



eastview WRESTLING

2005-2006

ords

Team Points	
A. Felson	81 797
P. Longley	54 821
M. Tompala	52 491

Near Falls	
M. Tompala	52 86
P. Longley	54 52
A. Felson	81 107

See

Wins	
A. Felson	52 52
P. Longley	54 52
M. Tompala	52 49

Takedowns	
P. Longley	54 51
A. Felson	81 51
M. Tompala	52 52



our vision • our mission

www.eastviewwrestling.com

Eastview High School

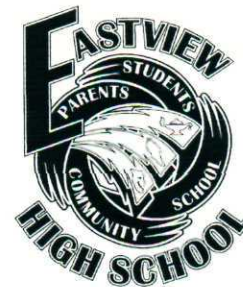
Eastview High School, the district's fourth comprehensive high school, opened in September 1997. Eastview High School is located in Apple Valley, adjacent to 200 acres of playing fields and recreational facilities. The 330,000 square foot facility is built to house 2,000 students in grades 9-12 and offers: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



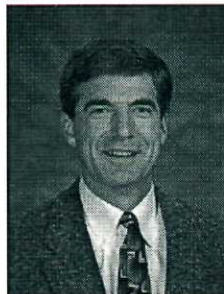
Eastview Athletics

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.

OUR VISION, OUR MISSION



By Nick Fomicoia

The 2005-2006 captains and upperclassmen chose *Our Vision, Our Mission* as the motto for this year. It is obvious to the coaching staff that these young men have high goals and expectations for this year and for their future because they are mimicking the corporate motto.

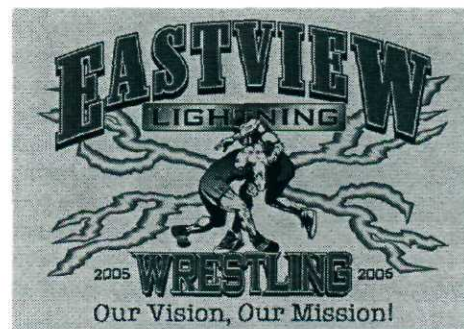
Every successful corporation creates a **Vision** of what they want their company to be. In 1997, the coaching staff created a program Vision for Eastview wrestling: "**Commitment to Excellence**". The captains decided to have a "Commitment" night this year where the wrestlers make a commitment to wrestling and to the vision of the program. At Commitment night, the captains asked the team to identify what the Eastview wrestling program is and always will be **Committed to Excellence** in. Here are some of the responses from the team:

- **Sticking together as a team**, John Makabe
- **Lightning Pride**, Will Jackson
- **Fun atmosphere**, Dan Getzke
- **Honesty**, Chris Becker
- **Motivation**, Andrew Nelson
- **Become the best person**, David Ly
- **Working as a team to accomplish individual goals**, Ryan Stepan
- **Class act**, Dante Hendricks
- **Being tough**, Bryan Okonek
- **Striving to be the best**, Chad Eul
- **Desire to win**, Trevor Flaten
- **Always getting better**, Mike Redig
- **Believing we can do anything we put our minds to**, Chris Griep
- **Making good choices in and out of school**, John Makabe
- **Pushing each other to our fullest potential**, Justin Armstrong
- **Become Warriors**, Alex Bakardjev
- **Keeping focused on goals/Mission**, James Pudwill

In order to accomplish our **Vision**, we must set specific goals or tasks that will lead us to our ultimate goal. This is what corporations call their **Mission**. Some of the tasks the wrestlers identified for this year's **Mission** are:

- **Commitment to good lifting and fitness habits**, Justin Armstrong
- **Perfect technique**, Brian Griep
- **High Grade Point Average**, Scott Kenning
- **Don't Quit**, Mike Redig
- **Wrestle with heart**, Trevor Flaten
- **Give your all with no regrets**, Jake Nelson
- **Self-Confidence**, James Pudwill
- **Out work our opponent in the 3rd period**, Ryan Stepan
- **Hustle, Hustle, Hustle**, David Ly
- **Get quicker and stronger**, Patrick Cox
- **Learn from setbacks**, Tony Xavong
- **Do whatever it takes to be a champion**, Scott Hogan
- **Push ourselves farther and harder than ever**, Chris Griep

Inspiring, is what comes to mind when looking over the Vision and Mission of this year's wrestlers. Absolutely inspiring! Obviously, success, as indicated by the wrestlers, is not determined by wins and losses. Success is measured by sticking to our **Mission** in order to stay true to our **Vision**. If we accomplish our Mission and Vision, we will be successful!



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 15 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 11 year old daughter named Hannah, a 8 1/2 year old son named Zachary, a 5 year old daughter named Erinn, and a 2 year old son named Luke. Kurt and his family reside in Apple Valley.

Nick Fornicoia, Assistant Coach



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

Travis Lee, Assistant Coach



Travis Lee, originally from Kensington, Minnesota, is entering his eighth 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. He lives with his wife Sarah and dog Gizmo in Apple Valley.

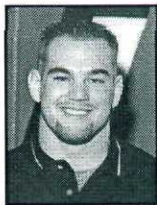
Jared Cooley, Assistant Coach



Jared Cooley, a native of Westbrook, Minnesota, is in his third year of coaching at Eastview High School. Jared comes to Eastview from Southwest State University in Marshall. While earning his Exercise Science degree he also made two trips to the NCAA II tournament, coming home once an All-American. In high school, he made two trips to the Minnesota State wrestling tournament finishing with a silver

medal. Other sports included football, baseball, and track. In Jared's spare time he enjoys paint balling, mountain biking, and spending time with his wife Lindsay.

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 snowboarding.

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 fifth year of teaching at Eastview High School where he teaches earth science and coaches football.

Todd and his wife Shannon have a 2 year old son named Cole. He enjoys the outdoors and can be found hunting, fishing, and participating in other sports.

Jeremiah Foertsch, Assistant Coach



Jeremiah is a graduate of Eastview High School. He now lives in Eagan, and is attending Normandale Community College this semester. Jeremiah plans on attending Dunwoody next year and learn the trade of plumbing.

In high school Jeremiah played football and competed in wrestling. During his football career, he lettered twice and was part of the state semi-finalist team in 2002. Jeremiah's wrestling career at Eastview was filled with hard work. He was a four-time section place winner and a three-time letter winner. He rounded his career off by being nominated captain his senior year.

This is Jeremiah's second year of coaching, and is looking forward to working with the freshman team.

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.



EASTVIEW WRESTLING

Captains Chad Eul, Minh Huynh, Josh Nelson

FRESHMAN

ABDULLAH, KHAIRI
ASEFA, ASH
BECHLY, COLE
BERNTSEN, MATT
COX, PAT
DUKATZ, JACK
FRANSON, MATT
GROSKREUTZ, TY
HOGAN, SCOTT
KNOLL, COYE
KOR, BILLY
LADD, ROBERT
OSTEEN, MIKE
STEVENS, AARON
STROHMYER, T.J.
THOMSEN, BRAD
WARE, CURTIS

SENIORS

ARMSTRONG, JUSTIN
BADRUL, NILS
BECKER, CHRIS
EUL, CHAD
GRIEPP, CHRIS
HUYNH, MINH
MAKABE, JOHN
NELSON, ANDREW
NELSON, JOSH
POWELL, DILLON

SOPHOMORES

BAKARDJIEV, ALEX
BLUNDETTO, DINO
FANTH, ZACH
FLATEN, TREVOR
GRIEPP, BRIAN
HENDRICKS, DANTE
JACKSON, WILLIAM
KELCH, JEREMY
KENNING, SCOTT
LARSON, JOSH
LENZ, JAMES
LY, DAVID
MAKABE, ALEX
MYERS, BRYAN
OKONEK, BRYAN
PUDWILL, JAMES
REDIG, MIKE

JUNIORS

DESSALEGN, ABEBE
GETZKE, DAN
NELSON, JACOB
STEPAN, RYAN
XAYAVONG, TONY

PRINCIPAL

Dr. J Richard Dewey

Athletic Director

Bruce Miller

Coaches

Kurt Habeck
Nick Fornicoia
Todd Frost
Travis Lee
Jared Cooley
Jeremiah Foertsch
Seth Strickland

Nickname

Lightning

School Colors

Black, Blue, Silver, White

Varsity Manager

Ashley Langlais

Videographers

Michael Alger
James Jobes

Conference

Lake

Section

6AAA

Board of Education

Rob Duchscher, Chairperson
Kevin Sampers, Vice-Chair
Mike Rosen, Clerk
Jackie Magnuson, Treasurer
Joel Albright, Director
Bruce Endler, Director
Bob Schutte, Director

Superintendent

John Currie



Class of 2006

LIGHTNING WRESTLING

CAPTAINS



Chad Eul

Chad, a senior, wrestled on both Varsity and JV last season at 171lbs. Chad is a letter winner and was a member of the section team. Chad is ex-

pected to wrestle at 189 or 215. Chad is a three sport athlete competing in football and baseball as well.



Minh Huynh

Minh, a senior, is a 2X letter winner, 2X state qualifier, earned all-conference recognition, and earned 4th place honors at state last season which earned him all-state rec-

ognition. Minh earned a team high 35 wins last season, has 65 career wins, and is expected to wrestle at 112 or 119 this season.



Josh Nelson

Josh, a senior, is a 2x letter winner, earned all-conference honorable mention honors, and placed 5th at sections last season. Josh earned 19 wins

last season and is expected to wrestle at 135-140 this season.

LETTERMEN



Brian Griep

Brian, a sophomore, earned some varsity experience last season at 103

while competing most of the season on the freshman team. Brian earned 3 varsity wins as well as wrestling on the individual section team. Brian will wrestle at 112 this season.



Jeremy Kelch

Jeremy, a sophomore, earned varsity experience last season and

earned a spot on the section team. Kelch wrestled most of the season on the freshman team. Jeremy is expected to wrestle at 119 this season.



Dan Getzke

Danny, a junior, wrestled most of the season on varsity last year at 189. Danny is a letter winner

earning 7 wins last season and 10 wins on JV. Danny is expected to wrestle at 189 this season.



Chris Griep

Chris, a senior, is a letter winner last season wrestling most of the season at 119 lbs. Chris

was a member of the section team last season and placed 6th at individual sections. Chris will wrestle at 130 lbs this season.



Dante Hendricks

Dante, a sophomore, earned limited varsity experience last season and

earned a spot on the section team. On the freshman team, Dante earned 13 wins. Dante is a 3 sport athlete competing in football and track as well.



Josh Larson

Josh, a sophomore, earned some varsity experience last season while competing most

of the season on the freshman team. Josh finished the season by earning a spot on the section team. Josh will wrestle at 140-145 this season.



Jacob Nelson

Jacob, a junior, earned 8 wins on varsity last season before an injury ended his season early.

Jacob ended the season by helping train fellow teammate Minh Huynh for the state meet. Jacob is expected to wrestle at 125-130 this season.



John Makabe

Senior John Makabe, is a letter winner who earned all-conference recognition last season.

John earned 2nd place honors at individual sections and qualified for the state tournament. John was 2nd on the team with 30 wins. John is expected to wrestle at 152-160 this season.



William Jackson

Will, a sophomore, earned limited varsity experience last season and

earned a spot on the section team. On the freshman team, Will earned 16 wins and placed 2nd at the 9th grade league state meet. Will is a 3 sport athlete competing in football and track as well.



Bryan Okonek

Bryan, a sophomore, wrestled 7 matches on varsity last year and competed

most of the season on the freshman team. Bryan led the freshman team with 25 wins. Bryan finished the season by placing 6th at the 9th grade state meet and earned a spot on the varsity section team.



Ryan Stepan

Junior Ryan Stepan has been on the varsity the last three seasons and is a 3X letter

winner. Ryan earned 4 varsity wins before an injury ended his season early. Ryan is expected to wrestle at 130-135 lbs.



Andrew Nelson

Andrew, a senior, wrestled all season on varsity last year at 171 lbs.

Andrew earned all-conference honorable mention honors, earned 18 wins, and placed 6th at individual sections last year. Andrew is expected to wrestle at 171-189 lbs.



Dillon Powell

Dillon, a senior, is a letter winner last season wrestling most of the season on varsity

before and injury ended his season early. Dillon earned 11 wins on varsity and is expected to wrestle at 171 lbs this season.

LIGHTNING WRESTLING

Minnesota Ninth Grade and Under Wrestling League



FRESHMEN TEAM 2005-2006

ABDULLAH, KHAIRI
 ASEFA, ASH
 BECHLY, COLE
 BERNTSEN, MATT
 COX, PAT
 DUKATZ, JACK

FRANSON, MATT
 GROSKREUTZ, TY
 HOGAN, SCOTT
 KNOLL, COYE
 KOR, BILLY
 LADD, ROBERT

OSTEEN, MIKE
 STEVENS, AARON
 STROHMYER, T.J.
 THOMSEN, BRAD
 WARE, CURTIS

FRESHMEN SCHEDULE 2005-2006

DATE	OPPONENT	SITE	TIME
Saturday, Dec. 3	Burnsville Open	Burnsville	TBD
Tuesday, Dec. 6	Henry Sibley / Eagan	Eastview	4:30 pm
Tuesday, Dec. 13	Humboldt / Simley	Rosemount	4:30 pm
Tuesday, Dec. 20	Park / Woodbury	Eastview	4:30 pm
Wednesday, Dec. 21	Totino Grace, Tartan	Eastview	4:30 pm
Thursday, Jan. 5	Burnsville	Eastview	4:30 pm
Saturday, Jan. 7	Eastview Tournament	Eastview	9:00 am
Tuesday, Jan. 10	Rosemount / Hastings	Rosemount	4:30 pm
Saturday, Jan. 14	Eagan Open	Eagan	10:00 am
Saturday, Jan. 21	State Team Tournament	Hastings	9:30 am
Saturday, Jan. 28	Region Two Tournament	Chisago Lakes	9:00 am
Saturday, Feb. 4	State Individual Tournament	Champlin Park	8:00 am
Sunday, April 2	Wrestling Banquet	Rosemount CC	4:30 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

2004

Dan Getzke – 8th Place
 Kennedy Mans
 Jake Neutz
 Justin Peterson
 Ryan Stepan

2005

Trevor Gordon – 2nd Place
 Will Jackson – 2nd Place
 Trevor Flaten – 4th Place
 Bryan Okonek – 6th Place
 Zack Fanth – 7th Place
 Alex Makabe
 Scott Kenning

LIGHTNING SUPPORT

Varsity Managers



Ashley Langalis



Nicole Nelson

Freshman Manager



Elizabeth Carroll



Jessica Montognese

Junior Varsity Managers



Rachel Poli



Courtney Thompson



Brittany Sawyer



Ashley Strand



Kara Knoll

Board of Directors

Sharon & Tom Getzke	President
Gretchen & Ron Okonek	Vice President
Leann & Randy Stepan	Treasure
Lois & Mark Fokken.....	Secretary
Deb & Dan Larson.....	Concession Coordinator
Nick Fornicoia.....	ThunderBolts Liaison
Travis Lee.....	EVAA Liaison
Shelly & Kurt Habeck.....	EVHS Head Coach

Grade Representatives

Diane & Mike Hogan.....	9 th Grade Rep.
Sue & Dennis Bechly.....	9 th Grade Rep.
Collen & Jon Pudwill.....	10 th Grade Rep.
Janet & Mike Nelson.....	11 th Grade Rep.
Grace & Kim Eul.....	12 th Grade Rep.

A message from the Presidents...

Wrestling Parents

We are proud to serve as the 2005-2006 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.

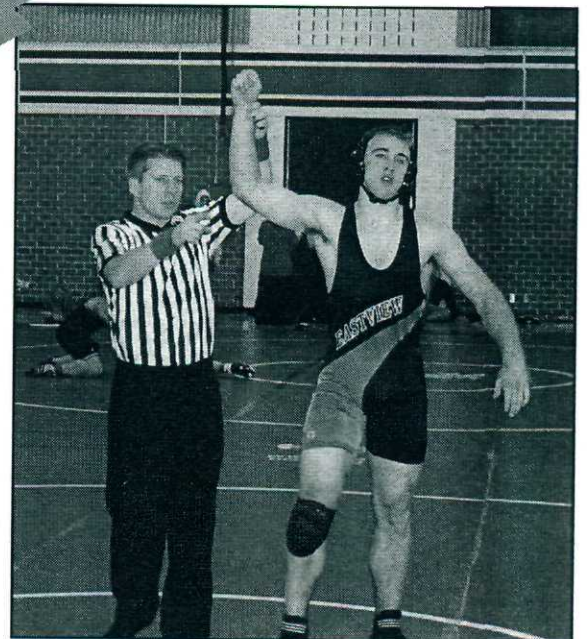
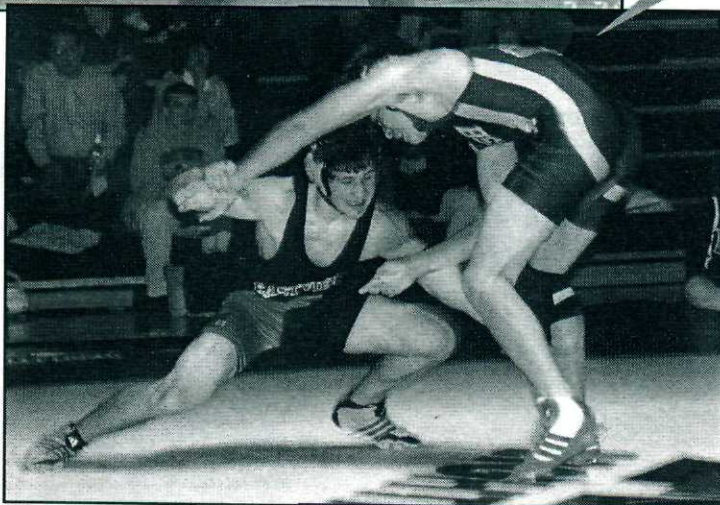
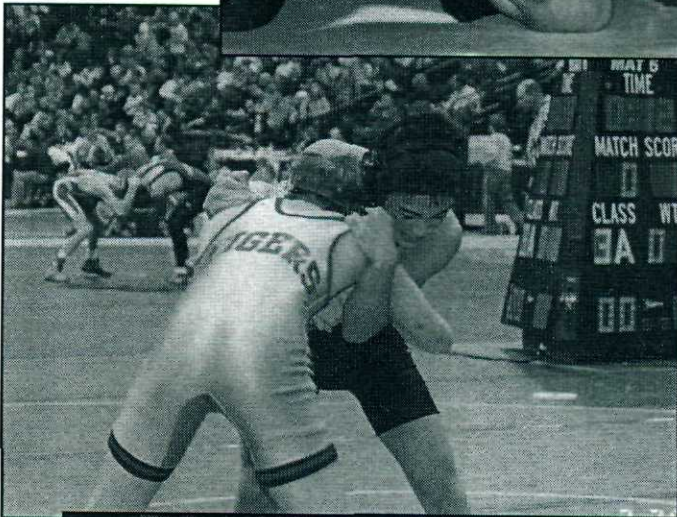
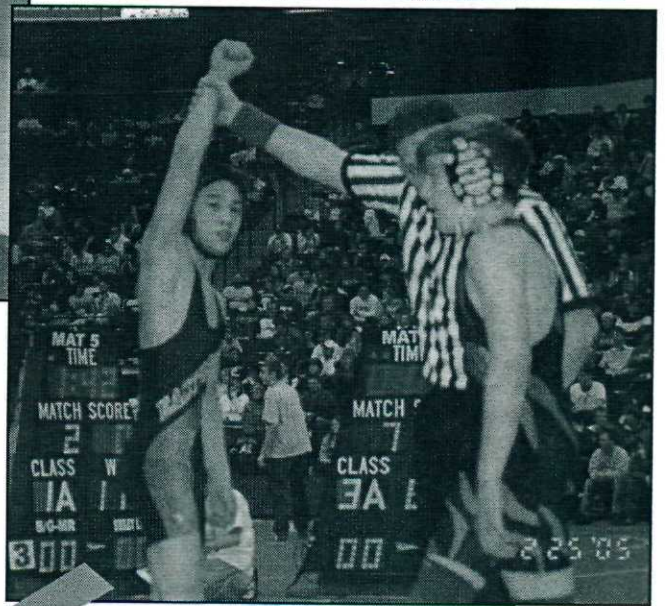
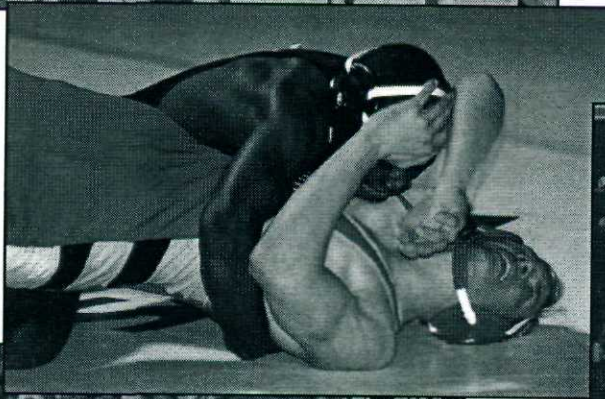
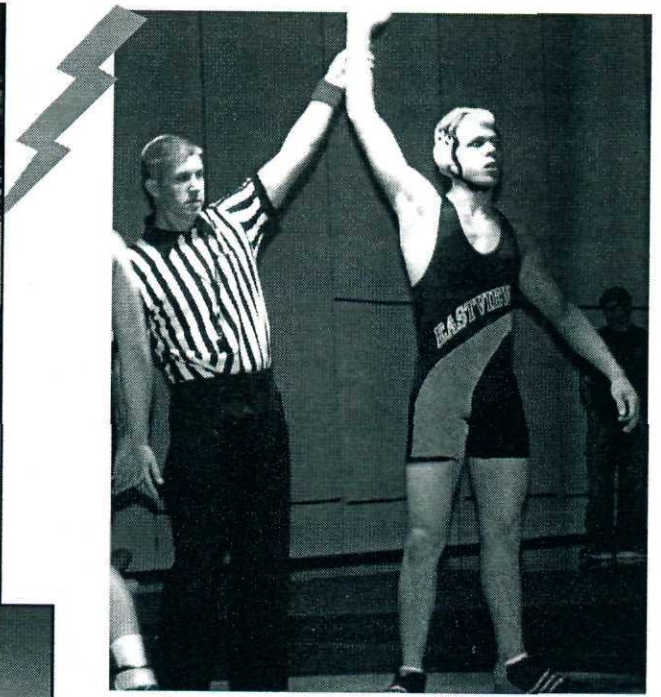
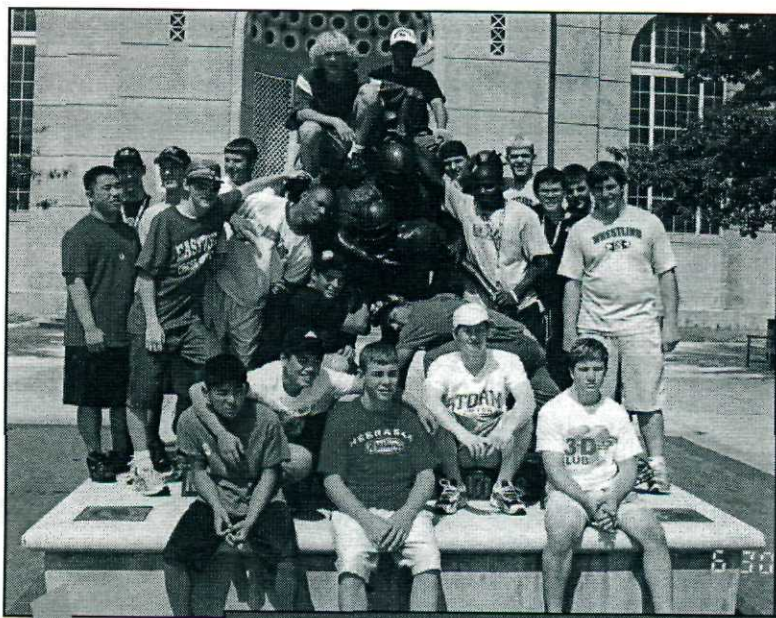
A special word of thanks to all of the Eastview parents who have volunteered to serve on the 2005-2006 EWA committees, board and leadership positions. Your support of Eastview wrestling, Middle School wrestling, EVAA wrestling, and

Thunderbolts is a critical factor in the ability of EWA to provide services and support for our wrestlers and coaches.

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 successes of last year by creating positive momentum for the entire season to come.

Here's to another great wrestling season. On behalf of EWA, we wish the best of luck to all of our wrestlers. Go Lightning!

Sharon and Tom Getzke



EASTVIEW WRESTLING

EVHS Wrestling Clinic 2005



Kindergarten

EVAA Wrestling K-2nd Grade

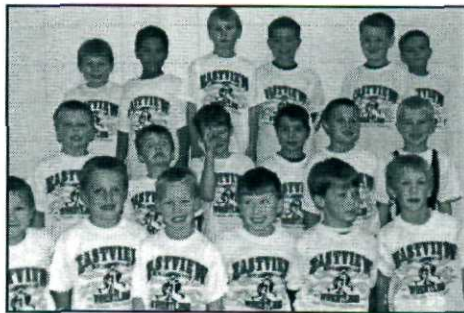


Blue

EVAA Wrestling 3rd-6th Grade



Blue



1st -2nd Grade



Black



Black



3rd-4th Grade



Gray



Gray



5th-6th Grade



White



White

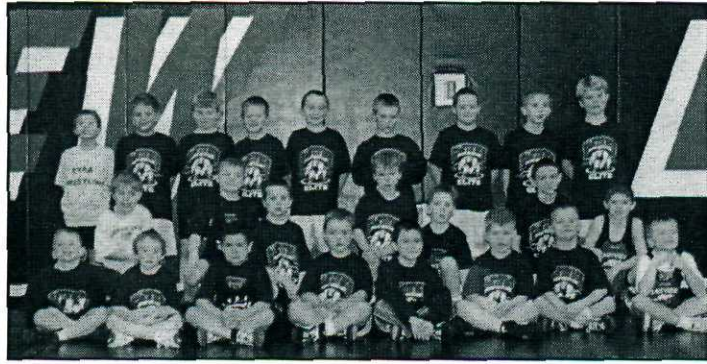
LIGHTNING WRESTLING PROGRAMS

EASTVIEW ELITE WRESTLING

K - 8th Grade • Jan.-March. • Program Director Dean Stockwell

About the Program - This program is a traveling program for wrestlers that have an interest in developing wrestling skills and participating in tournaments. The program will participate in State Team and Individual Tournaments.

2005 EASTVIEW ELITE K-3



2005 EASTVIEW ELITE 4-8

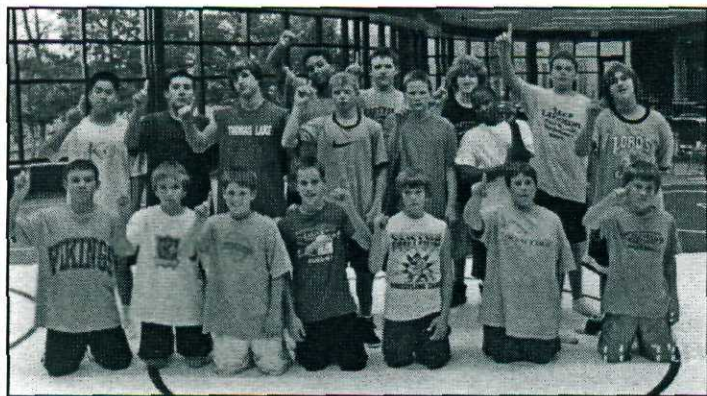


THUNDERBOLTS WRESTLING CLUB

(Freestyle and Greco Roman)

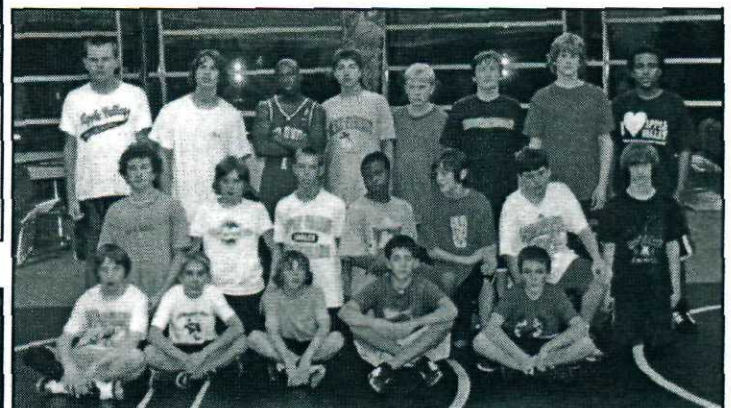
About the Program - Thunderbolts Wrestling Club was formed with a simple goal: to provide a safe and fun atmosphere for our wrestlers to develop and succeed. To be all they can be. We have put together a dedicated and talented staff who believe in this goal. Our club is run wholly by volunteers. People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

Coaches: TBD • Season: March - April • Program Director: Tom Getzke



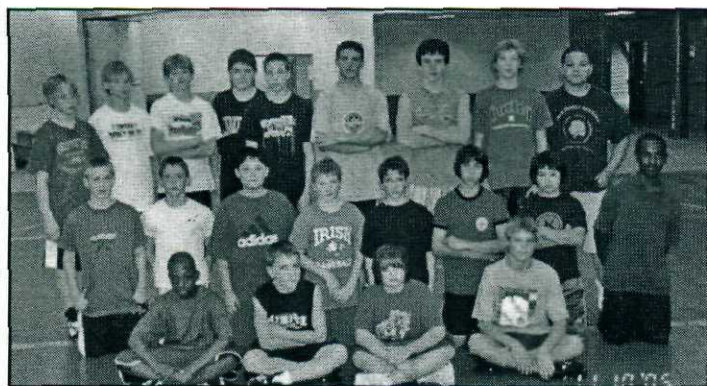
Black Hawk Middle School

Coaches: Mike Hogan, Kerry Blaine



Falcon Ridge Middle School

Coach: Eriq Duong



Scott Highlands Middle School

Coaches: Greg Davis, Mike Griffith

LAKE CONFERENCE AND SECTION 6AAA

Lake Conference Teams

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

Section 6AAA Teams

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

Lake Conference Records 2004-2005

School	Won	Lost
Apple Valley	9	0
Bloomington Kennedy	5	3
Chaska	5	3
Eagan	5	3
Eden Prairie	5	3
Rosemount	4	4
Eastview	3	5
Burnsville	1	7
Lakeville	0	8
Bloomington Jefferson	N/A	N/A

Section 6AAA Tournament 5th Place

103	Minh Huynh	2nd
145	John Makabe	2nd
275	Ryan Ruckdashel	2nd
125	Trever Sutherland	4th
152	Tom Chies	4th
215	Troy Fokken	4th
135	Josh Nelson	5th
160	Kyle Wilson	5th
189	Steve McMoore	5th
119	Chris Griep	6th
171	Andrew Nelson	6th

Section 6AAA Individual Tournament

Rank	School	Points
1st	Apple Valley	291.5
2nd	Kennedy	168
3rd	Eagan	158.5
4th	Burnsville	143
5th	Eastview	135
6th	Rosemount	126.5
7th	Richfield	84.5
8th	Washburn	54
9th	Minneapolis Southwest	20
10th	Jefferson	12
10th	Edina	12

Section 6AAA State Place Winners

119	Zack Bigboy	1st	Bloomington Kennedy
125	Jayson Ness	1st	Bloomington Kennedy
135	Richard Fessler	1st	Apple Valley
160	Tom LaCombe	1st	Apple Valley
215	Steve Larson	1st	Apple Valley
103	Tom Kelliher	2nd	Apple Valley
171	Nic Barclay	3rd	Apple Valley
103	Minh Huynh	4th	Eastview
112	Matt Mincey	4th	Apple Valley
125	Paul Bjorkstrand	4th	Burnsville
140	Nick Walsh	5th	Rosemount
145	Matt Brauer	5th	Burnsville
130	Bryce Mackey	6th	Burnsville
152	Jason Shelsby	6th	Apple Valley

Lake Conference State Place Winners

119	Zack Bigboy	1st	Bloomington Kennedy
125	Jayson Ness	1st	Bloomington Kennedy
135	Richard Fessler	1st	Apple Valley
160	Tom LaCombe	1st	Apple Valley
215	Steve Larson	1st	Apple Valley
103	Tom Kelliher	2nd	Apple Valley
160	Ben Talkington	3rd	Chaska
171	Nic Barclay	3rd	Apple Valley
103	Minh Huynh	4th	Eastview
112	Matt Mincey	4th	Apple Valley
125	Paul Bjorkstrand	4th	Burnsville
189	Jayson Bowlsby	4th	Eden Prairie
140	Nick Walsh	5th	Rosemount
145	Matt Brauer	5th	Burnsville
130	Bryce Mackey	6th	Burnsville
152	Jason Shelsby	6th	Apple Valley
HWT	Jake Madrinich	6th	Chaska

LIGHTNING WRESTLING DUAL MEETS

Varsity Dual Meet Results 2004-2005

(12 Wins - 14 Losses)

Eastview vs			
St. Paul Central	59-06	Win	
Blue Earth Area	25-36	Loss	
Blooming Prairie	47-17	Win	
Chaska	30-34	Loss	
Richfield	44-27	Win	
Henry Sibley	46-21	Win	
Eagan	16-43	Loss	
Woodbury	24-47	Loss	
Rochester Mayo	25-30	Loss	
South St. Paul	57-19	Win	
Benilde-St. Margaret	53-17	Win	
Mound Westonka	37-28	Win	
Rosemount	35-31	Win	
Lakeville	46-21	Win	
Apple Valley	06-62	Loss	
Prior Lake	30-39	Loss	
Shakopee	15-52	Loss	
Mpls. Southwest	68-12	Win	
St. Francis	09-65	Loss	
Coon Rapids	18-50	Loss	
Winona	54-14	Win	
Faribault	25-39	Loss	
Burnsville	44-23	Win	
Bloomington Kennedy	28-41	Loss	
Eden Prairie	27-43	Loss	
Rosemount	30-36	Loss	

Team	Coon Rapids Duals	7th Place
Tournaments	Eastview	4th Place
Individual Tournaments	Faribault Invitational	4th Place
	Burnsville Invitational	5th Place
	Bemidji Invitational	5th Place

Jr. Varsity Dual Meet Results 2004-2005

(20 Wins - 8 Losses)

Eastview vs			
St. Paul Central	78-00	Win	
Blue Earth	48-22	Win	
Blooming Prairie	51-12	Win	
Chaska	54-18	Win	
Richfield	54-03	Win	
Henry Sibley	63-06	Win	
Eagan	47-21	Win	
Coon Rapids 4th Place	Woodbury	45-28	Win
	St. Michael	21-49	Loss
	White Bear Lake	23-45	Loss
	Mound Westonka	44-06	Win
	Benilde-St. Margarets	45-06	Win
	Rosemount	31-30	Win
	Lakeville	51-23	Win
	Apple Valley	18-60	Loss
	Prior Lake	50-28	Win
	Shakopee	26-46	Loss
	Roseau	64-17	Loss
	Bemidji	36-45	Win
	Blackduck/Cass Lake	64-12	Win
Lightning	St. Francis	24-33	Loss
Invitational	Coon Rapids	21-54	Loss
4th Place	Minneapolis Southwest	54-00	Win
	Faribault	35-39	Loss
	Winona	60-00	Win
	Burnsville	36-34	Win
	Kennedy	42-39	Win
	Eden Prairie	54-24	Win

Freshman Dual Meet Results 2004-2005

(16 Wins - 11 Losses)

Eastview vs			
Simley	48-36	Win	
Park Cottage Grove	39-42	Loss	
Hastings	21-52	Loss	
St. Paul Humboldt	52-19	Win	
Hastings	30-35	Loss	
Owatonna	12-66	Loss	
Rosemount		Win	
Apple Valley	46-30	Win	
Lakeville	40-38	Win	
Prior Lake	40-28	Win	
Faribault	24-48	Loss	
Rosemount	37-39	Loss	
Blaine	Forfeit	Win	
Owatonna	30-45	Loss	
Champlin Park	45-28	Win	
Coon Rapids	33-44	Loss	
Lakeville	42-33	Loss	
Henry Sibley	45-36	Win	
Eagan	72-18	Win	
Apple Valley	09-66	Loss	

State	White Bear Lake	64-21	Win
Team	Cambridge	21-55	Loss
Tournament	Forest Lake	59-24	Win
10th Place	Anoka	48-31	Win
	Coon Rapids	14-57	Loss



9th GRADE REGIONAL TOURNAMENT

1st	Eastview	206.5
2nd	Park	198.0
3rd	Hastings	176.5
4th	Henry Sibley	141.5
5th	Rosemount	126.5

9TH GRADE STATE INDIVIDUAL TOURNAMENT

1st	Milaca	103.0
2nd	Albert Lea	88.5
3rd	Eastview	84.5
4th	Cambridge	80.5
5th	Park	67.0

2005 SEASON IN-REVIEW

Letter Award Winners

Trever Sutherland	Chad Eul
Brian Griep	Troy Fokken
Dante Hendricks	Chris Griep
Will Jackson	Minh Huynh
Jeremy Kelch	John Makabe
Josh Larson	Andrew Nelson
Bryan Okonek	Josh Nelson
Dan Getzke	Dillon Powell
Jacob Nelson	Tom Chies
Jake Neutz	Steve McMoore
Nick Pekarek	Ryan Ruckdashel
Ryan Stepan	Sam Voyles
Blake Williams	Kyle Wilson
Nathaniel Carroll	

State Qualifiers

Minh Huynh
John Makabe
Ryan Ruckdashel

Season Awards

Most Valuable Varsity Wrestler - Minh Huynh
Most Valuable Junior Varsity Wrestler - Chad Eul
Most Valuable Freshman Wrestler - Trever Sutherland
Most Improved Wrestler - Josh Nelson
Lightning Award - Sam Voyles
Junior Varsity-Varsity Drill Partner Award - Jake Nelson
Freshman Drill Partner Award - Bryan Okonek
John Rodin Service Award - Dante Hendricks
Most Valuable Wrestling Set-Up King - John Makabe

All-Conference

Minh Huynh - John Makabe - Ryan Ruckdashel

All-Conference Honorable Mention

Trever Sutherland - Josh Nelson
Sam Voyles - Andrew Nelson

Academic Team

Gold Academic Team - 3.61 GPA

3-D Club Members

Dan Getzke	Nick Pekarek
Andrew Pudwill	Michael Voyles
Nathaniel Carroll	Chad Eul
Troy Fokken	John Makabe
Andrew Nelson	Josh Nelson
Dillon Powell	Kyle Wilson



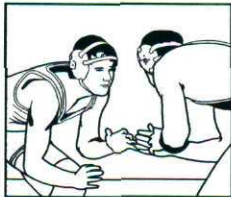
LIGHTNING STATISTICS

Varsity Statistics 2005 Season Records

	Win	Loss	Pin
Nils Badrul	1	1	0
Nathanel Carroll	1	6	1
Thomas Chies	9	13	1
Chad Eul	3	7	1
Troy Fokken	16	19	8
Dan Getzke	7	13	2
Trevar Sutherland	18	9	10
Brian Griep	3	4	0
Chris Griep	5	18	4
Dante Hendricks	2	3	1
Minh Huynh	35	10	8
Raphael Hyde	1	1	0
William Jackson	2	2	2
Jeremy Kelch	4	5	0
Joshua Larson	0	4	0
John Makabe	30	11	15
Ryota Matsuyama	1	2	0
Steve McMoore	6	7	2
Andrew Nelson	18	15	3
Jacob Nelson	8	4	3
Josh Nelson	19	18	4
Jake Neutz	4	3	3
Matt Neutz	0	2	0
Brian Okonek	0	7	0
Nick Pekarek	2	2	0
Justin Peterson	0	2	0
Dillon Powell	11	9	4
James Pudwill	0	1	0
Mike Redig	0	2	0
Ryan Ruckdashel	27	10	18
Ryan Stepan	4	3	2
Mike Voyles	0	2	0
Sam Voyles	11	6	0
Blake Williams	4	15	2
Kyle Wilson	14	18	6
Team Totals	269	259	105

Junior Varsity Statistics 2005 Season Records

	Win	Loss	Pin
Nils Badrul	10	10	5
Alex Bakardjiev	2	6	2
Dino Blundetto	2	6	2
Nathanel Carroll	24	2	10
Thomas Chies	8	1	3
Chad Eul	21	1	11
Dan Getzke	10	1	5
Brian Griep	1	2	0
Chris Griep	3	1	2
Dante Hendricks	5	2	3
Raphael Hyde	10	8	4
Jeremy Kelch	4	0	1
Joshua Larson	11	4	6
James Lenz	0	2	0
David Ly	2	8	1
Alex Makabe	2	1	1
Ryota Matsuyama	7	7	0
Steve McMoore	14	3	6
Rachana Meng	2	4	1
Joe Muenkel	1	0	0
Brian Myers	0	2	0
Jake Neutz	12	1	7
Matt Neutz	10	7	8
Bryan Okonek	0	3	0
Nick Pekarek	18	9	6
Justin Peterson	8	1	4
Dillon Powell	7	1	3
Andrew Pudwill	13	3	7
James Pudwill	7	6	2
Mike Redig	4	5	2
Sam Rondorf	5	7	4
Tyler Terry	3	1	3
John Thell	1	3	1
Mike Voyles	18	9	10
Blake Williams	9	4	7
Team Totals	261	131	129



Freshman Statistics 2005 Season Records

	Win	Loss	Pin
Alex Bakardjiev	2	15	2
Cole Bechly	2	4	1
Dino Blundetto	2	8	1
Pat Cox	3	9	0
Brian Dutton	4	6	2
Zackaria Fanth	11	7	10
Trevor Flaten	15	4	11
Trevar Sutherland	16	1	11
Brian Griep	2	2	1
Kevin Heinecke	6	4	1
Dante Hendricks	13	10	11
Scott Hogan	13	4	8
William Jackson	16	2	10
Jeremy Kelch	8	9	4
Scott Kenning	17	5	12
Joshua Larson	12	9	5

	Win	Loss	Pin
James Lenz	2	12	0
Mike Leubner	1	12	0
David Ly	1	8	0
Alex Makabe	18	11	10
Garrett Matteson	1	0	1
Robert Mohr	1	13	0
Joe Muenkel	1	7	1
Brian Myers	2	18	2
Bryan Okonek	25	7	10
James Pudwill	10	4	4
Mike Redig	4	14	1
Nick Schultz	0	2	0
Tyler Terry	4	5	2
Team Totals	212	223	121

LIGHTNING RECORDS

Varsity Season Records

Falls

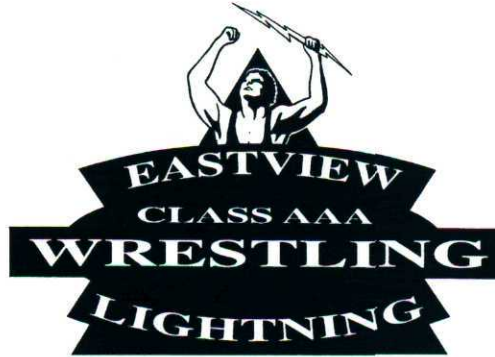
Adam Fokken	'01	28
Nate Kocer	'03	28
Kevin McBride	'02	21

Wins

Adam Fokken	'01	38
Ryan Langlais	'04	37
Mikey Fornicoia	'02	36

Team Points

Adam Fokken	'01	200
Nate Kocer	'03	199
Ryan Langlais	'04	175



Takedowns

Ryan Langlais	'04	134
Adam Fokken	'01	119
Chris Shuck	'03	108

Near Falls

Mikey Fornicoia	'02	79
Minh Huynh	'05	56
Pat Dea	'03	50

Reversals

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

Varsity Career Records

Falls

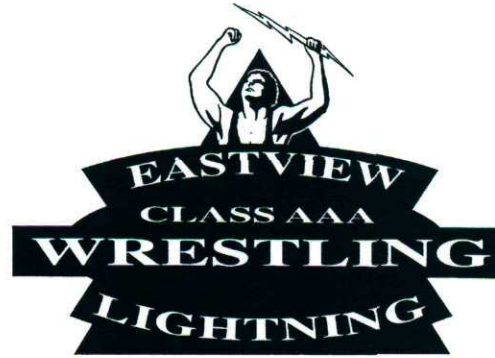
Adam Fokken	'01	83
Ryan Langlais	'04	55
Nate Kocer	'03	45

Wins

Adam Fokken	'01	147
Ryan Langlais	'04	139
Kevin McBride	'03	110

Team Points

Adam Fokken	'01	727
Ryan Langlais	'04	621
Mikey Fornicoia	'02	491



Takedowns

Ryan Langlais	'04	449
Adam Fokken	'01	349
Mikey Fornicoia	'02	231

Near Falls

Mikey Fornicoia	'02	166
Pat Dea	'04	123
Adam Fokken	'01	121

Reversals

Adam Fokken	'01	92
Mikey Fornicoia	'02	84
Pat Dea	'04	69

LIGHTNING RECORDS

Junior Varsity Season Records

Falls

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

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

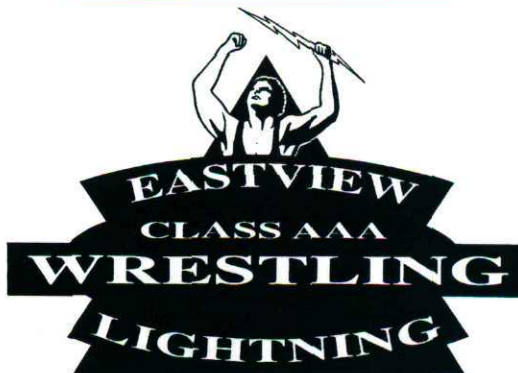
Nathaniel Carroll	'05	50
Eric Budd	'01	45
James Voyles	'01	44

Near Falls

Kyle Fokken	'02	39
Brian Wallenta	'03	27
Andy Tighe	'04	27

Reversals

Nate Kocer	'01	22
Brian Wallenta	'04	22
Tom Chies	'03	15



Freshman Season Records

Falls

Bona Ku	'01	16
Kyle Fokken	'01	15
Justin Peterson	'04	15

Wins

Bryan Okonek	'05	25
Bryan Lewis	'00	23
Sam Voyles	'02	21
Troy Fokken	'03	21

Team Points

Bryan Okonek	'05	118
Troy Fokken	'03	117
Sam Voyles	'02	113

Takedowns

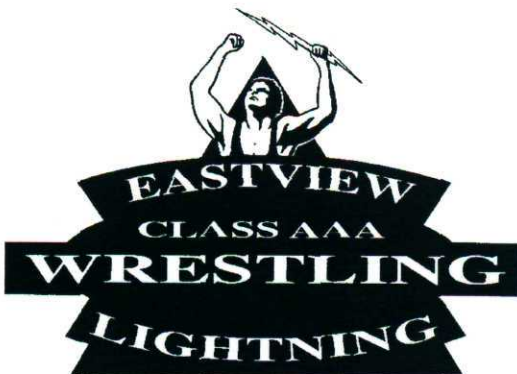
Bryan Lewis	'00	80
Trevor Sutherland	'05	68
Bona Ku	'01	61

Near Falls

Nathaniel Carroll	'03	26
Minh Huynh	'03	23
Kyle Fokken	'01	22

Reversals

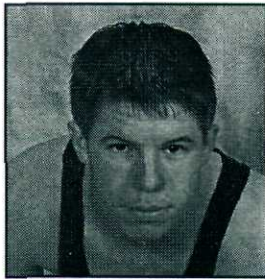
Kyle Fokken	'01	17
Andrew Nelson	'03	15
Nathaniel Carroll	'03	15



LIGHTNING HISTORY

Wall of Excellence

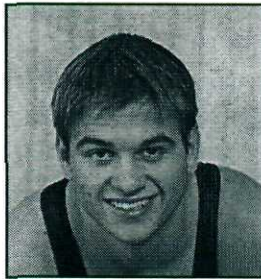
Criteria: State Place Winner, finish the program in good standing, and graduate from Eastview High School.



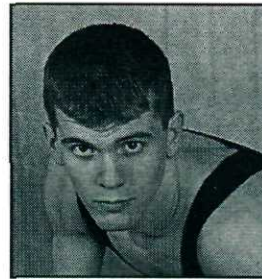
Tony Rodin
1998 - 4th Place - 125 lbs.



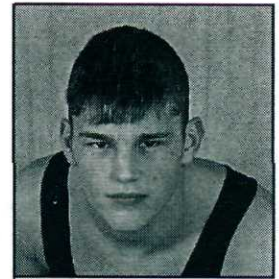
Adam Fokken
2000 - 4th Place - 189 lbs.
2001 - State Champ - 189 lbs.



Mikey Fornicoia
2002 - 6th Place - 130 lbs.



John Getzke
2003 - 5th Place - 152 lbs.



Nate Koler
2003 - 6th Place - 189 lbs.

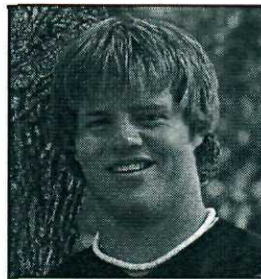
Eastview Athlete of the Year



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



Ryan Langlais
Football, Wrestling & Baseball
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

Season Awards

Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin	1999	Adam Fokken
2000	Adam Fokken	2001	Adam Fokken
2002	Mikey Fornicoia	2003	Nate Kocer
2004	Ryan Langlais	2005	Minh Huynh

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

Most Valuable Freshman Wrestler of the Year

1998	Adam Fokken	1999	Mikey Fornicoia
2000	Bryan Lewis	2001	Steve Davis
2002	Tyler Cookas	2003	Troy Fokken
2004	Ryan Stepan	2005	Trever Sutherland

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

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

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

Wrestling Manager Hall of Fame

2000	Erinn Roos	2001	Rachel Davis
2003	Kari Okonek		

Section Champions

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

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
2004	13	15	0	5th
2005	12	14	0	7th

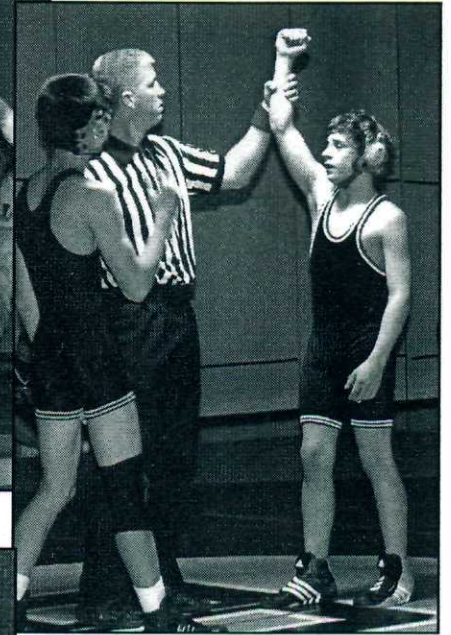
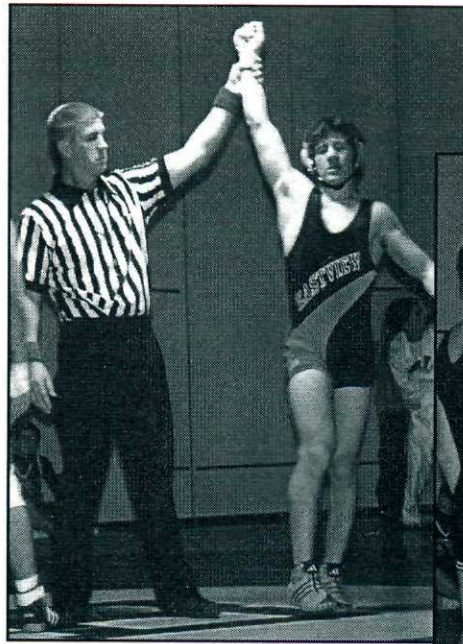
Season Captains and Team Motto

1998	Matt McDonald, Joe Theisen
1999	Tony Rodin, Joe Theisen
2000	Nate Ernst, Brad Okonek, Adam Fokken
2001	Adam Fokken, Mikey Fornicoia
2002	Mikey Fornicoia, John Getzke, Eric Lemm
2003	John Getzke, Kevin McBride, Jud Turk, James Voyles
2004	Tyler Cookas, Kevin Eich, Jeremiah Foertsch, Ryan Langlais
2005	Ryan Ruckdashel, Sam Voyles, Kyle Wilson
2006	Chad Eul, Minh Huynh, Josh Nelson

Lightning Strikes
Attitude and Effort
Team 2000: Paving the Way
Courage to Succeed
Mission Possible: 2002
Fight! Inch ... By ... Inch
The Long March
No Guts, No Glory
Our Vision, Our Mission

Top 20 Alumni Career Wins

NAME	YEAR	WINS	LOSSES
Adam Fokken	2001	147	36
Ryan Langlais	2004	139	54
Kevin McBride	2003	110	84
Mikey Fornicoia	2002	107	31
Pat Dea	2004	79	57
John Getzke	2003	78	46
Tony Rodin	1999	77	23
David Rasmussen	2001	66	49
Chris Shuck	2003	64	59
Nate Kocer	2003	55	25
Ryan Ruckdashel	2005	54	29
Jud Turk	2003	53	57
James Voyles	2003	50	28
Brad Okonek	2000	49	50
Jeremiah Foertsch	2004	48	57
Matt Davis	2000	44	61
Nate Ernst	2000	44	24
Eric Lemm	2002	38	37
Adam Miller	2000	28	34
Nick Thompson	2000	27	21



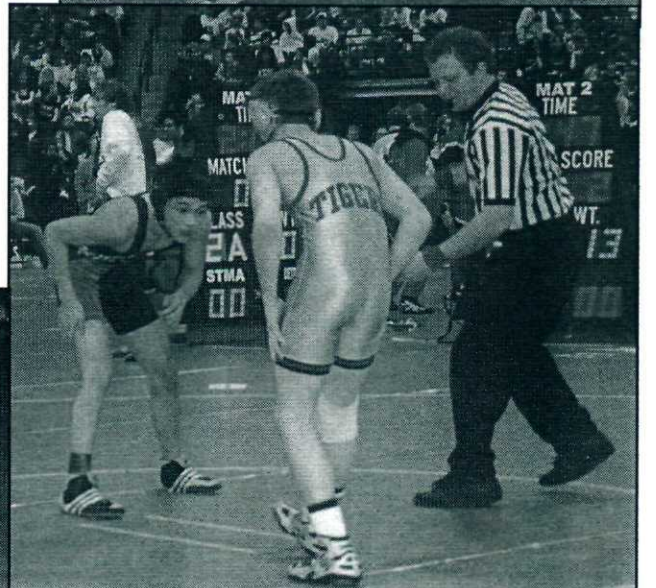
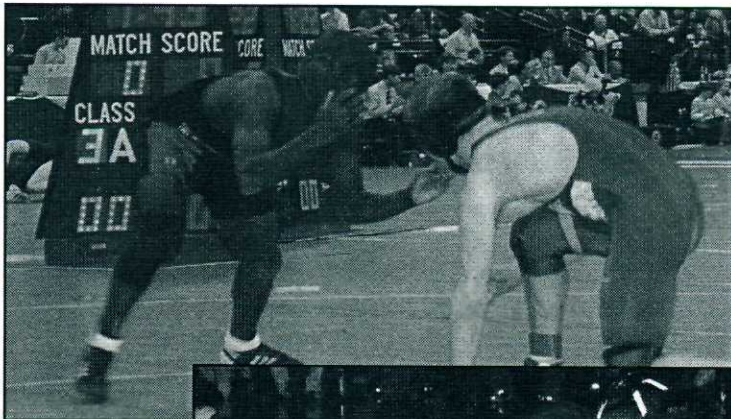
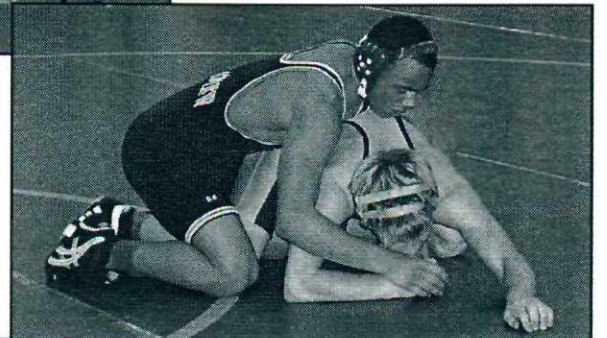
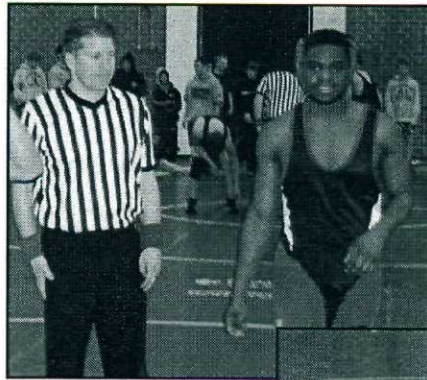
Eastview School Song

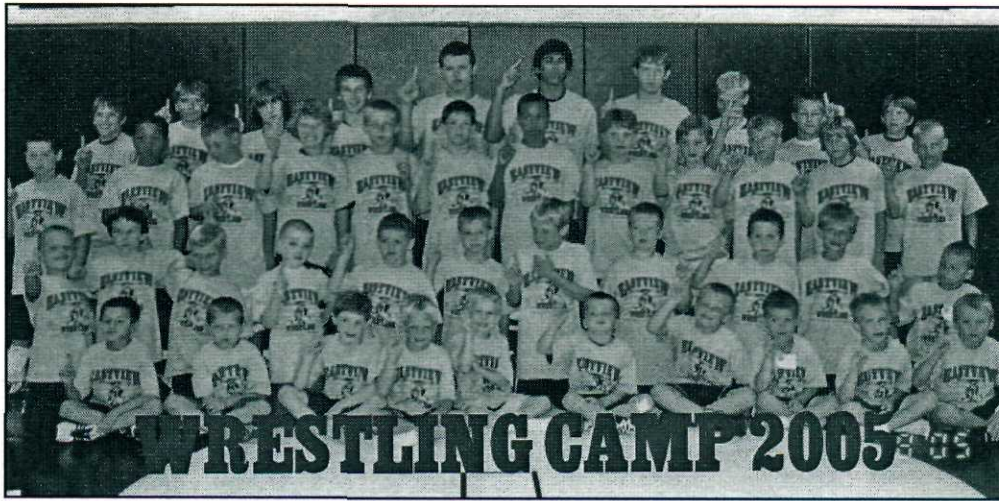
Go Eastview lightning
 Victory is our game
 Blaze a trail of glory
 Marching on to fame.

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



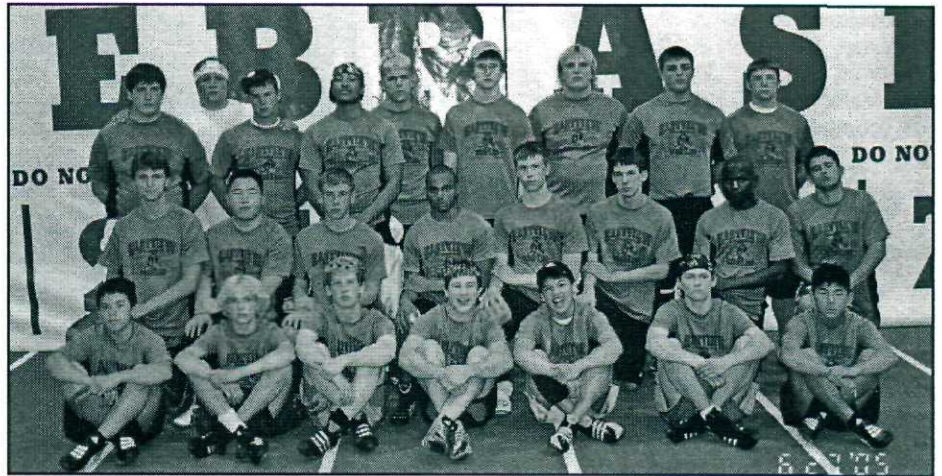
Eastview lightning fight, fight, fight,
 Go, fight, win tonight!





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**2005
NEBRASKA
TEAM CAMP**



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Good Luck!
Eastview Wrestling Team

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Good luck
Lightning!



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We salute the Eastview Wrestling Team for making the same dedication to excellence.

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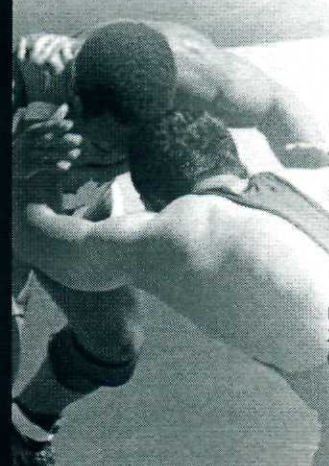
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8711 E Point Douglas Rd
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Go Lightning

“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.

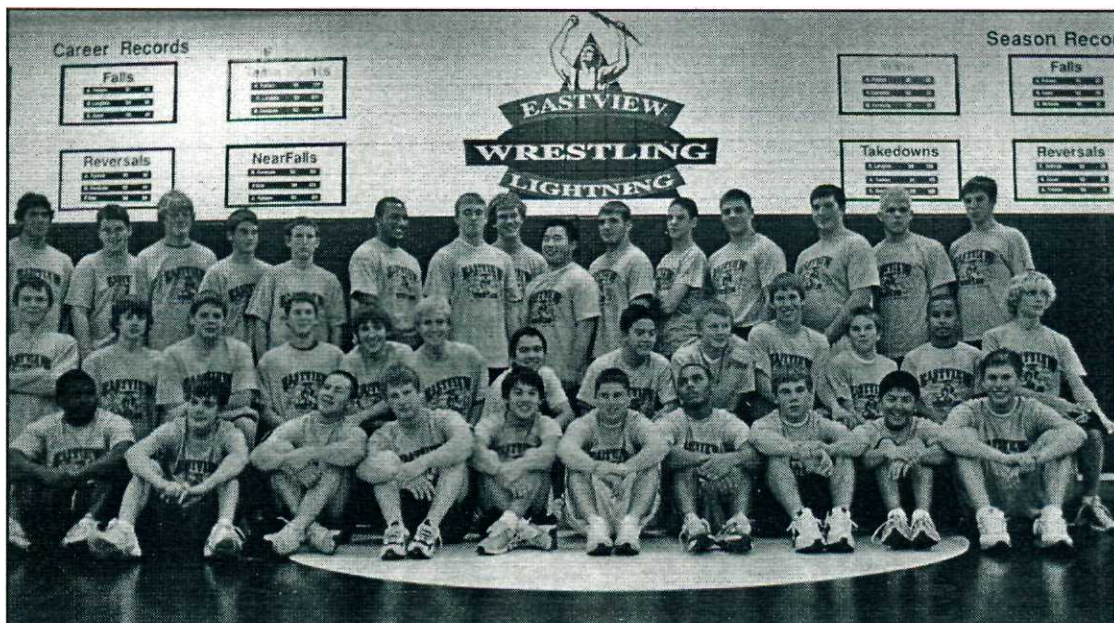
“Commitment”

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.

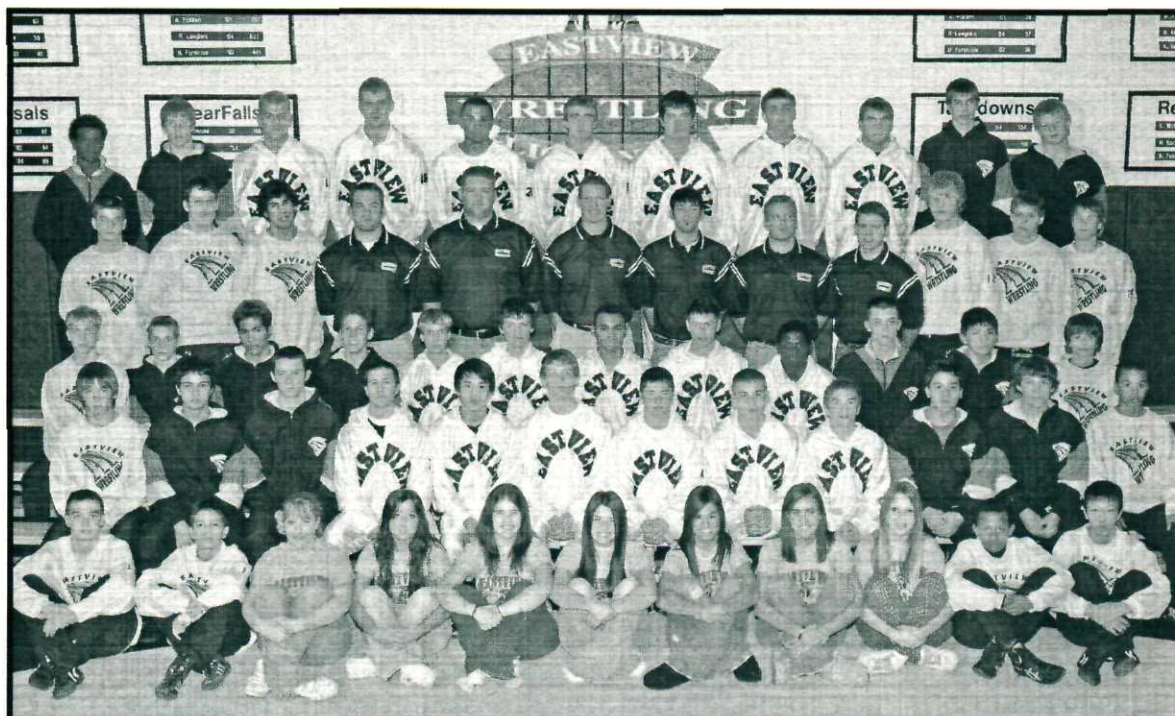
To make this kind of Commitment requires courage and perseverance. It means that you will maintain a positive attitude; you will refuse to quit; you will never give up. The truly committed person is a winner who will make positive things happen.

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 2005

2005-2006 EASTVIEW LIGHTNING



2005-2006 Eastview Lightning Schedule

DATE	OPPONENT	SITE	TIME
Thursday, Dec. 1	Intra Squad Meet (Parent Open House)	Eastview	7:30 pm
Saturday, Dec. 3	Eastview Duals	Eastview	10:00 am
Thursday, Dec. 8	Lakeville North / Tartan (Middle School Night)	Eastview	6:00 pm
Saturday, Dec. 10	Coon Rapids Duals	Coon Rapids	9:00 am
Thursday, Dec. 15	Burnsville (EVAA Night)	Eastview	7:30 pm
Saturday, Dec. 17	Faribault Invitational	Faribault	9:30 am
Tuesday, Dec. 20	St. Cloud Tech / Apollo	St. Cloud Tech	5:00 pm
Friday, Jan. 6	Apple Valley / South St. Paul (EWA Family & Alumni Night)	Eastview	6:00 pm
Saturday, Jan. 7	Burnsville Invitational	Burnsville	9:00 am
Thursday, Jan. 12	Eden Prairie	Eden Prairie	7:30 pm
Saturday, Jan. 14	Bemidji Invitational	Bemidji	10:00 am
Friday, Jan. 20	Chaska / Henry Sibley (Parents Night)	Eastview	6:00 pm
Saturday, Jan. 21	Lightning Invitational	Eastview	10:00 am
Thursday, Jan. 26	Osseo / Champlin Park	Osseo	TBA
Friday, Jan. 27	Rosemount / Lakeville South	Rosemount	6:00 pm
Thursday, Feb. 2	Eagan (Senior Night)	Eastview	7:30 pm
Saturday, Feb. 4	Armstrong Tournament	Armstrong	9:00 am
Thursday, Feb. 9	Bloomington Kennedy	Kennedy	7:30 pm
Saturday, Feb. 11	Armstrong Invitational (JV)	Armstrong	9:00 am
Saturday, Feb. 18	Section 6 Team Tournament	TBA	TBA
Fri-Sat, Feb. 24-25	Section 6 Individual Tournament	Apple Valley	TBA
Thur-Fri., Mar. 2-4	State Tournament	Xcel Energy	TBA
Sunday, April 2	Wrestling Banquet	Rosemount CC	4:30 pm

* All JV Matches begin at 6:00 p.m.