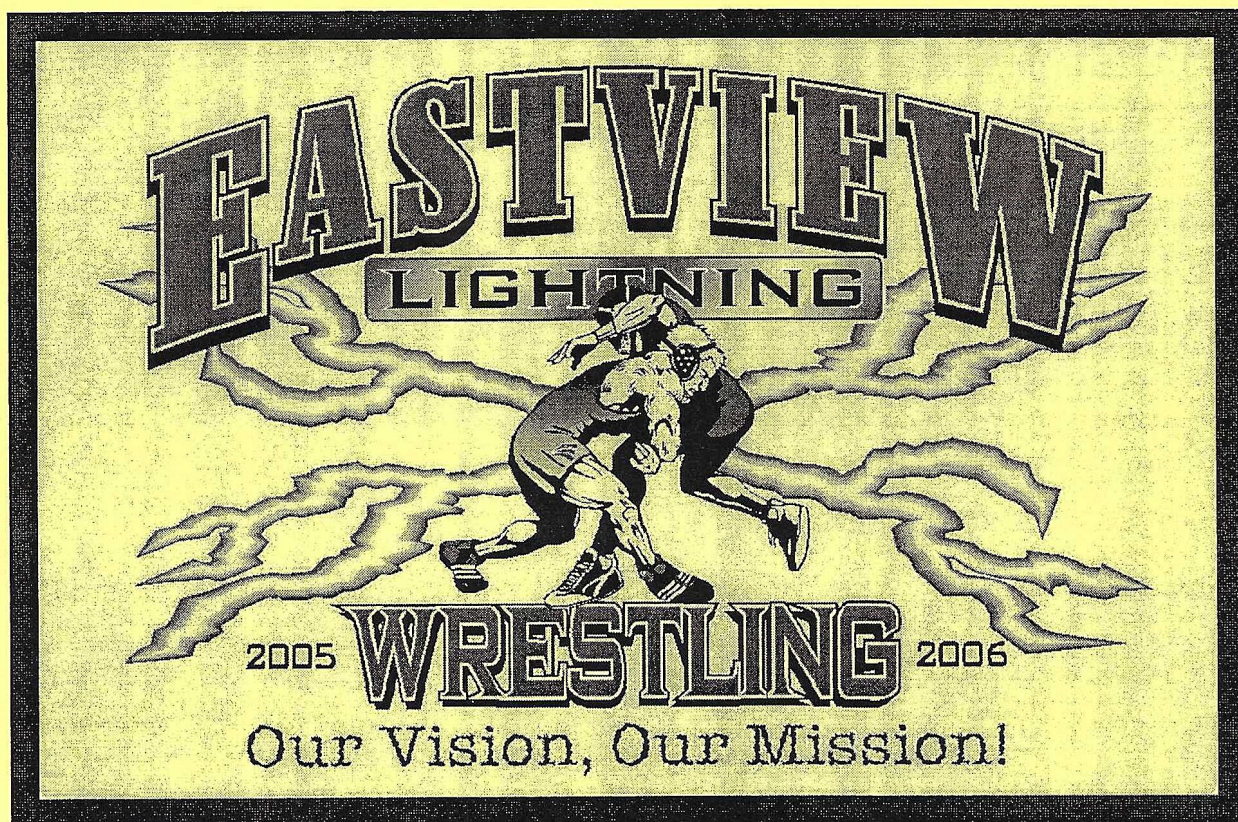

EASTVIEW WRESTLING

Season Review

2005 - 2006



COMMITMENT TO EXCELLENCE

OUR VISION, OUR MISSION



By Nick Fornicoia

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.

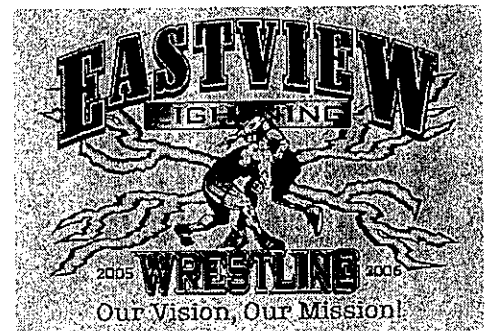
Every successful corporation creates a *Vision* of what they want their company to be. In 1997, the coaching staff created a program *Vision* for Eastview wrestling: "**Commitment to Excellence**". The captains decided to have a "Commitment" night this year where the wrestlers make a commitment to wrestling 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 Bakardjiev
- 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!





**The Minnesota
Wrestling Coaches Association
proudly recognizes**

EASTVIEW

**As a Gold Academic Team for achieving
G.P.A. of 3.67 for the
2005 - 2006 wrestling season.**

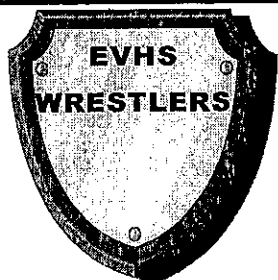
TEAM 2006 RECOGNITION

LETTER WINNERS

Khairi Abdulah	EV			
Ty Groskreutz	EV			
Scott Hogan	EV			
Trevor Flaten	EV			
Brian Griep	EV	EV		
Dante Hendricks	EV	EV		
Will Jackson	EV	EV		
Scott Kenning	EV			
Josh Larson	EV	EV		
David Ly	EV			
Bryan Okonek	EV	EV		
James Pudwill	EV			
Mike Redig	EV			
Abebe Dessalegn	EV			
Dan Getzke	EV	EV		
Jacob Nelson	EV	EV		
Ryan Stepan	EV	EV	EV	EV
Justin Armstrong	EV			
Chris Becker	EV			
Chad Eul	EV	EV		
Chris Griep	EV	EV		
Minh Huynh	EV	EV	EV	
John Makabe	EV	EV	EV	
Andrew Nelson	EV	EV	EV	
Josh Nelson	EV	EV	EV	
Dillon Powell	EV	EV		

MANAGERS

Ashley Langlais	EV	EV	EV
Courtney Thompson	EV		
Brittany Sawyer	EV		
Michael Alger	EV		
James Jobs	EV		



ALL - CONFERENCE

Scott Hogan
Minh Huynh
Jacob Nelson
John Makabe
Andrew Nelson
Dan Getzke
Chad Eul

ALL - CONFERENCE HONORABLE MENTION

Abebe Dessalegn
Josh Nelson
Dante Hendricks
Dillon Powell
Will Jackson

STATE QUALIFIER

Minh Huynh
Dan Getzke
Chad Eul

LAKE CONFERENCE RECORDS 2005 - 2006

School	Won	Lost
Apple Valley	9	0
Eastview	8	1
Eagan	7	2
Bloomington Kennedy	6	3
Burnsville	5	4
Rosemount	4	5
Lakeville North	2	7
Chaska	1	8
Lakeville South	1	8
Eden Prairie	0	9



Wrestling Manager Hall of Fame

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

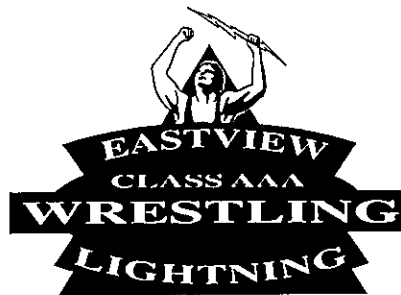
Erinn Roos
Class of 2000

Rachel Davis
Class of 2001

Kari Okonek
Class of 2003

Ashley Langlais
Class of 2006

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
2008

Ben Foertsch
2004

Brad Okonek
1999

Dante Hendricks
2005

Andrew Lenertz
2000

2006

John Getzke
2001

Cory Wagner
2002

Cory Wagner
2003

2005 - 2006 SEASON AWARDS

ACADEMIC CLUB - GOLD
(3.6-4.0)

Cole Bechly	Jack Dukatz
Ty Groskreutz	Scott Hogan
Robert Ladd	Trevor Flaten
David Ly	Bryan Okonek
Mike Redig	Jacob Nelson
Justin Armstrong	Chad Eul
Andrew Nelson	Rachel Poli
Brittany Sawyer	Ashley Langlais
Michael Alger	

3 - D CLUB MEMBERS

Brian Griep	Scott Kenning
David Ly	Bryan Okonek
James Pudwill	Mike Redig
Dan Getzke	Jacob Nelson
Chad Eul	Chris Griep
Minh Huynh	John Makabe
Andrew Nelson	Josh Nelson
Dillon Powell	

ACADEMIC CLUB - SILVER
(3.0-3.59)

Matt Franson	Billy Kor
Michael Osteen	Aaron Stevens
Curtis Ware	Pat Cox
Alex Bakardjiev	Brian Griep
Josh Larson	James Lenz
James Pudwill	Abebe Dessalegn
Dan Getzke	Ryan Stepan
Chris Griep	Josh Nelson
Dillon Powell	Courtney Thompson
Kara Knoll	James Jobes

FRESHMAN
3 - D CLUB MEMBERS

Cole Bechly	Pat Cox
Jack Dukatz	Aaron Stevens
Billy Kor	Matt Franson
Bobby Ladd	

JOHN RODIN SERVICE AWARD

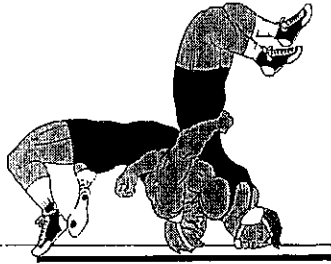
	<u>Most Falls</u>	<u>Most Takedowns</u>	<u>Most Team Points</u>
Varsity	John Makabe - 23	Josh Nelson - 89	John Makabe - 190
JV	James Pudwill - 28	Mike Redig - 65	James Pudwill - 171
Freshman	Ty Groskreutz - 15	Ty Groskreutz - 17	Ty Groskreutz - 97

- 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** _____

2005 – 2006 STATISTIC LEADERS

	Varsity		Junior Varsity		Freshman	
Wins	John Makabe	37	James Pudwill	29	Ty Groskreutz	17
	Minh Huynh	35	Mike Redig	28	Cole Bechly	13
	Josh Nelson	31	Justin Armstrong	28	Khairi Abdullah	11
Falls	John Makabe	23	James Pudwill	28	Ty Groskreutz	15
	Minh Huynh	20	Justin Armstrong	27	Cole Bechly	10
	Andrew Nelson	18	Scott Kenning	25	Khairi Abdullah	9
Team Points	John Makabe	190	James Pudwill	171	Ty Groskreutz	97
	Minh Huynh	166	Justin Armstrong	165	Cole Bechly	70
	Chad Eul	146	Scott Kenning	156	Khairi Abdullah	60
Takedowns	Josh Nelson	89	Mike Redig	65	Ty Groskreutz	17
	John Makabe	86	Bryan Okonek	38	Aaron Stevens	15
	Dan Getzke	66	David Ly	36	Khairi Abdullah	13
	Will Jackson	66				
Near Falls	Dan Getzke	47	Mike Redig	37	Ty Groskreutz	11
	Minh Huynh	43	Bryan Okonek	35	Khairi Abdullah	9
	Josh Nelson	40	David Ly	24	Aaron Stevens	9
Reversals	Andrew Nelson	22	Mike Redig	26	Nick Mako	15
	Minh Huynh	20	Scott Kenning	10	Jack Dukatz	11
	John Makabe	19	Bryan Okonek	10	Khairi Abdullah	11
			David Ly	10	Cole Bechly	11

**Talent &
Teamwork**



VARSITY DUAL MEET RESULTS

2005 – 2006

Overall Record: 24 Wins – 7 Losses
Lake Conference Record: 8 Wins – 1 Losses

Eastview	vs		
		Spring Lake Park	52-27 Win
		St. Paul Central	67-06 Win
		Blooming Prairie	64-10 Win
		Stillwater	42-24 Win
		Lakeville North	55-18 Win
		Tartan	55-22 Win
		Rochester Mayo	50-15 Win
		Coon Rapids	38-21 Loss
		White Bear Lake	34-32 Win
		Burnsville	48-09 Win
		St. Cloud Apollo	46-21 Win
		St. Cloud Tech	56-09 Win
		Apple Valley	12-46 Loss
		South St. Paul	52-14 Win
		Eden Prairie	57-06 Win
		Chaska	57-06 Win
		Henry Sibley	30-33 Loss
		Albert Lea	10-60 Loss
		St. Francis	18-47 Loss
		Coon Rapids	20-45 Loss
		Champlin Park	40-34 Win
		Osseo	60-09 Win
		Rosemount	47-20 Win
		Lakeville South	68-04 Win
		Eagan	35-29 Win
		Armstrong	57-17 Win
		North St. Paul	60-06 Win
		Plainview	38-33 Win
		Bloomington Kennedy	43-25 Win
		Mpls. Southwest	69-06 Win
		Eagan	22-39 Loss
<hr/>			
Team		Coon Rapids Duals	3 rd Place
Tournaments		Lightning Invitational	4 th Place
		Armstrong Tournament	1 st Place
<hr/>			
Individual		Faribault Invitational	2 nd Place
Tournaments		Burnsville Invitational	2 nd Place
		Bemidji Invitational	5 th Place
		Mound-Westonka	4 th Place

VARSITY TEAM TOURNAMENT RESULTS

2005 – 2006

Coon Rapids Duals – 3rd Place

St. Michael-Albertville	1 st
Coon Rapids	2 nd
Eastview	3 rd
White Bear Lake	4 th
Rochester Mayo	5 th
Rosemount	6 th

Lightning Invitational – 4th Place

St. Francis	1 st
Albert Lea	2 nd
Coon Rapids	3 rd
Eastview	4 th

Armstrong Tournament – 1st Place

Eastview	1 st
Plainview	2 nd
Kennedy	3 rd
North St. Paul	4 th
Minneapolis South	5 th
Armstrong	6 th
Eden Prairie	7 th

Section 6AAA Tournament

Minneapolis South West	69-6	Win
Eagan	22-39	Loss

VARSITY INDIVIDUAL TOURNAMENT RESULTS

Faribault – 2nd Place

119	Minh Huynh	1 st
189	Dan Getzke	2 nd
160	John Makabe	2 nd
135	Josh Nelson	2 nd
215	Chad Eul	3 rd
112	Brian Griep	3 rd
103	Scott Hogan	3 rd
275	Will Jackson	3 rd
171	Andrew Nelson	3 rd
125	Jacob Nelson	3 rd
275	Justin Armstrong	5 th
130	Chris Griep	5 th
145	Dante Hendricks	5 th
215	James Pudwill	5 th

Burnsville – 2nd Place

160	Dillon Powell	1 st
103	Scott Hogan	1 st
275	Will Jackson	1 st
189	Dan Getzke	2 nd
112	Minh Huynh	2 nd
130	Chris Griep	3 rd
152	John Makabe	4 th
135	Josh Nelson	4 th
125	Ryan Stepan	4 th
119	Abebe Dessalegn	5 th
215	Chad Eul	5 th
145	Bryan Okonek	5 th
171	Andrew Nelson	6 th

Bemidji – 5th Place

112	Minh Huynh	1 st
152	John Makabe	1 st
215	Chad Eul	2 nd
275	Will Jackson	2 nd
171	Andrew Nelson	4 th
125	Chris Griep	5 th
135	Josh Nelson	5 th
160	Dillon Powell	5 th
189	Dan Getzke	6 th
145	Dante Hendricks	6 th

Mound-Westonka – 4th Place

Bryan Okonek	2 nd
James Pudwill	2 nd
Dino Blundetto	3 rd
David Ly	3 rd
Mike Redig	3 rd
Khairie Abdullah	4 th
Justin Armstrong	4 th
Alex Bakardjiev	4 th
Brian Griep	4 th
Cole Bechly	5 th
Trevor Flaten	5 th
Scott Kenning	5 th
James Lenz	5 th



VARSITY INDIVIDUAL TOURNAMENT RESULTS

Section 6AAA Tournament-4th Place

215	Chad Eul	2 nd
189	Dan Getzke	2 nd
112	Minh Huynh	2 nd
152	John Makabe	3 rd
119	Abebe Dessalegn	4 th
103	Scott Hogan	4 th
171	Andrew Nelson	4 th
140	Josh Nelson	4 th
160	Dillon Powell	4 th
125	Chris Griep	5 th
145	Dante Hendricks	5 th
275	Will Jackson	6 th

Section 6AAA Individual Tournament

<u>Rank</u>	<u>School</u>	<u>Points</u>
1 st	Apple Valley	282
2 nd	Eagan	182
3 rd	Kennedy	175
4 th	Eastview	166.5
5 th	Rosemount	159.5
6 th	Burnsville	95
7 th	Richfield	41
8 th	Southwest	39
9 th	Washburn	36
10 th	Jefferson	3

State Tournament

112	Minh Huynh	DNP	(0-2)
189	Dan Getzke	DNP	(0-2)
215	Chad Eul	DNP	(1-2)

VARSITY STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Khairi Abdullah	5	8	10	1	2	0	3	0	0	4	30
Dessalegn Abebe	16	13	54	9	4	7	6	1	1	10	84
Justin Armstrong	6	7	5	6	4	1	3	0	0	5	36
Cole Bechly	2	1	2	3	0	2	0	0	0	1	9
Chris Becker	4	10	3	22	2	2	2	0	0	1	18
Alex Bkardjiev	0	3	0	0	1	0	0	0	0	0	0
Dino Blundetto	2	1	2	3	0	0	0	0	0	2	12
Chad Eul	28	16	37	31	15	2	17	2	0	16	146
Trevor Flaten	4	1	10	1	4	4	7	0	0	4	24
Dan Getzke	29	14	66	29	16	16	31	3	5	10	142
Brian Griep	14	11	24	20	5	6	9	2	0	5	62
Chris Griep	15	23	21	21	11	4	4	1	0	4	70
Ty Groskreutz	0	2	0	1	0	0	0	0	0	0	0
Dante Hendricks	16	14	58	39	6	2	10	3	0	4	66
Scott Hogan	26	8	47	8	13	10	24	4	2	13	128
Minh Huynh	35	8	52	21	20	9	34	3	6	14	166
William Jackson	26	13	66	26	4	6	3	1	1	12	132
Scott Kenning	3	6	3	6	3	1	1	0	0	3	18
Josh Larson	3	4	4	5	2	1	2	1	0	1	13
James Lenz	2	1	4	0	1	1	3	0	1	0	8
David Ly	3	9	5	8	0	1	1	0	0	1	12
John Makabe	37	6	86	31	19	13	12	2	1	22	190
Bryan Myers	0	1	0	0	0	0	0	0	0	0	0
Andrew Nelson	26	15	30	40	22	11	23	0	3	15	129
Jacob Nelson	26	6	32	33	9	10	17	2	3	9	125
Josh Nelson	31	11	89	44	7	21	19	7	5	6	134
Bryan Okonek	7	16	15	11	7	3	5	1	0	4	34
Dillon Powell	21	10	50	23	8	5	10	3	1	10	99
James Pudwill	6	2	11	8	1	0	3	0	0	5	33
Mike Redig	4	5	1	1	0	3	1	1	0	6	22
Ryan Stepan	9	9	16	13	11	3	8	2	0	0	47

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	409	260	809	469	197	144	258	39	29	188	2004
Opponents Totals	260	409	637	527	159	58	165	32	13	115	1189

EASTVIEW WRESTLING
OUR VISION, OUR MISSION!

TEAM	GOAL	35 Team Points	4 Falls	8 Wins	10 Take Downs	10 Near Falls	6X 2-1 3-Period	10 Loss Pins	10 Loss Mat	9 Mat Saves	Total Goals	Dual Min
SPRING LAKE PARK		52	4	9	8/6	11/8	1X:3X (6)	3	0	3	6	W
ST PAUL GENERAL		67	5	13	21/5	19/3	3X:2X (5)	1	0	2	8	W
BLOOMING PRAIRIE		64	7	12	22/7	17/3	3X:2X (6)	1	1	3	9	W
SHILOH WATER		42	4	9	15/13	12/5	1X:3X (6)	3	0	3	6	W
EAGLEVIEW NORTH		55	7	11	25/7	22/7	5X:1X (6)	3	0	5	7	W
JAYHAWK		55	7	10	14/6	16/5	3X:1X (7)	3	1	2	6	W
ROCHESTER MAYO		50	3	11	19/11	14/6	3X:1X (8)	2	0	4	8	W
COON RAPIDS		21	2	5	11/18	3/9	1X:3X (9)	3	2	1	0	L
WHITE BEAR LAKE		34	3	8	14/14	7/8	3X:2X (7)	4	2	3	4	W
BURNSVILLE		48	5	11	27/10	10/0	5X:1X (8)	0	0	3	9	W
ST. CLOUD APOHIO		46	5	9	22/5	22/2	6X:1X (8)	2	0	0	7	W
ST. CLOUD TECH		56	5	12	30/10	22/5	9X:0X (9)	1	0	3	9	W
APPLE VALLEY		12	1	3	10/32	3/12	2X:6X (11)	2	4	1	0	L
SOUTHWEST PAUL		57	6	11	18/7	16/6	2X:1X (6)	1	1	3	7	W
EDEN PRAIRIE		57	3	12	29/5	12/0	8X:2X (11)	0	0	1	8	W
GHASKEN		57	2	12	25/9	16/2	6X:1X (9)	0	0	3	8	W
HENRY SIBBEY		30	3	6	18/3	11/8	3X:3X (10)	3	1	3	3	L
ABBERDEEN		10	0	3	6/17	2/14	2X:0X (6)	9	0	2	1	L
SERRANOS		18	2	4	11/25	4/17	4X:5X (10)	4	3	3	1	L
COON RAPIDS		20	1	5	12/30	6/10	5X:4X (10)	5	3	0	0	L
CHAMPAIN PARK		40	3	8	17/15	12/10	4X:2X (6)	5	1	3	6	W
OSSEO		60	6	12	22/7	21/3	6X:1X (8)	1	0	3	9	W
ROSEMOUNT		47	5	9	21/13	19/8	4X:1X (8)	1	1	0	8	W
WAGYVILLE SOUTH		68	7	13	21/3	19/2	3X:0X (5)	0	1	3	9	W
EAGAN		35	4	8	21/20	6/8	4X:4X (10)	3	2	3	5	W
ARMSTRONG		57	5	10	12/11	15/3	2X:2X (6)	1	1	3	7	W
NORTHWEST PAUL		60	8	12	17/7	24/3	3X:2X (7)	0	0	3	7	W
DEANVIEW		38	5	7	13/15	15/5	3X:2X (6)	4	0	3	5	W
KENNEDY		43	5	9	14/11	11/7	1X:2X (6)	3	1	3	6	W
MPLS. SOUTHWEST		69	6	12	11/3	16/3	1X:2X (3)	0	0	3	7	W
EAGAN		22	2	5	19/19	5/5	4X:5X (9)	2	3	0	1	L

VARSDITY SEASON RECORDS

FALLS

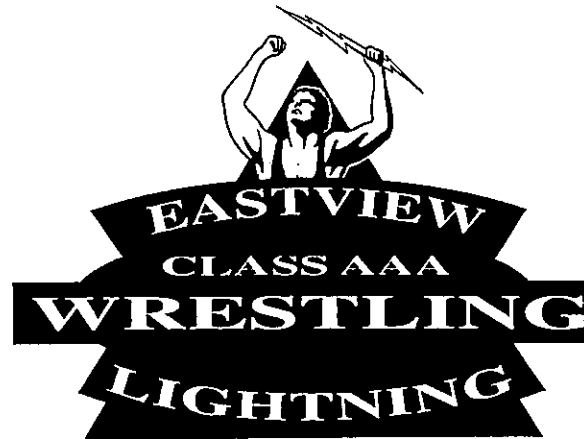
Adam Fokken	'01	28
Nate Kocer	'03	28
John Makabe	'06	23

WINS

Adam Fokken	'01	38
Ryan Langlais	'04	37
John Makabe	'06	37

TEAM POINTS

Adam Fokken	'01	200
Nate Kocer	'03	199
John Makabe	'06	190



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

VARSDTY CAREER RECORDS

FALLS

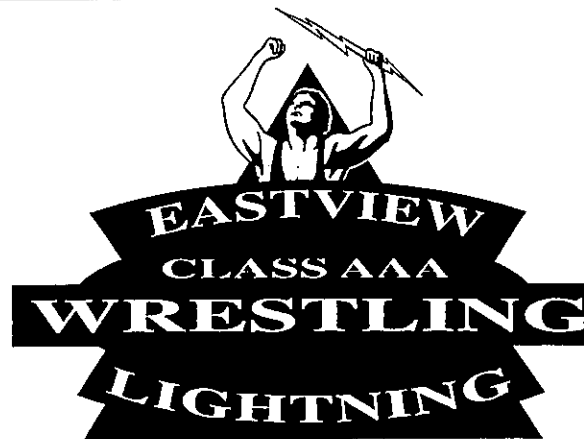
Adam Fokken	'01	83
Ryan Langlais	'04	55
John Makabe	'06	47

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
Minh Huynh	'06	148
Pat Dea	'04	123

REVERSALS

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

JV Dual Meet Results

2005 - 2006

Overall Record 20-6

Lake Conference Record 8-1 (2nd Place)

Eastview vs.

Stillwater	45-21	Win
Spring Lake Park	34-24	Win
Blooming Prairie	51-0	Win
St. Paul Central	57-6	Win

Lightning Duals

Tartan	40-19	Win
Lakeville North	60-12	Win
Burnsville	54-6	Win
Saint Cloud Tech	36-33	Win
Saint Cloud Apollo	56-15	Win
Apple Valley	21-49	Loss
South Saint Paul	72-6	Win
Eden Prairie	54-6	Win

Bemidji Invite

Roseau	63-12	Win
Aitkin	51-24	Win
Bemidji	26-48	Loss
Chaska	64-9	Win
Henry Sibley	36-39	Loss

Lightning Invite

Albert Lea	27-54	Loss
Saint Francis	24-56	Loss
Coon Rapids	33-46	Loss
Osseo	57-6	Win
Champlin Park	55-24	Win
Rosemount	63-3	Win
Lakeville South	78-0	Win
Eagan	68-8	Win
Bloomington Kennedy	42-31	Win

JV INDIVIDUAL TOURNAMENT RESULTS

2005 - 2006

Faribault Invitational – 2nd Place

- 119 Mikey Redig – Champ
- 125 Ty Groskreutz – Champ
- 130 Abebe Dessalegn – Champ
- 160 Dillon Powell – Champ
- 171 Scott Kenning – Champ
- 189 Trevor Flaten – Champ
- 125 Cole Bechley – 2nd
- 135 Brian Myers – 2nd
- 152 James Lenz – 2nd
- 189 Zack Fanth – 2nd
- 135 Alex Bakardjiev – 3rd

Armstrong Tournament – No Team Score Kept

- 112 Brian Griep – Champ
- 119 Mikey Redig – Champ
- 119 Jeremy Kelch – Champ
- 130 David Ly – Champ
- 145 Brian Okonek – Champ
- 152 James Lenz – Champ
- 171 Trevor Flaten – Champ
- 215 James Pudwill – Champ
- 275 Justin Armstrong – Champ
- 103 Aaron Stevens – 2nd
- 125 Cole Bechly – 2nd
- 135 Jack Dukatz – 2nd
- 152 Dino Blundetto – 2nd
- 160 Scott Kenning – 2nd
- 119 Pat Cox – 3rd
- 135 Alex Bakardjiev – 3rd

Armstrong JV Invitational – No Team Score Kept

- 112 Brian Griep – Champ
- 125 Chris Griep – Champ
- 145 Bryan Okonek – Champ
- 160 Scott Kenning – Champ
- 171 Trevor Flaten – Champ
- 215 James Pudwill – Champ
- 275 Justin Armstrong – Champ
- 103 Khairi Abdullah – 2nd
- 125 Cole Bechly – 2nd
- 152 Dino Blundetto – 2nd
- 119 Mikey Redig – 3rd
- 135 Jack Dukatz – 4th
- 103 Aaron Stevens – 6th
- 215 Matt Franson – 6th

Coon Rapids Tournament – No Team Score Kept

- 119 Mikey Redig – Champ
- 145 Josh Larson – 2nd
- 189 Trevor Flaten – 2nd
- 130 Chris Griep – 3rd
- 135 Brian Myers – 4th
- 145 Chris Becker – 4th
- 215 James Pudwill – 4th
- 130 Jack Dukatz – 5th
- 135 David Ly – 5th
- 152 Dante Hendricks – 5th
- 160 James Lenz – 6th

Mound-Westonka Invite (Varsity) – 4th Place

- 145 Brian Okonek – 2nd
- 215 James Pudwill – 2nd
- 119 Mikey Redig – 3rd
- 130 David Ly – 3rd
- 152 Dino Blundetto – 3rd
- 103 Khairi Abdullah – 4th
- 112 Brian Griep – 4th
- 135 Alex Bakardjiev – 4th
- 275 Justin Armstrong – 4th
- 125 Cole Bechly – 5th
- 160 James Lenz – 5th
- 171 Trevor Flaten – 5th
- 189 Scott Kenning – 5th



JUNIOR VARSITY STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Khairi Abdullah	7	3	11	3	4	3	5	0	1	6	41
Dessalegn Abebe	6	0	18	1	1	0	0	1	0	4	31
Justin Armstrong	28	3	25	5	10	4	3	0	0	27	165
Cole Bechly	3	1	6	1	2	3	1	1	0	0	10
Chris Becker	15	4	28	9	9	3	7	0	0	13	84
Alex Bakardjiev	16	11	28	17	6	3	9	1	0	14	91
Dino Blundetto	25	10	23	2	3	1	6	0	0	22	144
Pat Cox	1	4	0	5	1	0	0	0	0	1	6
Jack Dukatz	3	0	6	2	0	0	0	0	0	2	15
Chad Eul	1	0	0	0	0	0	0	0	0	1	6
Trevor Flaten	20	7	27	8	2	1	10	0	1	17	113
Brian Griep	17	3	22	10	4	3	9	1	0	11	85
Chris Griep	9	0	10	3	1	1	5	0	0	7	48
Ty Groskreutz	12	4	14	4	7	4	3	1	0	10	67
Dante Hendricks	11	5	31	10	8	3	6	1	0	8	58
William Jackson	2	0	1	0	1	0	0	0	0	1	9
Scott Kenning	27	6	32	17	10	3	7	0	0	25	156
Billy Kor	0	2	5	2	0	0	1	0	0	0	0
Josh Larson	10	1	20	4	4	5	11	1	2	3	47
James Lenz	14	7	11	19	4	3	6	2	0	9	71
David Ly	25	6	36	6	10	10	14	2	2	17	132
Bryan Myers	14	11	11	4	1	0	1	0	0	14	84
Andrew Nelson	2	0	6	0	1	0	6	0	1	1	11
Bryan Okonek	18	3	38	8	10	13	22	4	2	12	98
Dillon Powell	4	0	12	1	2	0	2	1	0	3	22
James Pudwill	29	7	35	12	6	8	8	0	0	28	171
Mike Redig	28	5	65	24	26	14	23	5	3	9	122
Aaron Stevens	2	6	2	3	1	1	0	0	0	0	6
	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	373	114	551	184	132	94	169	23	12	285	2030
Opponents Totals	114	373	247	238	108	47	67	4	2	71	568

JUNIOR VARSITY SEASON RECORDS

FALLS

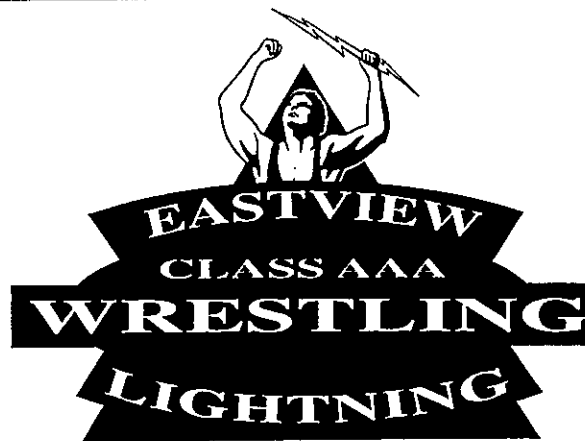
James Pudwill '06 28
Justin Armstrong '06 27
Scott Kenning '06 25

WINS

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

TEAM POINTS

Andrew Lenertz '02 175
James Pudwill '06 171
Justin Armstrong '06 165



TAKEDOWNS

Mike Redig '06 65
Nathaniel Carroll '05 50
Eric Budd '01 45

NEAR FALLS

Kyle Fokken '02 39
Mike Redig '06 37
Bryan Okonek '06 35

REVERSALS

Mike Redig '06 26
Nate Kocer '01 22
Brian Wallenta '04 22

FRESHMAN DUAL MEET RESULTS

2005 – 2006

Overall Record: 5 Wins – 10 Losses

Section Record: 3 Wins – 5 Losses

Eastview	vs			
		Henry Sibley	18-38	Loss
		Eagan	21-39	Loss
		St. Paul Humboldt	40-06	Win
		Simley	10-36	Loss
		Park	45-18	Win
		Woodbury	42-26	Win
		Totino Grace	07-45	Loss
		Tartan	28-11	Loss
		Burnsville	30-30	Win
		Hudson	40-39	Win
		Champlin	32-40	Loss
		Eagan	35-51	Loss
		Coon Rapids	35-45	Loss
		Rosemount	33-51	Loss
		Hastings	00-84	Loss

9 th GRADE REGIONAL TOURNAMENT			9 th GRADE STATE TEAM TOURNAMENT	
1 st	Hastings	233	1 st	Foley
2 nd	Eagan	136	2 nd	Delano
3 rd	Henry Sibley	133	3 rd	Adrian
4 th	Simley	127	4 th	Albert Lea
5 th	White Bear Lake	120	Consolation	Eagan

9th GRADE INDIVIDUAL TOURNAMENT RESULTS

2005 - 2006

Burnsville Open

Ty Groskreutz	1 st
Khairi Abdullah	2 nd
Cole Bechly	2 nd
Pat Cox	2 nd
Matt Berntsen	4 th
Jack Dukatz	4 th
Matt Franson	4 th
Billy Kor	4 th
Bobby Ladd	4 th
Aaron Stevens	4 th

Regional Tournament

Scott Hogan	2 nd
Ty Groskreutz	3 rd
Khairi Abdullah	4 th
Nick Mako	4 th
Cole Bechly	5 th
Cody Groskreutz	6 th

State Individual Tournament

Scott Hogan	1 st
Ty Groskreutz	

Eagan Open

Jack Dukatz	1 st
Nick Mako	1 st
Joey Scott	1 st
Pat Cox	2 nd
Matt Fransen	2 nd
Cole Bechly	3 rd
Matt Berntsen	3 rd
Cody Groskreutz	3 rd
Billy Kor	3 rd
Bobby Ladd	3 rd
Mike Osteen	3 rd
Aaron Stevens	3 rd



FRESHMAN STATISTICS

Wrestler	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Pin	Team Points
Khairi Abdullah	11	7	13	1	11	2	7	0	0	9	60
Cole Bechly	13	9	6	12	11	3	4	1	0	10	70
Matt Berntsen	1	13	5	2	5	0	2	0	0	0	3
Ben Bower	2	3	5	11	4	0	3	1	0	1	10
Pat Cox	8	11	7	5	10	3	5	1	0	7	46
Jack Dukatz	9	12	6	2	11	2	1	0	1	6	47
Matt Franson	5	18	6	6	6	1	0	0	0	2	21
Cody Groskreutz	4	7	7	3	7	1	5	2	0	1	17
Ty Groskreutz	17	4	17	3	8	3	8	1	0	15	97
Scott Hogan	6	1	6	6	5	2	2	1	0	1	22
Billy Kor	2	14	2	5	6	1	0	0	0	2	12
Robert Ladd	6	13	6	8	9	1	7	1	0	2	25
Nick Mako	6	4	4	9	15	0	1	0	0	4	30
Mike Osteen	0	4	0	0	0	0	0	0	0	0	0
Adam Ronhovde	1	6	2	1	2	0	1	0	0	1	6
Joey Scott	7	6	7	3	8	0	8	0	1	5	39
Aaron Stevens	8	12	15	7	8	3	6	2	1	4	40
TJ Strohmeyer	1	10	1	1	0	2	3	0	1	0	5
Curtis Ware	4	3	8	6	6	2	2	0	0	1	15

	Win	Loss	TD	E	R	NF2	NF3	MAJ.	T.F.	Falls	Team Points
Eastview Team Totals	111	157	123	91	132	26	67	10	4	75	565
Opponents Totals	157	111	144	91	139	33	83	8	2	112	826

FRESHMAN SEASON RECORDS

FALLS

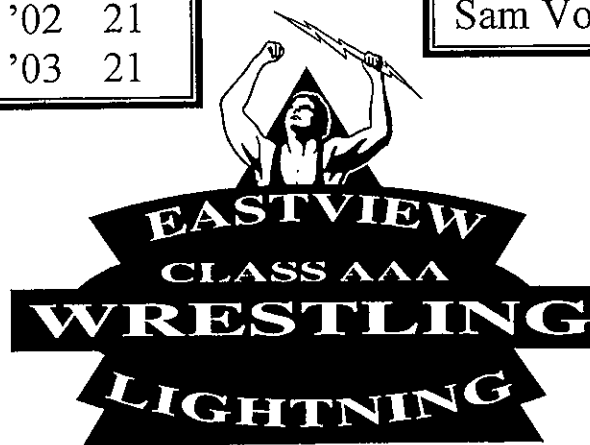
Bona Ku	'01	16
Kyle Fokken	'01	15
Justin Peterson	'04	15
Ty Groskreutz	'06	15

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
Nick Mako	'06	15

Wrestlers of the Week

Varsity

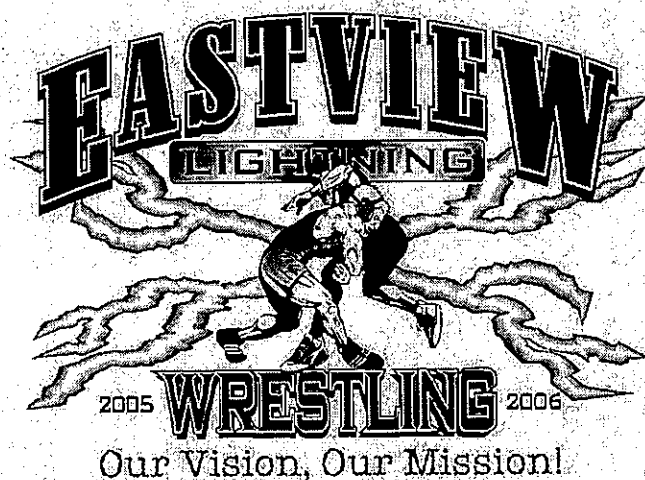
Josh Nelson
Nils Badrul
Dan Getzk
John Makabe
Minh Huynh
Bryan Okonek
Dillon Powell
Scott Hogan
Will Jackson
Chad Eul
Andrew Nelson
Jacob Nelson
Dante Hendricks
Khairi Abdullah
Justin Armstrong
Chris Becker
Chris Griep
Abebe Dessalegn
Scott Kenning
Minh Huynh
Dan Getzke
Chad Eul

Junior Varsity

Justin Armstrong
Mike Redig
Trevor Flaten
Scott Kenning
Dino Blundetto
Brian Griep
James Pudwill
David Ly
Brian Myers
Brian Okonek
James Lenz
JV TEAM

9th Grade

Ty Groskreutz
Pat Cox
Billy Kor
Curtis Ware
Joey Scott
Jack Dukatz
Matt Berntsen
Michael Osteen
Ty Groskreutz
Scott Hogan
Scott Hogan



Eastview Wrestling

*It is now the 3rd Period of our Mission.
We will meet or exceed our Vision.*

*Raising your intensity on
Morning runs, weight training, drilling, and Live wrestling
Has led us to break Eastview Wrestling records.*

*Now, with Determination, Heart, and Dedication,
We have the opportunity to do something
No other Eastview Wrestling team has ever done.
That is the chance to be #1*

Wrestling for the Lightning at:

103: Scorchin' Scotty

**145: Dangerous Dante
Obliteratin' Okonek**

**112: Marvelous Minh
Battlin' Brian**

152: Maulin' Makabe

119: Attackin' Abebe

**160: Pownin' Powell
Krazy Kenning**

125: Jammin' Jake

171: Acrobatic Andrew

**130: Growlin' Griep
Lightnin' Ly**

189: Diesel Dan

135: Nasty Nelson

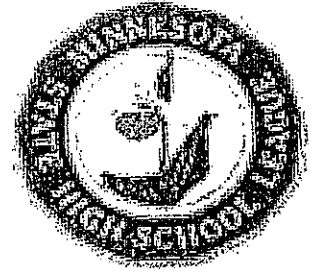
215: Challengin' Cheul

140: Clobberin' Chris

**HWT: Wicked Will
Jostlin' Justin**

*We've trained all year to excel in the 3rd Period
The 3rd Period is upon us!
Believe in your training, Believe in your technique
Believe in your teammates, Believe in yourself!
Our Vision and Our Mission
Will be accomplished!*

2006 Results
Section 6AAA Dual Meet
Team Tournament



#1 Apple Valley

Richfield over Washburn
37-26

Apple Valley

72-3

#5 Burnsville

#4 Bloomington Kennedy

Kennedy

38-27

Apple Valley

54-9

Apple Valley 56-6

Section 6AAA

Champions

#3 Eagan

#6 Rosemount

Eagan

60-16

Eagan

39-22

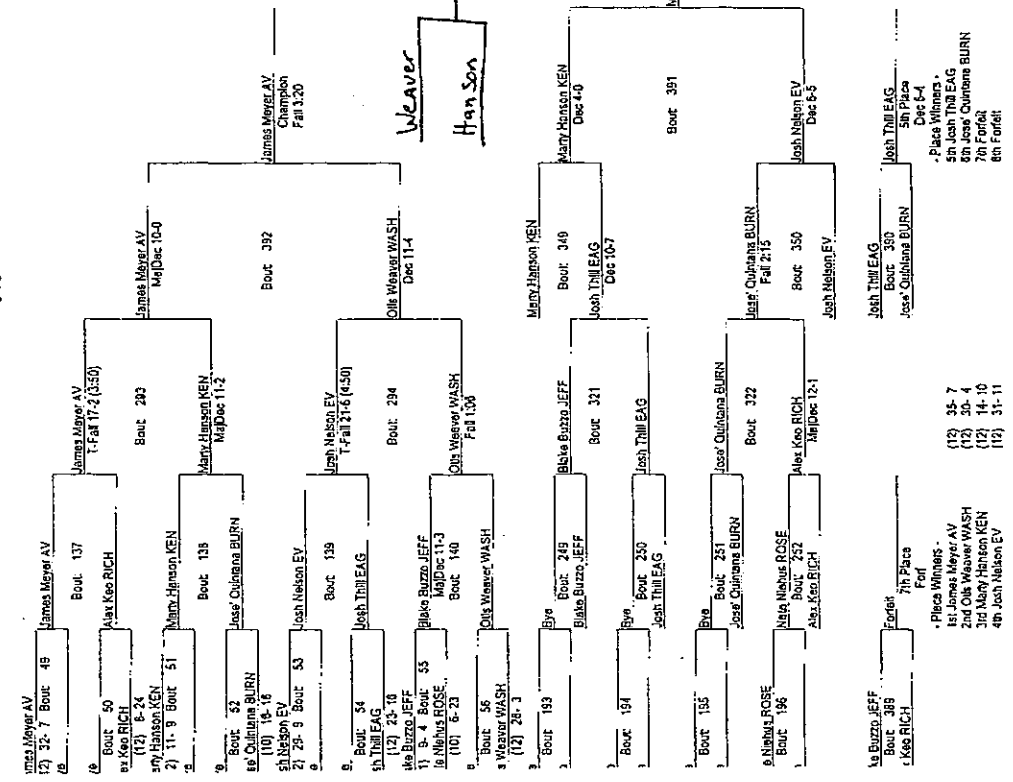
#7 Southwest

#2 Eastview

Eastview

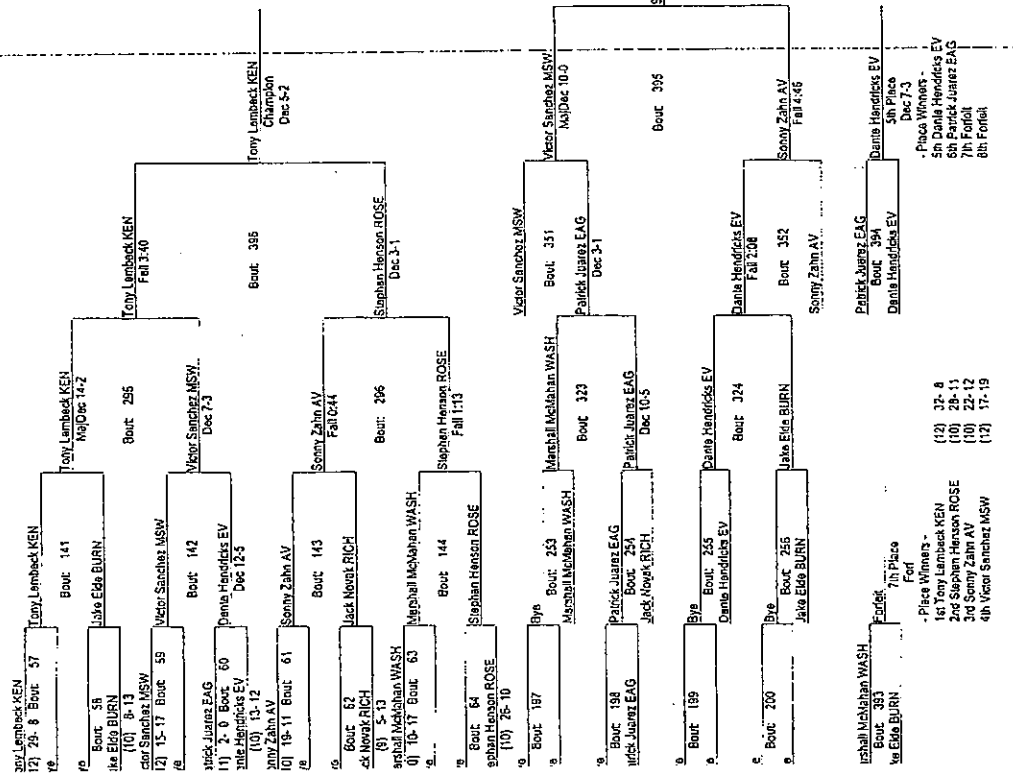
69-6

2006 6AAA Individuals
02/25/06
140



Weaver
 Hanson (Ken)
 4-3

2006 6AAA Individuals
02/25/06
145



Place Winners -
 1st Tony Lambek KEN
 2nd Stephen Hanson ROSE
 3rd Danny Zahn AV
 4th Jason Sanchet MSW

Place Winners -
 1st James Meyer AV
 2nd Alex Weaver WASH
 3rd Josh Nelson KEN
 4th Josh Nelson EV

Team Results Class AAA

Centennial _____ 38 | Centennial _____ 9
 Prior Lake _____ 24 | Albert Lea Area _____
 Hastings _____ 23 | Albert Lea Area _____ 53 |
 Albert Lea Area _____ 29 | CHAMPION
 Apple Valley _____
 Totino Grace _____ 12 | Anoka _____ 27
 Anoka _____ 52 | Apple Valley _____
 Sauk Rapids Rice _____ 13 | Apple Valley _____ 29
 Apple Valley _____ 39
 Centennial _____ 20 | THIRD
 Anoka _____ 38
 Prior Lake _____ 17 | Hastings _____ 37
 Hastings _____ 44 | Consolation
 Hastings _____ |
 Totino Grace _____ 28 | Totino Grace _____ 19
 Sauk Rapids Rice _____ 27 |

Team Results Class A

Canby _____ 53 | Canby _____ 36
 United South Central _____ 14 | Canby _____
 Wabasso _____ 38 | Wabasso _____ 17 |
 Wabasha-Kellogg _____ 22 | CHAMPION
 Canby _____
 AtwaterCosmos/GroveCity _____ 33 | AtwaterCosmos/GroveCity _____ 18
 New York Mills _____ 24 | Frazee _____
 Frazee _____ 30 | Frazee _____ 28 |
 Pierz _____ 19
 Wabasso _____ 23 | THIRD
 AtwaterCosmos/GroveCity _____ 32 |
 United South Central _____ 22 | Wabasha-Kellogg _____ 21
 Wabasha-Kellogg _____ 42 | Consolation
 Pierz _____
 New York Mills _____ 18 | Pierz _____ 43 |
 Pierz _____ 44 |

Team Results Class AA

STWA _____ 46 | STWA _____ 48
 Scott West _____ 81 | STWA _____
 Adrian Area _____ 33 | Adrian Area _____ 18 |
 Plainview/Elgin-Millville _____ 26 | CHAMPION
 STWA _____
 BuffalloLakeHector/BOLD _____ 24 | Little Falls _____ 24
 Little Falls _____ 40 | Milaca/FC _____
 Hibbing _____ 18 | Milaca/FC _____ 36 |
 Milaca/FC _____ 43
 Adrian Area _____ 27 | THIRD
 Adrian Area _____
 Little Falls _____ 25 |
 Scott West _____ 48 | Scott West _____ 19
 Plainview/Elgin-Millville _____ 12 | Consolation
 BuffalloLakeHector/BOLD _____ 34 | BuffalloLakeHector/BOLD _____ 32 |
 Hibbing _____ 22 |

MSHSL State Wrestling Tournament 2006

215 AAA

7-Sam Mareah (10) 39-4 Champion Park	ISam Mareah #497 12-1	ISam Mareah #161 12-7	ISam Mareah #273 17-6
3-Joe Ewald (12) 25-9 Cretin-Derham Hall			
2-Dan Kurth (11) 33-14 Machinson	IDan Kurth #898 6-2		
4-Shayon Nelson (12) 26-9 Stillwater Area			
5-Rick Johnson (11) 27-9 Hopkins	IRick Johnson #899 14-4		
8-Joe Mengas (11) 22-9 Monticello		IMatt Edgar #162 8-4	
6-Jeremy Miller (11) 24-17 Egan	IMatt Edgar #100 Fall 117		
1-Matt Edgar (11) 31-9 Austin			CHAMPION Sam Mareah #349 7-1
9-Tyler Hemmesch (11) 39-3 Elk River	ITyler Hemmesch #101 Fall 325		
6-Chad Eul (12) 28-16 Eastview		ITyler Hemmesch #165 Fall 31	
3-Corey Washington (12) 31-11 Henry Sibley	ICorey Washington #102 5-3		
5-Chris Lundemann (12) 26-9 Maple Grove			ITyler Hemmesch #274 10-2
1-Mike Honeycutt (12) 30-14 Albert Lea Area			
2-Elk Rogness (12) 31-6 Buffalo	IMike Honeycutt #103 4-0	Andy Robinson #164 13-7	
4-Tom Florin (12) 38-5 North	Andy Robinson #104 15-12		
7-Andy Robinson (12) 43-5 Saint Francis		Dan Kurth #333 8-4	FIFTH PLACE Dan Kurth #333 8-4
Joe Ewald Cretin-Derham Hall	Andy Robinson Saint Francis		
Dan Kurth Machinson	IDan Kurth #217 1-0	Andy Robinson #305 Fall 422	
Rick Johnson Hopkins	IMatt Edgar #275 2x 07 2-1	Third Place Andy Robinson #354 15-12	
Jeremy Miller Egan	IMatt Edgar Austin		
Chad Eul Eastview	IChad Eul #219 8-3		Tom Florin #306 5-0
Corey Washington Henry Sibley			
Mike Honeycutt Albert Lea Area	ITom Florin #276 7-5		
Elk Rogness Buffalo			
Tom Florin North			

SECTION 6AAA STATE PLACE WINNERS

103	Destin McCauley	1 st	Apple Valley
125	Matt Mincey	1 st	Apple Valley
112	Tom Kelliher	2 nd	Apple Valley
160	Alex McLaughlin	2 nd	Apple Valley
171	Tyler Bowling	2 nd	Apple Valley
152	David Bjorkstrand	3 rd	Burnsville
152	Alex McMahan	4 th	Apple Valley
160	Jeff Erkel	4 th	Eagan
103	Matt Ashton	5 th	Eagan
119	Robert Marshall	6 th	Apple Valley
125	Mike Vruno	6 th	Eagan

LAKE CONFERENCE STATE PLACE WINNERS

103	Destin McCauley	1 st	Apple Valley
125	Matt Mincey	1 st	Apple Valley
112	Tom Kelliher	2 nd	Apple Valley
160	Alex McLaughlin	2 nd	Apple Valley
171	Tyler Bowling	2 nd	Apple Valley
152	David Bjorkstrand	3 rd	Burnsville
130	Jake Simon	4 th	Lakeville North
152	Alex McMahan	4 th	Apple Valley
160	Jeff Erkel	4 th	Eagan
103	Matt Ashton	5 th	Eagan
119	Robert Marshall	6 th	Apple Valley
125	Mike Vruno	6 th	Eagan
275	Dirk Wilkins	6 th	Lakeville South

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
Justin Armstrong	2006	7	5	4	3	4	5	42
Chris Becker	2006	4	10	3	4	2	1	18
Chad Eul	2006	31	23	40	24	18	17	160
Chris Griep	2006	20	41	27	15	15	8	98
Minh Huynh	2006	100	32	160	148	53	42	458
John Makabe	2006	90	33	190	60	45	47	442
Andrew Nelson	2006	49	44	54	48	46	23	216
Josh Nelson	2006	60	52	156	68	25	20	254
Dillon Powell	2006	32	19	85	21	13	16	149

LIGHTNING HISTORY

Wall of Excellence

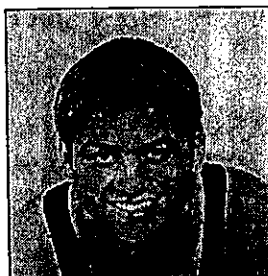
Criteria: State Place Winner, finish the program in good standing, and graduate from Eastview High School.



Tony Rodin
1998 - 4th Place - 125 lbs.



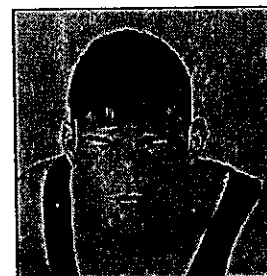
Adam Fokken
2000 - 4th Place - 189 lbs.
2001 - State Champ - 189 lbs.



Mikey Fornicoia
2002 - 6th Place - 130 lbs.

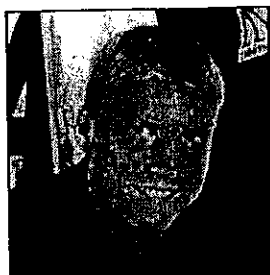


John Getzke
2003 - 5th Place - 152 lbs.

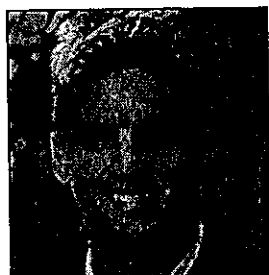


Nate Koler
2003 - 6th Place - 189 lbs.

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	Trevor 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

2 state qualifiers back for Eastview

Sixteen lettermen, including two who qualified for last year's state tournament, lead Eastview's wrestling team.

The Lightning started the 2005-06 season with four victories at the Eastview Duals on Saturday. The closest match was Eastview's last match, a 42-24 victory over Stillwater.

Eastview has four returning wrestlers with 18 or more victories last season: Minh Huynh, John Makabe, Josh Nelson and Andrew Nelson, all seniors.

Huynh is a two-time state tournament qualifier and placed fourth at 103 pounds in the 2005 Class 3A tournament. Huynh, 35-10 last season, is expected to wrestle at 112 this year. He is ranked fourth at that weight by *The Guillotine*, a statewide wrestling newspaper.

Makabe was 30-11 last season and earned a place in the state tournament at 145 by winning a match for true second in the Section 6 tourney. He opens this season ranked fifth in Class 3A at 160.

Huynh and Makabe were All-Lake Conference wrestlers last season; Josh Nelson (19 wins) and Andrew Nelson (18 wins) received honorable mention. Josh Nelson is expected to wrestle at 145, while Andrew Nelson is slotted in at 189. Chad Eul, a senior captain along with Huynh and Josh Nelson, will wrestle at 215. Other returning wrestlers are juniors Ryan Stepan (130) and Jake Nelson (125).

The large number of lettermen can be traced to Lightning head coach Kurt Habeck using 37 wrestlers in varsity matches throughout last season.

There also could be help coming

LIGHTNING WRESTLING

Dec. 3: Eastview 52, Spring Lake Park 27; Eastview 67, St. Paul Central 6; Eastview 64, Blooming Prairie 10; Eastview 42, Stillwater 24.

Dec. 8: Lakeville North and Tartan, 6 p.m.

Dec. 10: at Coon Rapids Duals, 8 a.m.

Dec. 15: Burnsville, 7:30 p.m.

Dec. 17: at Faribault Invitational, 9:30 a.m.

Dec. 20: at St. Cloud Tech Invitational, 5 p.m.

Jan. 6: Apple Valley and South St. Paul, 6 p.m.

Jan. 7: at Burnsville Invitational, 9 a.m.

Jan. 12: at Eden Prairie, 7:30 p.m.

Jan. 14: at Bemidji Invitational, 10 a.m.

Jan. 20: Chaska/Henry Sibley, 6 p.m.

Jan. 21: Lightning Invitational, 9 a.m.

Jan. 26: vs. Osseo and Champlin Park at Osseo, time TBA.

Jan. 27: vs. Rosemount and Lakeville South at Rosemount, 6 p.m.

Feb. 2: Eagan, 7:30 p.m.

Feb. 4: at Armstrong Invitational, 9:15 a.m.

Feb. 9: at Kennedy, 7:30 p.m.

from younger wrestlers. Eastview's junior varsity team won 20 matches last year. Eastview also qualified for the ninth-grade state tournament, finishing third.

After Saturday, Eastview already is one-third of the way to last year's total of 12 wins. The Lightning was 12-14 overall and seventh in the Lake Conference at 3-5.

The Lightning plays host to Lakeville North and Tartan at 6 p.m. Thursday, Dec. 8, before going to the Coon Rapids Duals on Saturday, Dec. 10.



MINH HUYNH EASTVIEW WRESTLING

The 119-pound senior improved his record to 14-0 last Tuesday with an 11-2 victory over a St. Cloud Apollo wrestler and a pin of a St. Cloud Tech opponent. He placed fourth at 103 pounds in the Class 3A state meet last March.

Blazing start for Eastview wrestlers

By MIKE SHAUGHNESSY
Sun Newspapers

No one can be sure what the remainder of wrestling season will bring, but Eastview coach Kurt Habeck likes where his team is now.

The Lightning went into the holiday break with an 11-1 record, and perhaps more important, a healthy roster.

"At this time last year, we had five starters out of the lineup [because of injuries] and never got them back," Habeck said. "Hopefully, we're going to stay healthy this year."

If the team does have an injury or two, the Lightning might be better prepared to deal with them. Habeck has used more than 20 wrestlers in varsity matches so far this season and

the frequent switches have not affected the team's performance.

"We felt we were going to have a team that would be competitive," Habeck said. "But, I don't think any of us would have predicted we'd be 11-1 right now. We're really happy. The kids are wrestling great, and it's a lot of fun to watch."

Eastview routed St. Cloud Apollo 46-21 and St. Cloud Tech 56-9 in its final two matches before the holiday break. The Lightning figures to face its biggest test of the season in the first match after the break.

Eastview meets defending Lake Conference champion and No. 5-ranked Apple Valley at 6 p.m. Friday, Jan. 6. (The Lightning takes on South St. Paulina non-conference match at 7:30)

Nine Eastview wrestlers already have 10 or more victories, including undefeated (14-0) senior Minh Huynh.

Huynh is ranked third in Class 3A at 112 pounds but has been wrestling at 119 so far this season. He and senior John Makabe (13-1) and ranked fifth at 160) wrestled at the state tournament last season.

"They're doing a great job of being senior leaders," Habeck said. "We've moved both of them up a weight class, so they're learning how to deal with bigger guys."

Both Minh and John have had close matches this year, but they just know how to win. In the third period, they're able to finish it off.

Josh Nelson (14-1) is ranked ninth in the state at 140. Scott

Hogan (14-2 at 103), Jacob Nelson (13-3 at 130), Andrew Nelson (10-4 at 171), Dan Getzke (12-2 at 189), Chad Eul (10-4 at 215) and Will Jackson (11-3 at heavy weight) are the other Lightning wrestlers with double-figure win totals.

Hogan is a ninth-grader and sophomores Jackson, Dante Hendricks (152), Brian Okonek (152) and Brian Griep (112) all have wrestled at least eight varsity matches.

January is probably the busiest month for high school wrestlers, so Habeck said he planned to give his athletes five or six days off before getting them back into the wrestling room.

The team will have several scrimmages during the holiday break.

Wrestling the competition into submission

*Senior leaders step up to take
over where last year's team left off*

by Kelly McCumber
Lightning Reporter

"Our Vision, Our Mission!" With the first half of the 2005-2006 season under wraps, the JV/Varsity wrestling team finished with an 11-1 record. With contributions from all of the competitors, the team was able to see the tasks laid before them and accomplish their mission both individually and as a team.

They put in countless hours to improve their quick feet, stamina, and most importantly, endurance. A match, consisting of three, two minute periods of strenuous work, requires all athletes to be above normal levels of physical fitness.

"They work hard everyday from start to finish, being a wrestler does not come easy; you need to work hard for your position," says Sophomore Manager Courtney Thompson.

To prepare for an exhilarating six minutes, the wrestlers warm up as a team and have their own superstitious preparations such as a double bounce or a favorite song right before a match. In the wrestling room before a home match they have "pump-up" music playing at the highest volume. During this time, they do various exercises to mentally and physically pre-

pare themselves. They wrestle other teammates to get their minds into the game.

In a sport where a competitive drive is a near necessity there is bound to be huge rivalries. Our cross-town and toughest opponent is Apple Valley. This team always shows heart and aggression for the victory. Other tough opponents include Eagan and Park Cottage Grove. Both of these teams prove to be tough competition for the Eastview.

Many students and coaches wondered what would happen without certain key leaders having lost them to last year's graduating class. The new senior captains, Chad Eul and Minh Huynh have done an excellent job of proving that they had many talented returning wrestlers and many new hard working freshmen.

The boys began the second half of the season with a tough loss to Apple Valley, and a strong win over South St. Paul. "We should be a tough team to beat once the section six tournament comes around," sophomore Trevor Flaten says with confidence. Come watch the wrestling team take down the second half of their mission in upcoming matches.

Latecomers to wrestling shoot for state again

Eastview's Huynh Makabe didn't start until 9th grade but are highly ranked as seniors.

MIKE SHAUGHNESSY • SUN NEWSPAPERS

One way to succeed in wrestling is to put on a singlet and get on the mat as soon as you're able to walk. But it's not the only way.

Eastview seniors Minh Huynh and John Makabe didn't apply their first headlocks until they were in ninth grade. Each had his own reason for starting late.

Huynh fancied himself a basketball star until he stopped growing. Makabe wasn't in any sports before moving from Kenya to Minnesota almost four years ago.

Still less than 10 years old and operating just a couple of miles away from one of the state's most dominant wrestling programs at Apple Valley, Eastview is not able to fill its lineup with people who have extensive summer tournament experience. Lightning coach Kurt Habeck has to scout the school for good athletes who might have the emotional makeup to be successful wrestlers.

"For most of the kids in the room, wrestling is not their No. 1 sport," said Habeck, whose team is 16-6 this season. "But they can see the work ethic and discipline they need in wrestling will help them in their other sports."

It also helps to be a little lucky, as Eastview was when Huynh and Makabe decided to turn to wrestling. Huynh is aiming for his third trip to the state tournament in March and Makabe is looking to get there for the second time.

Unrealistic expectations?

Huynh finished fourth at 103 pounds in the state Class 3A tournament last year, which has some people projecting that he might be able to finish even higher this year. And that, he said, makes him uncomfortable.

"I've been to state two times, and people think it's going to be easy this year," he said. "They say, 'You were fourth last year. Maybe you have a chance to win state this year.'"

"I don't look at it that way. Right now I'm thinking about trying to get back to state. If I do, we'll see what happens."

Huynh is 27.5 and ranked fourth in Class 3A at 112



SCOTT THEISEN • SUN NEWSPAPERS

(Left) John Makabe of Eastview keeps Dan Fox of Rosemount on the mat in a 152-pound match Friday night.

(Above) Eastview senior Minh Huynh works on Rosemount's Garrett Bothun on Friday night. (For more photos, visit our online Photo Gallery at www.mnsun.com.)

pounds by *The Guillotine*, a state wrestling newspaper. He talks cautiously about his chances of returning to state because he is in the same section as the No. 1-ranked wrestler, Apple Valley sophomore Tom Kelliher. In section competition, two wrestlers from each weight class advance to the state tournament.

Huynh has never defeated Kelliher, although "it's always been close between us," Huynh said. "I wrestled him early this season and lost in overtime."

That was the only loss in Huynh's first 22 matches. He lost three more in the Lightning Invitational last month, a tournament that included Albert Lea, the top-ranked team in Class 3A, and No. 1 St. Francis.

The fourth-place finish at state last year boosted Huynh's confidence. He did a little freestyle wrestling in the spring to keep in shape and sharpen his skills, but Huynh said he generally prefers to take time off from wrestling so he's fresh mentally and physically for the high school season.

"I do miss it when I'm in the offseason," he said. "But I try to keep from getting burned out."

He probably plays a little basketball during the downtime. "Since second grade, I've played basketball," he said. "I still love it. But I was only 95 pounds as a freshman."

"At that point he was steered toward the wrestling room. He developed camaraderie with people who were going through something stressful together, such as wrestling practice."

"The people have been good to me, and it's been so much fun," he said.

And if he gets back to the state tournament and finishes in the top three?

"It'd be cool," Huynh said.

New sport, new culture

Makabe attended a boarding school in Kenya from fourth through eighth grade. He learned three languages and was in acting and music.

Sports didn't enter the picture.

"In Kenya, school was 7 a.m. to 5 p.m.," he said. "So there wasn't much time for anything else."

His family's immigration to Minnesota was a decade-long process. Makabe's father, William, came first with a group of friends. The three oldest sons, Bernard, John and Alex, arrived in April 2002.

In December, John's mother, Agatha, and two youngest siblings, Franklin and Sylvia, came over to reunite the family.

One of the first things John noticed when he came to America is that school usually ended by 3 p.m. That left more time for other activities, and he jumped into sports feet first.

He played for Eastview's 11-2 football team last fall, seeing action mainly on special teams. He also runs the 1,600 meters in track and field.

Initially, he wasn't sure he wanted any part of wrestling. "I thought [high school wrestling] was like the WWE. I didn't know," Makabe said.

He eventually learned that amateur wrestling was tough, but the athletes didn't hit each other in the head with folding chairs.

Makabe lived in West St. Paul in ninth and 10th grade and attended Henry Sibley High School. Warriors wrestling coach Prentice Smith helped Makabe get his start. As a sophomore, Makabe finished third in Class 3A, Section 3 at 152 pounds.

Before his junior year Makabe's family bought a house in Apple Valley and he enrolled at Eastview. He joined the wrestling team and was Section 6 runner-up at 145, qualifying for the state tournament.

His state appearance was brief, but memorable. Makabe wrestled only one match, losing in the first round and being eliminated from wrestlebacks when his first-round opponent lost his next match.

But the scene at Xcel Energy Center made an impression, and now he wants to get back to the state tournament and place. He is ranked fourth in the state at 160 pounds but is likely to wrestle at 152 in the Section 6 tournament. Burnsville's David Bjorkstrand, ranked fifth at 152, could be Makabe's main rival in that weight class.

He saw sports as one way to help speed the transition to a new culture. "The adjustment was kind of a challenge," said Makabe, 27.4 this season. "Being in sports was a way to meet people and make some friends. It's been fun."

Along the way, he found out he had serious potential as a wrestler. For the first time since arriving in Minnesota, he participated in freestyle wrestling last summer.

Habeck was happy to see it, but said he didn't try to push Makabe.

"John's pretty highly motivated," Habeck said. "He doesn't need me to tell him what to do very often. He saw [freestyle wrestling] as a way to get better."

The most obvious sign that Makabe has adjusted to Minnesota is he's come to terms with winter.

"In Kenya, it's always summer," he said. "At first, I didn't like the winters here. But I'm OK with it now."

Kenyan a quick learner on mat

• Eastview's John Makabe began wrestling as a freshman, soon after his move to the United States, but he has developed into one of the top 160-pounders in the state.

By JOHN MILLEA • jmillea@startribune.com

In the Swahili language, wrestling is called "shindana mieleka," according to one English-Swahili website. Other sites reported "no matches found" in trying to find a Swahili term for the sport.

Which makes the story of Eastview senior John Makabe all the more amazing.

Here's the plot line: Young man born in the East African nation of Kenya participates in music and drama, but not athletics, in school ... comes to America as his high school years are beginning ... learns to love country music and burritos ... discovers the sport of wrestling ... and becomes one of the best wrestlers in his new home state of Minnesota.

Makabe's family arrived in stages over a 10-year period. His father, William, visited Minnesota as a young man and always wanted to return. William finally moved here 10 years ago, leaving his wife and children in Kenya while he laid the groundwork for their arrival.

Five years ago, John, now 18, and his brothers Bernard, 21, and Alex, 17, came to live with their father. And last December the family was reunited when wife and mother Agather arrived along with Franklin, 8, and Sylvia, 6.

William, who works in the nursing field, and the older boys lived in West St. Paul before moving to Apple Valley in 2004. John got his first taste of wrestling as a ninth-grader at Henry Sibley High School in Mendota Heights.

Prentice Smith, the Henry Sibley wrestling coach, remembers the first time he saw Makabe.

"It was in the fall of his freshman year. I was walking through the fitness center and he was on the treadmill," Smith said. "The kid was running at a pretty good clip, and he wasn't even breathing hard. He got off the machine and I said, 'Do you like getting after kids and flying around and having fun?' He kind of smiled, and he showed up [in the wrestling room] that freshman year."

Makabe competed on the junior varsity squad as a freshman. Although the sport was new to him — soccer and distance running are big in Kenya, but wrestling is nonexistent — he displayed immediate talent.

"You could tell he had a lot of natural gifts that you just can't coach," Smith said.

Although Makabe spoke English, the language of wrestling might as well have been Klingon. After all, how do you explain the proper execution of an arm bar or figure four with words alone?



JEFF WHEELER - jwheeler@startribune.com

Eastview senior John Makabe, top, beat Osseo's Jake Burbach by a 17-2 technical fall last week. Makabe, who made the state tournament at 145 pounds last year, is ranked No. 4 at 160 pounds this year.

"He just kind of did what came naturally," Smith said. "He's willing to be coachable, but the language barrier was an issue. A lot of what we did with him was hands-on. We couldn't talk him through things, we had to actually go through some things. He grasped some of it, and he just kind of had his own style."

Makabe was on Henry Sibley's varsity as a sophomore and finished with a 24-10 record, coming within one victory of qualifying for the state tournament. His family then moved to Apple Valley and he enrolled at Eastview.

As a junior he reached the Class 3A state tournament at 145 pounds and had a 30-11 record. And this season, Makabe's ascent has continued. He is 27-4 and ranked fourth at 160 pounds in 3A by The Guillotine, the statewide wrestling publication.

"It's amazing what he can do," William said as he and his family watched John pin an opponent in the Eastview gymnasium.

Amazing indeed. But Makabe's American immersion goes beyond the wrestling mat. He also is on the Lightning football and track teams, has a part-time job at a convenience store and dreams of becoming a pilot. The hardest part of his new life in Minnesota, in fact, had nothing to do with sports or school or work.

"Getting used to the climate, the weather," he said. "That was the hardest thing. It was cold. I

saw some pictures [of snow]. I didn't like it."

Eastview wrestling coach Kurt Habeck's first encounter with Makabe was much like Smith's experience at Henry Sibley. During the summer before Makabe's junior year, some of the coaches noticed him running on the school track. They asked, "Hey, what's your name and where do you go to school?"

Habeck got Makabe involved in Eastview's summer weight-training program, and his wrestling career continued to flourish. Makabe is quick and strong, with a style that leans heavily toward the upper body. He has developed a reputation for putting opponents in bear hugs and lifting them off the mat before ending their descent with a thud.

"He's a kid that everybody likes," Habeck said. "He doesn't have to say too much, but inside he's got a really good personality that kids like to have fun with. He's such a competitor. When I asked him why he wrestles, that was his No. 1 answer; because he likes the competition. And his second answer was because he likes hanging around with the guys."

"When John's wrestling really good, I don't think there's anybody in the state who can beat him."

In other words, the young man is very adept at "shindana mieleka."

Locked up

(Above) Rosemount's Jordan Azzam (left) and Eagan's Alex Diaz lock up in a heavyweight match during the Class 3A, Section 6 team tournament. Azzam won by decision, but Eagan defeated the Irish 60-16 in the quarterfinal match and went on to place second in the tournament. (Below) Eastview's Josh Nelson takes down Brett Hammond of Eagan during the Section 6 team semifinals at Apple Valley High School. Nelson won a 14-6 major decision, but Eagan defeated the Lightning 39-22. (For more photos, visit our online Photo Gallery at www.mmsun.com.)



Eastview

Eastview will send three wrestlers to the state tournament.

All three wrestlers finished second in the Section 6AAA individual meet.

Advancing to state are: Minh Huynh at 112 pounds, Dan Getzke at 189 pounds and Chad Eul at 215 pounds.

Huynh lost to Apple Valley's Tom Kelliher, 6-0, in the final at 112 pounds.

Getzke fell 9-2 to Billy Morgan of Rosemount, while Eul lost 10-5 to Jeremy Miller of Eagan.

One surprise for the Lightning was that senior John Makabe didn't qualify for state.

Makabe, who wrestled at state last year, lost a true second-place match to Burnsville's David Bjorkstrand at 152 pounds.

Bjorkstrand defeated Makabe, 15-7, to prevent Makabe from making a return trip to the state tournament.

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