

# Dakota Grappler

**SENIOR  
EDITION  
2022-23**

N O R T H & S O U T H D A K O T A

**RANKED**

Collector's Edition  
Pictures  
Questionnaires  
Coach's Comments  
Latest Rankings



**2022-2023**



# letter from the editor

Feb, 2023

Dear wrestling fans,

*Hi there! Welcome to Senior Edition of the Dakota Grappler. It has been many years since I put this issue together. Last time I did this it almost destroyed this magazine and I had to dig deep to keep it going. In 2006-07 I allowed someone else to take over the production and distribution for this issue (Senior Issue) and they failed. How? Not getting it done on time they never paid the bills they accrued, took all the profits for ads sold and stuck me with all the bills. Not many people know this happened so I have been very private and protective of Dakota Grappler because of this. I never wanted to disappoint my advertizers or wrestling fans. So... As Dakota Grappler transitions in the near future to someone else who is willing to take over or purchase it. I want to pass the torch to someone that loves and respects the sport like I have and do. I am not perfect and I do know there has to be someone out there that can do what I do and do better. The search is on. In the near future I would love to retire and hopefully Dakota Grappler does not. I would love to find the "New Dakota Grappler" person... I am grateful for all of you, the fans and supporters of wrestling in both North and South Dakota. My goal has always been to promote the sport and give wrestlers the recognition they deserve. The search is on, help me find someone that can do wrestling the justice it deserves. This magazine is for highlighting our Senior wrestlers, some that will go on to the next level and some that do not. I want them to remember that once a wrestler always a wrestler. Their hard work will be remembered and it pays future dividends. God Bless wrestling!*

**Sincerely,**

**Jon Gums**

**Picture from Softball ND HOF**

# Seniors 2023

## North Dakota Standout



Wrestlers: Boeden Greenly  
 School: Lisbon High School  
 Weight: 170  
 Coach: Kevin McCleary, and Richard Lucina  
 Parents: Jamie and Randall  
 Favorite Move: Left-handed High Crotch  
 Biggest wrestling accomplishment (to date): Junior Freestyle All American (6th)  
 Toughest tournament besides state: Rumble on the Red  
 Proudest victory or Loss: Pinning Wilfred Tanefu @ Valley City Holiday  
 Toughest opponent team/individual South Border  
 Career Wins: 244 and counting  
 State Finishes: 3,1,1,1,1  
 Other Sports: Football and Track  
 Favorite School Subject: Math  
 Hobbies: Trying to tame Cam Opp  
 College wrestling plans: Wrestle for NDSU  
 Possible Colleges: NDSU  
 Your wisdom to younger wrestlers: If you want to separate yourself, wrestle in the summer, lift weights and eat a lot of protein.

## North Dakota Standout

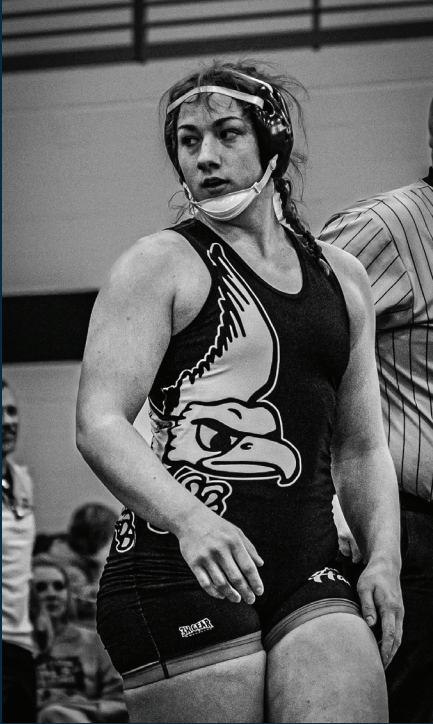


Coaches Comments: Rei is one of a kind. She is constantly striving to be the best and to bring her teammates with her. She is the hardest worker in the room, a true student of the sport, and will leave a huge hole in our team next year.

Wrestlers Name: Rei Ogden  
 School: Bismarck Century  
 Weight: 120  
 Coach: Baron Blanchard, Jordan Ekholm, Dany Tanefeu  
 Parents: Baron & Kylie  
 Favorite Move: Iowa Ride, High Crotch, Nearside Cradle  
 Biggest wrestling accomplishment (to date): Committing to a college for the sport; 3 rd at state  
 Toughest tournament besides state: Rumble on the Red  
 Proudest victory or Loss: Two peaking the Rumble and the Rotary  
 Toughest opponent team/individual: Madelyn Strohmayer, AITK  
 Career Wins: 66 (since the sanctioning of the girls)  
 State Finishes: 3 rd place  
 Other Sports: Cross Country, Soccer, Track & Field  
 Favorite School Subject: History  
 Hobbies: Sports, playing cards, working out, friends & family  
 College wrestling plans: University of Sioux Falls  
 Your wisdom to younger wrestlers:  
 Strive to fall in love with learning and perfecting the sport, and everything else to tend to come easy. Push to want to be there, and to not only better yourself, but your teammates. You will only get better by giving your time, sweat, and determination, everything after that is bonus...



## South Dakota Standout



Name: Zoë Adam  
 School: Canton High School  
 Weight: 190lbs  
 Coach: Coach Jeremy Ask  
 Parents: Eric and Bree Adam  
 Favourite Move: Lat drop or sweep single  
 Biggest wrestling accomplishment to date: 8th at Fargo 2022, or training at the USOPTC in Jan 2023

Toughest tournament: Fargo Marine Corps Nationals 2022

Proudest victory or loss: The last match on the first day of Fargo, when I made it through the blood rounds and qualified to wrestle the second day

Toughest opponent/team/individual: Maggie Smith (WY, wrestled at Preseason Nationals 2022) and Savannah Isaac (OH, wrestled at Fargo Marine Corps Nationals 2022)

Career wins: In the US: 51-15 (currently)

State finishes: 1x state champion

Other sports: previously: competitive dance, competitive lifeguard sport, brazilian jiu jitsu

Favourite school subject: Chemistry or English

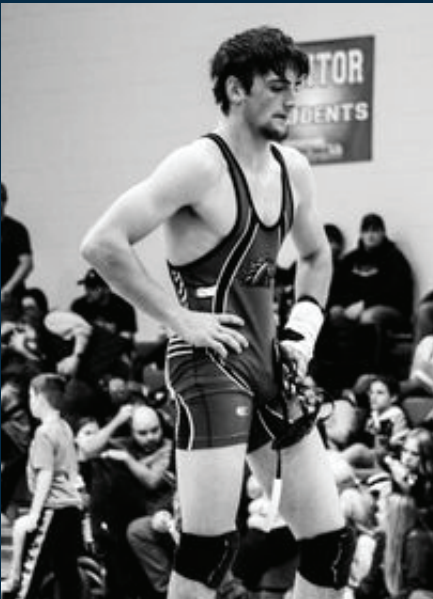
Hobbies: Hiking, reading/writing, cooking, video editing

College wrestling plans: committed to the University of Sioux Falls to continue academic and wrestling career

Wisdom to younger wrestlers: Never be afraid to step on the mat and start wrestling. You're never too old. Just get out there and do it, and don't be afraid to try new things or even to lose. Keep your priorities straight; wrestling is fun and it's important, but there's nothing more important than your relationship with God and relationships with your family. Thank God for the ability He's given you to wrestle and do it to the best of your ability for His glory.

*Zoë Adam has a drive to be the best competitor she can be. She is always looking for training opportunities and it shows in her results. This past summer she became a Fargo All American. She trains out-of-season with the Legends of Gold club out of Beresford. She was also able to attend a freestyle training camp at the Olympic Training Center over Christmas break. She is looking to finish off her high school career with a second SDHSAA state championship.*  
 Coach Jeremy Ask

## North Dakota Standout



Name: Marshall Lindgren

School: South Border

Weight: 152

Coach: Josh Hoffman, Adam Bettenhausen, Evan Mellmer,

Parents: Kary & Carl Lindgren

Favorite Move: Spladle

Biggest wrestling accomplishment (to date): 2 time State Champion

Toughest tournament besides state: East West in New Salem

Proudest victory or Loss: Lost to Zach Hanson by a major decision, a Mn Nationally ranked wrestler

Toughest opponent team/individual: Lisbon Broncos

Career Wins: 191 as of 1-30-23

State Finishes: 8th-3rd @106, 9th-1st @ 106, 10th-2nd @132, 11th-1st @145

Other Sports: Baseball, Football, Rodeo

Favorite School Subject: History

Hobbies: Hunting, Fishing, Ranching

College wrestling plans: None

Possible Colleges: None - Will be full-time ranching with my parents after graduation.

Your Wisdom to younger wrestlers: Give it everything you have all the time.

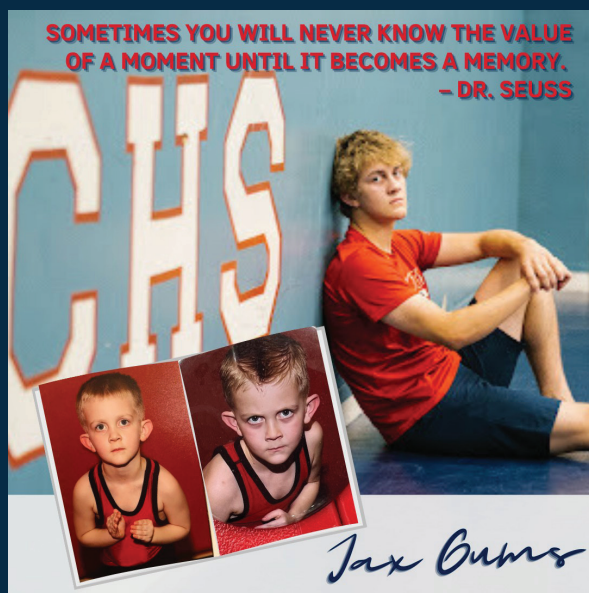


## South Dakota Standout



Wrestlers Name: Maraia Kruske  
 School: Spearfish High School  
 Weight: 106  
 Coach: Joel Martin and Cody Powers  
 Parents: Jake and Nicole Kruske  
 Favorite Move: Chicken Wing  
 Biggest wrestling accomplishment (to date): Getting my 100th Career Win  
 Toughest tournament besides state: Pierre and Harrisburg Girls Tournaments  
 Proudest victory or Loss: Beating MK Joseph  
 Toughest opponent team/individual MK Joseph  
 Career Wins: 103  
 State Finishes: 2  
 Other Sports: N/A  
 Favorite School Subject: Social Science  
 Hobbies: Fishing and Hiking  
 College wrestling plans: Yes  
 Possible Colleges: University of Sioux Falls  
 Your wisdom to younger wrestlers: Don't get your heart set on being the best, get your heart set on working the hardest.

## North Dakota Standout



Name: Jax Gums  
 School: Century  
 Weight: 160  
 Coach: Nate Humann  
 Parents: Jon and Cindy Gums  
 Favorite Move: Guillotine  
 Biggest wrestling accomplishment (to date): State Placer  
 Toughest tournament besides state: Rumble  
 Proudest victory or Loss: I have so many on both sides wins and losses: I appreciate them all  
 Toughest opponent team/individual: BHS/LJ, Mewes, Berg, Fettig.  
 Career Wins: 50+  
 State Finishes: 6th in 22  
 Other Sports: Baseball  
 Favorite School Subject: History  
 Hobbies: Baseball, Video Games, fishing  
 College wrestling plans: Not sure yet  
 Possible Colleges: BSC, Dickinson, NDSU  
 Your Wisdom to Younger wrestlers: Don't take anything for granted, Shut up and work harder!



## South Dakota Standout



Wrestlers Name: Kipp Cordes  
 School: Wall High School  
 Coach: Luke Weber  
 Parents: Spencer and Paige Cordes  
 Favorite Move: Guillotine  
 Biggest Wrestling Accomplishment to date: 3 time State High School Wrestling medalist, 2022- 4th, 2021 3rd, 2020-7th  
 Toughest tournament besides state: AAU High School Duals, Des Moines Iowa  
 Proudest victory: Being named All American at Iowa Duals  
 Toughest opponent Team: Canton  
 Toughest Individual: Logan Graf  
 Career Wins: 116-23  
 State Finishes: 3 Time Medalist  
 Other Sports: Rodeo  
 Favorite School Subject: History  
 Hobbies: hunting, trapping, fishing, team roping, hanging with my buddies, watching UFC  
 College Wrestling Plans: Committed to wrestle and Will Attend Jamestown University in ND Under Jim Zalesky  
 Wisdom to younger wrestlers: Some advice I'd give to younger wrestlers is if you want to be good you need to be able to discipline yourself, give every amount of energy at practice, be coachable and listen. If you focus on what you need to do to get better in practice, you will improve and will start to win. Also learn how to handle the pressure and nerves on tournament days.

Coaches Comments: *He hurt his arm (tendon tear) having surgery and unfortunately cannot wrestle at State this year (heartbreaking). He was rated in top 3 before this happened. He has a scholarship to wrestle at Jamestown University in ND under Jim Zalesky. Best of Luck in your wrestling future.*

## North Dakota Standout



Wrestlers Name: Aaron Brimhall  
 School: Tioga High School wrestles for Williams County  
 Weight: 126  
 Coach: Arlan Anderson  
 Parents: Keith and Lana Brimhall  
 Favorite Move: single leg  
 Biggest wrestling accomplishment (to date): Placing 8th at State  
 Toughest tournament besides state: East/West n New Salem  
 Proudest victory or Loss: Beating Sawyer Owens in 2021 to get into placing at State.  
 Toughest opponent team/individual: Bishop Ryan  
 Career Wins: 92 varsity wins  
 State Finishes: 8th at 106 in 2021  
 Other Sports: Football, Cross Country  
 Favorite School Subject: English  
 Hobbies: Hunting, anything outside  
 College wrestling plans: Haven't decided yet  
 Possible Colleges: Idaho  
 Your wisdom to younger wrestlers: Stick with it, you'll only improve.



## South Dakota Standout



Name: Morgan Lee

School: Viborg-Hurley (SD)

Weight: 120-132

Coach: Camron Groenke, Josh Harvey, and Dylan Thomas

Parents: Carissa and William Lee

Favorite Move: Front headlock/ mixer/ leg rides.

Biggest wrestling accomplishment (to date): Making it to Disney Duals and being one win away from All American. That year I had broken my wrist the third day of practice and still was able to compete at state and do well at Disney Duals. It was a proud moment for the coaches as well because we were kind of just using the opportunity as a learning experience and didn't expect to do as well as I did.

Toughest tournament besides state: Disney Duals.

Proudest victory or Loss: My proudest victory would have to be when I wrestled two back to back matches in the 132 weight class in Pierre and won both matches by pin. Both girls were very talented and extremely tough opponents. I weighed in that day at 124 and was very tired after all of it. I ended up finishing third because I wanted it really bad.

Toughest opponent team/individual Career Wins:

State Finishes: I finished 5th place at state my Sophomore year in the 140 weight range.

Other Sports: Softball

Favorite School Subject: Science

Hobbies: Fishing, Hunting, Board/Card Games.

College wrestling plans: I have had a few offers from some colleges but I'm not sure what my college wrestling plans are yet. I know wherever I go I need a program for my LPN.

Possible Colleges: Grays Harbor College

Your wisdom to younger wrestlers: My wisdom to younger wrestlers would be to stay focused, keep your head up, and always work harder than you did the day before. With wrestling you will get out of it what you put into it. It is no lie that wrestling is a tough sport, no one said it was going to be easy so put in the work you need to succeed and don't get lazy. Don't let a loss get in your head either because you could easily come back a different day and beat that same person. It all relies on how much work you put in. Put in work in the off season and after practice hours because it will pay off.

## North Dakota Standout



Wrestlers Name: Adam Smith

School: Hillsboro/Central Valley

Weight: 138

Coach: Rob Owens

Parents: Michael and Joleen Smith

Favorite Move: Chicken wing

Biggest wrestling accomplishment (to date): Qualifying for state in 2022

Toughest tournament besides state: East-West

Proudest victory or Loss: Loss – I almost got a reversal on a 3-time class A State Champion

Toughest opponent team/individual: Koye Grebel of Valley City

Career Wins: 27

State Finishes: N/A

Other Sports: Cross country, One Act Play, and Acalympics.

Favorite School Subject: Physics

Hobbies: Taking dual-credit classes, playing Euphonium, and camping.

College wrestling plans: Possibly help coach high schoolers.

Possible Colleges: BYU-Idaho or BYU

Your wisdom to younger wrestlers: Wrestling is a sport like no other. It's hard, and it takes years before things start clicking. But if you stay persistent, things will click. I only won three matches my 7th grade year, but now I'm not so shabby.

*Coaches Comments: Adam is an amazing student who loves to challenge himself with math and physics. Being a wrestler, Adam will have tools that will enable him to far exceed his peers in the classroom. In Adam's first tournament, he lost his first match and was very upset. I remember talking with him and telling him that this sport is a marathon and take many years to excel. He has taken that to heart and has worked hard every year to make himself better.*



## South Dakota Standout



Wrestlers Name: Abraham Myers  
 School: Washington High School  
 Weight: 220  
 Coach: Head coach-Lance Peters  
 Assistants- Jeff Nielsen and Adam Schlee  
 Parents: Gibson and Felecia Myers  
 Favorite Move: Double leg  
 Biggest wrestling accomplishment (to date): 5th place at 2021-22 State Tournament  
 Toughest tournament besides state: The Rapid City Invitational  
 Proudest victory or Loss: Win over Rocky Weidman for 5th Place at State in 2021-22  
 Toughest opponent team/individual- Luke Rasmussen  
 Career Wins:96  
 State Finishes:5th-2021-22  
 Other Sports: Football and Track  
 Favorite School Subject: Science  
 Hobbies Netflix and working out  
 College wrestling plans: I will attend NDSU to play football.  
 Possible Colleges: I will attend NDSU to play football and study mechanical engineering  
 Your wisdom to younger wrestlers: "Embrace the Grind"

## North Dakota Standout



Wrestlers Name: Emily Jochim  
 School: Wishek Public School  
 Weight: 145lbs  
 Coach: David Jochim  
 Parents: Eric and Denise Piatz and the late Greg Jochim  
 Favorite Move: Blast Double  
 Biggest wrestling accomplishment (to date): 7 th place at Girls A&B 22 State tournament, 4 th place at the 23 Rotary Tournament.  
 Toughest tournament besides state: Bismarck Rotary  
 Proudest victory or Loss: Winning my first match at the 22 Girls A&B State Tournament  
 Toughest opponent team/individual: Central Cass  
 Career Wins: 10  
 State Finishes: 7 th place 2022 ND Girls A&B  
 Other Sports: Volleyball, Basketball, and Softball  
 Favorite School Subject: Gym Class

Hobbies: Racing season, lake during the summer, and sports.

College wrestling plans: No plans on college wrestling

Possible Colleges: Bismarck State College

Your wisdom to younger wrestlers: Wrestling teaches you nothing comes easy, nothing in life comes easy, so you must put in the work and never give up.

*Coaches Comment about wrestler: Coaching your little sister in wrestling is special, getting to watch her grow in the few matches she has been able to wrestle has been a great experience for me. She works hard every day and pushes everyone around her to be better. For Emily being a dual sport athlete there are many changes she faces throughout the year. She has many accomplishments in basketball, being named to the all-district team a few times while being a team captain in both sports just shows how good of a leader and team player she is. Emily's next accomplishments are to score 1000 career points in basketball before the season is over and place higher in state than she did she last. She is a great athlete and an even better person.*



# Seniors 2023

## South Dakota Standout



Name: Lauren Petersen  
 School: Viborg-Hurley  
 Weight: 190  
 Coach: Camron Groenke and Josh Harvey  
 Parents: Treva Petersen and Eric Petersen  
 Favorite Move: High-C  
 Biggest wrestling accomplishment (to date): Placing first at Lee Wolf  
 Toughest tournament besides state: West Point Girls Tournament  
 Proudest victory or loss: Win over Norfolk Catholic in West Point  
 Toughest opponent team: Zoe Adam  
 Individual Career Wins: 31  
 State Finishes: 6th  
 Other Sports: Softball  
 Favorite School Subject: Anatomy  
 Hobbies: Reading  
 Your wisdom to younger wrestlers: Try your best, and don't just give up. You have opportunities, take them and use them for all it has to offer.

## North Dakota Standout



Wrestler: Henry Nelson  
 School: Hillsboro High School  
 Weight: 145 lbs  
 Coach: Rob Owens and Matt Anderson  
 Parents: Matthew and Laura Nelson  
 Favorite Movie: Rocky  
 Biggest accomplishments for wrestling: Being a state finalist 2022 and being a 4 time state placer  
 Toughest Tournament beside state: East-West tournament  
 Proudest victory or loss: Winning the semi-finals in 2022  
 Career Wins: 171  
 State Finishes: 6th place twice, 4th place, and 2nd place.  
 Other sports: Cross country and track  
 Favorite school subject: Math  
 Hobbies: Chess, video games, and Spikeball  
 College wrestling plans: Looking into wrestling for Concordia, MN  
 Possible Colleges: University of North Dakota and Concordia  
 Your wisdom to younger wrestlers: Focus and perfect the basic skills

### Coaches Comments:

*Henry came to Hillsboro his sophomore year. He has been a leader in the room and off the mat. Henry's work ethic is top notch and I am excited to see where he takes his skills in the future.*

## South Dakota Standout



Clayton Dulany Sr at 138lbs  
 Warner High School  
 Coaches: Austin Manzey, Jackson Metz, Austin Nath  
 Parents: Ryan Dulany, Melissa Dulany  
 Fororite Move: Spider-Man Far From Home  
 Biggest wrestling accomplishment (to date) 3X State Qualifier  
 Toughest Tournament: Mid Dakota Monster  
 Winning my first match at state  
 Toughest Opponent: Kaden Kaiser  
 150 Wins  
 Other Sports: Football, Track, Trap  
 Fav School Subject: Building Design  
 Hobbies: Hunting, Fishing, Tubing and Video Games  
 College Wrestling Plans: None  
 Possible Colleges: None  
 Wisdom to younger wrestlers: Results come with the time you put in

## North Dakota Standout



Wrestlers Name: Tristan Pekas  
 School: Hettinger High School  
 Weight: 182  
 Coach: Randy Burwick  
 Parents: Torrey & Demim Pekas  
 Favorite Move: Slide by  
 Biggest wrestling accomplishment: Winning the Dylan Humes Memorial  
 Toughest tournament besides state: Miles City, MT  
 Proudest Victory or Loss: Beating a 2x Wyoming State Champion  
 Toughest opponent team or individual: New Salem/Reece Jacob  
 Career Wins 140+  
 State Finishes: 4th and 5th  
 Other Sports: Track & Field, football  
 Favorite School Subject: Math  
 Hobbies: Weight-lifting, fishing, cooking  
 College Wrestling Plans: Minot State University  
 Your Wisdom to younger wrestlers: No Regrets



# Seniors 2023

## South Dakota Standout



Wrestlers Name: Jack Even  
 School: Parker High School  
 Weight: 145  
 Coach: John Silvernail  
 Parents: Eugene and Holly Even

Coaches Comments:  
*Jack Even is a hard-nosed kid that believes he is never out of a match.*

Favorite Move: Standing cradle  
 Biggest wrestling accomplishment (to date): 100th win  
 Toughest tournament besides state: MCM Tournament  
 Proudest victory or Loss: Win against Carter Rager of Canton  
 Toughest opponent team/individual: Ayson Rice - Canton  
 Career Wins:: 105  
 State Finishes: State Qualifier 2022  
 Other Sports: Football, Track and Field  
 Favorite School Subject: Gym  
 Hobbies: Farming, Fishing, Hunting, Racing  
 College wrestling plans: None  
 Possible Colleges: None  
 Your wisdom to younger wrestlers: Have fun every match.  
 Wins and losses don't define you.

## North Dakota Standout



Wrestlers Name: Ryder Weigel  
 School: Sheyenne  
 Weight: 195  
 Coach: Lex Lunde, Logan Lunde, Lane Lunde, and Zach Berube  
 Parents: Alicia and Ryan  
 Favorite Move: half nelson  
 Biggest wrestling accomplishment (to date): Placing at the Rumble on the Red  
 Toughest tournament besides state: Rumble on the Red  
 Proudest victory or Loss: Winning on Senior Night  
 Toughest opponent team/individual: Beating Bryce Fischer from DGF  
 Career Wins:: 53  
 State Finishes: none  
 Other Sports: Football and Baseball  
 Favorite School Subject: Science  
 Hobbies: Lifting Weights  
 College wrestling plans: Undecided  
 Possible Colleges: undecided  
 Your wisdom to younger wrestlers: Enjoy the sport while you're in it and work hard

# The Breakdown: 8 Ways to Motivate Young Wrestlers

by Jon Gums

1. *Set clear goals and expectations.*
2. *Provide regular feedback and recognition.*
3. *Encourage a growth mindset and emphasize the importance of effort.*
4. *Create a positive and supportive team culture.*
5. *Offer opportunities for skill development and improvement.*
6. *Make training and competition fun and enjoyable.*
7. *Provide role models and mentorship opportunities.*
8. *Encourage persistence and resilience in the face of setbacks and failures.*

## *So how do you set clear goals and expectations?*

To set clear goals and expectations, you can follow these steps:

1. Identify the outcome you want to achieve: Start by defining what you want to achieve and make it specific, measurable, attainable, relevant, and time-bound (SMART).
2. Communicate with stakeholders: Ensure everyone involved understands the goals and expectations by clearly communicating them, either through a meeting, email or some other means.
3. Establish a timeline: Create a timeline for when the goals and expectations should be met, along with interim deadlines and milestones.
4. Assign roles and responsibilities: Make sure everyone knows their role and what they are responsible for in achieving the goals and expectations.
5. Monitor progress and adjust if necessary: Regularly check in on progress and make changes if necessary to ensure that the goals and expectations are met.
6. Celebrate success: When goals and expectations are met, celebrate and acknowledge the achievement. This helps to build a positive team dynamic and motivation for future success.

## *How do you provide regular feedback and recognition?*

There are several ways to provide regular feedback and recognition:

1. One-on-one meetings: Schedule regular one-on-one meetings with young wrestlers to discuss their performance and provide feedback.
2. Wrestler surveys: Conduct anonymous surveys to gather wrestler feedback and use it to recognize and reward good performance.
3. Public recognition: Make public recognition a regular part of your culture by using tools such as sport-wide emails or team meetings to highlight young wrestler achievements.
4. Performance reviews: Conduct regular performance reviews to formally assess wrestler performance and provide feedback. Don't be afraid to use social media.
5. Reward and recognition programs: Implement reward and recognition programs that incentivize good performance and reward wrestlers for their achievements. End of the year award is a good tool to implement.

Remember to make feedback and recognition a regular part of your culture, and to tailor it to the individual needs and preferences of your wrestlers.

## *How do you encourage a growth mindset and emphasize the importance of effort?*

Encouraging a growth mindset and emphasizing the importance of effort in wrestlers can be done through the following ways:

1. Focus on the process, not just the outcome: Emphasize the importance of hard work, dedication, and improvement over winning or losing.
2. Celebrate effort: Recognize and praise wrestlers for their hard work and perseverance, even in the face of failure.



3. Teach the power of persistence: Show wrestlers how persistence and effort can lead to growth and improvement, even when results are not immediate.
4. Embrace challenges: Encourage wrestlers to see challenges as opportunities for growth, rather than obstacles.
5. Foster a positive environment: Create a supportive and encouraging environment where wrestlers feel free to take risks and learn from their mistakes.
6. Model a growth mindset: Lead by example and demonstrate a growth mindset in your own behavior and attitudes.
7. Encourage reflection: Encourage wrestlers to reflect on their performance, identify areas for improvement, and set goals for future growth.

### ***How do you create a positive and supportive team culture?***

To create a positive and supportive team culture in young wrestlers, consider the following steps:

1. Establish clear expectations and rules for behavior and teamwork.
2. Encourage open communication and active listening among team members.
3. Foster a growth mindset by emphasizing effort over results.
4. Celebrate everyone's successes and contributions, both individually and as a team.
5. Provide opportunities for team building activities and bonding experiences.
6. Lead by example and demonstrate positive attitudes and behaviors.
7. Address conflicts promptly and fairly to maintain a positive and inclusive environment.
8. Recognize and value the unique strengths and perspectives of each team member.
9. Create a safe and supportive environment where everyone feels comfortable to express themselves.
10. Continuously assess and strive to improve the team culture by seeking feedback from team members.

### ***How to offer opportunities for skill development and improvement.***

To offer opportunities for skill development and improvement in wrestling, consider the following steps:

1. Hire a qualified coach: A coach can provide structured training and offer feedback on techniques.
2. Organize workshops, clinics and camps: Workshops, clinics and camps provide a hands-on learning environment where wrestlers can practice and receive feedback from experienced wrestlers and coaches.
3. Encourage participation in tournaments: Tournaments provide opportunities for wrestlers to apply their skills against other competitors and receive feedback from referees and coaches.
4. Offer individualized training: Individualized training can help wrestlers focus on specific areas of weakness and receive tailored instruction.
5. Provide access to resources: Offer access to instructional videos, books, and other resources that can help wrestlers develop their skills outside of training.

### ***How do you keep it fun?***

Here are some ways to make training and competition in wrestling fun and enjoyable:

1. Set achievable goals: Set both short-term and long-term goals for yourself and track your progress. Celebrate your achievements along the way.
2. Train with a partner: Having a training partner can make practices more enjoyable and help push each other to improve.
3. Variety in training: Mix up your routine with different drills, exercises, and training methods to keep things fresh and exciting.
4. Create a positive atmosphere: Encourage and support your teammates, and make sure to have fun and enjoy the sport.
5. Focus on personal improvement: Instead of focusing solely on winning, try to focus on getting better every day and learning new techniques.
6. Reward yourself: Give yourself a treat or take a break after a hard workout or competition.

7. Have a positive mindset: Believe in yourself and your abilities, and focus on the things you do well rather than your weaknesses.

Remember, wrestling should be fun and enjoyable, so find what works for you and have a great time!

### ***How do you provide role models and mentorships opportunities for young wrestlers?***

Here are some suggestions for providing role models and mentorship opportunities for wrestlers:

1. Invite successful wrestlers to speak. This provides a unique opportunity for the wrestlers to learn from the experiences of the role model and ask questions.
2. Create mentorship programs where wrestlers can be paired with experienced wrestlers or coaches who can offer guidance and support. This can help build trust and foster long-term relationships.
3. Offer internships or shadowing opportunities for wrestlers to work with experienced professionals in the field. This has worked in our USA wrestling referee program. This can give wrestlers hands-on experience and help them understand what it takes to succeed.
4. Encourage wrestlers to take leadership roles within their teams. This can help them develop communication, problem-solving, and leadership skills, as well as provide a platform for them to serve as role models for other wrestlers.
5. Provide access to educational resources and opportunities for wrestlers to expand their knowledge and skills. This can help wrestlers develop a more well-rounded understanding of the sport and their own strengths and weaknesses.

Overall, providing role models and mentorship opportunities can help wrestlers develop confidence, motivation, and the skills they need to succeed both on and off the mat.

### ***And finally, I address a tough part of wrestling and that is bouncing back from set-backs.***

Encouraging persistence and resilience in young athletes requires a combination of approach that may include:

1. Fostering a growth mindset: Teach the athlete to view failures and setbacks as opportunities for growth and learning, rather than personal shortcomings.
2. Celebrating effort over outcome: Emphasize the importance of putting in effort, rather than just focusing on winning or losing.
3. Promoting resilience skills: Teach coping strategies such as problem-solving, goal-setting, and self-reflection to help the athlete bounce back from setbacks.
4. Encouraging self-care: Help the athlete to understand the importance of taking care of their physical and mental health, and provide them with tools to do so.
5. Providing support: Create a supportive and encouraging environment where the athlete feels valued and heard. Offer praise and recognition for their efforts, and encourage them to seek help when needed.
6. Modeling behavior: Lead by example and show the athlete how to handle failure and setbacks in a positive way.

Thanks for listen to me ramble on as I write this article with lots of points. Many people search for answers and just want good ideas for motivation. I have gone down the rabbit hole a few to many times when doing research on motivation. What I have found to be the key is one thing and one thing only. Be a “life-time learning” the thing that works today might help tomorrow but as you grow and learn what works for you will always be changing and challenging. Are you up for the challenge?

By Jon Gums Owner and Editor Dakota Grappler



# Seniors 2023

## South Dakota Standout



Wrestlers Name: Tyson Durham  
 School: St. Thomas More High School  
 Weight: 138  
 Coach: Nick Durham  
 Parents: Nick and Jennifer Durham  
 Favorite Move: Chicken wing tilt  
 Biggest wrestling accomplishment (to date): 4X state qualifier  
 Toughest tournament besides state: Rapid City Invite  
 Proudest victory or Loss: The next one  
 Toughest opponent team/individual Philip and Canton  
 Career Wins:: 115  
 State Finishes: --  
 Other Sports: Football and baseball  
 Favorite School Subject: PE  
 Hobbies: Hanging with friends  
 College wrestling plans: Not wrestling in college, but will train for MMA  
 Possible Colleges: NA  
 Your wisdom to younger wrestlers: Don't be afraid to take a risk.

## North Dakota Standout

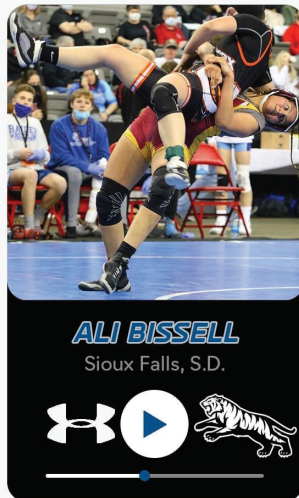


Wrestler: Tanner DeFoe  
 School: Hettinger Public High School  
 Weight: 120  
 Coach: Randy Burwick  
 Parents: Bryan and Heidi DeFoe  
 Favorite Move: A bar and a wrist  
 Biggest Wrestling accomplishment (to date) Placing 5th last year at state  
 Toughest tournament besides state: East West in New Salem  
 Proudest Victory/loss: Beating Cody Simmons for 5th at state  
 State Finishes: 5th in 2022  
 Other Sports: Football, Baseball (summer and High School)  
 Hobbies: Fishing, Hunting, Video Games, basketball with friends, and hanging out with friends  
 Wrestling in College plans: None  
 Possible Colleges: Going to NDSU  
 Your Wisdom to younger wrestlers: Work hard in practice, you will achieve your goals, depending on the work you put in, don't take the time for granted.

## South Dakota Standout



TIGER WOMEN'S WRESTLING



COMMITTED X

Wrestlers Name: Ali Bissell  
 School: Roosevelt High School  
 Weight: 142  
 Coach: Jacob Anderson  
 Parents: Anna Bissell  
 Favorite Move: Turk or Low Single  
 Biggest wrestling accomplishment (to date): Winning Freestyle State  
 Toughest tournament besides state: Rapid City Invite  
 Proudest victory or Loss: Winning by decision against Neveah Leanord  
 Toughest opponent team/individual: Neveah Leanord  
 Career Wins: 28 Since Being Sanctioned!  
 State Finishes: 2nd place 2 years in a row  
 Other Sports: none  
 Favorite School Subject: English  
 Hobbies: Writing, reading, working out  
 College wrestling plans: Attending DWU for wrestling  
 Possible Colleges: DWU  
 Your wisdom to younger wrestlers: What you put into wrestling is what you'll get out of it.

## North Dakota Standout



Wrestlers Name: Lindsey Anderson  
 School: West Fargo High School  
 Weight: 130  
 Coach: Trent Walker  
 Parents: Shannon and Dave Larson  
 Favorite Move: All of them  
 Biggest wrestling accomplishment (to date): Placing first at State 2022  
 Toughest tournament besides state: Rumble on the Red  
 Proudest victory or Loss: All my losses got me to where I am now as a wrestler  
 Toughest opponent team/individual: Opponents from Fargo Nationals  
 Career Wins: 60+  
 State Finishes: 1x State Champion  
 Other Sports: Cross Country and Track  
 Favorite School Subject: Building Trades  
 Hobbies: Playing piano and guitar  
 College wrestling plans: Dickinson State University  
 Possible Colleges:  
 Your wisdom to younger wrestlers: If you want it bad enough you will get it. Don't let inexperience deter you from trying it.

**Coaches Comments:** *Lindsey Anderson is among few people I have seen accept the failures they've experienced and turn them into strengths over time. She is a phenomenal wrestler and human. Those that look for inspiration in any sport should take some pages from Lindsey's book and use her exploration in this sport to write their own book. Lindsey looks to be highly successful this summer with the North Dakota Team and further that success as she attends Dickinson State University next year.*



# Seniors 2023

## South Dakota Standout



Wrestlers Name:  
Charlie Patten  
School: Parker High  
School  
Weight: 195  
Coach: John Silver-  
nail

Coaches Comments:  
*Charlie Patten has limitless potential and will make a run at the top of the podium this year.*

Parents: Mike and  
Erin Patten  
Favorite Move: Chuck Back  
Biggest wrestling accomplishment (to date): 4 Time state  
qualifier  
Toughest tournament besides state: MCM Tournament  
Proudest victory or Loss: Isaac Feldhaus at state  
Toughest opponent team/individual: Tanner Meyers - Can-  
ton  
Career Wins:: 189  
State Finishes: 6th in 2022, 7th in 2021, 8th in 2020  
Other Sports: Football, Track and Field, Baseball  
Favorite School Subject: Math with Ms. Harms  
Hobbies: Fishing, Acting in the school play,  
College wrestling plans: SMSU Wrestling  
Possible Colleges: Signed to SMSU  
Your wisdom to younger wrestlers: Don't let the moment get  
to you and just have fun.

## North Dakota Standout



Wrestlers Name: Ashton Schaff  
School: Sheyenne  
Weight: 195  
Coach: Lex Lunde, Logan Lunde, Lane Lunde, and Zach Berube  
Parents: Kirsten and Troy  
Favorite Move: High C  
Biggest wrestling accomplishment (to date): Winning EDC as a team  
Toughest tournament besides state: Rumble on the Red  
Proudest victory or Loss: Pinning the Thief River Falls kid that I lost to the  
previous day.  
Toughest opponent team/individual BHS  
Career Wins:: 17  
State Finishes: none  
Other Sports: Football  
Favorite School Subject: History  
Hobbies: Working out  
College wrestling plans: None  
Possible Colleges: Grand Canyon University and NDSU  
Your wisdom to younger wrestlers: Don't take any days for granted.

## South Dakota Standout



Wrestlers Name: Zaul Centeno

School: Parker High School

Weight: 285

Coach: John Silvernail

Parents: Edwin and Erica Centeno

Favorite Move: Fireman

Biggest wrestling accomplishment (to date): Winning the Winner Tournament

Toughest tournament besides state: Mid Dakota Monster

Proudest victory or Loss: Louie Thiry at Mid Dakota Monster

Toughest opponent team/individual Traun Cook - Canton  
Career Wins::66

State Finishes: State Qualifier in 2022

Other Sports: Football

Favorite School Subject: Science

Hobbies: Fishing, Sports, Lifting

College wrestling plans: None

Possible Colleges: None

Your wisdom to younger wrestlers: Have fun and enjoy the years that you have.

Coaches Comments:

*Zaul Centeno continues to improve, and we are excited about how far he can go.*

## North Dakota Standout

Wrestlers Name: Nicholas Renner

School: Sheyenne

Weight: 195

Coach: Lex Lunde, Logan Lunde, Lane Lunde, and Zach Berube

Parents: Tracy and Ross

Favorite Move: Single Leg

Biggest wrestling accomplishment (to date): Winning the JV Rumble on the Red Tourney

Toughest tournament besides state: Rumble on the Red

Proudest victory or Loss: Lasting a full period with Ole Taylor

Toughest opponent team/individual Ole Taylor

Career Wins:: 7

State Finishes: none

Other Sports: Football, weightlifting, and Volleyball

Favorite School Subject: Chemistry

Hobbies: Working and Lifting weights

College wrestling plans: none

Possible Colleges: NDSU

Your wisdom to younger wrestlers: have fun and be competitive.



# Seniors 2023

## South Dakota Standout



Wrestlers Name: Logan Bridges

School: Parker High School

Weight: 182

Coach: John Silvernail

Parents: Jason and Kari Bridges

Favorite Move: Gator Roll

Biggest wrestling accomplishment (to date): Making the state tournament

Toughest tournament besides state: MCM Tournament

Proudest victory or Loss: Blood round at the region tournament in 2022.

Toughest opponent team/individual: Crownover - Bon Homme

Career Wins::48

State Finishes: State Qualifier in 2022

Other Sports: Football and Baseball

Favorite School Subject: Lunch

Hobbies: Sports, Hanging out with friends

College wrestling plans: None

Possible Colleges: SDSU - USD

Your wisdom to younger wrestlers: Wrestle at whatever weight you are at. Do not cut weight.

Coaches Comments:

*Logan Bridges keeps working to get better every day and finds ways to win.*

## North Dakota Standout



Wrestlers Name: Nevaeh Leonard

School: Yankton High School

Weight: 142

Coach: Riley Smith

Parents: Gabriel and Kimberly Leonard

Favorite Move: Power-Half

Biggest wrestling accomplishment (to date): Becoming an All-American (October 21, 2021)

Toughest tournament besides state: Grappler Fall Classic

Proudest victory or Loss: Winning first at state in 2021

Toughest opponent individual: Payton Hellman of Bon-Homme

Career Wins: 75

State Finishes: 2

Other Sports: None

Favorite School Subject: English

Hobbies: Drawing, Painting, and Reading

College wrestling plans: I will wrestle at Southeast Community College

Possible Colleges: Southeast Community College

Your wisdom to younger wrestlers: Don't let our mind belittle what your body is capable of.

## South Dakota Standout



Wrestlers Name: Mason Pulse  
 School: McCook Central/ Montrose  
 Weight: 182  
 Coach: Scott Andall  
 Parents: John and Angie Pulse  
 Favorite Move: Firemans  
 Biggest wrestling accomplishment (to date): State Qualifier  
 Toughest tournament besides state: McCook Central Montrose Invitational  
 Proudest victory or Loss: Beating Beau Williams in the first round of the state tournament  
 Toughest opponent team/individual: Canton  
 Career Wins: 101  
 State Finishes: DNP  
 Other Sports: Track  
 Favorite School Subject: Physics  
 Hobbies: Reading and swimming  
 College wrestling plans: I will not be wrestling in college  
 Possible Colleges: South Dakota State University  
 Your wisdom to younger wrestlers: You wrestle like you practice.

## North Dakota Standout



Wrestlers Name: Landon Schumacher  
 School: Linton High School  
 Weight: 170  
 Coach: Bruce Hase  
 Parents: Russ and Michelle Schumacher  
 Favorite Move: John Smith  
 Biggest wrestling accomplishment (to date): 8th in state 2022  
 Toughest tournament besides state: Storhaug  
 Proudest victory or Loss: Region win over Brock Wendel  
 Toughest opponent team/individual Boden Greenley  
 Career Wins: 97  
 State Finishes: 8th  
 Other Sports: Football  
 Favorite School Subject: Anatomy  
 Hobbies: Hunting, gardening, and video games  
 College wrestling plans: Do not plan on wrestling  
 Possible Colleges: University of North Dakota  
 Your wisdom to younger wrestlers: Always wrestle like it is your last match because you'll never know if it is until it's too late



# Seniors 2023

## South Dakota Standout



Wrestlers Name: Austin Hoiten  
 School: MCM  
 Weight: 285  
 Coach: Scott Andal  
 Parents: Steve and Sheila Hoiten  
 Favorite Move: Lateral drop  
 Biggest wrestling accomplishment (to date): qualifying for state  
 Toughest tournament besides state: MCM invite  
 Proudest victory or Loss: winning the MCM invite this year  
 Toughest opponent team/individual: Canton  
 Career Wins: 130  
 State Finishes: DNP  
 Other Sports: Football  
 Favorite School Subject: Lunch  
 Hobbies: Hunting/Fishing  
 College wrestling plans: NO  
 Possible Colleges:  
 Your wisdom to younger wrestlers: stay out when it gets hard and have mental toughness



## North Dakota Standout



Wrestlers Name: Kael Kovar  
 School: Carrington  
 Weight: 152  
 Coach: d Josh Kerbaugh  
 Parents: Kip and Jozie  
 Favorite Move: Single leg  
 Biggest wrestling accomplishment (to date): Placed at Rotary  
 Toughest tournament besides state: Rumble on the Red and Rotary  
 Proudest victory or Loss:  
 Toughest opponent team/individual  
 Career Wins: 133  
 State Finishes:  
 Other Sports: Track, baseball, football  
 Favorite School Subject: Math and PE  
 Hobbies: Playing Xbox, friends, and hunting  
 College wrestling plans:  
 Possible Colleges: UND  
 Your wisdom to younger wrestlers: Stick it out through the tough times.

## South Dakota Standout



Wrestlers Name: Noah Hutmacher  
 School: Chamberlain HS  
 Weight: 220  
 Coach: John Donovan  
 Parents: Joe and Laura Hutmacher  
 Favorite Move: Wolf of Wall Street  
 Biggest wrestling accomplishment (to date): Being apart of National Dual Teams  
 Toughest tournament besides state: Fargo Freestyle/Greco Nationals  
 Proudest victory or Loss: Navarro Schunke  
 Toughest opponent team/individual: Damion Schunke  
 Career Wins: 137 as of 2/2/2023  
 State Finishes: 3 rd 2020-2021/ 2 nd 2021-2022/ ? 2022-2023  
 Other Sports: Football, Track  
 Favorite School Subject: Math  
 Hobbies: Hanging out with friends, Video games  
 College wrestling plans: Playing football in college.  
 Possible Colleges: Northern State University  
 Your wisdom to younger wrestlers: Work hard in the off season, it may suck but it will be worth it.

## North Dakota Standout



Wrestlers Name: Trace Hoggarth  
 School: Carrington High School  
 Weight: 120 lbs  
 Coach: Joshua Kerbaugh  
 Parents: Elizabeth Hoggarth and Culley & Nikole Hoggarth  
 Favorite Move: Cradle  
 Biggest wrestling accomplishment (to date): State Champion  
 Toughest tournament besides state: Junior Duals  
 Proudest victory or Loss: State Finals  
 Toughest opponent team/individual: Sloar Johansen  
 Career Wins: 134  
 State Finishes: 4 th & 1 st  
 Other Sports: Track & Cross Country  
 Favorite School Subject: PE  
 Hobbies: Hunting, Fishing, and hanging with friends  
 College wrestling plans: None  
 Possible Colleges: Attending NDSU  
 Your wisdom to younger wrestlers: Work for what you want

Coaches Comments:  
*Trace is a smart wrestler and is committed to his craft*



## South Dakota Standout



Wrestlers Name: Tyson Durham  
 School: St. Thomas More High School  
 Weight: 138  
 Coach: Nick Durham  
 Parents: Nick and Jennifer Durham  
 Favorite Move: Chicken wing tilt  
 Biggest wrestling accomplishment (to date): 4X state qualifier  
 Toughest tournament besides state: Rapid City Invite  
 Proudest victory or Loss: The next one  
 Toughest opponent team/individual: Philip and Canton  
 Career Wins: 115  
 State Finishes: --  
 Other Sports: Football and baseball  
 Favorite School Subject: PE  
 Hobbies: Hanging with friends  
 College wrestling plans: Not wrestling in college, but will train for MMA  
 Possible Colleges: NA  
 Your wisdom to younger wrestlers: Don't be afraid to take a risk.

## North Dakota Standout



Wrestlers Name: Jeannie Keller  
 School: Zeeland Public School  
 Weight: 140  
 Coach: David Jochim  
 Parents: Tiffany and Kenneth Keller  
 Favorite Move: Double  
 Biggest wrestling accomplishment (to date): Taking 3 rd place at the 2022 Girls A&B State Tournament  
 Toughest tournament besides state: Bismarck Rotary  
 Proudest victory or Loss: Winning 3 rd place match at state  
 Toughest opponent team/individual: Alyssa Johnson  
 Career Wins: 32  
 State Finishes: 3 rd  
 Other Sports: Volleyball and Track  
 Favorite School Subject: Math  
 Hobbies: Hanging out with friends.  
 College wrestling plans: None  
 Possible Colleges: North Dakota State University  
 Your wisdom to younger wrestlers: Push yourself hard and you will see the results you are working for.

**Coaches Comments:** Jeannie has been a great leader from the time she started wrestling. She is a hard worker in practice and motivates everyone around her. All the girls look up to her, follow her around at tournaments, and listen to anything that she has to say. Jeannie is not always the easiest to coach but she is never scared to work hard and holds everyone around her to the same standard. Jeannie will be a big loss to our team and a tough roll to fill for years to come. She has left a big footprint in south border wrestling that a lot of other girls will be trying to fill.

## South Dakota Standout



Wrestlers Name: Deegan Houska  
School: Pierre T.F. Riggs High School  
Weight: 160#

Coach: Shawn Lewis

Parents: Trinity and Tanya Houska

Favorite Move: High-Crotch

Biggest wrestling accomplishment (to date): 2022 State Finals Junior Year

Toughest tournament besides state: Rapid City Invite

Proudest victory or Loss: 2022 State Semi-Finals match

Toughest opponent team/individual: Brandon Valley

Career Wins: 129

State Finishes: 8 th in 2020 (Fresh), 6 th in 2021 (Soph), 2 nd in 2022 (Junior)

Other Sports: Football, Baseball, and Track

Favorite School Subject: Math

Hobbies: Golf, Fishing, Hunting

College wrestling plans: None

Possible Colleges: South Dakota State University

Your wisdom to younger wrestlers: Enjoy it now even when you don't want to because when its over, its over.

*Coaches Comments: Deegan is the type of person that everyone wants to be around. He is talented, hardworking, humble, and a great leader. He takes very good care of his teammates. Deegan gives his all every time. Deegan has had to battle through a few injuries over the years. He has dealt with them, made the proper adjustments to his training/wrestling and never let them be an excuse. No matter what he decides to do in his future he will make all of Governor Wrestling proud.*

## North Dakota Standout



Wrestlers Name: Mace Stuber

School: Bowman County

Weight: 220

Coach: Jeff Boynton

Parents: Duane and Dana Stuber

Favorite Move: Switch, Duck Under

Biggest wrestling accomplishment (to date): 100 Varsity Wins Toughest

tournament besides state: Sydney

Eagle Invitational Proudest victory

or Loss: 3rd Place Finish at State as a Jr Toughest opponent team/individual

South Border, Armani Smith Career Wins: 109

State Finishes: 6th So year, 3rd Jr year

Other Sports: Football

Favorite School Subject: U.S. History

Hobbies: Working on the ranch and watching NASCAR

College wrestling plans: N/A

Possible Colleges: Dickinson State to play Football.

Your wisdom to younger wrestlers: Always listen to your Coaches, they always know more than you.

*Coaches Comments: This kid will be truly missed; he is a hard worker and he sets his goals high for himself and his team mates. He is a kid that always works harder to be better and pushes his team mates to do the same. I wish Mace Stuber the best of luck in the future and I know whatever he does he will accomplish his goals.*



# Seniors 2023

## South Dakota Standout



Wrestlers Name: Nevaeh Leonard  
 School: Yankton High School  
 Weight: 142  
 Coach: Riley Smith  
 Parents: Gabriel and Kimberly Leonard  
 Favorite Move: Power-Half  
 Biggest wrestling accomplishment (to date): Becoming an All-American (October 21, 2021)  
 Toughest tournament besides state: Grappler Fall Classic  
 Proudest victory or Loss: Winning first at state in 2021  
 Toughest opponent individual: Payton Hellman of Bon-Homme  
 Career Wins: 75  
 State Finishes: 2  
 Other Sports: None  
 Favorite School Subject: English  
 Hobbies: Drawing, Painting, and Reading  
 College wrestling plans: I will wrestle at Southeast Community College  
 Possible Colleges: Southeast Community College  
 Your wisdom to younger wrestlers: Don't let our mind belittle what your body is capable of.

## North Dakota Standout



Wrestlers Name: Garrett Hebl  
 School: LaMoure-Litchville-Marion  
 Weight: 160  
 Coach: Matt Hebl, Brent Hebl, Dalton Hamlin  
 Parents: Matt and Emily Hebl  
 Favorite Move: the Cradle  
 Biggest wrestling accomplishment (to date): Winning 2 State titles.  
 Toughest tournament besides state: Linton, Casselton, Lisbon, and New Salem are all tough.  
 Proudest victory or Loss: Winning my first State Championship at 145  
 Toughest opponent team/individual: Lisbon / Jordon Sours and Boeden Greenley  
 Career Wins:: See info above  
 State Finishes: See info above  
 Other Sports: Football and Baseball  
 Favorite School Subject:  
 Hobbies: Hunting / Fishing  
 College wrestling plans: Undecided  
 Possible Colleges: Wahpeton or Northland Tech  
 Your wisdom to younger wrestlers: Enjoy the ride and have fun.

### Coaches Comments:

*Garrett is the most natural wrestler that I have had the pleasure of coaching. He has been a step ahead of his opponents since the first time he put on a singlet at 5 years old. He has a unique ability to see a move and then hit it in the next match.*



## South Dakota Standout



Wrestlers Name: Marlee Shorter  
 School: Pierre T.F. Riggs  
 Weight: 190  
 Coach: Matt Thorson and Kyle Sarringar  
 Parents: Kelcey and Monty Shorter  
 Favorite Move: Chin Whip  
 Biggest wrestling accomplishment (to date): Winning State my sophomore year  
 Toughest tournament besides state: The Second Harrisburg tournament  
 Proudest victory or Loss: Winning my state championship match  
 Toughest opponent team/individual: Zoe Adam (Canton)  
 Career Wins: 66:8  
 State Finishes: 1st and 4th  
 Other Sports: Tennis and Track  
 Favorite School Subject: Math  
 Hobbies: Lifting and spending time with friends  
 College wrestling plans: n/a  
 Possible Colleges: Lesley University and Grand Canyon University  
 Your wisdom to younger wrestlers: Try your best and have fun.

## North Dakota Standout



Wrestlers Name: Emma Buee  
 School: Des Lacs Burlington High School  
 Weight: 170  
 Coach: Colton Miller  
 Parents: Justin and Brandi Buee  
 Favorite Move: doubles  
 Biggest wrestling accomplishment (to date): My biggest accomplishment so far has been winning state last year.  
 Toughest tournament besides state: Junior Nationals in Fargo  
 Proudest victory or Loss: My proudest wins was winning state last year. I won in the finals over a girl I wasp 1-1 with.  
 Toughest opponent team/individual: The toughest opponent I've wrestled was the girl who ended up being a national champ.  
 Career Wins: 38-5 but the season isn't over yet  
 State Finishes: 1st  
 Other Sports: none  
 Favorite School Subject: math and art  
 Hobbies: Most of my hobbies include wrestling.  
 College wrestling plans: I will be wrestling for Augsburg University next year.  
 Possible Colleges: Augsburg  
 Your wisdom to younger wrestlers: Just got for it. There's no point in not trying. There's no point in being scared.

# Seniors 2023

## South Dakota Standout



Wrestlers Name: Connor Siemonsma  
School: West Central High School  
Weight: 138

Coach: Mike Ideker and Cole Grocott  
Parents: Monie and Heath Siemonsma

Favorite Move: Single Leg

Biggest wrestling accomplishment (to date): State Qualifier Toughest tournament besides state: Rapid City

Tournament Proudest victory or

Loss: First time winning a tournament Toughest opponent team/individual: Tea

Career Wins:: 90

State Finishes: NA

Other Sports: Baseball

Favorite School Subject: Math

Hobbies: Hunting and Fishing

College wrestling plans: None

Possible Colleges: SDSU

Your wisdom to younger wrestlers:

Work hard every day. You are not guaranteed any full season to reach your goals.

Coaches Comments: CONNOR IS A GREAT LEADER IN OUR PROGRAM AS HE DEMONSTRATES HIS DRIVE & DETERMINATION TO OUR OTHER WRESTLERS, AFTER QUALIFYING FOR THE STATE TOURNAMENT AS A FRESHMAN HE HAD SEASON ENDING KNEE INJURIES BOTH HIS SOPHOMORE & JUNIOR YEARS, EACH TIME CONNOR HAS BATTLE WITH TENACITY AND IS A BETTER PERSON BECAUSE OF THIS, BEST OF A WELL AS WRESTLER LUCK IN THE FUTURE CONNOR!

## North Dakota Standout



Wrestlers Name: Emma Buee

School: Des Lacs Burlington High School

Weight: 170

Coach: Colton Miller

Parents: Justin and Brandi Buee

Favorite Move: doubles

Biggest wrestling accomplishment (to date): My biggest accomplishment so far has been winning state last year.

Toughest tournament besides state: Junior Nationals in Fargo

Proudest victory or Loss: My proudest wins was winning state last year. I won in the finals over a girl I was 1-1 with.

Toughest opponent team/individual: The toughest opponent I've wrestled was the girl who ended up being a national champ.

Career Wins: 38-5 but the season isn't over yet

State Finishes: 1st

Other Sports: none

Favorite School Subject: math and art

Hobbies: Most of my hobbies include wrestling.

College wrestling plans: I will be wrestling for Augsburg University next year.

Possible Colleges: Augsburg

Your wisdom to younger wrestlers: Just got for it. There's no point in not trying. There's no point in being scared.



## South Dakota Standout



Wrestlers Name: Justin Zirpel  
 School: West Central High School  
 Weight: 160  
 Coach: Cole Grocott and Mike Idecker  
 Parents: Bob and Carolyn Zirpel  
 Favorite Move: High-C  
 Biggest wrestling accomplishment (to date): Being a part of the 2022 Disney Dual team  
 Toughest tournament besides state: Rapid City Invitational  
 Proudest victory or Loss: Winning blood rounds my freshmen year to place at the state tournament. Toughest opponent team/individual: Wren Jacobs from Sturgis  
 Career Wins: 145  
 State Finishes: 8th twice and 6th once 2020-8TH (170), 2021-8TH (160), 2022-6TH (152)  
 Other Sports: Football, Track, and Baseball  
 Favorite School Subject: Math  
 Hobbies: Hunting, lifting, hiking, snowboarding, and hanging with friends.  
 College wrestling plans: None  
 Possible Colleges: South Dakota School of Mines or SDSU  
 Your wisdom to younger wrestlers: Have fun and enjoy the challenges

Coaches Comments: JUSTIN IS A LEAD BY EXAMPLE GUY BOTH ON & OFF THE MAT. HE IS ALWAYS WILLING TO HELD OUT HIS FELLOW TEAMMATES TO ANY WAY THAT CAN. JUSTIN HAS EXCELLED IN MANY DIFFERENT ACTIVITIES BOTH A ATHLETICALLY & ACADEMICALLY & WE WISH HIM THE BEST OF LUCK IN THE FUTURE!

## North Dakota Standout



Wrestlers Name: Tate Hoffman  
 School: Highmore Harrold High School – M/H-H Bandits  
 Weight: 182lbs  
 Coach: Ryan Resel, Keeven Long, Jaxson Brueggeman, Ryan Engle  
 Parents: Ken and Amy Hoffman  
 Favorite Move: Lat drop  
 Biggest wrestling accomplishment (to date): Accomplishing 150 wins even with being out my freshman year due to an injury.  
 Toughest tournament besides state: Tri-Valley my Junior year  
 Proudest victory or Loss: My victory over Charlie Patton, Parker in the Consolation Semifinals at State last year.  
 Toughest opponent team/individual Sam Kruger  
 Career Wins: 154  
 State Finishes: 7 th place 170lb 2021; 4 th place 182lb 2022  
 Other Sports: Football, Track, Rodeo  
 Favorite School Subject: Weight Training  
 Hobbies: Rodeo, golf, video games  
 College wrestling plans: I am not attending college for wrestling but will be attending to play football  
 Possible Colleges: Northern State University  
 Your wisdom to younger wrestlers: Don't be afraid to wrestle anyone. It is a mental sport and the stronger you are mentally, the better wrestler you will become. Get better every day, whether it is improving your eating habits or improving a move. Getting better, will help you eventually be one of the top kids in your weight class.

## South Dakota Standout

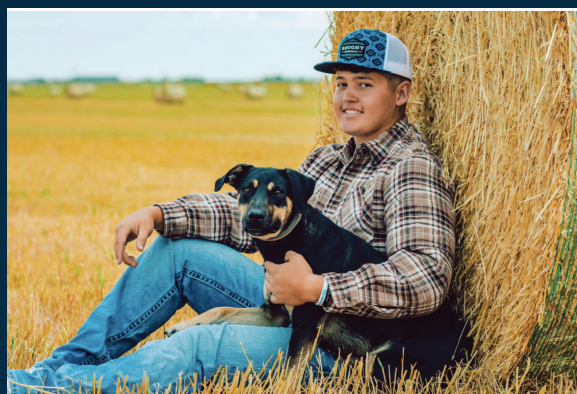


Wrestlers Name: Joshua Rydberg  
 School: Pierre T.F. Riggs  
 Weight: 225 wrestling in the 285 Heavyweight class  
 Coach: Shawn Lewis  
 Parents: Penny and Rich Sattgast and Chad Rydberg  
 Favorite Move: A custom move Pierre's parents have nicknamed "The Rydberg"  
 Biggest wrestling accomplishment (to date): Going 8-0 and achieving All American Status at the 2022 AAU Jr/Sr Twin Rivers Duals  
 Toughest tournament besides state: The 2022 AAU Jr/Sr Twin Rivers Duals  
 Proudest victory or Loss: Beating the Montana State Champ in the Ultimate Tie Breaker Round at the 2022 AAU Jr/Sr Twin Rivers Duals  
 Toughest opponent team/individual: Navarro Schunke from Brandon Valley  
 Career Wins: 70  
 State Finishes: 2022 SD State A Tournament- 6th place  
 Other Sports: Football  
 Favorite School Subject: Math  
 Hobbies: Weightlifting, hunting, and fishing  
 College wrestling plans: I have signed to wrestle with the University of Sioux Falls  
 Possible Colleges: Signed  
 Your wisdom to younger wrestlers: Always follow your heart and do what you believe is right.

**Coaches Comments:** Josh burst onto the HWT scene his Junior year. He had big shoes to fill as the line of successful Governor Heavyweights goes back almost 12 years strong. He has done just that. Josh is a very free flowing and instinctive wrestler. He has never let the fact that he isn't the biggest guy out there sway his confidence. Josh has put a ton of time in the weight room over the years to make sure he is physically capable of balling with everyone in the 285 lb weight class. His biggest asset is his spontaneity as his opponent has no clue what he may do next and

sometimes neither do his coaches. Josh brings a very relaxed feel to the wrestling team that no one is soon to forget.

## North Dakota Standout



Wrestler: Tucker McCauley  
 School: Highmore-Harrold  
 Weight: 220  
 Coaches: R. Resel, K. Long, J. Brueggeman, R. Engle  
 Parents: Jim and Samie McCauley  
 Favorite Move: Lat. Drop  
 Biggest wrestling accomplishment (to date): Cutting weight to wrestle at my goal weight.  
 Toughest Tournament: Tri-Valley  
 Proudest victory or Loss: My match against Gettysburgs 220 lber.  
 Toughest opponent or team: Elk Point's 220lber  
 Career wins 17  
 Other Sports: Football, Baseball, Track  
 Favorite Subject in School: Government  
 Hobbies: Hunting, Fishing, Working and spending time with friends and family  
 Your wisdom to younger wrestlers: start wrestling when young and keep with it.

## South Dakota Standout



Wrestlers Name: Hattie Baldwin  
 School: T.F. Riggs  
 Weight: 154  
 Coach: Matt Thorson  
 Parents: Deide and Jason Baldwin  
 Favorite Move: Ankle pick  
 Biggest wrestling accomplishment (to date): Competing at the National Dual tournament in Iowa and placing 2nd as a team.  
 Toughest tournament besides state: Battle on the Burg  
 Proudest victory or Loss: Semi-finals state 2021  
 Toughest opponent team/individual: Myself  
 Career Wins: 80  
 State Finishes: 2nd, and 6th  
 Other Sports: Volleyball, golf  
 Favorite School Subject: Biology  
 Hobbies: I love to lift with my dad and spend time at the river when it's warm.  
 College wrestling plans: Undecided  
 Possible Colleges: Chadron state, Simpson college  
 Your wisdom to younger wrestlers: Try it, you will never regret trying wrestling.

## South Dakota Standout



Name: Carter Lenz  
 School: Kimball High School (KWLPW Wrestling)  
 Weight: 145lbs  
 Coaches: Thomas Konechne, Jeff Konstan, Craig Nightingale  
 Parents: Amber and Joe Lenz  
 Favorite Move: Spladdle or High Crotch  
 Biggest Wrestling Accomplishment: placing 2nd at state in the individual team score, placing 2nd at state in the dual tournament, and placing 3rd at state in my weight class all in the same year. (2022)  
 Toughest Tournament: MCM Invitational  
 Proudest Victory or Loss: Beating Riley Roberts (Wagner) for 3rd and 4th place match at state after losing to him 3 times earlier in the year.  
 Toughest Opponent: Jackson Remmers (MCM)  
 Career Wins: 165  
 State Finishes: 6th (2019), 6th (2021), 3rd (2022)  
 Other Sports: Baseball, Football  
 Favorite School subject: U.S. History  
 Hobbies: Fishing, Hunting, Cooking, Videography  
 College Wrestling Plans: None  
 Possible Colleges: Mitchell Technical College (Powersports and Marine Technology)  
 Your Wisdom to younger wrestlers: Wrestling is 80% individual. Your coaches can only bring you so far. You must put in extra time and work outside of practice if you want to be successful.



## South Dakota Standout



Wrestlers Name: Gianna Stangeland  
 School: Pierre T. F. Riggs High School  
 Weight: 132 lbs  
 Coach: Matt Thorson & Kyle Sarringar  
 Parents: Barb & Jason Stangeland  
 Favorite Move: Outside sweep single  
 Biggest wrestling accomplishment (to date): Making it through the season with a torn labrum  
 Toughest tournament besides state: our first tournament of the year  
 Proudest victory or Loss: State semi-final match my sophomore year  
 Toughest opponent team/individual: myself  
 Career Wins: 90  
 State Finishes: 2x runner-up  
 Other Sports: Football student manager  
 Favorite School Subject: Math  
 Hobbies: Reading, lifting, spending time with friends  
 College wrestling plans: N/A  
 Possible Colleges: University of Notre Dame, University of Nebraska-Lincoln  
 Your wisdom to younger wrestlers: Enjoy the time you get with the sport

## South Dakota Standout

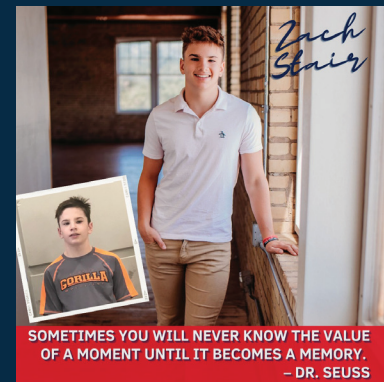
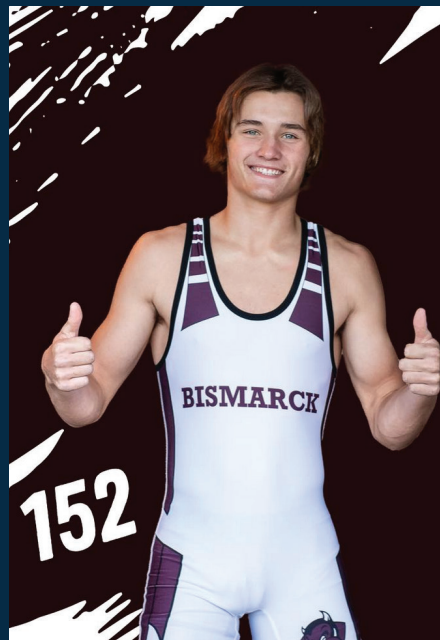
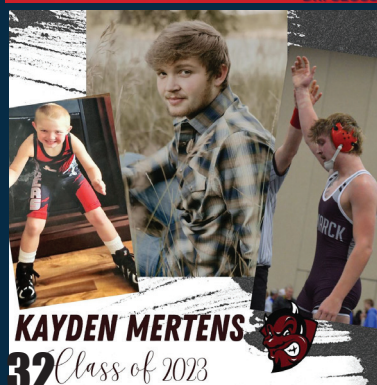
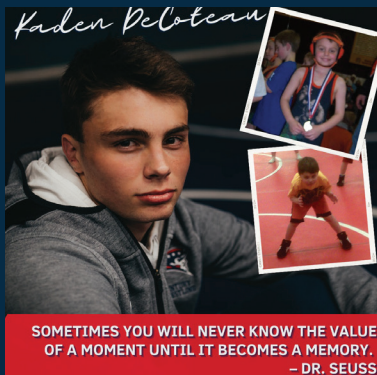
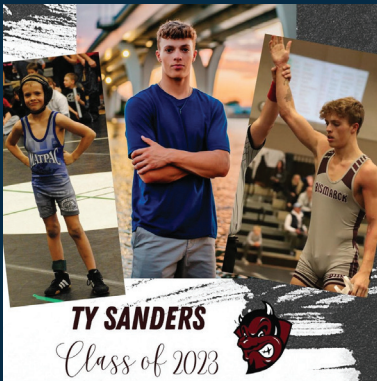


Wrestlers Name: Ehler Klay  
 School: Huron High School  
 Weight: 132lbs  
 Coach: Matt Goth, Dru Strand  
 Parents: Kaw Paw & Thai So  
 Favorite Move: Single leg to submarine  
 Biggest wrestling accomplishment (to date): Getting to wrestle National Duals at Iowa  
 Toughest tournament besides state: Rapid City Invite  
 Proudest victory or Loss: 2021 3rd place state match  
 Toughest opponent team/individual: Harrisburg  
 Career Wins: 50  
 State Finishes: 3rd & 5th  
 Other Sports: Soccer  
 Favorite School Subject: Art, Digital Photography  
 Hobbies: Roller skating, bike riding & music  
 College wrestling plans: None  
 Possible Colleges: None, Enlisted in the Navy.  
 Your wisdom to younger wrestlers: Keep showing up and find your purpose on the mat, no matter how big or small your goals are.

## South Dakota Standout



Wrestlers Name: Cassandra Witte  
 School: Stevens High School  
 Weight: 113  
 Coach: Travis King  
 Parents: Anthony and Tischa Sharp  
 Favorite Move: Fireman's Carry  
 Biggest wrestling accomplishment (to date): Getting invited to wrestle in the Netherlands.  
 Toughest tournament besides state: Fargo Nationals  
 Proudest victory or Loss: Aubrie Perhson from NE.  
 Toughest opponent team/individual: Julia Araujo from ND.  
 Career Wins: 77  
 State Finishes: 4th, 7th  
 Other Sports: N/A  
 Favorite School Subject: English  
 Hobbies: Going to the gym, watching movies, and reading books.  
 College wrestling plans: Wrestle for Chadron State College  
 Possible Colleges: N/A already signed to Chadron  
 Your wisdom to younger wrestlers: Your performance on the mat directly correlates with how you practice, practice to get better, practice harder.





## South Dakota Standout



Wrestlers Name: Gavin Stotts  
 School: TF Riggs-Pierre  
 Weight: 195  
 Coach Shawn Lewis  
 Parents: Thomas & Dulcie Stotts  
 Biggest wrestling accomplishment (to date): Winning the dual State title in 2021.  
 Placess in State-7th in 2022(195), 8th in 2021(182)  
 3 time state qualifier  
 College-Attending SDSU Brookings  
 Majoring in Civil Engineering  
 School record quickest pin-2020 :06 sec  
 Escapes in a season-57 in 2021  
 Escapes Career 157  
 Career wins 109+

## South Dakota Standout



Wrestlers Name: Carlee Laubach  
 School: Canton High School  
 Weight: 170  
 Coach: Jeremy Ask  
 Parents: Nate and Laurel Laubach  
 Favorite Move: the classic double  
 Biggest wrestling accomplishment (to date): Winning the Argus Leader SD Girls Wrestler of the Year award (June 2022)  
 Toughest tournament besides state: Bride of the Monster in Presho, SD  
 Proudest victory or Loss: My first ever high school state title my sophomore year (when we were first sanctioned)  
 Toughest opponent team/individual: Louise Meyer from Central Lyon, Iowa  
 Career Wins: 79-0  
 State Finishes: 2021- state champion 2022-state champion 2023- TBD  
 Other Sports: Volleyball and Track and Field  
 Favorite School Subject: History  
 Hobbies: hanging with friends and club volleyball  
 College wrestling plans: i will be attending DWU to play volleyball. wrestling there is undecided yet.  
 Possible Colleges: Dakota Wesleyan University  
 Your wisdom to younger wrestlers: Grow with the sport and let it continue to teach life lessons. and have as much fun as you can so don't hang your head too much because you can always make a comeback.



## South Dakota State Girls State Qualifiers

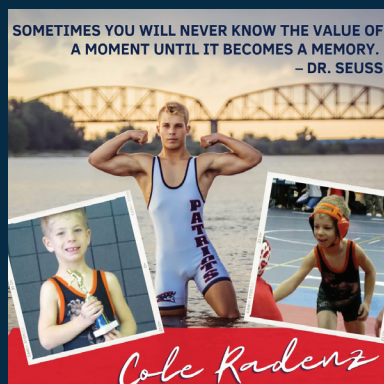
Adam, Zoë	Canton	G-190
Baldwin, Hattie	Pierre T.F.Riggs	G-154
Birds Head, Ciara	Hot Springs	G-126
Bissell, Ali	SF. Roosevelt	G-142
Brehm, Shelbie	RC Stevens	G-120
Ellingsen, Chloe	Harrisburg	G-126
Erickson, Maya	Brookings	G-154
Felcher, Fantasia	Brandon Valley	G-170
Gaspar, Autumn	Garretson	G-120
Gauer, Autum	Aberdeen Central	G-285
Graveman, Taylor	Spearfish	G-132
Heath, Saige	Sully Buttes	G-190
Hinricher, Saige	Brookings	G-142
Htoo, Htee	Huron	G-126
Hyde, Emily	RC Central	G-126
Iron Cloud, Deshawnegh	Little Wound	G-154
Iron Shell, Kathryn	Todd County	G-190
Klay, EhLer	Huron	G-132
Kruske, Maraia	Spearfish	G-106
Lange, Jayden	Flandreau	G-142
Laubach, Carlee	Canton	G-170
Lee, Morgan	Viborg-Hurley	G-132
Leonard, Nevaeh	Yankton	G-142
Orr, Hope	Watertown	G-285
Petersen, Lauren	Viborg-Hurley	G-190
Ramos, Izzabella	Belle Fourche	G-142
Reidt, Hannah	Chamberlain	G-170
Rodriguez, Hailey	Belle Fourche	G-113
Shorter, Marlee	Pierre T.F.Riggs	G-190
Smidt, Sierra	Lennox	G-132
Stangeland, Gianna	Pierre T.F.Riggs	G-132
Stangeland, Gianna	Pierre T.F.Riggs	G-132
Waln, Arlisa	Lakota Tech	G-170
Witt, Atlantis	Todd County	G-142
Witte, Cassandra	RC Stevens	G-113

## South Dakota Boys Senior State Qualifiers

Abraham, Hunter	Garretson	B-145
Allhisser, Cruze	Mitchell	A-113
Anderson, Tucker	Kingsbury Co	B-160
Ask, Kale	Canton	B-138
Bakke, Graydon	RC Stevens	A-160
Bears Heart, Jesse	Mobridge-Poll	B-170
Big Crow, Semni	Pine Ridge	A-145
Bisbee, Cole	Groton Area	B-170
Blasius, Blair	Philip Area	B-152
Bohl, Preston	Garretson	B-138
Brandt, Tyson	Brookings	A-182
Bridges, Logan	Parker	B-182
Brueggeman, Gunner	Miller/High-Har	B-170
Bunch, Korbin	Sturgis Brown	A-106
Caldron, Israel	Brookings	A-170
Carda, Chase	Pierre T.F. Riggs	A-145
Chambers, Chase	Clark/Willow Lk	B-145
Christensen, Brayden	Milbank	A-145
Clubb, Griffin	Howard	B-220
Constant, Dominic	Deuel/DeubArea	B-182
Crownover, Isaac	Bon Homme/Av	B-182
Detert, Jack	Harrisburg	A-195
Doelue, Gueibondy	Harrisburg	A-285
Dooley, Corter	RC Stevens	A-152

Dulany, Clayton	Warner/Northwest	B-138
Duran, Antuan	Sioux Falls Jefferson	A-285
Durham, Tyson	St. Thomas More	B-138
Elshere, Thayne	Sturgis Brown	A-138
Emerson, Caleb	Vermillion	A-152
Even, Jack	Parker	B-145
Everson, Weston	Watertown	A-126
Everson, Weston	Watertown	A-126
Ford, Remington	Mobridge-Pollock	B-152
Frickson, Tanner	Potter County	B-138
Fridrich, Peyton	Beresford/Alc-Hudson	A-160
Gerlach, Drew	Mount VernPlank/Cor-St	B-145
Gilbert, Grey	Harding County	B-220
Graesser, Ty	Chamberlain	A-170
Granum, Justin	Deuel/Deubrook Area	B-195
Haider, Keegan	Wessington Sp/W/W-W	B-182
Hansen, Owen	Burke/Gregory	B-132
Hanson, Chase	Stanley County	B-126
Hauge, Austin	Mount Vern/Plank/Cor-St	B-126
Head, Wyatt	Harding County	B-152
Heath, Mason	Philip Area	B-182
Hendrickson, Mason	Tri-Valley	B-170
Herlyn, Hayden	Lennox	A-285
Hoffman, Tate	Miller/Highmore-Harrold	B-182
Hoiten, Austin	McCook Cent/Montrose	B-285
Houska, Deegan	Pierre T.F. Riggs	A-160
Hoverson, Joey	Wessington Sp/WW-W	B-145
Hueser, Lucas	Elk Point-Jefferson	B-152
Hutmacher, Noah	Chamberlain	A-220
Jacobs, Gavin	Elk Point-Jefferson	B-170
Jacobs, Reese	Sturgis Brown	A-182
Jessen, Nolan	Sioux Falls Jefferson	A-152
Johnson, Gunner	Lyman	B-195
Johnson, Ian	Watertown	A-152
Kahler, Jayden	Kimball/White Lk/Pl-Ged	B-195
Kettwig, Jax	Watertown	A-170
Knapp, Brody	Rapid City Central	A-170
Krenz, Jacob	Aberdeen Central	A-285
Krenz, Jacob	Aberdeen Central	A-285
Kruger, Jack	Winner Area	B-182
Larson, Aaron	Beresford/Alc-Hudson	A-220
Le, Braden	Watertown	A-132
Lehrkamp, Grady	Custer	B-285
Lenz, Carter	Kimball/White Lk/Pl-G	B-145
Lewis, Jonathan	Custer	B-160
Loehr, Caleb	Brookings	A-195
Long, Quinn	Chamberlain	A-138
Maag, Jackson	Watertown	A-182
McCauley, Tucker	Miller/High-Harrold	B-220
McCoy, Thomas	Belle Fourche	A-152
McDermott, Noah	Elk Point-Jefferson	B-182
Mentzer, Alex	Brandon Valley	A-138
Merkle, Josh	Canton	B-182
Meyers, Tanner	Canton	B-195
Morrison, Jaxon	Rapid City Central	A-195
Myers, Abraham	Sioux Falls Washington	A-220
Neugebauer, Porter	Parkston	B-152
Ochsner, Cole	Huron	A-160
Oehme, Jordon	Brandon Valley	A-132

## Other Senior Pics



Oehme, Trason	Brandon Valley	A-145
Olson, James	Brookings	A-220
Opitz, Logan	Aberdeen Central	A-160
Orel, Riley	Winner Area	B-160
Patten, Charlie	Parker	B-195
Peters, Matthew	Watertown	A-220
Peters, Jack	Winner Area	B-152
Pulse, Mason	McCook Cent/M	B-182
Ractliffe, Carter	Harrisburg	A-126
Randall Jr., Troy	Hamlin/Castlew	B-152
Randall Jr., Troy	Hamlin/Castlew	B-152
Ravellette, Gage	Philip Area	B-145
Reis, Swade	Chamberlain	A-182
Renville, Elliott	SF Lincoln	A-285
Richter, Jaden	Garretson	B-285
Risetter, Brady	Redfield	B-106
Rodriguez, Dago	Spearfish	A-132
Rowland, Lucas	Ipswich/Bowdle	B-285
Rydberg, Joshua	Pierre T.F. Riggs	A-285
Sandal, Morgan	Doug/RCChr/NU	A-182
Schlup, Mason	Spearfish	A-170
Schmidt, Riley	RC Central	A-120
Schneck, Barrett	Milbank	A-170
Schoenhard, Aiden	Mobridge-Poll	B-220
Schurch, Landon	Bere/Alc-Hudson	A-195
Siebrecht, Seth	Redfield	B-195
Siemonsma, Connor	West Central	A-138
Simunek, Brandon	Harrisburg	A-182

Slack, Lucas
Slykhuis, Maddix
Stephens, Gunnar
Stotts, Gavin
Stuntebeck, Wyatt
Swatek, Ben
Tryon, Peyton
Tyler, Jagger
VanScoy, Tanner
Wagner, Tance
Webb, Dylan
Whitley, Mason
Wiedman, Rocky
Wiedman, Rocky
Woodward, Landon
Yonker, Rylan
Zell, Dylan

Brandon Valley	A-170
Tea Area	A-126
Burke/Gregory	B-170
Pierre T.F. Riggs	A-195
Tea AreaA	-145
Elk Point-Jeff	B-160
Harrisburg	A-160
Mitchell	A-152
RC Stevens	A-182
Lyman	B-160
Hot Springs	B-182
Redfield	B-152
Todd County	A-220
Todd County	A-220
Custer	B-126
Hamlin/Castle	B-113
Kingsbury Co	B-145