  
 Orono 54-27  
 Rogers 36-42  
 Maple Grove 36-42

### Armstrong Duals

Goodhue 20-49  
 Mounds View 11-63  
 Rochester JM 56-18

## Individual Tournaments

### Maple Grove Crimson Invite – 2- Place (13 teams)

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	Roseville Area Park Center	45 31 4
106	113	120	126	132	133	145	152	159	160	160	170	182	Ezra Formanek	3-0
Kayan Karimnejad	Nolan Enderlein	Spencer Lee	Alden Enderlein	Ayden Columbus	Sam Cohen	Ethan Dupont	Pierce Lewis	Jack Bauer	Alex Baccoli	Ethan Dupont	Jack Bauer	Alex Baccoli	Ethan Dupont	2-1
193.5 pts	178	151.5	149	116	110.5	102.5	96	64	59	110.5	102.5	96	64	4
Big Lake	Eastview	Bismack Legacy	Paynesville Area	Rush City-Braham	Eagan	Blaine	Maple Grove	North Branch	S. P. Highland Pk	Eagan	Blaine	Maple Grove	North Branch	Roseville Area Park Center

### Bi-State – 7- Place Division 1 (25 teams) 12 Overall (70 Teams)

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th	25th
106	113	120	126	132	133	145	152	159	160	160	170	182	182	195	220	235	235	240	240	240	240	240	240	240
Nolan Enderlein	Spencer Lee	Alden Enderlein	Todd Ostler	Ayden Columbus	Sam Cohen	Levi Ruyle	Pierce Lewis	Logan Ostler	Thomas Schmidt	Sam Cohen	Ezra Formanek	Ethan Dupont	Jack Bauer	Alex Baccoli	Ezra Formanek	Ethan Dupont	Jack Bauer	Alex Baccoli	Thomas Schmidt	Sam Cohen	Ezra Formanek	Ethan Dupont	Jack Bauer	Alex Baccoli
328.5 pts	237	212.5	196	191	180	175	165.5	112	112	190	181	181	181	181	181	181	181	181	181	181	181	181	181	181
Hastings	Marshfield	Hudson	Bayport	Hutchinson	Holmen	Eastview	Slaughter	DC Everest	South Saint Paul	Holmen	Eastview	Slaughter	DC Everest	South Saint Paul	Holmen	Eastview	Slaughter	DC Everest	South Saint Paul	Holmen	Eastview	Slaughter	DC Everest	South Saint Paul

## Leopold Haglund Mound Westonka Invitational – 9- Place (10 teams)

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
106	113	120	126	132	133	145	152	159	160	160	170	182	182	195	220	235	235	240	240
Ayan Karimnejad	Alden Frost	Alden Enderlein	Ayden Columbus	Ayden Columbus	Sam Cohen	Logan Myers	Pierce Lewis	Thomas Schmidt	Aiden Frost	Ben Nguyen	Landon Odegard	Pierce Lewis	Ethan Dupont	Jack Bauer	Thomas Schmidt	Ethan Dupont	Jack Bauer	Thomas Schmidt	Ethan Dupont
221.5 pts	201	158.5	152	119.5	101.5	98	95	74	48	101.5	98	95	74	48	101.5	98	95	74	48
Waconia	Wayzata	Brainerd	Prior Lake	Hibbing	Woodbury	St. Thomas	Eastview	Rosemount	Austin	Woodbury	St. Thomas	Eastview	Rosemount	Austin	Woodbury	St. Thomas	Eastview	Rosemount	Austin

## 2AAA Individual Sections

106	113	120	126	132	133	145	152	159	160	160	170	182	182	195	220	235	235	240	240
Nolan Enderlein	Alden Enderlein	Todd Ostler	Ayden Columbus	Ayden Columbus	Sam Cohen	Logan Myers	Pierce Lewis	Thomas Schmidt	Aiden Frost	Sam Cohen	Logan Myers	Pierce Lewis	Thomas Schmidt	Aiden Frost	Sam Cohen	Logan Myers	Pierce Lewis	Thomas Schmidt	Aiden Frost
3-0	2-2	0-2	0-2	0-2	3-0	2-2	2-2	0-2	0-2	3-0	2-2	2-2	0-2	0-2	3-0	2-2	2-2	0-2	0-2
1st	4th	0-2	0-2	0-2	1st	4th	4th	4th	4th	1st	4th	4th	4th	4th	1st	4th	4th	4th	4th
3-0	2-2	0-2	0-2	0-2	3-0	2-2	2-2	0-2	0-2	3-0	2-2	2-2	0-2	0-2	3-0	2-2	2-2	0-2	0-2

## 1-2 Girls Sections

106	113	120	126	132	133	145	152	159	160	160	170	182	182	195	220	235	235	240	240
Jamelle Mendez	Elsie Olson	Jamelle Mendez	Elsie Olson	Jamelle Mendez	Elsie Olson	Jamelle Mendez	Elsie Olson	Jamelle Mendez	Elsie Olson	Riley Myers	Riley Myers	Riley Myers	Riley Myers	Riley Myers	Riley Myers	Riley Myers	Riley Myers	Riley Myers	Riley Myers
3-2	2-2	3-2	2-2	3-2	2-2	3-2	2-2	3-2	2-2	3-0	3-0	3-0	3-0	3-0	3-0	3-0	3-0	3-0	3-0
5th	4th	5th	4th	5th	4th	5th	4th	5th	4th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st
3-2	2-2	3-2	2-2	3-2	2-2	3-2	2-2	3-2	2-2	3-0	3-0	3-0	3-0	3-0	3-0	3-0	3-0	3-0	3-0

## Lightning Invite – 8- Place (15 teams)

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
106	113	120	126	132	133	145	152	159	160	160	170	182	182	195	220	235	235	240	240
Nolan Enderlein	Alden Enderlein	Todd Ostler	Sam Cohen	Nolan Enderlein	Alden Enderlein	Todd Ostler	Sam Cohen	Nolan Enderlein	Alden Enderlein	Ben Nguyen	Pierce Lewis	Tommy Schmidt	Ethan Dupont	Kye Brouchet	Ben Nguyen	Pierce Lewis	Tommy Schmidt	Ethan Dupont	Kye Brouchet
199 pts	179	125.5	119.5	107.5	101.5	98	95	74	48	101.5	98	95	74	48	101.5	98	95	74	48
Scott West	Wayzata	Farmington	Little Falls	Farmington	Woodbury	St. Thomas	Eastview	Rosemount	Austin	Woodbury	St. Thomas	Eastview	Rosemount	Austin	Woodbury	St. Thomas	Eastview	Rosemount	Austin

# Wrestling CAMPS



Jordan Camp



Jordan Camp

## VARSIITY STATISTICS

Wrestlers	Wins	Loss	T2	E1	R2	Total NF	Major	Tech Falls	Pin	Team Points
Alex Baccoli	38	11	35	19	2	6	0	0	24	210
Jack Bauer	32	17	31	48	14	10	1	0	13	133
Kye Brouchet	5	8	7	5	2	1	0	0	3	27
Sam Cohen	13	24	13	33	12	5	0	0	7	69
Ayden Columbus	8	22	12	13	2	4	1	0	3	46
Ethan Dupont	29	13	39	27	1	16	1	0	13	154
Aiden Enderlein	30	13	53	6	5	31	5	1	18	163
Nolan Enderlein	41	5	48	4	13	22	2	1	30	237
Ezra Formanek	42	3	57	24	10	27	3	2	23	220
Aiden Frost	1	4	0	3	0	0	0	0	0	6
Colton Hanneman	0	3	0	0	0	0	0	0	0	0
Aryan Karimnejad	1	8	1	4	3	1	0	0	0	3
Kayan Karimnejad	7	15	16	9	4	1	1	0	2	31
Dillon Laundrie	0	1	0	0	0	0	0	0	0	0
Spencer Lee	16	4	29	11	7	16	1	1	7	78
Pierce Lewis	21	14	37	32	20	9	1	0	18	118
Jack McNeely	0	3	0	0	0	0	0	0	0	0
Janelle Mendez	5	10	10	12	10	2	0	0	2	21
Logan Myers	6	10	10	8	1	9	0	1	4	35
Riley Myers	5	2	5	2	1	4	8	0	3	24
Benjamin Nguyen	0	6	0	1	0	0	0	0	0	0
Landon Odegard	3	6	4	8	1	2	0	0	2	15
Elsie Olson	8	6	12	3	1	2	0	0	6	42
Logan Ostler	3	18	3	11	2	1	0	0	2	18
Todd Ostler	8	21	12	20	4	3	0	0	3	42
Levi Ruyle	5	13	14	3	1	5	1	0	2	25
Thomas Schmidt	12	20	28	13	1	4	1	0	8	67
Brock Taylor	1	0	1	0	1	1	0	0	1	6
Eli Zillhardt	0	1	0	1	0	0	0	0	0	0
<b>Team Totals</b>	<b>340</b>	<b>281</b>	<b>477</b>	<b>320</b>	<b>118</b>	<b>182</b>	<b>26</b>	<b>6</b>	<b>194</b>	<b>1790</b>

## VARSITY SEASON RECORDS

<u>FALLS</u>	
Nolan Enderlein	'23 31
Adam Fokken	'01 28
Nate Kocer	'03 28

<u>WINS</u>	
Ezra Formanek	'23 42
Nolan Enderlein	'23 41
Roman Gilbert	'20 41
Lindstrom/ Dodd	'17/15 40

<u>TEAM POINTS</u>	
Nolan Enderlein	'23 237
Ezra Formanek	'23 220
Alex Baccoli	'23 210



<u>TAKEDOWNS</u>	
Mitch Rehtzigel	'12 221
Ryan Langlais	'04 134
Adam Fokken	'01 119

<u>NEAR FALLS</u>	
Mikey Formicoia	'02 79
Josh Weinberg	'10 73
Roman Gilbert	'20 60

## VARSITY CAREER RECORDS

<u>FALLS</u>	
Alex Lindstrom	'17 88
Adam Fokken	'01 83
Jacob Rukavina	'14 75

<u>WINS</u>	
Alex Lindstrom	'17 175
Mitch Rehtzigel	'12 158
Adam Fokken	'01 147

<u>TEAM POINTS</u>	
Alex Lindstrom	'17 824
Adam Fokken	'01 727
Jacob Rukavina	'14 679



<u>TAKEDOWNS</u>	
Mitch Rehtzigel	'12 499
Ryan Langlais	'04 449
Alex Lindstrom	'17 431

<u>NEAR FALLS</u>	
Alex Lindstrom	'17 191
Mikey Formicoia	'02 166
Minh Huynh	'06 148

<u>REVERSALS</u>	
Josh Weinberg	'10 41
Kevin McBride	'02 38
Collin Dolejs	'16 37

<u>REVERSALS</u>	
Alex Lindstrom	'17 101
Anthony Munos	'13 92
Adam Fokken	'01 92

### Wrestling Manager Hall of Fame

Each wrestling manager inductee has successfully graduated from Eastview High School and demonstrated a tremendous commitment and work ethic to the sport and to the Eastview Wrestling program.



Erinn Roos  
Class of 2000

Rachel Davis  
Class of 2001

Kari Okonek  
Class of 2003

Ashley Langlais  
Class of 2006

Libby Carroll  
Class of 2009

Brooke Larson  
Class of 2010

Sara Olson  
Class of 2010

Derek Dravis  
Class of 2013

Hannah Habeck  
Class of 2013

Brianna Peterman  
Class of 2016

Rachel Schmidt  
Class of 2016

Payton Formaneck  
Class of 2020

Who will be next?

### John Rodin Service Award

*In memory of John Rodin  
and his life long commitment  
to the sport of wrestling.*

This award winner is a person who has shown great commitment to the Eastview Wrestling program as well as to the youth programs in the Eastview Community.



Brad Okonek  
1998 1999

Andrew Lenertz  
2000

John Getzke  
2001

Cory Wagner  
2002 2003

Ben Foertsch  
2004

Dante Hendricks  
2005

Pat Cox  
2006

Joey Scott  
2007

Nick Dodd  
2008

Peter Nguyen  
2009

Jacob Rukavina  
2010

Levi Groskreutz  
2011

Billy Marks  
2012

Nick Peglow  
2013

Brendan Formaneck  
2014 2015 2016

Eric Schmidt  
2017

Adam Bass  
2018

Brian Gerisch  
2019

Mason Enderlein  
2020

Coach Lee  
2021

Jack McNeely  
2022



# JV RESULTS 2023



Team Results Record 18-3	
Eagan	54-23 Win
Pine Island	19-18 Win
Armstrong	58-0 Win
Two Rivers	30-18 Win
Trinity	72-0 Win
Buffalo	33-10 Win
Eden Prairie	54-8 Win
Lakeville South	54-18 Win
St. Agnes	56-18 Win
South St. Paul	42-16 Win
Cretin/Derham Hall	51-27 Win
Irondale	52-9 Win
White Bear Lake	57-17 Win
Farmington	46-9 Win
Burnsville	57-4 Win
Prior Lake	42-34 Loss
Rosemount	36-21 Win
Apple Valley	34-25 Win
Shakopee	42-24 Loss
Lakeville North	36-20 Win
Prescott	78-5 Win
Hastings	12-36 Loss

Maple Grove Invite	
Aryan Karimnejad	3-0 1st
Brock Taylor	2-1 2nd
Janelle Mendez	0-3 8th
Levi Ruyle	2-1 2nd
Ben Nguyen	1-2 6th
Eli Zillhardt	2-1 3rd
Riley Myers	2-1 5th
Logan Myers	2-1 5th
Thomas Schmidt	3-0 1st
Elsie Olson	1-2 7th
Logan Ostler	3-0 1st
Kian Ghobadi	3-0 1st
Austin Finne	1-2 7th
Juan Gonzalez	3-0 1st
Colton Hanneman	3-0 1st
Damien Mogere	2-1 2nd
Aiden Frost	3-0 1st
Ryan Layeux	2-1 2nd

Mounds View Invite	
Aryan Karimnejad	3-0 1st
Brock Taylor	2-1 2nd
Janelle Mendez	0-3 4th
Ben Nguyen	0-2 3rd
Eli Zillhardt	1-1 2nd
Zakaria Osman	1-2 3rd
Jack McNeely	2-0 1st
Kian Ghobadi	0-2 3rd
Austin Finne	1-2 3rd
Dillon Landrie	2-0 1st
Colton Hanneman	2-0 1st
Calvin Lema	2-0 1st
Damien Mogere	1-1 2nd
Aiden Frost	1-1 2nd
Ryan Layeux	2-0 1st
Marcus McKinley	0-2 3rd
Landon Odegard	2-0 1st
Emanuel Anderson	0-3 4th
Elsie Olson	0-2 3rd

Lightning Invitational	
Aryan Karimnejad	2-1 2nd
Kayan Karimnejad	2-1 2nd
Brock Taylor	2-1 2nd
Janelle Mendez	0-3 4th
Saqib Kanwar	1-2 3rd
Eli Zillhardt	2-1 2nd
Jack McNeely	1-2 3rd
Kian Ghobadi	2-1 2nd
Austin Finne	1-2 3rd
Dillon Landrie	3-0 1st
Logan Ostler	3-0 1st
Juan Gonzalez	1-2 3rd
Elsie Olson	0-3 4th
Matthew Wagner	0-3 4th
Damien Mogere	2-1 2nd
Aiden Frost	2-0 1st
Caitlyn Tighe	0-3 4th
Marcus McKinley	3-0 1st

Armstrong Invitational	
Aryan Karimnejad	2-1 3rd
Brock Taylor	1-2 3rd
Matthew Jacobson	0-2 3rd
Eli Zillhardt	1-1 2nd
Ben Nguyen	1-2 3rd
Zakaria Osman	0-2 3rd
Logan Ostler	0-2 3rd
Jack McNeely	0-3 4th
Kian Ghobadi	2-1 1st
Austin Finne	0-3 4th
Dillon Landrie	3-0 1st
Emanuel Anderson	0-3 4th
Juan Gonzalez	2-1 2nd
Calvin Lema	3-0 1st
Damien Mogere	0-1 4th
Ryan Layeux	1-2 3rd
Colton Hanneman	3-0 1st
Landon Odegard	3-0 1st

Hopkins Athena Girls Tournament	
Riley Myers	3-0 1st
Janelle Mendez	1-3 6th
Caitlyn Tighe	1-2 4th
Elsie Olson	2-1 2nd

Bi-State Womens Showcase	
Riley Myers	1-2 3rd
Janelle Mendes	0-3 4th
Caitlyn Tighe	0-3 4th
Elsie Olson	1-2 3rd

Pine Island Girls Tournament	
Riley Myers	3-1 5th
Janelle Mendez	1-2 4th
Caitlyn Tighe	3-1 2nd
Elsie Olson	3-1 3rd

South Suburban Conference Junior Varsity Gold	
Aryan Karimnejad	0-2 DNP
Brock Taylor	1-2 3rd
Jack McNeely	0-2 DNP
Juan Gonzalez	1-1 2nd
Colton Hanneman	2-1 2rd
Calvin Lema	0-2 3rd
Aiden Frost	1-2 DNP
Landon Odegard	3-0 1st
Levi Ruyle	2-1 5th

South Suburban Conference Junior Varsity Silver	
Ben Nguyen	1-2 3rd
Zakaria Osman	1-2 3rd
Damien Mogere	2-1 2nd
Ryan Layeux	3-0 1st
Marcus McKinley	3-0 1st
Nathan Repke	3-0 1st
Reid George	1-2 3rd
Matthew Jacobson	1-2 3rd
Beau McKinley	3-0 1st

## JUNIOR VARSITY STATISTICS

Wrestlers	Wins	Loss	T2	E1	R2	Total NF	Major	Tech Falls	Pin	Team Points
Emanuel Anderson	1	3	3	1	0	1	0	0	1	6
Kye Brouchet	2	0	8	2	1	3	0	1	0	8
Diego Caffieri	1	2	2	2	1	1	0	0	1	6
Valentino Caffieri	1	1	2	0	0	1	0	0	1	6
Ayden Columbus	4	0	8	2	3	6	0	0	3	21
Austin Finne	5	18	12	4	4	7	1	0	3	25
Aiden Frost	14	3	14	8	5	8	2	0	9	68
Kian Ghobadi	12	6	26	8	3	9	1	0	8	61
Juan Gonzalez	9	4	2	0	0	2	0	0	7	48
Colton Hanneman	16	3	25	8	12	12	0	1	13	89
Matthew Jacobson	2	2	1	1	1	2	0	0	2	12
Saqib Kanwar	2	8	2	1	0	0	0	0	2	12
Aryan Karimnejad	18	4	41	3	7	17	1	1	13	96
Kayan Karimnejad	8	2	13	1	5	6	1	0	1	22
Dillon Laundrie	11	1	12	5	3	7	0	0	9	60
Ryan Layeux	14	3	17	5	4	5	1	0	6	58
Calvin Lema	11	3	12	1	1	5	0	0	10	66
Beau McKenzie	5	1	6	0	2	3	0	0	5	30
Marcus McKinley	6	5	8	2	3	5	0	0	2	18
Jack McNeely	6	11	8	2	2	4	0	0	6	36
Janelle Mendez	2	10	3	4	0	1	0	0	1	9
Damien Mogere	17	5	20	10	9	11	0	0	13	90
Logan Myers	10	3	9	1	5	8	0	0	9	54
Riley Myers	10	4	21	7	3	7	1	0	7	52
Benjamin Nguyen	10	17	15	10	3	6	0	0	5	51
Landon Odegard	13	0	14	3	2	7	0	0	13	78
Elsie Olson	2	10	1	8	0	1	0	0	1	12
Zakaria Osman	7	12	22	11	7	6	0	0	7	42
Logan Ostler	9	2	13	10	0	6	0	0	7	48
Todd Ostler	4	1	5	0	0	0	0	0	4	24
Levi Ruyle	5	2	9	1	1	1	0	0	3	24
Thomas Schmidt	4	0	9	2	1	6	1	1	1	18
Adonay Semie	2	5	6	7	3	3	0	0	1	9
Brock Taylor	22	14	21	14	13	11	1	0	15	112
Gavin Thiem	2	1	3	1	2	3	0	0	1	9
Caitlyn Tighe	0	5	0	5	0	0	0	0	0	0
Matthew Wagner	0	3	2	3	0	0	0	0	0	0
Eli Zillhardt	14	8	18	6	12	10	1	0	7	58
Nathan Repke	3	0								
Reid George	1	2								
<b>Team Totals</b>	<b>285</b>	<b>184</b>	<b>413</b>	<b>159</b>	<b>118</b>	<b>191</b>	<b>11</b>	<b>4</b>	<b>197</b>	<b>1438</b>

# JUNIOR VARSITY SEASON RECORDS

## FALLS

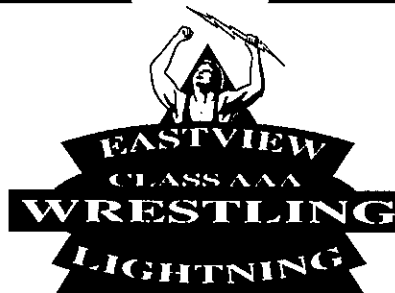
James Pudwill	'06	28
Justin Armstrong	'06	27
Scott Kenning	'06	25

## 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
Landon Odegard	'21	23



## FRESHMAN RESULTS 2022-2023

**Overall Record:                    4 Wins                    7 Losses**  
**Section Record:                    3 Wins                    3 Losses**

	Eastview	vs		
<b>Section Duals</b>	33		Apple Valley	24      Win
	30		Hastings	45      Loss
	30		Rosemount	54      Loss
	36		Farmington	30      Win
	42		Park	30      Win
	12		Apple Valley	67      Loss
<b>EV Team Tournament</b>	34		Rosemount	33      Win
	24		Two Rivers	58      Loss
	24		Maple Grove	57      Loss
	24		Owatonna	42      Loss
	36		Farmington	41      Loss

**Regional Tournament                    4<sup>th</sup> Place**

### INDIVIDUAL TOURNAMENTS

TEAM RESULTS...	EV Invite	Hopkins Athena (Girls)	Pine Island (Girls)	Regions	9 <sup>th</sup> Grade State
Aryan Karimnejad (7 <sup>th</sup> )				2-1, 3rd	
Kayan Karimnejad				1-2, 4th	
Gavin Thiem	2-1, 2nd				
Diego Caffieri	2-1, 3rd				
Tino Caffieri	3-0, 1st				
Marcus McKinley	1-2, 3rd			2-2, DNP	
Logan Myers				3-0, 1st	0-2, DNP
Matthew Jacobson	0-3, 4th			1-3, 6th	
Kiernan Lee	1-2, 3rd				
Matthew Wagner	1-2, 3rd				
Amanuel Getachew	2-1, 2nd				
Pierce Lewis				3-0, 1st	4-0, 1st
Abdul Ozman	1-2, 3rd				
Aiden Frost	2-0, 1st			2-0, 1st	3-2, 7th
Ryan Layeux	3-0, 1st			2-2, 4th	
Beau McKenzie	2-0, 1st				
Killian Russell	1-2, 3rd				
Caitlyn Tighe	0-3, 4th	1-2, 3rd	3-1, 2nd	0-2, DNP	
Tommy Schmidt				3-1, 2nd	1-2, DNP
George Reed (8 <sup>th</sup> )				0-2, DNP	
Walker Miller (8 <sup>th</sup> )				0-2, DNP	

## FRESHMAN STATISTICS

Wrestlers	Wins	Loss	T2	E1	R2	Total NF	Major	Tech Falls	Pin	Team Points
Emanuel Anderson	0	3	0	0	0	0	0	0	0	0
Diego Caffieri	2	7	0	7	0	0	0	0	0	0
Valentino Caffieri	4	5	3	11	0	1	0	0	2	12
Hayden Caylor	0	6	0	1	0	0	0	0	0	0
Aiden Frost	15	3	12	5	4	10	3	0	7	60
Amanuel Getachew	2	2	0	2	0	0	0	0	0	0
Alexander Herrera	2	3	2	4	2	3	0	0	1	9
Matthew Jacobson	3	9	5	4	2	2	0	0	2	15
Aryan Karimnejad	8	3	17	0	4	5	0	0	6	45
Kayan Karimnejad	4	8	4	7	4	3	1	0	1	19
Ryan Layeux	4	4	10	3	4	9	1	1	4	39
Kiernan Lee	2	8	8	5	2	2	0	0	1	9
Pierce Lewis	7	0	11	5	4	5	1	0	3	31
Jordan Mangahas	0	2	0	0	0	0	0	0	0	0
Marcus McKinley	7	7	15	4	3	5	0	0	6	39
Logan Myers	3	2	5	2	1	3	0	0	1	12
Killian Russell	2	4	1	1	3	2	0	0	1	12
Thomas Schmidt	4	3	7	0	1	2	0	0	4	24
Gavin Thiem	3	4	6	4	1	1	0	0	1	6
Caitlyn Tighe	5	8	6	1	3	0	0	0	2	12
Matthew Wagner	1	5	1	4	0	0	0	0	1	6
<b>Team Totals</b>	<b>78</b>	<b>96</b>	<b>113</b>	<b>70</b>	<b>38</b>	<b>53</b>	<b>6</b>	<b>1</b>	<b>43</b>	<b>350</b>

# FRESHMAN SEASON RECORDS

## FALLS

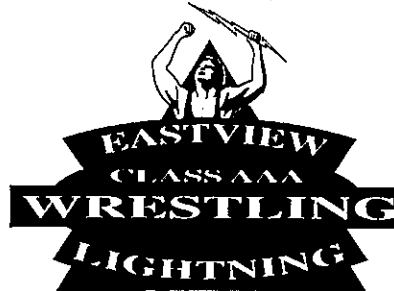
Dane McDevitt	'14	18
Matt Schumann	'13	18
Casey Dravis	'12	16

## 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

# Off-Season Training Club 2023

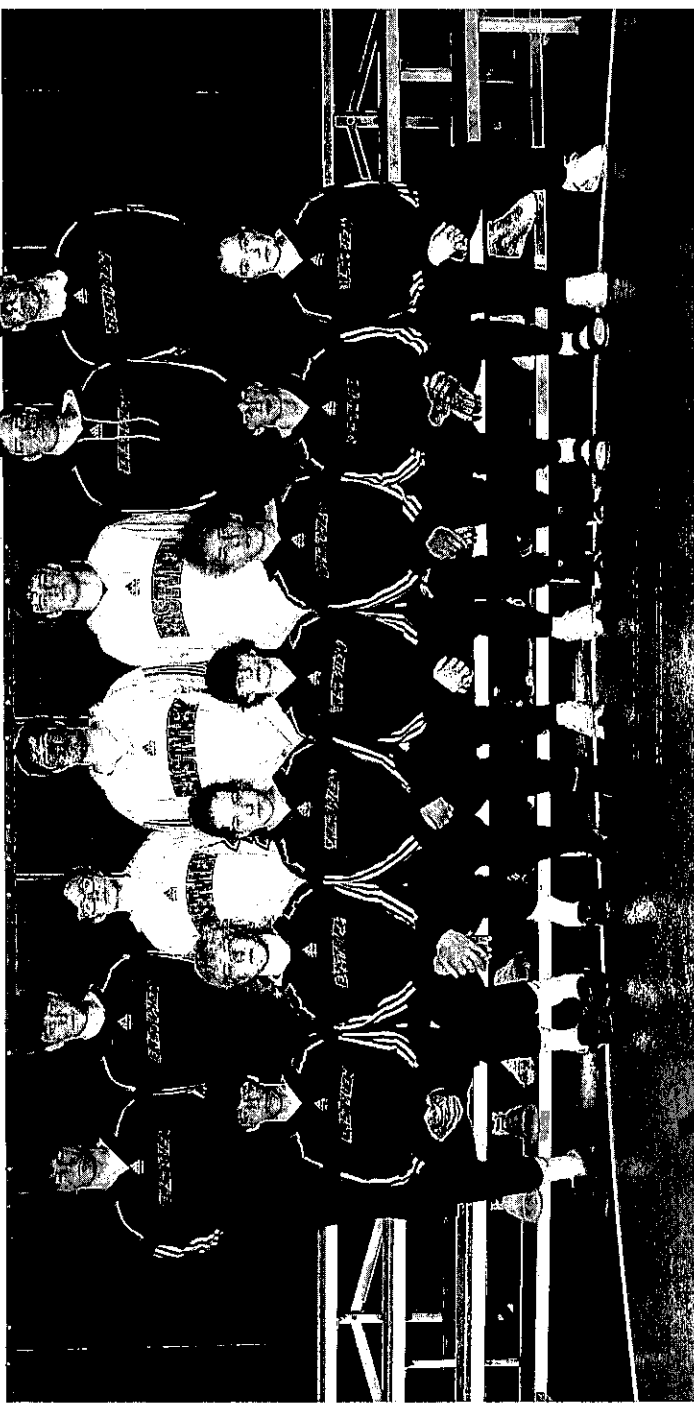
Members made commitments to... Thunderbolts, MN/USA Practices, Tournaments, Summer Strength Training, Wrestling Training Sessions, and Wrestling Camps.

K. PETERSON	31	171
J. BURTON	4	171

K. PETERSON	13	15
J. BURTON	17	15

Near Falls		
K. PETERSON	17	181
J. BURTON	12	181

Takedowns		
K. PETERSON	11	221
J. BURTON	14	221



## Off-Season Training Club Members 2023

- JACK BAUER
- SAM COHEN
- ELSIE OLSON
- ETHAN DUPONT
- AYDEN COLUMBUS
- LONDON ODEGARD
- SPENCER LEE
- COLTON HANNEMAN
- RILEY MYERS
- LOGAN MYERS
- JACK MCNEELY
- TOMMY SCHMIDT
- NOLAN ENDERLEIN
- AIDEN ENDERLEIN

# Who will be in 2024?

# **Eastview Wrestling**

**We started the season with work to do  
We have learned from our struggles  
Ready to start anew**

**Confidence and strength have been won  
The time has come**

**Our opponents are looking to stall  
But all we want is a brawl**

## **Wrestling for the Lightning at:**

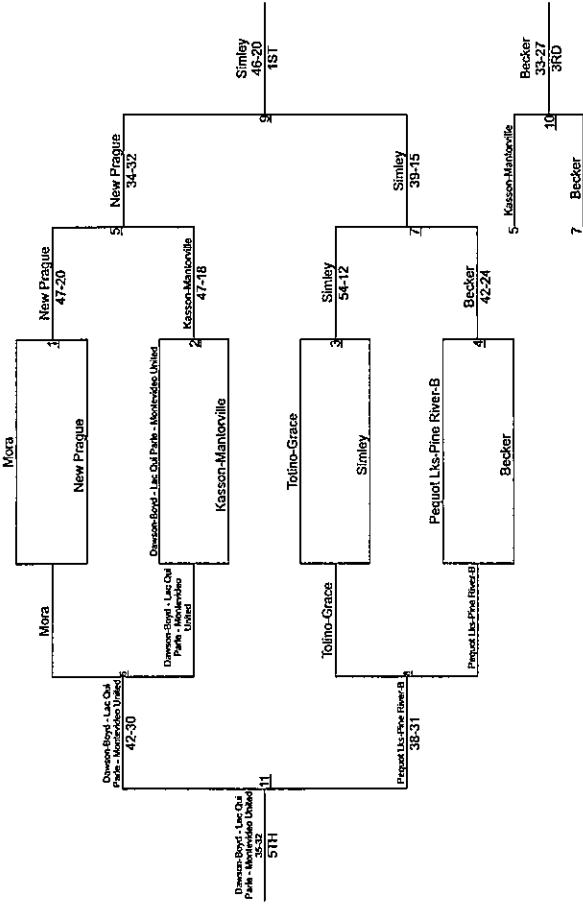
106: Kinetic Kayan Alacritous Aryan	152: Pile-it-on Pierce Mighty McNeely
113: Notorious Nolan	160: Top Notch Tommy All-Out Ostler
120: All-Purpose Aiden	170: Dedicated Dillon Fiery Frost
126: Tactical Todd	182: Elite Ezra
132: Capable Columbus	195: Blast Double Dupont Overpowering Odegard
138: Scrappy Sam	220: Boomin' Bauer Combustible Colton
145: Relentless Ruyle Mess 'em up Myers	
	HWT: Battle-tested Baccoli

**We have carried the water  
The wood has been chopped  
The Lightning have never been stronger  
The goal is on the horizon**

**We understand the meaning of KAIZEN**



# MSHSL Team State Bracket AA

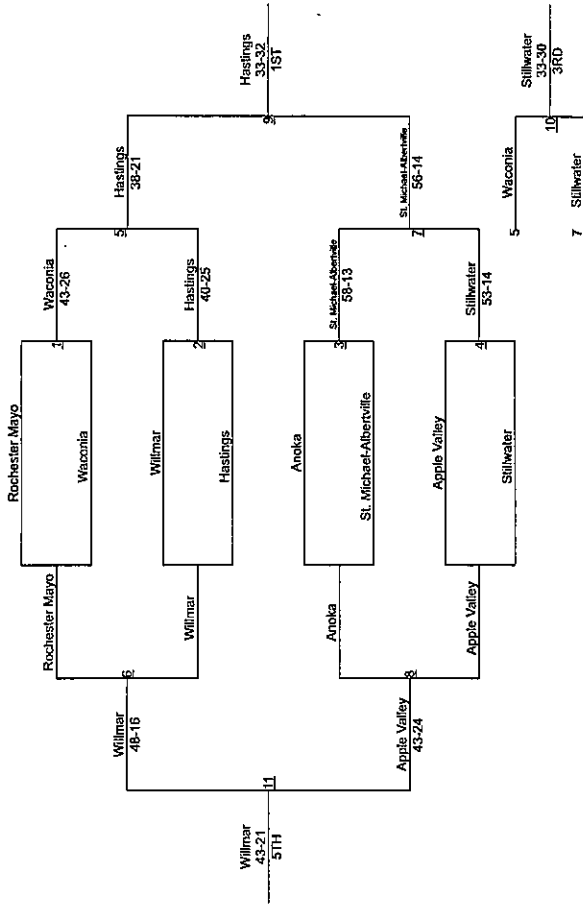


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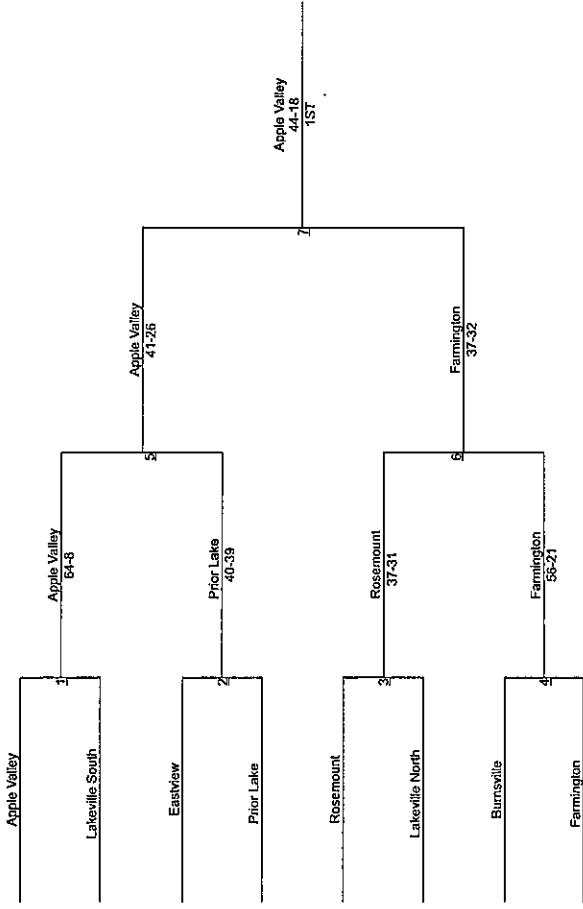
Tournament Bracket

# MSHSL Team State Bracket AAA



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# MSHSL Team Section 2AAA Bracket

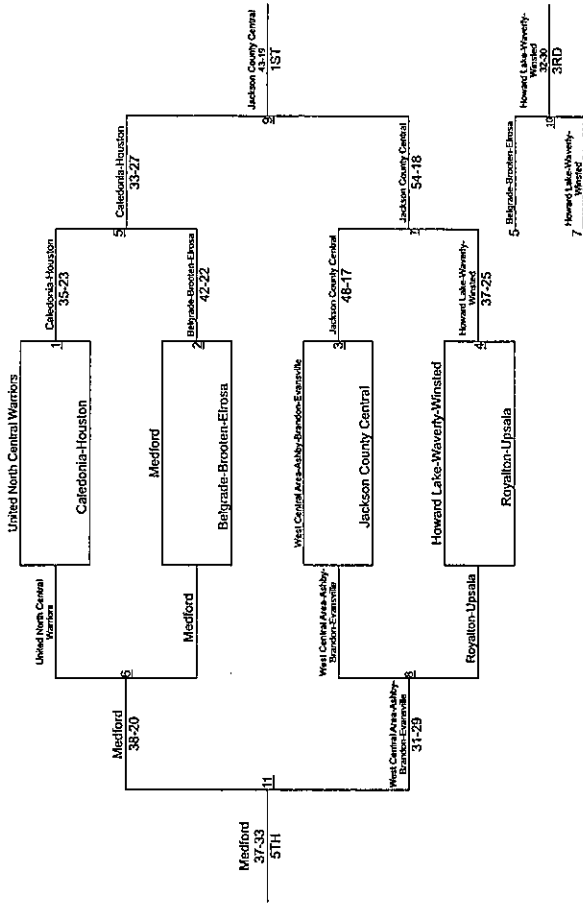


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Tournament Bracket

# MSHSL Team State Bracket A



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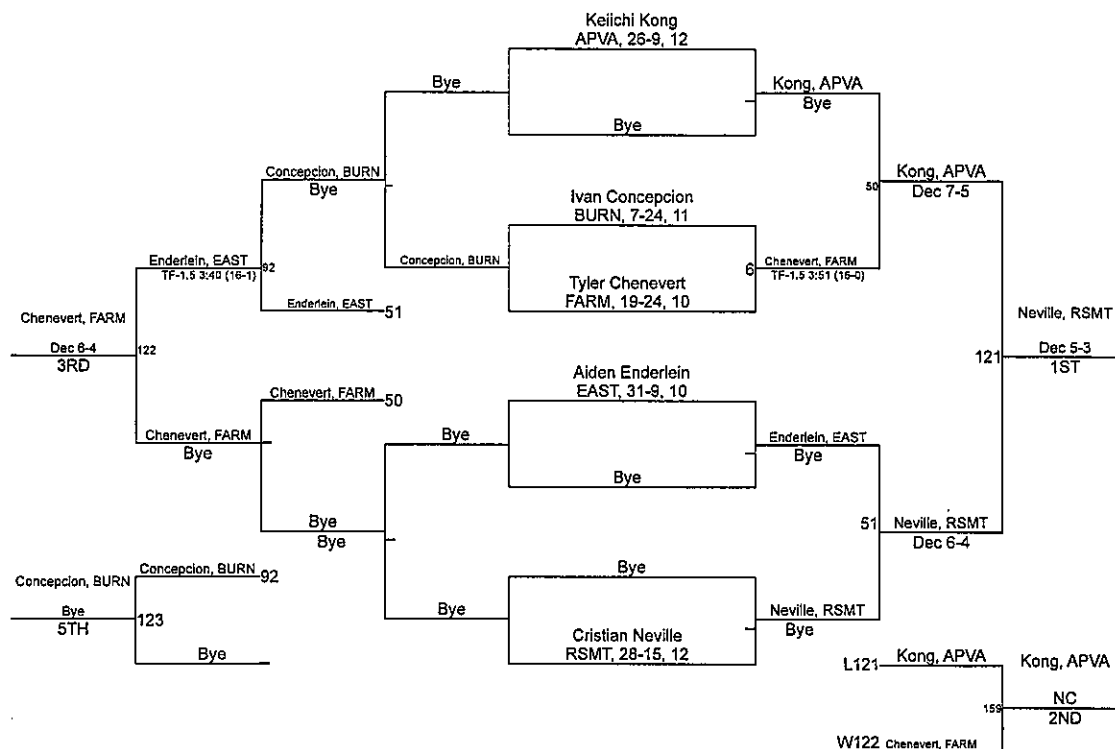
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Tournament Bracket



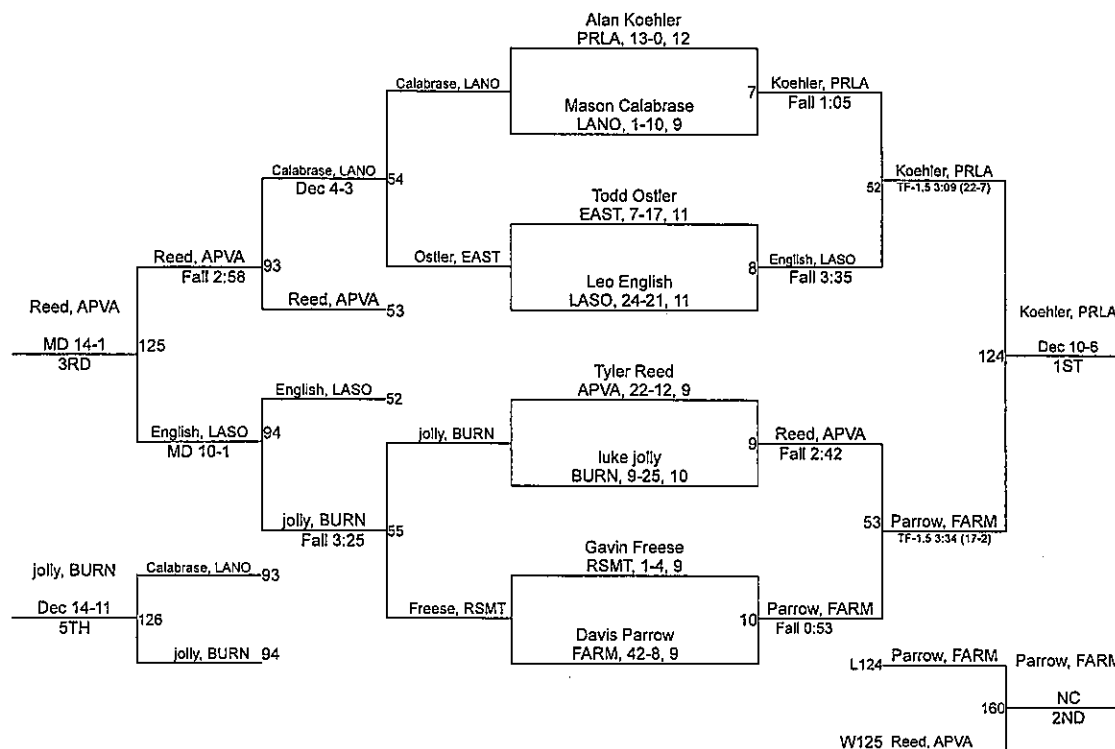
# MSHSL Section 2AAA

120



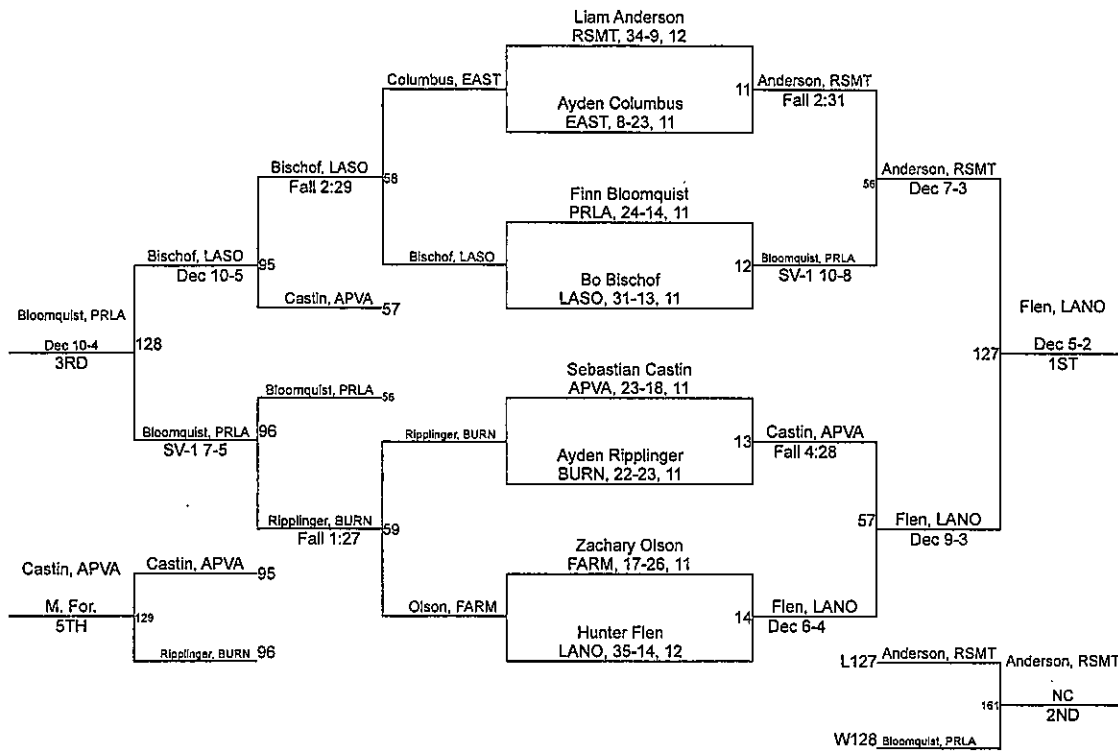
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126



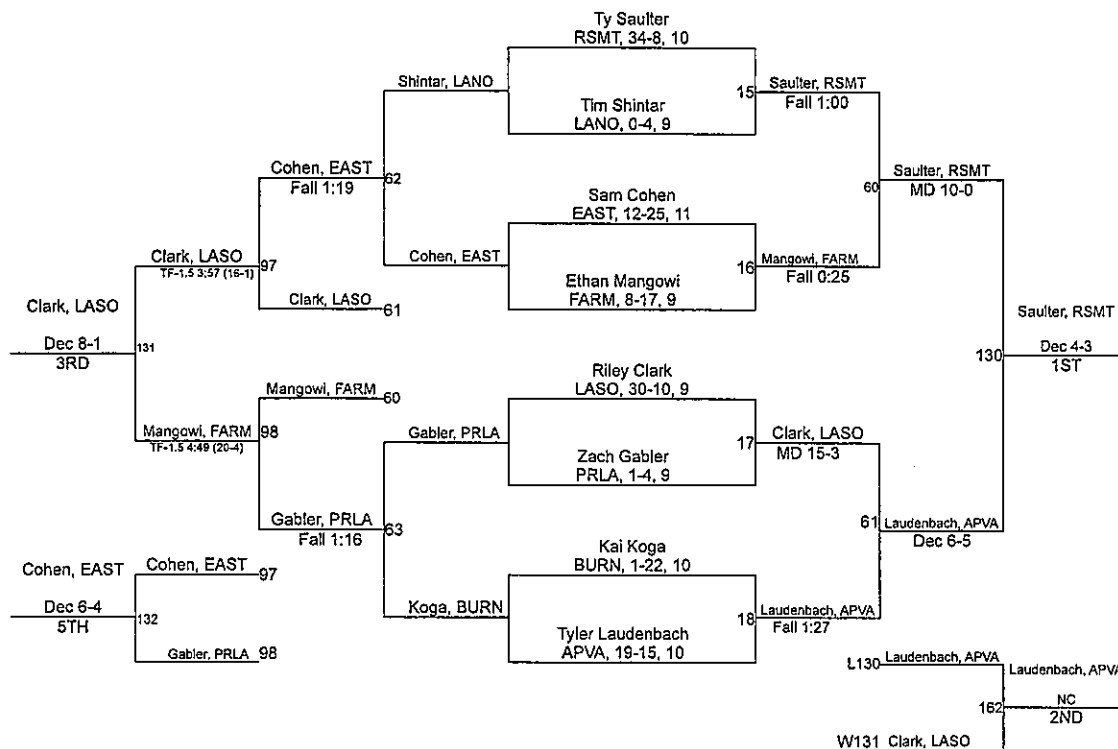
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# 132



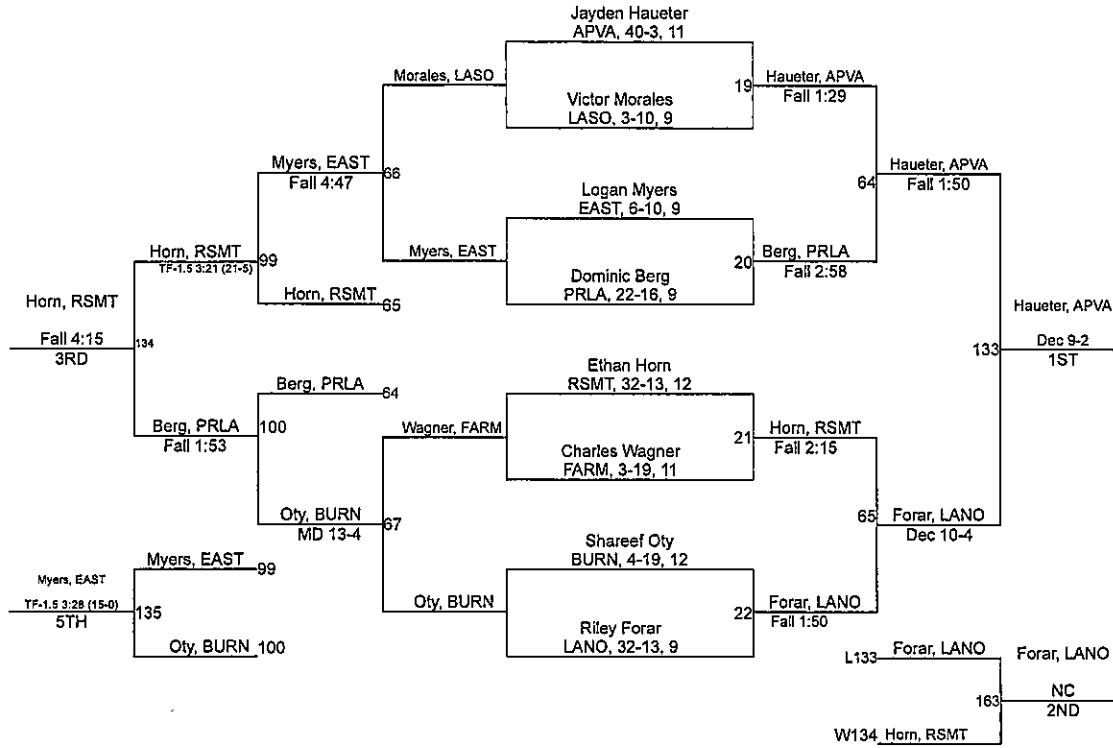
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# 138



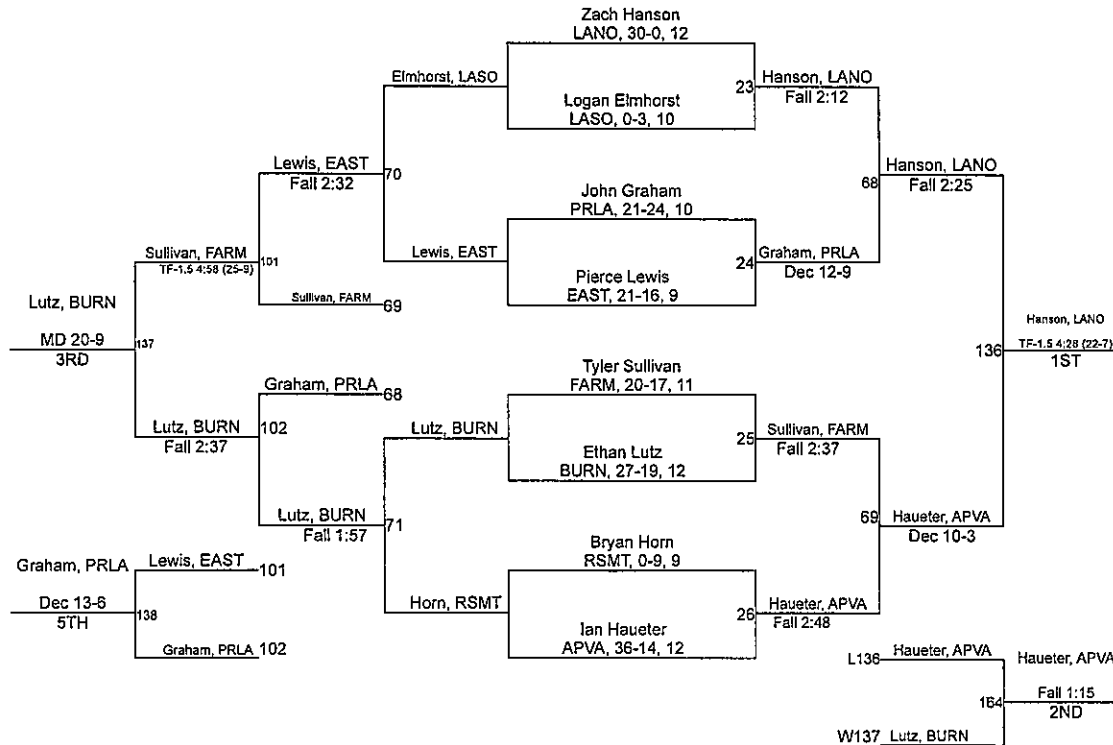
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# 145



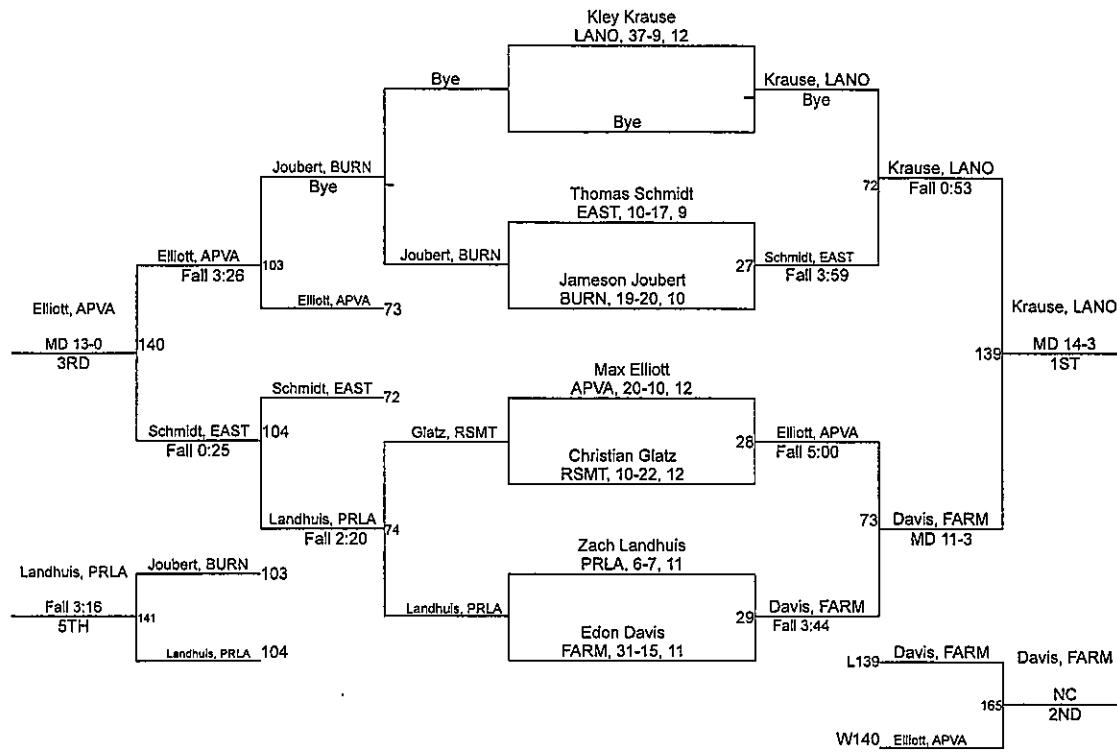
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# 152



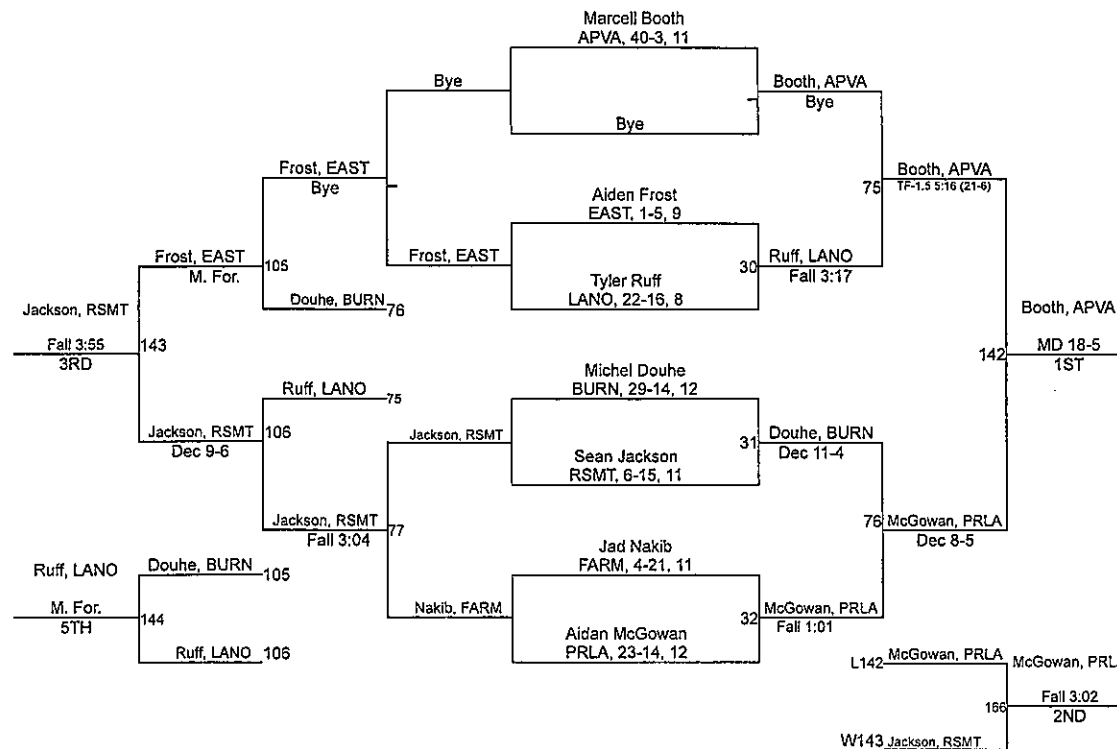
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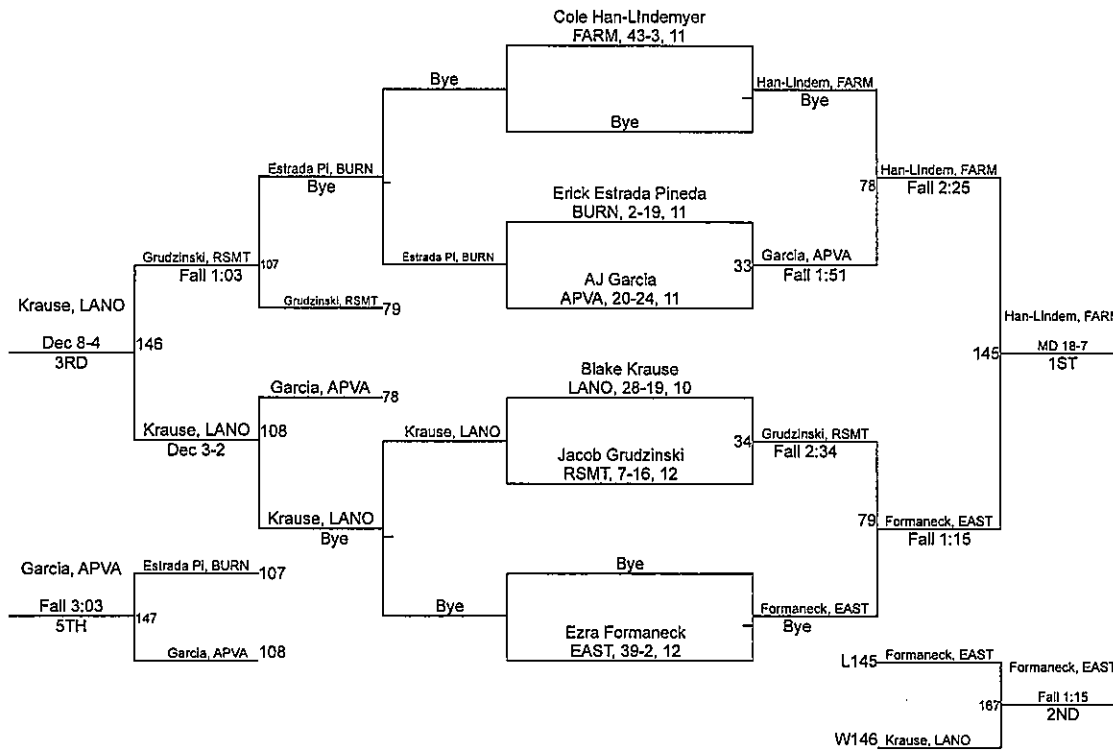


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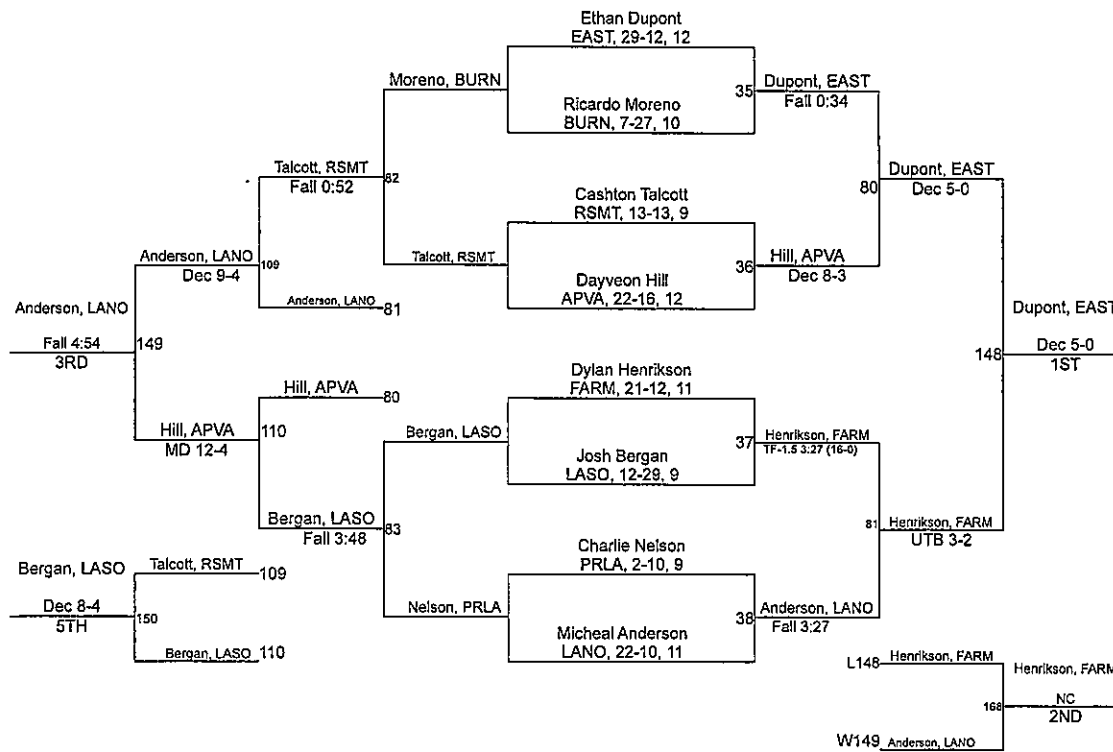
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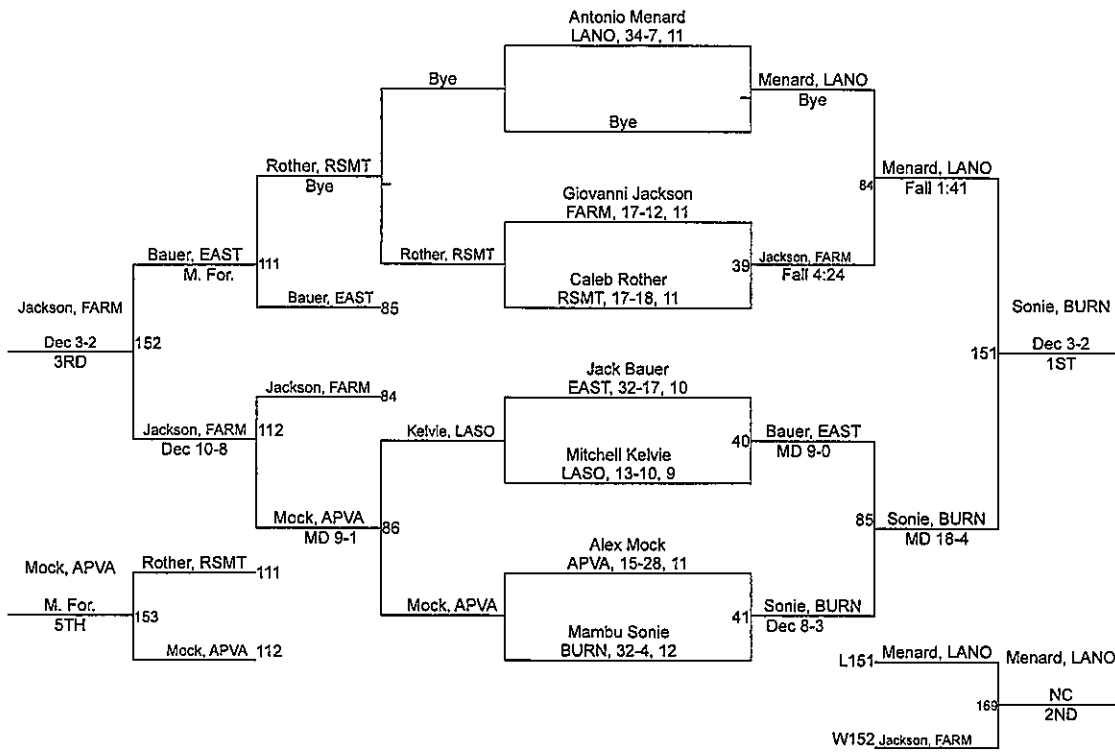


# MSHSL Section 2AAA



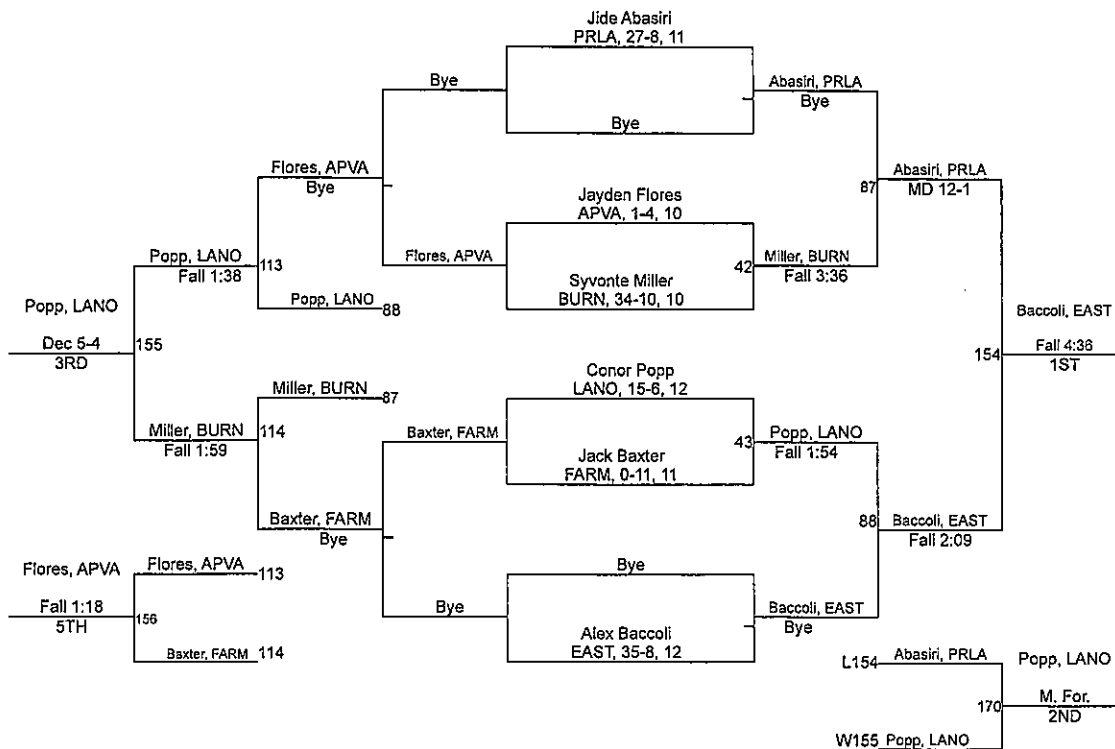
# MSHSL Section 2AAA

220



# MSHSL Section 2AAA

285



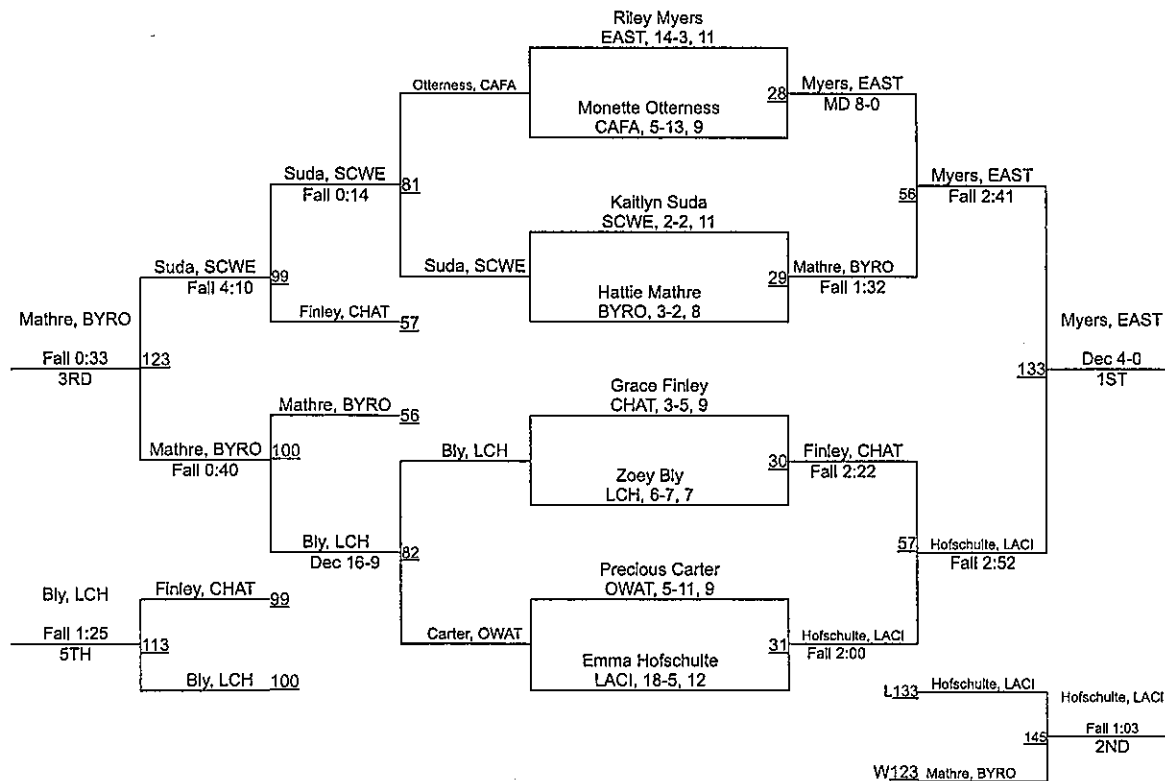
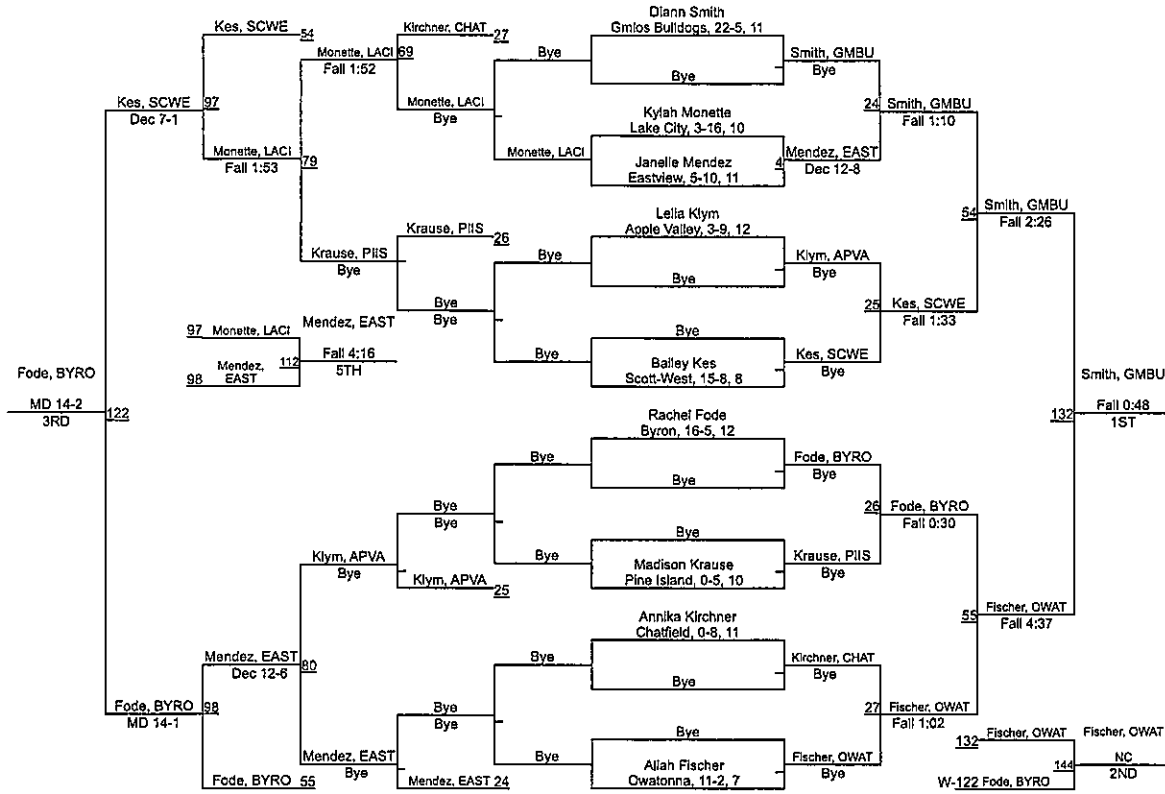


### **2023 SECTION 2AAA STATE PLACE WINNERS – 13**

106	Nolan Enderlein	3 <sup>rd</sup>	Eastview
113	Austin Laudenbach	5 <sup>th</sup>	Apple Valley
126	Alan Koehler	1 <sup>st</sup>	Prior Lake
126	Davis Parrow	3 <sup>rd</sup>	Farmington
138	Ty Saulter	6 <sup>th</sup>	Rosemount
145	Jayden Haueter	4 <sup>th</sup>	Apple Valley
152	Zach Hanson	1 <sup>st</sup>	Lakeville North
170	Marcell Booth	6 <sup>th</sup>	Apple Valley
182	Cole Han-Lindemyer	1 <sup>st</sup>	Farmington
182	Ezra Formanek	2 <sup>nd</sup>	Eastview
220	Antonio Menard	4 <sup>th</sup>	Lakeville North
220	Mambu Sonie	5 <sup>th</sup>	Burnsville
HWT	Alex Baccoli	6 <sup>th</sup>	Eastview

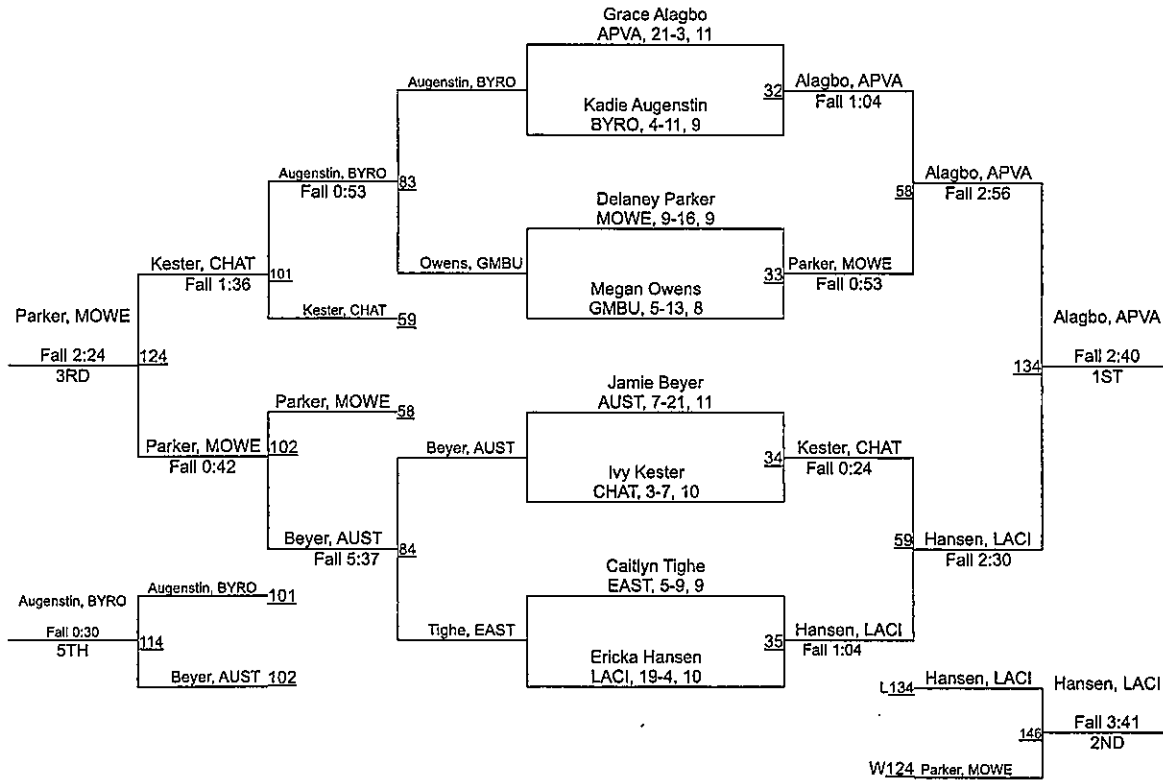
### **2023 SOUTH SUBURBAN STATE PLACE WINNERS - 17**

106	Nolan Enderlein	3 <sup>rd</sup>	Eastview
106	Dylan St. Germain	6 <sup>th</sup>	Eagan
113	Austin Laudenbach	5 <sup>th</sup>	Apple Valley
120	AJ Smith	3 <sup>rd</sup>	Shakopee
126	Alan Koehler	1 <sup>st</sup>	Prior Lake
126	Davis Parrow	3 <sup>rd</sup>	Farmington
138	Connor Warren	4 <sup>th</sup>	Shakopee
138	Ty Saulter	6 <sup>th</sup>	Rosemount
145	Jayden Haueter	4 <sup>th</sup>	Apple Valley
152	Zach Hanson	1 <sup>st</sup>	Lakeville North
160	Leo Tukhlynovych	2 <sup>nd</sup>	Shakopee
170	Marcell Booth	6 <sup>th</sup>	Apple Valley
182	Cole Han-Lindemyer	1 <sup>st</sup>	Farmington
182	Ezra Formanek	2 <sup>nd</sup>	Eastview
220	Antonio Menard	4 <sup>th</sup>	Lakeville North
220	Mambu Sonie	5 <sup>th</sup>	Burnsville
HWT	Alex Baccoli	6 <sup>th</sup>	Eastview



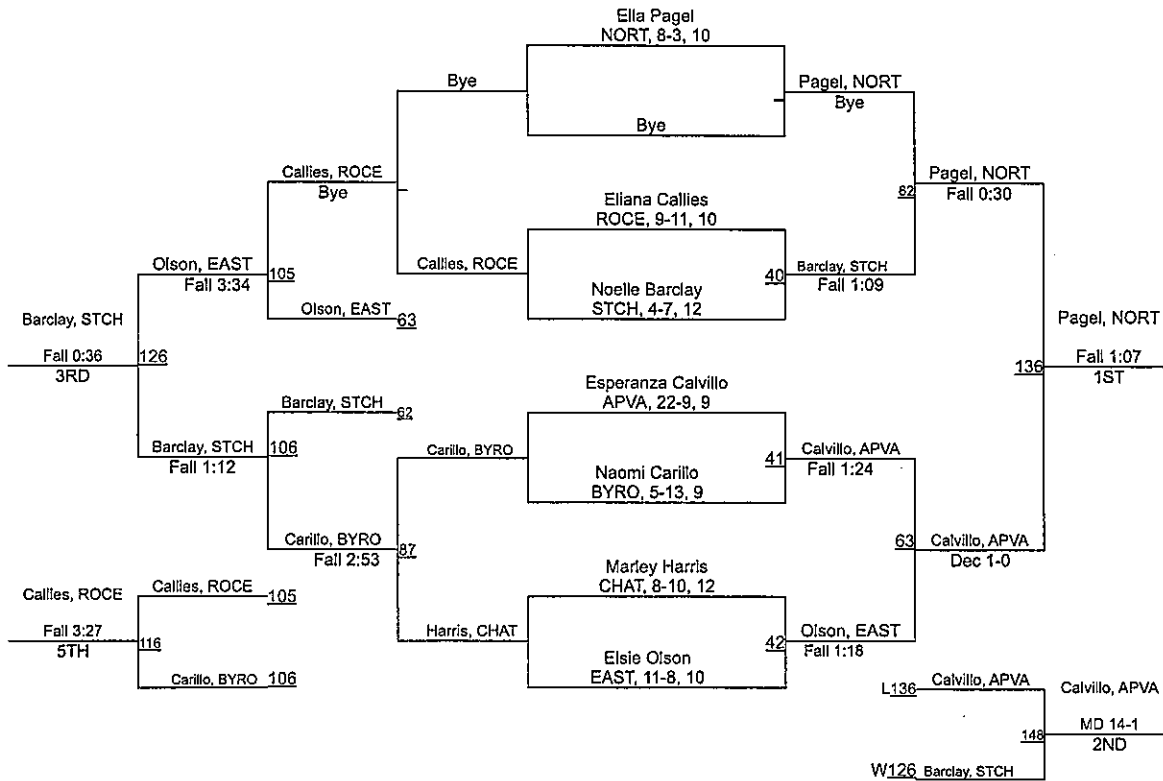
# MSHSL Girls Section 1 & 2

152



# MSHSL Girls Section 1 & 2

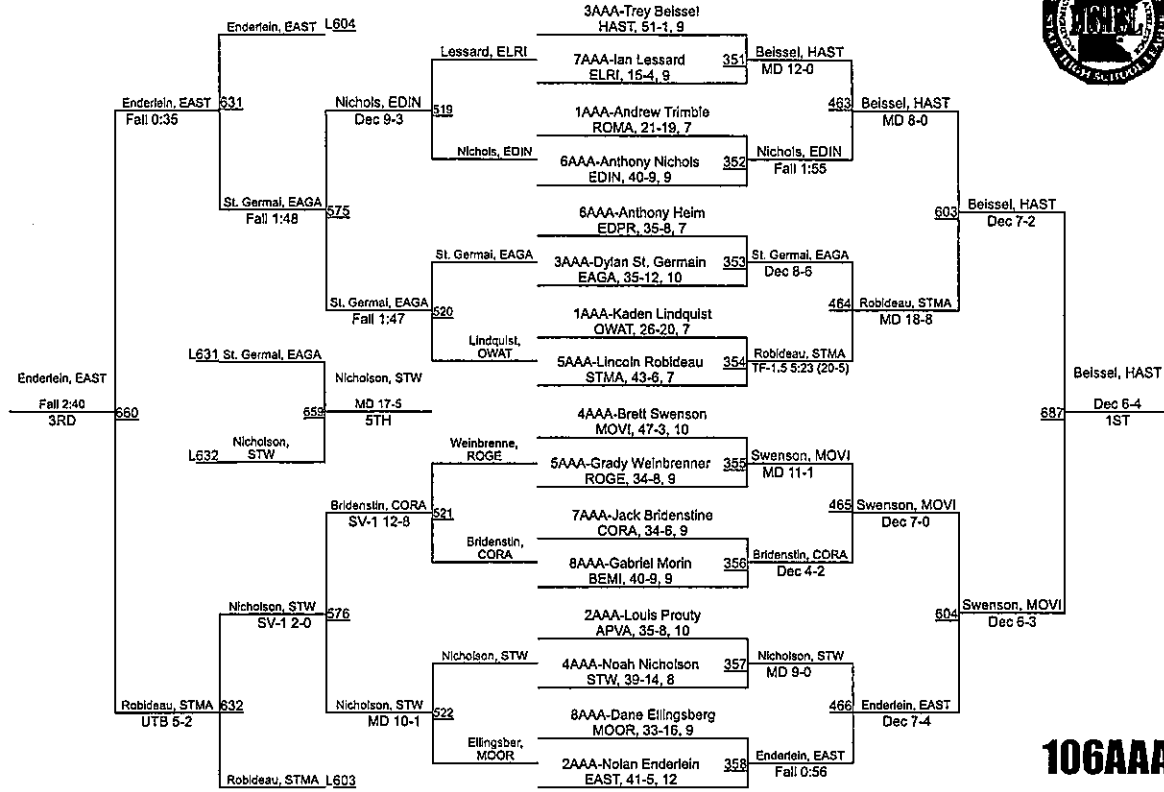
165



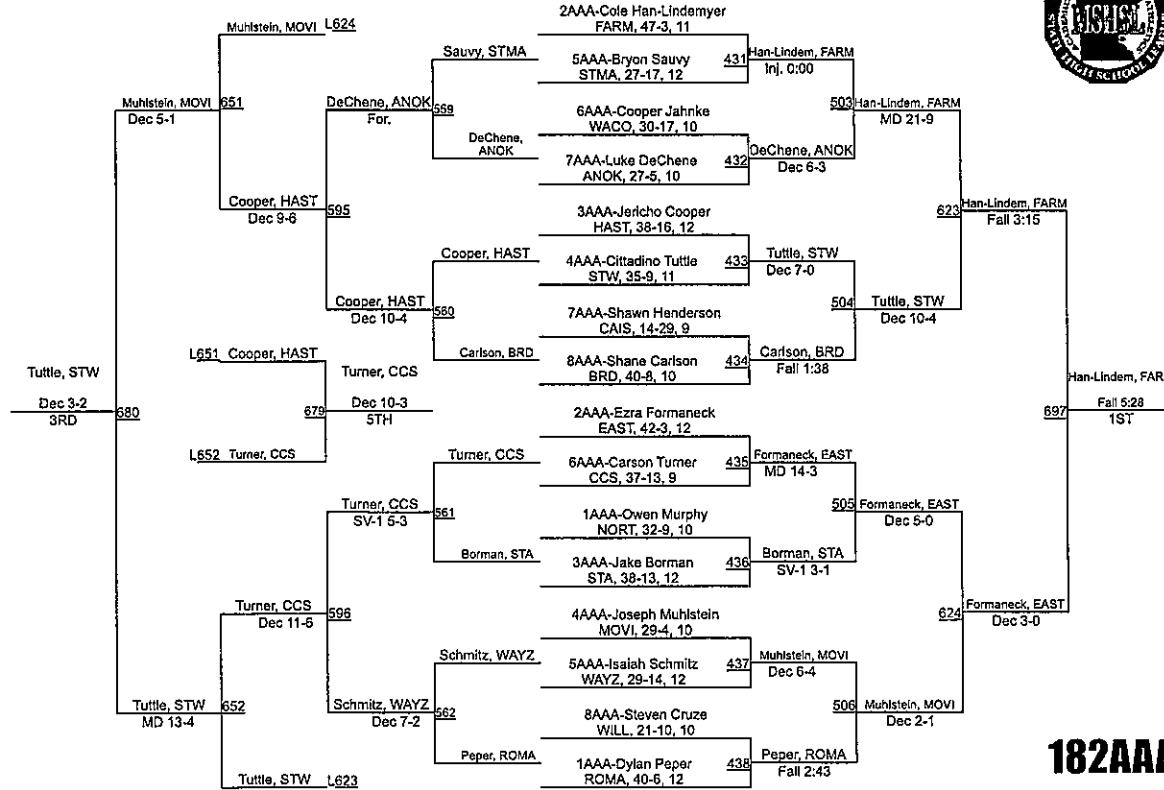
## Class AAA 2023 State Individual Tournament Team Scores

187.5 Saint Michael-Albertville  
96 Hastings  
96 Eden Prairie  
83 Mounds View  
80.5 Waconia  
73 Wayzata  
69 Forest Lake  
60 Stillwater Area  
56 Shakopee  
**50 Eastview**  
49 Farmington  
45 Willmar  
44 Apple Valley  
42 Lakeville North  
39 Saint Thomas Academy  
34.5 Woodbury  
33.5 Cambridge-Isanti  
33 Anoka  
29.5 Owatonna  
29.5 Andover  
26.5 Prior Lake  
26 Bemidji  
23 Minnetonka  
21 Edina  
20 Park  
19 Brainerd  
18 Maple Grove  
14.5 Saint Cloud Tech  
13 Rochester Mayo  
11 Burnsville  
11 Eagan  
11 Winona/Winona Cotter  
9 Rosemount  
8 Elk River  
7 Chaska/Chanhassen  
5 Faribault  
5 Hopkins  
5 Buffalo  
3 Coon Rapids  
3 Little Falls  
2 Champlin Park  
1 Moorhead  
Section 1 58.5  
**Section 2 231.5**  
Section 3 200.5  
Section 4 143  
Section 5 283.5  
Section 6 283.5  
Section 7 178  
Section 8 113.5

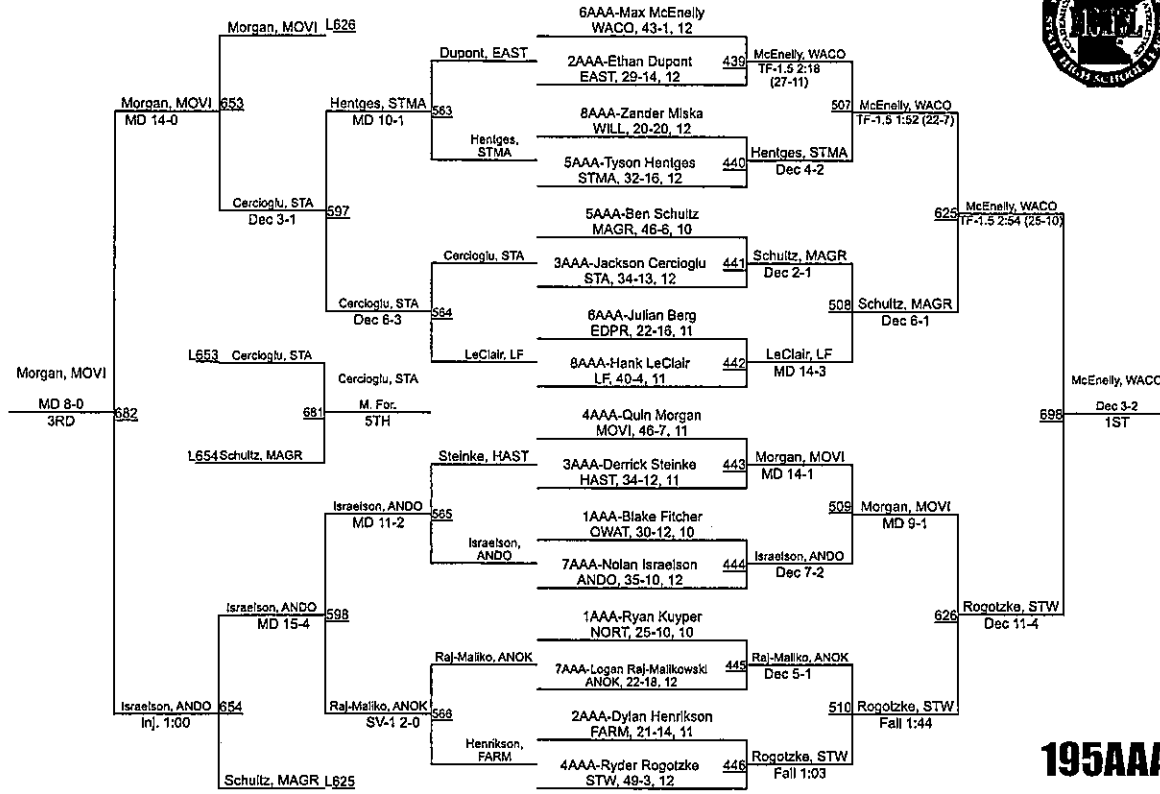
# MSHSL State Championships



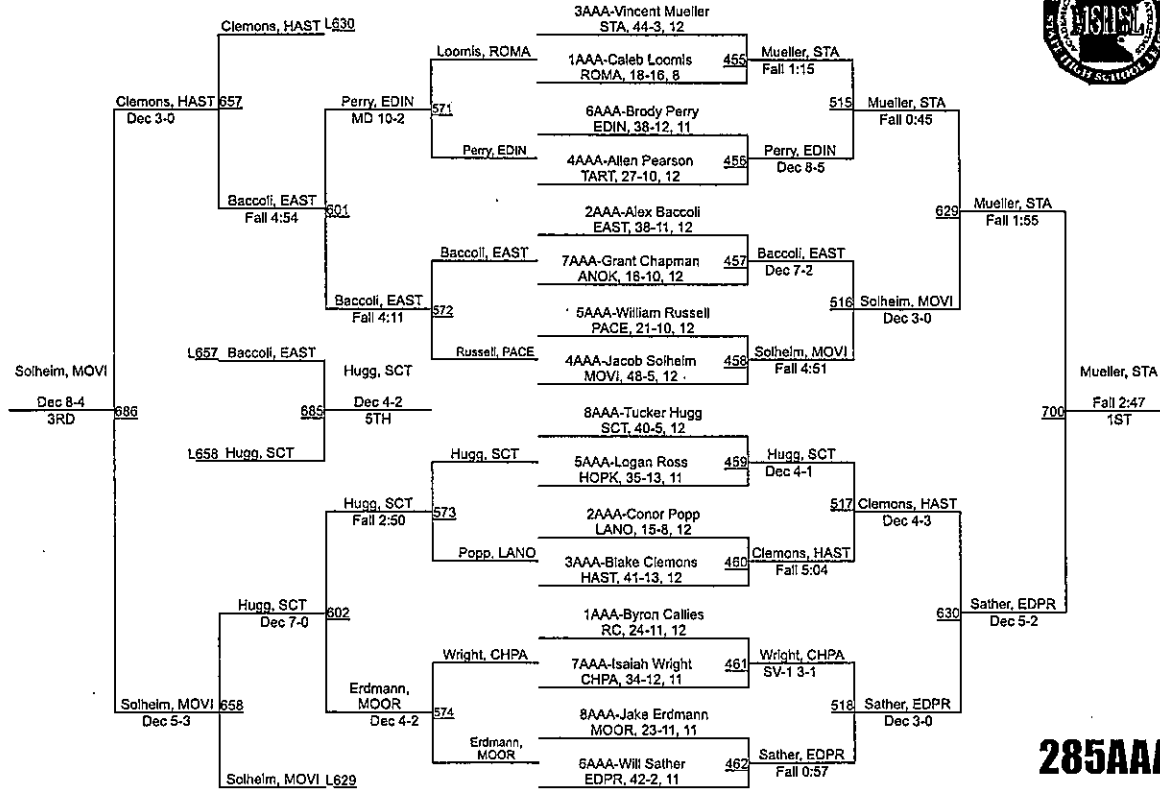
# MSHSL State Championships



# MSHSL State Championships

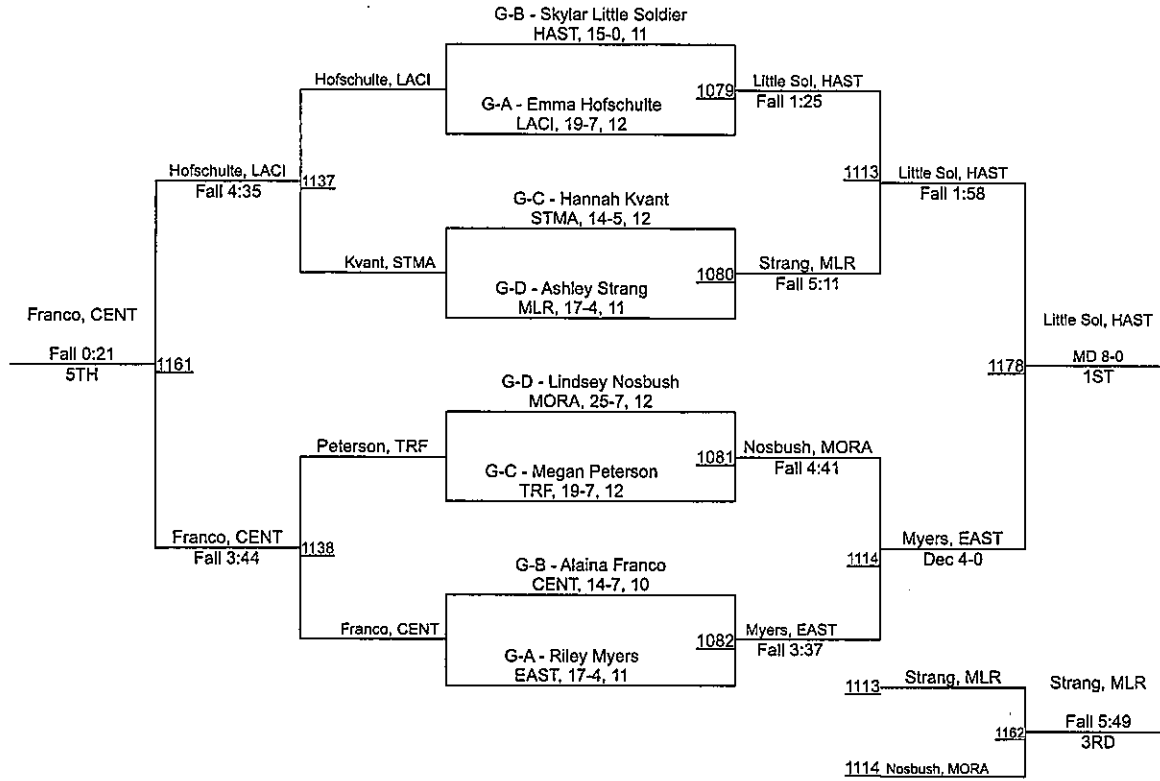


# MSHSL State Championships



# MSHSL State Championships

# 145Girls



- 1064AAA**
- 1st Place - Trey Beissel of Hastings
  - 2nd Place - Brett Swenson of Mounds View
  - 3rd Place - Nolan Enderlein of Eastview
  - 4th Place - Lincoln Robideau of STMA
  - 5th Place - Noah Nicholson of Stillwater
  - 6th Place - Dylan St. Germain of Eagon
- 1st Place Match**
- Trey Beissel (Hastings) 51-1, Fr. over Brett Swenson (Mounds View) 47-3, So. (Dec 6-4)
- 3rd Place Match**
- Nolan Enderlein (Eastview) 41-5, Sr. over Lincoln Robideau (STMA) 43-6, 7th. (Fall 2:40)
- 5th Place Match**
- Noah Nicholson (Stillwater) 39-14, 8th. over Dylan St. Germain (Eagon) 35-12, So. (MD 17-5)
- 113AAA**
- 1st Place - Blake Beissel of Hastings
  - 2nd Place - Leo Edblad of Cambridge-Isanti
  - 3rd Place - Luke Koenen of Wayzata
  - 4th Place - Brandon Board of Andover
  - 5th Place - Austin Laudenbach of Apple Valley
  - 6th Place - Chase Mills of St. Michael-Albertville
- 1st Place Match**
- Blake Beissel (Hastings) 52-1, Jr. over Leo Edblad (Cambridge-Isanti) 39-3, Jr. (Dec 5-1)
- 3rd Place Match**
- Luke Koenen (Wayzata) 44-5, Jr. over Brandon Board (Andover) 45-3, Jr. (Dec 3-2)
- 5th Place Match**
- Austin Laudenbach (Apple Valley) 39-8, Sr. over Chase Mills (STMA) 39-10, Fr. (Dec 5-2)
- 120AAA**
- 1st Place - Zyanivus Williams of Eden Prairie
  - 2nd Place - Mason Mills of St. Michael-Albertville
  - 3rd Place - AJ Smith of Shakopee
  - 4th Place - Zack Carr of Park
  - 5th Place - Connor Peterson of Maple Grove
  - 6th Place - Jacob Aho of Forest Lake
- 1st Place Match**
- Zyanivus Williams (Eden Prairie) 35-9, So. over Mason Mills (STMA) 39-6, Sr. (UTB 4-3)
- 3rd Place Match**
- AJ Smith (Shakopee) 37-8, Sr. over Zack Carr (Park) 47-6, Fr. (Dec 11-5)
- 5th Place Match**
- Connor Peterson (Maple Grove) 37-8, Fr. over Jacob Aho (Forest Lake) 34-7, Sr. (M. For.)
- 126AAA**
- 1st Place - Alan Koehler of Prior Lake
  - 2nd Place - Logan Swenson of Wayzata
  - 3rd Place - Davis Parrow of Farmington
  - 4th Place - Grant Marr of Forest Lake
  - 5th Place - Ian Schultz of St. Michael-Albertville
  - 6th Place - Maverick Mueller of Waconia
- 129AAA**
- 1st Place - Cole Ham-Lindemyer of Farmington
  - 2nd Place - Cael Robb of Owatonna
  - 3rd Place - Charles Pettit of Wayzata
  - 4th Place - Jarrett Wadsen of St. Michael-Albertville
  - 5th Place - Brad Little of Woodbury
  - 6th Place - Dane Jorgensen of Bemidji
- 1st Place Match**
- Cole Ham-Lindemyer (Farmington) 47-3, Jr. over Ezra Formanek (Eastview) 42-3, Sr. (Fall 5:28)
- 3rd Place Match**
- Citadino Tuttle (Stillwater) 35-9, Jr. over Joseph Muhlstein (Mounds View) 29-4, So. (Dec 3-2)
- 5th Place Match**
- Carson Turner (Chaska-Chan Stormhawks) 37-13, Fr. over Jericho Cooper (Hastings) 38-16, Sr. (Dec 10-3)
- 152AAA**
- 1st Place - Zach Hanson of Lakeville North
  - 2nd Place - Cael Robb of Owatonna
  - 3rd Place - Charles Pettit of Wayzata
  - 4th Place - Jarrett Wadsen of St. Michael-Albertville
  - 5th Place - Brad Little of Woodbury
  - 6th Place - Dane Jorgensen of Bemidji
- 1st Place Match**
- Zach Hanson (Lakeville North) 34-0, Sr. over Cael Robb (Owatonna) 32-3, Sr. (MD 13-3)
- 3rd Place Match**
- Charles Pettit (Wayzata) 45-9, Jr. over Jarrett Wadsen (St. Michael-Albertville) 37-11, So. (Dec 7-4)
- 5th Place Match**
- Brad Little (Woodbury) 47-5, So. over Dane Jorgensen (Bemidji) 48-4, Sr. (Dec 5-3)
- 160AAA**
- 1st Place - Jed Wester of St. Michael-Albertville
  - 2nd Place - Leo Tukhlyomyov of Shakopee
  - 3rd Place - Jacory Bates of Eden Prairie
  - 4th Place - Apollo Ashby of Mounds View
  - 5th Place - Aiden Erickson of Hastings
  - 6th Place - Patrick Kubisa of Hopkins
- 1st Place Match**
- Jed Wester (St. Michael-Albertville) 40-2, Jr. over Leo Tukhlyomyov (Shakopee) 26-3, Sr. (Dec 8-1)
- 3rd Place Match**
- Jacory Bates (Eden Prairie) 26-4, Sr. over Apollo Ashby (Mounds View) 46-5, Jr. (Dec 10-4)
- 5th Place Match**
- Aiden Erickson (Hastings) 41-8, Sr. over Patrick Kubisa (Hopkins) 35-8, Jr. (Dec 9-8)
- 170AAA**
- 1st Place - Marco Christiansen of Minnetonka
  - 2nd Place - Adam Cherne of Wayzata
  - 3rd Place - Noah Torgerson of STMA
  - 4th Place - Treytin Byers of Cambridge-Isanti
  - 5th Place - Braeden Erickson of Willmar
  - 6th Place - Marcell Booth of Apple Valley
- 1st Place Match**
- Marco Christiansen (Minnetonka) 47-7, Jr. over Adam Cherne (Wayzata) 43-6, Sr. (SV-1 4-2)
- 3rd Place Match**
- Noah Torgerson (STMA) 24-4, Jr. over Treytin Byers (Cambridge-Isanti) 40-6, Sr. (Dec 6-5)
- 5th Place Match**
- Braeden Erickson (Willmar) 40-6, Sr. over Marcell Booth (Apple Valley) 43-6, Jr. (SV-1 6-4)
- 182AAA**
- 1st Place - Cole Ham-Lindemyer of Farmington
  - 2nd Place - Ezra Formanek of Eastview
  - 3rd Place - Citadino Tuttle of Stillwater
  - 4th Place - Joseph Muhlstein of Mounds View
  - 5th Place - Carson Turner of Chaska-Chan
  - 6th Place - Jericho Cooper of Hastings
- 185AAA**
- 1st Place - Max McEnelly of Waconia
  - 2nd Place - Ryder Rogoztke of Stillwater
  - 3rd Place - Quin Morgan of Mounds View
  - 4th Place - Nolan Israelson of Andover
  - 5th Place - Jackson Cercioğlu of St. Thomas Acad
  - 6th Place - Ben Schultz of Maple Grove
- 1st Place Match**
- Max McEnelly (Waconia) 43-1, Sr. over Ryder Rogoztke (Stillwater) 49-3, Sr. (Dec 3-2)
- 3rd Place Match**
- Quin Morgan (Mounds View) 46-7, Jr. over Nolan Israelson (Andover) 35-10, Sr. (MD 8-0)
- 5th Place Match**
- Jackson Cercioğlu (St. Thomas Academy) 34-13, Sr. over Ben Schultz (Maple Grove) 46-6, So. (M. For.)
- 220AAA**
- 1st Place - Mark Rendl of Forest Lake
  - 2nd Place - Alex Riley of Waconia
  - 3rd Place - Dominic Heim of Eden Prairie
  - 4th Place - Antonio Menard of Lakeville North
  - 5th Place - Mambu Sonie of Burnsville
  - 6th Place - Nyles Delmer of St. Michael-Albertville
- 1st Place Match**
- Mark Rendl (Forest Lake) 41-3, Jr. over Alex Riley (Waconia) 42-2, Sr. (Dec 7-3)
- 3rd Place Match**
- Dominic Heim (Eden Prairie) 29-5, Jr. over Antonio Menard (Lakeville North) 38-9, Jr. (Dec 5-2)
- 5th Place Match**
- Mambu Sonie (Burnsville) 35-6, Sr. over Nyles Delmer (STMA) 26-12, Sr. (Fall 1-48)
- 285AAA**
- 1st Place - Vincent Mueller of St. Thomas Academy
  - 2nd Place - Will Sabher of Eden Prairie
  - 3rd Place - Jacob Solheim of Mounds View
  - 4th Place - Blake Clemmons of Hastings
  - 5th Place - Tucker Hugg of Saint Cloud Tech
  - 6th Place - Alex Baccoli of Eastview
- 1st Place Match**
- Vincent Mueller (St. Thomas Academy) 44-3, Sr. over Will Sabher (Eden Prairie) 42-2, Jr. (Fall 2:47)
- 3rd Place Match**
- Jacob Solheim (Mounds View) 48-5, Sr. over Blake Clemmons (Hastings) 41-13, Sr. (Dec 8-4)
- 5th Place Match**
- Tucker Hugg (Saint Cloud Tech) 40-5, Sr. over Alex Baccoli (Eastview) 38-11, Sr. (Dec 4-2)
- 132AAA**
- 1st Place - Landon Robideau of STMA
  - 2nd Place - Lincoln Vick of Waconia
  - 3rd Place - Parker Lyden of Forest Lake
  - 4th Place - Landon Nebel of Edina
  - 5th Place - Easton Direks of Braunerd
  - 6th Place - Sully Anez of Willmar
- 1st Place Match**
- Landon Robideau (STMA) 46-0, So. over Lincoln Vick (Waconia) 42-7, Sr. (TF-1.5 4:58 (23-8))
- 3rd Place Match**
- Parker Lyden (Forest Lake) 47-5, Jr. over Landon Nebel (Edina) 43-7, Sr. (Fall 4:41)
- 5th Place Match**
- Easton Direks (Braunerd) 44-5, Fr. over Sully Anez (Willmar) 33-12, So. (Dec 6-3)
- 138AAA**
- 1st Place - Alex Braun of Woodbury
  - 2nd Place - Parker Janssen of St. Michael-Albertville
  - 3rd Place - Conlan Carlson of Willmar
  - 4th Place - Connor Warren of Shakopee
  - 5th Place - Logan Henningson of Winona-Cotter
  - 6th Place - Ty Sautler of Rosemount
- 1st Place Match**
- Alex Braun (Woodbury) 48-0, Jr. over Parker Janssen (St. Michael-Albertville) 37-5, Sr. (Dec 6-1)
- 3rd Place Match**
- Conlan Carlson (Willmar) 41-5, So. over Connor Warren (Shakopee) 31-8, Jr. (TF-1.5 5:25 (19-4))
- 5th Place Match**
- Logan Henningson (Winona-Cotter) 45-7, Sr. over Ty Sautler (Rosemount) 36-11, So. (Dec 7-2)
- 145AAA**
- 1st Place - Elijah Paulson of Anoka
  - 2nd Place - Terae Dunn of Eden Prairie
  - 3rd Place - Eli Davis of St. Michael-Albertville
  - 4th Place - Jayden Haueter of Apple Valley
  - 5th Place - Calder Sheehan of Rochester Mayo
  - 6th Place - Josh Routs of Hastings
- 1st Place Match**
- Elijah Paulson (Anoka) 44-2, Sr. over Terae Dunn (Eden Prairie) 35-5, Jr. (Dec 10-3)
- 3rd Place Match**
- Eli Davis (St. Michael-Albertville) 40-8, Jr. over Jayden Haueter (Apple Valley) 44-5, Jr. (Dec 9-4)
- 5th Place Match**
- Calder Sheehan (Rochester Mayo) 37-5, So. over Josh Routs (Hastings) 36-17, Sr. (Dec 5-4)



- 106A
- 1st Place - Javier Berg of Chatfield
  - 2nd Place - Mikio Hernandez of Pipestone Area
  - 3rd Place - Elijah Greenwaldt of Staples Motley
  - 4th Place - Brady Murphy of WEM-JWP
  - 5th Place - Miles Wildman of Minniewaska Area
  - 6th Place - Owen Gruchow of West Central Area
- 106AA
- 1st Place - Lawson Eller of New Prague
  - 2nd Place - Austin Grzywinski of Simley
  - 3rd Place - Ben Gumlogson of Dawson-Boyd - United
  - 4th Place - John Paul Fitzpatrick of Crosby-Ironton
  - 5th Place - Sawyer Simmons of Royalton-Upsala
  - 6th Place - Isaiiah Rodriguez of Jackson County Cent
- 106AA
- 1st Place - Austin Klecker of BOLD
  - 2nd Place - Zach Fier of Minnesota
  - 3rd Place - John Paul Fitzpatrick of Crosby-Ironton
  - 4th Place - Sawyer Simmons of Royalton-Upsala
  - 5th Place - DJ Rock of Luverne
  - 6th Place - Tucker Zigan of LPGE-Browerville
- 113A
- 1st Place - Zach Renner of Mille Laes Raiders
  - 2nd Place - Rayton Graham of Howard Lake-Waverl
  - 3rd Place - Cole Sykora of Border West Buccaneers
  - 4th Place - Eli Greenman of Canby
  - 5th Place - Micah Gregory of Trinity School
  - 6th Place - Adam Devlaemink of Minnesota
- 113AA
- 1st Place - Tylan Friederichs of Watertown Mayer
  - 2nd Place - Michael Olson of Albert Lea Area
  - 3rd Place - Jevon Williams of Atwater-Cosmos-Grov
  - 4th Place - Simon Snyder of New York Mills
  - 5th Place - DJ Rock of Luverne
  - 6th Place - Tucker Zigan of LPGE-Browerville
- 120A
- 1st Place - Donovan Schmid of Mille Laes Raiders
  - 2nd Place - Simon Kruse of Saint Clair-Mankato Loy
  - 3rd Place - Trey Gunderson of Kerkhoven-Murdock
  - 4th Place - Wyatt Novitzki of Holdingford
  - 5th Place - Benito Diaz of Sibley East
  - 6th Place - Chase Smith of Minniewaska Area
- 120AA
- 1st Place - Brandon Morvari of Simley
  - 2nd Place - Tegan Sherk of St. Francis
  - 3rd Place - Logan Davis of Albert Lea Area
  - 4th Place - Victor Franco of Dassel-Cokato-Litchfie
  - 5th Place - Cole Munstersteiger of Mound-Westonka
  - 6th Place - Grayson Gibson of MAHACA
- 132A
- 1st Place - Devin Carter of Tracy-Milroy-Balaton-We
  - 2nd Place - Eli Larson of Border West Buccaneers
  - 3rd Place - Gavin Albers of LPGE-Browerville
  - 4th Place - David Gregory of Trinity School at River
  - 5th Place - Tommy Wood of Medford
  - 6th Place - Gage Bartels of Chatfield
- 132AA
- 1st Place - Jack Nelson of Mound-Westonka
  - 2nd Place - Kaden Nicolas of Becker
  - 3rd Place - Vance Barz of Sauk Rapids-Rice
  - 4th Place - Catvin Singewald of Cannon Falls
  - 5th Place - Jack Krier of Zumbrota-Mazeppa
  - 6th Place - Jacob Luebke of Dilworth-Glyndon-Felt
- 138A
- 1st Place - Thomas Dineen of Benson
  - 2nd Place - Jacob Schimek of Saint Clair-Mankato L
  - 3rd Place - Matthew Haley of Jackson County Cent
  - 4th Place - Tylan Small of St. Charles
  - 5th Place - Vander Methiowetz of Red Rock Central
  - 6th Place - Shawn Hendrickson of United North Cen
- 138AA
- 1st Place - Tyler Wells of Princeton
  - 2nd Place - Dylan Louwagie of Marshall
  - 3rd Place - Landon Kujawa of Becker
  - 4th Place - Ethan Sylwester of Totino-Grace
  - 5th Place - Nick Korman of Albert Lea Area
  - 6th Place - Nathan Nelson of Mora
- 152A
- 1st Place - Thomas Dineen of Benson
  - 2nd Place - Alex Diederich of Royalton-Upsala
  - 3rd Place - Owen Denstad of Caledonia-Houston
  - 4th Place - Bolton Thusing of Dover-Eyota
  - 5th Place - Ryan Jensen of Belgrade-Brooten-Eirosa
  - 6th Place - Bo Zwienen of Westfield Razorbacks
- 152AA
- 1st Place - Joey Novak of New Prague
  - 2nd Place - Hayden VanderVoort of Hutchinson
  - 3rd Place - Leighton Robb of St. Peter
  - 4th Place - Bo Flaggstad of St. Francis
  - 5th Place - Tyson Kicker of Becker
  - 6th Place - Logan Bender of Chisago Lakes
- 195A
- 1st Place - Nolan Ambrose of Jackson County Cent
  - 2nd Place - Alex Diederich of Royalton-Upsala
  - 3rd Place - Owen Denstad of Caledonia-Houston
  - 4th Place - Bolton Thusing of Dover-Eyota
  - 5th Place - Ryan Jensen of Belgrade-Brooten-Eirosa
  - 6th Place - Bo Zwienen of Westfield Razorbacks
- 195AA
- 1st Place - Travis Smith of Simley
  - 2nd Place - Zak McPhee of Proctor-Hermantown
  - 3rd Place - Caden O'Malley of Tri-City United
  - 4th Place - Evan McGuire of Mahomed
  - 5th Place - Jacob Williams of Alkin
  - 6th Place - Tate Link of Dassel-Cokato-Litchfield
- 220A
- 1st Place - Thomas Froking of Jackson County
  - 2nd Place - Colbe Tapps of Staples Motley
  - 3rd Place - Gavin Johnson of Kenyon-Wanamingo
  - 4th Place - Solomon Wales of West Central Area-
  - 5th Place - Lane Fink of Canby
  - 6th Place - Cory Scanlan of Caledonia-Houston
- 220AA
- 1st Place - Gavin Nelson of Simley
  - 2nd Place - Cy Kruse of Totino-Grace
  - 3rd Place - Grady Munnereath of Rocori
  - 4th Place - Marco Reyes of Tri-City United
  - 5th Place - Max Olson of Fairmont-Martin County
  - 6th Place - Ian Larrabee of Hibbing
- 285A
- 1st Place - Tucker Gintler of Caledonia-Houston
  - 2nd Place - Hunter Gruchow of West Central Area
  - 3rd Place - Logan Butzon of Jackson County Central
  - 4th Place - Lincoln Fink of Canby
  - 5th Place - David Revering of Bertha-Hewitt- Vernd
  - 6th Place - Ethan Bowman of Crookston
- 285AA
- 1st Place - Soren Herzog of Simley
  - 2nd Place - Sam Diosozy of Mound-Westonka
  - 3rd Place - Carter Geerts of Byron
  - 4th Place - Brady Rhode of Dawson-Boyd - United
  - 5th Place - Jeffrey Moen of Detroit Lakes
  - 6th Place - Evan Thompson of New Ulm Area



## Returning Letter Winners 2022-2023 Varsity Career Statistics

WRESTLER	GRADE	WINS	LOSS	TD	NF	R	FALLS	TM PTS
Aryan Karimnejad	7	1	8	1	1	3	0	3
Aiden Frost	9	1	4	0	0	0	0	6
Kayan Karimnejad	9	7	15	16	1	4	2	31
Spencer Lee	9	36	24	61	43	11	19	192
Pierce Lewis	9	34	24	69	36	24	29	232
Logan Myers	9	6	10	10	9	1	5	35
Thomas Schmidt	9	23	52	43	8	2	13	128
Jack Bauer	10	32	17	31	10	14	13	133
Kye Brouchet	10	6	9	7	1	2	3	33
Aiden Enderlein	10	53	27	77	42	7	28	288
Landon Odegard	10	9	8	6	2	2	5	33
Logan Ostler	10	3	18	3	1	2	2	18
Levi Ruyle	10	13	32	29	12	3	3	63
Brock Taylor	10	1	0	1	1	1	1	6
Eli Zillhardt	10	0	1	0	0	0	0	0
Sam Cohen	11	13	24	13	5	12	7	69
Ayden Columbus	11	15	40	16	4	3	5	88
Colton Hanneman	11	0	3	0	0	0	0	0
Jack McNeely	11	0	3	0	0	0	0	0
Riley Myers	11	5	2	5	4	1	3	24
Todd Ostler	11	8	24	13	3	4	3	42

Other Returning Letterwinners: Elsie Olson, Saqib Kanwar

## 2022-2023 Girls Career Statistics

WRESTLER	GRADE	WINS	LOSS
Jannelle Mendez	11	5	10
Riley Myers	11	28	5
Elsie Olson	10	15	11
Caitlyn Tighe	9	5	9

# EASTVIEW WRESTLER ALUMNI VARSITY CAREER STATISTICS

<u>NAME</u>	<u>YEAR</u>	<u>WINS</u>	<u>LOSS</u>	<u>TD</u>	<u>NF</u>	<u>R</u>	<u>FALLS</u>	<u>TM PT</u>
Tony Rodin	1999	77	23	151	83	36	31	361
Brandon Jones	1999	13	20	31	18	7	5	56
Joe Theisen	1999	5	27	11	7	7	1	22
Brad Okonek	2000	49	50	84	71	24	33	255
Matt Davis	2000	44	61	76	66	25	23	204
Nate Ernst	2000	44	24	94	25	15	19	203
Adam Miller	2000	28	34	64	15	13	14	135
Nick Thompson	2000	27	21	41	23	39	13	126
Chris Verhaeghe	2000	2	3	3	2	1	1	9
Adam Fokken	2001	147	36	349	121	92	83	727
David Rasmussen	2001	66	49	154	60	43	23	298
Brian Putnam	2001	19	21	13	11	7	10	91
Adam Johnson	2001	13	45	39	16	15	7	65
Eric Budd	2001	0	1	0	0	0	0	0
Jon Hanson	2001	0	5	1	0	1	0	0
Kris Carson	2002	0	0	0	0	0	0	0
Mikey Fornicoia	2002	107	31	231	166	84	44	491
Mic Hale	2002	0	1	0	0	0	0	0
Wade Halvorsen	2002	1	0	1	0	1	1	6
Eric Lemm	2002	38	37	53	26	24	16	173
David Pudwill	2002	11	12	10	1	0	4	51
John Getzke	2003	78	46	138	79	50	40	368
Nate Kocer	2003	55	25	71	31	55	45	310
Andrew Lenertz	2003	5	5	12	4	5	2	24
Kevin McBride	2003	110	84	111	89	65	39	307
Chris Shuck	2003	64	59	194	35	17	16	252
Jud Turk	2003	53	57	110	63	26	16	223
James Voyles	2003	50	28	107	12	11	15	213
Jason Berve	2004	0	1	0	0	0	0	0
Pat Dea	2004	79	57	151	123	69	42	322
Kevin Eich	2004	71	61	167	47	26	18	290
Jeremiah Foertsch	2004	48	57	97	50	50	26	228
David Grogg	2004	7	16	14	4	4	3	30
Fred Hwang	2004	12	23	15	9	7	11	74
Ryan Langlais	2004	139	54	449	112	50	55	621
Andy Tighe	2004	2	0	0	0	0	0	12
Cory Wagner	2004	13	12	15	9	7	11	74
Brain Wallenta	2004	4	3	3	3	1	2	24
Tom Chies	2005	12	27	19	9	21	2	48
Steve McMoore	2005	6	8	15	7	9	2	25
Ryan Ruckdashel	2005	54	29	76	30	10	36	292
Sam Voyles	2005	15	12	33	14	8	7	74
Kyle Wilson	2005	19	45	44	8	22	9	97
Justin Armstrong	2006	7	5	4	3	4	5	42
Chris Becker	2006	4	10	3	4	2	1	18
Chad Eul	2006	31	23	40	24	18	17	160

<b>NAME</b>	<b>YEAR</b>	<b>WINS</b>	<b>LOSS</b>	<b>TD</b>	<b>NF</b>	<b>R</b>	<b>FALLS</b>	<b>TM PT</b>
Chris Griep	2006	20	41	27	15	15	8	98
Minh Huynh	2006	100	32	160	148	53	42	458
John Makabe	2006	90	33	190	60	45	47	442
Andrew Nelson	2006	49	44	54	48	46	23	216
Josh Nelson	2006	60	52	156	68	25	20	254
Dillon Powell	2006	32	19	85	21	13	16	149
Abebe Dessalegn	2007	36	24	89	35	13	21	178
Dan Getzke	2007	70	35	142	101	36	39	326
Jacob Nelson	2007	65	25	103	75	35	23	304
Jeff Hanson	2007	1	2	3	0	1	0	3
Andrew Pudwill	2007	12	21	18	3	5	7	61
Alex Bakardjiev	2008	1	7	0	0	2	1	6
Dino Blundetto	2008	18	37	36	11	4	14	105
Scott Kenning	2008	20	30	31	13	11	13	104
David Ly	2008	35	40	53	29	30	16	155
Tony Nguyen	2008	7	8	10	2	1	2	39
Bryan Okonek	2008	55	51	91	37	35	27	261
James Pudwill	2008	37	40	54	24	16	26	189
Pat Cox	2009	0	6	1	0	3	0	0
Matt Franson	2009	11	12	15	6	4	7	59
Ty Groskreutz	2009	65	43	92	59	22	41	323
Scott Hogan	2009	129	25	252	145	75	66	606
Billy Kor	2009	15	24	32	2	8	2	61
Bobby Ladd	2009	21	23	24	11	22	11	100
Dijon Sanders	2009	58	44	74	21	39	17	240
Carl Brown	2010	0	2	0	0	0	0	0
Nick Dodd	2010	37	42	49	28	35	19	170
Cody Groskreutz	2010	82	48	180	58	46	26	341
Alec Johnson	2010	22	25	25	24	26	14	118
Peter Nguyen	2010	48	35	67	50	27	29	249
Nels Pederson	2010	86	35	200	50	50	28	373
Steve Phomphackdy	2010	21	18	29	16	15	6	83
DJ Schliesman	2010	16	30	19	6	11	8	78
Joey Scott	2010	44	46	56	26	17	16	192
Alec Teagarden	2010	8	12	17	5	8	4	36
Josh Weinberg	2010	64	29	74	126	87	27	298
Rob Wietecha	2010	14	23	30	3	7	5	57
Derek Becker	2011	13	18	27	8	8	5	58
Josh Blake	2011	29	18	33	40	31	17	147
Erik Ehresmann	2011	53	31	79	31	10	35	269
Jack Lesch	2011	0	2	2	0	0	0	0
Alex Mitchell	2011	0	0	0	0	0	0	0
Mike Schliesman	2011	0	1	0	0	0	0	0
Ben Schmitz	2011	21	21	33	24	14	5	84
Marcus Shaw	2011	0	0	0	0	0	0	0
Chris Bechly	2012	38	50	71	13	30	13	170
Brendan Cole	2012	13	23	28	10	9	9	73
Adam Foreman	2012	11	18	6	2	7	10	63
Edgar Garcia	2012	35	43	34	10	16	19	189
BJ Groskreutz	2012	85	78	144	70	63	35	389
Zac Groskreutz	2012	7	16	18	28	6	3	38

NAME	YEAR	WINS	LOSS	TD	NF	R	FALLS	TM PT
Matt Henning	2012	26	27	50	39	19	17	137
Greg Howard	2012	25	28	44	12	13	12	122
Matt Ladd	2012	8	5	16	11	3	4	44
Joe Martens	2012	0	2	2	0	1	0	0
Mitch Rechtzigel	2012	158	50	499	98	54	54	674
Nick Zelenak	2012	2	2	1	1	3	1	12
Will Gibson	2013	20	18	36	32	20	9	99
Blake Harris	2013	1	3	0	0	0	0	6
Jonathan Lenz	2013	35	35	60	13	11	21	169
Patrick Mako	2013	3	1	2	1	1	2	18
Vince Metz	2013	11	14	13	3	5	7	64
Anthony Munos	2013	94	62	187	124	92	40	438
David Phomphackdy	2013	0	1	0	0	0	0	0
Jon Watson	2013	4	9	6	1	3	2	18
Jack Buck	2014	57	25	93	29	19	27	281
Tyler Lindgren	2014	28	65	31	22	23	14	146
Billy Marks	2014	23	19	33	33	21	8	103
Ricky Martinez	2014	1	0	0	0	0	0	6
Nick Pegelow	2014	72	31	155	33	21	33	336
Jacob Rukavina	2014	141	68	318	82	58	75	679
Jordan Swanson	2014	23	15	33	12	20	2	96
Tom Delich	2015	45	34	58	14	14	30	228
Luke Dodd	2015	100	54	195	96	45	35	414
Casey Dravis	2015	79	51	71	76	56	37	370
George Farmah	2015	108	25	223	77	42	53	498
Andre Gaubert	2015	1	3	2	1	1	1	6
Zach Habeck	2015	47	63	122	43	25	17	225
Brett Hestness	2015	15	37	34	13	5	9	70
Zach Praus	2015	12	20	21	5	11	11	53
Jack Schliesman	2015	35	29	49	10	2	17	165
Eric Stumpf	2015	39	62	103	31	27	13	166
Daniel Arehart	2016	19	17	38	11	11	10	101
Blake Branch	2016	0	0	0	0	0	0	0
Collin Dolejs	2016	56	26	66	64	65	29	266
Tim Duffy	2016	83	33	119	19	29	54	432
Gavin Greenlee	2016	41	40	73	37	30	24	199
Hamsa Yusuf	2016	1	1	0	0	0	0	6
Chris Abbey	2017	23	24	47	12	10	7	112
Cory Brodeur	2017	16	9	21	8	4	8	86
Mike Delich	2017	111	22	172	94	36	68	563
Carter Epperson	2017	24	30	47	15	16	17	137
Tony Fiore	2017	0	0	0	0	0	0	0
Will Florin	2017	16	21	40	11	3	5	76
Brendan Formanek	2017	93	54	207	84	65	34	421
Adam Larson	2017	21	17	35	18	12	7	86
Alex Lindstrom	2017	175	84	431	191	101	88	824
Nate Luciano	2017	22	27	42	9	8	9	110
Dane McDevitt	2017	69	31	114	49	15	39	375

<b>NAME</b>	<b>YEAR</b>	<b>WINS</b>	<b>LOSS</b>	<b>TD</b>	<b>NF</b>	<b>R</b>	<b>FALLS</b>	<b>TM PT</b>
Phil Melroe	2017	1	1	0	0	0	0	6
Nate Moore	2017	5	4	8	6	1	3	28
Mehdi Moukrim	2017	26	41	71	27	19	13	125
Brady Renteria	2017	0	0	0	0	0	0	0
Ben Sammon	2017	22	29	29	2	1	11	105
CJ Thomas	2017	0	0	0	0	0	0	0
Bill Barretto	2018	1	0	1	4	2	1	5
Adam Bass	2018	13	20	22	1	4	6	67
Kyle Brusco	2018	8	16	14	3	3	1	31
Charlie Dunne	2018	0	6	0	0	0	0	0
Logan Estep	2018	33	36	36	29	36	17	160
Brady O'Neil	2018	9	15	14	6	3	7	54
Micky Prommachai	2018	2	7	7	1	0	0	6
Eric Schmidt	2018	31	20	34	18	20	18	163
Trever Sharp	2018	17	57	24	18	15	9	87
Max Alipate	2019	13	32	16	4	4	7	72
Alex Burdi	2019	61	66	116	65	45	19	275
Gage Greenlee	2019	82	60	152	89	32	35	436
Quinn Hoffman	2019	36	38	75	16	23	14	169
Abe Joseph	2019	16	18	23	9	5	6	84
Mark Norton	2019	19	45	60	8	11	5	85
Peter Swanson	2019	67	24	138	32	23	36	336
Cedric Warner	2019	44	44	65	11	17	27	238
Austin Gerisch	2020	47	32	68	44	23	20	219
Roman Gilbert	2020	98	34	177	120	37	50	459
Mason Enderlein	2020	131	53	324	131	19	66	630
Noah Wever	2020	6	25	11	8	8	4	33
Max Enderlein	2021	44	42	64	41	14	19	223
Nathan Langer	2021	91	53	104	77	28	50	470
Connor Meixell	2021	66	47	74	47	32	54	386
Logan O'Neil	2021	50	40	63	37	23	16	234
Kellen Stewart	2021	64	35	72	22	5	42	355
Landon Vath	2021	26	34	54	18	2	11	128
Cole Frost	2022	53	62	63	117	26	35	283
Luke Habeck	2022	50	37	90	53	28	27	261
Brady Kelley	2022	38	34	35	22	30	21	196
Nick Leichner	2022	0	0	0	0	0	0	0
Hafiz Hasoumi	2022	0	0	0	0	0	0	0
Jack Stevens	2022	29	12	27	22	3	21	165
Miguel Zagal	2022	4	16	0	0	2	1	24
Alex Baccoli	2023	70	32	77	21	9	35	376
Ethan Dupont	2023	61	25	99	53	19	30	318
Nolan Enderlein	2023	109	36	138	66	39	73	597
Ezra Formanek	2023	103	32	142	69	39	69	564
Juan Gonzalez	2023	0	0	0	0	0	0	0
Dillon Landrie	2023	0	1	0	0	0	0	0
Calvin Lema	2023	1	0	0	2	0	0	6
Damien Mogere	2023	1	0	2	2	0	0	3
Ben Nguyen	2023	0	6	0	1	0	0	0

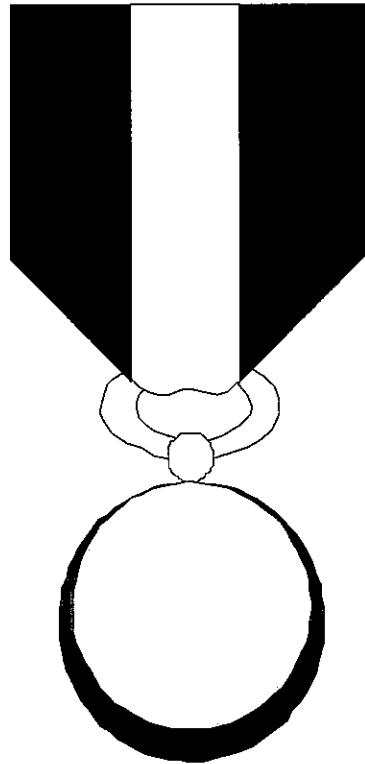
# EASTVIEW WRESTLING RECOGNITIONS

## 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  
 Mitch Rechtzigel (3x)  
 Nels Pederson  
 Josh Weinberg  
 Erik Ehresmann  
 BJ Groskreutz  
 George Farmah (2x)  
 Anthony Munos  
 Jacob Rukavina  
 Alex Lindstrom  
 Billy Marks  
 Luke Dodd (2x)  
 Nick Pegelow  
 Mike Delich (2X)  
 Alex Lindstrom (2X)  
 Collin Dolejs  
 Dane McDevitt (2X)  
 Tim Duffy  
 Brendan Formaneck  
 Mason Enderlein (3X)  
 Peter Swanson (2X)  
 Roman Gilbert (2X)  
 Quinn Hoffman  
 Drew Bergstedt  
 Austin Gerisch  
 Kellen Stewart (2X)  
 Nathan Langer  
 Logan O'Neil  
 Nolan Enderlein (2X)  
 Ezra Formaneck (2X)  
 Luke Habeck  
 Ethan Dupont (2X)  
 Aiden Enderlein  
 Alex Baccoli  
 Riley Myers  
 Elsie Olson

## SECTIONS CHAMPIONS

Tony Rodin  
 Adam Fokken  
 David Rasmussen  
 Mikey Fornicoia  
 James Voyles  
 Nate Kocer  
 Ryan Langlais  
 Nels Pederson  
 George Farmah (2x)  
 Luke Dodd  
 Mike Delich (2x)  
 Tim Duffy  
 Riley Myers (2x)  
 Nolan Enderlein  
 Ethan Dupont  
 Alex Baccoli



## STATE QUALIFIERS

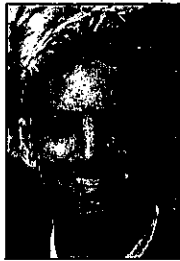
Tony Rodin (2x)	4 <sup>th</sup> Place
Brad Okonek	
Adam Fokken (3x)	4 <sup>th</sup> Place
	1 <sup>st</sup> Place
David Rasmussen	
Mikey Fornicoia (2x)	6 <sup>th</sup> Place
James Voyles	
Jud Turk	
Nate Kocer	6 <sup>th</sup> Place
John Getzke	5 <sup>th</sup> Place
Ryan Langlais (3x)	
Pat Dea	
Steve Davis (2x)	4 <sup>th</sup> Place
Minh Huynh (3x)	4 <sup>th</sup> Place
John Makabe	
Ryan Ruckdashel	
Dan Getzke	
Chad Eul	
Jacob Nelson	
Will Jackson	4 <sup>th</sup> Place
Nels Pederson	
Dijon Sanders	
Mitch Rechtzigel	2 <sup>nd</sup> Place
BJ Groskreutz	
Jacob Rukavina (3x)	3 <sup>rd</sup> Place
George Farmah (2x)	2 <sup>nd</sup> Place
	2 <sup>nd</sup> Place
	2 <sup>nd</sup> Place
Luke Dodd (2x)	
Nick Pegelow	
Casey Dravis	
Tom Delich	
Tim Duffy (2x)	5 <sup>th</sup> Place
Alex Lindstrom (3x)	5 <sup>th</sup> Place
	3 <sup>rd</sup> Place
Collin Dolejs	
Mike Delich (3x)	4 <sup>th</sup> Place
	3 <sup>rd</sup> Place
Dane McDevitt	
Mason Enderlein	
Peter Swanson	
Roman Gilbert	3 <sup>rd</sup> Place
Kellen Stewart (2x)	
Nathan Langer	
Logan O'Neil	
Connor Meixell	
Ezra Formaneck (3x)	2 <sup>nd</sup> Place
Nolan Enderlein (2x)	6 <sup>th</sup> Place
	3 <sup>rd</sup> Place
Ethan Dupont(2x)	
Alex Baccoli (2x)	6 <sup>th</sup> Place
Riley Myers(2x)	1 <sup>st</sup> Place
	2 <sup>nd</sup> Place
Elsie Olson	3 <sup>rd</sup> Place



# 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



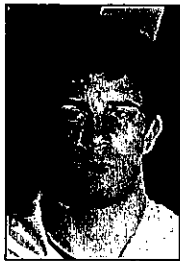
**Ty Groskreutz**  
Football, Wrestling & Baseball; 2009 Scholar Athlete; 3-Sport Letter Winner; Team Captain



**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; 3-Sport Letter Winner; Team Captain 2014



**Collin Dolejs**  
Football, Wrestling, Track; Scholar Athlete of the Year; Wrestling Scholarship Recipient; State Qualifier



**Mike Delich**  
Football, Wrestling, Track; Athlete of the Year; 2X State Place Winner; 2X Captain



**Alex Lindstrom**  
Football, Wrestling, Baseball; Distinguished Athlete Award; 2X State Place Winner; 2X Captain, 175 Career Wins



**Peter Swanson**  
Football & Wrestling; Athlete of the Year; MN State Qualifier; 2X Team Captain



**Logan O'Neil**  
Football, Wrestling & Track; Scholar Athlete of the Year; MN State Prelim Qualifier; Team Captain 2021

# Wall of Excellence

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



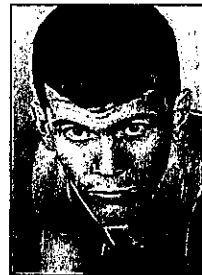
**Tony Rodin**  
1998 - 4th Place  
125 lbs.



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



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



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



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



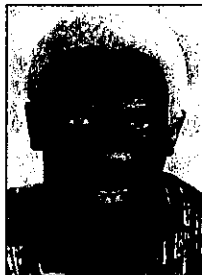
**Minh Huynh**  
2005 - 4th Place  
103 lbs.



**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.



**Tim Duffy**  
2015 - 5th Place  
285 lbs.



**Mike Delich**  
2016 - 4th Place  
2017 - 3rd Place  
195 lbs.



**Alex Lindstrom**  
2016 - 5th Place, 160 lbs  
2017 - 3rd Place, 170 lbs



**Roman Gilbert**  
2020 - 3rd Place  
132 lbs.

# Season Awards

## Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin
1999	Adam Fokken
2000	Adam Fokken
2001	Adam Fokken
2002	Mikey Formicoia
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 Recthzigel
2012	Mitch Recthzigel
2013	Jacob Rukavina
2014	Jacob Rukavina & George Farmah
2015	George Farmah & Luke Dodd
2016	Mike Delich, Alex Lindstrom
2017	Alex Lindstrom
2018	Peter Swanson
2019	Peter Swanson
2020	Roman Gilbert
2021	Kellen Stewart
2022	Ezra Formaneck & Nolan Enderlein

## 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
2016	Adam Larson
2017	Peter Swanson
2018	Abe Joseph
2019	Chris Schleicher
2020	Luke Habeck & Jack Stevens
2021	Jack Stevens & Ethan Dupont
2022	Landon O'Neil

## Most Valuable Freshman (7-8-9) Wrestler of the Year

1998	Adam Fokken
1999	Mikey Formicoia
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
2016	Gage Greenlee
2017	Mason Enderlein
2018	Nathan Langer
2019	Drew Bergstedt
2020	Nolan Enderlein & Ezra Formaneck
2021	Carter Harris
2022	Aiden Enderlein

## 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
2016	Logan Estep
2017	Chris Abbey
2018	Roman Gilbert
2019	Logan O'Neil
2020	Austin Gerisch
2021	Luke Habeck
2022	Ethan Dupont

## 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
2016	Collin Dolejs
2017	Carter Epperson & Adam Larson
2018	Eric Schmidt
2019	Quin Hoffman & Cedric Warner
2020	Mason Enderlein
2021	Connor Meixell & Nathan Langer
2022	Cole Frost & Luke Habeck

## 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 Formaneck
2015	Brendan Formaneck
2016	Brendan Formaneck
2017	Eric Schmidt
2018	Adam Bass
2019	Brian Gerisch
2020	Mason Enderlein
2021	Travis Lee
2022	Jack McNeely

## 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
2016	Rachel Schmidt
2016	Brianna Peterman
2019	Abby Lindgren
2020	Payton Formaneck

## 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
2016	Collin Dolejs
2017	Mike Delich
2018	Eric Schmidt
2020	Mason Enderlein
2021	Connor Meixell
2022	Jack Stevens

## Scholar Athlete of the Year

2008	Ty Groskreutz
2009	Ty Groskreutz
2010	Rob Wietecha & Peter Nguyen
2011	Ben Schmitz
2012	Greg Howard
2013	Jonathan Lenz
2014	Nick Pegelow
2015	Zach Praus
2016	Mike Delich
2017	Mike Delich
2018	Mason Enderlein
2019	Logan O'Neil
2020	Logan O'Neil
2021	Logan O'Neil & Max Enderlein
2022	Nolan Enderlein

# Lightning go 2-1 in tourney

## Farmington takes third in Edina Invite

by Mike Shaughnessy  
SUN THISWEEK  
DAKOTA COUNTY TRIBUNE

Eastview won two of three matches to finish second at its traditional wrestling season opener, the Lightning Duals.

After losing to Eagan 42-34 in the opening match of the Dec. 2 tournament, Eastview defeated Pine Island 45-34, Robbinsdale Armstrong 62-17 and Two Rivers 66-20. Eagan was 3-0 to take first place. After defeating Eastview, the Wildcats downed Two Rivers 66-18 and Armstrong 62-10.

Five Eastview wrestlers were 4-0 in the tournament - Nolan Enderlein (113 pounds), Spencer Lee (120), Ezra Formanek (182), Ethan Dupont (195) and Alex Baccoli (285). Enderlein is ranked fourth in Class 3A at 113 by theguillotine.com. Formanek is ranked seventh at 182, Dupont is 10th at 195 and Baccoli is ninth at 285.

Eastview will wrestle Eden Prairie and Buffalo in a triangular at 5 p.m. Friday, Dec. 9, before competing at the Maple Grove Invitational at 10 a.m. Saturday.

## Panther Invite

Traditional Class 2A

## Lightning 2nd at Maple Grove

Eastview finished second at the Maple Grove Crimson Invite on Dec. 10, finishing 15.5 points behind tournament champion Big Lake.

Winning their weight classes for the Lightning were Spencer Lee (120),

Ezra Formanek (182), Jack Bauer (220) and Alex Baccoli (285). Runners-up were Nolan Enderlein (113) and Ethan Dupont (195).

Eagan finished sixth of 13 teams and had the 106-pound champion in Dylan St. Germain. The Wildcats' Logan Gilbertson placed first at 160.

*Mike Shaughnessy can be reached at mike.shaughnessy@apgecm.com.*

## Hopkins girls invite

Some of the top wrestlers at the inaugural state high school girls wrestling championships took the mat at the Hopkins Athena Girls Invitational on Dec. 17.

That group includes

2022 state champions Riley Myers of Eastview and Grace Alagbo of Apple Valley, both of whom won their weight classes at Hopkins. Alagbo also helped Apple Valley win the team championship with 179 points, 73 more than runner-up South St. Paul. Twenty-three schools sent wrestlers to the tournament.

Myers, who took the 138-pound championship at state last season, finished first at 145 at the Hopkins tourney, defeating Kelsey Cruz Rojas of Bloomington Kennedy by fall in the championship match.

Alagbo, the 145-pound state champion last year, took first at 152 at Hopkins with a fall over Alaina Franco of Centennial in the championship match.

Tournament rules permitted teams to enter multiple wrestlers in the same weight class. Apple Valley's Ava Marie Lopez finished third in the weight class won by Alagbo.

Apple Valley's Hanah Schuster, a state qualifier in 2022, took first at 120. Eastview's Elsie Olson, who also wrestled in the inaugural state tourney, took second at 185 at Hopkins. Apple Valley's

Gloriann Vigniavo won the 185-pound championship, taking a 7-1 decision in the final.

Hopkins tourney champions also included Kamdyn Saulter of Rosemount (114), Andrea Quinones of Apple Valley (132) and Esperanza Calvillo of Apple Valley (165).

Runners-up included Apple Valley wrestlers Fabiola Guerra-Guardado (126) and Lily Wolke (235). Jemima Faith Mukete of Apple Valley took third at 165.

*Mike Shaughnessy can be reached at mike.shaughnessy@apgecm.com.*

# Will control



Photo by Mike Shaughnessy  
 Ezra Formaneck of Eastview has control of his match against Lakeville North's Blake Krause during a South Suburban Conference wrestling dual meet Jan. 26. Formaneck, ranked fourth in Class 3A at 182 pounds, won by fall in 3 minutes, 32 seconds. The Lightning went on to win the dual 45-27.

Eastview senior Ezra Formaneck is one of few remaining undefeated wrestlers in Class 3A. Formaneck, a state qualifier last season, is 27-0 and ranked fifth in Class 3A at 182 pounds. Ranked first at that weight is defending Class 3A champion Ryder Rogotzke of Stillwater. Lightning senior Nolan Enderlein is ranked fourth in Class 3A at 106.



Photos by Mike Shaughnessy  
 Ezra Formaneck (left) of Eastview and Cole Han-Lindemyer of Farmington tangle in the 182-pound championship match at the Class 3A, Section 2 wrestling individual tournament. Han-Lindemyer, who's ranked first in the weight class, defeated second-ranked Formaneck 18-7. Both will wrestle in the state individual tournament that begins Friday at Xcel Energy Center.

- Four Eastview seniors - Formaneck, Nolan Enderlein (106), Ethan Dupont (195) and Alex Baccoli (285) - will wrestle in the state tourney. Enderlein (37-4), Dupont (29-12) and Baccoli (35-8) all won their weight classes.
- Prior Lake defeated Eastview 40-39 in a quarterfinal match that included 10 pins and two forfeits. Only two matches lasted the full six minutes. Winners for Eastview included Ezra Formaneck, ranked third in Class 3A at 182, and Nolan Enderlein, ranked fourth at 106.

# Meet 10 sets of Minnesota prep wrestling siblings who are all ranked in Top 10 at their weights

In the latest Minnesota high school wrestling rankings, you'll find pairs of brothers; brother/sister combos, and a set of Minnesota twins.

By [Jim Paulsen](#) Star Tribune

FEBRUARY 14, 2023 — 7:30AM

Few sports are as enmeshed in kinship as wrestling.

All sports have their share of family ties. It would take days and a lot more space than is available to mention all familial threads that run through the world of high school sports. For many athletic teams, blood is the basis for their entire program. Son following in Dad's footsteps, daughter eclipsing Mom's achievements, brothers and sisters engaging in friendly games of one-upsmanship. Names like Broten, Micheletti and McDonald are instantly recognizable in Minnesota.

But wrestling is extreme. It thrives on its genealogy. Rarely does one run across a successful wrestler who doesn't have a father, uncle or grandfather — often all three — who wrestled. Combined victories and championships by brothers are an established part of the wrestling record book.

This season is no different, with siblings making names for themselves and their families.

Here are 10 sets of metropolitan-area siblings in which both are in the top 10 of their weight class in the individual rankings released Thursday by [theguillotine.com](http://theguillotine.com)

**Trey and Blake Beissel, Hastings:** Trey, a freshman, is ranked No. 1 in Class 3A at 106 pounds, while Blake, a junior, is the defending Class 3A state champ at 106 and is No. 1 at 113 pounds.

**Lincoln and Landon Robideau, St. Michael-Albertville:** Lincoln is No. 2 in Class 3A at 106, and Landon, the defending Class 3A state champ at 126, sits atop the rankings at 132. Another brother, Lachlan, is rising through the youth ranks.

**Chase and Mason Mills, St. Michael-Albertville:** Freshman Chase is No. 6 in Class 3A at 106 while Mason, another of the Knights who won an individual title last year (113), is No. 1 at 120. They, too, have a younger brother succeeding in youth wrestling, Maddox.

**Audrey and Ryder Rogotzke, Stillwater:** The Rogotzkes are the first brother and sister to win individual state championships in the same season, in 2022. Audrey is a freshman who is No. 1 at 120 pounds in the girls rankings while Ryder, who tied a state record with 44 pins on his way to the Class 3A 182-pound title, is No. 2 at 195 pounds among boys.

**Charli and Cash Raymond, Simley:** Another successful sister/brother duo. Charli won the girls 100-pound crown in 2022 and is No. 2 in the girls ranking at 107. Cash, third at 138 a year ago, is No. 2 in Class 2A at 152 pounds.

**Joel and Titan Friederichs, Watertown-Mayer:** Twins who are both in the top five in their weight classes in Class 2A. Joel is No. 4 at 106 pounds, Titan No. 2 at 113. They are not the only twins on the Royals' roster, which also includes Patrick and Steven Duske

**Nolan and Aiden Enderlein, Eastview:** Nolan, a senior, is No. 4 in Class 3A at 106 while brother Aiden, a sophomore, is No. 10 at 120. "The fourth Enderleins to wrestle for Eastview," wrote coach Nick Fornicoia. "[There's] one more in middle school."

**Brett and Brady Swenson, Mounds View:** Brett, a sophomore, sits at No. 5 in Class 3A at 106 while Brady, a junior, is No. 8 at 145.

**Jayden and Ian Haueter, Apple Valley:** Junior Jayden is No. 3 at 145, and senior Ian is No. 7 at 152.

**Tyler and Austin Laudenbach, Apple Valley:** Senior Austin is No. 7 in Class 3A at 113 while sophomore Tyler is also a seventh-ranked wrestler, at 138.

# Alagbo, Myers among state girls wrestling qualifiers

Six from AV, one each from Eastview, Rosemount advance through section

by Mike Shaughnessy  
SUN THIS WEEK  
DAKOTA COUNTY TRIBUNE

Six wrestlers from Apple Valley and one each from Eastview and Rosemount have qualified for the second Minnesota girls high school state wrestling tournament.

That group includes two members of the inaugural class of girls state champions from 2022 — Apple Valley junior Grace Alagbo and Eastview junior Riley Myers.

Also qualifying are Kamdyn Sautler of Rosemount and Hannah Schuster, Andrea Quinones, Esperanza Catillo, Gloriana Vignai and Lily Wolke, all of Apple Valley. They advanced through the Section 1/2 tournament Feb. 11 at Hastings High School. The state girls individual tournament will be Saturday, March 4, at Xcel Energy Center, the same day as the boys wrestling individual finals. Currently, there is no state team championship for girls wrestling.

A format change approved by the Minnesota State High School League earlier this month doubled the number of individual qualifiers for the state girls tournament. Last year there were four state qualifiers at each of 12 weight classes, while this year there will be eight per weight. This is in response to participation growth in girls wrestling; the MSHSL said twice as many girls are wrestling in high school programs this year than in 2021-22.

Alagbo, who won the 145-pound class at the 2022 state tournament, qualified by winning at 152 in the Section 1/2 tournament. She pinned all three



Apple Valley junior Grace Alagbo is about to pin Ericka Hansen of Lake City in the 152-pound championship match at the Section 1/2 girls individual wrestling tournament Feb. 11 at Hastings High School. Alagbo will seek her second state championship after winning three 145-pound title last year.

of her opponents in the section tournament, improving to 26-12. Schuster, a sophomore who's 23-9, also advances to state as the section runner-up. She's ranked sixth in the weight class.

Myers (14-3), defeated Emma Hofschulte of Lake City 4-0 in the section championship match at 145. Her victory sets up a possible collision of returning state champions 5-0 to GMLoS (Grand Meadow/LeRoy-Ostrander/Southland) senior McKenna Hendrickson in the championship match. Quinones, 16-13, is ranked sixth in the state at 132.

Calvillo, an Apple Valley ninth-grader, finished second in the section at 165. She lost by fall in 1 minute, 7 seconds to returning state champion Ella Pagel of Northfield, then defeated Noelle Barclay of St. Charles 14-1 in the match for true second. Catillo (22-9), ranked fourth by the lutine.com, defeated third-ranked Elsie Olson of

Eastview 1-0 in the semifinals. Olson, a sophomore and 2022 state qualifier, went on to place fourth in the section.

Vignai, an Apple Valley junior, pinned Katie Whealan of Fillmore Central/Lanesboro/Mabel-Canton in 4:34 in the Section 1-2 championship match at 185. It was the only match of the tournament for Vignai (21-2) as the weight class had only three entrants. Vignai is ranked fourth at 185, but one of the wrestlers ranked ahead of her, Northfield's Pagel, is seeking the 165-pound championship.

Apple Valley eighth-grader Wolke lost by fall in 5:24 to Jerriona Marshall of Rochester Mayo in the section 235-pound final but will advance to state as the runner-up. Wolke takes a 10-7 record and No. 4 ranking into the state tournament. Marshall is ranked second in the weight class.



Eastview's Riley Myers (left) gets mentally prepared for her 145-pound championship match against Emma Hofschulte of Lake City at the Section 1/2 girls wrestling tournament. Myers won 4-0 and will return to state after winning the 138-pound championship last year.

Also placing in the Section 1/2 tournament were Lindsay Best of Rosemount, sixth at 100; Fabiola Guerra-Guardado of Apple Valley, fourth at 126; Janelle Mendez of Eastview, fifth at 138; and Leila Klym of Apple Valley, eighth at 138.

**Boys team sections**  
Defending champion Apple Valley has home for the Class 3A, Section 2 boys wrestling team on Friday at Apple Valley High School. Quarterfinal matches are at 4 p.m., with semifinals and finals to follow later Friday.

Apple Valley is seeded first in the section. The Eagles are ranked ninth in Class 3A by the lutine.com and are the only team from Section 2 in the top 12. The Eagles will face Lakeville South in the quarterfinals, with the winner to meet No. 5 seed Eastview or No. 4 seed

Eagan will wrestle in the Class 3A, Section 3 team tournament Friday at Park High School in Cottage Grove. Hastings, ranked third in Class 3A, is the favorite.

Boys section individual tournaments will take place next week. The Class 3A, Section 2 individual tourney is Feb. 25 at Lakeville North High School, with the Section 3 tourney scheduled the same day at Iwo Rivers in Mendota Heights.

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Grace Alabgo (left) of Apple Valley looks for an opening to take down Sarah Pulk of Badger/Greenbush-Middle River in the girls 152-pound state final.

#### Wrestling, from 25A

8-0. Little Soldier scored two takedowns and a reversal and also was awarded two penalty points. She was one of five girls to win her second state high school championship.

Myers reached the final by pinning Alaina Franco of Centennial in 3 minutes, 37 seconds and winning a 4-0 decision over Lindsey Nosbush of Mora.

Alabgo, the 145-pound state champion last year, wrestled at 152 in this year's state tourney. She didn't break a sweat in her quarterfinal match, pinning Mora senior Annabel McGriff in seven seconds. In the semifinals, Alabgo defeated Alyzabeth Hilier of Roseville 8-2.

Sarah Pulk, an eighth-grader from Badger/Greenbush-Middle River, making her first state tournament appearance, completed a 26-1 season by defeating Alabgo 7-3 in the championship match. Pulk took the lead on a reversal in the second period and stayed in front the rest of the way.



Kamdyn Saulter of Rosemount has her hand raised after winning the girls 114-pound third-place match at the state wrestling tournament at Xcel Energy Center.

It was a successful Schuster returned to state tournament for the Apple Valley girls, who placed fifth at 114. Schuster (25-10) was 2-1 in the tournament, including a 3-2 victory over Gisele Gallegos of South St. Paul for fifth place.

In addition to Alabgo's second place, Apple Valley seventh-grader Andrea Quinones pinned her last two opponents to place fifth at 132. She finished 20-15 this season.

Eagles ninth-grader Esperanza Calvillo defeated Esther Say of Marshall 4-1

## Girls wrestling growth highlighted at state

Lightning's Myers, Eagles' Alabgo are runners-up by Mike Shaughnessy

SUN THIS WEEK  
DAKOTA COUNTY TRIBUNE

Expanding the girls high school state wrestling tournament does not mean it was watered down. It probably was the opposite — the state tournament grew in concert with an explosion of interest in the sport.

According to the Minnesota State High School League, twice as many girls participated in wrestling in the recently completed 2022-23 season as

in 2021-22, which was the first year an individual tournament exclusively for girls was held. The March 4 at Xcel Energy Center. Both were champions in the inaugural state tourney in 2022.

Myers, who won her state championship at 138 pounds last year, faced a particularly difficult draw at 145 this year. The favorite in the bracket was Hastings junior Skylar Little Soldier, a wrestler with several years of national and international experience and a 2022 national U16 champion. Little Soldier (15-0) and Myers (17-4) met for the championship, with Little Soldier winning with Wrestling, 26A

Winning a state championship in 2022 did not guarantee one in 2023. Eastview junior Riley Myers and Apple Valley ju-

in the third-place match at 165. Calvillo (24-10) had an escape in double overtime to defeat St. Michael-Albertville senior Mylin Lemke 6-5 in the first round before losing by fall to eventual champion Ella Pagel of Northfield in the semifinals, win 10-4. Saulter pinned Gloriann Vignio, an Apple Valley junior, finishing 23-3 after placing third at 185. She opened the state tourney by pinning Joy Kral of Osakis in 1:42. Eventual champion Kami Senlycki of Cambridge-Isanti defeated Vignio 9-2 in the semifinals. The Apple Valley wrestler defeated Maya Schmidt of Bernadji 5-0 for third place.

Next year's state girls tournament is expected to have 13 weight classes, up one from the first two seasons (the boys individual tournament also will have 13 weights, a reduction of one). A team component for the girls tournament is not yet in the works. Apple Valley head coach Josh Barlage has advocated for a girls team championship round. St. Cloud Tech's Camryn Kenning, who went on to win the weight class, as opposed to the traditional dual-meet format. With six state qualifiers this year, the Eagles likely would have been a contender for a girls team title.

Rosemount ninth-grader Kamdyn Saulter finished 24-2 after taking

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# Wrestling notebook: Eastview's Enderlein takes 3rd at 106

## Apple Valley places 6th in Class 3A team tourney

by Mike Shaughnessy  
SUN THISWEEK  
DAKOTA COUNTY TRIBUNE

Nolan Enderlein might have been a five- or six-year letter-winner for the Eastview wrestling team but for one problem: He wasn't heavy enough.

Despite not certifying for the 106-pound weight class until his freshman year, Enderlein fashioned an excellent career, closing with a third-place medal in the state Class 3A tournament Saturday at Xcel Energy Center.

In addition to 109 career victories on varsity over four seasons and numerous academic awards, Enderlein has two state medals, including one for sixth place last year.

His performance in last week's state tourney was "way better than last year," Enderlein said. "Last year I got sixth, and all I wanted to do was climb the podium."

As a senior at 106, Enderlein (41-5 this season) almost qualifies as a unicorn in high school wrestling. Only three of the 48 state qualifiers at 106 in the boys state tournament (across all three classes) were seniors, and Enderlein was the only senior in the Class 3A field. By the time he was a senior, he walked around at 120 pounds and faced a significant weight cut to continue wrestling at 106. "This has been a pretty hard week," he said about making weight.

As for his opponents, "I try not to think about the age," he said. "But being a senior does help a little bit. I'm a little bit more developed, a little bigger than some of these guys. I just try and treat everyone the same and take it as seriously as I can, and wrestle everybody the best I can."

At state, he pinned Moorhead's Dane Ellingsberg in 56 seconds in the first round and won a 7-4 decision over Noah Nicholson of Stillwater in the quarterfinals. Mounds View sophomore Brett Swenson (47-3) defeated Enderlein 6-3 in the semifinals before losing to Trey Beissel of Hastings 6-4 in the championship match. Beissel was 51-1 this season. Enderlein finished his tournament with two pinfall victories over Eagan's Dylan St. Germain in wrestlebacks and Lincoln Robideau of St. Michael-Albertville in the third-place match.

Not surprisingly, Enderlein said Swenson was his toughest opponent at state. "Brett's a good wrestler, really pushes the pace," he said. "I couldn't really get anything off of him. The second round I ended up with a win over Nicholson, but he was really tough on both the bottom and top."

Enderlein said he will concentrate on academ-

ics in college and probably not wrestle. He's still mulling over schools but is considering studying something in the medical field.

He's a member of one of the first families of Eastview High School wrestling. His younger brother Aiden will be a junior with the Lightning next year. In Nolan's sophomore year he was one of three Enderleins on the wrestling team.

"Looking at all the guys on the team when I was growing up, I never could have imagined it would be me one day," he said. "Everything I put into the sport - the off-seasons, all the weight cuts and everything else that went into it, it's nice to see it pay off at the end."

Enderlein was one of three Eastview medal winners at state. Senior Ezra Formaneck was state runner-up at 182 (see related story, Page 25A) and senior Alex Baccoli placed fifth at 285, closing a 38-

11 season. Ethan Dupont, also a senior, lost his two matches at state to finish 29-14.

Dupont's first-round opponent was Waconia senior Max McEnelly, who's ranked No. 1 in the state and the nation. McEnelly went on to defeat Ryder Rogotzke of Stillwater 3-2 in the championship match.

## Eastview's Formaneck is state runner-up at 182 pounds

by Mike Shaughnessy  
SUN THISWEEK  
DAKOTA COUNTY TRIBUNE

Even as he reached the pinnacle of his high school wrestling career - so far, because he still has one season left - Cole Han-Lindemyer remained his own toughest critic.

Moments after winning the Class 3A state championship at 182 pounds on Saturday at Xcel Energy Center, the Farmington junior said "I'm glad to be here with my amazing support system - coaches, family, stuff like that. It feels great. Reflecting on my performance, there's a few things I wish I could have done better that I'm a little irritated about. But at the end of the day, I still think I did well."

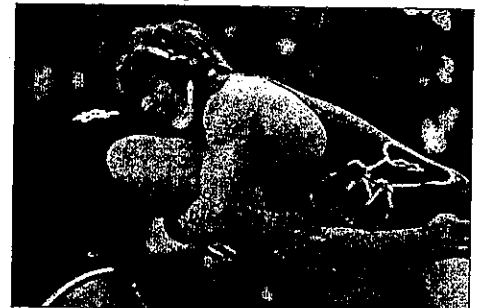
No disputing that, Han-Lindemyer was 47-3 this season, finishing it by pinning Eastview's Ezra Formaneck in 5 minutes, 28 seconds in a championship match between the first- and second-ranked wrestlers in the weight class. Formaneck was 42-3 this season, with all three losses to Han-Lindemyer.

Han-Lindemyer became Farmington's fifth state individual champion. Formaneck was trying to become the third from Eastview. Han-Lindemyer was leading 11-4 when he scored a takedown and fall in the final minute.

"I think (Formaneck)



Cole Han-Lindemyer of Farmington tries to throw Eastview's Ezra Formaneck during the Class 3A 182-pound championship match March 4 at Xcel Energy Center. Han-Lindemyer won by fall in the third period for his first state title.



Eastview senior Ezra Formaneck strains to get a grip on Farmington's Cole Han-Lindemyer during the Class 3A championship match at 182 pounds. Formaneck entered the tournament ranked second in the weight class and finished as state runner-up.

developed a plan over time to slow me down a bit," Han-Lindemyer said. "The first time I wrestled him I was all over his legs. That was one of the things I wasn't very happy about, that he was able to slow me down. But this was definitely an electric atmosphere and a lot of fun."

This was the third consecutive year Han-Lindemyer wrestled in a state championship match and his first state title. He is 113-8 over his last three high school seasons.

Formaneck returned to the state tournament after qualifying at 170 last season. He was 31-9 in 2021-22. His focus is expected

to turn to baseball as the right-handed pitcher has signed with the University of St. Thomas. He has one high school season left this spring at Eastview.

The dynamic in the Class 3A 182-pound weight class changed significantly in midseason when defending champion Ryder Rogotzke of Stillwater chose to move up to 195 to challenge Max McEnelly of Waconia, the defending champion at that weight. They met in a highly anticipated match in the state finals, with McEnelly winning 3-2. McEnelly and Rogotzke are ranked first and second nationally, by FloWres-

tling.org. Han-Lindemyer is ranked ninth nationally at 195 even though he wrestled at 182 at state.

Asked what helped him go from being a two-time state runner-up to a new state champion, Han-Lindemyer said "one of the things I worked on with my coach, (Farmington assistant) Brandon Kingsley, alongside my coaches at Pinnacle (Wrestling Club), was hand fighting. That's one of the big things I wanted to work on, especially because it's going to help me translate into the college scene. And I want to be great in the college scene, not just in high school. So I think training

in that college style really helped me in high school."

Last summer Han-Lindemyer won a U17 national Greco-Roman championship, qualified for the U17 Pan-American Championships in freestyle and Greco-Roman, and went to the U17 world championships in Greco-Roman. He said he hopes to try out for this year's world championships in Poland, even though he would have to move up to the U20 age group. If not that, then the USA Wrestling nationals in Fargo.

"I want to seek out the best competition and get back to the grindstone," he said.

His thirst for wrestling knowledge continues unabated. A self-described "wrestling nerd," Han-Lindemyer said he will bounce ideas off anybody and everybody, and his coaches are willing to let him test whatever pops into his head.

"The coaches at Pinnacle let me do my own thing

and experiment, just trial and error," he said. "But if something clearly isn't working they guide me toward something different, and I really like that balance. I think it's fun because we can talk about moves and just geek out over that kind of thing. That's really enjoyable to me."

If Han-Lindemyer has an idea for a new technique he wants to try, nobody is safe. He's been known to ask his mother to be a training partner. "No one else in my house really wants to be my partner," said Han-Lindemyer, whose family includes younger brother Blake, an eighth-grader who wrestled at 106 pounds for Farmington this season.

"Thankfully my coach lives just a few blocks over, but he's got his own life so if I'm thinking about something and just need someone to test it out on, I'm very thankful to my mom for tolerating that."



# 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.

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.

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."*



Group Selfie – January 17, 2023

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