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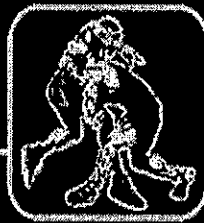
# EASTVIEW WRESTLING

Season Review

2004 - 2005

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**NO GUTS**



**NO GLORY**

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*Eastview Wrestling*

**COMMITMENT TO EXCELLENCE**

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# EASTVIEW WRESTLING

## TEAM 2005: NO GUTS, NO GLORY!

**Congratulations** to each of the wrestlers for your **No Guts, No Glory** attitude throughout the season. The season was filled with many highlights for each team and the wrestling program as a whole. At last year's banquet, we said goodbye to 11 seniors. Team 2005 was aware of the challenges ahead and committed to several off-season training programs including participating in another sport, wrestling free-style, strength training in Super Group, and traveling to Augsburg for a team camp. With the loss of several varsity starters due to injury during the season, team 2005 responded to those challenges with many wrestlers having an opportunity to perform at the varsity level. The successes we had this year is something that each wrestler and parent should be very proud of.

Reflecting on this past season brings back many **positive memories**. Commitment Night led by the seniors allowed each wrestler to come together, build relationships, set goals, and begin making a commitment to the upcoming season. The three senior captains did a great job leading by example, promoting a solid work ethic, and encouraging each wrestler to maximize their efforts. Below is a recap of the 2004-2005 season.

The **Freshman Team** had an outstanding season filled with many highlights.

- ◆ Twenty-six freshman wrestlers worked very hard and improved tremendously as a team.
- ◆ 16 dual meet victories including a 10<sup>th</sup> place finish in the 9<sup>th</sup> Grade State Team Tournament.
- ◆ A great Individual Region Tournament placing 1st as a team with 11 place winners & 7 state qualifiers.
- ◆ An incredible Individual State Tournament with 5 state place winners and earning 3<sup>rd</sup> Place team honors.
- ◆ The team earned 212 match wins, 1117 team points, 128 falls, and 540 takedowns.

The **Junior Varsity Team...**

- ◆ Earned 20 dual meet wins and a 2<sup>nd</sup> place finish in the Lake Conference.
- ◆ Earned 2<sup>nd</sup> place honors at Coon Rapids and 4<sup>th</sup> place honors at the Lightning Invitational.
- ◆ Eleven wrestlers earned individual tournament championships.
- ◆ Earned a team record 261 match wins, 1430 team points, 133 falls, and 314 takedowns.
- ◆ Provided the depth needed to fulfill each of the varsity teams needs.

The **Varsity Team...**

- ◆ Earned Gold Team recognition with a team GPA of 3.61.
- ◆ Earned 12 hard fought victories while competing against some of Minnesota's best teams.
- ◆ Set a team record with 37 wrestlers getting an opportunity to wrestle on varsity.
- ◆ Had 11 wrestlers place at the section tournament with 3 state qualifiers and 1 place winner.
- ◆ Earned 269 match wins, 1278 team points, 125 falls, and 520 takedowns.

The **Class of 2005** includes 5 highly dedicated seniors who together successfully modeled the attitude "**No Guts, No Glory**"! The senior class will leave having earned 108 wins, 55 falls, and 536 team points. To each of the seniors, we thank you for your hard work, commitment, and your ability to achieve things nobody would have believed. We wish you the best of luck in your future endeavors and we hope that the Lightning Pride you developed over the past 4 years will be with you forever.

I want to share with you some final thoughts about the **future of Eastview Wrestling**. The **coaching staff** is committed to continually making improvements needed to the overall program including offering wrestlers multiple opportunities and challenges. **Wrestlers** on the team must take charge and inspire teammates to work harder than ever, make sacrifices, and do the little things needed to become a champion. **Parents** must continue to offer their support and work with the wrestlers and coaching staff to meet the goals that are set. The future success of our wrestling program is very dependent on not only everyone accepting their role, but everyone owning it. If we work together as team, I truly believe that the Eastview Wrestling program is on a quest to become **STATE CHAMPIONS!**

Coach Habeck



# Eastview Wrestling

Captains: Ryan Ruckdashel , Sam Voyles, Kyle Wilson

2004-2005 Season

## FRESHMAN

BAKARDJIEV, ALEX  
BLUNDETTO, DINO  
DUTTON, BRIAN  
FANTH, ZACKARIA  
FLATEN, TREVOR  
GRIEPP, BRIAN  
HEINECKE, KEVIN  
HENDRICKS, DANTE  
JACKSON, WILLIAM  
KELCH, JEREMY  
KENNING, SCOTT  
LARSON, JOSHUA  
LENZ, JAMES  
LEUBNER, MIKE  
LY, DAVID  
MAKABE, ALEX  
MATTESON, GARRETT  
MOHR, ROBERT  
MUENKEL, JOE  
MYERS, BRIAN  
OKONEK, BRYAN  
PUDWILL, JAMES  
REDIG, MIKE  
SCHULTZ, NICK  
SUTHERLAND, TREVER  
TERRY, TYLER

## SENIORS

CHIES, THOMAS  
MCMOORE, STEPHEN  
RUCKDASHEL, RYAN  
VOYLES, SAM  
WILSON, KYLE

## SOPHOMORES

GETZKE, DAN  
NELSON, JAKE  
NEUTZ, JAKE  
PEKAREK, NICK  
PETERSON, JUSTIN  
PUDWILL, ANDREW  
STEPAN, RYAN  
VOYLES, MICHAEL  
WILLIAMS, BLAKE

## JUNIORS

BADRUL, NILS  
CARROLL, NATHANIEL  
EUL, CHAD  
FOKKEN, TROY  
GRIEPP, CHRIS  
HUYNH, MINH  
HYDE, RAFAEL  
MAKABE, JOHN  
MATSUYAMA, RYOTA  
MENG, RACHANA  
NELSON, ANDREW  
NELSON, JOSH  
NEUTZ, MATT  
POWELL, DILLON  
RONDORF, SAM  
THELL, JOHN

## PRINCIPAL

Dr. J Richard Dewey

## Athletic Director

Bruce Miller

## Coaches

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

## Nickname

Lightning

## School Colors

Black, Blue, Silver, White

## Varsity Managers

Ashley Langlais  
Nicole Nelson

## Junior Varsity Managers

Alissa Ernst  
Alyssa Lewandowski

## Freshman Managers

Rachael Poli  
Courtney Thompson

## Videographer

Kim Wessel

## Cheerleaders

Ashley Johnson  
Sarah Osbourne  
Emma Schultz  
Anna Talafous  
Jessica Thompson

## Conference

Lake

## Section

6AAA

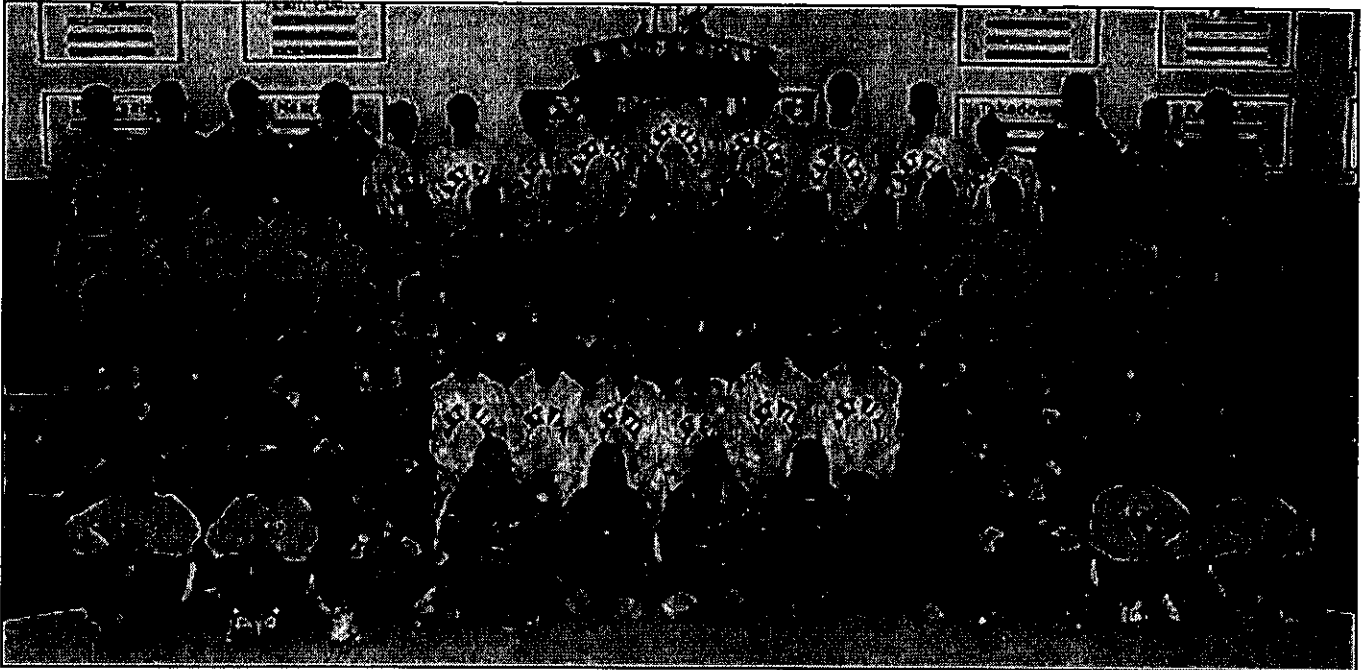
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# NO GUTS, NO GLORY

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Welcome to the 2004-2005 Eastview Wrestling Season. "No Guts, No Glory" is our motto this year.

The Seniors and Captains picked this motto and we believe that no other sport is as rewarding as wrestling. Yet at the same time, nobody in other sports work as hard as we do. Getting your hand raised is the most glorious feeling. I think winning itself is a reward, but knowing how hard you had to work to earn that victory is where the real glory lies.

If winning were easy it wouldn't be as rewarding. The greatest accomplishments in life are the ones that we work the hardest to obtain. We are going to WORK HARD this year! We are going to live on HEART this year! We are going to take RISKS this year. We are going to WIN this year!

"The Dictionary is the only place that success comes before work. HARD WORK is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price." Vince Lombardi. Hard work in and out of the wrestling room will guarantee us success in everything we do. Hard work will enable you to accomplish anything you determine to achieve. Hard work will make the results that much more glorious.

Eastview Wrestlers are weighed, measured, and calculated. For instance, wrestler A is 135lbs, 5' 4" with 8% body fat. Through these calculations we can determine many things. The one thing we cannot determine or measure is the HEART of a wrestler.

"I firmly believe that any man's finest hour, his greatest fulfillment of all he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle." Vince Lombardi.

Eastview wrestlers need to learn to pour their heart into practices and meets. Living on heart means that we keep on fighting no matter the score, how tired we are, the time on the clock, or how much pain we are in. Battling with heart will lead to glory!

Lastly, taking RISKS means regularly moving out of your comfort zone, doing things the average person is not willing to do. Doing things when you don't feel like doing them. You can do it. You have it in you. You really do. We've seen many average people/athletes accomplish great things because they were willing to dive head first out of their comfort zone to achieve their dreams.

The 2004-2005 Eastview wrestling team will show their guts by working hard, living with heart, and taking risks, which will lead to GLORY!

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**NO GUTS**



**NO GLORY**

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*Eastview Wrestling*



**The Minnesota  
Wrestling Coaches Association  
proudly recognizes**

**EASTVIEW**

**As a Gold Academic Team for achieving  
G.P.A. of 3.61 for the  
2004 - 2005 wrestling season.**

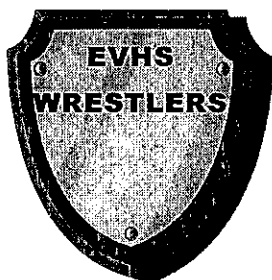
## TEAM 2005 RECOGNITION

### LETTER WINNERS

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

### MANAGERS

Ashely Langlais	EV
Nicole Nelson	EV
Alissa Ernst	EV
Alyssa Lewandowski	EV



### ALL - CONFERENCE

Minh Huynh  
John Makabe  
Ryan Ruckdashel

### ALL - CONFERENCE HONORABLE MENTION

Trever Sutherland  
Josh Nelson  
Sam Voyles  
Andrew Nelson

### STATE QUALIFIER

Minh Huynh - 4th Place  
John Makabe  
Ryan Ruckdashel

### LAKE CONFERENCE RECORDS 2004 - 2005

School	Won	Lost
Apple Valley	8	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



## 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.

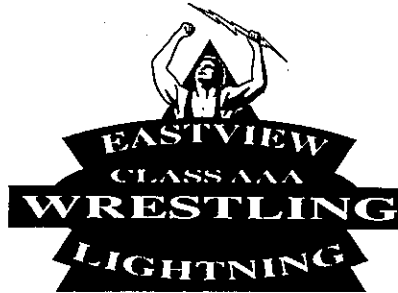
**Erinn Roos**  
Class of 2000

**Rachel Davis**  
Class of 2001

**Kari Okonek**  
Class of 2003

<b>Erinn Roos</b> Class of 2000		
<b>Rachel Davis</b> Class of 2001		
<b>Kari Okonek</b> Class of 2003		

## 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

**Ben Foertsch**  
2004

**Brad Okonek**  
1999

2005

**Andrew Lenertz**  
2000

**John Getzke**  
2001

**Cory Wagner**  
2002

**Cory Wagner**  
2003



**2004 - 2005 SEASON AWARDS**

**ACADEMIC CLUB - GOLD**

Robert Mohr	Michael Redig
Jacob Nelson	Jacob Neutz
Nick Pekarek	Justin Peterson
Ryan Stepan	Nils Badrul
Chad Eul	Andrew Nelson
Tom Chies	Ryan Ruckdashel
Sam Voyles	Rachel Poli
Ashley Langlais	

**3 - D CLUB MEMBERS**

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

**ACADEMIC CLUB - SILVER**

Alex Bakardjiev	Trevor Flaten
Brian Griep	Kevin Heinecke
James Lenz	Michael Leubner
Josh Larson	Alex Makabe
Bryan Okonek	James Pudwill
Tyler Terry	Dan Getzke
Andrew Pudwill	Michael Voyles
Blake Williams	Nathaniel Carroll
Troy Fokken	Courtney Thompson
Alissa Ernst	Alyssa Lewandowski
Nicole Nelson	

**FRESHMAN  
3 - D CLUB MEMBERS**

Trevor Flaten	Brian Griep
Dante Hendricks	Josh Larson
Mike Leubner	Bryan Okonek
James Pudwill	Mike Redig
Tyler Terry	

**MOST VALUABLE WRESTLING SET-UP KING**

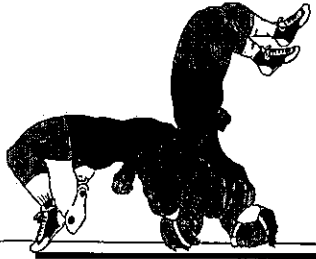
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**JOHN RODIN SERVICE AWARD**

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	<u>Most Falls</u>	<u>Most Takedowns</u>	<u>Most Team Points</u>
<b>Varsity</b>	Ryan Ruckdashel - 19	Trever Sutherland - 70	Minh Huynh - 56
<b>JV</b>	Nathaniel Carroll - 12	Nathaniel Carroll - 50	Nathaniel Carroll - 127
<b>Freshman</b>	Trever Sutherland - 14	Trever Sutherland - 68	Bryan Okonek - 118

- Most Valuable Varsity Wrestler of the Year \_\_\_\_\_
- Most Valuable Junior Varsity Wrestler of the Year \_\_\_\_\_
- Most Valuable Freshman Wrestler of the Year \_\_\_\_\_
- Most Improved Wrestler of the Year \_\_\_\_\_
- Lightning Award \_\_\_\_\_
- Junior Varsity - Varsity Drill Partner Award \_\_\_\_\_
- Freshman Drill Partner Award \_\_\_\_\_



# VARSITY DUAL MEET RESULTS 2004 – 2005

**Overall Record: 12 Wins – 14 Losses**  
**Lake Conference Record: 3 Wins – 5 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	7 <sup>th</sup> Place
Tournaments	Eastview	4 <sup>th</sup> Place
Individual	Faribault Invitational	4 <sup>th</sup> Place
Tournaments	Burnsville Invitational	5 <sup>th</sup> Place
	Bemidji Invitational	5 <sup>th</sup> Place

# VARSITY TEAM TOURNAMENT RESULTS

## 2004 – 2005

### Coon Rapids Duals – 7<sup>th</sup> Place

St. Michael	1 <sup>st</sup>
Coon Rapids	2 <sup>nd</sup>
White Bear Lake	3 <sup>rd</sup>
Woodbury	4 <sup>th</sup>
Rosemount	5 <sup>th</sup>
Rochester Mayo	6 <sup>th</sup>
Eastview	7 <sup>th</sup>
South St. Paul	8 <sup>th</sup>

### Lightning Invitational – 4<sup>th</sup> Place

Bemidji	1 <sup>st</sup>
St. Francis	2 <sup>nd</sup>
Coon Rapids	3 <sup>rd</sup>
Eastview	4 <sup>th</sup>
Mpls. S. W.	5 <sup>th</sup>

### Section 6AAA Tournament

Bye		
Rosemount	30-36	Loss

## VARSITY INDIVIDUAL TOURNAMENT RESULTS

### Faribault – 4<sup>th</sup> Place

152	John Makabe	2 <sup>nd</sup>
112	Minh Huynh	3 <sup>rd</sup>
275	Ryan Ruckdashel	3 <sup>rd</sup>
135	Josh Nelson	4 <sup>th</sup>
145	Tom Chies	4 <sup>th</sup>
152	Dillon Powell	4 <sup>th</sup>
160	Kyle Wilson	4 <sup>th</sup>
119	Chris Griep	5 <sup>th</sup>
160	Nate Carroll	5 <sup>th</sup>
130	Blake Williams	6 <sup>th</sup>
171	Andrew Nelson	6 <sup>th</sup>
171	Chad Eul	6 <sup>th</sup>
189	Dan Getzke	6 <sup>th</sup>
215	Troy Fokken	6 <sup>th</sup>

### Burnsville – 5<sup>th</sup> Place

275	Ryan Ruckdashel	1 <sup>st</sup>
125	Trever Sutherland	3 <sup>rd</sup>
130	Josh Nelson	3 <sup>rd</sup>
160	Kyle Wilson	3 <sup>rd</sup>
171	Andrew Nelson	3 <sup>rd</sup>
189	Dan Getzke	3 <sup>rd</sup>
112	Minh Huynh	4 <sup>th</sup>
135	Jake Neutz	4 <sup>th</sup>
145	Tom Chies	5 <sup>th</sup>
215	Troy Fokken	5 <sup>th</sup>
152	John Makabe	6 <sup>th</sup>

### Bemidji – 5<sup>th</sup> Place

112	Jeremy Kelch	2 <sup>nd</sup>
103	Minh Huynh	3 <sup>rd</sup>
130	Josh Nelson	3 <sup>rd</sup>
152	John Makabe	3 <sup>rd</sup>
275	Ryan Ruckdashel	3 <sup>rd</sup>
125	Trever Sutherland	4 <sup>th</sup>
145	Dillon Powell	4 <sup>th</sup>
160	Kyle Wilson	4 <sup>th</sup>
171	Andrew Nelson	4 <sup>th</sup>
119	Chris Griep	5 <sup>th</sup>
135	Blake Williams	5 <sup>th</sup>
140	Dante Henricks	5 <sup>th</sup>
215	Troy Fokken	5 <sup>th</sup>
189	Dan Getzke	6 <sup>th</sup>

### Section 6AAA Tournament

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

### Section 6AAA Individual Tournament

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

### State Tournament

103	Minh Huynh	4 <sup>th</sup>	(4-2)
145	John Makabe	DNP	(0-1)
275	Ryan Ruckdashel	DNP	(0-2)

## VARSIY STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Nils Badrul	1	1	0	3	0	0	0	0	0	0	6
Nathanel Carroll	1	6	2	18	1	1	1	0	0	1	6
Thomas Chies	9	13	16	23	14	2	3	0	0	1	33
Chad Eul	3	7	3	8	3	0	5	2	0	1	14
Troy Fokken	16	19	19	13	3	4	15	1	1	8	81
Dan Getzke	7	13	22	18	6	1	3	2	0	2	32
Trever Sutherland	18	9	70	18	9	3	13	2	1	10	91
Brian Griep	3	4	4	10	3	1	1	0	0	0	12
Chris Griep	5	18	6	16	4	3	4	1	0	4	28
Dante Hendricks	2	3	2	5	2	2	0	0	0	1	12
Minh Huynh	35	10	59	19	18	14	42	5	8	8	153
Raphael Hyde	1	1	0	5	0	0	0	0	0	0	6
William Jackson	2	2	11	2	1	0	1	0	0	2	12
Jeremy Kelch	4	5	3	10	1	2	0	0	0	0	18
Joshua Larson	0	4	0	6	0	0	0	0	0	0	0
John Makabe	30	11	62	37	19	5	13	1	1	15	141
Ryota Matsuyama	1	2	0	1	0	0	0	0	0	0	6
Steve McMoore	6	7	15	11	9	6	1	1	0	2	25
Andrew Nelson	18	15	14	50	20	5	8	0	0	3	63
Jacob Nelson	8	4	14	10	4	1	10	1	2	3	41
Josh Nelson	19	18	48	31	13	13	11	3	3	4	84
Jake Neutz	4	3	3	3	5	0	2	0	0	3	21
Matt Neutz	0	2	0	0	0	0	0	0	0	0	0
Brian Okonek	0	7	2	3	1	1	0	0	0	0	0
Nick Pekarek	2	2	5	2	0	2	1	1	0	0	10
Justin Peterson	0	2	1	2	1	0	0	0	0	0	0
Dillon Powell	11	9	35	9	5	2	4	3	1	4	50
James Pudwill	0	1	2	1	1	0	0	0	0	0	0
Mike Redig	0	2	0	0	0	0	0	0	0	0	0
Ryan Ruckdashel	27	10	36	21	4	10	5	1	1	18	147
Ryan Stepan	4	3	4	2	0	0	1	0	0	2	24
Mike Voyles	0	2	0	0	0	0	0	0	0	0	0
Sam Voyles	11	6	24	13	5	3	4	0	0	0	51
Blake Williams	4	15	5	12	1	0	0	0	0	2	24
Kyle Wilson	14	18	31	23	8	3	5	0	1	6	69

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
<b>Eastview Team Totals</b>	269	259	522	408	162	84	154	25	20	105	1278
<b>Opponents Totals</b>	259	269	577	349	180	69	152	27	12	135	1236

**EASTVIEW WRESTLING**  
**NO GUTS, NO GLORY!**

TEAM	COAL	35 Team Points	4 Falls	8 Wins	19 Take-Downs	9 Near-Falls	2nd 3rd Period	1 or Less Pins	1 or Less Major/IFF	Mat Savvy B/A	Total Goals	Distal Wn
ST. PAUL CENTRAL		59	4	12	15/8	10/2	23:9	1	0	B	8	W
BLUEEARTH		25	2	6	19/9	3/10	13:28	2	2	B	2	L
BLOOMING PRAIRIE		47	2	10	11/12	4/3	13:6	1	2	B	5	W
CHASKA		30	2	7	13/17	3/5	13:20	3	1	B	2	L
RICHFIELD		44	2	9	11/9	6/3	18:7	3	0	B	5	W
HENRY SIBLEY		46	5	10	14/5	13/4	26:12	2	0	B	8	W
EAGAN		16	1	4	11/23	3/10	23:28	4	1	C	1	L
WOODBURY		24	2	5	11/12	7/12	15:5	6	1	C	2	L
ROCHESTER MAYO		25	0	7	17/20	3/5	18:21	3	0	C	1	L
SOUTH ST. PAUL		57	7	10	15/13	5/1	22:17	2	1	C	4	W
JEFFERSON												W
BENHIDE		53	5	10	16/7	7/4	17:11	2	0	B	5	W
MOUND WESTONKA		37	1	8	13/11	9/3	15:12	2	1	B	5	W
ROSEMOUNT		35	4	7	11/14	5/6	15:15	4	1	B	4	W
LAKEVILLE		46	6	9	13/9	10/2	11:16	2	0	A	6	W
APPLEVALELEY		6	0	2	11/35	1/10	12:24	6	2	C	0	L
PRIOR LAKE		30	3	6	19/9	9/5	15:10	5	0	C	3	L
SHAKOPEL		15	1	4	15/16	3/6	17:21	7	1	C	1	L
MPLS SOUTHWEST		68	3	12	9/4	9/1	5:5	2	0	A	5	W
ST. FRANCIS		9	1	2	5/22	1/11	7:9	9	2	C	0	L
GOON RAPIDS		18	1	4	8/21	4/9	21:17	4	2	C	0	L
WINONA		54	2	11	27/10	15/0	36:13	2	0	B	6	W
FARIBAULT		25	2	6	20/7	5/2	20:16	3	1	B	2	L
BURNSVILLE		44	3	10	20/17	12/6	47:15	2	1	A	7	W
KENNEDY		28	3	6	15/29	7/6	28/27	5	2	B	0	L
EDEN PRAIRIE		27	3	6	11/18	5/4	17/7	5	2	B	1	L
ROSEMOUNT		30	2	7	13/17	5/8	7/15	4	2	A	1	L

# VARSIY SEASON RECORDS

## FALLS

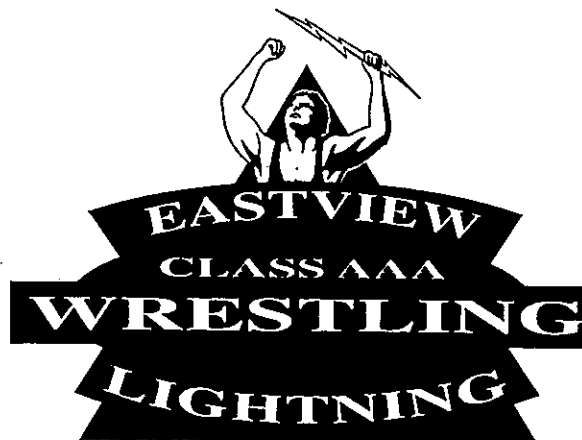
Adam Fokken	'01	28
Nate Kocer	'03	28
Kevin McBride	'02	21

## 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

# VARSDITY CAREER RECORDS

## FALLS

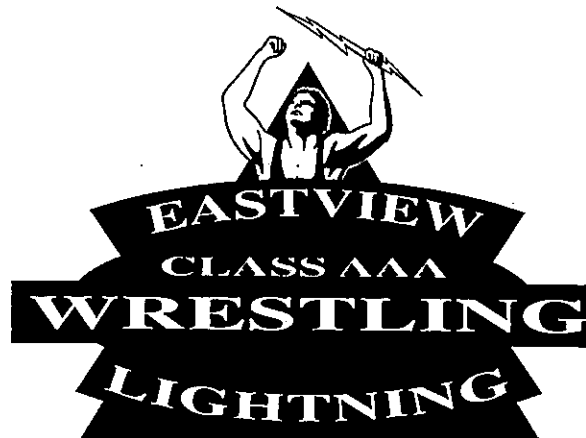
Adam Fokken	'01	83
Ryan Langlais	'04	55
Nate Kocer	'03	45

## 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

# JV DUAL MEET RESULTS

## 2004 – 2005

**Overall Record: 20 Wins – 8 Losses**  
**Lake Conference Record: 8 Wins – 1 Loss**

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		Woodbury	45-28	Win
4 <sup>th</sup> Place		St. Michael	21-49	Loss
		White Bear Lake	23-45	Loss
		Mound Westonka	44-06	Win
		Bendile-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
4 <sup>th</sup> 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

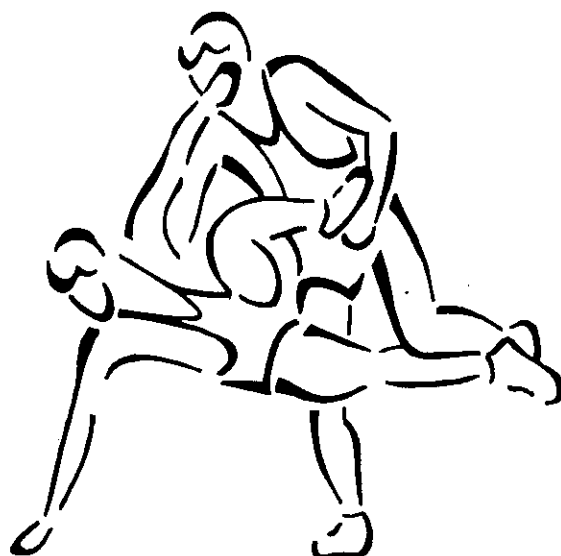


# JUNIOR VARSITY INDIVIDUAL TOURNAMENT RESULTS

2004 - 2005

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<u>Faribault</u>		<u>Burnsville</u>		<u>Armstrong</u>	
Jake Neutz	1 <sup>st</sup>	Nick Pekarek	1 <sup>st</sup>	Matt Neutz	1 <sup>st</sup>
Andrew Pudwill	1 <sup>st</sup>	Blake Williams	1 <sup>st</sup>	Nate Carroll	1 <sup>st</sup>
Steve McMoore	1 <sup>st</sup>	Chad Eul	1 <sup>st</sup>	Chad Eul	1 <sup>st</sup>
Nils Badrul	2 <sup>nd</sup>	Michael Voyles	1 <sup>st</sup>	Justin Peterson	1 <sup>st</sup>
Matt Neutz	2 <sup>nd</sup>	Chris Griep	2 <sup>nd</sup>	Nick Pekarek	2 <sup>nd</sup>
Raphael Hyde	3 <sup>rd</sup>	Dillon Powell	2 <sup>nd</sup>	Josh Larson	2 <sup>nd</sup>
John Thell	3 <sup>rd</sup>	Nate Carroll	2 <sup>nd</sup>	Dante Hendricks	2 <sup>nd</sup>
Michael Voyles	3 <sup>rd</sup>	Andrew Pudwill	2 <sup>nd</sup>	Andrew Pudwill	2 <sup>nd</sup>
Ryota Matsuyama	4 <sup>th</sup>	Steve McMoore	2 <sup>nd</sup>	Steve McMoore	2 <sup>nd</sup>
		Sam Rondorf	2 <sup>nd</sup>	Tyler Terry	2 <sup>nd</sup>
		Raphael Hyde	3 <sup>rd</sup>	Raphael Hyde	3 <sup>rd</sup>
		John Thell	5 <sup>th</sup>	Michael Voyles	3 <sup>rd</sup>
				Blake Williams	4 <sup>th</sup>
				Rachane Meng	5 <sup>th</sup>
				James Pudwill	5 <sup>th</sup>



## JUNIOR VARSITY STATISTICS

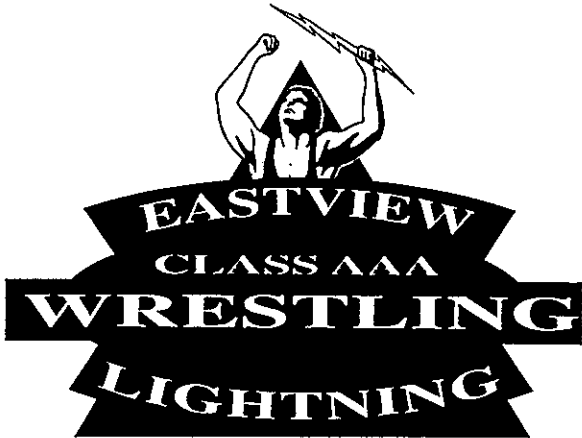
Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Nils Badrul	10	10	18	10	6	3	1	0	0	5	57
Alex Bakardjiev	2	6	2	0	0	0	0	0	0	2	12
Dino Blundetto	2	6	4	3	2	0	1	0	0	2	12
Nathanel Carroll	24	2	50	9	13	7	15	3	2	10	127
Thomas Chies	8	1	4	1	4	2	1	0	0	3	45
Chad Eul	21	1	17	8	8	6	10	0	0	11	114
Dan Getzke	10	1	7	1	5	0	1	0	0	5	57
Brian Griep	1	2	2	0	1	0	0	0	0	0	6
Chris Griep	3	1	3	4	4	0	0	0	0	2	15
Dante Hendricks	5	2	14	4	3	4	2	1	0	3	25
Raphael Hyde	10	8	8	5	2	1	0	0	0	4	57
Jeremy Kelch	4	0	2	2	1	0	0	0	0	1	21
Joshua Larson	11	4	7	1	8	3	8	1	0	6	58
James Lenz	0	2	2	0	6	0	0	0	0	0	0
David Ly	2	8	1	6	0	0	0	0	0	1	12
Alex Makabe	2	1	2	5	1	0	0	0	0	1	12
Ryota Matsuyama	7	7	4	2	3	2	1	1	0	0	34
Steve McMoore	14	3	25	10	4	2	1	1	0	6	73
Rachana Meng	2	4	5	7	1	0	0	0	0	1	9
Joe Muenkel	1	0	0	0	0	0	0	0	0	0	6
Brian Myers	0	2	1	1	0	0	0	0	0	0	0
Jake Neutz	12	1	3	1	6	2	4	0	0	7	72
Matt Neutz	10	7	10	3	4	1	5	0	0	8	60
Bryan Okonek	0	3	0	0	1	0	0	0	0	0	0
Nick Pekarek	18	9	16	8	8	3	5	0	0	6	87
Justin Peterson	8	1	8	2	1	2	1	1	0	4	43
Dillon Powell	7	1	25	3	1	7	5	1	2	3	38
Andrew Pudwill	13	3	17	11	1	1	3	0	0	7	63
James Pudwill	7	6	5	1	2	0	1	0	0	2	39
Mike Redig	4	5	4	4	1	0	0	0	0	2	24
Sam Rondorf	5	7	7	5	1	1	0	0	0	4	30
Tyler Terry	3	1	6	3	1	0	0	0	0	3	18
John Thell	1	3	2	2	2	1	1	0	0	1	6
Mike Voyles	18	9	16	6	3	1	2	0	0	10	102
Blake Williams	9	4	15	3	4	3	1	0	0	7	54
	<b>Win</b>	<b>Loss</b>	<b>TD</b>	<b>E</b>	<b>R</b>	<b>NF2</b>	<b>NF3</b>	<b>MAJ.</b>	<b>T.F.</b>	<b>Falls</b>	<b>Team Points</b>
<b>Eastview Team Totals</b>	261	131	166	131	108	52	70	9	4	129	1430
<b>Opponents Totals</b>	131	261	127	163	102	37	78	4	5	84	659

# JUNIOR VARSITY SEASON RECORDS

<u>FALLS</u>		
Tom Chies	'03	20
Andrew Lenertz	'02	18
Nate Kocer	'01	17

<u>WINS</u>		
Andrew Lenertz	'02	31
Tom Chies	'03	30
Fred Hwang	'03	30

<u>TEAM POINTS</u>		
Andrew Lenertz	'02	175
Tom Chies	'03	163
David Grogg	'02	147



<u>TAKEDOWNS</u>		
Nathaniel Carroll	'05	50
Eric Budd	'01	45
James Voyles	'01	44

<u>NEAR FALLS</u>		
Kyle Fokken	'02	39
Brian Wallenta	'03	27
Andy Tighe	'04	27

<u>REVERSALS</u>		
Nate Kocer	'01	22
Brian Wallenta	'04	22
Tom Chies	'03	15

## FRESHMAN DUAL MEET RESULTS

2004 – 2005

Overall Record: 16 Wins – 11 Losses

Section Record: 4 Wins – 3 Losses

Eastview	vs		Score	Result
		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
10 <sup>th</sup> Place		Anoka	48-31	Win
		Coon Rapids	14-57	Loss

9 <sup>th</sup> GRADE REGIONAL TOURNAMENT			9 <sup>th</sup> GRADE STATE INDIVIDUAL TOURNAMENT		
1 <sup>st</sup>	Eastview	206.5	1 <sup>st</sup>	Milaca	103.0
2 <sup>nd</sup>	Park	198.0	2 <sup>nd</sup>	Albert Lea	88.5
3 <sup>rd</sup>	Hastings	176.5	3 <sup>rd</sup>	Eastview	84.5
4 <sup>th</sup>	Henry Sibley	141.5	4 <sup>th</sup>	Cambridge	80.5
5 <sup>th</sup>	Rosemount	126.5	5 <sup>th</sup>	Park	67.0

# 9<sup>th</sup> GRADE INDIVIDUAL TOURNAMENT RESULTS

2004 - 2005

<u>Burnsville Open</u>		<u>Regional Tournament</u>		<u>State Individual Tournament</u>	
Bryan Okonek	1 <sup>st</sup>	Trever Gordon	1 <sup>st</sup>	Trevor Gordon	2 <sup>nd</sup>
Alex Makabe	1 <sup>st</sup>	Brian Okonek	1 <sup>st</sup>	Will Jackson	2 <sup>nd</sup>
Trevor Flaten	1 <sup>st</sup>	Will Jackson	1 <sup>st</sup>	Trevor Flaten	4 <sup>th</sup>
Will Jackson	1 <sup>st</sup>	Alex Makabe	2 <sup>nd</sup>	Bryan Okonek	6 <sup>th</sup>
Brian Griep	2 <sup>nd</sup>	Zack Fanth	2 <sup>nd</sup>	Zack Fanth	7 <sup>th</sup>
Josh Larson	2 <sup>nd</sup>	Scott Kenning	2 <sup>nd</sup>	Alex Makabe	DNP
Scott Kenning	2 <sup>nd</sup>	Trevor Flaten	2 <sup>nd</sup>	Scott Kenning	DNP
Garrett Matteson	2 <sup>nd</sup>	Scottie Hogan	4 <sup>th</sup>		
Kevin Heinecke	3 <sup>rd</sup>	Dante Hendricks	4 <sup>th</sup>		
James Pudwill	3 <sup>rd</sup>	Brian Griep	5 <sup>th</sup>		
Alex Bakardjiev	4 <sup>th</sup>	Jeremy Kelch	5 <sup>th</sup>		
Brian Myers	4 <sup>th</sup>				
Brian Dutton	4 <sup>th</sup>				
Tyler Terry	4 <sup>th</sup>				
Jeremy Kelch	5 <sup>th</sup>				
Dante Hendricks	5 <sup>th</sup>				
Norma Benson	5 <sup>th</sup>				
Mike Redig	6 <sup>th</sup>				
James Lenz	6 <sup>th</sup>				
Angi Hendrickson	6 <sup>th</sup>				
Mike Leubner	6 <sup>th</sup>				
Joe Muenkel	8 <sup>th</sup>				
David Ly	8 <sup>th</sup>				



## FRESHMAN STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Alex Bakardjiev	2	15	7	11	3	2	2	0	0	2	12
Cole Bechly	2	4	3	2	0	0	1	0	0	1	9
Dino Blundetto	2	8	12	1	3	1	3	1	0	1	10
Pat Cox	3	9	3	0	2	0	0	0	0	0	18
Brian Dutton	4	6	5	8	1	1	1	0	0	2	24
Zackaria Fanth	11	7	19	2	6	6	4	1	0	10	65
Trevor Flaten	15	4	19	6	3	4	8	3	0	11	85
Trever Sutherland	16	1	68	2	2	5	11	1	3	11	88
Brian Griegg	2	2	5	2	0	0	0	0	0	1	9
Kevin Heinecke	6	4	5	3	2	1	0	0	0	1	30
Dante Hendricks	13	10	40	11	4	1	2	0	0	11	75
Scott Hogan	13	4	37	6	5	4	8	0	1	8	66
William Jackson	16	2	32	7	3	4	4	1	0	10	82
Jeremy Kelch	8	9	13	12	5	2	2	1	0	4	37
Scott Kenning	17	5	15	8	1	2	5	0	0	12	96
Joshua Larson	12	9	39	7	11	7	12	3	1	5	57
James Lenz	2	12	7	6	2	0	0	0	0	0	12
Mike Leubner	1	12	6	5	2	3	1	0	0	0	6
David Ly	1	8	2	6	1	0	1	0	0	0	6
Alex Makabe	18	11	47	17	7	6	10	2	0	10	92
Garrett Matteson	1	0	2	2	0	0	0	0	0	1	6
Robert Mohr	1	13	0	6	1	1	0	0	0	0	6
Joe Muenkel	1	7	5	3	1	2	0	0	0	1	6
Brian Myers	2	18	13	15	0	0	3	0	0	2	12
Bryan Okonek	25	7	64	13	13	9	11	3	2	10	118
James Pudwill	10	4	13	8	3	3	1	0	0	4	48
Mike Redig	4	14	17	11	3	3	3	1	0	1	19
Nick Schultz	0	2	0	0	0	0	0	0	0	0	0
Tyler Terry	4	5	5	6	2	1	0	0	0	2	21

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
<b>Eastview Team Totals</b>	212	223	224	188	86	68	93	17	7	121	1117
<b>Opponents Totals</b>	223	212	178	270	148	54	115	18	1	148	1141

# FRESHMAN SEASON RECORDS

## FALLS

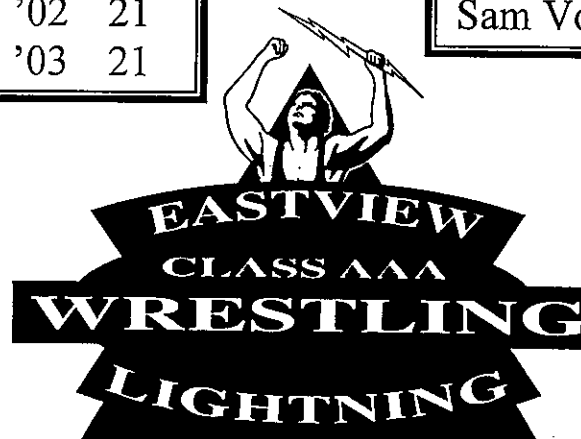
Bona Ku	'01	16
Kyle Fokken	'01	15
Justin Peterson	'04	15

## 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
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

## 2004 – 2005 STATISTIC LEADERS

	<b>Varsity</b>		<b>Junior Varsity</b>		<b>Freshman</b>	
<b>Wins</b>	Minh Huynh	35	Nathaniel Carroll	24	Bryan Okonek	25
	John Makabe	30	Chad Eul	21	Alex Makabe	18
	Ryan Ruckdashel	27	Nick Pekarek	18	Scott Kenning	17
<b>Falls</b>	Ryan Ruckdashel	19	Nathaniel Carroll	12	Trever Sutherland	14
	John Makabe	16	Chad Eul	11	Scott Kenning	12
	Minh Huynh	16	Mike Voyles	10	Bryan Okonek	12
<b>Team Points</b>	Minh Huynh	153	Nathaniel Carroll	127	Bryan Okonek	118
	Ryan Ruckdashel	147	Chad Eul	114	Scott Kenning	96
	John Makabe	141	Mike Voyles	102	Alex Makabe	92
<b>Takedowns</b>	Trever Sutherland	70	Nathaniel Carroll	50	Trever Sutherland	68
	John Makabe	62	Steve McMoore	25	Bryan Okonek	64
	Minh Huynh	59	Dillon Powell	25	Alex Makabe	47
<b>Near Falls</b>	Minh Huynh	56	Nathaniel Carroll	22	Bryan Okonek	20
	Josh Nelson	24	Chad Eul	16	Josh Larson	19
	Troy Fokken	19	Dillon Powell	12	Alex Makabe	16
					Trever Sutherland	16
<b>Reversals</b>	Andrew Nelson	20	Nathaniel Carroll	13	Bryan Okonek	13
	John Makabe	19	Chad Eul	8	Josh Larson	11
	Minh Huynh	18	Josh Larson	8	Alex Makabe	7
			Nick Pekarek	8		

# Talent & Teamwork



## Wrestlers of the Week

### Varsity

Sam Voyles  
Jake Nelson  
John Makabe  
Ryan Ruckdashel  
Andrew Nelson  
Trevor Sutherland  
Kyle Wilson  
Jeremy Kelch  
Minh Huynh  
Josh Nelson  
Steve McMoore  
Tom Chies  
Dan Getzke  
Minh Huynh  
John Makabe  
Ryan Ruckdashel

### Junior Varsity

Matt Neutz  
Chad Eul  
Andrew Pudwill  
Jake Neutz  
Dillon Powell  
Nick Pekarek  
Nathaniel Carroll  
Michael Voyles  
James Pudwill  
Justin Peterson

### 9<sup>th</sup> Grade

Josh Larson  
Bryan Okonek  
Dante Henricks  
Scott Kenning  
Trevor Flaten  
James Pudwill  
Freshman Team  
Trevor Sutherland  
Will Jackson  
Bryan Okonek  
Will Jackson  
Trevor Sutherland

**NO GUTS**



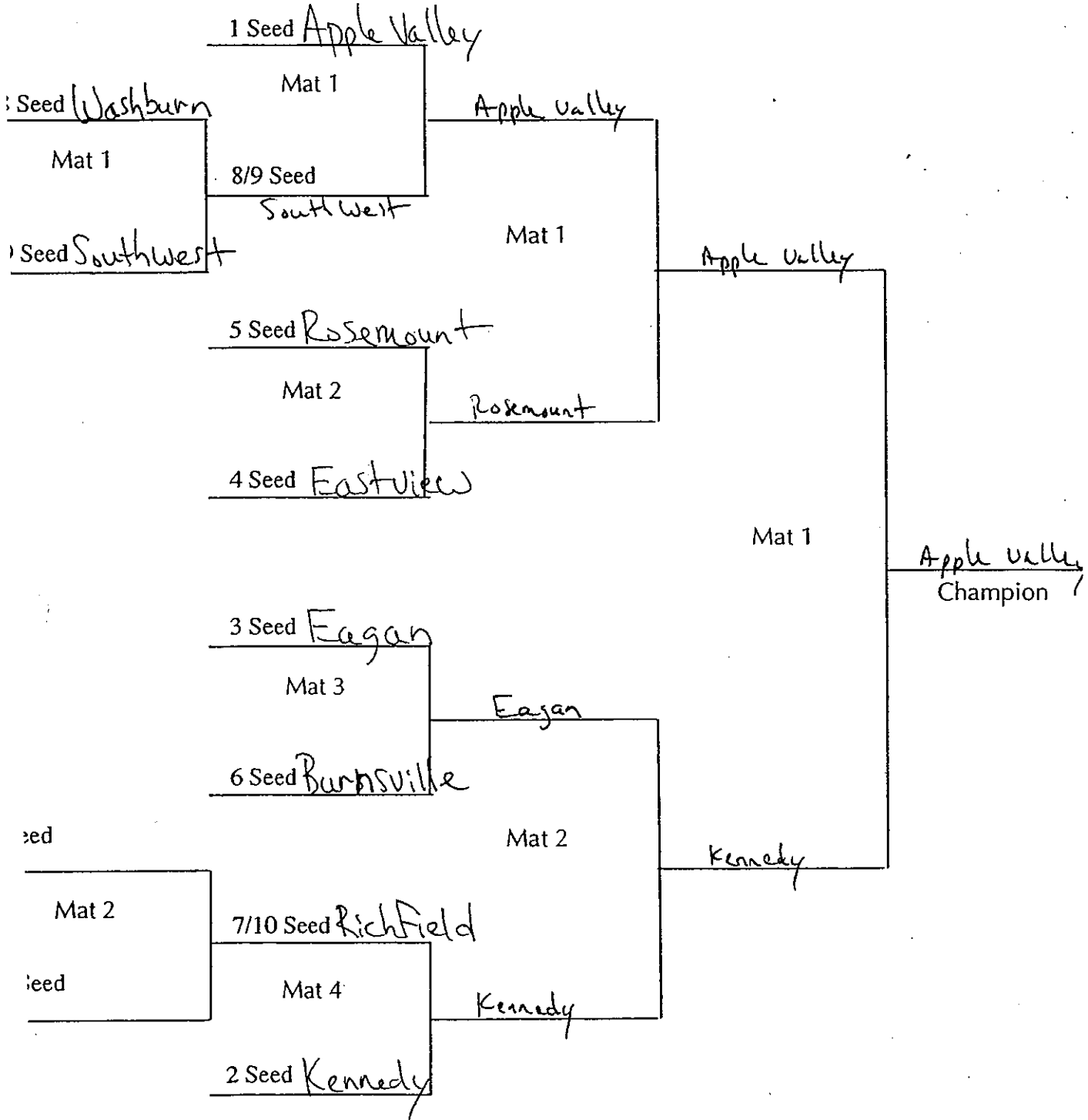
**NO GLORY**

*Eastview Wrestling*

## EASTVIEW WRESTLER ALUMNI VARSITY CAREER STATISTICS

<u>NAME</u>	<u>YEAR</u>	<u>WINS</u>	<u>LOSSES</u>	<u>TD</u>	<u>NF</u>	<u>R</u>	<u>FALLS</u>	<u>TEAM POINTS</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

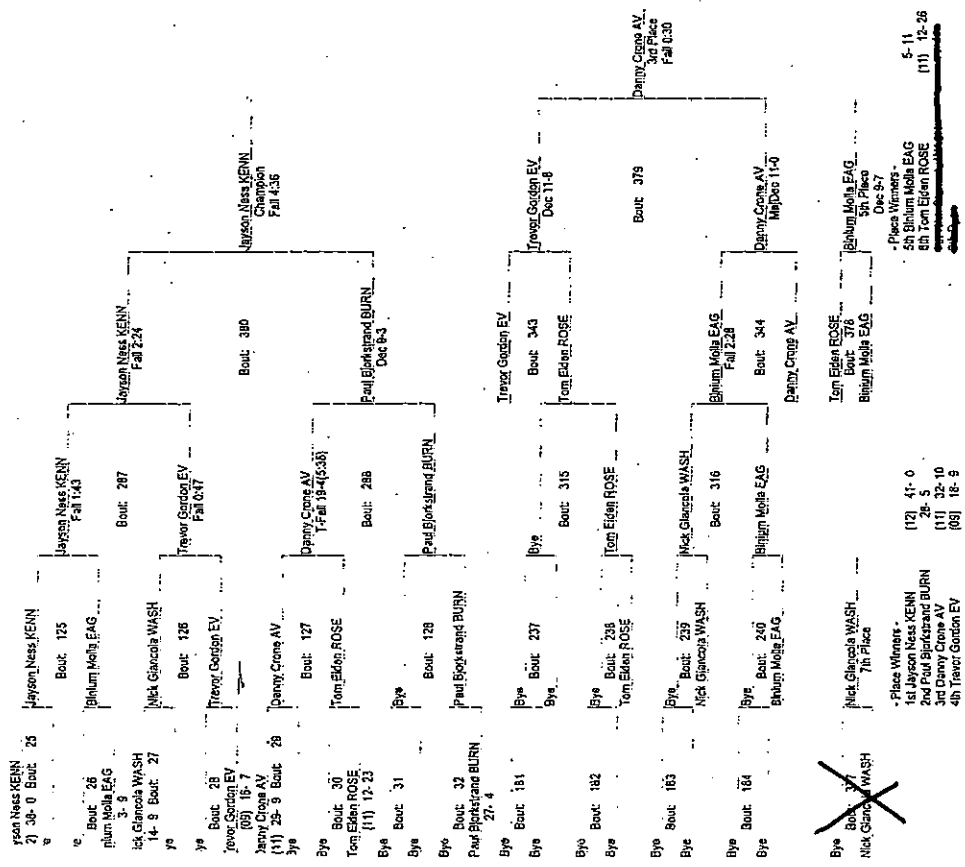
<b>1st Round</b> 9 AM	<b>2nd Round</b> 11 AM	<b>3rd Round</b> 1 PM	<b>4th Round</b> 3 PM
<b>Opening Round</b>	<b>Quarterfinals</b>	<b>Semifinals</b>	<b>Championship</b>



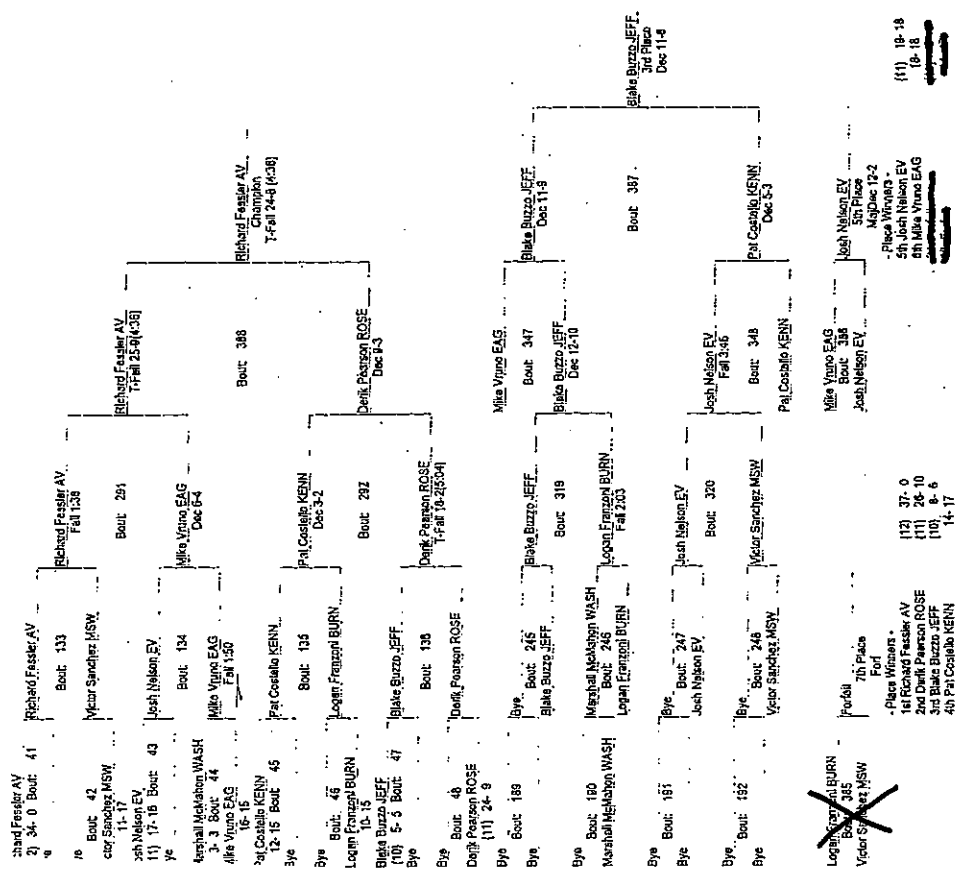
# SECTION 6AAA TEAM WRESTLING TOURNAMENT

Eagan High School - Saturday, February 12, 2005

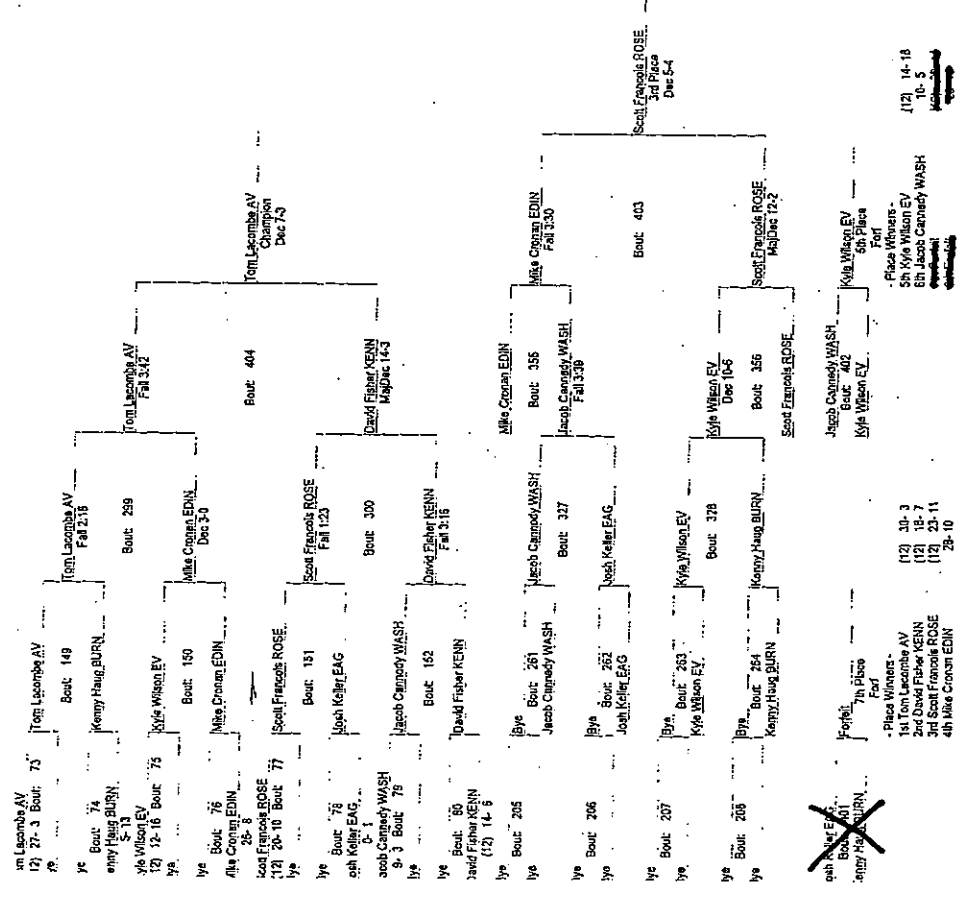
2005 Section 6AAA Individual Tournament  
02/18/05  
125



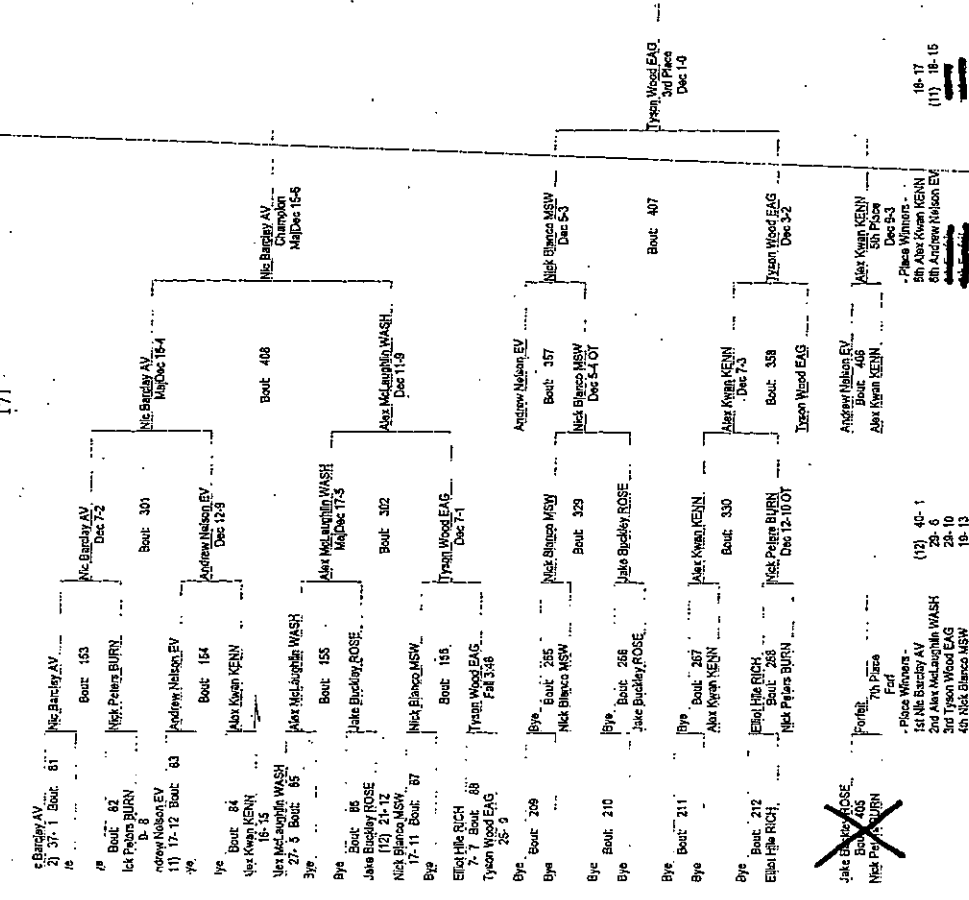
2005 Section 6AAA Individual Tournament  
02/18/05  
135



2005 Section 6AAA Individual Tournament  
02/18/05  
160



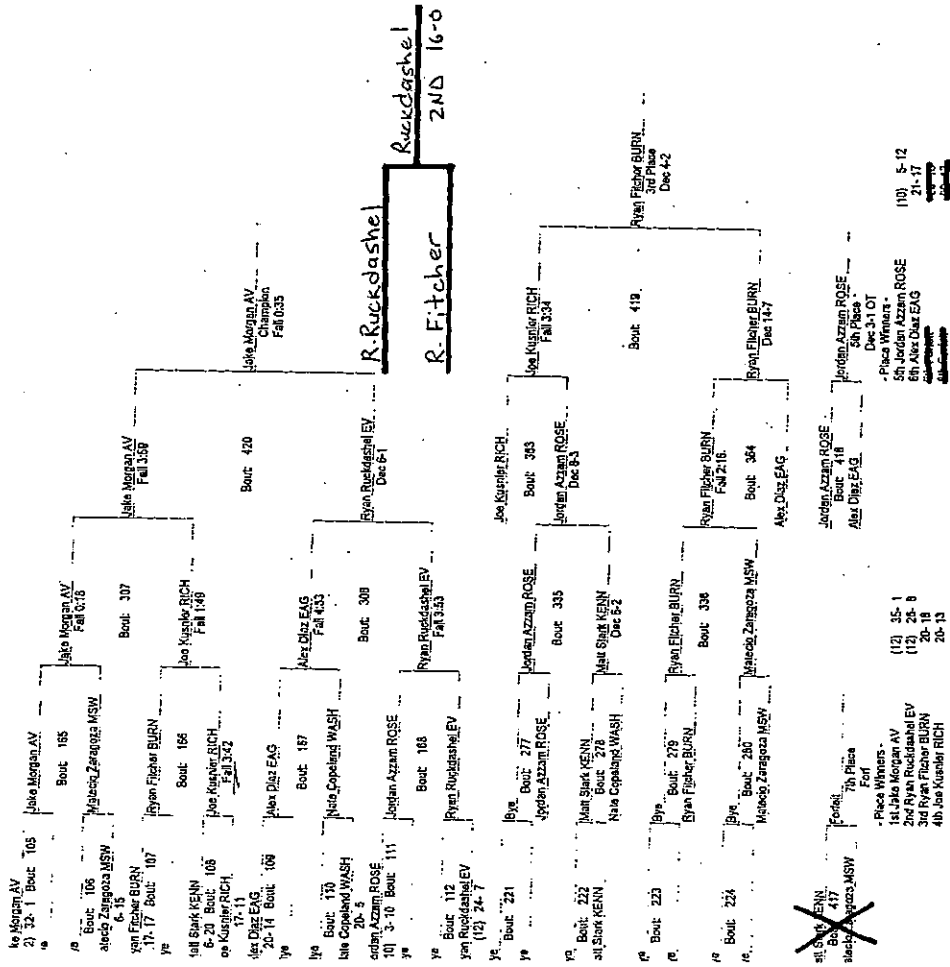
2005 Section 6AAA Individual Tournament  
02/18/05  
171



2005 Section 6AAA Individual Tournament

02/18/05

275



### SECTION 6AAA STATE PLACE WINNERS

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

### LAKE CONFERENCE STATE PLACE WINNERS

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

***Eastview Wrestling***

*With the season's end coming near  
We're walking into sections having no fear.*

*We have only winning on our minds  
Ready to take on competition of all kinds.*

*Our hearts are big, our goals are high  
No risk is big enough to pass us by.*

Wrestling for the Lightning at:

**103: Maniacal Minh  
Kickin' Kelch**

**145: Tenacious Tom  
Mshindi Makabe**

**112:**

**152:**

**119: Grapplin' Griep**

**160: Wallopin' Wilson  
Cruisin' Carroll**

**125: Terminatin' Trevor  
Poundin' Pekarek**

**171: Ascendin' Andrew  
Crunchin' Chad**

**130: Jammin' Josh**

**189: Dangerous Dan  
Smokin' Steve**

**135: Lightnin' Larson**

**215: Fightin' Fokken  
Wild Will**

**140: Bruisin' Bryan**

**HWT: Rockin' Ruck**

**INJ: Nasty Nelson, Super Stepan, Valiant Voyles, Darin' Dillon**

*To victory our team will never surrender  
Let's put an exclamation to this story  
All you have to remember  
**"No guts, No glory"***





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# "Commitment to Excellence"

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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.

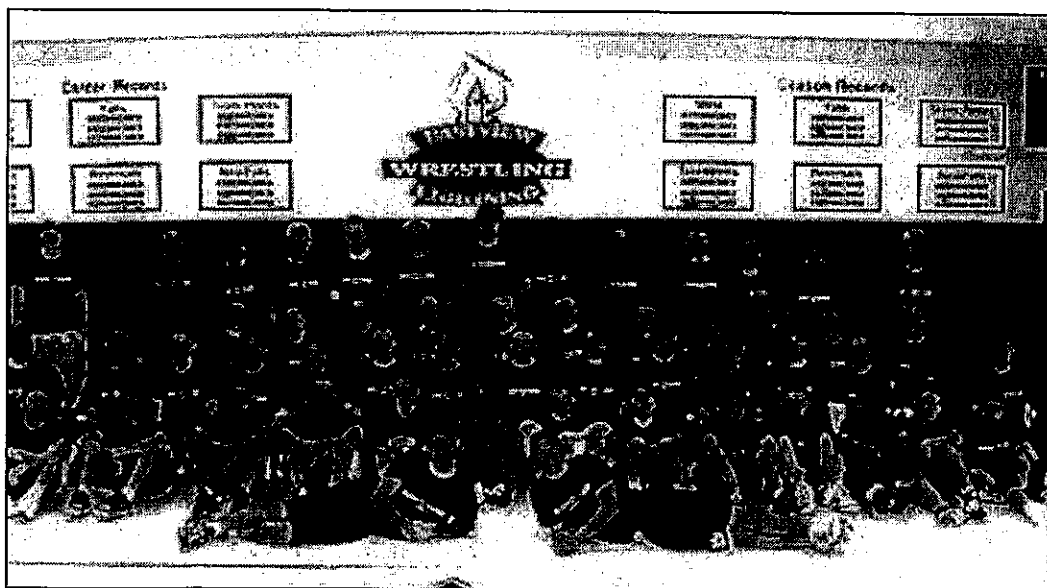
## "Commitment"

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 2004

# Wrestler looks to state again

Eastview  
ior knows he  
as a challenge  
adding the  
ght he gained  
summer.

ole Harris  
Tribune Staff Writer

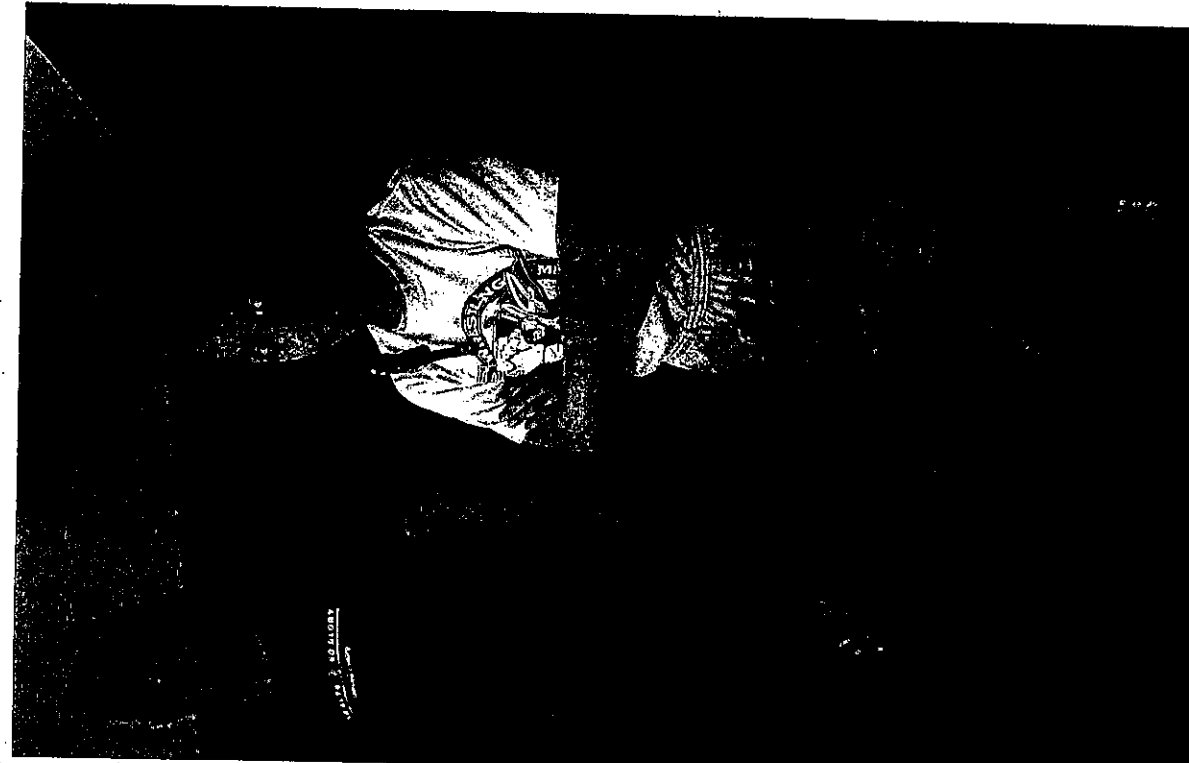
ior, Minh Huynh is the  
turning Eastview High  
l wrestler with state  
ment experience.  
went last year at 103  
s.

was cool," said Huynh  
unced WIN), who began  
ng just two years ago. "I  
go back."  
ting back, and finish-  
top six in the state as  
may not be easy. But  
gain, he doesn't wrestle  
e it's easy.

ple know it's a tough-  
t," Huynh said. "It's so  
harder than any other  
because of the things  
ve to do."  
nt had a 2-inch, 12-  
growth spurt in the  
on and started this year  
4-inches tall and about  
unds. He lost three  
s to start the season  
g at 112 pounds and is  
y 17-5.

aturday, when the team  
he will start wrestling  
ounds. By then, he  
eigh no more than 105  
(there is a two-pound  
ice in each weight class  
1.1).

h Kurt Habeck said  
small for a 112-pound  
; 103 pounds is a better  
in.  
ing weight means mak-  
-ifices, and for Huynh  
s staying after prac-  
us each week jogging  
ing a stationary bike.  
h has always been into  
But in ninth grade, his  
ort changed to wres-  
m basketball, which  
played since second



Ramin Robinson/Star Tribune  
Junior Minh Huynh, right, and teammate Ryan Ruckdashel wrestle for Eastview High School. Huynh stays after practice to work out and shed pounds to stay in his weight class.

TOUGH PAI



Ryan Ruckdashel  
Eastview senior Rye Ruckdashel has wrestled in the heavy-weight division for three years. The 6-foot-6, 200-pound coach will play football at the 'U' next fall. He is 4 this season and is ready for his first trip to the state tournament. But he will have to get through Apple Valley senior Jake Morgan, who he hasn't beaten, "I'm getting closer each time we wrestle," he said.

ENCORE HOP



Minh Huynh  
Junior Minh Huynh hopes to make a second trip to the state tournament last year, wrestling at

# Huynh leads Eastview

Junior returns after trip to state a year ago

by Todd Abeln  
THIS WEEK NEWSPEPERS

Eastview wrestling coach Kurt Habeck knows what kind of team he has and thinks they have great potential.

"It's a regular team. They're regular guys, no superstars but a great bunch of kids that work hard and have potential to be good," Habeck said.

That potential is young as the team has only five seniors on the roster with about only three of those in the lineup at one time.

But those young wrestlers have experience on the varsity and that should help the Lightning get better.

"We have a lot of wrestlers with experience at the varsity level," Habeck said. "We are looking for those wrestlers to become elite wrestlers."

So far this season the Lightning have performed well on the mat as they have started 4 and 2.

The Lightning's top returning wrestler is junior Minh Huynh at 112 pounds. Huynh is the only returning Lightning wrestler who qualified for state last year.

"He has the most potential out of anybody," Habeck said.

Right now, Huynh is

wrestling at 112 pounds but because the Lightning are forfeiting 103 pounds they may ask Huynh to drop some weight and wrestle at 103 pounds.

Other wrestlers who return for the Lightning are heavyweight Ryan Ruckdashel who was an All-Conference honorable mention.

The Lightning get an added bonus as senior Sam Voyles returns from injury and gives the team a solid 140-pound wrestler.

So far so good for Voyles as he is 5-0 early in the season.

Others who will wrestle for Eastview are Kyle Wilson, Josh Nelson, Troy Fokken, Ben Foerstich, Ryan Stepan and Jacob Nelson.

Because they are forfeiting 103 pounds right now it is important for the Lightning not to give up any bonus points in order to win matches.

"In order for us to win, we can't give up those extra points," Habeck said.

The Lightning think they have the type of team that will be very competitive in the Lake Conference this year.

HUYNH from S9

## Wrestlers score through speed, technique



Using technique and speed along with strength allows wrestlers to maneuver their opponents to score points, Habeck said.

Huynh likes to learn new moves, he is a competitive, focused, fast learner, and he has a good understanding of what's required to be good," Habeck said.

And although most wrestlers like to pin their opponents, Ha-

Huynh wrestled a teammate during practice.

Nicole Harris is at  
nharris@startribune.com

# Ruckdashel makes it official

*Emotional Eastview senior signs with the Gophers*

by Todd Abeln  
THISWEEK NEWSPAPERS

An emotional Ryan Ruckdashel made it official Wednesday afternoon that he is going to the University of Minnesota to play football.

The Eastview senior signed his national letter of intent in a ceremony to attend the University of Minnesota.

"It feels great," Ruckdashel said.

After he made it official, he thanked many people including his football coaches Kel Sherwin, Troy Swanson, Shannon Humbert, Eric VandeBerk, Kurt Habeck and his family and a special family friend Kurt Risvold, who he called "Granddaddy Kurt" in front of a couple hundred Eastview students.

Ruckdashel broke down when he mentioned Risvold, who he said has battled health issues all year long and has been a special family friend his whole life.

"He was always saying that was going to be a Gopher someday," Ruckdashel said.

See Ruckdashel, 24A

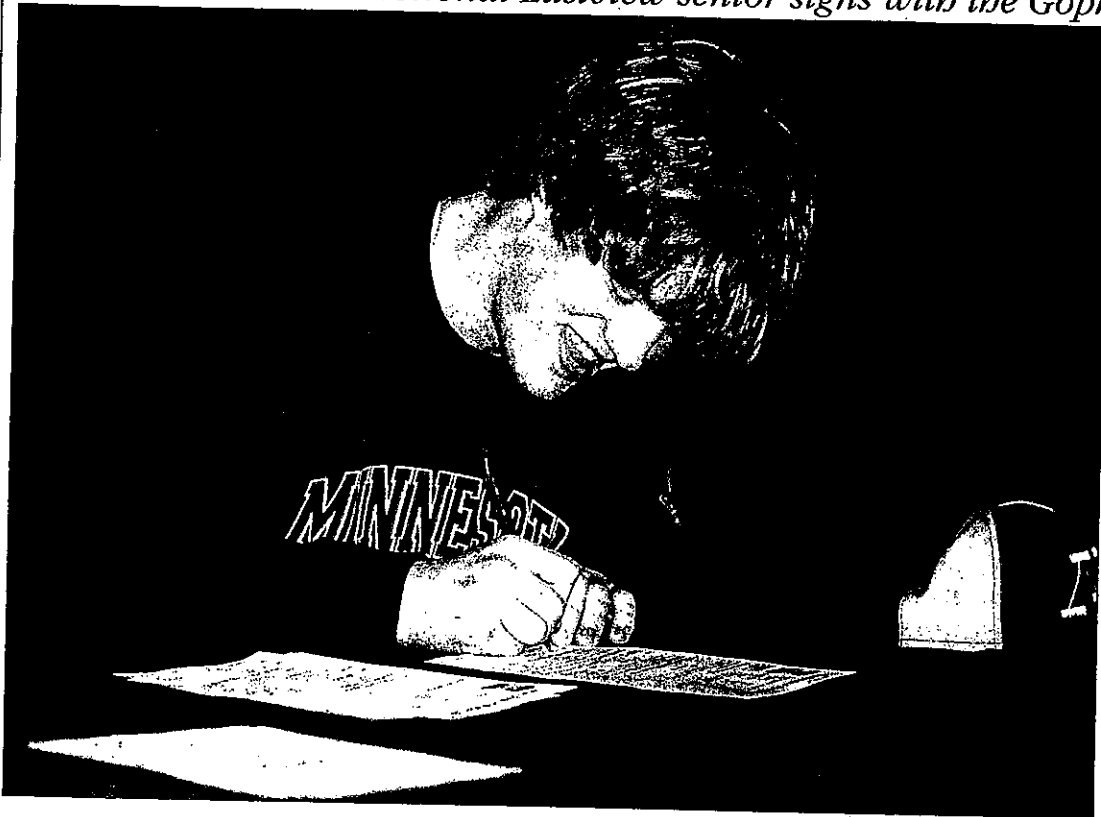


Photo by Rick Orndorf

Eastview's Ryan Ruckdashel is all smiles while signing his national letter of intent to play football at the University of Minnesota. He signed it on Wednesday afternoon in a ceremony in the performing arts center at Eastview High School.

## Ruckdashel/from 22A

Ruckdashel said he expects to be redshirted his freshman year but that won't stop him from working hard and trying to make an immediate impact on the Gophers.

The 6-5, 260-pound offensive lineman picked the Gophers over Iowa State, Michigan State, Ball State and Northern Illinois.

But he picked the Gophers because of the coaching staff.

"The biggest thing was the coaching staff at Minnesota. I felt real comfortable with them and that sold me on them," Ruckdashel said.

But the Gophers did need to sell themselves to Ruckdashel because he wasn't going to give a hometown discount.

"I've always been a Gopher fan but I never let that make the decision for me," Ruckdashel said.

Ruckdashel, who is currently wrestling for Eastview, joins former Lightning football player John Shevlin on the Gopher football team.

As for what position he will play at the Division I level,

Ruckdashel and his high school coach Sherwin expect he will play offensive tackle.

Ruckdashel is rated as a three-star offensive lineman by Rivals.com and is going to a team that features the running game and has a solid offensive lineman.

As for Ruckdashel, he began playing football in the third grade but quit to play soccer.

He returned to football in sixth grade and it was a good decision and the football staff at Eastview is thankful.

"He's a good kid. He's going to do everything in his power to be successful," Sherwin said.

Sherwin said that he and his staff knew early on that they had a special player on their hands.

"Back in youth football camp, he was just a big kid," Sherwin said. "We knew he would have the size and it was just a matter if he could do all the things he needed to do. He's been an invaluable part of our program and great leader and a role model."

With a 3.84 GPA, Ruckdashel is a smart kid who has a bright future ahead of him and you will be able to watch him at the Metrodome.

## Eastview sends three to state

by Todd Abeln  
THISWEEK NEWSPAPERS

Three Eastview wrestlers will compete at the state tournament.

Minh Huynh lost in the championship match at 103 pounds but rebounded to defeat Kennedy's Timmy Fischer 8-7 in the true second match to qualify.

At 145 pounds, John Makabe lost to Burnsville's Matt Brauer in the finals but then defeated Kennedy's Tony Lembeck 5-4 in the true second match.

Heavyweight Ryan Ruckdashel went through the same process as his two teammates.

He lost to Apple Valley's Jake Morgan in the finals but then technical fell Burnsville's Ryan Fitcher 16-0 to qualify for state.

## Eastview

Minh Huynh, John Makabe and Ryan Ruckdashel all had to win matches for true second to advance to the state tournament, and all three did.

Huynh, 31-8, squeaked past Robby Fisher of Bloomington Kennedy 8-7 in the true-second match at 103 pounds at the Class 3A, Section 6 tourney. The junior will make his second consecutive state appearance.

Makabe, 30-10, scored a take-down late in the third period to defeat Tony Lembeck of Bloomington Kennedy 5-4 for true second at 145.

Ruckdashel defeated Burnsville's Ryan Fitcher by technical fall in the second period to win the true-second match at heavyweight. Ruckdashel (27-8), a University of Minnesota football recruit, will make his first appearance in the state wrestling tourney.

# Huynh sticks around longer this time

Eastview 103-pounder takes 4th place

By MIKE SHAUGHNESSY  
Sun Newspapers

Minh Huynh made certain he stuck around longer at the state wrestling tournament this time.

The Eastview junior competed at state for the second year in a row, although last year he made little more than a cameo appearance, losing his first match and not qualifying for wrestlebacks.

Last week, "I think his confidence level was a lot higher, being a veteran of the state tournament," said Eastview head coach Kurt Habeck.

Huynh won his first-round match at 103 pounds in the state Class 3A wrestling tournament last week at Xcel Energy Center. That ensured he wouldn't be one and done this time.

Huynh lost his quarterfinal match, but won three in a row in wrestlebacks and eventually finished fourth.

"That was his goal - to be a state place-winner," Habeck said Saturday after Huynh picked up his medal.

Huynh (35-10) defeated Javier Briseno of St. Paul Johnson 15-1 in the first round before losing to 5-1 Logan Kortan of Albert Lea. He won three wrestleback matches by a combined 21-1 to earn a re-



Andy Blenkush/Sun Newspapers

Eastview's Minh Huynh tries to wrap up Javier Briseno of St. Paul Johnson in a first-round match at the state Class 3A wrestling tournament. Huynh placed fourth at 103 pounds.

match with Kortan for third place. The Albert Lea eighth-grader defeated Huynh 6-5.

Huynh was one of three Eastview wrestlers to qualify for state. Junior 145-pounder John Makabe (30-11) lost to Brainerd's Kyle Dukowitz 11-4 in the first round and was eliminated from wrestlebacks when Dukowitz lost his quarterfinal match.

Senior heavyweight Ryan Ruckdassel (27-10) went 0-2, losing to John Schantzen of Stillwater and Jake Madrinich of Chaska. Schantzen and Madrinich went on to place fourth and sixth.

Ruckdassel, a University of Minnesota football recruit,

probably has wrestled his last match.

"We thought Ryan had the ability to place," Habeck said. "He lost to two guys who ended up placing, and John [Makabe] just ran into a tough kid in the first round.

"All three [state qualifiers] are wrestlers who started in ninth grade. For them to be down here [at the state tournament] is an amazing thing."

Habeck said there's a good chance for the Lightning to send as many wrestlers, if not more, to next year's state tournament. Huynh and Makabe will be back next season, and the coach said there's good depth at the younger age levels, particularly ninth grade.



Eastview's 103-pound wrestler Minh Huynh tries to take down St. Paul Johnson's Javier Briseno during the first round of the state individual state tournament.

Photo by Rick Orndorf

State/from 24A

heavyweight.

## Eastview

Eastview junior Minh Huynh finished in fourth place at 103 pounds at the state wrestling tournament.

Huynh won his opening match, 15-1, over Javier Briseno of St. Paul Johnson but lost, 5-1, to Logan Kortan of Albert Lea.

Huynh bounced back by defeating James Locke of Minneapolis South, 6-0, Chaska's Pat Smith, 9-1, and Wayzata's David Zilverberg, 9-1, to reach the third-place matchup.

He lost that match, 6-5, to Kortan to claim fourth place.

Eastview's other two state wrestlers didn't place.

John Makabe lost his only match 11-4 to Kyle Dukowitz of Brainerd at 145 pounds.

Heavyweight Ryan Ruckdassel lost both of his matches.

