



Welcome back wrestling fans to the 2024-25 wrestling preview “Dakota Grappler”

“Your Source for Wrestling in the Dakota’s”

Stepping onto the Mat: A Salute to North & South Dakota Wrestling

The whistle blows, adrenaline surges – pure Dakota Grappler magic unfolds before our eyes! Sure, countless hours go into crafting this preview, but watching these young wrestlers push their limits, leaving sweat, tears, and even blood on the mat – that’s a victory lap worth taking, even if it means a few late nights.



First up, a standing ovation to the parents! You are the ultimate cornermen, enduring long weekends and fueling these hungry champions. Your unwavering support is more valuable than gold. For those new to the scene, wrestling isn’t just a sport; it’s a brotherhood forged in the fire of competition, creating bonds that last a lifetime.

Next, hats off to the coaches – the architects who mold raw talent into champions. Your dedication is a takedown on thanklessness, a masterclass in building both skill and character. And a round of applause goes out to the administrators, statisticians, and even the small but mighty cheerleading squad. Grandmas, grandpas, and everyone cheering from the sidelines – your presence, whether at the crack of dawn or under the Friday night lights, means the world to these athletes.

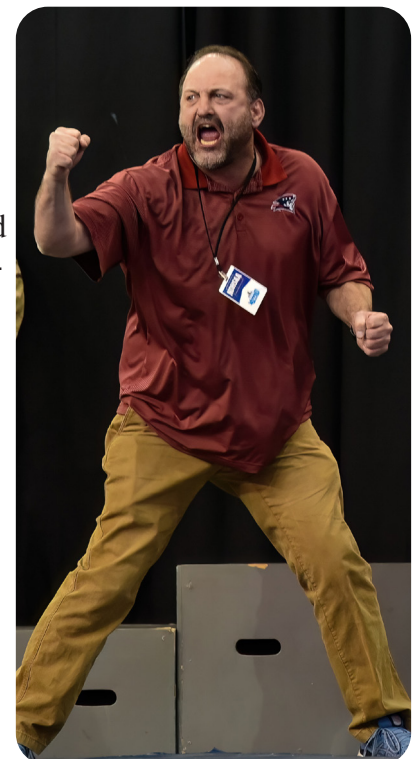
Finally, to my wife – a champion in her own right. Thanks for understanding when I’m stuck in a headlock with deadlines, neglecting tasks at home. Rest assured, I’ll come out swinging and make it up to you!

For those new to the Dakota Grappler family, welcome! Dive into our website (www.dakotagrappler.com), a treasure trove of wrestling content – from articles and results to rankings and more. Our Facebook page is a wrestling fan’s dream come true – with 3.5 million video minutes watched in just 90 days last year and nearly 10,000 new members joining our community. This year, get ready for even more action! Join us for discussions, debates, and everything in between – it’s the ultimate forum for Dakota wrestling enthusiasts.

Welcome to the 2024-25 season, and best of luck to all the teams! I can’t wait to meet you all and dive deep into conversations about this timeless sport.

God bless wrestling!

Jon Gums





North Dakota

Class A

EAST REGION

Breckenridge-Wahpeton	19-20
Central Cass	21-24
Devils Lake	24-25
Fargo Davies	26
Fargo Public (Girls)	27
Fargo North	28
Fargo South	28
Grand Forks Central	30-31
Grand Forks Red River	32
Valley City	33
West Fargo	34
West Fargo Sheyenne	35-36
West Fargo United	36

WEST REGION

Bismarck Legacy	37-38
Bismarck Century	39-41
Bismarck High	42-44
Bismarck St. Mary's	45
Dickinson	46-47
Jamestown	48
Mandan	49-51
Minot	53-55
Turtle Mountain	56
Watford City	57
Williston	58

North Dakota Class B

Class B East

Carrington	59-62
Edgeley-Ellendale	63
Grafton	64
Hillsboro Central Valley	65
Kindred	66-67
LaMoure	68-69
Larimore	70
Lisbon-Enderlin	71-72
Mayville-Portland-Clifford-Galesburg	73
Napoleon	74-75
Northern Cass	76
Northern Lights	76-77
Oakes	77-78
Pembina County North	79-80
Rugby	81
South Border Ashely/Wishek/Zeeland	82
Thompson	83

Class B West

Beulah-Hazen	84-86
Bishop Ryan	86-87
Bowman	88-89
Des Lacs-Burlington Lewis and Clark	90
Harvey Wells Co	91
Hettinger-Scranton	92
Kenmare	93
Killdeer	94
Linton	95
Mondak (Grenora)	96
New Salem	96-98
Standing Rock	98
Stanley-New Town	99
Velva	100
Williams Co Ray Powers Lake-Tioga	101-102

South Dakota

Class A

Region 1

Brookings	103
Del Rapids	104
Flandreau	105-106
Madison	106-107
Sioux Falls O'Gorman	107
Sioux Falls Jefferson	108
Sioux Falls Roosevelt	109
Tea Area	109-110
Watertown	111-112
West Central	113

Region 2

Beresford A/H	114
Brandon Valley	115-116
Dakota Valley	116
Harrisburg	117-118
Lennox	119
Sioux Falls Lincoln	120
Sioux Falls Washington	121
Vermillion	122
Yankton	123-124

Region 3

Aberdeen Central	125
Chamberlain	126
Cheyenne-Eagle Butte Dupree	127
Huron	127-128
Milbank Area	129
Mitchell	130
Pierre-TF Riggs	131-133
Sisseton	134
Todd Co	134-135

Region 4

Belle Fourche	136
Douglas-RC Christian	136
Lakota Tech Tatanka	137
Rapid City Central	138
Rapid City Stevens	139
Spearfish	140-141
Sturgis Brown	142

Class B

Region 1

Britton-Hecla	143
Clark-Willow Lake	143
Deuel-Deubrook	144
Doland (Chiefs)	144
Faulkton Area	145
Groton	146
Hamlin	147
Ipswich/Bowdle	147
Kingsbury County	148-149
Potter Co	149
Redfield	150
Sioux Valley	151
Sully Buttes	152
Warner Northwestern	152
Webster Area	153

Region 2

Canistota	154
Canton	154-156
Chester	157

Elk Point-Jefferson	157
Garretson	158
Hanson	159
Howard	159
Marion-Freeman	160
McCook Central/Montrose	161-162
Parker	163
Tri-Valley	164
Viborg-Hurley/Irene-Wakonda	165

Region 3

Andes Central	166
Bon Homme - Avon	166
Burke/Gregory	167
Kimball/White Lake Platte Geddes	168
Lyman	169
Miller Area/Highmore-Harold	170
Mt Vernon Plank Corsica Stickney	171
Parkston	171-172
Scotland/Menno	173
Sunshine Bible	173
Wagner	174
Wessington Springs/Woonsocket	175
Winner Area	176-177

Region 4

Bennett County	177
Custer Edgemont	178
Faith	179
Harding County	179
Hill City	180
Hot Springs	180
Lead Deadwood	181
Lemmon-McIntosh	181
McLaughlin	182
Mobridge/Pollock	183
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Enjoy feel free to submit any questions or articles to:
dakotagrappler@gmail.com



Wrestling Rule Changes - 2024-25

By NFHS on April 25, 2024
nfhs news

Beginning with the 2024-25 season, high school wrestlers will be inbounds with only one point of contact of either wrestler inside or on the boundary line.

This fundamental change to high school wrestling was one of six major changes impacting almost 30 rules recommended by the NFHS Wrestling Rules Committee at its April 1-3 meeting in Indianapolis. All recommended changes were subsequently approved by the NFHS Board of Directors.

Previously, high school wrestlers were considered to be inbounds if a total of two supporting points of either wrestler were inside or on the boundary line. The two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.

“Without increasing risk, this change eliminates the subjectivity of the out-of-bounds call,” said Elliot Hopkins, NFHS director of sports and student services and liaison to the Wrestling Rules Committee. “The change also helps officials to call ‘out of bounds’ more consistently, and it provides wrestlers, coaches and spectators a better understanding of out of bounds.”

While the One Point of Contact change will be noted under the definition of Inbounds in Rule 5-15, it also impacts a number of other sections in Rule 5 on Definitions, as well as Rule 6-4-1 on Stopping and Starting the Match.

In addition to the One Point of Contact change, points awarded for a Near-Fall have been revised in high school wrestling. Overall, the changes simplify the points awarded based on how long the wrestler is held in near-fall criteria. The change in Rule 5-11-3 is as follows:

Two points will be awarded when near-fall criteria are held for two seconds, three points for three seconds, four points for four seconds and five points if the defensive wrestler is injured, indicates an injury or bleeding occurs after the four-point near-fall has been earned. These changes will affect other rules including individual match scoring in Rule 9.

“The goal in wrestling is to pin the opponent,” Hopkins said. “Changing the near-fall points should motivate wrestlers to work for a fall.”

In another change in scoring rules, opportunities to earn more points will also be available when executing a Takedown. Beginning next season, wrestlers will be awarded three

match points instead of two when securing a takedown.

The committee also approved a change regarding the Technical Fall. Rule 5-11-4a now states that “if a takedown or reversal, straight to a near-fall criteria creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.” The change clarifies when the technical fall has concluded in relation to the near-fall criteria being met. Hopkins said the offensive wrestler cannot be penalized appropriately after the technical fall has been earned.

In another change, the 10-Foot Circle at the center of wrestling mats is now optional. Wrestlers now will be encouraged to “stay in the center of the mat” instead of “within the 10-foot circle.”

“The committee determined that the starting lines of a mat indicate the center of the mat and the 10-foot circle is no longer needed,” Hopkins said. “With the new mat designs that have a large mascot or logos, it gives a refreshing look to the mats. Wrestlers and officials know where the center of the mat is located without the 10-foot circle.”

Finally, the committee approved a new Referee’s Time-Out Signal. The signal, which is used in many other sports, is both hands/fingers pointing inward to the referee’s chest.

A complete listing of the wrestling rules changes will be available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page and select “Wrestling.”





Breckenridge-Wahpeton Storm

Conference if applicable: EDC

Last Year's Dual Record: 5-12

Region Finish: 8 th

State Finish: 15 th

List of Tournaments participating in this season:

Dan Unruh, GF Sertoma, Valley City Holiday Tournament, Otter Invitational, Bismarck Rotary, Lisbon Storhaug

Head Coach: Ryan Brandt

Yrs. at present school incl this yr: 6

Yrs. at this school as Head Coach: 6

Yrs. as Head Coach: 6

Total Wins as Head Coach: 29

Overall Record Coaching: 29-56

Assistant Coaches: Hunter McCall, Eric Erlandson, Dan Frame, Lance Iverson

Number of Lettermen Returning: 6

Number of Returning State Placers: 1

Player Information:

Roster:

Garret Schwartz	Sr
Ryan Tirado	Sr
Carson VanEps	Sr
Christan Kast	Sr
Chase Marsh	Sr
Blade Leitch	Jr.
Ashton Mikkelson	Sr
David Erlandson	Jr.
Henry Slettedahl	Jr.
William Berge	Jr.
Kemuel Soto Vasquez	Jr.
Riley Kappes	So
Kieth Bieller	So
Rylan Davis	So
Dante Ayers	So
Owen Morse	So
Tyler Burchill	9
Jordan Kappes	9
Zander Jensen	9
Zander Jacobson	9
Mayson Edwards	9
Aiden Burhans	9
Nash Hill-Blankenship	9

New wrestlers: Scout Kappes 7 th / Nox Bolte 7 th /Carter Rabbithead 7 th / Cooper Allison 9 th / Alijah Robinson 9 th
 Returning state Placer: David Erlandson- 4 th at 172
 Returning All State Academic: David Erlandson, Henry Slettedahl, Riley Kappes, and Tyler Burchill

Top Prospects and Grade:

Chase Marsh 12 th

Daivd Erlandson 11 th

Henry Slettedahl 11th

Riley Kappes 10th

Tyler Burchill 9th

Zander Jensen 9th



Coaches' comments

Chase is a hard-working senior on our team. He has been a state qualifier the last 2 seasons and will look to make it back to the state tournament this year.

David is one of our workhorses on our team, he excels on and off the wrestling mat. He is constantly improving to get to the next step. He is a 2-time state place winner taking 5 th as a freshman and 4 th as a sophomore. He is the team captain for our team.

Henry is another one of our hard-working wrestlers. He improved a lot last year taking 4 th in the region, He is a team captain and a potential state placer this year. Henry sticks around after our practices to help at youth wrestling practices. Riley is a hard-working kid; he comes to our practice and will usually stick around to help at youth wrestling practices as well. He focuses on school and excels in the classroom. Riley lost a close blood round match at state last year and will look to get back to the dome and compete for a podium spot. Tyler is looking to improve from last year. He broke his thumb at Bismarck Rotary last year and was out till EDC. Tyler has attended Throne Wrestling camps this summer and has the potential to place at state this year. Zander is our returning 107lbs wrestler. He works really hard on the mat and has started to grow into himself this year we are very excited to see where he ends up this year.

List your top stat leaders from last year.

1. David Erlandson- Pins, wins, takedowns
2. Riley Kappes- Reversals, 2 nd in takedowns
3. Henry Slettedahl- 2 nd in pins,

Region (Individual)

1. West Fargo Sheyenne
2. Fargo Davies
3. Devils Lake
4. Fargo North
5. Grand Forks Central
6. West Fargo High

State (Individual)

1. Bismarck Century
2. West Fargo Sheyenne
3. Bismarck High
4. Dickinson High
5. Williston High
6. Fargo Davies

State (Dual)

1. Bismarck Century
2. West Fargo Sheyenne
3. Bismarck High
4. Dickinson
5. Fargo Davies
6. Williston



Bismarck High Demons

Conference: WDA
 Last Year's Dual Record: 20-1
 Region Finish: 1st
 State Finish: 1st
 List of Tournaments
 Mandan Lions
 Rapid City Invite
 Valley City Holiday
 Rumble on the Red
 Bismarck Rotary
 Head Coach: Mark Lardy



Yrs. at present school incl this yr: 23
 Yrs. at this school as Head Coach: 7
 Yrs. as Head Coach: 10
 Total Wins as Head Coach: Dual – 168, Overall - 206
 Overall Record Coaching:
 Dual: 400-35 - As assistant and head
 Overall: 529-52 - As assistant and head
 Assistant Coaches: Dallas Heid, Scott Owens, Adam DeBoer,
 Moses Timali, Adam Blee, Ryan Ripplinger
 Number of Returning State Placers: 7
 Roster:

Cade Nieuwsma Jr., Holden Beauchamp Jr., Jayden Harper
 8th, Kayden Egeberg 8th, Riley Potter 8th, Bryson Hach 8th
 Coltan Ireland Sr., Peyton Weisz Jr., Zane Thomas Fr., Ben
 DeForest Sr., Elijah Knopik Jr., Jobin Habonimana Sr., Jesse
 Miller Fr., Preston Kinzley Jr., Wyatt Wortman Jr., Cody
 Conklin Fr., Braeden Halverson Jr., Gavin Vanderhoek So.
 Hudson Egeberg Jr., Chase Wanner Jr., David Magembe Jr.
 Carson Lardy Sr., Logan Mertens Sr., Aiydan Mclean So.
 Trenton LaRocque So., Preston Benz Jr., Ricky Damely So.
 Cole Lardy Fr., Mark Bauman Fr., Alex Mauch So., Jax Heck
 So., Jaxson Salander Jr., Tiernan Glass Jr., Conner Harvison
 Sr., Remington Anhorn So., Caleb Paetz Jr., Garrett Cowan
 8th, Jack Praska So., Jonas Crouse Jr., Locus Hona Jr.
 Braden McConnell Jr., Kobe St. Aubin Jr., Easton Egeberg Sr.

Returning State Placemen

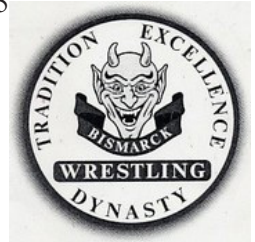
Ben DeForest	1st
Hudson Egeberg	1st
Cade Nieuwsma	2nd
Coltan Ireland	3rd
Braeden Halverson	4th
Kayden Egeberg	6th
Carson Lardy	7th

Top Prospects and Grade:

Seniors – Ben DeForest, Coltan Ireland, Easton Egeberg,
 Carson Lardy, Solly Jonas
 Juniors – Hudson Egeberg, Cade Nieuwsma, Braeden Halver-
 son, Tiernan Glass, Caleb Paetz

Coaches' comments

BHS Boys Wrestling Outlook 2024-25
 It is with great excitement that we enter the 2024-25 season. This season is expected to be a very competitive season within the WDA and State. The WDA has seven of the top ten teams based on returning points from last season. The WDA also



has 43 returning state place winners compared to only 28 returning place winners in the EDC. Century returns the most team points from last year's state tournament with 123. The Demons return 110. While Century returns more team points, West Fargo Sheyenne and Bismarck High both return more state place winners. Sheyenne returns eight place winners, Bismarck High returns seven, while Century, Devils Lake, and Williston each return six place winners.



The Demons return state champions Ben DeForest and Hudson Egeberg, as well as runner-up Cade Nieuwsma. We also return place winners Kayden Egeberg, Coltan Ireland, Braeden Halverson, and Carson Lardy. We are also getting two other seniors, Easton Egeberg and Solly Jonas, back this year after injuries kept them out of competition last year. We are excited about the leadership from our senior class and we are looking to make consistent progress throughout the season. Our goal is to continue to build on the Tradition of Excellence that has come before us.





Harvey Wells Co. Hornets

Last Year's Dual Record: 9-6
 Region Finish: Duals- 4 th , Individual-11th
 State Finish: 17th
 List of Tournaments participating in this season: Velva Tournament, Al Larson, Linton Holiday, Central Cass Letterman's, Rugby Panther Booster, Killdeer Badlands

Head Coach: Kelly Hase
 Yrs. at present school incl this yr: 17
 Yrs. at this school as Head Coach: 17
 Yrs. as Head Coach: 17
 Total Wins as Head Coach:
 Overall Record Coaching:
 Assistant Coaches: Shane Hase
 Number of Lettermen Returning: 10
 Number of Returning State Placers: 3
 Player Information: Pull from Trackwrestling. Incoming 7 th Graders- Bridger Kittelson, Charlie Vetter, Carter Sommer, Jackson Engebretson, Kolt Lemer, Jacob Krenzle

Roster:

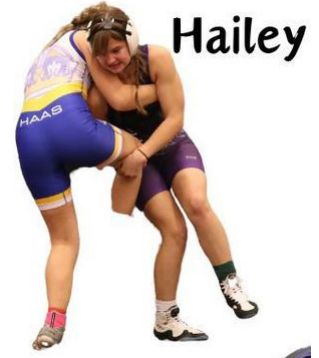
Brody Jones	10
Kale Hase	10
Joseph Lematta	8
Justin Smith	10
Grant Engebretson	11
Rylend Whetzel	10
Nixon Buchmiller	11
Lucas Copenhaver	12
Boston Fike	12
Austin Wiesz	10
Christian Mertz	10
Carter Engebretson	12
Seth Gleave	10
Porter Johnson	12
Frank Richter	11
Bridger Kittelson	7
Charlie Vetter	7
Kolt Lemer	7



Special Accomplishments:
 Carter Engebretson- State Runner-up, Region Runner-up,
 Christian Mertz- 5 th State, Region 4 th
 Kale Hase- State 8 th , Region 4th

Top Prospects and Grade:
 Seniors: Carter Engebretson, Porter Johnson
 Sophomores: Rylend Whetzel, Christian Mertz, Kale Hase, Brody Jones
 Carter is coming into his senior season coming off of a State Finals appearance. He spent most of his Junior season dealing with a lingering football injury. If he can stay healthy, he should find himself in the finals again. Porter Johnson had a lot of great tournaments and wins throughout his Junior

season. An injury at the regional tournament derailed an otherwise great season. If he can stay healthy for the entire season, he should find himself high on the podium. Christian Mertz made his second state tournament last year wrestling 189 as a Freshman. He wrestled tough all year and has only gotten stronger this year, so he will be challenging the top wrestlers in the state for a title this season. Kale Hase had an up and down season as a Freshman, but was able to make the podium for the second time in his career. He challenged the top kids last year in a highly competitive 127lb weightclass. He will be in the mix for the podium again this year as well. Rylend Whetzel was a Freshman at 152 last year and would have been on the bubble to make the podium. An injury at the regional tournament derailed his state tournament. If he can be healthy for an entire season, he should be challenging for a spot on the podium as well. Brody Jones is a wrestler that was up and down last year as a Freshman. He challenged some of the best kids in the state and also lost to some lower level kids. He needs to be more consistent and finish out his matches and he could also be challenging kids to make the podium as well. The Hornets will have their strength in the upper half of the weightclasses and will be fairly young in the lower weights which will present a challenge as a dual team.



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Sioux Falls Lincoln Patriots

Conference: Metro
 Last Year's Dual Record:
 Region Finish: 3 rd State: 10th
 List of Tournaments participating
 in this season: Rider Invite, Rapid
 Invite, Madison Invite, Floyd Farrand
 Invite,
 West Sioux Invite, Lemars Invite,
 Bishop Heelan Invite, Brookings Invite, Yankton Invite
 Head Coach: Mark Ernster
 Yrs. as Head Coach: 17



Assistant Coaches: Mike Long, Drake Bachmeier, Tae El-
 lenbecker

Number of Lettermen Returning: 12
 Number of Returning State Placers: 4

Player Information:

Banuelos, Makson R 09
 Bol, Aibee C 09
 Casanova, Gavin M 11
 Crow, Elijah E 11
 Deelstra, Greyson R 10
 Eberline, Kishmar C 12
 Ellis, Thomas A 12
 Gambu, Bashu 11
 Guilfoil, Evan J 11
 Johnson, Ziggy R 09
 Kauffman, Isaac 11
 Kleinschmit, Wyatt J 10
 Kouril, Saxon W 10
 Lewis, Reuben R 11
 Mire, Yusuf A 10
 Nowick, Mason W 11
 Ohanesyan, Patrick 12
 Robles, Adam D 09
 Rodriguez, Carlos A 10
 Sanchez Lara, Hector A 09
 Tassler, Mark W 09
 Voll, Roque L 09
 Welch Okawa, Eli 09

Bellmer, Kameron R 11
 Call, Brody R 10
 Cisar, Hudson C 11
 Curry, Dominic C 09
 Dumansky, Andrew W 12
 Edelen, Archer R 10
 Feltman, Decker 09
 Grant, Gunnar J 11
 Johnson, Samuel T 12
 KalbCenkush, Lukas 10
 Kauffman, Josiah D 11
 Kolbach, Kipp 09
 LeMier, Owen J 12
 Merkley, Henry R 09
 Nosal, Victor R 09
 Ohanesyan, Alik 11
 Ramirez, Marco E 09
 Roche, Samuel O 09
 Sahr, Braeden J 12
 Smith, Austin 09
 Tunge, Joseph A 12
 Weddell, Achillies A 09

Special Accomplishments:

Returning State Placers:
 Josiah Kauffman – 5 th 113
 Hudson Cisar – 5 th 126
 Joseph Tunge – 7 th 175
 Kishmar Eberline – 8 th 190

Coaches' comments

We return 4 state place winners from last years team. We are led by senior upper weights Kishmar Eberline and Joseph Tunge this season. Both were on the podium last year and expect to improve on where they ended up last season. The Junior class has of 5 th place finishers Hudson Cisar and Josiah



Kauffman, and his twin brother Isaac leading the lower weights. There are several other state qualifiers that are looking to break-through this season and end up on the podium. Sophomores Greyson Deelstra and Carlos Rodriguez Jr. have been putting in a lot of mat time and are looking forward to getting back on the mat. Filling in those holes are going to be some new faces.

List in order your prediction for your Region (Individual)

1. Brandon
2. Harrisburg
3. SF Washington, Yankton, Vermillion, Beresford, Lennox, Dakota Valley

List in order your prediction for your State(Individual)

Aberdeen Central, Sturgis, Watertown

List in order your prediction for your State (Dual)

1. Aberdeen Central
2. Watertown
3. Sturgis
4. Brandon Valley
5. West Central
6. Rapid City Central



Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award. Please list names, awards, and college they will be attending.
 Bentley Williams – Augustana – Sioux Falls





Pierre-TF Riggs Governors Girls

Conference if applicable: ESD
 Last Year's Dual Record: 10-0
 Region Finish:
 State Finish: 1 st
 List of Tournaments participating in this season:

Head Coach: Matt Thorson
 Yrs. at present school incl this yr: 4
 Yrs. at this school as Head Coach: 4
 Yrs. as Head Coach: 4
 Total Wins as Head Coach: 25
 Overall Record Coaching: 25-0-1
 Assistant Coaches: Kyle Sarringar
 Number of Lettermen Returning: 12
 Number of Returning State Placers: 6
 Player Information:

Roster:			
Shaylee Speck	10	Fallyn Whitaker	8
Hadley Holzapfel	7	Gemma Stangeland	9
Londyn Allen-Hunsaker	11	Tehsiyah Eagle	8
Dani Ringstmeyer	12		
Peytynn Travers	10	Lexie Hillmer	9
Kali Ringstmeyer	12	Kezrey Benning	11
Jayda Steinke	11	Morgan Gunderson	10
Ireland Templeton	12		
Abbigail Lewis	10	Kyanne Traversie-Johnson	12
Bailee Taft	8	Hannah Strait	10



Ciara McFarling	12	Brylee Pelle	9
Lela Lindquist	8	Ella Ferguson	7
Acacia Kahler	8	Bailee St. John	7
Taylor Land	7	Coughlin Evelyn	7
Sydney Caven	7	Layne Heasley	7
Kori Ringstmeyer	7	Jersey Lewis	7
Aubrey Fischer	7	Preslei Massa	9
Avery Thiem	9		

freshmen Gemma Stangeland and Brylee Pelle will look to make the Varsity Lineups

Top Prospects and Grade:
 1 st place- Abbi Lewis (10 th grade)
 2 nd place- Dani Ringstmeyer (12 th grade)
 Ireland Templeton (12 th grade) 4 th place-
 Shaylee Speck (10 th grade)
 Kezrey Benning (11 th grade)
 5 th place- Lexie Hillmer (11 th grade)

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Spearfish Girls Spartans

Conference: Black Hills Conference
 Last Year's Dual Record: 6-1
 Region Finish: No Region Tournament
 State Finish: 12th
 List of Tournaments participating in this season:
 Custer Invite, Rapid City Invite, Battle for the Paddle (Canton, SD),
 Spearfish Girls Tournament, Bride of the Monster (Presho, SD),
 Black Hills Conference, Pierre Girls Invite, Belle Fourche Invite, Yankton Girls Invite

Head Coach: Joel Martin
 Yrs. at present school incl this yr: 28
 Yrs. at this school as Head Coach: 3
 Yrs. as Head Coach: 3 (Varsity Girls) 25 (Middle School)
 Total Wins as Head Coach: 9
 Overall Record Coaching: 9-2
 Assistant Coaches: Cody Powers
 Number of Lettermen Returning: 12
 Number of Returning State Placers: 4
 Player Information:
 Freshmen – Marlee Heltzel, Carmalyn Ochoa
 Sophomores – Morgan Little, Haven Baker, Piper Brooke-Ellison, Makita Raysor
 Juniors – Candice Matsuda, Mathilde Matsuda, Kimberlyn Heisler, Jillian Heisler, Jayden Werlinger, Sydney Badwound
 Senior – Madelyn Schlup

Special Accomplishments:
Candice Matsuda – 2024 State 3rd place 120 lbs., BHC All-Conference
Mathilde Matsuda – 2024 State 6th Place 126 lbs., BHC All-Conference
Madelyn Schlup – 2024 State 8th place 114 lbs. 2023 State 8th place 113 lbs., BHC Honorable Mention All-Conference
Marlee Heltzel – 2024 State 5th place 185 lbs. 2023 State 7th place 170 lbs. BHC Honorable Mention All-Conference
Haven Baker – 2024 State Qualifier, BHC All-Conference
Makita Raysor – 2024 State Qualifier
Kimberlyn Heisler – 2024 State Qualifier
 Team: 2024 South Dakota Academic All-State Team, Black Hills Conference Team Champions

Top Prospects and Grade: Candice Matsuda (Jr.) Mathilde Matsuda (Jr.) Marlee Heltzel (9th) Madelyn Schlup (Sr.) Haven Baker (So.)

List your top stat leaders from last year.
 1. Candice Matsuda
 2. Mathilde Matsuda
 3. Marlee Heltzel



List in order your prediction for your Region (Individual)

1. Lakota Tech
2. Rapid City Stevens
3. Rapid City Central
4. Spearfish
5. Sturgis
6. Custer

List in order your prediction for your State (Individual)

1. Pierre
2. Canton
3. Watertown
4. Lakota Tech
5. Aberdeen Central
6. Harrisburg

Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award. Please list names, awards, and college they will be attending.

Is your school co-oping? NO

Any Additional Coaches Comments

We will be bringing back our whole team from last year as we did not have any Seniors. We are still somewhat young but do have a lot of experience with our youth. We have a few coming back from injuries that we are looking forward to having back in our line-up. Girls have been working hard in the off-season and we are looking at having a great season!!





Dakota Grappler 2024-25

Day 3 "Poem for the Hardened Wrestler"

by Jon Gums - Dakota Grappler

Have you ever laid there,
Your body sinking into the mat,
Breath heavy,
Tears mixing with sweat,
Eyes shut tight, hoping the pain would stop?
Nose bloodied,
Mouth so dry you couldn't spit—
You can't even scream,
Because what's left to say?
I've been there,
And there's a part of me
That would do anything to go back.
Back to the hurt.
Back to the doubt.
Back to the fire that makes you question—
Is this worth it?
Sprawled out in defeat,
Your heart pounding in your chest like a hammer,
Wondering if you'll ever rise again.
Worked so hard,
Yet you feel like you're standing still.
And in that moment,
You think it's all for nothing.
You feel small,
Embarrassed,
As if the only thing that mattered
Was winning.
Just win you tell yourself,
As if that's what defines you.
It takes years—
Years to realize winning isn't everything,
That life doesn't hand out victories
Without teaching its lessons first.
And when those lessons hit,
You wonder if you've learned them at all.
You question your why.
You wonder if you've lost your way.
But deep down,
You know—
Success isn't something you grab in a single moment.
It's something you walk toward,
Step by step,
Through every defeat,
Every time you've been crushed.
And failure?
It isn't your enemy.
It's the demon that pushes you,
Forces you to look in the mirror
And ask,
Am I enough?
It refines you
Into something stronger,
Something unstoppable.
Because wrestling isn't just a sport—
It's me.
Through heartache, through pain,
Through death and defeat.
Life has never been simple,
But I wouldn't want it any other way.
The struggle, the grind,
It's what makes me alive.
It's what shapes my soul.
This path isn't easy,
But if it were,
What would be the point?

Day 5 Poem "Wrestling Dreams"

by Jon Gums - Dakota Grappler

A dream for a wrestler isn't just gold,
It's not just titles, or glory untold.
It's the battle within, it's the call to fight,
The hunger to push through the darkest night.
The dream is sweat, it's blood on the mat,
It's heartache, failure, getting knocked flat.
It's chasing a vision no one else sees,
Grinding through hours on hands and knees.
You see the goal—clear, shining, bold,
You take that first step, your story unfolds.
But quickly the path begins to descend,
Into shadows and doubts where certainty bends.
Deeper you go, into chaos and noise,
Where strange concepts crush your once simple joys.
What does this mean? How does this apply?
Your dream feels distant, out of reach, up high.
But something happens as you learn and crawl,
A subtle shift as you embrace it all.
You realize here, amidst the unknown,
That progress is happening, though it's not shown.
Rock bottom waits with its cruel embrace,
A place where most might abandon the race.
But the secret, known by those who endure,
Is that this is where the path becomes pure.
You inch your way up, the climb is steep,
The nights are long, and dreams feel cheap.
But each step upward, through sweat and tears,
Brings moments of clarity, defeating your fears.
And then, there's light—just a flicker at first,
But it pulls you forward, through the struggle, the worst.
Something special happens when that light is seen,
A spark ignites where the doubt had been.
Those moments, fleeting, that push you ahead,
Make sense of the lessons, the tears that you've shed.
Your brain can't digest how it all unfolds,
But each trial, each test, makes you more bold.
The path is long, the dream hard to chase,
But it's worth every bruise, every fall from grace.
For wrestling dreams aren't about the end,
But the journey itself, where true growth begins.
So keep moving forward, through the fog and the fight,
Because something special happens when you see the light.
It's not the end goal that makes you whole,
But the warrior you become, heart, body, and soul.

