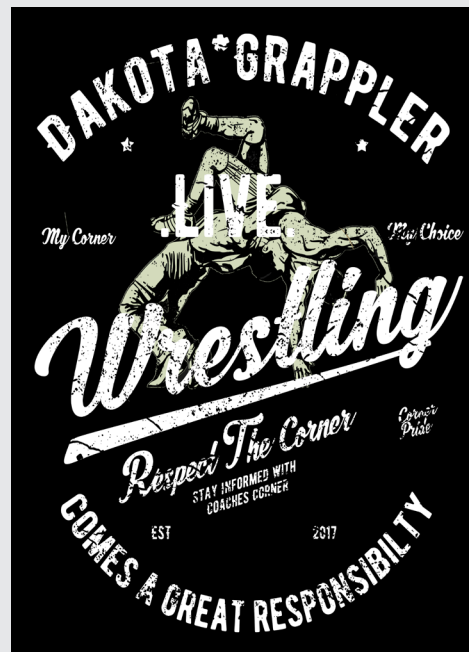


Dakota Grappler



Welcome to North and South Dakota's Wrestling Newsletter

Welcome to the 2019-20 Dakota Grappler Newsletter. Inside most issues you will find articles dealing with what is happening in North and South Dakota wrestling. A few pictures, stats, current rankings, some results and anything fans want to see on a weekly basis. Feel free to get ahold of me. Jon Gums owner and Editor of the Dakota Grappler since 1999, my email is jon.gums@gmail.com. If this is the first time for you to see the Dakota Grappler, you might be very interested in checking out us online. We can be found at www.dakotagrappler.com. While you are there you can also go to our messageboard and interact with other wrestling fans, parents, wrestlers and coaches. That is found at wrestlingmessageboards.com. We also have an up to date Calendar for high school wrestling events. If you have a kids wrestling club make sure to get your events submitted so they can be added to the calendar.



Wrestler of the Week

Coy Spooner DLB

Dakota Grappler wrestler of the week.

Coy Spooner is going to be the first North Dakota wrestler to join the Coast Guard's DIII program in New London, Connecticut.

Competing in college has been a goal for Spooner ever since he was a young wrestler. He discussed what it's taken to get this far.

"It took a lot of hard work, and it's not just hard work



Coy Spooner was nominated after his Early Bird Championship

when it comes to wrestling in the wrestling room. It comes to out-of-season workouts. It comes down to being disciplined and being hard working in the classroom and being a leader. That was something I have always prided myself

in, so I think the Coast Guard Academy's a perfect fit for me," Spooner said.

He's coming off a perfect junior season and state championship.

IN NUMBERS

43-0

Coy's record last year.

109

Div III schools with wrestling.

4.2%

Wrestlers competing at any College Level.

Quote of the Week

"Once you've wrestled, everything else in life is easy." Dan Gable

Dakota Grappler



Should I wrestle in College?



Should I wrestle in College?

You might love wrestling. You might be thinking about trying it out at the next level, and when you do, questions flood your mind. "How hard is college wrestling? Am I good enough? How hard is it to get a wrestling scholarship? What weight should I wrestle in college? ...Are you sure? What if I really, really, really like pizza? Okay, so I wanna wrestle in college. I love wrestling, but what's in it for me? Do I get something out of this when I'm done?"

Those are all valid questions, especially the one about pizza. After all, pizza is life. Maybe it's not all about wrestling and cutting weight. How much scholarship money will I be getting to make this worth it? What if I want to do another sport like football or power lifting? Can I focus on my classes while wrestling at the same time?

(Spoiler: Yes, and I'll give you a few examples later in this post.)
Should I Wrestle In College?
Truthfully, it depends.

It depends on what kind of college life you're looking for. How much do you love wrestling? More importantly, how much will you love wrestling in times of adversity? Based on this, you may need to make wrestling your life while everything else takes a back seat for several years, you may join a club that occasionally competes in tournaments, or do something in between. In other cases, you may feel burnt out and severely injured from high school wrestling that the thought of stepping on another wrestling mat makes you sweat bullets, and that's a fair point too. Based on how much you'd like to commit, you have several different options to choose from.

If you hate wrestling, you probably won't wrestle to your potential. However, if you find that you don't want to wrestle because you want to "take it easy" in college, here's a word of warning for you: you may end up feeling unfulfilled and lacking in purpose. In Man's Search For Meaning, Victor Frankl nails this feeling on the head when he says, "What man actually needs is not a tensionless state but rather the striving

and struggling for some goal worthy of him. What he needs is not the discharge of tension at any cost, but the call of a potential meaning waiting to be fulfilled by him." Lacking a source of meaning in your life can lead to depression and questionable life decisions. From one self respecting human being to another, I suggest you find something else to do that'll satisfy you even if that thing is not wrestling. Just because you don't wrestle NCAA Division I doesn't make you a person. It also doesn't necessarily make you a bad wrestler. As a former DII wrestler myself, I've beaten DI wrestlers before. That brings us to the next consideration.

Am I Good Enough To Wrestle In College?

I once talked to a prospecti-

**DIVISION 1 ATHLETES
SPEND MORE TIME ON
THEIR SPORT THEN THE
AVERAGE PERSON WORK-
ING 40 HOURS A WEEK**

ve recruit who decided to visit campus during an open house over the summer. The coach wasn't there, so he quietly asked me, "Do you think I'm good enough to wrestle in college?"

Four years after that, I saw that he had won the Conference Championship. This obviously takes a lot of work, but the point is that you probably need to jump the mental hurdle. It's very possible for a freshman to join the program and win matches right away.

I've also seen way too many forfeits in college wrestling dual meets to tell you that you're not good enough to wrestle in college. A college coach will take a wrestler over an empty weight class any day. I saw this in the NDSU duals this past weekend. Of course, there's more to college wrestling than filling empty weight classes, so let's go through some of the other stuff that comes along with the question of being good enough.

How Hard Is It To Get A Wrestling Scholarship?

The short answer: Pretty damn hard. The extensive answer, though, is that you have many more options available that come along with your financial aid package- need based financial aid, merit based financial aid, federal grants, and external scholarships to name a few. According to the NCAA, where athletic scholarships aren't given on the DIII level, 80% of all student athletes receive some form of academic grant or need-based scholarship; avera-

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INTRO

Newsletter

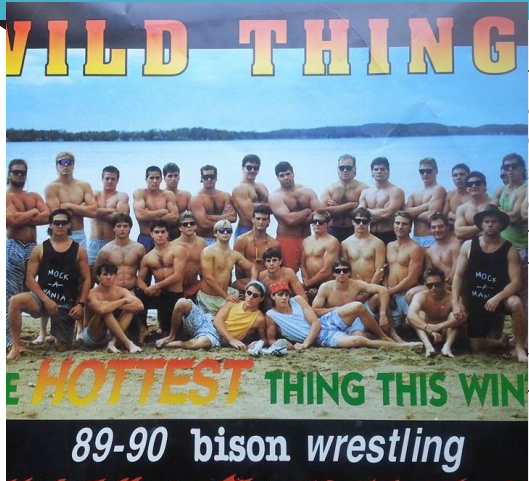
ND CLASS A & B

Rankings

SD CLASS A & B

Returning Points

Dakota Grapppler



For this section, we're gonna approach this as a cost-benefit analysis. If the benefit exceeds the cost, then it's worth it. If the cost exceeds the benefit, then you're better off saying no. Your economics professor can thank me later.

Which College Lifestyle Is For You?

College wrestling certainly isn't for everyone. At times, you'll miss out on having what most would consider a regular college social life and you'll end up drinking less too. Naturally, you'll also have less time to spend on academics and professional opportunities compared to a non-athlete, so you'll need to be very smart with your time. Depending on what level of commitment you want while wrestling in college, you'll also have options from multiple different divisions to consider in order to find the right fit for you.

What Kind Of Person Wrestles In College And Does Well?

It seems difficult, but it's certainly possible. Examples I can think of are Terry and Troy Steiner who were of highly successful NCAA Division I wrestlers who balanced wrestling and academics extremely well. I knew their motivation in high school and it continued on at the next level. I also remember Sarge Trusdell at Valley City State Two time NAIA finalist who also played football for a while for the Vikings and remember

how organized he was to be able to do both sports. Plenty of student athletes also make it work on any level, but as you can imagine, competing in college wrestling doesn't come at a small cost in terms of your time. This is where you figure out whether the benefits are worth it.

What are the benefits?

Are the sacrifices worth it, then? Before you make your decision, you also need to consider all the benefits that come along with wrestling. It's no secret that wrestling in college comes with sacrifices (in fact, some people will glorify the sacrifices because it makes them seem tough). Aside from getting the opportunity to do something you love for four more years while building some of the closest relationships in your life, college wrestling comes with a few other perks.

Mental and Physical Conditioning

Sports psychologists now say that nothing works in isolation. Mind and body are not separate. If you want to focus on school, make sure that it's not a time management issue. Exercise will only keep your brain functioning at an optimal state. In fact, athletes find that they do better in school during the competitive season because they tend to find themselves in a focused state.

Obviously, college wrestling will put you in the best shape of your life. You'll look like you're carved out of granite. Believe me, college is a great time to look jacked along with some of

your closest friends (unless your best friend wrestles heavyweight and is not named Kyle Snyder. In that case, I apologize). I remember the college beach picture at NDSU look how cut some of my teammates looked upper left corner.

Professional Opportunities

According to Forbes magazine, wrestlers make the best employees.

Discipline, work ethic, and the ability to handle adversity or uncertainty are not as common outside of the wrestling community. You'll notice this right away in the working world. When things get difficult later in your professional career and people are panicking, you'll be walking around with a confident smile while thinking to yourself, "I can do this. It's not nearly as hard as wrestling." That's a powerful quality to have that no one can ever take away from you.

So...Should I Wrestle In College?

Figure out what kind of college life you're looking to have. Then, do the cost-benefit analysis for yourself to see if wrestling in college is worth it for you. If the benefits of college wrestling outweigh the sacrifices you'll make, then the answer is yes.

Personally, it was one of the best decisions that I ever made in my education and in my life. I learned a lot through my pursuit of excellence in sport. It made me better at business, at handling stressful situations, at tackling tough problems, and at finding motivation. Jon Gums

ging a total of \$17,000 in institutional gift aid.

Being a wrestler also helps you get into college, especially if the coach wants you there. Long story short, you may not get a full wrestling scholarship, but you'll have plenty of other options to consider.

In light of transparency, after my coach did some negotiation on my behalf, I received a room and board and I think \$500 back in 1988 but I'm very grateful to Buck Maughan for at least looking my way after winning their first Division II National Championship.

Can I Join A Wrestling Team Without Being Recruited?

In most cases, you can absolutely walk onto a team. I have seen this many times. I have seen wrestlers just wanting to continue in the sport walk in do what the other wrestlers are doing and get involved. Making the commitment is the first step in your journey... But it has to be a full commitment!

Is It Worth The Time Commitment?

Dakota Grapppler



Title Main Article Page 2

ND Class A Coaches Poll

NORTH DAKOTA CLASS A WRESTLING -- Coaches' First Poll 2019-2020

Wt.	First	Second	Third	Fourth	Fifth	Sixth	State Team
106	Koye Grebel	Morgan Strandberg	Blake Ersland	Grady Anderson	JJ Thompson	Noah Savageau	1 Bismarck High
	Valley City	WF Sheyenne	Century	Jamestown	Bismarck Legacy	Bismarck High	2 Minot
113	Christian Tanefeu	Aden Braun	Neal Bohrer	Connor Manske	Tyson Gass	Ethan Miller	3 Century
	Bismarck High	Jamestown	Century	WF Sheyenne	GF Central	Valley City	4 Dickinson
120	Wilfried Tanefeu	Joel Bowman	Houston Crimmins	Kaden DeCoteau	Cole Irwin	Bennett Rogelstad	5 Mandan
	Bismarck High	Jamestown	Dickinson	Century	West Fargo	Valley City	6 St. Mary's
126	Reece Barnhardt	Hayden Johnsrud	Danny Monatkwa	Tyler Porter	Victor Garcia	Ben Kleinknecht	7 Fargo Davies
	St. Mary's	Century	Fargo North	West Fargo	Minot	Mandan	8 Jamestown
132	Kelby Armstrong	Jacob Thomas	Kaden Renner	Devin Schulz	Josh Isassi	Henry Nelson	9 West Fargo
	Minot	Fargo South	Bismarck High	Century	GF Central	Dickinson	10 Devils Lake
138	Clay Radenz	Cutter Jones	Nick Anderson	Tim Kadrmas	Colton Mewes	Chase Hansen	
	Century	Williston	West Fargo	Legacy	Jamestown	Fargo North	
145	Drew Steidler	Troy Berg	Trevon McClanahan	Preston Fettig	Tate Laducer	Konnor Nelson	East Region
	St. Mary's	Dickinson	Minot	Bismarck	Turtle Mountain	Mandan	1 Fargo Davies
152	Will Kleinknecht	Parker Larson	Noah Braun	Brock Fettig	Dexter Carpenter	Josh Worrall	2 West Fargo
	Mandan	Valley City	Jamestown	Bismarck High	Dickinson	Fargo North	3 Devils Lake
160	Chase Burke	Seth Berg	Ty Weber	Clay LaRocque	Cody Booth	Spencer LeDoux	4 Fargo South
	Minot	Mandan	Fargo Davies	Turtle Mountain	Dickinson	West Fargo	5 Fargo North
170	Comstock Krenz	Jacob Boehm	Connor Chloupek	Parker Vilandre	Gage Roaldson	Johnny Browning	
	Williston	Century	Fargo Davies	Devils Lake	Bismarck High	Jamestown	West Region
182	Tanner Jarrett	Colby Rance	Isaiah Huus	Jake Pulkrabek	Micaiah Peterson	Anthony Carranza	1 Bismarck High
	Dickinson	Devils Lake	Bismarck High	Mandan	Red River	Century	2 Minot
195	Jacob Carmichael	Shane Kennedy	Robby Serumgard	Malikai Rivera	Houston Visto	Junior Surpris	3 Century
	Minot	WF Sheyenne	Devils Lake	Dickinson	West Fargo	Fargo North	4 Dickinson
220	Josh Krump	Truman Werremeyer	Ben Anderson	Braden Jongeward	Preston Jones	Jadin Hams	5 Mandan
	Wahpeton	Fargo Davies	West Fargo	Fargo North	Minot	GF Central	
285	Isaiah Gates	Levi Haugen	Konnor Stordalen	Brody Defoe	Asher Woods	Jack Kuntz	
	Fargo South	Mandan	Century	GF Central	Minot	Devils Lake	

POLL

NUMBER

First Poll
Second Poll
Third Poll
Fourth Poll

COACHES' DEADLINE

November 23
December 16
January 13
February 11

PUBLISH DEADLINE

November 26
December 19
January 17
February 14

Coaches Poll

NORTH DAKOTA

Class A and Class B

SOUTH DAKOTA

Class A and Class B

Dakota Grappler



ND Class B Rankings #1

Dakota Grappler North Dakota Class B Preseason Ranks

Wt.	106
Rank	Name
1	Cole Gerhardt
2	Josiah Crandall
3	Trace Hoggarth
4	Tyson Johnson
5	Colin Dean
6	Mason Mellmer
7	Jaren Frank
8	Carson Brown

Team
New Salem
Central Cass
Carrington
Kindred
Velva
Beulah/Hazen
Hettinger/Scraper
Pembina Co. No

Wt.	113
Rank	Name
1	Treston Lura
2	Connor Bosch
3	Gavin Dalley
4	Jaron Awender
5	Lizzie Massine
6	Bansen Larson
7	Cade Martian
8	Justin Hudson

Team
Carrington
Beulah/Hazen
Hettinger
Oakes
Velva
Larimore
Bowman Co
Northern Lights

Wt.	120
Rank	Name
1	Marshall Lindgren
2	Jakob Hudson
3	Trevor Hinkle
4	Matthew Duchscherer
5	Isaiah Carruth
6	Canvas Sanders
7	Connor Bosch
8	Peyton Tuhly

Team
South Border
Northern Lights
Pembina Co Noi
Carrington
EEK
Williams Co
Beulah Hazen
Hettinger

Wt.	126
Rank	Name
1	Carter Schmitz
2	Caleb Nielsen
3	Cade Warbis
4	Ridley Odden
5	Cody Irwin
6	Gus Bambach
7	Ethan Stremick
8	Matherw Wolf

Team
Kindred
Lisbon
Hettinger/Scraper
Rugby
New Salem
Killdeer
Pembina Co
South Border

Wt.	132
Rank	Name
1	Clay Gerhardt
2	Brecken Lura
3	Gunnar Mogen
4	Ethan Wonsler
5	Luke Leshuk
6	Grant Schneider
7	Aden Jensen
8	Brody Aberle

Team
New Salem
Carrington
Velva
Williams Co
Hillsboro CV
South Border
Rugby
Lisbon

Wt.	138
Rank	Name
1	Boeden Greenley
2	Chandler Nagel
3	Alex Ibanez
4	Junior Totay
5	Wesley Harvey
6	Conner Address
7	Cale Ibach
8	Hugo Garcia

Team
Lisbon
Linton HMB
Grafton
Central Cass
Bishop Ryan
Hettinger
DLB
Williams Co

Wt.	145
Rank	Name
1	Brock Roesler
2	Garrett Hebl
3	Trey Jacob
4	Brackin Awender
5	Cody Rudolph
6	Ethan Hammons
7	Anton Carruth
8	Preston Litton

Team
Kindred
LaMoure
Linton HMB
Oakes
Stanley
New Salem
EEK
Pembina Co

Wt.	152
Rank	Name
1	Jeremiah Sullivan
2	Mark Jochim
3	Walter Winkler
4	Brett Wendel
5	Hunter Schwab
6	Ty Warbis
7	Bransyn Yanish
8	Keyton Meyers

Team
Central Cass
South Border
DLB
Lamoure
Lisbon
Hettinger
Velva
Stanley

Wt.	160
Rank	Name
1	Jordan Sours
2	Tate Hoggarth
3	Michael Thomas
4	Easton Ogren
5	Nolan Behrens
6	Brady Volk
7	Carson Mertz
8	Jaden Bosch

Team
Lisbon
Carrington
Velva
Kindred
Napoleon
Rugby
Harvey Wells Co
Linton

Wt.	170
Rank	Name
1	Garrett Jangula
2	Jake Herr
3	Michael Clifton
4	Marc Seyer
5	Zach Andersen
6	Jaden Schmidt
7	Weston Wahu
8	Brayden Selzer

Team
Napoleon
South Border
Carrington
Oakes
Killdeer
Lisbon
DLB
Velva

Wt.	182
Rank	Name
1	Corbin Okeson
2	Logan Sell
3	Ethan Carruth
4	Bryce Selzler
5	Aaron Ripplinger
6	Cameron Johnson
7	Joe Bye
8	Nathan Ferm

Team
Bishop Ryan
Oakes
EEK
Velva
Beulah Hazen
Williams Co
Standing Rock
DLB

Wt.	195
Rank	Name
1	Coy Spooner
2	Bridger Mathern
3	Beau Retzlaff
4	Mitch Stuber
5	Nathan Schauer
6	Gavin Wright
7	Levi Rychner
8	Wyatt Hanson

Team
DLB
EEK
Carrington
Bowman Co
South Border
Hillsboro
Killdeer
Velva

Wt.	220
Rank	Name
1	Sam Reiger
2	Hunter Greenmeyer
3	Ethan Ellingson
4	Peuton Gruenfelder
5	Adam Morman
6	Nate Boehm
7	Kersey Harris
8	Jerimiah Jespersion

Team
Lisbon
Oakes
EEK
Napoleon
New Salem
Bowman Co
Bishop Ryan
Velva

Wt.	285
Rank	Name
1	Keegan Henjum
2	Nick Hodges
3	Jacob Hankel
4	Hunter Wolf
5	AJ Heinz
6	Jordan Robbins
7	TBD
8	TBD

Team
Bishop Ryan
Velva
Oakes
South Border
New Salem
DLB

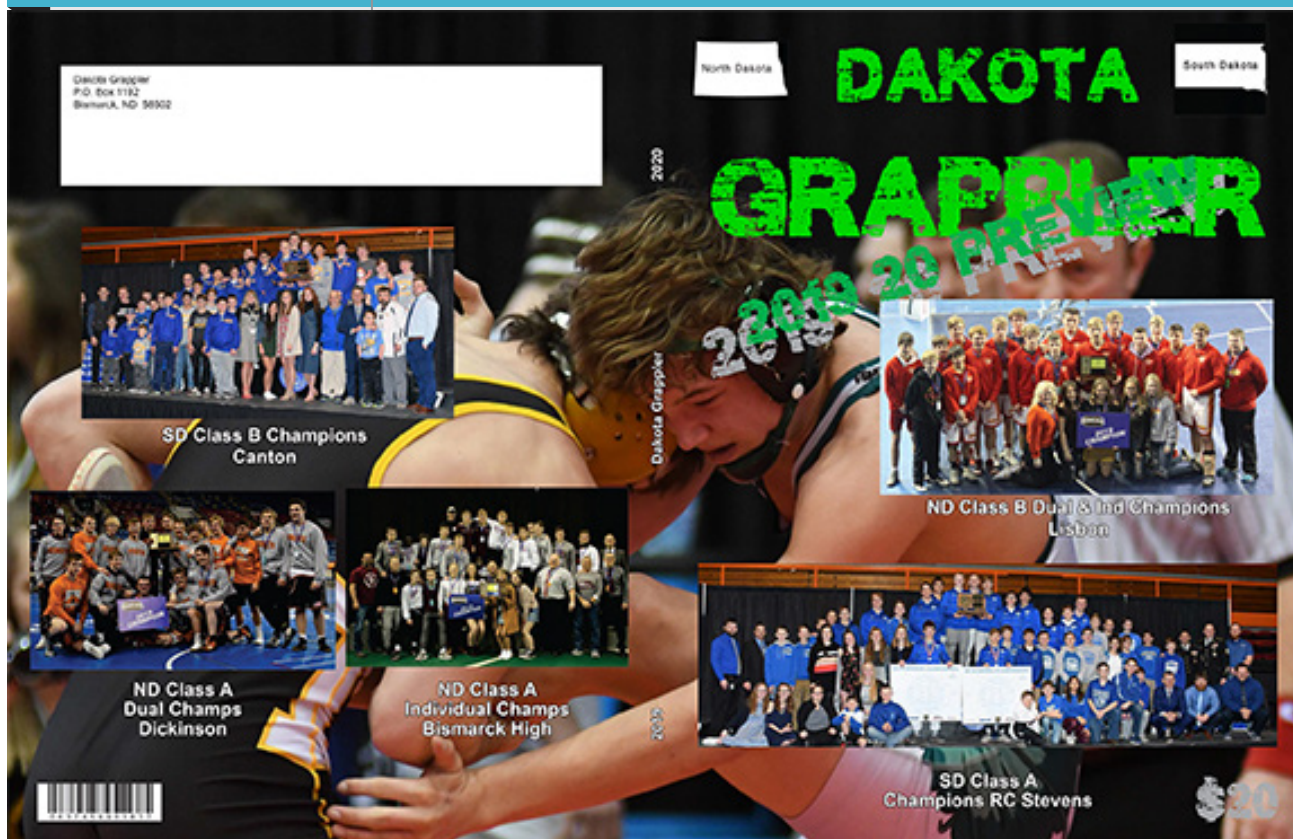
Team Ranks	Points
1	Lisbon
2	
3	
4	
5	

Team Ranks	Points
1	Lisbon
2	
3	
4	
5	

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