

EVHS

THE LONG MARCH

XCEL ENERGY CENTER

20 04



WRESTLING

Eastview High School

Eastview High School is an attractive building, on an outstanding site, with state-of-the art technology, rigorous and relevant curriculum, and comprehensive and competitive cocurricular programs. But, more importantly, it's a school about people working together, about relationships, about a talented staff that cares about students, about exceptional students doing exceptional things, and about supportive and involved parents.

Over the past few years, students, parents, school people and members of our communities have worked together to give Eastview High School a name of its own, school colors, and a school logo. And, we have dreamed together about the ideal school we want Eastview High School to be. These dreams have become the Guiding Principles for Eastview High School. It is these principles that have established our attitude and our agenda for action, as we have hired outstanding staff members and developed the programs, structures, and systems to bring Eastview High School to life.

As we begin the seventh year of Eastview High School, we invite each student to learn more about the curricular and cocurricular opportunities that are available; and, we encourage you to get involved. Success, meaning and enjoyment in high school is directly related to involvement by both students and parents.

With the many opportunities at EVHS come many responsibilities. Each student at Eastview High School is expected to know them and do his/her part to create and sustain a safe, positive and orderly learning environment for all students.



Eastview Athletics

District 196 believes that the cocurricular program of the school plays a substantial and important role in providing successful and meaningful experiences for students. In addition to a comprehensive list of courses, Eastview High School offers a wide variety of school activities to meet students' interests and needs. These activities are grouped into three categories: fine/performing arts and activities, student leadership and service, and athletics. All students are encouraged to participate according to their interests and abilities.

- Cross Country (Boys and Girls)
- Dance Team Performance (Girls)
- Football (Boys)
- Soccer (Boys and Girls)
- Swimming and Diving (Boys and Girls)
- Tennis (Boys and Girls)
- Volleyball (Girls)
- Dance Team Competition (Girls)
- Basketball (Boys and Girls)
- Figure Skating (Boys and Girls)
- Gymnastics (Girls)
- Hockey (Boys and Girls)
- Slalom Skiing (Boys and Girls)
- Nordic Skiing (Boys and Girls)
- Wrestling (Boys)
- Baseball (Boys)
- Golf (Boys and Girls)
- Softball (Girls)
- Track and Field (Boys and Girls)
- Adapted Athletics (Boys and Girls)
- Athletic Training (Boys and Girls)
- Cheerleading - Sport (Girls)
- Cheerleading Competition
- Intramurals (Girls and Boys)
- Strength Training (Girls and Boys)



Eastview Administration



Dr. J. Richard Dewey
Principal



Randall Peterson
Associate Principal



Kim Martinson
Assistant Principal



Bruce Miller
Assistant Principal



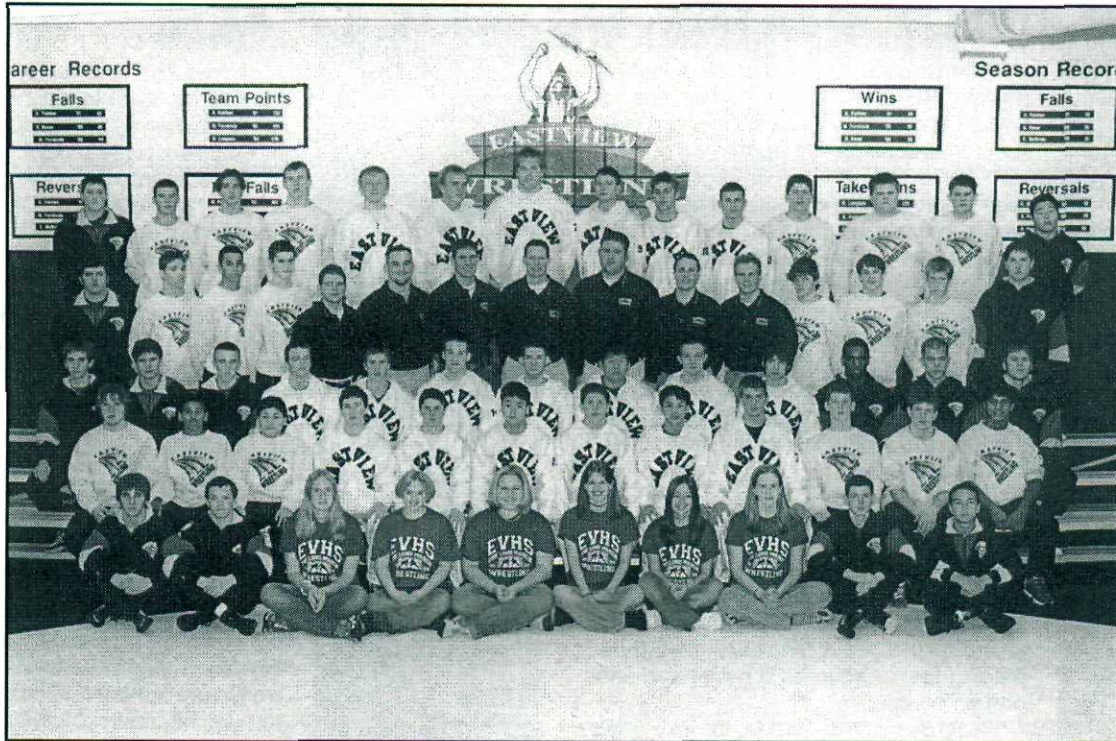
Rob Franchino
Assistant Principal



Matt Percival
Administrative Assistant

This program is sponsored by the Eastview Wrestling Association.

THE LONG MARCH



"A journey of a thousand miles begins with a single step."
Confucius

The 2003-2004 Eastview Wrestling season motto is **The Long March**.

There is no doubt that the wrestling season is a long march filled with victory, defeat, push-ups, v-ups, throw-ups, cleans, squats, stance, heel-toe-knees, one hand and spins, doubles, singles, stance, tears of joy, tears of pain, high-fives, fists, shaved legs, sprints, jump ropes, 3D's, a.m. runs, heavy hands, hand fights, stand-ups, stance, defeat, and victory.

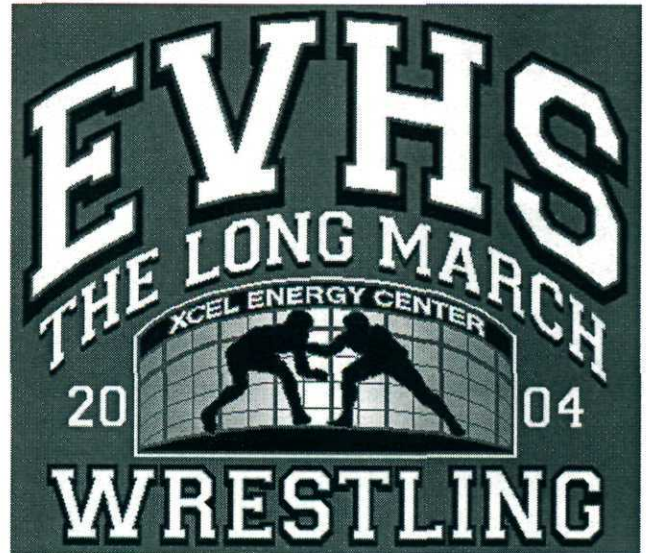
Each of the preceding items serves a purpose (except for the shaved legs): to help you accomplish your goals.

The wrestling team and each individual has specific goals for this season. In order to accomplish our goals we will push ourselves mentally and physically farther than we ever thought we could. Along the way, we will encounter roadblocks. These roadblocks may come in the form of a defeat, an injury, or a poor performance. Our motto, The Long March, reminds us that a defeat in December, January, or even early February is part of the process toward reaching our ultimate goal.

The key to success is how you deal with setbacks. Champions use adversity to learn from and better themselves. Every practice and meet is in preparation for the big show which happens to be in March. Even champions don't feel like practicing some days, but they learn to find it in them to perform even when they aren't 100%. This is what makes them champions!

Championship teams work together toward a common goal. If your partner is having a bad practice you need to pick him up and encourage him to carry on! If your teammate is in a dogfight of a match you'll be there to pump him up and give your support. After all, he'll be there when you need him.

The 2003-2004 season is a long journey. Together we can achieve great things if we just take it one step at a time because every step counts.



By Nick Fornicoia

LIGHTNING WRESTLING COACHING STAFF



Kurt Habeck, Head Coach

Kurt Habeck, a native of Winona, Minnesota, has been a social studies teacher, wrestling and football coach, and weight room instructor for 13 years.

Kurt was a graduate of Augsburg College where he competed in wrestling and was a captain on the NCAA III National Championship Team. Individually, Kurt was a NCAA III All-American and an Academic All-American. He was a varsity starter all four years as Augsburg placed eighth, third, second, and first nationally.

Kurt met his wife, Shelly, at Augsburg. They have a 9 year old daughter named Hannah, a 6 1/2 year old son named Zachary, a 3 year old daughter named Erinn, and a newborn boy named Luke. Kurt and his family reside in Apple Valley.



Todd Frost, Assistant Coach

Todd is originally from New York Mills, Minnesota. Along with high school wrestling, Todd competed freestyle, placing first in state as a cadet and second as a junior.

Todd graduated from Minnesota State University Morrhead where he played linebacker for the Dragons.

Todd is in his second year of teaching at Eastview High School where he teaches earth science and coaches football.

Todd and his wife Shannon are expecting their first baby in January. He enjoys the outdoors and can be found hunting, fishing, and participating in other sports.



Nick Fornicoia, Assistant Coach

Nick Fornicoia, a native of Richfield, Minnesota is entering his seventh year as an English teacher and assistant wrestling coach at Eastview High School. Nick teaches English II, Broadcast and broadcast journalism.

Nick has also been an Augsburg College wrestling assistant coach for three years, where he helped coach the Auggies to a National Championship team title.

Nick was a state champion wrestler in high school. As a graduate of Augsburg College, he was a NCAA III National Champion at 118 lbs. Fornicoia finished his career as a three-time All-American. In his era the Auggies placed second, first, second, and first in four national tournaments.

Coach Fornicoia enjoys teaching and coaching, and his hobbies include reading, rollerblading, and mountain biking.



Doug Nelson, Athletic Trainer

Doug has been Eastview's Athletic Trainer since the opening of the school in 1997. Before coming to Eastview, Doug was an Athletic Trainer for Augsburg College, the Minnesota Twins, and for Brooklyn Center.

Doug and his wife Becky have one daughter named Emily.



Travis Lee, Assistant Coach

Travis Lee, originally from Kensington, Minnesota, is entering his fifth year as a math teacher and assistant wrestling coach at Eastview High School.

Another fellow Auggie, Coach Lee was a four year Academic Club member. He wrestled at Augsburg College when their national runs ended at fourth, first, second, and first place nationally.

In high school, Travis earned four trips to the state tournament. In addition to this, he was a two-time Academic All State award winner. Lettering in football and golf rounded out his high school athletic career.

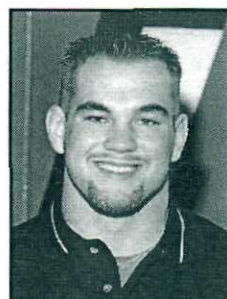
Travis enjoys teaching math and coaching, but still finds time to read, watch movies, and participate in many outdoor activities.



Jared Cooley, Assistant Coach

I was born and raised in Westbrook, MN, a small town in the Southwestern part of Minnesota. I am twenty-three years old and am currently a personal trainer at Lifetime Fitness in Eagan. I started wrestling when I was in pre-school and continued to wrestle through high school for RRC/WWG. In high school I was a two-time qualifier for the state tournament receiving second place in 1998.

My record at the end of my high school career was 129-32. After high school attended Southwest State University in Marshall, MN, where I received by B.S. degree in Health and Exercise Science and continued my wrestling career as well. During my wrestling career at SSU, I was a two-time qualifier for the national tournament becoming an All-American after receiving 6th place in 2001. I was the team captain for the Mustangs for two years with a finishing record of 70-30. In my spare time I enjoy anything outdoors ranging from bocce ball to running marathons.



Seth Strickland, Assistant Coach

Seth is originally from Cumberland, WI. He is currently a senior at Augsburg College where he majors in Health and Physical Education. Aside from school and coaching Seth also tutors in Kinesiology and Adapted Physical Education.

In high school Seth was a 3-time state place winner and state champ his senior year. He also wrestled on 2 Wisconsin freestyle junior national teams. He played football and golf in high school as well.

In his free time Seth will usually be found hunting, fishing, or showboarding.



Andrew Lenertz, Assistant Coach

Andrew is originally from Apple Valley, MN. He graduated from Eastview High School in 2003, where he competed all four years on the wrestling squad. He is currently attending St. Paul College for Cabinetmaking and Carpentry.

In high school, Andrew competed mostly on the Varsity level as well. Andrew also competed in Freestyle during his high school career. Andrew enjoys the outdoors, hunting, fishing, and riding motorcycles, and spending time with his family and friends.



EASTVIEW WRESTLING

Captains: Tyler Cookas, Kevin Eick, Jeremiah Foertsch, Ryan Langlais

FRESHMAN

AWADA, MIKE
CURTIS, STEPHEN
DUREN, JOSH
GETZKE, DAN
GRAMSTAD, NICK
JUST, ALEX
LENERTZ, PAT
MANS, KENNEDY
NELSON, JAKE
NEUTZ, JAKE
PEKAREK, NICK
PETERSON, JUSTIN
PHILBRICK, ZACHARY
PUDWILL, ANDREW
SHARPE, TANNER
ST. MARTIN, ERIC
STEPAN, RYAN
TAYLOR, COLBY
VALLE, RYAN
VOYLES, MICHAEL
WHITE, AARON
WILLIAMS, BLAKE

SOPHOMORES

ARMSTRON, JUSTIN
AUGUSTINACK, CHRIS
BADRUL, NILS
BALSIMO, DEVIN
CARROLL, NATHANIEL
EUL, CHAD
FOERTSCH, BEN
FOKKEN, TROY
GRIEPP, CHRIS
HUYNH, MINH
LATTERNER, JOHN
MORGAN, CHRIS
NELSON, ANDREW
NELSON, JOSH
THELL, JOHN

JUNIORS

BECHSTEIN, KANE
CHIES, THOMAS
COOKAS, TYLER
LEBEIS, MICHAEL
MCMOORE, STEPHEN
RUCKDASHEL, RYAN
VOYLES, SAM
WILSON, KYLE

SENIORS

BERVE, JASON
DEA, PAT
EICH, KEVIN
FOERTSCH, JEREMIAH
GROGG, DAVID
HWANG, FRED

LANGLAIS, RYAN
ROYZENFELD, VAL
TIGHE, ANDREW
WAGNER, CORY
WALLENTA, BRIAN



PRINCIPAL

Dr. J Richard Dewey

Athletic Director

Bruce Miller

Coaches

Kurt Habeck
Nick Fornicoia
Todd Frost
Travis Lee
Jared Cooley
Andrew Lenertz
Seth Strickland

Nickname

Lightning

School Colors

Black, Blue, Silver, White

Varsity Managers

Ashley Langlais
Nicole Nelson
Christina Spelman

Videographer

Lynette Tejera
Lyza Tejera
Kim Wessel

Conference

Lake

Section

6AAA

Board of Education

Jackie Magnuson, Chairperson
Bruce Endler, Vice-chairperson
Mike Roseen, Clerk
Kevin Sampers, Treasurer
Rob Duchscher
Judy Lindsay
Bob Schutte

Superintendent

John Currie

LIGHTNING WRESTLING

CAPTAINS



Ryan Langlais

Senior Captain Ryan Langlais is entering his 5th season of varsity wrestling this year. Ryan is a 4X letter winner, a 4X section place winner, a 2X state qualifier, and has earned 102 career victories. Last year Ryan earned All-Conference recognition while collecting 33 wins. Ryan's work ethic, commitment to excellence, and desire to compete will allow him to

achieve great things this season.



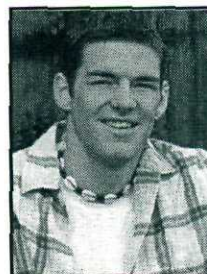
Kevin Eich

Captain Eich, a 3X letter winner, earned 24 wins and placed 4th at individual sections last season. Kevin is expected to wrestle at 119 lbs. this season. Kevin is excited about leading the team and has high goals set for himself.



Tyler Cookas

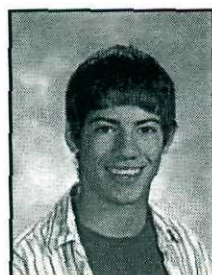
Tyler, a junior, is a 2X letter winner, earned Lake Conference recognition, placed 3rd at sections and earned 27 wins last season. Tyler is expected to wrestle at 140-145 lbs. this season. Tyler's work ethic, dedication, and desire to excel will allow him to be very successful this year.



Jeremiah Foertsch

Senior Captain Jeremiah Foertsch, a 2X letter winner, earned 16 wins and placed 6th at sections last season. Jeremiah is expected to wrestle at 130-135 lbs. this season. Jeremiah's leadership skills and commitment to excellence will help the team achieve its goals this season.

LETTERMEN



Kane Bechstein

Kane Bechstein, a junior, wrestled most of the season on varsity last year at 145 lbs. Kane is a letter winner having earned 7 wins and is expected to wrestle at

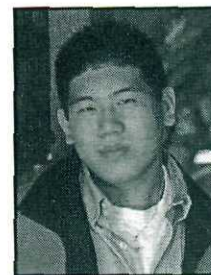
145 lbs. this season. Kane is also a three sport athlete.



Pat Dea

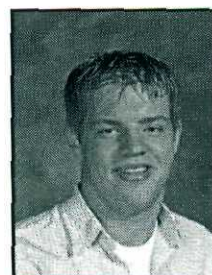
Pat, a senior, is a 3X letter winner having earned 52 career wins and is a 2X section place winner. Pat earned All-conference recognition last season while earning 27 wins.

Pat is expected to wrestle at 125 lbs. this season.



Fred Hwang

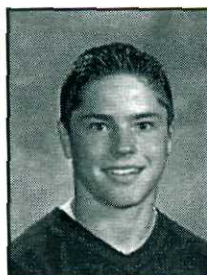
Fred, a senior, wrestled sparingly on varsity, however, earned 29 victories on JV last season. Fred is expected to wrestle at 189-215 lbs. this season.



Ryan Ruckdashel

Ruck, a junior, wrestled at heavy weight last season earning 20 wins on JV and gained valuable experience. Ryan is a letter winner and is expected to

wrestle at heavy weight this season. Ryan is also a three sport athlete.



Ryan Stepan

Freshman Ryan Stepan gained valuable experience on varsity as an eighth grader at 103 lbs. Ryan earned 5 hard fought wins last season and is expected to wrestle at 112 lbs this

season. Ryan is a three sport athlete.



Sam Voyles

Sammy, a junior, achieved letter recognition while earning 4 wins on varsity and 17 wins on JV. Sam injured his back last spring which has limited his participation in football this fall and

may limit his wrestling this winter season.

LIGHTNING WRESTLING

Minnesota Ninth Grade and Under Wrestling League



FRESHMEN TEAM 2003-2004

AWADA, MIKE
 CURTIS, STEPHEN
 DUREN, JOSH
 GETZKE, DAN
 GRAMSTAD, NICK
 JUST, ALEX
 LENERTZ, PAT
 MANS, KENNEDY
 NELSON, JAKE
 NEUTZ, JAKE
 PEKAREK, NICK

PETERSON, JUSTIN
 PHILBRICK, ZACHARY
 PUDWILL, ANDREW
 SHARPE, TANNER
 ST. MARTIN, ERIC
 STEPAN, RYAN
 TAYLOR, COLBY
 VALLE, RYAN
 VOYLES, MICHAEL
 WHITE, AARON
 WILLIAMS, BLAKE

FRESHMEN SCHEDULE 2003-2004

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Tuesday, Dec. 9	Hastings / Par	Hastings	4:30 pm
Tuesday, Dec. 16	Rosemount / Woodbury / Faribault	Eastview	4:30 pm
Saturday, Dec. 20	Rosemount Invitational	Rosemount	9:30 am
Saturday, Jan. 3	Eastview Tournament	Eastview	9:00 am
Wednesday, Jan. 7	Totino Grace / Tartan / Irondale	Totino Grace	4:30 pm
Tuesday, Jan. 13	Eagan / Simley	Eagan	4:30 pm
Thursday, Jan. 15	Eden Prairie	Eastview	6:00 pm
Saturday, Jan. 24	State Team Tournament	Hastings	9:30 am
Saturday, Jan. 31	Region Two Tournament	Totino Grace	9:00 am
Saturday, Feb. 7	State Individual Tournament	Champlin Park	8:00 am
Sunday, Mar. 28	Wrestling Banquet	Rosemount CC	5:00 pm

9th Grade State Individual Championships

1998

Adam Johnson
 Brian Nold
 Adam Fokken – 1st Place
 Don Wachter

1999

Mikey Fornicoia – 5th Place
 Eric Lemm – 8th Place
 David Pudwill – 4th Place

2000

Brian Lewis – 6th Place
 Pat Dea
 John Getzke
 Andrew Lenertz

2001

Steve Davis – 1st Place
 Sean Dwyer – 1st Place
 Ryan Langlais – 2nd Place
 Eric Yuen – 4th Place
 Kyle Fokken – 6th Place
 Pat Dea – 8th Place
 David Hilden – 8th Place
 Kevin Eich
 Jeremiah Foertsch
 Tim Lewis

2002

Tyler Cookas
 Sam Voyles – 4th Place
 Tom Chies
 Scott Polansky
 Troy Fokken

2003

Troy Fokken – 4th Place
 Justin Armstrong
 Chad Eul
 Jon Latterner
 Andrew Nelson
 Matt Neutz

LIGHTNING SUPPORT

Varsity Managers



Ashley Langalis



Nicole Nelson



Christina Spelman

Videographers



Lynette Tejera



Lyza Tejera



Kim Wessel

JV Managers



Britni Jansen



Jen Ortendahl



Alyssa Ernst

Freshman Managers



Kate Peterson



Alyssa
Lewandowski

Cheerleaders

VARSITY

- Kristina Amata
- Stephanie Brill
- Kim Burdorf
- Christina Le
- Christen Mundt
- Sarah Osborne
- Jessica Reisdorfer
- Emma Schultz

Board of Directors

- Sharon & Tom Getzke President
- Kristen & James Voyles Vice President
- Dana & Mike Cookas Treasure
- Lois & Mark Fokken Secretary
- Nick Fornicoia ThunderBolts Liaison
- Travis Lee EVAA Liaison
- Shelly & Kurt Habeck EVHS Head Coach

Grade Representatives

- LeAnn & Randy Stepan 9th Grade Rep.
- Grace & Kim Eul 10th Grade Rep.
- Candace Ruckdashel & Ann Wilson 11th Grade Rep.
- Debbie & Cal Eich 12th Grade Rep.
- Linda & Jim Dea 12th Grade Rep.

A message from the Presidents...

Wrestling Parents

Wrestling is a unique and wonderful sport. The combination of athletic ability, leadership skills, scholastic achievement and mental discipline makes each wrestler a champion every time he steps on the mat. It's that same drive and passion that will motivate our Eastview wrestlers this season as they journey on "The Long March" toward their wrestling goals.

The new wrestling year has started, and the Eastview wrestling program is looking forward to another successful year. The program promises to build on the outstanding success of last year by creating positive momentum for the entire season to come.

We are proud to serve as the 2003-2004 president of the Eastview Wrestling Association. EWA is a strong organization of wrestling parents, coaches, school officials, business sponsors and wrestling enthusiasts who work together to

support the sport at Eastview High School. EWA meets every month, and all wrestler parents are welcome to participate. Call us at 651-454-1196 with any questions regarding EWA, meeting times or volunteer opportunities.

A special word of thanks to all of the Eastview parents who have volunteered to serve on the 2003-2004 EWA committees, board and leadership positions. Your support of Eastview wrestling, Middle School wrestling, EVAA wrestling, and Thunderbolts is a critical factor in the ability of EWA to provide services and support for our wrestlers and coaches.

We will see you all on December 5 for the Annual Parents Open House event. Throughout the rest of the year, we will see you at the fund-raisers, PAK events, home/away matches, section tournaments, state tournament and awards banquet as we cheer our wrestlers on "The Long March." Go Lightning!

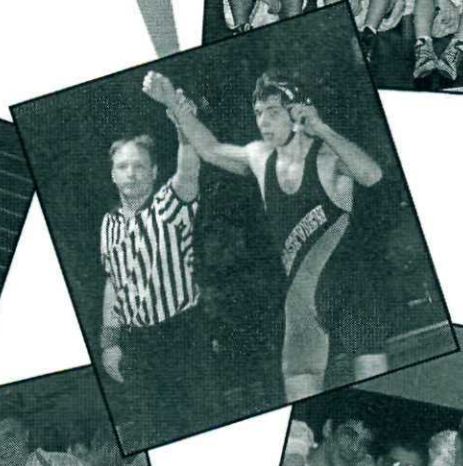
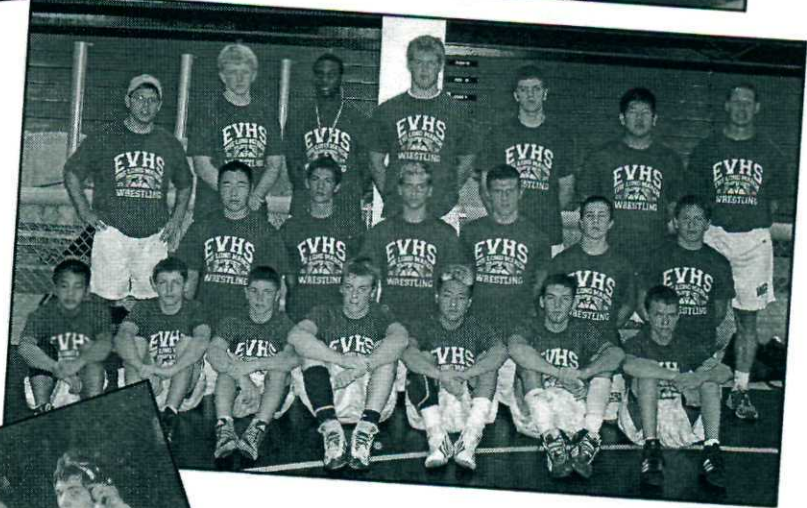
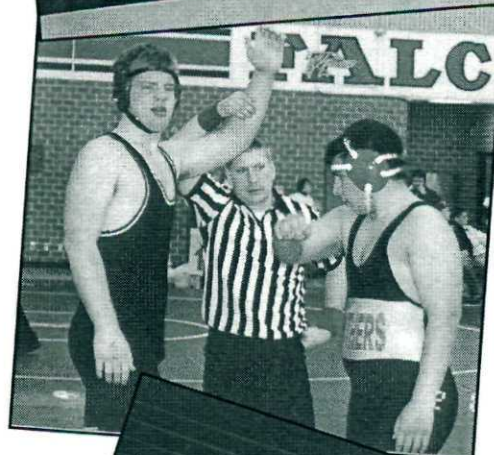
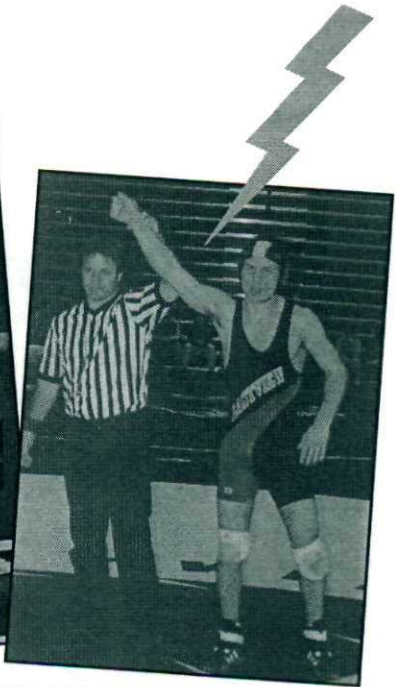
Sharon and Tom Getzke

Team Points	
1. [Name]	100
2. [Name]	85
3. [Name]	70

Near Falls	
1. [Name]	10
2. [Name]	8
3. [Name]	6

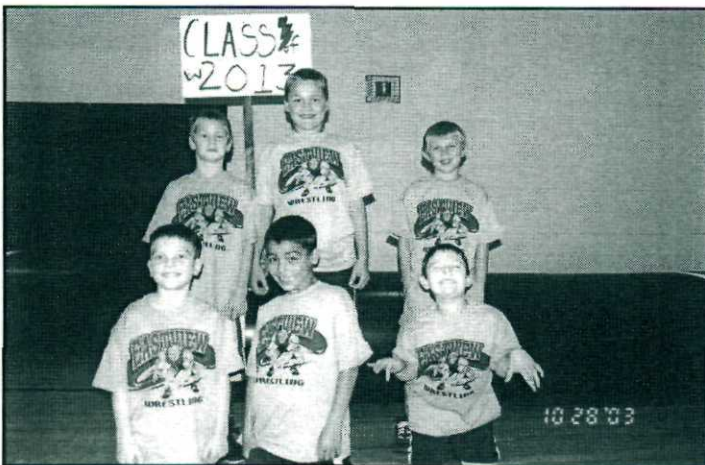
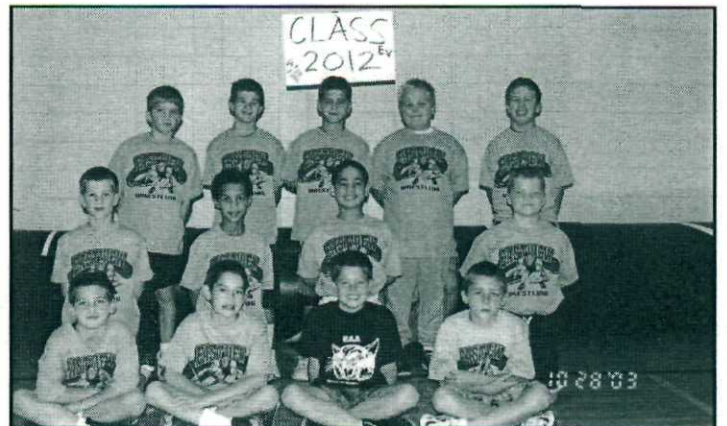
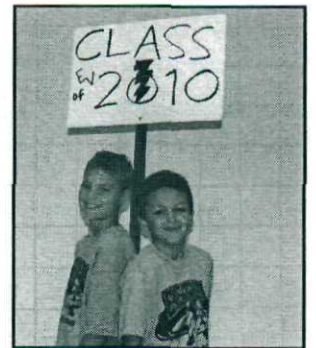
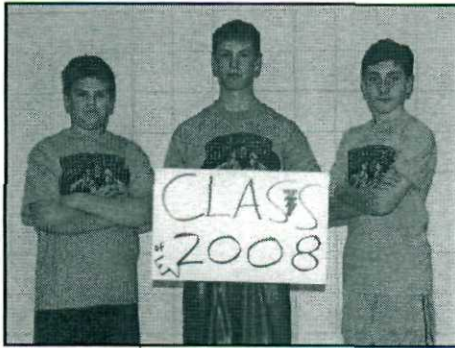
Wins	
1. [Name]	15
2. [Name]	12
3. [Name]	10

Takedowns	
1. [Name]	18
2. [Name]	15
3. [Name]	12



EASTVIEW WRESTLING

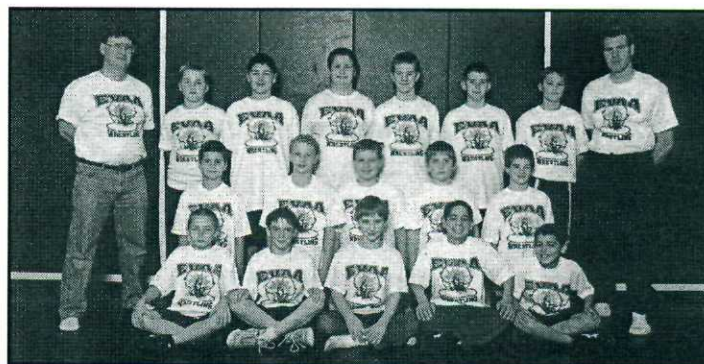
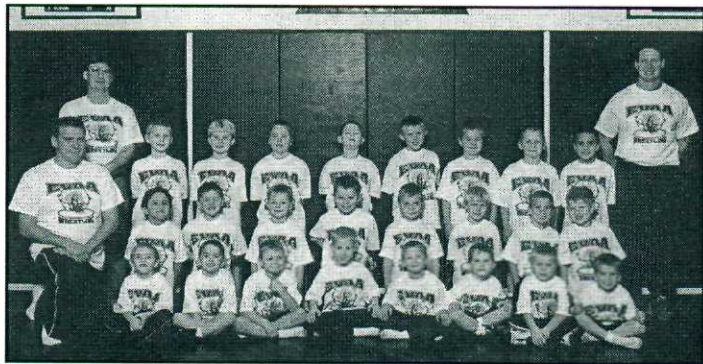
EVHS Wrestling Showcase 2003



LIGHTNING WRESTLING PROGRAMS

EVAA WRESTLING

K-3rd Program & 4th-6th Program - November to December



EASTVIEW ELITE WRESTLING

3rd Grade - 8th Grade • Jan.-Feb. • Head Coach Travis Lee

THUNDERBOLTS WRESTLING CLUB (Freestyle and Greco Roman)

About the Program - Thunderbolts Wrestling Club was formed with a simple goal: to provide a safe and fun atmosphere for our wrestlers to develop and succeed. To be all they can be. We have put together a dedicated and talented staff who believe in this goal. Our club is run wholly by volunteers. People just like you. Without you we could not exist.

Coaches: Nick Fornicoia, Tony Rodin, others TBD • Season: March - April
Contact Coach Fornicoia for more information (651) 683-6969 ext. 8679.



Black Hawk Middle School

Coaches: Mike Hogan, Scott Cave



Falcon Ridge Middle School

Coach: Dave Katzenmeyer



Scott Highlands Middle School

Coaches: Greg Dravis, Mike Griffith

LAKE CONFERENCE AND SECTION 6AAA

Lake Conference Teams

Apple Valley
 Bloomington Jefferson
 Bloomington Kennedy
 Burnsville
 Chaska
 Eagan
 Eastview
 Eden Prairie
 Lakeville
 Rosemount

Section 6AAA Teams

Apple Valley
 Bloomington Jefferson
 Bloomington Kennedy
 Burnsville
 Eagan
 Eastview
 Minneapolis Southwest
 Minneapolis Washburn
 Rosemount
 Richfield/Edina

Lake Conference Records 2002-2003

<u>School</u>	<u>Won</u>	<u>Lost</u>	<u>Tie</u>
Apple Valley	9	0	
Eastview	7	1	1
Rosemount	7	2	
Eden Prairie	6	2	1
Lakeville	5	4	
Bloomington Kennedy	4	5	
Chaska	3	6	
Burnsville	2	7	
Eagan	1	8	
Bloomington Jefferson	1	8	

Section 6AAA State Placers 2003

103	Zach Bigboy	1st	Bloomington Kennedy
112	Jayson Ness	1st	Bloomington Kennedy
119	Charlie Falck	1st	Apple Valley
125	Richard Fessler	1st	Apple Valley
125	Nick Walsh	5th	Rosemount
130	Matt Brauer	3rd	Burnsville
130	Ryan Pottebaum	4th	Apple Valley
135	Kyle Sovde	4th	Apple Valley
135	Dan Chapman	5th	Rosemount
140	Michael Fessler	3rd	Apple Valley
152	Nik Lentz	3rd	Bloomington Jefferson
152	John Getzke	5th	Eastview
171	Zac Cornett	5th	Rosemount
189	Nate Kocer	6th	Eastview
275	Trevor Laws	3rd	Apple Valley

Lake Conference State Placers 2003

103	Zach Bigboy	1st	Bloomington Kennedy
112	Jayson Ness	1st	Bloomington Kennedy
119	Charlie Falck	1st	Apple Valley
125	Richard Fessler	1st	Apple Valley
125	Nick Walsh	5th	Rosemount
130	Matt Brauer	3rd	Burnsville
130	Ryan Pottebaum	4th	Apple Valley
135	Kyle Sovde	4th	Apple Valley
135	Dan Chapman	5th	Rosemount
140	Michael Fessler	3rd	Apple Valley
152	Nik Lentz	3rd	Bloomington Jefferson
152	John Getzke	5th	Eastview
171	Zac Cornett	5th	Rosemount
189	Nate Kocer	6th	Eastview
275	Trevor Laws	3rd	Apple Valley

LIGHTNING WRESTLING DUAL MEETS

Varsity Dual Meet Results 2002-2003

(21 Wins - 5 Losses - 1 Tie)

Eastview vs			
Eastview Quad.	St. Paul Central	58 - 18	Win
	Richfield	73 - 6	Win
	Farmington	50 - 25	Win
	Tartan	60 - 6	Win
Coon Rapids Duals	Spring Lake Park	39 - 20	Win
	Becker	26 - 27	Loss
	Woodbury	48 - 15	Win
	Bloomington Prairie	31 - 30	Win
	Bloomington Jefferson	61 - 9	Win
	Rosemount	34 - 27	Win
	Anoka	30 - 31	Loss
	Burnsville	46 - 20	Win
	Chaska	53 - 12	Win
	Apple Valley	12 - 52	Loss
	Lakeville	46 - 13	Win
Lightning Invitational	Bloomington Kennedy	51 - 18	Win
	Faribault	49 - 13	Win
	Dassel-Cokato	31 - 27	Win
	Coon Rapids	31 - 28	Win
	St. Francis	38 - 20	Win
	Elk River	35 - 22	Win
	Eagan	61 - 15	Win
	Prior Lake	61 - 14	Win
	New Prague	24 - 42	Loss
	Eden Prairie	31 - 31	Tie
Team Sections	Bloomington Jefferson	62 - 9	Win
	Rosemount	19 - 35	Loss
Team Tournaments	Coon Rapids Duals	Consolation Champs	
Individual Tournaments	Lightning Invitational	1 st Place	
	Faribault Invitational	3 rd Place	
	Burnsville Invitational	1 st Place	
	Brookings, SD Invitational	9 th Place	

Jr. Varsity Dual Meet Results 2002-2003

(19 Wins - 6 Losses)

Eastview vs			
Eastview Quad	St. Paul Central	63 - 18	Win
	Richfield	51 - 12	Win
	Farmington	42 - 24	Win
	Tartan	27 - 42	Loss
Coon Rapids Duals 5 th Place	Spring Lake Park	24 - 53	Loss
	Becker	33 - 45	Loss
	Woodbury	62 - 6	Win
	Brainerd	39 - 25	Win
	Jefferson	78 - 6	Win
	Rosemount	36 - 34	Win
	Anoka	48 - 28	Win
	Burnsville	54 - 12	Win
	Chaska	55 - 15	Win
	Apple Valley	3 - 71	Loss
Lightning Invitational 2 nd Place	Lakeville	69 - 10	Win
	Kennedy	55 - 3	Win
	Faribault	36 - 28	Win
	Dassel Cokato	36 - 36	Win
	Coon Rapids	21 - 54	Loss
	St. Francis	20 - 48	Loss
	Elk River	36 - 33	Win
	Eagan	66 - 12	Win
	New Prague	42 - 27	Win
	Prior Lake	72 - 5	Win
Eden Prairie	47 - 30	Win	

INDIVIDUAL TOURNAMENTS

Faribault - 2nd Place
Central Lake Conference, SD - 3rd Place

Freshman Dual Meet Results 2002-2003

(12 Wins - 9 Losses)

Eastview vs			
Rosemount Invitational 5 th Place	Apple Valley	51 - 27	Win
	New Prague	30 - 60	Loss
	Hastings	15 - 72	Loss
	Owatonna	18 - 60	Loss
	St. Michael-Albertville	35 - 53	Loss
Eastview Invitational 4 th Place	Blaine	60 - 27	Win
	Totino Grace	40 - 45	Loss
	Coon Rapids	37 - 31	Win
	Apple Valley	48 - 39	Win
Section Four 2 nd Place	Woodbury	60 - 21	Win
	St. Thomas	68 - 09	Win
	Rosemount	45 - 36	Win
	Hastings	15 - 72	Loss
	Simley Park	46 - 42	Win
		57 - 27	Win
	Eagan	57 - 12	Win
State Dual Tournament	Stillwater	27 - 40	Loss
	Breckenridge	31 - 45	Loss



2003 SEASON IN-REVIEW

Letter Award Winners

Kane Bechstein	Tyler Cookas
Steve Davis	Pat Dea
Kevin Eich	Jeremiah Foertsch
Kyle Fokken	John Getzke
Fred Hwang	Nat Kocer
Ryan Langlais	Andrew Lenertz
Kevin McBride	Ryan Rucksashel
Chris Shuck	Ryan Stepan
Jud Turk	James Voyles
Sam Voyles	

Section 6AAA Placewinners

Nate Kocer	1st	James Voyles	1st
John Getzke	2nd	Jud Turk	2nd
Tyler Cookas	3rd	Ryan Langlais	3rd
Kevin McBride	3rd	Kyle Fokken	4th
Chris Shuck	4th	Pat Dea	5th
Jeremiah Foertsch	5th	Kevin Eich	6th

State Qualifiers

John Getzke - 5th Place
 Nate Kocer - 6th Place
 Jud Turk
 James Voyles

All-Conference

Pat Dea	Kyle Fokken
John Getzke	Nate Kocer
Ryan Langlais	James Voyles

All-Conference Honorable Mention

Tyler Cookas	Kevin Eich
Kevin McBride	Chris Shuck
Jud Turk	

Academic Team

Gold Academic Team – 3.59 GPA

Season Awards

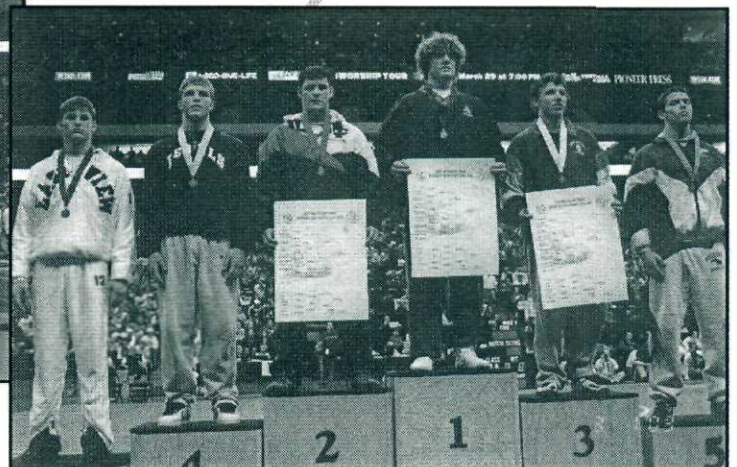
Most Valuable Varsity Wrestler - Nate Kocer
Most Valuable Junior Varsity Wrestler - Andrew Lenertz
Most Valuable Freshman Wrestler - Troy Fokken
Most Improved Wrestler - Jud Turk
Lightning Award - Jud Turk, John Getzke
Junior Varsity-Varsity Drill Partner Award - Ryan Langlais
Freshman Drill Partner Award - Chad Eul

3-D Club Members

Tyler Cookas	Pat Dea
Jeremiah Foertsch	Kyle Fokken
John Getzke	Ryan Langlais
Kevin McBride	Ryan Ruckdashel
Chris Shuck	Jud Turk
James Voyles	Cory Wagner



John Getzke - 5th place - 152 lbs.

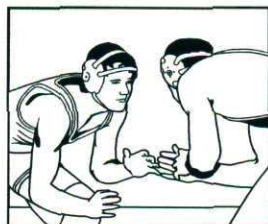


Nate Kocer - 6th place - 189 lbs.

LIGHTNING STATISTICS

Varsity Statistics 2003 Season Records

	<u>Win</u>	<u>Loss</u>	<u>Pin</u>
Kane Bechstein	7	22	3
Tyler Cookas	27	13	13
Steve Davis	9	3	3
Pat Dea	27	13	13
Kevin Eich	24	28	2
Jeremiah Foertsch	16	19	7
Kyle Fokken	24	13	14
John Getzke	33	11	12
Minh Huynh	1	0	0
Fred Hwang	1	3	0
Nate Kocer	35	9	28
Ryan Langlais	33	8	5
Andrew Lenertz	4	3	1
Kevin McBride	32	9	15
Adam McCue	1	2	0
Ryan ruckdashel	2	2	0
Chris Shuck	26	12	5
Ryan Stepan	5	32	3
Jud Turk	25	17	6
James Voyles	25	14	8
Sam Voyles	4	6	2
Cory Wagner	1	1	0
Kyle Wilson	0	1	0
Team Totals	362	231	140



Junior Varsity Statistics 2003 Season Records

	<u>Win</u>	<u>Loss</u>	<u>Pin</u>
Chris Augustinack	3	2	2
Kane Bechstein	4	0	0
Jason Berve	7	8	2
Thomas Chies	30	7	20
Pat Dea	2	0	1
Kevin Eich	1	0	1
Chad Eul	8	12	4
Ben Foertsch	14	8	4
Jeremiah Foertsch	2	0	0
Kyle Fokken	2	0	0
David Grogg	1	0	0
Minh Huynh	7	5	3
Fred HWang	29	7	9
Matt Johnson	18	9	13
Jimmy Larocque	1	0	1
Michael Lebeis	10	6	5
Andrew Lenertz	19	2	13
Stephan McMoore	5	7	3
Tim Mills	8	11	6
Andrew Nelson	0	3	0
Joshua Nelson	10	7	4
Matt Neutz	2	1	0
Ryan Ruckdashel	20	4	12
Terry Sheridan	2	0	2
Andy Tighe	17	12	4
Sam Voyles	17	4	4
Cory Wagner	20	2	14
Brian Wallenta	21	15	10
Geoff Walters	2	9	1
Kyle Wilson	24	16	9
Team Totals	308	158	147

Freshman Statistics 2003 Season Records

	<u>Win</u>	<u>Loss</u>	<u>Pin</u>		<u>Win</u>	<u>Loss</u>	<u>Pin</u>
Justin Armstrong	16	9	13	Jimmy Larocque	2	3	0
Chris Augustinack	1	3	0	Jon Latterner	11	15	7
Jeremy Bleichner	2	6	0	Adam McCue	7	4	2
Brandon Boxler	1	9	0	Andrew Nelson	16	9	9
Nathaniel Carroll	16	9	8	Joshua Nelson	5	12	3
Philli Caucutt	5	2	1	Matt Neutz	13	6	10
Andrew Cotterman	1	6	0	Mike Nord	3	11	1
Chad Eul	10	11	5	Nick Shiflet	5	6	0
Shawn Ferber	3	7	1	Ryan Strusz	7	11	4
Ben Foertsch	12	9	11	John Thell	8	6	5
Troy Fokken	21	2	13	Dan Whitaker	2	8	0
Chris Griep	5	10	2				
Minh Huynh	10	16	1				
Team Totals	184	193	96				

LIGHTNING RECORDS

Varsity Season Records

Falls

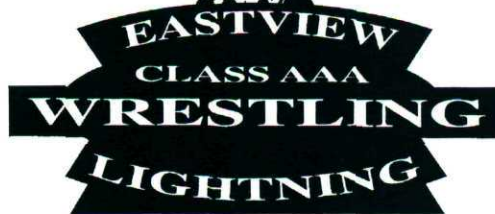
Adam Fokken	'01	28
Nate Kocer	'03	28
Kevin McBride	'02	21

Wins

Adam Fokken	'01	38
Mikey Fornicoia	'02	36
Nate Kocer	'03	35

Team Points

Adam Fokken	'01	200
Nate Kocer	'03	199
Kevin McBride	'03	165



Near Falls

Mikey Fornicoia	'02	79
Pat Dea	'03	50
Kevin McBride	'03	46

Takedowns

Ryan Langlais	'03	129
Adam Fokken	'01	119
Chris Shuck	'03	108

Reversals

Kevin McBride	'02	38
Adam Fokken	'99	28
Nate Kocer	'02	28

Varsity Career Records

Falls

Adam Fokken	'01	83
Nate Kocer	'03	45
Mikey Fornicoia	'02	44

Wins

Adam Fokken	'01	147
Kevin McBride	'03	110
Mikey Fornicoia	'02	107

Team Points

Adam Fokken	'01	727
Mikey Fornicoia	'02	491
Ryan Langlais	'04	446



Near Falls

Mikey Fornicoia	'02	166
Adam Fokken	'01	121
Kevin McBride	'03	89

Takedowns

Adam Fokken	'01	349
Ryan Langlais	'04	315
Mikey Fornicoia	'02	231

Reversals

Adam Fokken	'01	92
Mikey Fornicoia	'02	84
Kevin McBride	'03	65

LIGHTNING RECORDS

Junior Varsity Season Records

Falls

Tom Chies	'03	20
Nate Kocer	'01	17
Andrew Lenertz	'02	18

Wins

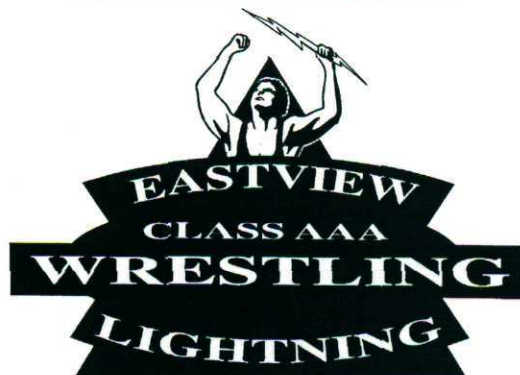
Andrew Lenertz	'02	31
Tom Chies	'03	30
Fred Hwang	'03	30

Team Points

Andrew Lenertz	'02	175
Tom Chies	'03	163
David Grogg	'02	147

Takedowns

Eric Budd	'01	45
James Voyles	'01	44
David Pudwill	'02	42



Near Falls

Kyle Fokken	'02	39
Brian Wallenta	'03	27
Sam Voyles	'03	20

Reversals

Nate Kocer	'01	22
Brian Wallenta	'03	19
Tom Chies	'03	15

Freshman Season Records

Falls

Bona Ku	'01	16
Kyle Fokken	'01	15
Justin Armstrong	'03	13
Troy Fokken	'03	13

Wins

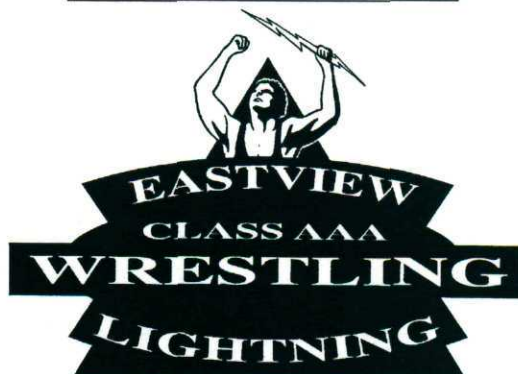
Bryan Lewis	'00	23
Sam Voyles	'02	21
Troy Fokken	'03	21

Team Points

Troy Fokken	'03	117
Sam Voyles	'02	113
Kyle Fokken	'01	112

Takedowns

Bryan Lewis	'00	80
Bona Ku	'01	61
Chris Shuck	'00	43



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

LIGHTNING HISTORY

Alumni Career Statistics

Name	Year	Wins	Falls
Tony Rodin	1999	77	31
Brandon Jones	1999	13	5
Joe Theisen	1999	5	1
Brad Okonek	2000	49	33
Matt Davis	2000	44	23
Nate Ernst	2000	44	19
Adam Miller	2000	28	14
Nick Thompson	2000	27	13
Chris Verhaeghe	2000	2	1
Adam Fokken	2001	147	83
David Rasmussen	2001	61	23
Brian Putnam	2001	19	10
Adam Johnson	2001	13	7
Eric Budd	2001	0	0
Jon Hanson	2001	0	0
Kris Carson	2002	0	0
Mikey Fornicoia	2002	107	44
Mic Hale	2002	0	0
Wade Halvorsen	2002	1	1
Eric Lemm	2002	38	16
David Pudwill	2002	11	4
John Getzke	2003	33	11
Nate Kocer	2003	35	9
Andrew Lenertz	2003	4	3
Kevin McBride	2003	32	9
Chris Shuck	2003	26	12
James Voyles	2003	25	14

All-Conference

Eric Lemm	John Getzke
Mikey Fornicoia (3x)	Nate Kocer
Tony Rodin (2x)	Kevin McBride
Brad Okonek	James Voyles
Nate Ernst	
Adam Fokken (4x)	
David Rasmussen	

Section Champions

Mikey Fornicoia
 Tony Rodin
 Adam Fokken
 David Rasmussen
 James Voyles
 Nate Kocer

State Participants/Placemen

Tony Rodin (2x) 4th place	Jud Turk
Brad Okonek	John Getzke 5th place
Adam Fokken (3x) 4th place	Nate Kocer 6th place
..... 1st place	James Voyles
David Rasmussen	
Mikey Fornicoia (2x) 6th place	

Season Awards

Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin	1999	Adam Fokken
2000	Adam Fokken	2001	Adam Fokken
2002	Mikey Fornicoia	2003	Nate Kocer

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

Most Valuable Freshman Wrestler of the Year

1998	Adam Fokken	1999	Mikey Fornicoia
2000	Bryan Lewis	2001	Steve Davis
2002	Tyler Cookas	2003	Troy Fokken

Most Improved Wrestler of the Year

1998	Nate Ernst	1999	Nick Thompson
2000	Brad Okonek	2001	David Rasmussen
2002	Eric Lemm	2003	Jud Turk

Lightning Award

1998	Chris Verhaeghe	1999	Chris Verhaeghe
2000	Brian Putnam	2001	Brian Putnam & Eric Budd
2002	David Pudwill	2003	Jud Turk & John Getzke

John Rodin Service Award

1998	Brad Okonek	1999	Brad Okonek
2000	Andrew Lenertz	2001	John Getzke
2002	Cory Wagner	2003	Cory Wagner

Wrestling Manager Hall of Fame

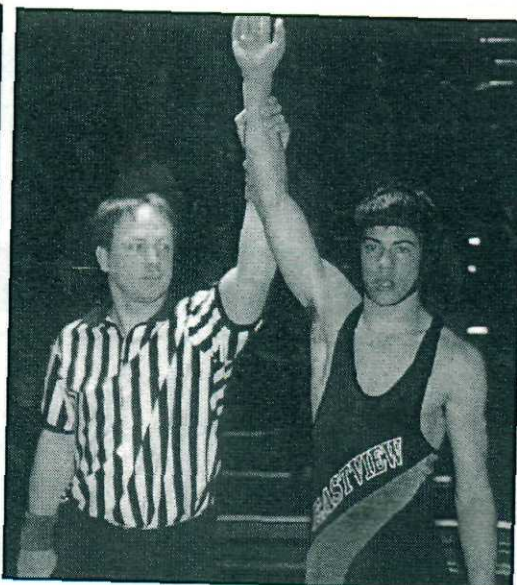
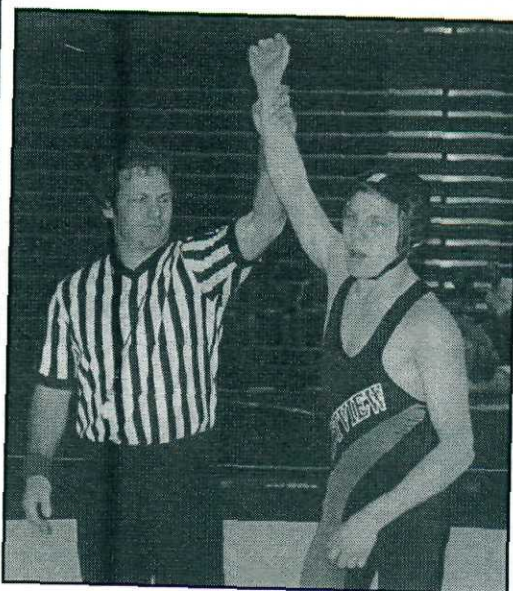
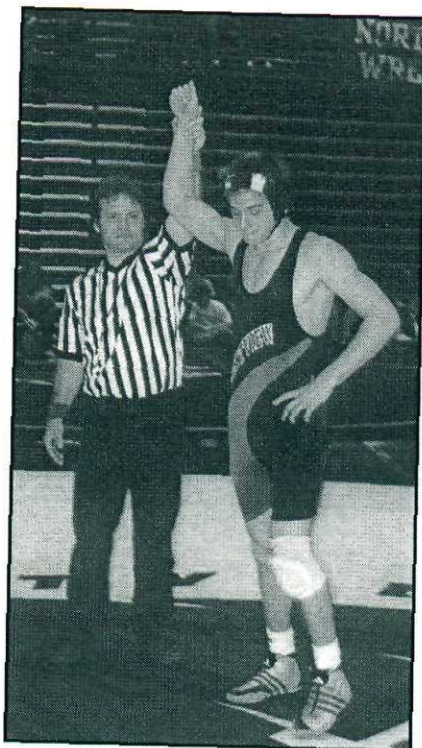
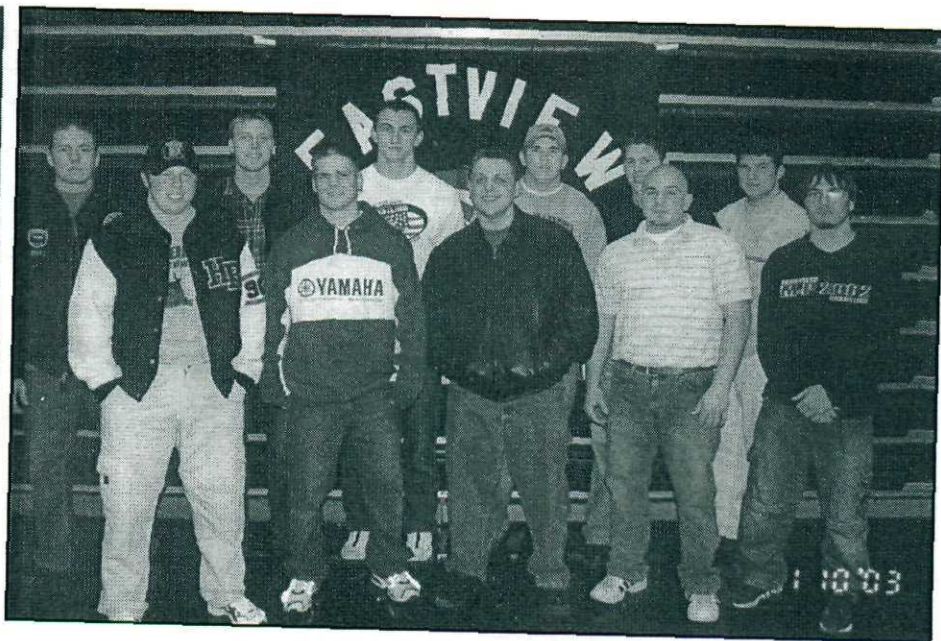
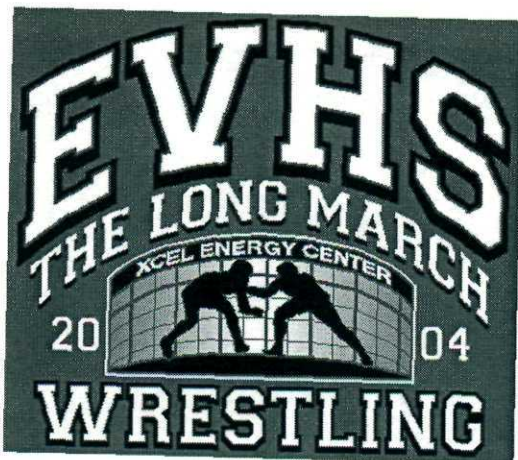
2000	Erinn Roos	2001	Rachel Davis
2003	Kari Okonek		

Season Records/Conference Place

	Wins	Losses	Ties	Conference Place
1998	3	19	1	9th
1999	6	14	1	7th
2000	18	4	0	2nd
2001	14	8	0	5th
2002	16	9	0	4th
2003	21	5	1	2nd

Season Captains and Team Motto

1998	Matt McDonald, Joe Theisen	Lightning Strikes
1999	Tony Rodin, Joe Theisen	Attitude and Effort
2000	Nate Ernst, Brad Okonek, Adam Fokken	Team 2000: Paving the Way
2001	Adam Fokken, Mikey Fornicoia	Courage to Succeed
2002	Mikey Fornicoia, John Getzke, Eric Lemm	Mission Possible: 2002
2003	John Getzke, Kevin McBride, Jud Turk, James Voyles	Fight! Inch ... By ... Inch
2004	Tyler Cookas, Kevin Eich, Jeremiah Foertsch, Ryan Langlais	The Long March



Eastview School Song

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

Feel the mighty thunder
 Flash that fills the sky
 Blue, black and white
 Won't give up the fight
 We're the lightning from
 Eastview High



Eastview lightning fight, fight, fight,
 Go, fight, win tonight!

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Go Lightning

"Commitment to Excellence"

Adapted from Vince Lombardi speech

I owe almost everything to wrestling, which I spent the greater part of my life in, and I have never lost my respect, my admiration nor my love for what I consider a great sport. Each day after the battle, one group savors victory, another group wallows in the bitterness of defeat. The many hurts seem a small price to pay for having won and there is no reason at all which is adequate for having lost.

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 sport, 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.

All of the rings and all of the money and all of the color and all of the display, they linger only in a memory. But the spirit, the will to win, the will to excel, these are the things that endure and these are the qualities, of course, that are so much more important than any of the events that occur.

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

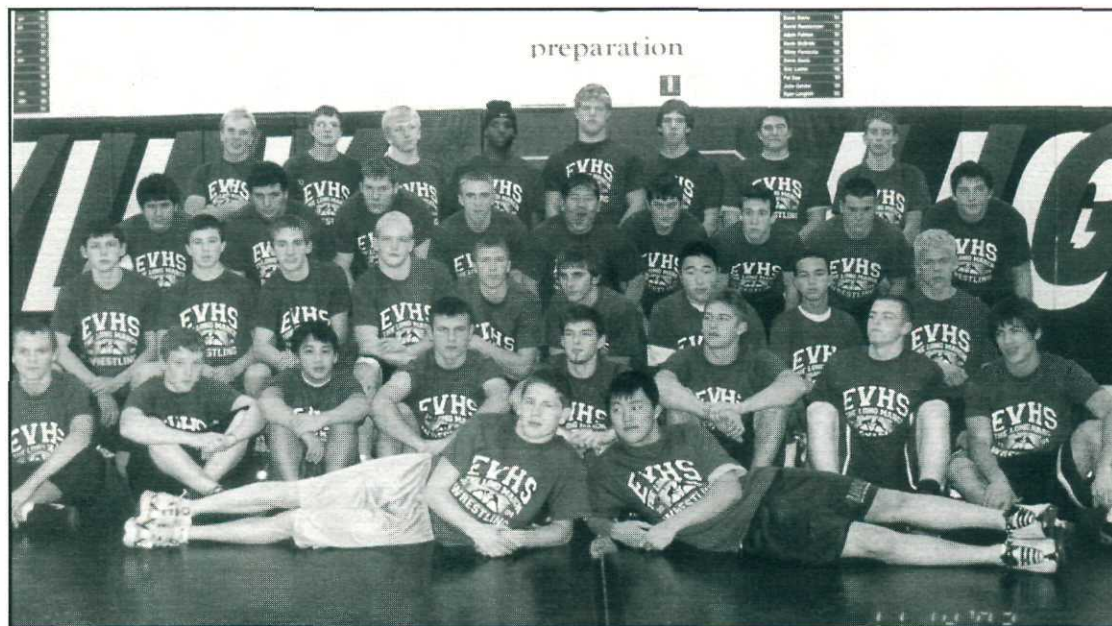
"Commitment"

To accomplish anything worthwhile in your life you must first make a **COMMITMENT**.

1. A **COMMITMENT** to clearly identify your goals, dreams and aspirations.
2. A **COMMITMENT** to identify a plan of attack that will help you reach these goals.
3. A **COMMITMENT** strong enough to overcome all obstacles so you will hang tough through the rough times.
4. A **COMMITMENT** to doing the tedious work, the difficult tasks, the little things that make the big difference.

To make this kind of Commitment requires courage and perseverance. It means that you will maintain a positive attitude; you will refuse to quit; you will never give up. The truly committed person is a winner who will make positive things happen.

COMMITMENT- It is the difference between excellence and mediocrity; between winning and losing; between accomplishing something special with your life or just surviving.



Commitment Night 2003

2003-2004 EASTVIEW LIGHTNING



2003-04 Eastview Lightning Schedule

www.isd196.k12.mn.us/schools/evhs/Activities/Athletics/boyswrestling/boyswrestlingindex.htm

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Friday, Dec. 5	Intra Squad Meet (Parent Open House / EVAA Night)	Eastview	6:45 pm
Saturday, Dec. 6	Eastview Quadrangular	Eastview	10:00 am
Thursday, Dec. 11	Rosemount / Apple Valley	Rosemount	6:00 pm
Saturday, Dec. 13	Coon Rapids Duals	Coon Rapids	9:00 am
Thursday, Dec. 18	Armstrong / Eagan (Middle School Night)	Eastview	6:00 pm
Saturday, Dec. 20	Faribault Invitational	Faribault	9:30 am
Friday, Jan. 2	Albert Lea (Alumni Night)	Eastview	7:30 pm
Saturday, Jan. 3	Burnsville Invitational	Burnsville	9:00 am
Thursday, Jan. 8	Bloomington Kennedy	Kennedy	7:30 pm
Friday, Jan. 9	Champlin Park	Eastview	6:00 pm
Thursday, Jan. 15	Eden Prairie (Parents Night)	Eastview	7:30 pm
Saturday, Jan. 17	Stillwater Invitational	Stillwater	9:00 am
Friday, Jan. 23	Jefferson / Scott West (EWA Family Night)	Eastview	6:00 pm
Saturday, Jan. 24	Lightning Invitational	Eastview	9:00 am
Thursday, Jan. 29	Lakeville / Chaska	Lakeville	6:00 pm
Friday, Jan. 30	TBD – JV Tourney	South Dakota	5:00 pm
Saturday, Jan. 31	Brookings Invitational (V)	Brookings, SD	9:00 am
Thursday, Feb. 5	Burnsville	Eastview	7:30 pm
Thursday, Feb. 12	Stillwater / Cambridge / Irondale	Stillwater	4:30 pm
Saturday, Feb. 14	Armstrong Invitational (JV)	Armstrong	9:00 am
Saturday, Feb. 21	Section 6 Team Tournament	Kennedy	TBA
Fri-Sat, Feb. 27-28	Section 6 Individual Tournament	Rosemount	TBA
Thur-Fri., Mar. 4-6	State Tournament	Xcel Energy	TBA
Sunday, March 28	Wrestling Banquet	Rosemount CC	5:00 pm

• All JV Matches begin at 6:00 p.m.