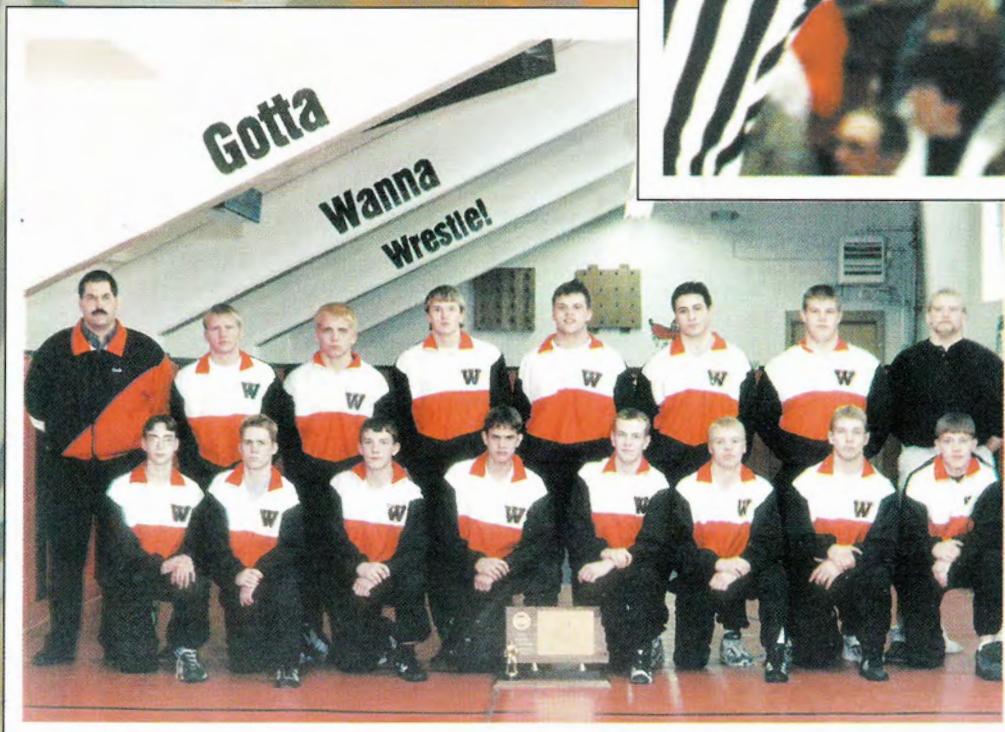
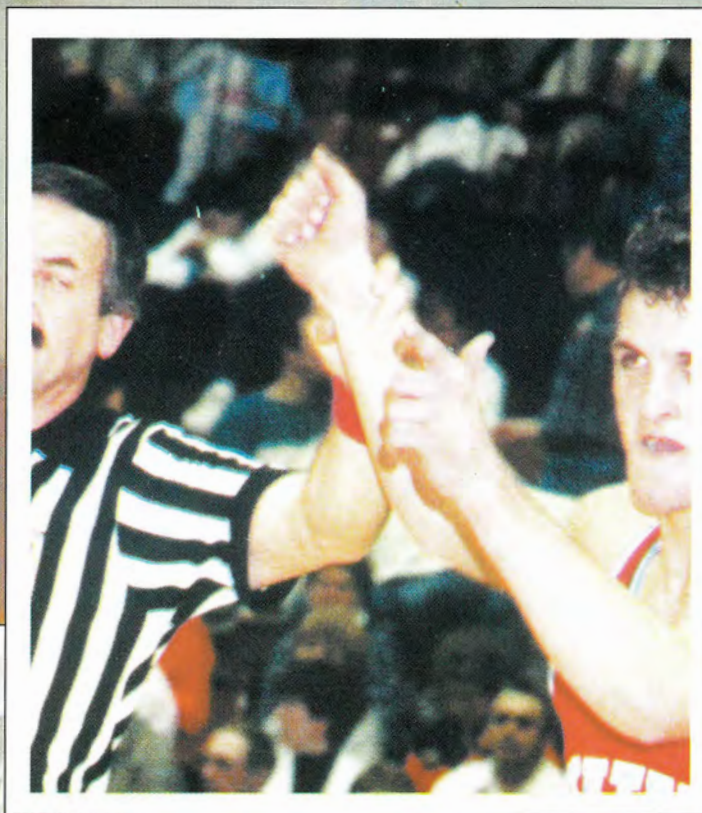


# DAKOTA GRAPPLER

## 1999-2000 North Dakota Wrestling Preview



1999  
Class A  
State Champs  
Willsiton Coyotes



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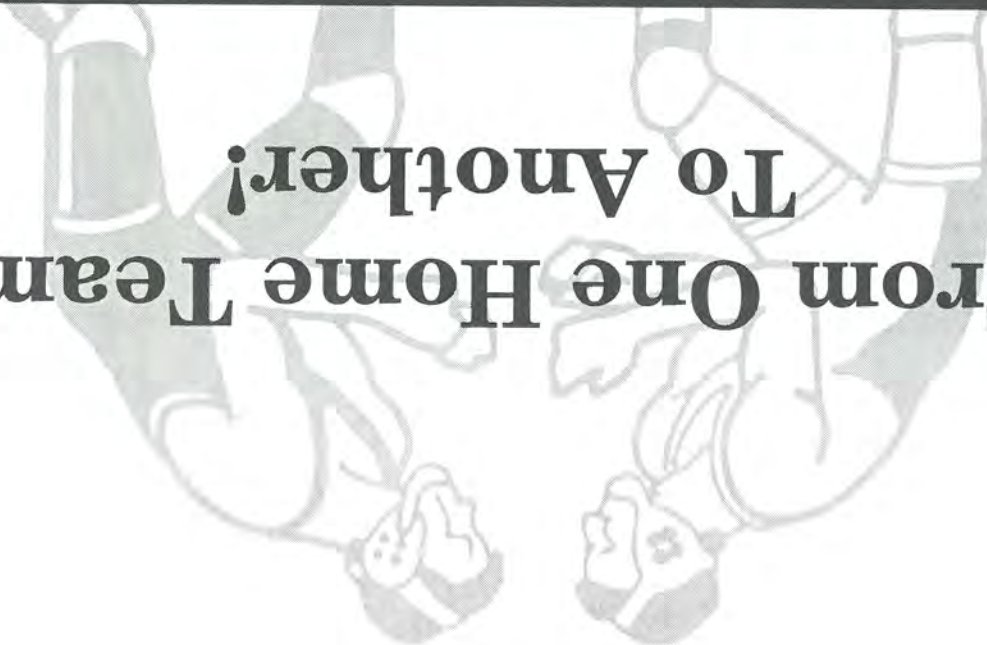
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# Welcome Wrestling Fans To North Dakota's First Wrestling Preview the Dakota Grappler!

There will be some fun and exciting things happening as we come upon a new millennium. North Dakota has added a State Dual Tourney this year. \*Read more about it in this issue. Last season we watched the No-Names of Ashley/Wishek run away with their second Class B championship title in as many years. Can they three-peat?

In the Class A ranks, Williston's strong senior leadership knocked off perennial powerhouses (the Bismarck Demons and Fargo South Bruins). Williston has a tough challenge ahead, returning only one place winner from last year's team. Now on the college scene, Division II NDSU is led by four All-Americans including two-time finalist Steve Saxlund. They are poised to rebound from a disappointing 1998-99 tournament run.

University of Mary, a perennial power in NAIA will be as tough as ever with a young but experienced class. Dickinson Blue Hawks and Jamestown Jimmies plan on giving U-of-Mary all they can handle. On a sad note, once again we lose an important part of North Dakota wrestling history. Valley City State University is following the foot steps of UND and BSC by eliminating there proud wrestling program (note: last year I counted 19 head or assistant coached that graduated from VCSU not including myself).  
Lastly, I would like to thank all the coaches, athletic directors, writers and advertisers without their help this book would not be here today.

If **Dakota Grappler** is to be even more successful in the future, we need help and cooperation of all coaches. It is the coaches that make wrestling work across the state. **Dakota Grappler** is here to give our hard working wrestlers the recognition they deserve.

## Fan Help Needed!

Dakota Grappler is asking the wrestling fans to send pictures of wrestling action to be used in next year's book. Make sure the names of the individuals are placed on the back of the photos, so that the individuals can get some recognition. If you want your pictures returned send along a S.A.S.E and I will get them back to you. Send your pictures to:

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Jon Gums

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Valley City ..... 5	Valley City ..... 5
Bismarck ..... 4	Bismarck ..... 4
Beulah ..... 4	Beulah ..... 4
Century ..... 3	Century ..... 3
Wahpeton ..... 3	Wahpeton ..... 3
Dickinson ..... 2	Dickinson ..... 2
Fargo North ..... 2	Fargo North ..... 2
Fargo South ..... 2	Fargo South ..... 2
Mandan ..... 2	Mandan ..... 2
Minot ..... 2	Minot ..... 2
TMCHS ..... 2	TMCHS ..... 2
Devils Lake ..... 1	Devils Lake ..... 1
GF Central ..... 1	GF Central ..... 1
West Fargo ..... 1	West Fargo ..... 1
Williston ..... 1	Williston ..... 1
GF Red River ..... 0	GF Red River ..... 0
St. Mary's ..... 0	St. Mary's ..... 0
East Region ..... 20	East Region ..... 20
West Region ..... 20	West Region ..... 20

**Summary**

103	Marc Mellmer-Dickinson ..... 1st	170.5	Williston
	Kyle Mahlum-Bismarck ..... 2nd	137.0	Fargo South
	Casey Sabot-Beulah ..... 3rd	136.0	Bismarck
	Eric Kilzer-Jamestown ..... 4th	129.0	Jamesstown
	Duran Biscoff-Minot ..... 5th	129.0	Beulah
	Joey Neigum-Century ..... 6th	112.0	Valley City
112	Eric Sabot-Century ..... 2nd	107.0	Dickinson
	Math Bitz-Bismarck ..... 3rd	94.0	West Fargo
	Jon Beckstrand-Devils Lake ..... 4th	91.0	Grand Forks Red River
	Joey Espoziza-Grand Forks Central ..... 6th	83.0	Beulah
119	Ryan Koch-Bismarck ..... 3rd	76.0	Wahpeton
	Tyler Whitecalf-Beulah ..... 4th	69.5	Minot
	Shane Saylor-Dickinson ..... 5th	63.0	Mandan
	Richard Charrette-TMCHS ..... 6th	61.0	Century
125	Eric Kiefert-Valley City ..... 3rd	54.0	Fargo North
	Cody Fisher-Jamestown ..... 4th	30.0	St. Mary's
	Tony Soderberg-Minot ..... 5th	28.5	TMCHS
	Mark Gorde-West Fargo ..... 6th	19.0	Devils Lake
130	Mike Bauman-Beulah ..... 5th	10.0	Grand Forks Central
	Travis Sharpe-Valley City ..... 6th		
135	Brooks Sabot-Beulah ..... 2nd		
	Chad Larson-Valley City ..... 3rd		
140	Phil Riedman-Valley City ..... 1st		
	Danny Meyer-Wahpeton ..... 6th		
145	Kevin Sobolik-Fargo North ..... 3rd		
	Dan Spellerberg-Wahpeton ..... 6th		
152	Robby Anderson-Wahpeton ..... 3rd		
	Tom Schultz-Jamestown ..... 4th		
	Nathan Schmitz-Fargo North ..... 5th		
160	Austin DeCoteau-TMCHS ..... 2nd		
	Elliott Piper-Bismarck ..... 3rd		
	Elijah Simbuger-Mandan ..... 4th		
	Eric Hageman-Fargo South ..... 5th		
171	Billy Sabot-Century ..... 6th		
189	None		
215	Marcus Nelson-Jamestown ..... 2nd		
275	William Duppler-Valley City ..... 3rd		
	Tony Fugleberg-Fargo South ..... 4th		
	Jerod Strode-Jamestown ..... 6th		

**Returning State Placewinners  
From  
1999 State Wrestling Tournament**

Jamesstown	82.0	State Tournament Returning Points
Valley City	82.0	
Bismarck	67.0	
Beulah	66.0	
Century	39.0	
Dickinson	37.0	
Mandan	36.0	
Wahpeton	36.0	
Fargo South	33.5	
Fargo North	32.0	
TMCHS	28.5	
Minot	22.0	
West Fargo	21.0	
Devils Lake	16.0	
Williston	15.0	
Grand Forks Central	10.0	
St. Mary's	9.0	
Grand Forks Red River	0	

**1999 State Wrestling Tournament**



## Class A & B State and Regional Predictions

Polls were sent out to the coaches across the state and the results are as follows:

### Class B Region 2

1. Hillsboro
2. Harvey
- 3& 4. Walhalla & Carrington
5. Larimore
6. Cavalier
7. Central Cass
8. Mayville – Portland CG
9. Four-Winds

### Class B Region 3

1. New Town
2. Kenmare
3. Verva
4. Minor Ryan
5. Stanley
6. Rugby
7. Rolla
8. Delacs/Burlington
9. Tioga
10. Garrison
11. Dunsceith

### Class B Region 4

1. Hettinger
2. Watford City
3. New Salem
4. Center
5. Bowman
6. Beach
7. Killdeer
8. Standing Rock

### Class B Individual State Prediction

1. Hettinger
2. Harvey
3. Oakes
4. New Town
5. Linton

### Class B Dual State Prediction

1. Hettinger
2. Oakes
3. Hillsboro
4. Harvey
5. New Town

### Class A East Region

1. Jamestown
2. Fargo South
3. Valley City
4. West Fargo
5. Fargo North
6. Wahpeton
7. Devils Lake
8. Grand Forks Central
9. Grand Forks Red River

### Class A West Region

1. Bismarck High
- 2&3. Bismarck Century (tie) Beulah
4. Dickinson
5. Williston
6. Minot
7. Mandan
8. Belcourt
9. Bismarck St. Mary's

### Class B Region 1

1. Oakes
2. Linton
3. Lisbon
4. Ashley/Wishek
5. Ellendale/Edgeley
6. Napoleon
7. Kindred
8. LaMoure
9. Enderlin

### Class A Individual State Prediction

1. Jamestown
2. Valley City
3. Bismarck High
4. Bismarck Century
5. Fargo South

### Class A Dual State Prediction

1. Valley City
2. Bismarck High
3. Jamestown
4. Fargo South
5. Dickinson



## *Coach Swegarden gave it his best*

take with him. "He said when we get done with a match, even if we lose, we shouldn't be mad if we gave it our best."

"He always told me to hang in there and do my best," Eisenbeis says. And there was one lesson for the coach to who taught him wrestling and helped him chart the waters for sixteen and pre-teen years.

family. He remembers crying with the teammates. But Eisenbeis has the memories of good times with a great coach, coach. He was there when Swegarden took it upon himself to tell his wrestlers he was going home to be with his High school junior Corey Eisenbeis will be there Thursday to honor Swegarden as a friend, as a teacher, and as a always preached acceptable behavior. There was no grunge look or wild haircuts on the kids. He had standards."

wits to depend upon. And he taught them about life. "He could help a kid when he was struggling," Wendo said. "He the coach. Swegarden taught them the tough physical moves of a sport in which the athlete has only himself and his Swegarden's family has reserved a section of the gym for the hundreds of athletes whose lives were touched by

It is tough to lose such a fine young man."

to be here and we loved him here," said Volesky. "When the time came when it would be too difficult, he let us know. independent Wilfred Volesky said Swegarden stayed in school as long as he possibly could. "We knew that he wanted

Swegarden made it to one wrestling meet in November, but he left school in mid-December to go home. Super-treatments with Denver specialists, who declared him to be cancer-free. But the disease returned.

had lost all but a few wisps of hair to chemotherapy. At one point, Swegarden's fight for life included experimental year, Swegarden's statebound wrestlers shaved their heads prior to the state tournament in honor of the man who 1991. He gave up the team two years ago to direct his energy toward wrestling and his battle against cancer. Last magnetism and a commitment to kids. This kids just pick up." Swegarden also became head football coach from "The program flourished," said Wenko. "I've been in this business a long time and some coaches just have a

among the top five teams in the state.

inspire the kids and lead the way, the numbers grew, and for the past several years Beulah has consistently ranked janelle, to teach language arts. Less than twenty kids were interested in the sport then. But with Swegarden to Swegarden took over a struggling wrestling program in 1990, six years after he moved to Beulah with his wife,

Wenko said. "He refused to quit."

"He refused to quit planning things. He made a tape that will be played at his funeral, thanking the community," athletic director.

he still refused to let the cancer take over, even though his suffering was unbelievable," said Rex Wenko, Beulah's his life, was an inspiration to those who knew him. "He fought to the very end. Even when he was in hospice care,

Jay Swegarden, the Beulah Miners' wrestling coach, lost a long battle with cancer at the age of 42. His battle, like

*Bismarck Tribune*

By LAUREN DONOVAN

# The Coach is gone

## *A tribute to Jay Swegarden*

Coach's Quote:  
 "For us to be successful, everyone on the team needs to contribute. We can't just depend on four or five individuals each time we wrestle."





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The Beulah Miners in their second year at the Class A ranks should have some individuals that should place at the WDA and State tournaments. The individual leaders on the team will be all Seniors, with maybe a couple of underclassmen showing their skills. Tyler Whitecalf, Brooks Sabot, Mike Bauman, and Corey Eisenbeis are all returning Seniors. Casey Sabot and Cordel Weidner are top underclassmen who I feel will also be in the top finishers. The Miners should have people in every weight class and as the year progresses, they will be challenging WDA foes.

**Outlook for upcoming season...**

Name	Grade	Record	Weight
Brooks Sabot	12	34-7	135 lbs.
Tyler Whitecalf	12	38-4	119/125 lbs.
Mike Bauman	12	33-6	130 lbs.
Corey Eisenbeis	12	22-16	140/145 lbs.
Cordel Weidner	11	20-16	145 lbs.
Casey Sabot	10	26-16	103 lbs.

**Other top Prospects**

Luke Sonstegard	171 lbs.
Brandon Kok	112/119 lbs.
Nathan Wolf	152/160 lbs.

**Returning Wrestling Prospects**

Brooks Sabot 2nd	Mike Bauman 5th
Casey Sabot 3rd	Monty Weigum 5th
Tyler Whitecalf 4th	

**Notable Tourney Finishes:**  
State Finish: 9th  
Region Finish: 3rd place (tie BHS)  
Dual Record: 7 — 6  
Asst. Coach: Jesse Sabot  
Coach: Tim Paul (1 year)









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 Casey Sabot	 Cordel Weidner	 Corey Eisenbeis
 Mike Bauman	 Tyler Whitecalf	 Brooks Sabot



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B. BOESHANS  
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1993 J. SABOT  
R. BOESHANS

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1997 B. A. BAUMAN  
J. THOPEN  
T. EISENBEIS



**North Dakota Wrestling Trivia #1**  
**Who was North Dakota's First Team State Champion?**  
**Answers to Trivia can be found on page 57**



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Although Bismarck High lost three key seniors who have started for the past four years and four other hard working seniors, the Demon Coaches believe there is enough Jun-Varsity talent and experience to fill the holes. However, it will take some time for our new faces to become "seasoned" enough for our team to compete for a state title. Another integral factor for the Demon wrestling squad will be the emergence of 3-4 "blue-chippers." State tournament finalists play a vital role in any championship team's aspirations. By tournament time, we hope to have gained the needed emotional, mental and technical experience to make a run as a state championship team. Other contenders for State Champions appear to be Valley City, Beulah, Dickinson and some "dark horses," with Jamestown being the front runner. Regardless of the final outcome, the first wrestling season of the new millennium expects to be exciting!

### Outlook for upcoming season...

Name	Grade	Record	Weight
Mike Kessel	11	16-1	112/119 lbs.
Jon Prussing	11	13-4	135/140/145
Garrett Ludwig	11	16-4	140/145/152
Matt Koch	12	14-6	135/140 lbs.
Justin Fischer	11	10-9	125/130/135
Mitch Weigel	11	11-10	135/140/145
Ryan Harding	12	9-5	171 lbs.
Matt Ballentyne	11	6-5	125/130/135
Zack Sandness	11	3-9	160/171 lbs.
Tony Keegan	11	4-12	189 lbs.
Cole Bertsch	10	4-4	112/119 lbs.
Chris Koch	10	9-5	145/152 lbs.
Ben Turnbow	10	7-7	152/160/171
Mike Lund	9	2-0	103 lbs.
Ryan Stockert	8	6-1	103 lbs.
Travis Land	8	7-3	103 lbs.
Aaron Silbermangel	9	5-2	160/171 lbs.

### Returning Varsity Wrestling Prospects

**State Finish:** 3rd  
**Region Finish:** 3rd in West Region Tournament and 1st in WDA Regional Season Duals  
**Dual Record:** 13-0  
 and Randy Hilzendeger  
**Asst. Coaches:** Brad Stollenow  
 and Jeff Schumacher (2 years)  
**Co-Coaches:** Scott Knowlen (10 years)



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# Bismarck Century Patriots

Coach: Ken Gabriel

Assistant Coaches: LeRoy McCormick  
and Lance Potter

Dual Record: 8-4

Region Finish: 5th

State Finish: 13th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Eric Sabot	10	35-6	125 lbs.
Laef Steen	11	24-17	130/135 lbs.
Joey Neigum	10	24-24	103 lbs.
John Schumacher	12	18-13	140 lbs.
Billy Sabot	11	27-16	160 lbs.
Shane Van Patten	12	189/190 lbs.	

## Outlook for upcoming season...

Century is returning three state placers from last year's team. With great leadership and hard work this team will improve from last year's effort. Barring any injuries (like last year's team) Century can place 5+ wrestlers depending on the young wrestlers coming up the ranks.

My commitment to myself and to my teammates is that I will constantly give whatever it takes to maximize my success in this sport. If it takes more effort, I will give that. If it takes more time, I will give that. If I have to play a role for the benefit of the team, I will do that; but at the same time I will always maximize my own abilities. I feel good about myself because I am in control of my own behavior. And while all situations may not allow me to perform myself always in the best light, I realize that I am getting closer and closer to the real me — the successful me.

Although I might sometimes choose to change some behavior of my teammates or coach, I realize that the only person I am in charge of is myself and I accept that. I am a winner and I'm going to be more of a winner. I support all my teammates who are winners and vow to infect any other teammates who are not already winners. No put-downs, no pressure, just infect them by example.

Success does not embarrass me. In fact, I intend to milk my personal successes and our team successes for their maximum. I will recognize any errors that I make and realize that only those who strive make errors. Recognition of my own errors will be only for the purpose of pointing to the aspects of my sport performance that I must give special attention to. I will not dwell on my errors nor will I over-analyze them.

Participation in this sport is extremely important to me, as is the association with my teammates and coach. I commit myself to the objectives of the team with the knowledge and trust that I am worthy of being a team member, and that I will make a significant contribution to the team.

Can you make this commitment?



Joey Neigum



Laef Steen



Jay Doan



Billy Sabot

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# Bismarck St. Mary's Saints

Coaches: Toby Schweitzer (10 years) and Cody Moe

Asst. Coaches: Jeff Murtaugh

Dual Record: 2-7

Region Finish: 7th

State Finish: —

Notable Tourney Finishes:

Shawn Farrell 3rd at 189 lbs.

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Jake Maher	10	20-18	103 or 112 lbs.
Dominic Richi	10	10-20	119 or 125 lbs.
David Houn	12	11-17	135 or 140 lbs.
Joe Houn	11	20-17	152 or 160 lbs.
Jake Danks	12	15-15	275 lbs.
Tyler Krumm	8	—	103 lbs.
Ryan Sattler	12	5-6	145 or 152 lbs.

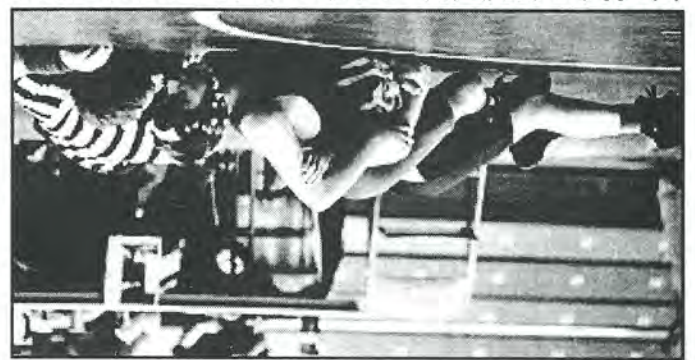
Other top Prospects  
 Jesse Martin, Ken Riehl, Jay Zimmerman, Pat Englehardt, Alan Kubik, Brian Ritter

## Outlook for upcoming season...

The 1999-2000 season outlook for the Saints is better than in the past. Numbers are up in all grades and the young talent is looking very promising. The Saints will fill a lineup for only the third time in my 10 years as coach.

We look to have better leadership then we have had in the past, which will help us with consistency and teamwork throughout the year. Individually we look for good things from our returning experience, Jake Maher at 103 (20 match winner last year), David and Joe Houn at 130 and 145 respectively (both picked up two victories at the state tournament last year and were one match away from placing) and finally our big guy, Jake Danks at 275 (also one match away from placing at state).

With a lot of the states talent graduating last year, we are hoping for some of our young guys to jump in and have some good success by the time the state tournament rolls around. We are very excited for the upcoming season and the future.



Jake Maher 103 lb. (9th grader) works for a pin in the West Region Tournament.



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Joe Houn 145 lb. (10th grader) squares off with an opponent at the State Tournament.

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# Dickinson Midsets

**Coach:** Dave Michaelson

**Assistant Coaches:** Jerry Holinka, Arlen Saylor and Brandon Lerbakken

**Dual Record:** 10-3

**Region Finish:** 2nd

**State Finish:** 6th

**Notable Tourney Finishes:**

3rd at Rotary Tourney

2nd at West Region

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Marc Mellmer	9	43-1	112 lbs.
Shane Saylor	11	36-8	125 lbs.
Cody Kostelecky	11	24-18	130 lbs.
Cody Wolf	11	11-27	145 lbs.
Ryan Lack	10	21-17	189/215 lbs.
Travis Pavlicek	11	5-15	215/275 lbs.
Dustin Hellman	12	15-23	130/135 lbs.

### Other top prospects

Jeremy May, Chris Kisse, Clint Greer, Justin Johnson, Eric Braun, Mike Kantrud, Mike Long, Justin Reisenauer, Garrett Morel, Josh Hecker, Travis Glick.

### Outlook for upcoming season...

Dickinson is returning just four state participants from last year's senior-heavy team. This West Region power is rebuilding. Anchored by freshman state champion Marc Mellmer and juniors Shane Saylor and Cody Kostelecky. A good crop of young wrestlers will fill in the holes. As the year progresses and the newer varsity wrestlers get experience, Dickinson should give many teams a fit. Come Regions and State Tournament time expect individuals from this well coached team to be standing on top of the podium.

**Consolidated.** *Reach the World, from here.*

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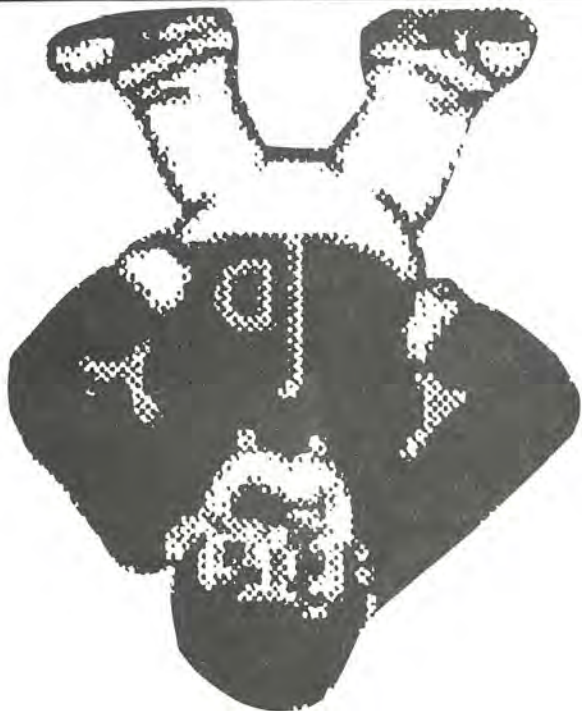
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Shane Saylor

Travis Pavlicek

Marc Mellmer

Ryan Lack

Cody Kostelecky



# Mandan

## Braves

**Coach:** Randy Wilson  
**Assistant Coach:** Justin Decoteau, Randy Ellis and Rick Padilla

**Dual Record:** 7-7

**Region Finish:** 6th

**State Finish:** 12th

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Brandyn Ellis	12	19-23	160/171 lbs.
Joe Geiger	12	21-18	215/275 lbs.
Levi Urlacher	12	3-2	112/119 lbs.
Brandon Zander	12	6-13	140/145 lbs.
Josh Begley	11	34-10	145/152 lbs.
Mitch Bitz	11	9-11	145/152 lbs.
Ryan Maddock	11	17-16	215/275 lbs.
Elijah Simburger	11	27-18	160/171 lbs.
Cole Strandemo	11	5-19	171 lbs.
Craig Wilson	11	7-21	125/130 lbs.
Isaac Simburger	10	12-20	103/112 lbs.

### Other top prospects

John Berger, Matt Doane, Travis Hiller, Mitch Hoessel, Antonio Rosas, Jeremy Steinwand

### Outlook for upcoming season...

Nine returners with a good amount of varsity experience, great attitude and work ethic. Experience earned the hard way with younger wrestlers should start to pay off. We should be much improved over last year.

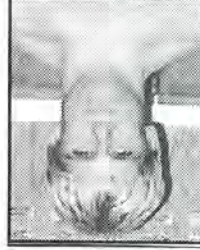
Returning five wrestlers from state competition, Mandan regroups plus builds strength for the upcoming season. The leadership by Bagley and Simburger seem to be the keys to our success. Determined to get numbers up Mandan keys the future with young talent coming up the ranks.



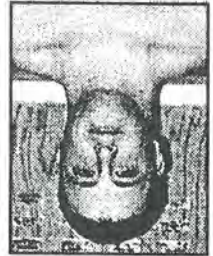
Josh Begley



Brndon Ellis



Joe Geiger



Ryan Maddock



Elijah Simburger



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# Minot Majicians

Co-Coaches: Jim Gilbertson and Gene Krebs  
Assistant Coaches: Robert Finesseth  
and Kevin White

Dual Record: 5-8

Region Finish: 4th

State Finish: 11th

Notable Tourney Finishes:

Derek Bischof - 1st

Chris Brekke - 3rd

Duran Bischof - 5th

## Returning Wrestling Prospects

Name	Grade	Record
Lance Stromberg	12	14-17
Tony Soderberg	11	33-12
Duran Bischof	8	18-20
Zach Grant	10	13-23
Derek Just	11	2-21
Berley Johnson	11	9-18
Jesse Kraft	10	6-18
Mike Aldridge	10	4-23
Sheldon Follman	10	3-4
Justin Irwin	11	2-3
Gabe Markle	10	3-14
Brandon Nordstrom	10	3-2

Gerald Valdez, Paul Duchsherer, Austin Mosser


## Outlook for upcoming season...

98-99 team graduated 5 seniors, the remainder of the varsity squad consisted of primarily sophomores and freshmen, with only one varsity senior returning (Lance Stromberg, St. qualifier) The 1999-2000 wrestling team will be the youngest in Minot's history. Returning state placers are Duran Bischof and Tony Soderberg. With one senior and everyone else underclassmen we are hoping for development to become competitive by Regionals.




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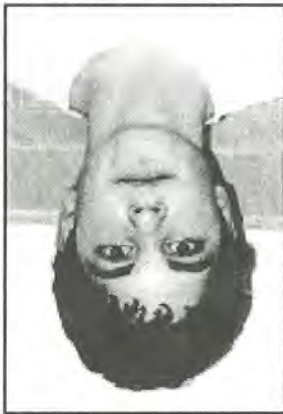
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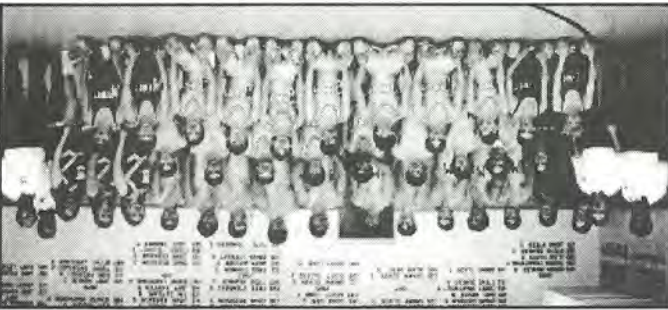




Tony Soderberg  
125# - 5th



Duran Bischof  
103# - 5th






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# Williston

## Coyotes

**Coach:** Chuck Michaelson  
**Assistant Coaches:** Nolan Spooner and Ed Nutz

**Dual Record:** 12-1

**Region Finish:** 1st

**State Finish:** 1st

**Notable Tourney Finishes:**

1st at Sidney, Williston and Dickinson; 2nd at

Miles City Rotary Tourney

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Casey Lund	11	24-12	112 or 119 lbs.
Paul Christen	11	24-21	125 or 130 lbs.
Alan Roness	11	32-17	130 or 135 lbs.
Albert Puchany	11	31-3	145 or 152 lbs.
Matt Binde	12	5-10	152 or 160 lbs.
P.J. Persson	12	12-12	171 or 189 lbs.
Gaylen Anderson	10	22-9	Hwt.
Aaron Seggerman	12	9-7	145 or 152 lbs.
Dustin Anderson	11	18-9	135 or 140 lbs.
Travis Jensen	10	20-10	145 or 152 lbs.
Kelly Abelman	10	Injured	215 lbs.
Marcus Murphy	11	10-5	189 lbs.
Sam Keck	11	6-18	171 or 189 lbs.
Robert Keck	11	10-14	160 or 171 lbs.

### Outlook for upcoming season...

With the loss of eight seniors we will be looking to gain experience with our younger wrestlers. We will be young, but should have solid depth in our middleweights. The beginning of the season the coyotes will go through some growing pains, but by the end of the year we hope to be competitive.

Brent Neether, Caleb Hinrickson, Luke Sundry, Zach Anderson, Cameron Russell, Myke Erdman, Leonard Walters, James King, Pat Septon, Andy Melhoff, Mark Thompson, Mitch Murphy, Josh Maisey, Pat Septon

Name	Grade	Record	Weight
Casey Lund	11	24-12	112 or 119 lbs.
Paul Christen	11	24-21	125 or 130 lbs.
Alan Roness	11	32-17	130 or 135 lbs.
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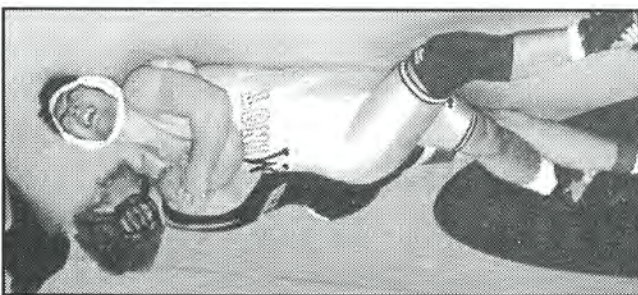
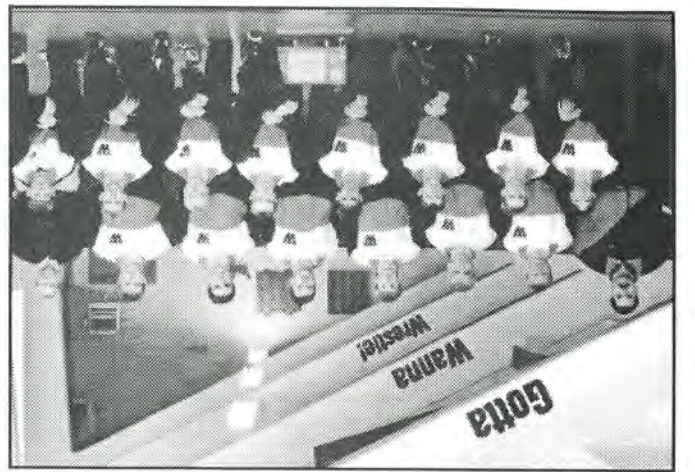
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**Assistant Coaches:** Nolan Spooner and Ed Nutz

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Name	Grade	Record	Weight
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Paul Christen	11	24-21	125 or 130 lbs.
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The young men really want to succeed this year. Coach Dixon mentions off season weights and working out at the fitness center will definitely help all his wrestlers. Depending on the numbers and where the young men settle into weight will determine dual team win and losses this season. This team should be quite fun to watch.

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**Outlook for upcoming season...**

The TMCHS (Belcourt) Braves are hungry and ready to work hard to improve on last year's finish. A host of young almost untested wrestlers are chomping at the bit to get the experience needed to place at state. Team leader Austin Decoteau runner-up last year at 160 lbs. will guide this team well.

**Returning Wrestling Prospects**

Name	Grade	Record	Weight
Austin Decoteau	12	31-7	160/171 lbs.
Richard Charrette	12	24-12	125/130 lbs.
Ronald Azure	12	9-21	275 lbs.
Luke Schindler	10	6-24	135/140 lbs.

**Notable Tourney Finishes:** At state Richard Charrette 6th place at 119 lbs. and Austin Decoteau 2nd at 160 lbs.

**Region Finish:** 9th  
**Coach:** Derrick Dixon

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**Rick Tangedal**

# Coyotes set goal, get it

By STEVE THOMAS  
Bismarck Tribune

Williston's wrestling team wanted to make a statement this week.

Saturday night they completed what they had to say. It ended in an exclamation point by the name of David Blonder.

Blonder, a 215-pound senior, won the 215-pound title via technical fall to conclude Williston's scoring in the state Class A Tournament.

The Coyote total of 170.5 was enough for a 33.5-point buffer on runner-up Fargo South.

South edged defending champion Bismarck 137-136 for second place and Jamestown took fourth with 129. Valley City with 112 and Dickinson with 107 also broke the 100-point barrier.

Blonder was one of three Williston champions. Earlier, Bobby Triebull took 112-pound honors and Jared Nichols won at 152.

"I wasn't trying to put an exclamation point on it," said Blonder, who trounced Jamestown's 19-3 in 3:35. "I was just trying to get the win. There was no pressure on me because we already had it (the team championship).

Williston coach Chuck Michaelson, named coach of the year by his peers, said his team followed the blueprint it had laid out before the tournament. "They just did an excellent job," he said of his team. "We said going into this we had to have everyone score and everyone did."

Nine Coyotes placed. Brad Toffie (125) and Rick Waitman (171) finished second. Ryan Hegge (130) placed third. Alan Roness (135), Eric Hageman (160) and Matt Rosslund (189) all took sixth.

Fargo South, Dickinson and Grand Forks Red River each boasted a pair of individual winners. Casey Becker, named Class A Mr. Wrestler, and Nick Fisher won at 135 and 145, respectively.

Marc Mellmer (103) and Josh Saylor (160) captured titles for Dickinson. Randy Gust (189) and Nathan Winkels (275) were Red River's champions.

Other championships went to Bismarck's Tony Bride (125), Minor's Derek Bischof (119), West Fargo's Jon Hanson (130), and Valley City's Phillip Reidman (140).

Triebull (41-0), Saylor (47-0) and Gust (40-0) all finished the season undefeated. Saylor set a state record for victories and a Class A record for pins (35).

Becker and Bischof were repeat champions. Becker won at 130 last season and Bischof took 103-pound honors in 1996 and won at 112 in 1997. He was second at 119 last year.

Todd Huber of Bismarck (130) Zach Thumb of Fargo North (275) came up short in their repeat bids, falling in the finals.

Triebull said the Coyotes came into the state tournament feeling like they had to take care of unfinished business after last year's disappointing fourth-place state tourney showing.

"We wanted to beat Bismarck High so bad because last year they said it was a fluke when we beat them in a dual," he said.

Nichols also felt it was time to take care of business. "We've been real close to a state championship the last two years. Last year we fell short and this time we worked real hard for it, prepared and pulled it out at the end," he said.

Fargo South coach Lynn Forde said things had to break perfectly Saturday evening for the Bruins to finish second. "We had to get two wins and two majors to pass Bismarck and we got a little help from West Fargo in beating Huber," he said. "This was almost as fun as the year we won it (1997). I thought we wrestled about as well as we could have."

For Bismarck co-coach Jeff Schumacher, failing to repeat was tough to swallow. Williston's effort, however, made it tolerable. "Williston did an excellent job," he said. "We would have needed an outstanding tournament to beat Williston. They did a great job."



# Devils

## Lake

### Satans

**Coach:** Dennis Flynn  
**Assistant Coaches:** Jay Schneider and Chad Clapper

**Dual Record:** 6-10

**Region Finish:** 7th

**State Finish:** 17th

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Jon Beckstrand	12	14-8	125 lbs.
Justin Beckstrand	11	17-6	112/119 lbs.
Justin Beckstrand	12	25-21	160 lbs.
Randy Hilliard	10	15-14	130/135 lbs.
Josh Puist	12	19-16	119/125 lbs.
Brent Idland	11	11-9	275 lbs.
Scott Johnson	11	15-14	215 lbs.
Chad Zander	12	16-21	130/135 lbs.
Mark Solberg	10	19-12	152/160 lbs.
Tyler Steffan	11	8-15	140/145 lbs.
Chris Lawson	10	7-27	140/145 lbs.
Shawn Larson	12	2-9	160 lbs.

### Outlook for upcoming season...

The Satans are coming off a tough year of injuries. The positive point to this is that we had a bunch of guys gain some valuable experience on the Varsity. We are only losing out of the starting line up, Ryan Fisk and T.J.Harris. Everyone else is back and we hope that Bobby Ness, who was out due to injury, can come back. Some key people coming back are Fields Olson, Randy Hilliard, Chad Zander, Jon Beckstrand, Justin Beckstrand, Scott Johnson, Shawn Larson, Chris Lawson, Parag Patel and Tyler Steffan. Some others who have seen varsity duty and look to break into the line up are Josh Puist, Corey Thuen, Brent Idland, Mike Thomason, Matt Wentz, Mark Solberg, Anthony Rolland and Aaron Fisk.

We figure to be a strong dual team this year in the east depending on how our guys spread out in weight. Even if we do not then we could move some people around to make us stronger. We should also be stronger in tournaments as we are now a year older and we have a good group of seniors. We are looking to our seniors to lead us through the year. We are hoping to bring home a team trophy this year in the region, which means that we are in the top four. We are also looking forward to the dual season as the state is now going to have a dual state tournament and we feel that we could be one of those teams.

The East looks to be pretty balanced between the top teams. Jamestown and Valley City definitely have an edge on most people but after that there are about four teams right behind them hoping to make the top. As far as the state is concerned the East will be pushing the West for the

## North Dakota Wrestling Trivia #2

Who holds North Dakotas most  
 Consecutive Individual victories record?  
 Also what school did he attend and  
 through  
 What year was this record produced?

Answers to Trivia can be found on page 57



Jon Beckstrand



Justin Beckstrand



Randy Hilliard



Parag Patel



Chad Zander



Shawn Larson



Josh Puist

top spots in the state. There are at least five good teams out there so things could turn into a dogfight in the end for matter of who can beat who on a given day.





The Fargo North Spartans wrestling team is looking for most of improvement from a very young team last year. With the departure of All-American Hwt., Zach Thumb the Spartan wrestlers look for new leadership which will probably come from senior Kevin Sobolik who placed 3rd last season. The Spartans are excited about the first-over State Dual Tournament where at any day any team could walk away with a team dual championship. Spartans young wrestlers need some experience and time on the mat and will get it as the year progresses. Just watch our two state placers wrestle in practice (Schmitz & Sobolik) and join in at the same intensity and they will be ready to succeed.

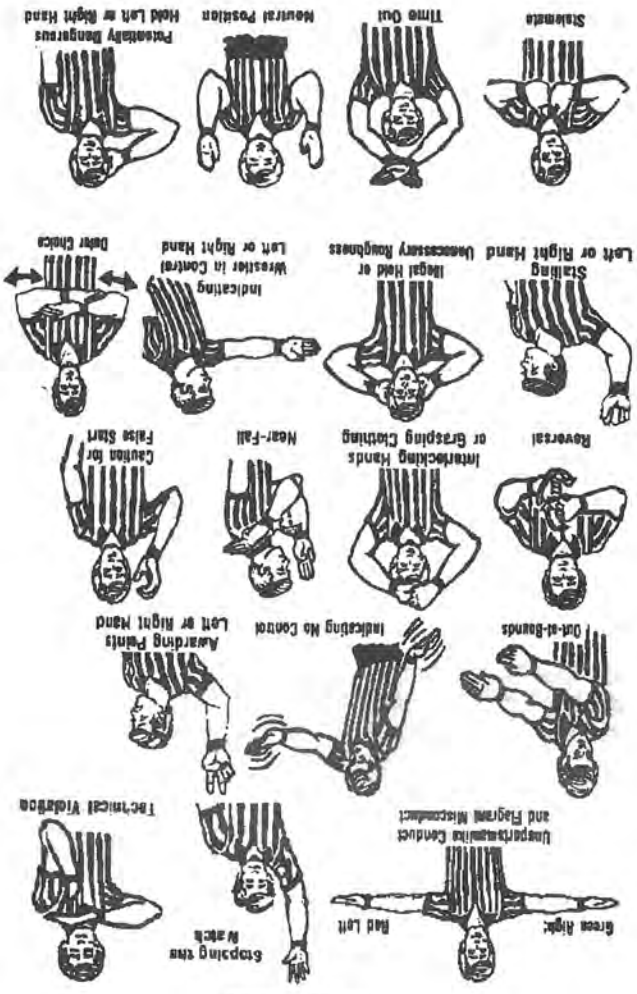
**Outlook for upcoming season...**

Name	Record	Weight
Kevin McBride	9-21	103 lbs.
Sam Reile	6-18	112 lbs.
Eric Sobolik	8-9	119 lbs.
Jace Brownlee	14-19	125 lbs.
Ross Moon	3-10	130 lbs.
Brett Hanson	16-19	135 lbs.
Daren Sullivan	5-11	140 lbs.
Kevin Sobolik	31-11	145 lbs.
Nathan Schmitz	16-15	152 lbs.
Mark Huckie	14-8	160 lbs.
Chris Schmidt	4-21	171 lbs.
Matt Kruse	5-19	189 lbs.
Shawn Dahlseng	6-17	215 lbs.

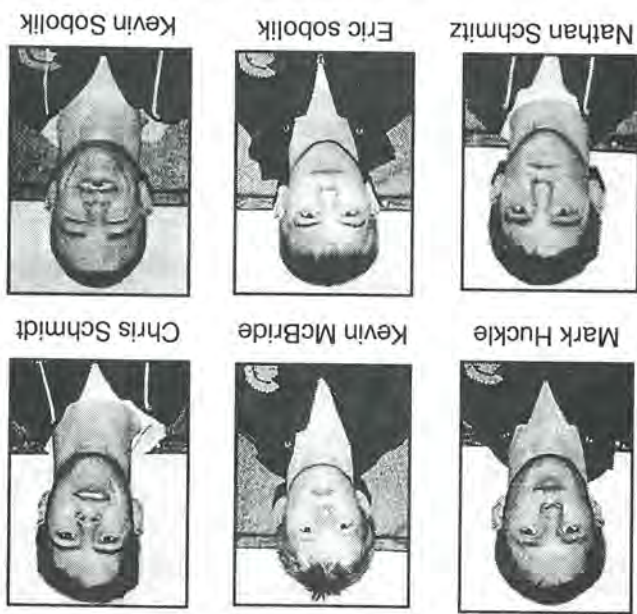
**Returning Wrestling Prospects**

Coach: Keenan Spiess  
 Assistant Coach: Dave Burgard, Rob Wagner  
 and Eric Ptacek  
**Dual Record:**  
 Region Finish: 8th  
 State Finish: 14th  
 Notable Tourney Finishes:  
 Zach Thumb 2nd at State, Kevin Sobolik 3rd at State, Nathan Schmitz 5th at State

# Fargo North Spartans



Courtesy of SMWC  
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 High School and College



Kevin Sobolik  
 Eric Sobolik  
 Nathan Schmitz  
 Mark Huckie  
 Kevin McBride  
 Chris Schmidt





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We feel that we have a lot of work to do if we are going to be competitive next year, but the potential is there. We have a number of kids who have been wrestling this spring and quite a few returning who have had considerable varsity experience. If we continue to work hard and improve like we hope to, we think we can finish in the top 2 or 3 in the region and be in the top 4 or 5 in state. Jamestown should be the pre-season favorite to win state.

Last year we lost 4 state finalists, including state champs Casey Becker and Nick Fischer. Casey and Nick were also our team captains and two of the best captains we've ever had at South. We also lost one other state place winner and one other senior starter. So, we not only lost a lot of talent and state tournament points, but also some great leadership.

### Outlook for upcoming season...

Nick Van Dyke	7	103 lbs.
Tom Sawwageau	10	112 lbs.
Shane Savageau	9	130 lbs.
Josh Savageau	12	135 lbs.
Mark Stenberg	11	140 lbs.
Eric Fanske	11	160 lbs.
Steve Johnson	12	152 lbs.
Jacob Shoop	10	130 lbs.
Mike Jenkins	12	160 lbs.
Alex Kingsley	9	189 lbs.

### Other top Prospects

Name	Grade	Record	Weight
Aaron Mar	11	15-19	119 lbs.
John Motta	11	22-18	125 lbs.
Grant Lonski	12	6-8	145 lbs.
Jon Zacher	12	12-16	152 lbs.
Eric Hageman	12	27-13	171 lbs.
Tony Fugleberg	12	27-16	Hvy

### Returning Wrestling Prospects

**Dual Record:** 9—9  
**Region Finish:** 2nd  
**State Finish:** 2nd

**Coach:** Lynn Forde (21 years)  
**Assistant Coaches:** Harvey Kruckenberg and Keith Kerbaugh



# Fargo South Bruins

Jon Zacher



Josh Savageau



Jon Motta



Aaron Mar



Eric Hageman



Tony Fugleberg





# Grand Forks Central Knights

Coach: Matt Berglund

Assistant Coaches: Jeff Welsh and

Adrian Simmons

Dual Record: 3-19

Region Finish: 9th

State Finish: 18th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Joey Espinoza	9	24-11	112 lbs.
Jason Manning	11	24-15	135 lbs.
Russ Mesteth	9	12-20	189 lbs.
Brett McDougall	12	15-24	130 lbs.
Justin Hall	9	7-13	119 lbs.
Sam Knittel	10	2-9	119 lbs.
Matt Kram	9	1-8	171 lbs.
Jason Hall	9	2-2	103 lbs.
Kip Davis	11	5-16	119 lbs.
Shaun Huot	11	0-13	275 lbs.

## Outlook for upcoming season...

With only one returning state placer, the rebuilding process will continue at Grand Forks Central. A combination of factors (the '97 flood, a reduction of Air Force base personnel, and coaching changeovers at the elementary and middle school level) caused our numbers to be decimated a few years ago and as a result, the varsity program has struggled to regain the supremacy in the East that it had in the early nineties.

This year's squad has just one senior, two-time state qualifier Brett McDougall, and three juniors. On the long-term upside, six middle schoolers gained varsity experience last year and our lone placer, Joey Espinoza, is only a freshman. Along with Espinoza, who will likely return to the 112 pound class, the Knights will be led by defending East Region champion, Jason Manning. Manning won the 125-pound title, but failed to place at state after dropping a controversial opening round match to state champion Tony Bride of Bismarck. Manning wrestled for Team North Dakota last summer and has developed into a more complete wrestler. Another emerging Knight is sophomore 189-pounder Russ Mesteth, already a two year starter. We have several tough holes in the middleweights. We are still there years away from being a true Region contender, but the groundwork has been laid with our revamped elementary and freestyle program to hopefully regain the consistency that was once here. We have to take care of the fish hatch-ery first if we hope to produce whooppers in the future.



## North Dakota Wrestling Trivia #3

Who was the last National Champion For Bismarck State College? (Hint he placed 2<sup>nd</sup> last year for the University of Minnesota Gophers)

Answers to Trivia can be found on page 57



Front row, left to right: Justin Hall, Joey Espinoza, Kip Davis, Sam Knittel, Jason Manning, Brett McDougall, Ralph Bakke, Jeremy Murphy, Russ Mesteth, Tim Holliday, Shaun Huot.



112# Joey Espinoza

130# Jason Manning





# Grand Forks

## Red River

### Roughriders

**Coach:** Bruce Moe

**Region Finish:** 5th

**Notable Tourney Finishes:**

Randy Gust State Champ at 189 lbs.  
 Nathan Winkels State Champ at 275 lbs.  
 Justin Wasylow 3rd at 215 lbs.  
 Andy Lafferty 4th at 171 lbs.

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Phillip Bastings	8	18-16	112/119 lbs.
Dusty Lafferty	12	11-31	140/145 lbs.
Nate Beck	11	13-15	160 lbs.
Jim Schmitt	11	13-15	160 lbs.

### Outlook for upcoming season...

The Roughriders look to rebuild this season after losing key seniors Randy Gust and Nathan Winkels, Justin Wasylow and Andy Lafferty. Really with all the "big guys" gone Red River will struggle during the start of the season, but when we find new team leadership and some experience we will show some strength come regions and state in Minot.

### Triumphant

The sound of a slap on the mat rings through your ears  
 As you get off your opponent, who is all in tears.  
 He has lost, while I get all the glory.  
 Although I feel bad for him, I am not very worry.  
 He was pretty good, I am just better  
 While he sits on e bench, I get my varsity letter.  
 The referee holds my hand up to the crowd,  
 And they scream my name, over and over, nice and loud.  
 I walk off the mat, upon my face is a grin  
 For I just got a nice, easy pin.  
 As I step off the mat I am congratulated by my team.  
 It is almost like I am having a great dream.  
 I find my seat on the bench and give a long sigh,  
 The next match is up, my moment has passed me by.

*Shawn McCormick*

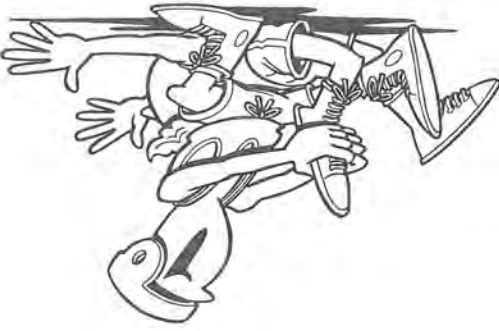


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 Truly this Experience No Wrestler would Trade

*Jon Gums*





# Jamesstown Blue Jays



**Coach:** Ron Zehren  
**Assistant Coach:** Greg White  
**Region Finish:** 1st

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Eric Kitzer	12	30-5	112 or 119 lbs.
Luke Bertson	12	14-19	119 or 125 lbs.
Cody Fisher	12	29-12	130 lbs.
Nick Olsen	11	22-16	140 lbs.
Mike Jaspers	12	10-15	145 lbs.
Cullen Wilson	11	4-7	160 or 171 lbs.
John Gengler	12	4-1	135 lbs.
Tom Schultz	12	22-12	152 lbs.
Matt Nelson	10	3-22	160 lbs.
Russ Fennern	12	20-15	189 lbs.
Matt Lucht	12	4-1	215 lbs.
Marcus Nelson	12	31-7	215 lbs.
Jerrold Strode	12	19-16	275 lbs.
Justin Wanzek	12	2-2	275 lbs.

## Other top prospects

Daniel White	9	5-1	112 lbs.
Tony Batesole	9		103 lbs.
Kyle Andrus	11	4-1	119 or 125 lbs.

## Outlook for upcoming season...

The Jamesstown Blue Jays have good reason to be optimistic about the upcoming season. Ten returning starters including eight state tournament participants and five placers give the Jays a solid nucleus to build upon while seeking to repeat as East Region Champs and improve on a fourth place finish at state.

Individually, Marcus Nelson 2nd at 215 lbs., Eric Kitzer 4th at 103 lbs., Tom Schultz 4th at 152 lbs., Cody Fisher 4th at 125 lbs., and Jerrold Strode 6th at 275 lbs. Are the returning place winners.

Other returning varsity performers are Luke Bertson, Nick Olsen, Mike Jaspers, Cullen Wilson, Matt Nelson, and Russ Fennern. Matt Lucht also returns and was a starter as a sophomore. All are expected to contribute heavily this season.

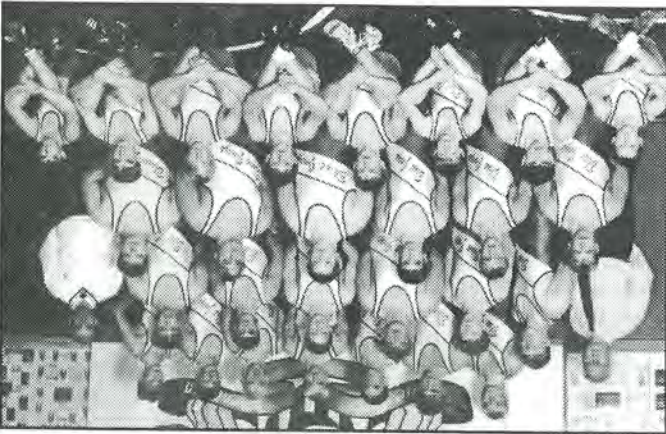
Notable newcomers should include freshman Daniel White and Tony Batesole.

Key losses from last years team include Andy Zehren, Dave Hegland, Jay Roemmich and Travis Lorenz. This is a senior dominated team so experience will not be lacking. The first challenge will be to find a weight class for everyone. Growth patterns can cause experienced wrestlers to land in the same weight class so we'll have to wait and see how that goes. Another question to be answered will be that of leadership. 98-99 captains Andy Zehren, Jay Roemmich, and Dave Hegland were outstanding leaders. We'll be looking for some new wrestlers to step forward and lead if this group is to be successful.

Obviously, we are excited about the new dual meet format with this team. However, we all know a lot can happen between November and February. It should be an exciting season for the Blue Jays and their fans.

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Jamesstown Blue Jays



215# Marcus Nelson



152# Tom Schultz



130# Cody Fisher





# Valley City Hi-Liners

**Coach:** Dennis Friestad  
**Assistant Coach:** Trevor Bakalar  
**Dual Record:** 9-6  
**Region Finish:** 4th  
**State Finish:** 5th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Charlie Senne	10	23-14	103 or 112 lbs.
Aaron Didler	9	4-6	119 or 125 lbs.
Evan Knodle	9	13-10	125 or 130 lbs.
Eric Kiefer	12	26-12	130 lbs.
Travis Shapa	11	24-12	135 lbs.
Chad Larson	12	28-8	140 lbs.
Phillip Riedman	12	34-1	145 or 152 lbs.
Preston Young	12	Injured	160 lbs.
Jesser Alexander	11		171 lbs.
Doyle Hancock	11		215 lbs.
William Duppler	11	30-8	Hvy.

## Outlook for upcoming season...

We have a number of returning starters back this year so we could have a decent team if they fill in the right weights. We did not have a lot of kids out for wrestling last year so we will not have a lot of depth. Filling all 14 weights will also be tough to do and if we have injuries during the season it could really hurt us.

Our top returning wrestler is senior Phil Riedman, State Champion last year at 140 pounds. Phil wrestled a lot of lbs. this year.

Eric Kiefert at 125 lbs., Chad Larson at 135 lbs. and William Duppler at Hwt. all placed third last year. Eric is a senior and will probably move up to 130 lbs. Chad, a senior, is expected to move up to 140 this year. Duppler is a junior.

Travis Shapa, junior, 4th at 130 lbs., is the other returning place winner. He will probably be at 135 this year. Other returning starters include sophomore Charlie Senne at 103 or 112 lbs., and freshman Evan Knodle at 125 or 130 lbs., both were state qualifiers last year. Junior Jessen Alexander returns at 171 lbs. and Junior Doyle Hancock returns at 215 lbs. Freshman Aaron Didler has also seen some varsity action and could possible wrestle at 119 or 125 lbs. Preston Young was a starter two years ago and missed last year with an injury. He is a senior and is expected back at 160 lbs.



Front row, left to right; Charley Senne, Evan Knodle, Travis Shape, Phillip Riedman, Chad Larson, Eric Kiefert, Back row, left to right; Tiffany Kiefert, Travis Solberg, Lucas Jacobson, Ryan Burnhill, Kevin Schader, Doyle Hancock, William Duppler.

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It should be an interesting season and I look for a great region and an interesting state tournament.

We may be lacking in experience but I have a group of kids who are willing to work and understand what it takes to win.

We will be without a senior on the team and will look to two-time state placer Mark Gorde for leadership. Obviously without a senior we will be very young, and need to get our experience on the mat.

We have a very strong program that should include approximately 40 wrestlers.

West Fargo is looking to improve on its region and state places. We lost several key seniors, including state champ Jon Hanson, and state runner-up Mike Gorde. However,

**Outlook for upcoming season...**

Name	Grade	Weight
Mark Gorde	11	145 lbs
Mike Gross	11	135 lbs
Brandon Gladue	11	160 lbs
Ryan Haring	11	189 or 215 lbs
Kory Zellers	10	119 lbs
Keith Sebelius	8	103 or 112 lbs
Eric Hanlon	9	103 or 112 lbs
Chris Borah	8	103 lbs
Mike Johnson	11	140 lbs
Tim Hay	11	125 lbs
Bryan Reidinger	11	160 or 171 lbs
Kyle Stroh	11	152 or 160 lbs

**Returning Wrestling Prospects**

**Coach:** Steve Marquart  
**Assistant Coaches:** Jim Thomas and Mitch Goehring  
**Dual Record:** 13-6  
**Region Finish:** 3rd  
**State Finish:** 7th



**West Fargo Packers**

I feel the Huskies will truly miss seniors Chad Tischer (4th place at 215 lbs.) and Jay Lies (1st at 171 lbs. and Triple Crown Winner in ND) next season, but I am extremely excited about the athletes we return. Dan Spellerberg (6th at 145 lbs.), Robby Anderson (3rd at 152 lbs.) and Danny Meyer (6th at 140 lbs.) are going to be impact wrestlers for us right away. We have three or four other wrestlers that will certainly help make our team a respectable tournament team. We will struggle in duals because of inexperience in the lower weights, but our middle and upper weights should be quite respectable. We have the ability to have a season in 1999-00 that would be very comparable to the 1998-99 season. We will have to be patient with the team and make it our goal to peak at the state tournament just as we did in 1999.

**Outlook for upcoming season...**

Channing Ehler at 119/125 lbs.  
 Garrett Thompson at 189 lbs.  
 Chad Spellerberg at 135/140 lbs.

**Other top prospects**

Name	Grade	Record	Weight
Corey Peterson	12	5-10	160/171 lbs
Dan Spellerberg	12	17-20	145/152 lbs
Robby Anderson	11	34-8	160/171 lbs
Baron Bjore	11	0-3	140/145 lbs
Benny Eback	11	0-2	189/215 lbs
Jeff Kast	11	6-12	152/160 lbs
Danny Meyer	11	21-18	140/145 lbs
Adam Mohs	11	15-20	275 lbs
Marty Fenner	11	189/215 lbs	
Scott Tischer	11	1-0	189/215 lbs
Jake Waterland	1-1	171/189 lbs	
Ethan Ehler	10	4-22	130/135 lbs
Matt Link	10	1-1	152/160 lbs
Alex Rowland	10	1-11	119/125 lbs

**Returning Wrestling Prospects**

**Coach:** Kelly McNary  
**Assistant Coach:** Dan Frame, Dana Pikarski and Wayne Hamble  
**Dual Record:** 4-8  
**Region Finish:** 6th  
**State Finish:** 10th  
**Notable Tourney Finishes:** 10th in Class A was our best finish in nearly 20 years at Wahpeton High School



**Wahpeton Huskies**

# Seven Keys to Maintaining a Healthy Weight

By JON GUNNS

## 1. Don't Rely on Magic

No matter how much we would like it to be true, there is no magic way to achieve a healthy body weight. Many of the "magic" approaches – pills, powders and portions – can lead to significant weight loss for a short period. But the vast majority of people who lose weight this way lose respect for conditioning and hard work. They become lazy relying on the quick fix and have lots of trouble throughout wrestling season maintaining a healthy weight. It is what you do from now on and the rest of the season that will determine your success at maintaining a healthy weight.

## 2. I did it before I can do it again

Some believe that because you lost that amount of weight the year before (or your friend did) you think you can again. Remember that you as a high school or even a college wrestler are still growing. Naturally by working out you are putting on muscle and muscle weighs more than fat. As you grow you will naturally weigh more. Ask your self is it worth sacrificing muscle for weight, because that is what you are doing. A wrestler needs as much muscle as possible, don't sacrifice it.

## 3. Body Fat Check

Before you start your season get your body fat checked. The average body fat of young men is ~ 10% or less and the state requires that high school wrestlers do not cut their weight below the 7% limit. Do the simple math, if you have 12% body fat the most you can lose is 5% of your weight. If you weigh 150 lbs. at 12% body fat the most you can lose is 5% of your weight. If you weigh 150 lbs. at 12% body fat this would suggest you lose only 7½ lbs. of body fat. While high schools in North Dakota don't take into consideration for the loss of water weight that colleges have. Colleges at the beginning of the season have each wrestler undergo a weight assessment using body weight, body composition and specific gravity of urine to determine weight at which the wrestler can compete, which consists of his lean body weight plus five percent. There will be no weight allowance ever. Colleges don't leave it up to the individuals to decide how low they can go.

## 4. Set Realistic Weight Goals

Achieving and maintaining a healthy weight is important for good health. But a healthy weight isn't necessarily the one that's suggested by a height/weight chart. Your healthy weight is what you weigh when you've empowered yourself to take care of your body through adequate activity and sensible eating. This means that you must make some sacrifices to get where you want to be. I suggest cutting out extra sweets, eliminating soda beverages (pop), and adding an extra workout in your schedule (like a morning run a couple times a week). This will increase your metabolism and you will naturally burn more calories.

## 5. Have Fun

The key to burning fat is burning calories. The only way to significantly increase your body's caloric expenditure is to increase your level of activity. Unfortunately we've forgotten what most children know that exercise is fun! We have forgotten that exercise is an act of caring and self-respect, not work or punishment. Regular exercise is one of the few proven predictors of successful weight maintenance. Even more important, regular activity significantly reduces a long list of health risks. Coaches I ask you to break some practices up and remind wrestlers to have fun or it will make for a long season.

## 6. Get Stronger

I can't say it enough. Two wrestlers with the same ability step on to the mat and the one who gets his hand raised the most often is the stronger. Research has shown that resistance training – whether with weights, machines, elastic bands, even in water – does more than help with weight control. It makes you a more complete wrestler.

## 7. Be Patient and Persistent

Being patient and persistent doesn't mean waiting for something to happen that will get you to a healthy body weight. It means planning and choosing attitudes that demonstrate self-acceptance and self-care. It takes practice. Most experts recommend that you keep some kind of record of your exercise, eating, and self-care habits. They don't have to be detailed or complicated. Just take a few minutes each day to note what activities you did to take care of yourself. Don't rush, 1 to 1½ lbs. a week weight loss is suggested by health officials. So start today, remember to take small steps. That's how most things happen... in real life.





98-99 State Class B Final Scores

Ashley/Wishek	173
New Salem	121
Oakes	112½
Hettinger	101
Harvey	100½
Watford City	100
New Town	93
Bowman	88
Hillsboro	85½
Minot Ryan	78
Velva	61
Stanley	61
Center	58
Linton	54
Beach	51½
Carrington	46½
Walhalla	42
May/Port/CG	41½
Lisbon	36½
Ellendale/Edgeley	35½
LaMoure	32
Cavalier	28
Des Lacs/Burl	26
Rolla	22
Central Cass	16
Kindred	15
Kenmare	14
Larimore	9½
Napoleon	9
Rugby	8
Killdeer	8
Tioga	5
Enderlin	3
Garrison	1
Four Winds	1
Standing Rock	0
Dunseith	0

Returning points based on individual placings.  
 1<sup>st</sup> = 16pts 2<sup>nd</sup> = 12pts 3<sup>rd</sup> = 9pts 4<sup>th</sup> = 7pts  
 5<sup>th</sup> = 5pts 6<sup>th</sup> = 3pts 7<sup>th</sup> = 2pts 8<sup>th</sup> = 1pt.

Hettinger	41
Harvey	40
Oakes	31
New Salem	28
New Town	25
Ashley/Wishek	24
Hillsboro	23
Linton	20
Center	16
Lisbon	15
Velva	15
Beach	12
Stanley	12
Des Lacs/Burlington	10
Watford City	8
Carrington	7
Mayville/Portland/CG	7
Rolla	6
Cavalier	3
Hettinger	5
Harvey	4
Linton	4
New Town	4
Oakes	4
Hillsboro	3
Ashley/Wishek	2
Des Lacs/Burlington	2
Lisbon	2
New Salem	2
Rolla	2
Stanley	2
Velva	2
Watford City	2
Beach	1
Carrington	1
Cavalier	1
Center	1
Mayville/Portland/CG	1

Class B Returning placers

Derek Lennick, Center	1 <sup>st</sup>
Shane Hase, Harvey	2 <sup>nd</sup>
Jeb Boxrud, Hettinger	3 <sup>rd</sup>
Gabe Davidson, Stanley	4 <sup>th</sup>
Ben Indeke, Linton	5 <sup>th</sup>
Joel Erickson, Oakes	6 <sup>th</sup>
112	
David Skoglund, Beach	2 <sup>nd</sup>
Miles Duffly, Hillsboro	3 <sup>rd</sup>
Chris Ness, Mayville/Portland/CG	4 <sup>th</sup>
Jason Kuntz, Linton	5 <sup>th</sup>
Nick Graf, Des Lacs/ Burlington	6 <sup>th</sup>
119	
Danny Henderson, Hettinger	3 <sup>rd</sup>
Cameron Wolding, New Town	5 <sup>th</sup>
Kyle Feltig, Harvey	6 <sup>th</sup>
125	
Reese Boehm, New Salem	1 <sup>st</sup>
Mike Deserly, New Town	5 <sup>th</sup>
Scott Martin, Linton	6 <sup>th</sup>
130	
Travis Glaesman, Ashley/Wishek	2 <sup>nd</sup>
Mike Honeyman, Hettinger	3 <sup>rd</sup>
Nick Ibach, Linton	4 <sup>th</sup>
Aaron Dougherty, Watford City	5 <sup>th</sup>
Tanner Sandstrom, New Town	6 <sup>th</sup>
135	
Darren Hoesel, New Salem	2 <sup>nd</sup>
Cody Chilson, Velva	6 <sup>th</sup>
140	
Tom Iverson, Oakes	1 <sup>st</sup>
Shane Eckelson, Ashley/Wishek	2 <sup>nd</sup>
Dakota Steedsman, Harvey	3 <sup>rd</sup>
Andy Steinberger, Hillsboro	5 <sup>th</sup>
Josh Norby, Watford City	6 <sup>th</sup>
145	
Blaine Pagel, Hettinger	3 <sup>rd</sup>
Collin Kelly, Oakes	4 <sup>th</sup>
Cole Davidson, Stanley	5 <sup>th</sup>
Doug Zinke, Rolla	6 <sup>th</sup>
152	
Jesse Tooley, Lisbon	2 <sup>nd</sup>
Alan Packulak, Des Lacs/Burlington	4 <sup>th</sup>
160	
Nate Person, Oakes	5 <sup>th</sup>
Mike Tomlinson, Rolla	6 <sup>th</sup>
171	
Chad Mathson, New Town	2 <sup>nd</sup>
Josh Harlidsiad, Carrington	4 <sup>th</sup>
Saul Carson, Lisbon	6 <sup>th</sup>
189	
Jayd Kittleson, Velva	2 <sup>nd</sup>
David Mueller, Hillsboro	3 <sup>rd</sup>
215	
Brandon Lerner, Harvey	1 <sup>st</sup>
275	
Josh Epperty, Hettinger	5 <sup>th</sup>
Rob Hunt, Cavalier	6 <sup>th</sup>

# Ashley-Wishek

Coach: Turner

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Shane Askelson	12	27-5	140 lbs.
Travis Glaesman	12	30-5	130 lbs.
Matt Schliepp	8	21-21	103 lbs.
Ryan Wolf	10	15-5	125 lbs.
Taylor Jenner			140 lbs.
Eric Rlatz			145 lbs.

**Outlook for upcoming season...**  
Ashley/Wishek is in a rebuilding mode for the upcoming season. We are looking for help in the upper weights.

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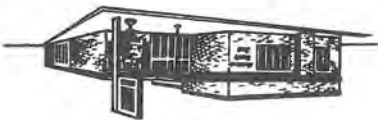
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## No-names No. 1



BY SCOOTER PURSLEY  
*Bismarck Tribune*

Ashley-Wishek fans could thank their lucky stars that the team had five wrestlers going for championships Saturday night at the State Wrestling Tournament.

Otherwise it might have been a pretty boring night at the Bismarck Civic Center after their favorite sons locked up a second straight state championship earlier in the afternoon.

The team steamrolled to 173 points, well ahead of the second-place New Salem's 12. The wrestling Goebel brothers, 112-pounder Jesse and 119-pounder Jerome, and 160-pounder Josh Hoffman, all won championships in front of 7,000 people.

Hoffman, a No. 4 seed, became the lowest-seeded wrestler in the tournament to win a title. "Seeding ain't anything," Hoffman said. "That's why you wrestle I just blocked that out and told myself I'm the best wrestler here."

That was a special moment for coach Perry Turner, as well. "To be a runner-up twice and finally succeed, I was very happy for him. He's a great kid," Turner said.

Ashley-Wishek's margin of victory was the largest since 1978. The 173 points was the most since 1981. New Salem actually had as many champions (three) as Ashley-Wishek, but not the depth. And Ashley-Wishek's depth began at the top.

Jerome had been to two title matches, but never wore a crown before Saturday when he pinned Brent Mirnak of Beach in 1:06.

How does it feel?

"I don't know yet," said Goebel, who finished the season 34-0. "I don't think it would come that fast."

Goebel's winning move? "We call it the cow catcher at hoe," Goebel said.

The win came moments after his twin brother Jesse recorded his record 30<sup>th</sup> pin, sticking David Skoglund of Beach in 4:50. He finished the season 32-0.

"It's better than last year because of the record," Jesse said.

Jesse's thoughts, however, were with his brother. "I want it for him more than me," he said, moments before Jerome's win.

Eleven Ashley-Wishek wrestlers qualified for state and eight placed in the top seven.

In addition to champions and runners-up Shane Eskelson at 140 and Travis Gleasman at 130, there was Ryan Wolf, who was seventh at 125 pounds, Darrik Nitschke, who was third at 135, and Dustin Thurn, who was third at 152.

"The kids in the wrestling rounds took the pressure off the guys tonight," Turner said. "That made it easier. It was a tremendous effort.

It was the progression through the wrestling matches that gave the team an insurmountable lead going into the finals.


Turner was able to relax and reflect during the championship matches.

"It's kind of like a situation with a child. . . . Turner said of Ashley-Wishek's title. "You love them dearly, but they're both special."

NOT SO FAST: It was reported Saturday that Danny Henderson of Hettinger broke Mark Pazdernik's pin record at 119 pounds. He, in fact, tied the mark of 25.


AWARDS: Hillisboro's Chris Mueller was named Class B Mt. Wrestler and New Town's Terry Mathson was named Coach of the Year.

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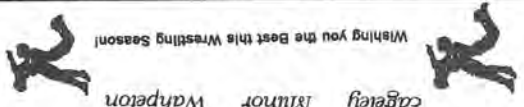


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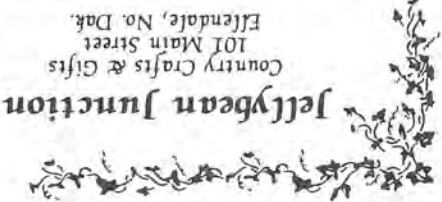
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The E/E Thunder look to continue to build on last years success and be competitive this season. State qualifiers Adam Moch at 189 and Thor Sand at 145 return to lead the Thunder attack. Dan Boom has recovered from an injury that caused him to miss regions last year, and Toby Mathern and Greg Middlestead and Jordan Sand are poised for breakout seasons.

**Outlook for upcoming season...**

Name	Grade	Record	Weight
Adam Moch	12	24-11	189 lbs.
Thor Sand	11	20-16	145/152 lbs.
David Moch	10	23-12	145 lbs.
Toby Mathern	12	12-19	119 lbs.
Dan Boom	12	17-10	171 lbs.
Jordan Sand	11	12-6	215 lbs.
Greg Middlestead	11	10-17	125 lbs.

**Returning Wrestling Prospects**

Tyler Middlestead ..... 8th  
 Jason Miller ..... Qualifier  
 Adam Moch ..... Qualifier  
 Thor Sand ..... Qualifier  
 Pat Bollinger ..... 2nd

**Notable Tourney Finishes:**  
 State Finish: 19th  
 Region Finish: 4th  
 Dual Record: 5-4

**Co-Coaches:** Mike Armitage and Brent Nell  
**Asst. Coaches:** Gary Jensen and Cory Schall

# Ellendale Edgeley Thunder



# Enderlin Eagles

Coach: Bob Moller  
 Assistant Coach: Terry Thomason  
 Dual Record: 0-8  
 Region Finish: 8th  
 State Finish: 40th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Brandon Anderson	12	5-9	215 lbs.
Ben Schmitz	12	27-14	119/125 lbs.
Greg Lemna	11	10-12	130/140 lbs.
Nick Swanson	11	21-18	130/140 lbs.
Cody McLean	11	10-15	152/160 lbs.
Eric Anderson	10	8-18	160/171 lbs.
Pat Stansbery	10	15-18	275 lbs.
Sam Menge	8	15-17	103 lbs.

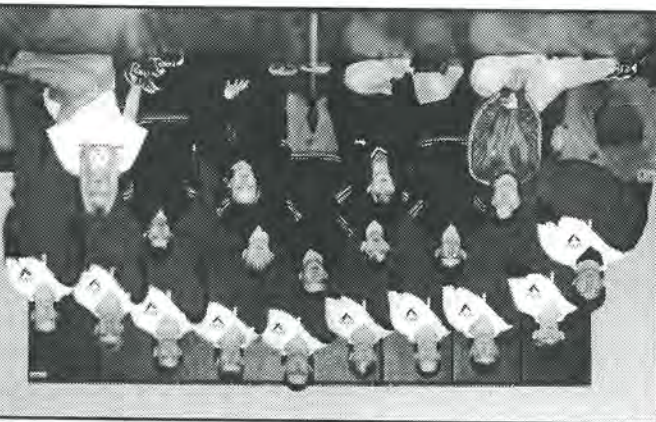
## Outlook for upcoming season...

Low numbers, young athletes and the graduation of some tough wrestlers has made the Enderlin wrestling team spend the past couple of years rebuilding. Filling 9 of the 14 weight classes the Eagle wrestlers ended their dual meet season with a record of 0-8. However, three wrestlers, Ben Schmitz, Nick Swanson, and Brandon Anderson competed in the 1999 state tournament and will be returning on this year's roster.

The outlook for the upcoming season is encouraging. The wrestlers have one more year of experience, maturity and several of the Enderlin wrestlers will be returning to their last years weight classes. A push to stay involved in the sport and work out during the summer has been made to the athletes in Enderlin. Several of the wrestlers took advantage of this opportunity and should experience the benefits of their hard work.

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# Kindred Vikings



**Coach:** Jeff Webu (6 years)  
**Assistant Coaches:** Kirk Zink  
 and Vince Nichols

**Dual Record:** 1-8

**Region Finish:** 9th

**State Finish:** 26th

## Returning Wrestling Prospects

**Name** **Grade**

Tyler Bauman 9

T.J. Roster 10

Damion Frederickson 10

Lionel Garcia 10

Luke Schulz 10

Kyle Hamry 9

Dan Wessels 9

Dana Otterson 9

Shea Magstadt 8

Logan Lunde 8

Luke Swenson 9

Chris Kowalski 9

Zach Tommeraus 8

Ryan McGinnis 9

Darrin Olsgaard 8

Ben Bako 9

Cole Halland 8

## Outlook for upcoming season...

The Viking wrestling program only lost one senior from last year's squad. Baron Blanchard will be greatly missed. The team will be young. Returning will be five 10th graders, ten 9th graders and around 15 junior high wrestlers. The dual season will depend on how the Vikings can fill the weight classes. "If they all stay at the same weight, like last year we had six 103 pounders, we may have some tough duals. Tournament wise the Vikings should be able to hold their own. The individuals have come a long way and are up for the challenge. Some individuals who have seen a lot of mat time are: Tyler Bauman, qualified for state last year as an 8th grader. Logan Lunde, who had 25 takedown and 16 near falls in only 10 varsity matches. Chris Kowalski, who won 20 matches last year at 103 and two 5th in the region. Luke Swenson Shea Magstad, Darrin Olsgaard, Damion Frederickson, T.J. Roster, Lionel Garcia, Ryan McGinnis, Dana Otterson, a couple of hopefuls Dan Wessels and Kyle Hamry, all have had good mat time. The Vikings have a well-rounded schedule. They will be tested at every event. "As long as the injury bug doesn't hit and they spread out in weight, we will have a fun season."

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T.J. Roster



Dana Otterson



Darrin Olsgaard



Ryan McGinnis



Shea Magstadt



Logan Leoneel



Chris Kowalski



Kyle Hamry



Tyler Bauman





# Lamoure Lobos

Coach: James Klein

Assistant Coach: Paul Schmitz

Dual Record:

Region Finish:

State Finish:

Notable Tourney Finishes: State Runner up- Bob Hebl at 152 lb. and 8th place finish- Beau Townsend at 215 lbs.

## Returning Wrestling Prospects

Name	Grade	Weight
Eric Podoll	12	125 lbs.
Dustin Willeg	11	189 lbs.
Doug Muske	12	Hwt.
Brock Sandness	12	171 lbs.
Marc Exner	12	160 lbs.
Bake Bockwoldt	12	215 lbs.
Todd Porter	11	130 lbs.
Kelly Steffes	11	112 lbs.
Joe Larson	8	103 lbs.
Jeremy Koval	12	152/160/171 lbs.
Dustin Olson	12	152 lbs.
Travis Peterson	9	140/145 lbs.

## Outlook for upcoming season...

The Lobos 1999-2000 outlook has these returning state participants and depending on how the weights of other returning letterman spread out to try and fill as many weight classes as possible. Seniors Doug Muske and Eric Podoll bring back the most experience. Doug was a state participant the past two years at Hwt. and returns for what should be an exciting senior season. Eric has had a tougher time but should break out this season. Other notable seniors, Brock Sandness (out most of season with mono), Dustin Olson (out most of season with a muscle tear in the abdomen), 3rd year wrestler Marc Exner, 2nd year wrestler Blake Bockwoldt and Jeremy Koval could have some impact on the upcoming year. Underclassmen Todd Porter and Kelly Steffes and state participants Dustin Willey and Joe Larson will also add some excitement to the Lobo lineup. New comers to the lineup could see freshman Joe Hebl and eighth grader Travis Peterson seeing some varsity time. The Lobos will be young to start but should mature as the season progresses and the weights start to spread out and weight classes get filled.

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Eric Podoll



Doug Mske

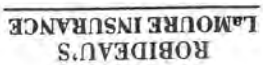



- 20 Suggestions to Reduce Fat**  
 To achieve ideal wrestling weight with out starvation or dehydration
1. Eat more servings of grains, vegetables, fruits, and dried peas, beans, and lentils.
  2. Eat lean meat, fish, poultry, and egg whites.
  3. Broil or braise food in water, fruit juice or stock instead of frying.
  4. Drink more water.
  5. Read ingredients. Buy foods prepared with no added fats or oils.
  6. Trim visible fat from meats and poultry before cooking.
  7. Choose foods with the lowest fat per serving.
  8. Dress salads with seasoned rice vinegar or balsamic vinegar.
  9. Make your own tortilla chips, and use fresh salsa.
  10. For dessert, try frozen fruit ices, juice bars, fruit sorbet, non-fat yogurt.
  11. Baked potato topped off with salsa, fat-free dressing, or non-fat yogurt.
  12. Use butter powder in place of butter or margarine on vegetables.
  13. Use cooking methods that drain fat away from the food.
  14. Stock up on a variety of non-fat snacks.
  15. Maintain variety in your diet.
  16. Skim off fat from soups and stew.
  17. Use nonfat or low-fat dairy products.
  18. Ask for salad dressing on the side.
  19. Meatless main dishes 2-3 times a week.
  20. Reducing animal foods, meat, poultry, fish, eggs and dairy products.
- Enhanced glycogen stores can be achieved by eating a high carbohydrate meal the night before and 4-6 hours before a match to provide maximum endurance.

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# Linton-H/M/B Lions



**Coach:** Dan Imdieke (23 years)  
**Assistant Coach:** Kevin Oien

**Dual Record:** 7-1  
**Region Finish:** 3rd  
**State Finish:** 13th

### Notable Tourney Finishes:

Napolean Early Bird - 2nd  
Edgeley Thunder - 3rd  
Garrison Invite - 3rd  
Linton Holiday - 5th  
Center Invite - 4th  
Ashley-Wishek Invite - 3rd

### Returning Wrestling Prospects

**Name** **Grade** **Record** **Weight**

Ryan Nagel 8 8-3 103 lbs.

Matt Reiner 9 10-4 103 or 112 lbs.

Jay Senyer 8 6-0 103 or 112 lbs.

Andy Rohrich 9 6-7 103 lbs.

Ben Imdieke 7 35-7 112 or 119 lbs.

Jason Kuntz 11 27-12 119 or 125 lbs.

Scott Martin 9 28-12 130 or 135 lbs.

Nick Ibach 11 31-6 135 or 140 lbs.

Josh Kramer 12 29-12 135 or 140 lbs.

Lee Nagel 10 15-18 140 or 145 lbs.

Ryan Baumgartner 10 28-8 152 or 160 lbs.

Wade Huber 12 27-11 160 or 171 lbs.

Leo Kuntz 10 20-17 160 or 171 lbs.

Jeremy Bitz 9 17-22 189 lbs.

### Other top Prospects

Mark Ferst 8 171 lbs.

Preston Leren 8 103 lbs.

Paul Nagel 11 103 lbs.

### Outlook for upcoming season...

We're excited about next season. We have five state place winners returning and 8 kids back with 20 or more wins this season. If we don't "bunch up" too much we feel we could shoot for top 5 in the state next year. Our light and middle weight should be our strong areas. Our two seniors next year will be important to us. Josh Kramer and Wade Huber need to have good years along with some good leadership.

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Ryan Baumgartner

Jeremy Bitz

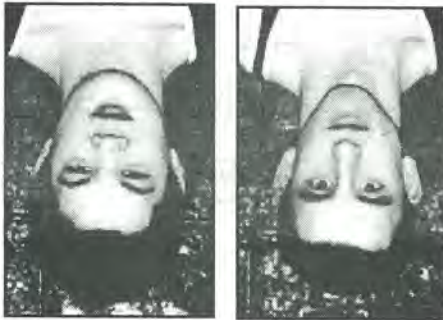
Wade Huber



Nick Ibach

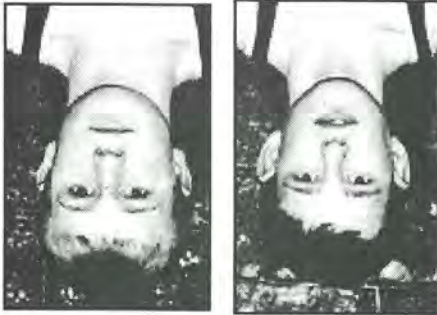
Ben Imdieke

Josh Kramer



Jason Kuntz

Leo Kuntz



Scott Martin

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# Lisbon

# Broncos

**Coach:** Steve Schroeder

**Assistant Coach:** Jon Aberle

**Dual Record:** 7-8

**Region Finish:** 5th

**State Finish:** 19th

**Notable Tourney Finishes:**

4th at New Salem

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Dustin Schultz	10	4-20	103 lbs.
Scott Carlblom	11	25-11	135 lbs.
Nathan Carlson	12	14-14	189 lbs.
Saul Carlson	11	23-15	215 lbs.
Jace Carter	9	15-13	125/130 lbs.
Ben Lemieux	11	23-16	125/130 lbs.
Austin Reinke	12	22-17	140 lbs.
Bryan Sand	11	19-16	145 lbs.
Ryan Stetson	10	12-8	112 lbs.
Jesse Tooley	12	27-13	152 lbs.
Jesse Wheeler	10	15-18	171 lbs.
Dan Edland	10	5-18	215/275 lbs.

## Other top prospects

Nathan Brattie	152/160 lbs.
John Stroh	215/275 lbs.
Mike Kaczmarecki	152 lbs.
Travers Storhaug	130 lbs.

## Outlook for upcoming season...

The Broncos return a ton of experience from last year's team. Senior leadership will be important from Nathan Carlson, Austin Reinke and Jesse Tooley to lead the younger wrestlers up the ladder to success. Depending on how the weight classes fill out Lisbon could push for a top 3 finish in the Region and a top 10 finishing at State. If Lisbon can fill all weight classes expect the Broncos to do well in dual competition. A solid Bronco team will beat the teams with just a few great wrestlers.

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# Napolean

## Imperials

a.k.a.: Young Guns II (the sequel)

**Coach:** Barry McCleary

**Assistant Coaches:** Norman Kleppe

and Jeff Schneider

**Dual Record:** 1-5

### Returning Wrestling Prospects

Name	Grade	Weight
Charles Weigel	12	152/160 lbs.
Jesse Laber	10	140/145 lbs.
Ross Schumacher	10	119/125 lbs.
Clint Harter	10	103/112 lbs.
Mitch Schaver	10	160/171/189 lbs.
Chris Weigel	9	140/145 lbs.
Dominique Reis	9	112/119 lbs.
Kelly McCleary	9	135/145 lbs.
Kyle McCleary	9	275 lbs.
Jake Maglum	9	152/160 lbs.
Kenan Doll	9	177/189 lbs.
Keith McCleary	8	189/215 lbs.
Tom Gross	8	130/135 lbs.
Grant Ellison	8	103/112 lbs.
Kevin McCleary	7	103/112 lbs.
Tyler Weigel	7	160/171 lbs.
Craig Gilmore	7	112/119 lbs.
Justin DeWald	7	103/112 lbs.
Jason Becker	7	152/160 lbs.
Brandon Fettig	7	103 lbs.
Brennan Laber	7	103 lbs.

### Outlook for upcoming season...

This year's version of the Imperial Wrestling team will be full of young quality wrestlers. With only one senior and no juniors, this team is an extension of last years young guns, led by senior Charles Weigel.

As a coach in a small school, I've been through this before and the fun is in the building. This team is full of top quality young wrestlers with many years of youth wrestling experience and now varsity high school experience. Including two state champions and national AAU All-American cans, two being National AAU Champions.

As in 1998-99, this year will be a learning experience and hopefully we will see success along the way. We like to think of it as young and fun!

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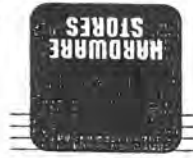
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## Best 2000 High School

Here are rankings of the nation's best 2000 high school. Several factors were considered in determining these ratings. They include: (1) accomplishments at the state High School Championships (folkstyle) (2) National Junior Freestyle and Greco-Roman success (3) Cadet National placement (4) performance at prestigious high school tournaments (5) information from coaches and parents. Weights from the 1998-1999 season. Also included are Honorable Mention and Special Mention wrestlers. Honorable Mention includes wrestlers who just missed the top-20. Special Mention includes wrestlers who received consideration for the top-20.

### Best 2000 High School Freshman & Sophomores

112-17, Eric Sabot (10) Century, ND 2nd State

125-Special Mention: Scott Martin (10) Linton, ND 6th State

189-15, Ryan Lack (10) Dickinson, ND State Qualifier

16, Garrett Thompson (10) Wahpeton, ND State Qualifier

18, Gaylen Anderson (10) Williston, ND State Qualifier

112-17, Math Bitz, Bismarck, ND State Champ '98

119-Special Mention:

Shayne Saylor, Dickinson, ND 4th State

125-Special Mention:

Tony Soderberg, Minot, ND 5th State

130-Honorable Mention:

Nick Ibach, Linton, ND 4th State

140-Special Mention:

Danny Meyer, Wahpeton, ND 6th State

145-Honorable Mention:

Cole Davidson, Stanley, ND 5th State

Special Mention:

Doug Zinke, Rolla, ND 6th State

160-Special Mention:

Elijah Simburger, Mandan, ND 4th State

171-Honorable Mention:

Billy Sabot, Century, ND 6th State

275-Honorable Mention:

William Duppler, Valley City, ND 3rd State

Josh Eppertly, Hettinger, ND 5th State

Best 2000 High School Seniors

Special Mention:

Derek Linnick, Center, ND State Champion

112-Special Mention:

David Skoglund, Beach, ND 2nd State

125-Honorable Mention:

Resse Boehm, New Salem, ND State Champion

130-Special Mention:

Mike Honeyman, Hettinger, ND 3rd State

135-Honorable Mention:

Brook Sabot, Beulah, ND 2nd State

140-9, Phil Reidman, Valley City, ND State Champion

Honorable Mention:

Tom Iverson, Oakes, ND State Champion

145-Special Mention:

Blaine Pagel, Hettinger, ND 3rd State

Colin Kelly, Oakes, ND 4th State

160-Honorable Mention:

Austin DeCoteau, Turtle Mountains, ND 2nd State

171-Honorable Mention:

Chad Mathson, New Town, ND 2nd State

189-Honorable Mention: Jayd Kittelson, Velva, ND 2nd State

Special Mention:

David Muellet, Hillsboro, ND 2nd State

215-16, Brandon Lerner, Harvey, ND State Champion

Special Mention:

Marcus Nelson, Jamestown, ND 2nd State

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**Coach:** Mark Fischer  
**Assistant Coaches:** Rod Garland, Cory Schall  
 and Ryan Thorpe

**Dual Record:** 7-1  
**Region Finish:** 2nd  
**State Finish:** 3rd  
**Notable Tourney Finishes:**

Tom Iverson 1st at 140 lbs.  
 Collin Kelly 4th at 145 lbs.  
 Ross Thorpe 3rd at 171 lbs.  
 Nate Person 5th at 160 lbs.  
 Joel Erickson 6th at 103 lbs.

### Other top Prospects

Travis Hyatt could be a threat at 103 lbs.

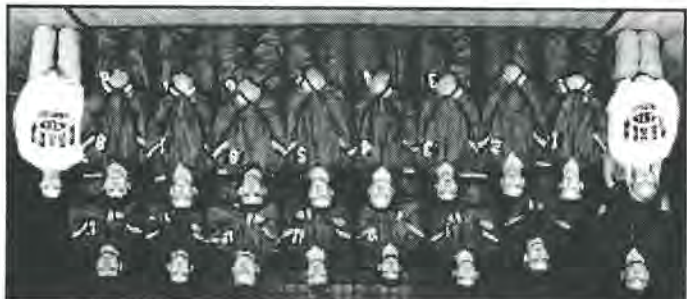
Name	Grade	Record	Weight
Joel Erickson	9	27-7	119 lbs.
Pete Forward	8	18-15	130 lbs.
Curt Savy	10	22-11	125 lbs.
Steve Howard	9	13-19	135 lbs.
Wade Kappenman	9	9	19-10
Wade Kappenman	9	11-15	140 lbs.
Tom Iverson	11	32-2	152 lbs.
Collin Kelly	11	25-8	145 lbs.
Adam Dahlstrom	10	30-9	160 lbs.
Nate Person	11	23-8	152 lbs.
Jeremy Moore	10	23-16	145 lbs.

### Outlook for upcoming season...

Although the three seniors will be hard to replace, the Oakes Tornadoes will have a strong nucleus coming back next year with seven returning state placers. Junior state champion Tom Iverson will provide leadership for the team next year. Four-time state placer and former state champion Collin Kelly will also provide great leadership. Other returning placers are Nate Person-5th, Joel Erickson-6th, Curt Savy-7th, Jeremy Moore-7th and Adam Dahlstrom-8th. Oakes has been pretty lucky with their numbers and should fill a whole team next year. However, most of the more experienced wrestlers will be stacked up in the 145-160 lb. range. As Ashley-Wishek loses many seniors to graduation, Oakes looks to try taking over the reigns as Region 1 champions. With this team, barring any major accidents, Oakes looks confident in their chances of placing at the state tourney again.

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Back row (l to r): Coach Fischer, Chet Kopperud (1), Adam Dahlstrom (10), Jake forward (11), Ross Thorpe (12), Nate Oestrich (12), Bart Reich (12), Jeremy Moore (10), front row (l to r): Kayla Carlson, Joel Erickson (9), Pete Forward (8), Curt Savy (10), Steve Hoikkala (9), Wade Kappenman (9), Nate Person (11), Tom Iverson (11), Collin Kelly (11), Randa Becker.

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Good Luck and get after it.

If you have any questions on peaking for the end of the season e-mail us at mail@steinerwrestling.com or call us at 608-271-0835 or 608-236-9498 and we will try and help.

Look at your affirmations a few times a day and say them to yourself. You will see results, just by convincing your mind what you want to happen.

I am the 1999 State Champion at 145 pounds!  
I always perform my best in matches!  
I always finish my single leg perfect!  
My double leg is explosive!

Will move in that direction. Example:

a computer. So, if you tell it things you want to happen you know what is true or false. It just takes in information like your affirmations in the present tense. Your mind doesn't write yourself telling you exactly what you want to happen. Write your affirmations are little notes to

Mental Skills Training: Affirmations are little notes to more nutrients or rest. Listen to your body.

outs. If you do not feel right, chances are your body needs should feel refreshed and ready to explode into your work-erly rested, they will not perform at optimum levels. You body adequate rest is very important. If they are not prop-muscles for energy and recovery. Giving your muscles and starve your bodies of calories because you must feed your sure to spread your calories out throughout the day. Do not your body nutritious meals at least 3-4 times a day. Make aspect for peaking at the right time. You should be giving

Nutrition and Rest: This could be the most important but do not neglect this area of your training.

hours to recover from your lifts before your competition, your competition schedule. Make sure to give yourself 36 week. This is something you will have to arrange around lift with higher weights and 10-15 repetitions 1 times a with 6-8 repetitions 1-2 times a week and a circuit type of towards to end of the season. Try to lift heavy weights

Strength Training: It is crucial to keep your strength now the same amount of time it took you to run the spring.

and give yourself some rest in-between each sprint about ning 440, 220, 100 and 50's can do wonders. Make sure as I have stated above and also by running sprints. Run- at your highest intensity. Wrestling live situations can do it bic conditioning. This will be done by short intense bursts Conditioning: You already have a good aerobic condi- give your opponent anything to work with.

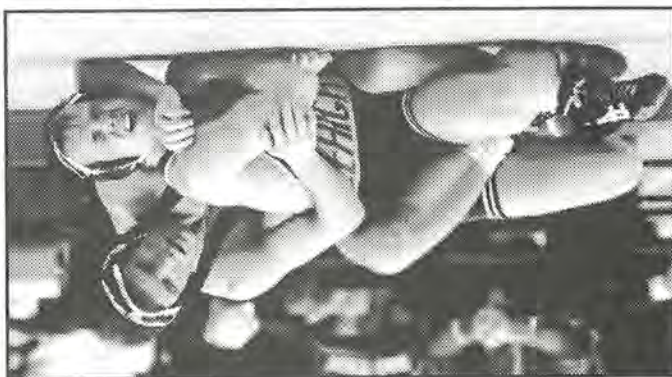
length are good, but even go 1 minute periods and 30 sec- ond periods where you must score. You can also put your- self in different situations in which you are losing by 1, 2, 3, or 4 points with 30 sec. @ndash: 1 min. remaining. Then put your self ahead by 1, 2, 3, or 4 points and hold good position. Score when a situation presents itself but do not

shorter, the intensity needs to pick up. The periods of match warmed up, wrestle shorter periods. Because they are to put points up on the scoreboard. After you are thoroughly yourselves in the same situations and you have to be able thus far in the season. Because chances are you will find in the areas that you have found yourself in during matches, as possible. Spend 20-30 minutes drilling your technique, sion and preciseness. Trying to emulate a match as close- sure that you are drilling everything with a lot of explo- when you are drilling and reviewing your technique, make continue to build on your strengths. In wrestling practices strengths (I do not like to think of it as weaknesses) and Skill Development: Always try to correct your lesser to work on sharpness and explosion.

It starts with a dream but without hard work and parparation, it also may end with a dream. Hold onto your dreams, but also get out there and do something about them. Now that you have built a great base of conditioning through the early and mid parts of your season, it is time to start gearing everything for the end of the season. This is a time in which workouts should be designed to bring out your highest level of intensity. Conditioning and en- durance is already with you at this point so now you have to work on sharpness and explosion.

By TERRY & TROY STEINER

## End of Season Training Tips



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## Quantity or Quality, that is the Question

National Wrestling Rules that expanded the number of weight classes from 12 to 14 didn't keep states like North Dakota in mind. Dwindling rural population and school enrollments are greatly affecting wrestling viability in our small communities. Some school administrators/boards have dropped their wrestling program because they could no longer field a full team. (Mostly important in duels) It is unlikely that more than 10 teams in North Dakota class "B" wrestling will be able to field a full team. Duel team championships and a possible multiple team champion is a mistake in my opinion. It most certainly will favor larger enrollment schools and not place a premium on quality as championships that are based on a point system crowning individual state champs, runner-ups and consolation matches. In class "B" wrestling, when the old format is used, a small school with five or six quality wrestlers could win a state championship. I believe that's how it should be. Rewarding larger enrollment schools with state championships for forfeits is a sham if not a shame. I can visualize a duel championship won by a wrestler with a 2-20 record by virtue of a forfeit, winning a state championship for his school. If that wouldn't make my food regurgitate, nothing else could. If state championships aren't for rewarding excellence then what are they? The idea of having two state championships is good in theory only. If numbers should determine a state championship then why not allow any school to enter as many participants in each weight class as they want to. This echo may be redundant but simple logic should prevail and convince wrestling purists why duel championships shouldn't crown a state champion. I believe it will be detrimental to wrestling and take away from the idea of rewarding quality & excellence. It is well-known fact that more than 70% of the teams cannot field a competitive duel team because of small enrollments.

If the aforementioned hypothetical don't occur then enters scenario number two. During the dominant years of Watford City, Velsa, Lisbon, Napoleon and Carrington chances are most years they would have won both championships. (One championship is enough) I strongly believe the idea of duel championships is flawed & and not necessary for the state of North Dakota. In class "A" there are only 20 teams. It becomes evident that wrestling state consolation matches down to seven & eight places already makes the state championship similar to a duel format championship. This allows nearly half of the wrestlers in the state to place. In my view three or four like in boxing, so you could have a championship for everybody.

In the long run, if I am proved wrong, it will make me glad, after all, wrestling is for development for our kids. If the end result doesn't slight the sports integrity and allows the smaller school to compete then I will have been proven wrong. I hope that I'm not right again!

It has been many years since the overall quality of wrestling in North Dakota has been at this mediocre level, not just through my eyes but also how poorly we have done against out of state competition. I'd hate to think we are awarding two championships of inferior quality.

In conclusion and summary, administrators/boards need to know or be educated that it is important for schools to have wrestling programs, even if they have nine or 10 wrestlers. In track & field it has long been recognized that quality supersedes numbers. Some track teams may have good relay teams and no hurdlers, shot putters or high jumpers. Some track teams may have sprinters where one individual may win both the 100 & 200-meter sprints. In track & field, programs are not eliminated because they don't have participants in all events. Wrestling should be viewed similarly as a viable and worthwhile sport, even if not all the weight classes are filled.

Last but not least, I am for anything that can make North Dakota wrestling flourish. I'm especially worried about wrestling in the small enrollment schools because once it's gone it's gone forever. Many fans would be surprised how much enrollments have dropped in most rural communities. Many schools, according to the NDHSAA booklet have less than 70 boys in high school. These schools need a very high percentage of participation to field both basketball & wrestling teams. It takes a relentless effort to field a team and be competitive against larger schools. Especially, in duel competition where different size individuals are required. This makes one realize the room for error is small and getting smaller every year. I would like to commend everyone that is making a difference for wrestling. It is my earnest wish throughout North Dakota from Wallhalla to Bowman and from Wahpeton to Williston that wrestling will remain with us. Somewhere in the future let it be said, that we did what we could and that quality wasn't sold-out for quantity..



# Carrington

## Cardinals



Coach: Mark Pazdernik

Assistant Coach: Eric Hewitt

Dual Record: 7-4

Region Finish: 2nd

State Finish: 16th

Notable Tourney Finishes: 2nd in Region II

### Returning Wrestling Prospects

Name Grade Record Weight

Joe Irmen 9 22-16 112 lbs.  
Mike Skadberg 12 17-11 119 lbs.  
Tyler Givold 11 9-19 125 or 130 lbs.  
Josh Doelling 11 6-10 130-135 lbs.

Kody Lura 10 15-14 140 or 145 lbs.  
Chris Liberda 12 20-15 140 or 145 lbs.  
Nick Sauby 12 10-6 140 or 145 lbs.

Tyler Lura 12 20-11 152 lbs.  
Travis Lutman 12 9-5 160 lbs.  
Josh Harildstad 12 30-10 171 lbs.

Ryan Zink 12 22-15 171 or 189 lbs.  
Nick Doelling 12 16-11 215 or 275 lbs.

### Other top prospects

Neil Veenn 8 103 or 112 lbs.  
Brook Gussias 8 103 lbs.  
Nic Beach 10 135 lbs.  
Jake Zink 10 152 lbs.

Chris Danduran 12 145 lbs.  
Dustin Bucholtz 10 112 lbs.

### Outlook for upcoming season...

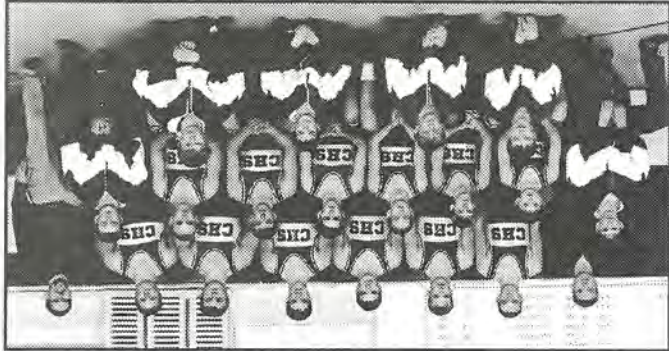
This year should be quite interesting, since there will be a dual team state championship on the line. The cardinals didn't field a full team all year last year. It was hard to get anything going with all of the gaps in our line up. If we can get everybody at the right weights, to field a full team from the start of the season to the end, we should be one of the top teams in our region. There are 7 returning state qualifiers back this year. One of the state qualifiers is Josh Harildstad who finished 4th. The team is hoping to improve from its 16th state place with an encore of 9 seniors. We have a very challenging schedule this year. We wrestle in some tough Class B tournaments (Carrington, Linton, Lisbon, New Salem, and Harvey) this year. We are hosting a dual tournament this year, which will field several tough teams from around the state. The East-West tournament (mini-state) in New Salem is always a good tester for state. In addition to that we have two duals and tournaments with Class A schools.

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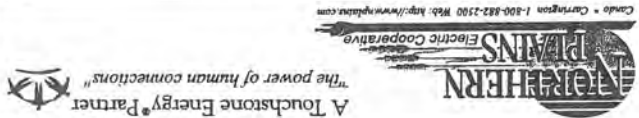


135# Chris Liberda in the Carrington Tournament.



Back row, left to right: Coach Eric Hewitt, 145-Tyler Lura, 145-Travis Lutman, 152-Travis Carr, 160-Ryan Zink, 171-145-Tyler Lura, 152-Nick Doelling, Assistant Coach Jerry Schneider, middle: 140-Matt Anderson, 103-Joey Irmen, 112-Mike Skadberg, 119-Tyler Givold, 130-Kody Lura, 135-Nick Sauby, 130-Nick Sauby, 140-Brad Klocke; Front: 130-Nic Beach, 125-Josh Doelling, 103-Dustin Bucholtz, 145-Jake Zink. Not pictured 140-Chris Danduran.

NAPA - Carrington



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# Cavaller Tornos



**Coach:** Bob Wicker (27 years)  
**Assistant Coach:** Jeff Urlaub  
**Region Finish:** 4th  
**State Finish:** 21st  
**Notable Tourney Finishes:**  
 2nd in 1994

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Rob Hunt	12	30-7	275 lbs.
Ryan Schall	12	24-12	160 or 171 lbs.
Chris Falk	12	16-14	152 or 160 lbs.
John Samson	10	10-20	145-152 lbs.
Adam Schbliem	10	8-22	140 lbs.
Chad Kendall	11	18-14	130 lbs.
Jordan Watson	10	10-18	125 lbs.
Nick Baker	9	10-20	119 lbs.
Matt Simmon	9	8-23	103 lbs.
Joe Watson	12	—	135-145 lbs.
Jeremy Wolf	10	—	112 lbs.
Randy Baker	12	3-3	275 lbs.
Sam Lucier	10	2-2	171-189 lbs.
Lucas Similie	10	—	215 lbs.

## Other top Prospects

Blake Ritteman	8	112 lbs.
Mitch ?	9	215 lbs.
Dan Miller	10	125 or 130 lbs.
J.J. Kihne	10	275 lbs.
Joe Busse	10	119 lbs.
Tim Schroeder	8	103 lbs.
Zack Landon	9	125 or 130 lbs.

## Outlook for upcoming season...

The 1999-2000 season outlook is very bright for Cavaller High School with 15 returning letter winners competing for varsity positions. Most of the team also participates in football and baseball so the boys are seldom idle. This certainly makes it easier to prepare for the wrestling season when a lot of your team is competing in other sports.

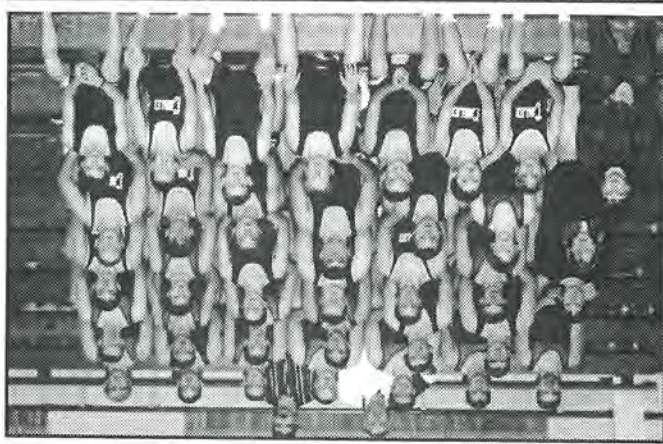
We have set up another tough schedule for 1999-2000 with two dual tournaments in Grand Forks. We compete in these multiple tournaments each season to give the team an opportunity to wrestle excellent competition. Most of the time we are able to pick up 6-7 duals in two-day tournament with very few forfeits. I feel that if the kids work hard over the summer months and during the football season, we will be ready for another great season of wrestling next December.

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**Class B**

103#	1993	Kris Gilley, Oakes	7 sec.
112#	1994	Kris Gilley, Oakes	10 sec.
119#	1993	Mike Connor, Killdeer	8 sec.
125#	1993	Luke Davidson, Stanley	7 sec.
130#	1990	Shy Obriegewich, Beach	5 sec.
135#	1988	Dana Jacobson, Mayville-Port	7 sec.
140#	1997	Justin Goebel, Ashley/Wishek	4 sec.
145#	1989	Kirk Malkowski, Bowman	9 sec.
152#	1990	Tim Huus, New Salem	5 sec.
160#	1989	Steve Dockler, Harvey	12 sec.
171#	1992	Duane Norby, Watford City	6 sec.
189#	1995	Brent Boeshans, Beulah	7 sec.
215#	1998	D.J. Friel, Watford City	10 sec.
275#	1990	John Fors, Larimore	3 sec.

**Class A**

103#	1997	Shane Saylor, Dickinson	8 sec.
112#	1984	Shawn Drury, Bismarck	7 sec.
119#	1994	Jason Nordstrom, West Fargo	7 sec.
125#	1995	Scott Braun, Bis. Century	10 sec.
130#	1996	Jess Hertz, Williston	10 sec.
135#	1994	Kasey Gilliss, Bis. Century	16 sec.
140#	1994	Mike Gintner, Devils Lake	8 sec.
145#	1996	Toby Adducci, Williston	12 sec.
152#	1992	Mike Seeger, Bis. Century	7 sec.
160#	1989	Nate Carroll, Valley City	15 sec.
171#	1989	Paul Schmitz, Wahpeton	9 sec.
171#	1994	Chris Larson, Wahpeton	9 sec.
171#	1995	Matt Meyer, Dickinson	9 sec.
171#	1996	Dusty Swanson, Fargo South	9 sec.
189#	1988	John Korwin, Bis. Century	8 sec.
189#	1996	Kenny Howard, Mandan	8 sec.
215#	1998	Travis Kraft, Bismarck	20 sec.
275#	1995	Scott Owens, Devils Lake	5 sec.

**QUICKEST PIN BY WEIGHT CLASS:**

Class B	Frank Fish, Watford City	28
Class A	Jerry Halmrast, Bismarck	35
<b>Most Individual Champions:</b>		
Class B	Mike Nordand, Velva	6
Class A	Mike Schaff, Bismarck	10
<b>Most Team Championships:</b>		
Class B	Frank Fish, Watford City	218-26-2 (87%)
Class A	Mike Schaff, Bismarck	165-5-1 (97%)
<b>Best Career Winning Percentage</b>		
Class B	Dale Beckman, New Salem	327
Class A	Duane Hennessy, Grand Forks	293
<b>Most Career Wins:</b>		
<b>COACHING RECORDS:</b>		
Class B	Ashley/Wishek	10
Class A	Bismarck	35
<b>Most Consecutive Tourney Victories:</b>		
Class B	Watford City	40
Class A	Bismarck	87
<b>Most Individual Champions:</b>		
Class B	Napoleon	6
Class A	Bismarck	23
<b>Most Team Champions:</b>		
Class B	Oakes	49
Class A	Bismarck	175
<b>Longest Winning Streak:</b>		




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# Central Cass Squirrels

Coach: Rodney Volk  
Assistant Coaches: Shawn Stoll  
and Travis Lemar

Dual Record: 7-7  
Region Finish: 6th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Josh Hahn	12	16-19	130 lbs.
Jesse Sandry	12	12-13	135 lbs.
Mike Kemarnetz	12	18-16	140 lbs.
Shawn Erdmann	12	13-21	152 lbs.
Anthony Frison	12	8-16	171 lbs.
James Ludwig	12	7-8	160 lbs.
Eric Mattson	12	8-24	275 lbs.
Kyle Budger	11	11-17	215 lbs.
Adam Kapaun	11	10-26	160 lbs.
Scott Nowak	11	23-16	112 lbs.
Eric Peterson	9	10-9	119 lbs.
Jeff Hahn	9	14-7	125 lbs.
Dallon Sellers	9	7-13	215 lbs.
John Hejl	9	12-10	135 lbs.

**Outlook for upcoming season...**  
Central Cass returns all but two starters from 1998-1999 season. We look for this experience to put the Central Cass team in the top three of Region II and top ten in state Class B.



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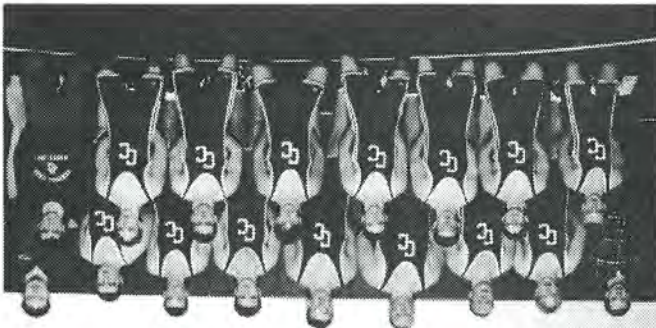
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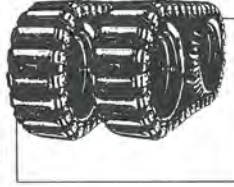
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## North Dakota Wrestling Trivia #4

Which North Dakota H.S. hold the  
Record for the most Class A and Class B  
State Individual Champions?

Answers to Trivia can be found on page 57



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# Four Winds

# Warwick Indians

**Coach:** Rob McIvor

**State Finish:** Rusty Hunt qualified for state, won a couple of matches, but then lost to the eventual champion

## Returning Wrestling Prospects

Name	Record	Weight
Mark Fassett	6-6	152 lbs.
Monte Fassett	9-14	160 lbs.
Billy Longie	2-6	171 lbs.
Joe Demarce	1-3	189 lbs.

## Other top prospects

Dulin Longie, Maza Oldrock, Marshall Longie, Terry Herman, Kermit Demarce, Manuel Littlewind

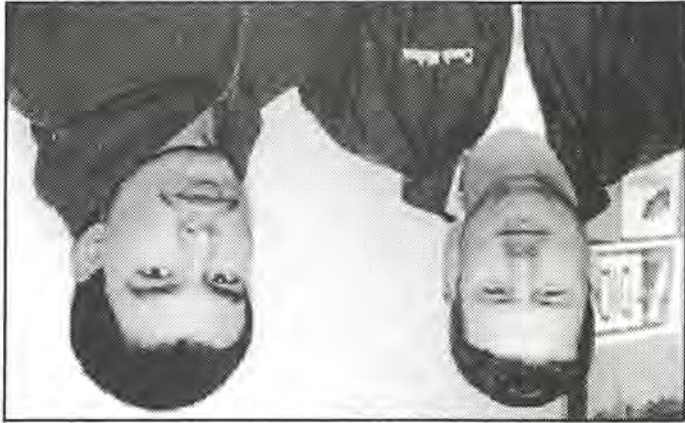
## Outlook for upcoming season...

The upcoming season here at Four Winds looks more promising than ever. I have four wrestlers returning this year from previous years, and possibly up to eight new students coming on board. Since starting here two years ago, I have been trying to get more students out for wrestling, and it looks like there might be quite a few interested this year.

From last year, we will have Mark and Monte Fassett returning. In addition, we will also have Joe Demarce and Billy Longie returning, Joe from last year and Billy from the year previously.

Our new recruits should also be exciting to watch. Terry Herman, Kermit Demarce, Dulin Longie, Marshall Longie and Maza Oldrock should give us some wrestlers in the lower weight classes, something we haven't had since I have been here. Manuel Littlewind should compete as our 171-weight class and quite possibly Tom Demarce as our very first 275-pounder.

All in all, I hope to have a better season than the two previous, and to keep improving both physically and mentally.



Head Coach, Rob McIvor and State Qualifier 1998-99, Rusty Hunt.

## CLASS "B" TOP WRESTLING TEAMS

Year	Team	Record
1969	1st - New England St. Mary's	181
	2nd - Ellendale	119
1970	1st - New England St. Mary's	119
	2nd - Rolla	112
1971	Bilcourt	139
	Linon	119
1972	Wardford City	139
	Oak Grove	167
1973	Wardford City	138 1/2
	Napoleon	138 1/2
1974	Wardford City	138 1/2
	Wardford City	138 1/2
1975	Napoleon	138 1/2
	Napoleon	138 1/2
1976	Napoleon	138 1/2
	Napoleon	138 1/2
1977	Napoleon	138 1/2
	Napoleon	138 1/2
1978	Napoleon	138 1/2
	Napoleon	138 1/2
1979	Napoleon	138 1/2
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1980	Napoleon	138 1/2
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1981	Napoleon	138 1/2
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1982	Napoleon	138 1/2
	Napoleon	138 1/2
1983	Napoleon	138 1/2
	Napoleon	138 1/2
1984	Napoleon	138 1/2
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1985	Napoleon	138 1/2
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1986	Napoleon	138 1/2
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1995	Napoleon	138 1/2
	Napoleon	138 1/2
1996	Napoleon	138 1/2
	Napoleon	138 1/2
1997	Napoleon	138 1/2
	Napoleon	138 1/2
1998	Napoleon	138 1/2
	Napoleon	138 1/2
1999	Napoleon	138 1/2
	Napoleon	138 1/2



# CLASS "B" TOP WRESTLING TEAMS

# Harvey Hornets

**Coach:** Dennis Docker (24 years)

**Assist Coaches:** Shawn Mckinven and Steve Aljets

**Dual Record:** 8-1

**Region Finish:** 3rd

**State Finish:** 5th

**Notable Tourney Finishes:**

Brandon Lemer-215 lbs.-1st  
 Kyle Fetting-119 lbs.-6th  
 Matt Weimann-189 lbs.-4th  
 Shane Hase-103 lbs.-2nd

Dakota Steedsman-140 lbs.-3rd

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Shane Hase	9	28-4	103 or 112 lbs.
Ross Schmidt	9	10-20	112 or 119 lbs.
Kyle Fetting	12	29-12	119 lbs.
Mitch Dick	11	13-13	125 or 130 lbs.
Steven Felchle	12	27-14	130 or 135 lbs.
Kelly Hase	11	20-20	135 or 140 lbs.
Brent Vetter	12	3-3	145 lbs.
Brandon Lemer	12	30-1	215 lbs. or Hvy
Ryan Hager	12	1-2	215 lbs.

## Other top Prospects

Corey Seibel	10	130 lbs.
Brent Muscha	10	125 lbs.
Jason Toso	10	145 lbs.
Brian Walsh	10	152 lbs.

## Outlook for upcoming season...

We at Harvey High School are looking forward to next years wrestling season! The Hornets will have a good bunch of wrestlers back next year.

We will have ten starters back and some good young guys to fill in. The main concern, as is every year, to keep from punching up in weight classes.

Hopefully we will be able to fill all weight classes. I am looking for region 2 to be well-balanced next year. Hillsboro, Carrington and Walthalla will have excellent teams as always. Cavalier, Central Cass and Larimore have some good individuals returning also and will be figured in the mix.



1997

Walthalla	125
Ward City	124
New Salem	96 1/2
Hillsboro	90 1/2
Cakes	89 1/2
Hettinger	89 1/2
Ashley/Wishek	89 1/2
Beulah	87
Carrington	84
Minot Bishop Ryan	56

1998

Ashley/Wishek	151
Ward City	124
Beulah	110
Flugby	100 1/2
Oakes	93
Minot Bishop Ryan	83 1/2
Hettinger	82 1/2
Bowman	80
Cavalier	79
Center	75

1999

Hettinger	102 1/2
Lisbon	99
Hillsboro	93
Oakes	90
Beulah	77 1/2
Ashley/Wishek	72
Napoleon	70 1/2
Ward City	62
Walthalla	60
Bowman	59



Matt Weimann, 189 lb, took fourth place at state.



Dakota Steedsman, 140 lb, took third place at state.

Brandon Lemer, 215 lb, State Champ, Freestyle Champ, Greco Champ, Freestyle Champ.



# Hillsboro Burros



**Coach:** Ron Gadberry

**Assistant Coaches:** Mark McLean and Shawn Gerlach

### Notable State Finishes:

Miles Duffy-3rd at 112 lbs. Heath Lessard-7th at 171 lbs.

David Mueller-3rd at 189 lbs. Brian Sorum-7th at 275 lbs.

Andy Steinberger-5th at 140 lbs.

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Travis Wilson	10	20-15	103 lbs.
Miles Duffy	12	36-4	119 lbs.
Elijah Rude	10	25-15	130 lbs.
Jared Duval	11	19-19	135 lbs.
Andy Steinberger	12	30-13	140 lbs.
Dylan Spicer	11	13-13	145 lbs.
Casey Abentrot	11	17-21	152 lbs.
Jeremy Mayo	10	24-14	160 lbs.
Heath Lessard	12	28-11	171 lbs.
David Mueller	12	35-4	189 lbs.
Eric Martin	12	26-9	215 lbs.
Brian Sorum	11	23-16	275 lbs.
Eric Foss	12	1-4	152 lbs.
Dain Giradat	12	4-5	140 lbs.

### Outlook for upcoming season...

The Burros are cautiously optimistic about the 1999-2000 season. We have a tremendous amount of experience with 12 starters and 16 lettermen returning. Depth will be the key. 10 starters have wrestled in the state tournament. This will be the 1st season since 1989-90 that the Burros will start more than 3 seniors. The seniors will need to provide the leadership necessary for this team to finish high in the final teamstandings for the year 2000.

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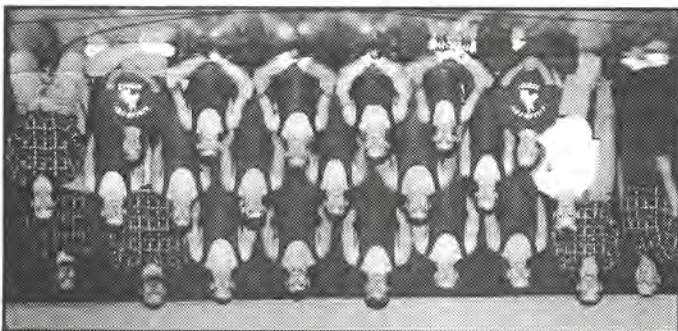


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Freshmen Aaron Robles (16-8), 7th in state as an eighth grader, and Grant Miller, 125 pounds, will add fire power to the lower weights.

Co-coaches, Jim Sleeper and Mike Voglewede, will begin their third season of coaching together at Larimore. "This will be one of the most well rounded teams I've coached," says Jim. "These kids work hard and barring injuries, should do well this season." The team, composed of a co-op between the two towns of Larimore and Northwood, has a lot of potential. "The work ethic and the attitude that the wrestlers have is outstanding." Comments Mike Voglewede. "These guys love the competition, work hard in practice and have profited by wrestling with the big boys." The Larimore team has two Class A tournaments on their agenda, the Grand Forks Multiple and the Valley City Tourney. They also regularly see area powers from Minnesota and North Dakota.

Will they have enough to extend their regular season into the state tournament? "We sent five weights to state last year and barely missed on two more," says Sleeper. "We'll see who steps it up and who wants it the most. We definitely have some wrestlers that could finish high in the state tourney.

The upcoming season looks promising for the Polar Bears as they return a solid core group of upper classmen to the mat. Seven seniors and four juniors will vie for varsity positions and the competition for those spots will be intense at Larimore lost only two wrestlers to graduation so experience will definitely help the team. Two of the returning seniors will come back with state tournament experience. Greg Fillmore (24-11) will compete at 152 or 160 lbs. And Josh Nesdahl (21-7) should weigh in at 140 lbs. Both wrestlers bring a great work ethic and excellent attitude into the practice room. Senior twin brothers, Brad and Brent Rekkedal, have steadily improved and will be very solid at 189-215 pounds. Gabe Robles, who is a very smooth and unpredictable wrestler, is looking to return to the state tournament and senior Aaron Dahlen will make the move from 215 pounds up to 275 pounds. Justin Feickert, and extremely athletic and versatile football players, will make his presence felt at 171 or 189 pounds.

Junior twin brothers, Mike and Matt Gensrich will compete in the 140-pound range. Mike also returns with state tournament experience. Ben Meland at 145 pounds and Shayde Holte at 119 pounds round out the returning juniors. All four will be counted on to produce wins and provide leadership.

**Outlook for upcoming season...**

Brady Fettig, Dustin Schmidt, Jared Trosen

**Other top prospects**

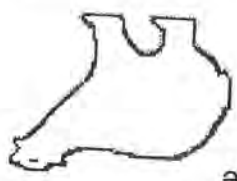
Name	Grade	Record	Weight
Aaron Robles	9	16-8	112 or 119 lbs.
Grant Miller	9	7-18	119 or 125 lbs.
Mike Gensrich	11	17-21	135 or 140 lbs.
Ben Meland	11	14-15	145 lbs.
Greg Fillmore	12	24-11	152 or 160 lbs.
Josh Nesdahl	12	21-7	140 lbs.
Brad Rekkedal	12	14-17	189 or 215 lbs.
Brent Rekkedal	12	1213-13	189 lbs.
Gabe Robles	12	12-17	130 lbs.
Matt Gensrich	11	5-19	135 or 140 lbs.
Shayde Holte	11	8-20	112 lbs.
Joshua Stevens	10	9-8	125 or 130 lbs.
Aaron Dahlen	12	3-8	275 lbs.
Justin Feickert	12	8-9	171 or 189 lbs.

**Returning Wrestling Prospects**

Aaron Robles 7th at 112 lbs.

**Notable Tourney Finishes:**  
Dual Record: 5-13  
Region Finish: 6th  
State Finish: 28th

Co-coaches: Jim Sleeper and Mike Voglewede



**Larimore**  
**Polar Bears**

# Mayville-Portland Clifford-Galesburg Patriots

**Coach: Marty Amb**  
Region Finish: 8th

Name	Grade	Record	Weight
Chris Ness	11	21-8	112 lbs.
Ross Balstad	12	19-10	152 lbs.

**Outlook for upcoming season...**  
Mayville's wrestling program is young and rebuilding from the bottom up. Young coach Marty Amb's commitment to the program is crucial to keep strong competition in Region 2. The Region 2 powers, Hillsboro and Carrington look to run away with the Region. The dual season and dual state tournament should be quite exciting this year.



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## ACADEMIC ALL-STATE QUALIFYING WRESTLERS CLASS A

### WEST REGION

- BISMARCK**  
Math Blix 112, Kaden Hintz 145, Kyle Mahlum 103, Ryan Koch 119, Trenton Hintz 152, Justin Otto 140
- MINOT**  
Lance Stromberg 140
- DICKINSON**  
Cody Kostelcky 112, Josh Saylor 160
- WILLISTON**  
Paul Christen 119, Brad Tane 125, Ryan Hegge 130, Jared Nichols 152, David Blonder 215
- BEULAH**  
Zachary Paetz 152, Curtis Skaley 171
- VALLEY CITY**  
William Duppler 275, Eric Kjelert 125, Chad Larson 135, Travis Solberg 145, Ewan Knodle 112
- FARGO SOUTH**  
Aaron Mar 112, John Motta 119, Casey Becker 135, Chris Sundell 140, Nick Fisher 145, Ryan Simmere 189
- GRAND FORKS CENTRAL**  
Jeremy Murphy 171
- WEST FARGO**  
Kevin Zellars 140, Keith Sebelius 103
- WAPARON**  
Danny Meyer 140, Dan Spelberg 145, Robby Anderson 152, Jeff Kast 160, Jay Liss 171, Garrett Thompson 189, Chad Tischer 215, Adam Mohs 275
- JAMESTOWN**  
Dave Hegland 140, Luke Berntson 112, Eric Kitzer 103, Marcus Nelson 215
- FARGO NORTH**  
Kevin Sobolik 145, Jacob Brownlee 125, Eric Sobolik 118, Chris Schmidt 171



Chris Ness



Ross Balstad

## ACADEMIC ALL-STATE QUALIFYING WRESTLERS CLASS B

### REGION 1

- ASHLEY-WISHEK**  
Bradley Dewald 215, Miroslav Jelez 189
- OMAKES**  
Tom Iverson 140, Nate Person 150, Adam Danstrom 152
- ELLENDALE/EDGELEY**  
Tyler Middlestead 140, Thor Sand 145
- KJANDRO**  
Baron Blanchard 275, Tyler Bauman 130,
- NAPOLEON**  
Charles Weigel 145
- LINTON**  
Nick Ibach 130, Ben Imdlake, 103
- REGION 2**
- CAVALIER**  
Marc Ritterman 189, Rob Hunt 275
- WALHALLA**  
Derek Fraser 140
- CARRINGTON**  
Nick Doelling 215
- CENTRAL CASS**  
Jesse Sandy 125, Josh Hahn 119
- HARVEY**  
Shane Hase 103, Kelly Hase 135, Dakota Steadman 140
- HILLSBORO**  
Mike Rodriguez 119, Andy Steinberger 140, Heath Lessard 171
- REGION 3**
- GARRISON**  
Eric Spichal 112
- STANLEY**  
Gabe Davidson 103, Cole Davidson 145, Luke Davidson 160, Jarol Wintz 152, Brandon Melers 130
- DES LACS-BURLINGTON**  
Nick Graf 112
- VELVA**  
Craig Thingyold 119, Jeff Hill 130, Cody Chilson 135, Brent Wunderlich 160, Jayd Kittelson 189, Dustin Kittelson 215, Brent Long 275
- BISHOP RYAN**  
Tyler Ruelle 112, Jared Zubke 119, Brian Stretz 125, Josh Asvig 130, Luke Schaefer 140, Lance Meyer 145
- ROLLA**  
Aaron Bucholz 125, Doug Zinke 145, Mike Tomlinson 180
- RUGBY**  
David Folden 103
- NEWTOWN**  
Tanner Sandstrom 130, Kyle Detienne 140, Nathan Iverson 145, Casey Locken 189, Forest Mandan 215
- REGION 4**
- NEW SALEM**  
Michael Dcil 171, Reese Boehm 125, Jared Moshucker 119, Jamie Muechel 112
- HETTNGER**  
Danny Henderson 119, Thomas Beattie 215
- BOWMAN**  
Brent Mnek 119, Kurt Njos 189
- BEACH**  
David Stoglund 112, Matt Slocumb 171, Aaron Ziesdorff 135
- WATFORD CITY**  
Clay Poforje 103, Clay Bohmbach 125, Rory Johannud 171, Levi Wisnes 189
- KILLDEER**  
Brad Dennis 160, Travis Norberg 135



# Walhalla Eagles

**Coach:** Mr. Shon Horgan  
**Assistant Coaches:** Jason Murray  
 and Jeremy Johnson

## Returning Wrestling Prospects

**Region Finish:** 4th  
**State Finish:** 16th  
**Notable Tourney Finishes:** State finishers,  
 Tito Romero 4th and Dusty Ermer 8th.

Name	Grade	Weight
Tito Romero	12	171 lbs.
Dusty Ermer	12	145/152 lbs.
Luke Longtin	9	119 lbs.
Lance Waters	12	125 lbs.
Aaron Freschette	12	275 lbs.
Nathan Bennett	11	140/145 lbs.

## Outlook for upcoming season...

The Walhalla Eagles wrestling team, after having a rebuilding year last year should be fairly competitive this year. We will have some strong leadership with our upper classmen and some very young energetic wrestlers filling in some weight classes.

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# Des Lacs Burlington Lakers

**Coach:** Bucky Anderson

**Assistant Coaches:** Mar Gathman and Terry Stadick

**Dual Record:** 5-8

**Region Finish:** 7th

**State Finish:** 23rd

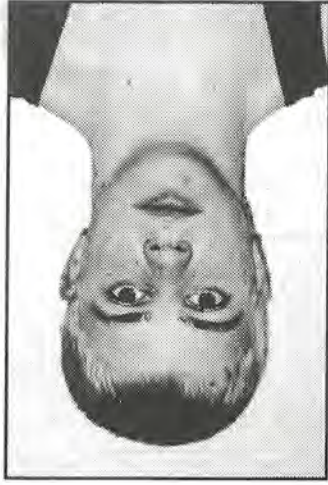
## Returning Wrestling Prospects

Name	Grade	Record	Weight
Jerid Allard	12	15-25	140 lbs.
Brock Axness	12	9-24	145 lbs.
Matt Benjamin	12	15-21	189, 215 or Hvy
Nick Graf	12	29-10	119 or 125 lbs.
Alan Packulak	12	32-9	160 lbs.
Travis Kremer	12	22-17	215 or Hvy
Mike Hallamayer	11	21-15	171 lbs.
Levi Hieb	11	14-20	189, 215 or Hvy
Seth Klein	9	3-17	112 lbs.
Paul Rudy	8	1-10	103 lbs.

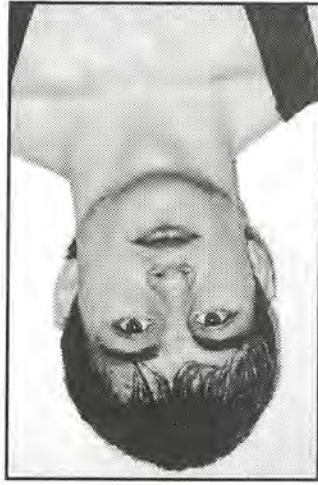
## Outlook for upcoming season...

If we can fill some open weights from 125 to 140 lbs. We could be a decent dual meet team. We have a couple of returning state placers and hope to qualify a few more to improve on our state placement in 1999. Nick Graf and Al Packulak will be counted on to lead the lakers in 1999-2000.

Mark Gathman, Bucky Anderson and Terry Stadick will coach a team with a wide range of experience levels from beginners to 4-years of experience. In wrestling success is earned the old fashion way-hard work.



Nick Graf



Al Packulak



## Ex-Fargo Wrestler One of the Nations Best Coaches

By JON GUMS

Hopefully, most of you have not forgotten this North Dakota wrestler.

Listen to these stats and think to yourself who this might be, then read about this man. In my opinion, he will soon be one of North Dakota's Hall of Fame wrestlers/coaches. He was a three-time finalist and two time North Dakota state champion. He was an I time All-American while at Fargo South High School and NDSU. He made the Greco Roman Olympic Cut Finals in 1980 and 1984. In 1984, he was a shoe in to be the Olympic participant. He was No. 1 on the ladder before a knee injury left him short of his long time dream. He has most recently coached two high school teams that were ranked in the top 10 in the Nation 8<sup>th</sup> in 1998 and 7<sup>th</sup> in 1999 for Unithah High School in Vernal Utah. He also has started a tournament that brings in schools from all across the upper Midwest. In the USA Wrestling Magazine it was ranked as one of the top 20 toughest wrestling tournaments in the nation.

This great wrestler and coach is Greg Stensgard. Greg moved to Vernal, Utah four years ago after assisting Bucky Maughan at NDSU the twelve years previous.

Over the last four years in Vernal, Utah Greg's teams have placed 3<sup>rd</sup> in 1996, 2<sup>nd</sup> in 1997, and back to back State Championships in 1998 and 1999. Topping off his great 1999-wrestling season Greg was named the Utah Coach of the Year, for all classes 2A-5A.

Greg has been married for two years to his wife Stephanie, and has two daughters Stevie and Summer. I wish him the best and hope to see him soon in the North Dakota Hall of Fame with all the other great Wrestlers and Coaches.



# Garrison

## Troopers

Coach: Dan Splichal  
Assistant Coach: Dusty Seidler

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Eric Splichal	9	22-7	119/125 lbs.
Eric Wilson	9	3-2	130/135 lbs.
TJ Rader	10	2-5	152 lbs.
Dan Bauch	12	6-18	160 lbs.

### Outlook for upcoming season...

We will be inexperienced but should have some strong individuals. Eric Splichal had a strong eighth grade year and was one match away from placing at the State meet. We look for good things to happen for him in future years. Eric Wilson was a newcomer last year and showed a lot of potential before a season ending injury. We look for him to come back strong this year. TJ Rader was a transfer from Mandan that should make the starting lineup and contribute a great deal next year. Dan Bauch will be a senior and his hard work ethic should result in a great senior year. Dan was plagued by minor injuries all season but should be strong and healthy for us this year.



Eric Splichal 112#



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# Kenmare Honkers

**Coach:** J.J. Nelson  
**Assistant Coaches:** Steve Rodin and  
 Lars Christiansen

**Dual Record:** 9-5

**Region Finish:** 3rd

**Notable Tourney Finishes:** 2nd-Kenmare

Invite, 4th-New Town Invite, 1st Rolla Tourney

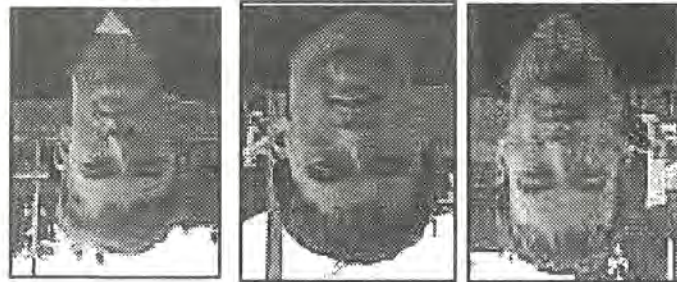
## Returning Wrestling Prospects

Name	Grade	Record	Weight
Brad Gallier	12	24-11	275 lbs.
Mike Brekhus	12	20-17	171 lbs.
Dave Alexander	12	20-15	160 lbs.
Blaine King	11	12-20	215 lbs.
Matt Pullen	11	27-13	189 lbs.
Kris Petersen	11	7-16	145 lbs.
Jesse Cook	11	25-19	152 lbs.
Dale Sigloh	11	23-19	140 lbs.
Roger Borud	9	5-10	145 lbs.
Brock Norrie	9	18-14	130 lbs.
Shane Jensen	9	13-15	125 lbs.
Brady Michel	9	8-15	112 lbs.

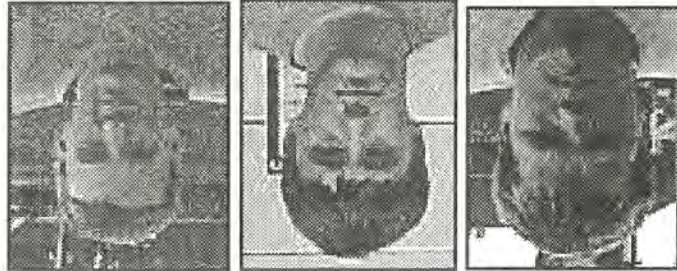
## Other top prospects

Jacob Quigley	11	145 lbs.
Conrad Mogren	10	189 or 215 lbs.
Lucas Quigley	10	145 lbs.
Derek Ramsdell	9	171 lbs.
Richard Beeter	9	125 lbs.
Kyle Petersen	9	145 lbs.
Brent Peterson	9	135 lbs.
Jared Mogren	9	119 lbs.
Anthony Sigloh	8	135 lbs.

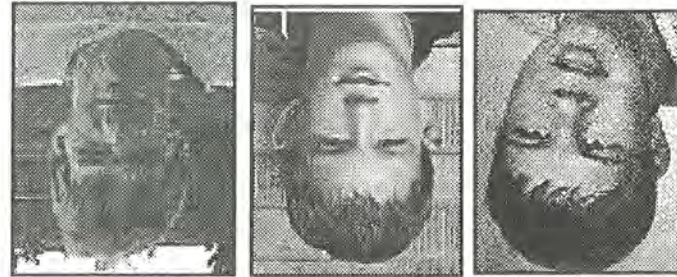
The Honkers are very optimistic about the upcoming season. Coach Nelson's squad returns 6 state qualifiers and 4 other regional placers from a team that placed 3rd at the regional tournament in 99. The Honkers also finished with a dual record of 9-5. The team is lead by 3 solid seniors: Dave Alexander (160), Mike Brekhus (171), and Brad Gallier (275). All three were 20 match winners last year and Gallier and Brekhus were state qualifiers. A very experienced junior class follows. Dale Sigloh (135) is a five year starter and 2 time state qualifier, Matt Pullen (189) is a returning regional champion, Jesse Cook (140) is a five year starter, and Blaine King (215) a state qualifier last year rounding out the juniors are Jacob Quigley (135) and Kris Petersen (152). Other returning letter winners are: Brock Norrie (119) 5th at regions, Roger Borud (125) 5th at regions, Shane Jensen (112) 6th at regions, Brady Michel (103), Anthony Sigloh (125) 8th at regions.



Jesse Cook      Mike Brekhus      Dave Alexander



Kris Peterson      Blaine King      Brad Gallier



Dale Sigloh      Jacob Quigley      Matt Pullen

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# Minot Bishop Ryan Lions

**Coach:** Galen Brantley

**Assistant Coach:** Isaac ?

**Dual Record:** 8-5-1

**Region Finish:** 2nd

**State Finish:** 10th

**Notable Tournament Finishes:**

2nd at Carrington Tourney, 3rd at New Town

and Rugby Tournaments

## Returning Wrestling Prospects

**Name**      **Grade**      **Record**      **Weight**

Levi Haugen ..... 7 ..... 103 lbs.

Jason Trainer ..... 9 ..... 13-14 ..... 112 lbs.

Tyler Ruelle ..... 10 ..... 15-17 ..... 119 lbs.

Mike Wilson ..... 12 ..... 6-5 ..... 125 lbs.

Josh Askvig ..... 12 ..... 35-4 ..... 130 or 135 lbs.

Lance Meyer ..... 11 ..... 12-23 ..... 140 or 145 lbs.

Ryan Brunner ..... 12 ..... 7-4 ..... 145 lbs.

Lee Barrett ..... 10 ..... 3-10 ..... 152 lbs.

Adam Jones ..... 12 ..... 0-2 ..... 152 lbs.

Dave Jung ..... 10 ..... 3-10 ..... 160 lbs.

Brian Heck ..... 11 ..... 17-21 ..... 171 lbs.

Ryan Burchill ..... 11 ..... 3-20 ..... 171 or 189 lbs.

Jordan Hassler ..... 9 ..... 1-0 ..... 215 or Hvy.

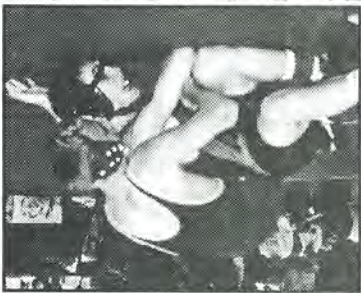
Kris Cowles ..... 9 ..... 215 or Hvy.

### Other top prospects

Kevin Flammang, Marshall Knaup, Tyler Workman

### Outlook for upcoming season...

The 1999-00 season will be a rebuilding year for Bishop Ryan wrestling. The Lions lost seven seniors to graduation including five state place winners. They will be looking for leadership from two returning seniors; Ryan Brunner and Josh Askvig. Brunner will be returning after sitting out last season with a back injury. He placed third at the state meet as a sophomore in 1998. Askvig turned in an outstanding season in 1999 finishing with a region championship and a 35-4 record. Lance Meyer, Brian Heck, Tyler Ruelle, and Jason Trainer all placed fifth at the Region III tournament in 1999. Their performance will determine the team's success in the upcoming season. Mike Wilson, Ryan Burchill, Adam Jones, Lee Barnett, Kevin Flammang, Kris Cowles, Jordan Hassler, Marshall Knaup and Levi Haugen are also expected to play important roles this season.



Jason Trainer at Regionals in Rolla



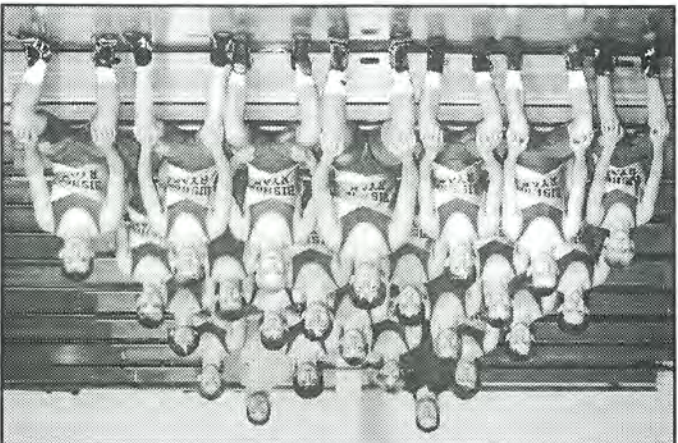
Tyler Ruelle at Regionals in Rolla



Lance Meyer at Regionals in Rolla



Josh Askvig getting a pin at Regionals in Rolla



Bishop Ryan Lions

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# New Town Eagles




**Coach:**  
**Assistant Coach:**  
**Dual Record:**  
**Region Finish:**  
**State Finish:**  
**Notable Tourney Finishes:**

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Chad Mathson	12	42-2	171 or 189 lbs.
Cameron Wolding	12	35-7	119 lbs.
Mike Deserly	12	33-11	125 lbs.
Solly Danks	12	1-1	160 or 171 lbs.
Dustin Manuel	12	1-3	189 lbs.
Chris Barone	12	Hvy.	
Tanner Sandstrom	11	34-13	130 lbs.
Josh Uran	11	27-15	145 lbs.
Jesse Wilber	10		135 lbs.
Matt Mandan	10	Hvy.	
David Jewell	9	1-3	112 lbs.
Justin Stubstad	9	6-11	103 lbs.
Kevin Niematalo	9		140 lbs.
Kane Iverson	8		103 lbs.

## Outlook for upcoming season...

We return five state qualifiers, Chad Mathson-2nd, Sandstrom-6th and Josh Uran. Those guys will give us a good base for duals, as we should fill most weight classes. Having lost seven seniors puts a lot on the guys new to the lineup, but several have had good JV seasons and may blend in well. We are in the top five of returning state points so we're looking to improve on our 7th place finish last year. The Region 3 team race looks like Kenmare and Velva returning the most points, with Rugby, New Town and Des Lacs close behind. I would expect those four teams to battle it out.



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New Town Eagles - Region 3 Champs



Lynn Molzahn



Chad Mathson





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# BREMER

The Rugby Panthers return nine lettermen for the 1999-2000 season. Five of the lettermen will have state tournament experience. David Folden, Wade Senger, Brian Thompson, Garret Koble, and Shaun Burkhardtmeier. Three other wrestlers saw extensive varsity action last year and will be counted on to show improvement this year and they are Josh Odden, Evan St. Michel, and Kyle Leiter. James Brossart saw part-time duty on the varsity last year. The upper weights look to be a concern for the Panthers as they head into the 2000 season as there are not any boys currently in the program to wrestle at 189, 215, and 275 lbs. The Panthers hope to be competitive in tournaments with some strong individuals performances and will really have to battle hard to stay in their dual meets.

**Outlook for upcoming season...**

Name	Grade	Record	Weight
David Folden	10	25-10	112 or 119 lbs.
Wade Senger	10	25-13	119 or 125 lbs.
Brian Thompson	11	16-16	130 lbs.
Garret Koble	12	22-11	130 lbs.
Josh Odden	11	13-21	135 lbs.
James Brossart	11	3-1	125 lbs.
Evan St. Michel	11	17-22	140 lbs.
Kyle Leiter	10	5-16	152 or 160 lbs.
Shaun Burkhardtmeier	12	32-13	160 or 171 lbs.

**Returning Wrestling Prospects**

Notable Tourney Finishes: 2nd at Rolla

Coach: \_\_\_\_\_

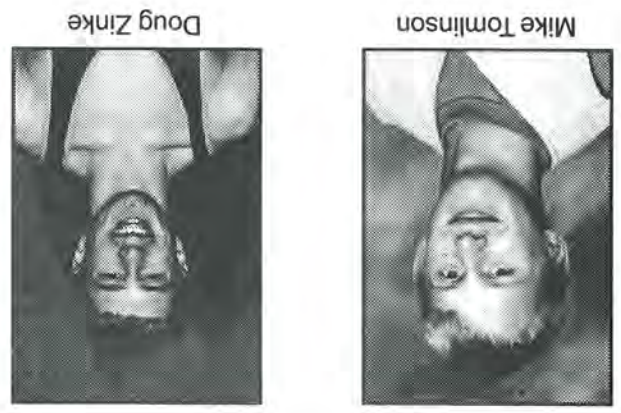
Assistant Coach: \_\_\_\_\_

Dual Record: 4-8

Region Finish: 6th

State Finish: Tie for 30th

# Rugby Panthers



Doug Zinke

Mike Tomlinson

Could be a fun season, probably won't have a full team, but have some good individuals. Returning state place winners Doug Zinke-6th at 145 lbs. (Doug has also qualified for the USA Cadet National and Jr. Nationals) and Mike Tomlinson-6th at 160 lbs. With a few others close to qualifying, Jade Gores at 152 lbs., Chad Anderson at 189 lbs., Scott McDougall at 215 lbs., and Heavyweight, Scott Galfus. Wrestlers we need help from are Ryder Clouse at 103, Zach Cahill at 135. Wrestlers that could break into the lineup are Greg Hendrickson, Lee Havig, Peter Vivier, Jace Manning and Billy Karnopp. Looking to get top five in Region, and top fifteen in State. Really the next two years could be fun.

**Outlook for upcoming season...**

Name	Grade	Record	Weight
Ryder Clouse	8	103 lbs.	
Greg Hendrickson	9	119 lbs.	
Zach Cahill	8	3-6	130/135 lbs.
Lee Havig	9	2-4	140/145 lbs.
Doug Zinke	11	30-7	160/171 lbs.
Jade Gores	12	17-16	1523/160 lbs.
Mike Tomlinson	11	26-10	160/171 lbs.
Chad Anderson	12	11-16	171/189 lbs.
Scott McDougall	11	12-19	215 lbs.
Scott Galfus	12	9-22	Hwt.
Peter Vivier	11	189/215 lbs.	
Jace Manning	11	152/160 lbs.	
Billy Karnopp	12	152/160 lbs.	

**Returning Wrestling Prospects**

Coach: Davy Zinke

Assistant Coach: Matt Dunlop

Dual Record: 45-57-1

Region Finish: 8th

State Finish: Top 20 in '99



# Rolla Bulldogs



(Scored a state record of 299 points)  
placing 12 of 13 wrestlers

1988  
9  
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6  
Napoleon  
23  
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Trivia #4

Brock Lesner  
Trivia #3

126 consecutive wins  
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Fargo North  
Brett Maughan  
Trivia #2

Williston in 1959  
Trivia #1

# Trivia Answers

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Ryan Bugbee



Returning Wrestling Prospects  
9 0-2 103 lbs.

Region Finish: 8th

Coach: Jack Seibel

# Tioga Pirates

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We are a very young team with only two seniors. Hope to fill the line-up by the middle of the year. This will be a rebuilding year.

## Outlook for upcoming season...

Chris Swenson at 215/Hwt.  
Rocky Fladeland at 119 lbs.  
Jayme Peterson at 103 lbs.

### Other top prospects

Name	Grade	Record	Weight
Gabe Davidson	9	28-8	112/119 lbs.
Luke Meiers	10	4-14	125 lbs.
Dusty Dolezal	12	19-7	171 lbs.
Cole Davidson	11	29-9	152/160 lbs.
Bryan Bohrer	12	2-6	189 lbs.
Brad Uran	10	4-14	145/152 lbs.
Brian Uran	10	0-1	152/160 lbs.
Tucker Hovda	11	2-4	160/171 lbs.
Tyler Uran	11		112/119 lbs.
Chase Lindberg	11	10-12	189/215 lbs.

## Returning Wrestling Prospects

Coach: Jerry Rudolph  
Assistant Coach: Matt Meiers  
Region Finish: 4th  
State Finish: 10th

# Stanley Bluejays



**Coach:** Mike Thingstad  
**Assistant Coach:** Cy Kittelson

**Dual Record:** 13-8-1

**Region Finish:** 4th

**State Finish:** 11th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Jayd Kittelson	12	42-2	189 lbs.
Jeff Hill	12	16-23	130 or 135 lbs.
Jeff Fitzpatrick	12	10-20	215 lbs.
Cody Chilson	11	36-12	140 or 145 lbs.
Craig Thingyold	11	12-12	130 or 135 lbs.
Josh Feller	11	20-24	112 lbs.
Andrew Hagen	11	8-26	140 or 145 lbs.
Seth Gaugler	11	10-10	152 or 160 lbs.
Brent Wunderlich	10	22-22	160 or 171 lbs.
Jarvis Jemtrud	10	11-25	125 lbs.
Devin Morey	8	28-19	119 or 125 lbs.

## Other top prospects

Bryan Gefroh	12	135 or 145 lbs.
Jeremy Jemtrud	11	152 or 160 lbs.
Cody Kittelson	11	171 lbs.
Nick Shattuck	11	215 lbs.
Casey Kvamme	11	275 lbs.
Chad Klimpel	10	171 or 189 lbs.
Nathan Chilson	8	112 or 119 lbs.

## Outlook for upcoming season...

Things look good in Aggie land with 11 starters back, six of which were at state. After two seasons of building and gaining experience, while losing only four seniors in that time, and with four seniors and nine juniors and some good young guns the Aggies look to make some noise this year. The Aggies will be lead by Jayd Kittelson who placed second the last two years at 171 lbs. And 189 lbs. The only thing that concerns the Aggies is that Jayd needs to stay healthy at the end of the year, being injured three of the six years he's been to state. Cody Chilson placed 6th last year after two seasons with 30 plus wins, will be looking for more. Devin Morey who placed 8th for the Aggies was the surprise of the team not being seeded but yet came through at the state meet.

Juniors Cody Kittelson and Craig Thingyold look to do something this up coming year after disappointing health problems. Cody has yet to finish a season due to a shoulder problem, which was operated on last year and is looking good. Craig missed most of last season with pneumonia, but came back to wrestle at regionals and made it back to state. The Aggies will be able to fill in the spots to graduation with some experience with JV wrestlers that wrestled up to 18 varsity matches.

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By BLAIR KELLEY  
 For the fourth year in a row the AdvocaCare Cadet Nationals were held alongside the Asics/Vaughn Junior Nationals. Once again, the site of the tournament was the Fargodome.  
 This year the Cadet Nationals hosted over 1500 competitors from 50 states. This tournament showcases the best 15-16-year-olds in the nation!  
 North Dakota took close to twenty individuals to the tournament this year, one of our highest yet!  
 In Greco-Roman competition, Elliot Piper of Bismarck took home the bronze medal with a stellar performance in a stacked 182½ weight class (he defeated Coalt Hamilton of Utah 4-0). Other wrestlers from North Dakota that were extremely close to placing were: Alan Roness of Williston at 132 lbs.(4-2) and Tony Soderberg of Minot at 143 lbs.(4-2).  
 In the Freestyle Competition, North Dakota had one placer in Eric Sabot of Bismarck. Eric pinned Billy Mcleod of Great Falls, Mont., for 7th place. Mcleod was a double placer. Congratulations to our Cadet All-Americans!

**1999 AdvocaCare Cadet National Wrestling Championships**



**1999 Asics/Vaughn Junior National Championships**

By BLAIR KELLEY  
 The 29th annual Junior National Championships were held at the Fargodome on the campus of North Dakota State University. The tournament had over 1700 competitors, helping to set a record for the number of participants. The Junior Nationals hosts the best 17-18-year-olds in the nation. Many of the wrestlers who compete in this tournament have gone on to be successful at higher levels of wrestling.  
 North Dakota took around 20 wrestlers to the tournament this year. Even though we had good numbers, we had only one All-American. Returning Greco-Roman National Champion, Zach Thumb was upset in his pool final. He fought his way back to an impressive 3rd place finish. Zach also placed in the Freestyle competition taking 7th in a very deep field of Hws. North Dakota had a few Juniors who were one match away from placing in Greco. Randy Gust of Grand Forks lost a tough overtime battle to get into the placing matches. He was 4-2. Phil Riedman of Valley City also went 4-2.



## Junior/Cadet Training Camp

The Junior/Cadet Training Camp is held at Bismarck High School every summer two weeks prior to the tournament. This year was the first year that the junior and cadets were combined. The turnout was great and the response the coaches received from the wrestlers was excellent.

Turnout for the size of the state of North Dakota is fair at most. With the tournament being held in Fargo, our turnout should be huge. Our middle school and high school coaches need to encourage their athletes to participate in this camp and the tournament. It shows the athlete what it takes to be a champion. The athletes have a chance to work with some of the finest coaches in North Dakota, as well as, competing every day against other top-notch wrestlers. This is a recipe for success!

If you would like to get involved in this camp, attend Freestyle and Greco tournaments. Information is handed out at all of these. If you are not a Freestyle/Greco wrestler, get out and try something new. If you have any questions, you can call, Scott Knowlen @ 255-6474, Blair Kelley @ 221-9238, Keenan Spieß @ 298-8951 or Jeff Schumacher @ 221-3570.

## Junior Duals

Once again, the Junior Dual Team made the long trek to Edmond, Okla., for the 8th annual Junior National Duals. The Junior Duals is a grueling 4-day event in which wrestlers can compete in as many as 17 matches! This year the Junior Dual Team took 8th place in the national in Greco-Roman but did not place in Freestyle.

Team members were: Joey Neijum, Charley Senne, Shane Saylor, John Motta, Todd Haber, Jason Manning, Casey Becker, Tony Soderberg, Phil Reidman, Nathan Schmitz, Josh Saylor, Clint Meadows, Randy Gust, Jeff Flammag, Zach Thumb and Tony Fugelberg. Coaches are: Keenan Spieß and Blair Kelly.

*Special Thanks to Mike Armstrong from Dickinson for his contributions each year!*  
*Thank You!*

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# Bowman

## Bulldogs

Co-Coaches Doug McGee and Ryan Moser

Dual Record: 12-7

Region Finish: 4th

State Finish: 8th

Notable Tourney Finishes:

3rd Sidney Invitational, 3rd Center Invitational, 3rd Hettinger Multiple

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Joe Miller	11	31-16	152/160 lbs.
Cooper Silha	12	7-27	160 lbs.
Greg Dobitz	11	15-24	171 lbs.
Tim Duntumen	10	24-15	112 lbs.
Neal Eagan	12	1-5	140 lbs.
Andy Mirnak	9	9-15	103/112 lbs.
Ryan Jacobsen	10	2-7	135/140 lbs.
Justin Brennan	11	0-2	152 lbs.
Chris Kraulik	11	18-14	145/152 lbs.
Dan Hanson	8		189/215 lbs.
Chris Klein	8		103 lbs.
J.D. Kuntz	8		119 lbs.
Aaron Helland	8		125 lbs.
Casey Jacobson	8		103 lbs.

### Other top prospects

Mike Giudinger at 103 lbs.

Ethan Seifert at 189 lbs.

Treston Anderson at 171 lbs.

Hunter Seifert at 119 lbs.

### Outlook for upcoming season...

This season introduces many new faces to the Bulldog program, however, with one returning state placer (Joe Miller-8th) and two seniors (Cooper Silha & Neal Egan) returning to the team provides much needed leadership. The team has also lost long time veteran coach Terry Mirnak, with coaches Doug McGee and Ryan Moser sharing the coaching duties this season. The team also has the luxury of returning nine seasoned veterans to the team. As an added bonus the inexperienced wrestlers new to the program are showing desire, working hard in the pre-season to be prepared for the 1999-2000 season. By the end of the season, the Bulldogs should push for a spot in the top three in Region IV. Filling the weight classes is a key to the season. Spreading out several wrestlers with talent, log jammed in the middleweights, will be a key factor for the season. The appropriate blend of greenness with leadership could provide the Bulldogs with an exciting season.

# Beach

## Buccaners

Coach: Jim Gudney

Assistant Coach: Kevin Dietz

Dual Record: 6-9-1

Region Finish:

State Finish: 15th

Notable Tourney Finishes:

David Skoglund 2nd at 112 lbs.

Aaron Zieisdorf 1st at 135 lbs.

### Returning Wrestling Prospects

Name	Grade	Record	Weight
David Skoglund	12	31-8	119 lbs.
Ryan Lynam	12	14-20	125/130 lbs.
Zach Foster	11	10-27	145/152 lbs.
Luther Zieisdorf	10	31-14	103/112 lbs.
Brett Steele	10	27-16	112/125 lbs.
Jamison Hild	10	22-3	112/125 lbs.
Kenny Skoglund	9	25-4	103 lbs.
Shane Egan	10	9-7	215 lbs.
Cody Fulton	10	3-7	103 lbs.
Shawn Johnson	10	6-11	189/215 lbs.

### Other top prospects

Mike Hahn 140 lbs.

Tim Hoelt 145/152 lbs.

Adam Swartz Hwt.

Travis Wojohn Hwt.

### Outlook for upcoming season...

We are a young team. We have strong leadership in our two seniors. David should be a top pick at 119. We have a tough schedule and hope to use it to prepare for a nice placing at the state tournament. Our greatest strength is in the lower five weight classes. They should set the tempo for the year. They are young, but very talented. We are an extended family and work hard as a team. It will be an exciting year.



Bottom row left to right: Brett Steele, Shane Egan; 2nd row, Coach Gudney, Cody Fulton; 3rd row: David Skoglund, Matt Slocomb, Aaron Zieisdorf; 4th row: Mike Barnett, Shawn Johnson, Keith Brown, Mgr. Tessa Hajack; 5th row: Ryan Lynam, Cheerleader Sara Slocomb; top row, Luther Zieisdorf, Kenny Skoglund, Jamison Hild



# Center

## Wildcats

Coach: David Hilliard

Assistant Coach: Rick Schmidt

Dual Record: 8-10-1

Region Finish: 5th

State Finish: 13th

Notable Tournney Finishes:

4th at the Linton Tournament

### Returning Wrestling Prospects

Name	Grade	Record	Weight
Kurt Lennick	9	22-1	103 lbs.
Cody Hilliary	8	18-5	112 lbs.
Derek Lennick	12	45-0	119 lbs.
Dane Heid	8	18-6	125 lbs.
Nick Bobb	9	22-14	130 lbs.
Jarett Dinus	9	4-18	135 lbs.
Joey Specht	12	28-12	140 lbs.
Tony Manfoid	12	30-8	152/160 lbs.
B.J. Meyhoff	8		171 lbs.
Jeremy Hoessel	12		171/189 lbs.
T.J. Meyhoff	12	2-2	215 lbs.
Nathan Page	12	30-10	275 lbs.

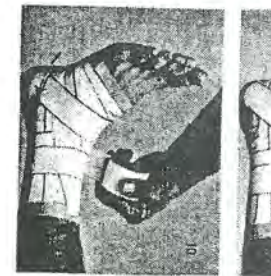
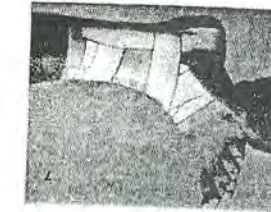
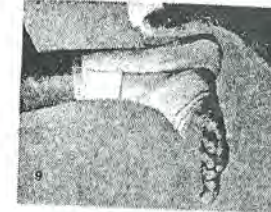
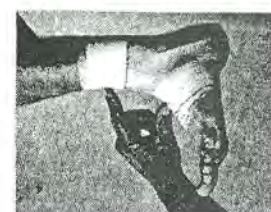
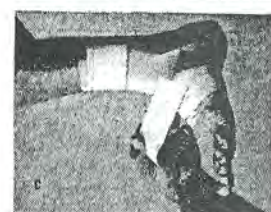
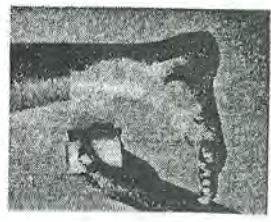
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Derrick Lennick 1999 103# State Champ, wrestling Gabe Davidson of Stanley



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1-The athlete's skin has been prepared in the usual manner and a layer of J-WRAP® PreTaping Underwrap has been applied. 1½" width tape will be used, although as the taper becomes more proficient, 2" may be used on individuals with larger ankles. The athlete is positioned comfortably on the table, the leg extended, the foot in neutral (neither turned in nor out) and dorsiflexed (toes to nose) slightly to approximately a 90° angle.

2-The first strip of tape has been applied around the leg above the ankle. It's the first of two anchor strips. The leg at this point is not cylindrical shaped; therefore, the tape must be angled slightly. This slight angling allows the tape to conform smoothly to the shape of the leg.

3-Two more anchors are applied at the instep; the first is applied over the hook of the fifth metatarsal. The tape is applied quite snugly, but not so tightly as to compromise circulation, or exert undue pressure on the hook of the fifth metatarsal.

4-Care must be exercised here that the tension is not so great as to cause discomfort to the athlete when walking, during running, in practice or a game situation. The overlap in adhesive taping is usually one-half to two-thirds of the previous strip. The two upper anchors and two lower anchors have been applied. This delineates the area of the preventive ankle taping.

5-The first strip is applied. It begins on the medial (inside) aspect of the ankle and continues down, over and behind the medial malleolus, under the foot and arch, up the lateral (outside) aspect of the foot, over and behind the lateral malleolus, and torn off at the upper anchor.

6-The first horizontal strip is started on the medial (inside) aspect of the lower anchor, behind the Achilles tendon...  
 7-brought around the ankle to over and below (upper part) of the foot, and torn off where the lateral malleolus, carried across the dorsum one horizontal strip applied.

8-Successive sets of interlocking stirrups and horizontal strips are applied, again overlapping the tape one-half to two-thirds of its width. The tape should be in smooth conformity with a little wrinkling, with snug tension, all pieces overlapped and joined. We see now the completed portion of the closed basket weave with four sets of interlocking stirrups and horizontal strips.

9-The heel lock strip is begun by attaching the tape to the lateral (outside) aspect of the heel, coming across the dorsum (top) of the foot...  
 10-angling underneath the arch to come up on



# Killdeer

# Cowboys

Coach: Shane Olson

Assistant Coach: Rande Kerr

Dual Record: 3-10

Region Finish: 7th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Albert Pachl	12	22-17	145 lbs.
Keith Rychner	10	17-25	119 lbs.
Travis Norberg	10	13-24	135 lbs.

## Other top prospects

Dusty Kleeman	135 lbs.
Robert Benz	130 lbs.
Karter Kleeman	160/171 lbs.

## Outlook for upcoming season...

This is a very young team, but one that is full of enthusiasm. The team will be led by seniors Albert Pachl and Robert Benz. Other seniors include Zane Emery, Dusty Kleeman, Dan Biniek. Underclassmen will play a vital role in the success of the team. With their help we are looking forward to a good season.

Travis Norberg



Albert Pachl



Keith Rychner



the outside of the heel, progress behind the heel to come up over and above the medial malleolus...

11-traverse around the ankle and then come down the inside of the heel to come under the arch up just anterior to the lateral malleolus.

12-Continue around the ankle and back to our starting point, to begin the spiral up the leg.

13-The spiral is completed and the tape is torn off. What we have done with this strip of tape is given a lateral heel lock to our closed basket weave. The tape then is continued up in spiral fashion until we have passed the portion of the lower leg that is a cylinder.

14-A new strip is applied in the angle fashion at the upper end of the taping procedure. This is a finish strip that lies in all of the ends. For additional support, more heel locks may be applied. In fact, a medial heel lock may be utilized, beginning on the medial aspect of the heel and using the same pattern as the lateral heel lock but in a reverse manner.

## Combination Elastic and Nonelastic Tape Ankle Strapping

A second method of ankle taping is being demonstrated and that is the use of a combination of elastic tape and nonelastic tape. This taping procedure is useful where a great deal of control is not necessary. It is used for an overnight compression period or for the normal activities of daily living.

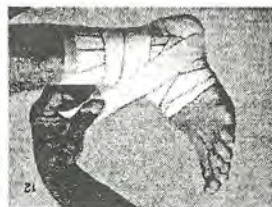
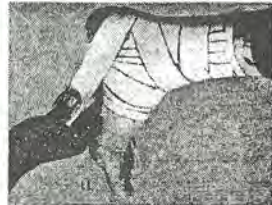
1-The skin has been prepared as usual, the material wrapped over the extremity for the entire course of the taping procedure. A LTE-FLEX™ Elastic Tape anchor is applied at the upper portion of the foot.

2-We then use nonelastic ZONAS™ Tape. A series of three or four stirrup straps, beginning on the medial aspect and applying over the hook of the fifth metatarsal, and we see also that the last two stirrup straps were angled slightly forward to fill the contours of the leg and allow the tape to be applied smoothly.

3-An elastic tape anchor is applied at the arch. Its begun over the hook of the fifth metatarsal.

4-proceeds around the ankle to the lateral (outside) aspect of the heel, coming across the dorsum (top) of the foot, completing a heel lock. Additional heel-lock patterns may be performed if additional protection is desired.

5-The elastic tape is then spiraled up the leg to the top of the underwrap where it is torn off.



NOTE: While 1 1/2" and 2" width tapes are illustrated and recommended, 1" width tape will be found to be easier to handle and will conform better on smaller bodied athletes. In addition, we have used an underwrap in many procedures, but taping directly to the skin in conjunction with the use of tape adherent will provide optimum stabilization and increase the life of the taping procedure. We also recommend taping directly to the skin without the use of an adherent when using hypoallergenic LTE-FLEX™ Elastic Tape.







# Hettinger Black Devils

**Coch:** Randy K. Burwick  
**Assistant Coaches:** Theo Schalesky, Pulos  
 Kvanvig, and Steve Kilwein

**Dual Record:** 16-2  
**Region Finish:** 3rd  
**State Finish:** 4th

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Jeb Boxrup	11	37-10	112 lbs.
Brandon Henderson	9	17-12	103 lbs.
Danny Henderson	11	38-8	125 lbs.
Tony Alder	11	16-20	171/189 lbs.
Thomas Beattie	11	27-19	189/215 lbs.
Josh Epperly	11	30-10	275 lbs.
Luke McDonald	12	21-4	135-140 lbs.
Mike Honeyman	12	31-11	130/135 lbs.
Blaine Pagel	12	38-7	145/152 lbs.
Cameron Zahn	12	20-17	130 lbs.
Logan Droic	9	11-14	119 lbs.

## Other top prospects

Carter Hoffland, Nathan Meidinger, James West, Zack Honeyman, Cody Bentson, Darin Hanson, Jake Soreide, Nick Timm.

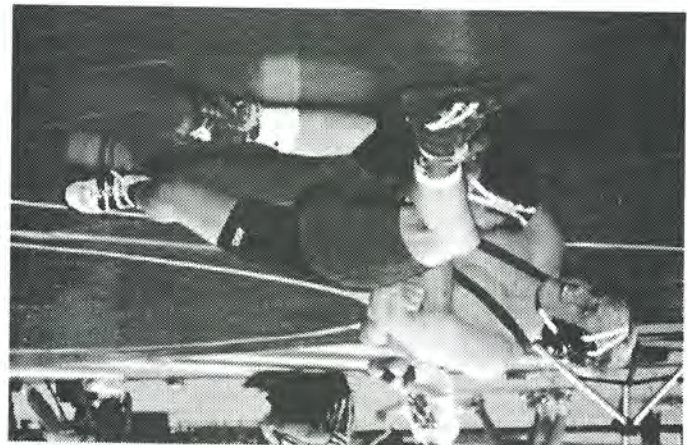
## Outlook for upcoming season...

Our outlook for 1999-2000 is great. We are hoping for a great summer where our kids will do a lot of wrestling and go to some camps. We look at 1999-2000 with great optimism. We have six state-placers back and four other state-qualifiers back. We should be solid with good senior leadership, our seniors have been through this before and we look for them to push the young kids and help them develop the attitude we need to have to be champions. We have kids that set very high goals for themselves and for our team, so we will work hard to improve throughout the year so we can reach out ultimate goal... Our goal is to finish in the top five every year and next year will be no different but we really would like to contend for a state championship.

**North Dakota Wrestling  
 Trivia #5**

Which North Dakota H.S. hold the  
 Record for the most wrestlers making the  
 Finals in the same year? What year? How  
 Many?

Answers to Trivia can be found on page 57





# New Salem Holsteins

**Coach:** Dale Beckman

**Assistant Coaches:** Tim Huus and

Mike Pazdernik

**Dual Record:** 14-2

**Region Finish:** 1st

**State Finish:** 2nd

**Notable Finishes:** Jamie Meuchel 7th at state, Jared Mosbrucker 7th at state, Darren Hoesel

2nd at state, Reese Boehm state champ and

3rd in national freestyle championship at 135

lbs.

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Chris Chase	8	5-7	112 lbs.
Jamie Meuchel	12	27-23	119 lbs.
Jared Mosbrucker	12	32-18	125 lbs.
Reese Boehm	12	40-1	130 lbs.
Darren Hoesel	12	36-5	140 lbs.
John Morris	11	15-13	145 lbs.
Travis Elkins	12	5-11	152 lbs.
Matt Klingenstein	11	25-16	215 lbs.
Josh Gerhardt	11	22-21	189 lbs.
Jake Meier	10		125 lbs.
Ty Bateman	8		103 lbs.
Brock Hager	10	5-7	275 lbs.

## Other top prospects

Trevor Kitzmann	10	160 lbs.
Joey Huus	7	103 lbs.
Chris Cook	9	152 or 160 lbs.
James Holle	9	189 lbs.
Nathan Huus	9	112 lbs.

## Outlook for upcoming season...

We should be a good wrestling team. We graduated five senior starters, so we have some holes to fill. Seven state qualifiers should give us a good start. If Boehm and Hoesel can return to the finals, the other two placers improve and the qualifiers become placers, we should make the top ten at state and maybe push the top five.

We should be a decent dual meet team but we lack depth if injuries should occur. Look for the likes of Hettinger, Cakes, Lisbon and Harvey to battle for the top spot. Carrington, Bowman, Center, Watford City, Linton and New Salem will do well.

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Margo Kunx, D.V.M.  
Beth Reineke, D.V.M.  
Shane Reineke, D.V.M.



# Standing Rock Warriors

Coach: David Rowe  
Region Finish: 7th

## Returning Wrestling Prospects

Name	Grade	Weight
Dusty Murphy	12	160 lbs.
Seth Harrison	12	189 lbs.
Josh Luger	12	130 lbs.
Dion Red Horn	10	112 lbs.
Elton Kills Crow	8	125 lbs.
Carl Iron Eyes	8	103 lbs.
Tom Kuntz	12	Hwt.

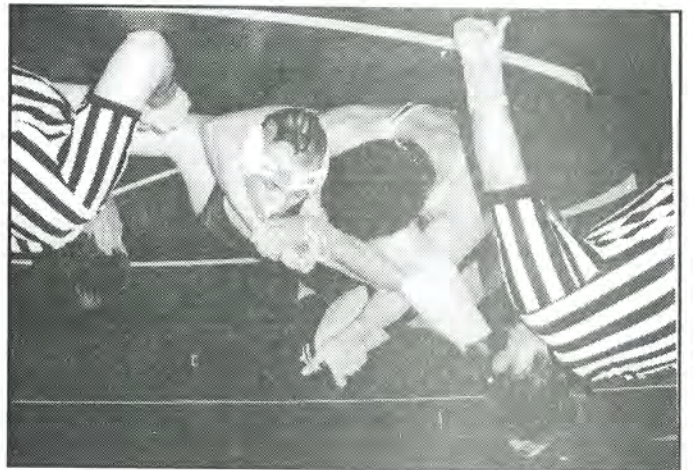
## Outlook for upcoming season...

The Warriors have three seniors with at least 2 years varsity experience. Just three years ago, we had only three wrestlers who knew what a takedown was.

Josh Luger will be certified at his best competitive weight this year. Last year he gave up some pounds, but I think this year he has a real shot at placing.

Seth Harrison is returning from a great first year last year. He made it to the State Tournament with one good takedown and a lot of strength. Dusty Murphy plans to wrestle at 160 lbs. or even 152. He has turned into a hard worker; from a 215 lb. sophomore to a 170 lb. senior.

In the lighter weights Dion Red Horn could make some waves. He won a tournament last year, and plans on going to state this year. Two eighth-graders and a host of first-year wrestlers fill out a rebuilding team at Standing Rock.



Michael doll with his State Champion cradle.





# Watford City Wolves

**Coach:** Dave Dougherty

**Assistant Coaches:** Fran Fish

and Robin Schwartz

**Dual Record:** 16-3

**Region Finish:** 2

**State Finish:** 6

## Returning Wrestling Prospects

Name	Grade	Record	Weight
Josh Norby	12	19-14	152 lbs.
Aaron Dougherty	11	22-11	145 lbs.
Chad Scofield	11	17-21	171 lbs.
Daniel Leppell	11	16-17	215 lbs.
Nathan Wurgler	12	15-20	140 lbs.
Dave Fulwider	12	5-3	160 lbs.
Paul Sorenson	12	12-19	135 lbs.
Clay Pojorie	11	16-22	112 lbs.
Bridger Bohmbach	10	16-14	125 lbs.
Andy Johnsrud	9	10-8	112 lbs.

## Outlook for upcoming season...

The Watford City Wolves return ten wrestlers who saw varsity action from the 1998-99 wrestling team. They are led by Aaron Dougherty, a two-time state place winner, and Josh Norby who placed 6th in last year's state tournament. While the team is going to definitely miss Clay Bohmbach, Levi Wisness, and D.J. Fritel who had three individual championships and three runner-up finishes at the state meet between them, we will have a base to build from. The challenge for the team will be to find leadership to replace the outstanding leaders we have had for the past three years. Besides Aaron and Josh, Chad Scofield, Daniel Leppell, Nathan Wurgler, David Fulwider and Paul Sorenson will be the wrestlers to set the standard for the team. We should have a balanced dual meet team but will have problems in larger tournaments where you need to have proven finalists every week.



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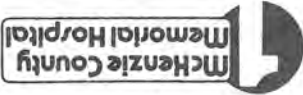
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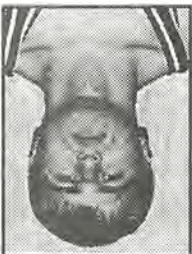
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Clay Pojorie



Chad Scofield



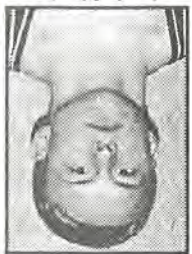
Nathan Wurgler



Bridger Bohmbach



Daniel Leppell



Josh Norby



# North Dakota Master Tournament Schedule

Tournaments	Date	Location
Minot Early Bird	11/27/99	Minot
Sidney Tournament	12/3 & 12/4/99	Sidney MT
Mandan Lions Tournament	12/3 & 12/4/99	Mandan
Hillsboro Tournament	12/4/99	Hillsboro
Napoleon Early Bird	12/4/99	Napoleon
Velva Tournament	12/4/99	Velva
Jamestown Tournament	12/4/99	Jamestown
Wahpeton Tournament	12/4/99	Wahpeton
Grand Forks Setoma Dual Toumey	12/10 & 12/11	Grand Forks
Minot Kiwanis Tournament	12/10 & 12/11/00	Minot
Carrington Multiple Dual	12/10 & 12/11/99	Carrington
Rapid City Invitational	12/10 & 12/11/99	Rapid City, SD
Bowman Rotary Tournament	12/11/99	Bowman
Enderlin Tournament	12/11/99	Enderlin
Kenmare Tournament	12/11/99	Kenmare
Bowman Tournament	12/11/99	Bowman
Williston HLP Tournament	12/11/99	Williston
Dickinson Classic Tournament	12/17 & 12/18/99	Dickinson
Linton Tournament	12/17 & 12/18/99	Linton
Minnesota Christmas Toumey	12/17 & 12/18/99	Blaine, Minn
New Town Tournament	12/18/99	New Town
West Fargo Tournament	12/18/99	West Fargo
Valley City Invitational	12/18/99	Valley City
Bismarck Rotary	1/7 & 1/8/00	Bismarck
Hettinger Multiple	1/7 & 1/8/00	Hettinger
Central Cass Toumey	1/8/00	Casselton
Thunder Invitational	1/8/00	Edgeley
Rugby Tournament	1/8/00	Rugby
Miles City Cowboy Tournament	1/14 & 1/15/00	Miles City, MT
Center Tournament	1/15/00	Center
Mayville-Portland Toumey	1/15/00	Mayville
Devils Lake Tournament	1/15/00	Devils Lake
Grand Forks Multiple	1/21 & 1/22/00	Grand Forks
Watford City Multiple	1/21 & 1/22/00	Watford City
KQLX Tournament	1/21 & 1/22/00	Lisbon
Rolla Tournament	1/22/00	Rolla
East/West Tournament	1/29/00	New Salem
Belle Fourche Invite	1/28 & 1/29/00	Belle Fourche, SD
Lanmore Tournament	1/29/00	Lanmore
Fargo Invitational Tournament	1/29/00	Fargo South
Garrison Tournament	1/29/00	Garrison
Aberdeen Invite	1/29/00	Aberdeen, SD
Ashley/Wishek Tournament	2/5/00	Wishek
Harvey Tournament	2/5/00	Harvey
Region 1 Tournament	2/12/00	Lisbon
Region 2 Tournament	2/12/00	Lanmore
Region 3 Tournament	2/12/00	Burlington
Region 4 Tournament	2/12/00	Bowman
WDA Regional	2/12/00	Dickinson
EDC Regional Tournament	2/12/00	West Fargo
State Tournament	2/17, 2/18, 2/19/00	Minot State Dome

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# North Dakota State University Wrestling Preview

Keyed by two-time All-American Steve Saxlund, who has appeared in the national title bout the past two seasons, and three other All-Americans, North Dakota State University wrestling is poised to rebound from a disappointing 98-99 tournament run. Wrestling is a proud and storied program at NDSU with 14 conference titles in the last 20 years and national titles in 1988 and 1998 but the finish to the 1999 season was not one to cherish.

The Bison qualified six wrestlers for the '99 NCAA National Championships but finished a distant seventh after falling by one point in defense of their North Central Conference crown two weeks earlier.

Three All-Americans return from that group of qualifiers in Kris Nelson (Lisbon, N.D. @ 133), Steve Saxlund (Pipestone, Minn. @ 174 lbs.) and Wayne Mooney (Greenbush, Minn. @ 157 lbs.) to form the backbone of the 1999-2000 North Dakota State squad along with 1998 All-American Dave Clymer (Hastings, Minn. @ Hwt.).

Veteran head coach Bucky Maughan, opening his 36th season at the helm of the Bison, expects Saxlund to be a team leader for the Thundering Herd. Saxlund is 51-10 over his first two years with two conference titles, one national championship, and one runner-up national finish.

There are several other returning grapplers with varsity experience who must step it up and get the job done if the Bison are to be successful.

Coach Maughan expects big seasons from Jake Thielbar (Fairbault, Minn. @ 141 lbs.), Todd Fuller (Maple Lake, Minn. @ 165 lbs.), Bryan Mueller (Hillsboro, N.D. @ 197 lbs.) and Nick Severson (Hayfield, Minn. @ 197 lbs.). "They have all shown tremendous talent and are our future leaders and national contenders," said Maughan. "Now is the time for them to step up to the front."

Other wrestlers who will have the chance to be contenders for NDSU are Chris Moen (Grand Rapids, Minn. @ 184 lbs.), Kyle Pieper (Mountain Lake, Minn. @ 133 lbs.), Chris Ruto (Moanalua, Hawaii @ 174 lbs.), Grady Wolf (Bismarck, N.D. @ 157 lbs.) and Lance Wurm (Maple Lake, Minn. @ 149 lbs.). "This group of wrestlers have a couple of years of open tournament experience and are ready for 'Prime Time' exposure," said Maughan.

With a strong group of redshirts and excellent freshman and transfer classes, who will challenge the veterans for mat time, the Bison should contend for NCC and NCAA championships.

Here is a breakdown of the 1999-2000 Bison wrestling squad by weight:

125	Derek Bischoff	Minot, ND	165	Todd Fuller	Hastings, MN
125	Matt Stawser	Wadena, MN	165	Aaron Anderson	Valley City, ND
133	Kris Nelson	Lisbon, ND	165	Josh Kerbaugh	Fargo, ND
133	Kyle Pieper	Mountain Lake, MN	174	Steve Saxlund	Pipestone, MN
141	Jake Thielbar	Fairbault, MN	174	Chris Ruto	Moanalua, Hawaii
149	Lance Wurm	Maple Lake, MN	184	Chris Moen	Grand Rapids, MN
149	Greg Janey	Brooklyn Park, MN	184	Dustin Swanson	Fargo, ND
149	Nathan Johnson	Milica, MN	184	Dirk Thiedeman	Cedar Rapids, Iowa
149	Carlo Cerna	San Antonio, Texas	184	Chris Cook	Hastings, MN
157	Wayne Mooney	Greenbush, MN	184	Jason Perala	Crookston, MN
157	Grady Wolf	Bismarck, ND	197	Bryan Mueller	Hillsboro, ND
157	Nate Pesta	Long Prairie, MN	197	Nick Severson	Hayfield, MN
157	Michael Bemboom	Sauk Rapids, MN	197	Deke Stanak	LaCrosse, WI
157	Bo Henry	Bloomington, IN	Hwt.	Dave Clymer	Hastings, MN
157	Mike Fiedler	Sauk Center, MN	Hwt.	Nick Bruels	Hastings, MN

## 1999-2000 Bison Wrestling Schedule

Nov. 13	Bison Open	at Fargo
Nov. 19	University of Minnesota	at Fargo
Nov. 24	Augsburg College	at Minneapolis, Minn.
Dec. 3	Las Vegas Tournament	at Las Vegas, Nev.
Dec. 11	St. Cloud Tournament	at St. Cloud, Minn.
Jan. 12	St. Cloud State	at St. Cloud, Minn.
Jan. 15	South Dakota State	at Brookings, S.D.
Jan. 22	Minnesota State-Mankato	at Fargo
Jan. 27	Western State College	at Aurora, Colo.
Jan. 28	University of Northern Colorado	at Greeley, Colo.
Jan. 29	University of Southern Colorado	at Greeley, Colo.
Feb. 2	Dickinson State	at Fargo
Feb. 5	University of Nebraska-Omaha	at Fargo
Feb. 12	Augustana College	at Fargo
Feb. 16	Moorhead State University	at Fargo
Feb. 26	NCC Tournament	at Omaha, Neb.
Mar. 10	NCAA Division II Tournament	at Brookings, S.D.





# University of Mary Wrestling Preview

Continuing its strong presence in NATA wrestling, the 1998-99 Marauder wrestling team captured its ninth consecutive conference title and advanced 12 wrestlers to take sixth place at the NATA National Tournament.

All of the Marauders return from last year's team, making this season look very promising as U-Mary hunts for the national title. Returning All-Americans include Jeremy Engelhardt, national champion at 174 lbs.; Pat Runex, second at 125 lbs.; Brian Zehren, third at 141 lbs.; Justine Currie, fifth at 157 lbs.; and Jason Hatcher, eighth at 184 lbs.

The Marauders will be aided by their strong recruiting class, Randy Gust, the 1999 North Dakota State Champion (197); Aaron Hartnell, two-time Montana State Champion and second at the National High School Meet (125); Nick Holwegner, North Dakota State Champion (149) at the North Dakota State Greco Championships; Ryan Weigel, second place (149) at the North Dakota State Championships; and Danny Williams, three-time North Dakota State Placer and eighth place winner at the Greco Nationals.

"This team is the best I've had in terms of self-motivation. They hit the weights on their own and are very self-driven," Says Head Coach Mito Trusy. "This team is young but solid – they will grow into something big."

This season marks the thirteenth year for the U-Mary program and Trusy has his sights set on the national title.

## Mito Trusy

### Head Coach

Head Coach Mito Trusy enters his thirteenth season with the U-Mary wrestling program. Under his leadership, he has guided 50 All-Americans, nine national champions, and watched his teams go 110-10 overall in duals.

Trusy says the Marauders' success boils down to a strong work ethic. "Our wrestlers want to succeed and are willing to put in the work. By the end of the year, the guys are like a family because they have to get through the workouts and through the season. They work together to reach their daily goals throughout the season."

A former wrestling standout at Valley City State University, Trusy's coaching experience includes stints at Bismarck and Century High Schools, Bismarck State College, and Umpqua Community College in Oregon. He founded Mat Pac wrestling in 1978, a youth wrestling program that has produced over 400 state champions and more than 100 national and regional champions.

125	Pat Runex	JR	Woodville, WA	157	Carl Hanson	FR	Helena, MT
125	Sammy Reyna	FR	Bakersfield, CA	157	Dallas Heid	FR	Center, ND
125	Aaron Hartnell	FR	Great Falls, MT	157	Jason LeBrie	SO	Rolla, ND
133	Brian Biel	SO	Dodge, ND	165	Dustin Zahursky	SO	Minot, ND
133	Eric Barnett	FR	Tuscon, AZ	165	Tony Baumgartner	FR	Hazleton, ND
141	Eric Woolverton	FR	Butte, MT	174	Jason Hatcher	JR	Murphys, CA
141	Derek Weigel	SO	Napolean, ND	174	Danny Williams	FR	Minot, ND
141	Chris Mueller	FR	Hillsboro, ND	174	Kalief Rongstad	FR	Deer Lodge, MT
141	Jared Mack	FR	Rugby, ND	184	Jeremy Engelhardt	FR	Steele, ND
149	Brian Zehren	SR	Jamesstown, ND	197	Tim Byrd	JR	Poway, CA
149	Justin Haas	SO	Ashley, ND	197	Jason Ruff	FR	Buffalo, WY
149	Nick Holwegner	FR	Minot, ND	197	Randy Gust	FR	Grand Forks, ND
149	Ryan Weigel	FR	Napolean, ND	197	Brook Larson	JR	Iowa City, IA
157	Justin Currie	SR	Minot, ND				

## 1999-2000 Marauder Wrestling Schedule

Oct. 22	University of Regina Dual	at Bismarck
Oct. 25	Orang/Blue Dual	at Bismarck
Nov. 6	South Dakota State Open	at Bismarck
Nov. 13	Bison Open	Away
Nov. 20	Augsburg Open	Away
Nov. 24	Dickinson State Dual	at Bismarck
Dec. 4	Concordia Open	Away
Dec. 8	Northern State Dual	Away
Dec. 11	St. Cloud Invitational	Away
Jan. 8	North Country Open	Away
Jan. 15	Dickinson State Invitational	at Bismarck
Feb. 2	Jamesstown College Dual	at Bismarck
Feb. 5	Augustana College Dual	at Bismarck
Feb. 11	NDCAC Championships	at Bismarck
Feb. 20	Great Plains Regionals	at Bismarck
Mar. 3-4	NATA Championships	Away



# Dickinson State University Wrestling Preview

We have come to the end of another season and of which was successful. We finished 10th in the Nation. The Hawks had four All-Americans. Ben Becker and Jesse Becker from Mandan, N.D., Brett Nedens from Hardin, Mont., Matt Meyer from Gladstone, N.D. Ben Becker was also voted Outstanding Graduating Senior of the NDCAC Conference.

The recruiting process has started and once again we are looking for quality athletes to come into a competitive room. We have two seniors on the 1999 team and will have 5 seniors on the 2000 team. Our roster boast 40 young men battling for the ten starting spots. The team is a very competitive one in which we compete with all Divisions from NCAA Div I to the JUCOs. We are looking to bring in 15 freshman that we believe will make an impact on our program and help our quest to obtain our team goals of Conference, Regionals and National Champs... it takes but a single grain of rice to tip the scale."

If you are interested in pursuing your wrestling career please use the e-mail address or call the 1-800-279-1295 and ask for Coach O'Donnell.

## The Coaches Thadd O'Donnell Head Coach

Now beginning his fourth season as head wrestling coach. Thadd O'Donnell guided the Blue Hawks to a third place regional finish in 1997-98 and was named NDCAC Coach of the Year. He also earned "Co-Great Plains Region Coach of the Year" honors after directing his young squad to a fourth place regional finish in 1995-96.

O'Donnell, a native of Baker, Mont., received a bachelor of science degree in physical education from Dickinson State University in 1991, and a master's degree in physical education from Northern State University in Aberdeen, S.D. in 1993. While at Northern State University, he also served as assistant wrestling coach.

A three-time All-American at 134 lbs. for the Blue Hawks. O'Donnell holds the school record for most pins in a season (20 in 1985-86), and most wins by a freshman (36 in 1985-86). O'Donnell also helped lead the 1985-86 Blue Hawks to an eighth place team finish at the NAIJA Tournament, the highest finish ever for a Dickinson State wrestling team.

In addition to serving as head wrestling coach, O'Donnell is an assistant football coach and an instructor of health and physical education.

He and his wife Tracie have two children, Danielle and Seth.

## Joel Meyer Assistant Coach

A three-time All-American at Dickinson State. Joel Meyer is now in his fourth season as an assistant wrestling coach.

Meyer earned All-American status following his sophomore, junior, and senior years as a wrestler. After qualifying for the national tournament as a freshman, he finished seventh in the 177 lbs. class as a sophomore, second at 190 lbs. junior, and third at 190 as a senior, when he posted a 35-3 record with 13 falls.

He is a 1991 graduate of Trinity High School in Dickinson, N.D., and is also a graduate of Dickinson State, earning a bachelor of science degree in physical education.

## 1999-2000 Hawks Wrestling Schedule

Nov. 13	Cowboy Open	at Laramie, Wyo.
Nov. 19	Blue/Gray Dual	at Dickinson
Nov. 24	University of Mary Dual	at Bismarck
Dec. 4	Concordia Invitational	at Concordia, Minn.
Dec. 5	Dakota Duels	at Brookings, S.D.
Dec. 11	St. Cloud Invitational	at St. Cloud, Minn.
Jan. 8	North Country Invitational	at Moorhead, Minn.
Jan. 14	Northern State University Dual	at Dickinson
Jan. 15	DSU Classic	at Dickinson
Jan. 19	Jamesstown Dual	at Dickinson
Jan. 22	University of Mary Invitational	at Bismarck
Jan. 26	Chadron College Dual	at Dickinson
Feb. 2	NDSU Dual	at Fargo
Feb. 5	Montana State University	at Dickinson
Feb. 11	NDCAC Tournament	at Bismarck
Feb. 20	Great Plains Regional Tournament	at Huron, S.D.
Mar. 3-4	NAIA National Tournament	at St. Charles, Mo.

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# Jamestown College Wrestling Preview

Jimmies Excited About Upcoming Season The Jimmies lost only one senior to graduation last year and expect to be very competitive this year. Seven returnees are expected to step forward as the leaders. Of those seven, the Jimmies return three national qualifiers: Jayme Depee, Ryan Cornell and James Esser. Coming off redshirt and expected to have an immediate impact are Pete Hildebrand, Lucas Lucier, Josh Erckenbrack and Mikkey White. With this blend of talent and work ethic the Jimmies are expected to return to national contention.

Here is a breakdown of the 1999-2000 Jimmie wrestling squad by weight:

125	Chris Litton	Casselton, ND
125/133	Eric Grund	Watertown, SD
133	Garrett Eckman	St. Paul MN
141/149	Jayme Depee	Lola, MT
141/149	Josh Erckenbrack	Jamestown, ND
149	Josh Rude	Hillsboro, ND
157	Mikkey White	Jamestown, ND
165/174	Joe Andreoli	Anaconda, MT
165/174	Lucas Lucier	Cavalier, ND
184	Ryan Cornell	Bismarck, ND
197	Brian Cridde	Auburn, WA
197	Caleb Vigue	Center, ND
285	James Esser	Redfield, SD
285	Pete Hildebrand	Kent, WA

## 1999-2000 Jimmie Wrestling Schedule

Oct. 30	Intrasquad Match	Jamestown
Nov. 6	SDSU Open	Brookings, SD
Nov. 13	NDSU Open	at Fargo
Nov. 20	Augsborg Open	at Minneapolis, MN
Dec. 3	U of Morris	at Morris, MN
Dec. 4	Cougar Open	at Morris, MN
Dec. 8	Dickinson State	at Jamestown
Dec. 11	St. Cloud Invite	at St. Cloud, MN
Jan. 8	North County Tourm.	at Moorhead, MN
Jan. 15	Dickinson Invite	at Dickinson
Jan. 19	Dickinson State	at Dickinson
Jan. 22	Mary Invite	at Bismarck
Jan. 28	Northern State	at Jamestown
Feb/ 2	U of Mary	at Bismarck
Feb/ 4	Huron	at Huron, SD
Feb. 6	Dakota Wesleyan	at Jamestown
Feb. 8	Concordia Moorhead	at Moorhead, MN
Feb. 11	Conference Tournament	at Bismarck
Feb. 20	Regional Tournament	at Huron, SD
Mar. 3-4	NAAIA National Tourm.	at St. Charles, MO





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