

Dakota Grappler
P.O. Box 1192
Bismarck, ND 58502

North Dakota

South Dakota

Dakota

2024

Grappler

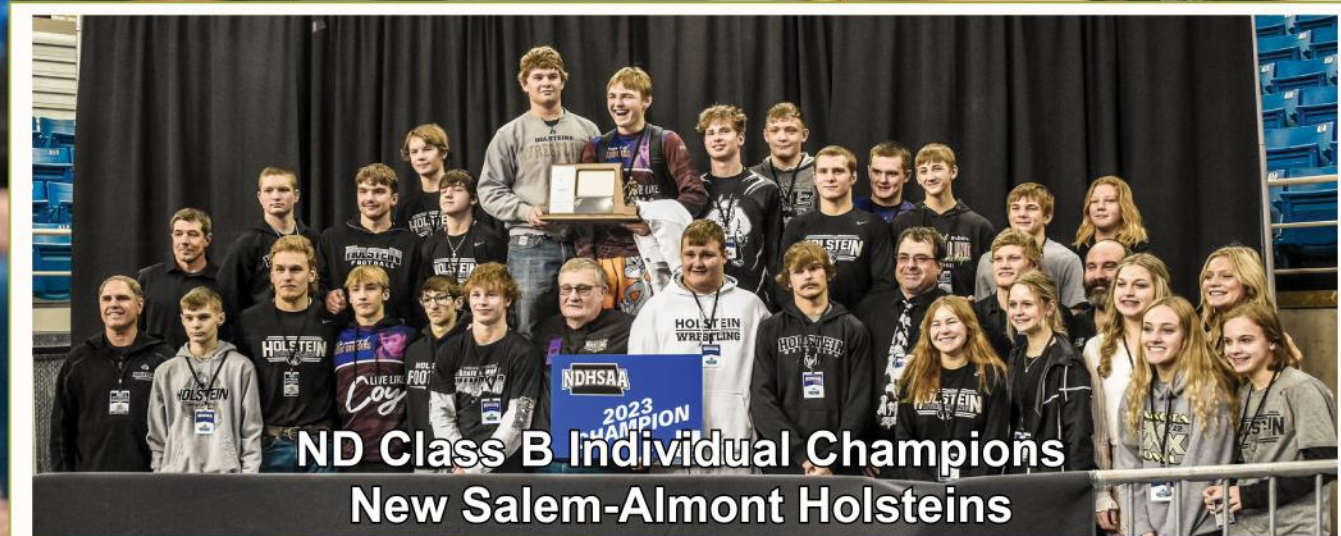
2024 PREVIEW



ND Class B Dual Champions
Lisbon Broncos



Dakota Grappler



ND Class B Individual Champions
New Salem-Almont Holsteins



ND Class A Girls, Boys Ind. & Dual Champions
Bismarck High Demons

2023



SD Class B Ind. & Dual Champions
Canton

2024



Welcome back wrestling fans to the 2023-24 wrestling preview “Dakota Grappler”

“Your Source for Wrestling in the Dakota’s”

Ah, the thrill of North and South Dakota wrestling never fails to bring a smile to my face. The countless hours spent putting together this preview might be exhausting, but the effort is undeniably worthwhile. As these young wrestlers pour their hearts into their training, working tirelessly day after day, enduring sweat, tears, and even blood, losing a few hours of sleep to give them the recognition they deserve feels like a small sacrifice.



First and foremost, I want to express my gratitude to all the parents who support their children in this challenging sport. Enduring long weekends and dealing with the demands of dieting wrestlers, your unwavering support is invaluable. Without you, this endeavor would be impossible. For those unaware, wrestling offers a myriad of unique and positive experiences, fostering lifelong friendships and cherished memories that are truly irreplaceable.

A heartfelt thank you goes out to the dedicated coaches who shape these young athletes into formidable competitors. Your contributions are immeasurable and worth more than gold. Coaching, although often a thankless task, is a role that few can fulfill as admirably as you do. I also extend my appreciation to the administrators, statisticians, and the few remaining cheerleaders, as well as the grandmas and grandpas, and all the stakeholders. Your presence at matches and tournaments, whether early or late, means the world to these wrestlers.

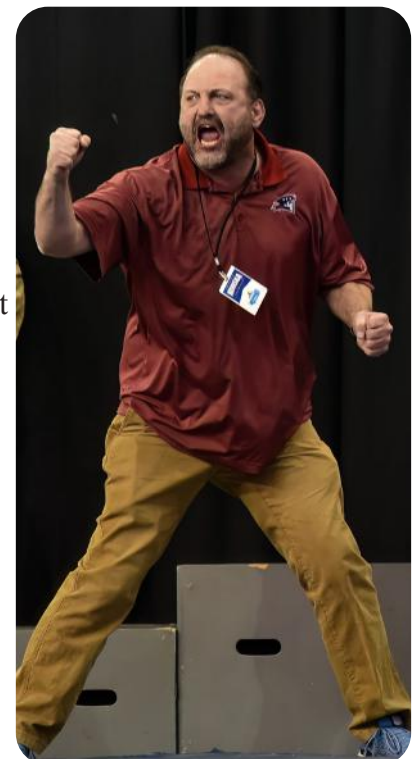
Lastly, I want to express my gratitude to my wife for her patience and understanding. I realize I neglect my responsibilities at home while working on this book, but I promise to make it up to you in my own way.

For those new to Dakota Grappler, I invite you to explore our website, www.dakotagrappler.com, where you'll find a wealth of engaging content, including articles, results, rankings, and more. The website continues to grow, boasting over 41 million page views last year. One of our significant additions is "Dakota Grappler Live," a coaches' corner show on Youtube, which will feature even more content this year. Join us for lively discussions about the latest in wrestling in North and South Dakota.

Welcome to the 2023-24 wrestling season, and best of luck to your team. I eagerly anticipate meeting many of you and engaging in conversations about the oldest sport, wrestling.

God Bless Wrestling!

Jon Gums





Dakota Grappler

Your complete guide to North & South Dakota High School Wrestling for the upcoming season.



Dakota Grappler is the only book of its kind in the Dakotas that contains team photos, action shots of wrestlers, up to date articles, coaches interviews, complete master tournament schedule, predictions of state and regional finishes, and much more.

The Dakota Grappler started with the 1998-99 State Tournament Edition and now have had 31 very successful issues.

This book will be a great keepsake for literally all wrestlers, cheerleaders, coaches, parents, grandparents and businesses across the state. It also will be read and enjoyed by many wrestling fans, and college wrestling coaches in and out of the Dakotas. If your business markets for kids, parents, families, or businesses, then Dakota Grappler is the marketplace for you to advertise and show your support.

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Fan Help Needed!

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

**Dakota Grappler
Attn: Pictures Enclosed
P.O. Box 1192
Bismarck, ND 58502-1192
jon.gums@gmail.com**

**Or email your digital images to:
dakotagrappler@gmail.com
(Keep each email under 10MB)**

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 dakotagrappler@gmail.com



The 2023 ND Wrestling Hall of Fame Inductees

MIKE NIDER MANDAN



Mike Nider registered as a wrestling official in 1985, and football official in 1989.

During his 35 years as a wrestling referee he officiated 12-plus state tournaments, over 20 regional tournaments, 300-plus duals, and hundreds of regular season tournaments. He had the honor of officiating all four Class B regionals and the Class A West regional. At the collegiate level, he has officiated the University of Mary, Jamestown College, Dickinson State tournaments and an NCAA Division II Tournament in Fargo. In addition, he worked over 300 varsity football games. He had the honor of officiating 20-plus state football playoff games. He worked countless sub-varsity and middle school football games.

He believed the younger, less experienced officials needed mentoring and guidance, so he continued to

work sub varsity games and tournaments with them, right up to his retirement in 2020.

Mike continues to work the North Dakota State Track and Field Meet. He has served as the head official for the pole vault for the last 18 years.

He currently serves a North Dakota State Deputy Umpire in Chief for NDUSA Softball. He is an active umpire and has umpired for 44 years. He was inducted into the McQuade Softball Hall of Fame in 2021.

Mike worked as an educator and coach at Leah's Elementary (Raleigh, ND) 1978-79, St. Vincent's (Mott, ND) 1979-1981, St. Joseph Elementary (Mandan, ND) 1981-1991, Mandan Junior High 1991-2004, and Simle Middle School (Bismarck) 2004-2014, retiring in 2014.

Mike is married to LouAnn. They have two children, Alexis (Mandan) and Anthony (Fargo). They also have two grandchildren: Jake and Lucy.

JORDAN SHEARER WEST FARGO



Jordan Shearer became the first (and to this point) only wrestler in North Dakota history to win six individual state wrestling championships. Competing for West Fargo High School, Jordan won the 103 pound title in 2010 as a seventh grader. He won the 103 title again the next season and followed that with titles at 113, 126, 132 and 145. He finished his high school career with 259 wins and 169 pins. Jordan also helped lead the Packers to four state dual titles and two state individual team titles. He was the Class A East Region Senior Athlete of the Year and the state's Mr. Wrestler in 2015. Jordan was a two-time Rumble on the Red Champion and placed third at the 2013 Sophomore Nationals.

Jordan was a seven-time North Dakota Triple Crown Winner and represented Team North Dakota three times at the USA Wrestling Junior Duals. He earned All-American honors at the both USA Wrestling Cadet Nationals and the USA Wrestling Junior Nationals. Jordan also won a National Championship at the Junior Greco Nationals and was named a first team All-American in 2015. He finished with a 4.0 GPA throughout his high school career. Jordan continued his wrestling career at the University of Nebraska-

Lincoln where he was three-time letterman and named to the Big Ten All-Academic Team three times, finishing with a 3.98 GPA. He was a four-team Nebraska Scholar-Athlete and earned the school's Outstanding Scholar award in 2019.

Jordan has been a guest clinician at numerous high school camps across North Dakota, Minnesota and Nebraska along with being a volunteer assistant coach.

Currently he is in medical school at the University of North Dakota where he plans to specialize in orthopedic surgery and graduate this year.

He is being inducted by his high school coaches and fellow Hall of Famers, Kayle Dangerud and Ryan Kringle.

COREY ULMER ASHLEY-WISHEK



Corey Ulmer was a two-time state champion for Ashley-Wishek under coaches Josh Hoffman and Dwight Schilling. As a four-time state qualifier and three-time Region 1 champion, Corey won state titles in 2005 and 2006 and at one point won 92 consecutive matches. He was also a state runner-up in 2007. Corey finished his high school career with a record of 135-8 and was named Class B's Mr. Wrestler in 2007.

Corey went on to wrestle at Minnesota State University Moorhead for coach Keenan Spiess from 2007-2009 and coach Kris Nelson from 2009-2012. He was a three-time NCAA Division II National Qualifier and an All-American for the Dragons at 125 lbs. His All-American season came in 2011 when he took 7th place at the Division II National Tournament. In 2012 he won the Super Region 3 Tournament and spent most of that season ranked #1 in the country. Corey recorded 87 wins in his college career and earned All-NSIC honors twice. He was a two-time Dragon Open Champion and the 2012 MSUM Male Athlete of the Year.

Upon graduating from MSUM with a bachelor's degree, Corey continued to put his knowledge of wrestling to use as he became involved in mixed martial arts. For the next four years Corey trained at the Academy of Combat Arts in Fargo under coach Dylan Spicer. He also traveled to different gyms in various parts of the world and got to train alongside multiple UFC and Bellator champions and hall of famers. Corey finished his MMA career with a 6-2 record and was ranked as a top 100 flyweight in the world. He is a Blue Belt in Brazilian Jiu-Jitsu and still to this day competes in grappling tournaments.

Corey currently resides in Ashley, North Dakota with his wife, Jasmyne and their three girls, Riley, Blake, and Kensley. He is the Nursing Home Administrator at the Ashley Medical Center and is in the process of becoming the facility's CFO. Corey is very involved with the community of Ashley. He is the chairman of the Ashley Medical Center Foundation, a board member of the Job Development Authority and a coach for the youth wrestling program.

ROD JOHNSRUD WATFORD CITY



Rod Johnsrud was a three-time state champion for Watford City High School in 1973, 1974, and 1975 under the guidance of Hall of Fame coach, Frank Fish, who seemed to cultivate the potential

seemed to cultivate the potential in everyone. As a freshman in 1972, Rod placed third at the state tournament. He had a 27-10 with 5 of those losses coming from the eventual state champion. In 1973, Rod finished the season with a 29-2 record and won his first individual state title. He followed that with undefeated seasons in 1974 and 1975 on his way to his second and third state titles. Rod set 11 school records and one state record during his career and was a Scholastic Wrestling News Hall of Fame "Honorable Mention" in 1975. As a four-year varsity starter for the Watford City Wolves, Rod had the privilege of being a part of three state championship winning teams in 1972, 1973, and 1974. The Wolves were also the state runner-ups during his senior season in 1975 and during his high school career, Watford City had a 42-1 dual meet record. Rod believes that the high caliber of his motivated and talented teammates was integral to his own success on the mat.

Following his graduation from college, Rod returned to Watford City and helped coach the local Pee Wee wrestling team, which included his own sons. His son Andy, was a state placer and his son Austin, was a four-time placer who won two state championships for the Wolves. Rod continues to regularly attend matches and support the Watford City program.

Rod has been a master electrician since 1982 and is active in his church. He has been married to his sweetheart, Brenda, for 42 years and along with their two sons, they have four grandchildren, Tate, Emma, Henry and Owen.

SHON HORGAN PEMBINA COUNTY NORTH (WALHALLA)



Shon Horgan was a state champion for Walhalla High School before becoming a very successful coach for his alma mater. He was a four-time Region 2 champion in high school and a four-time state placer, finishing 5th twice, and a state runner-up once, along with his state title at 119 pounds in 1990. His high school wrestling career record was 131-11. Shon is also the center of three generations of wrestling champions in his family. His dad, Dan Horgan won a state title in 1973 and Shon's son Bradyn, won state titles in 2014 and 2016. Shon wrestled at Valley City State University where he was a NAIA National Qualifier in 1993.

His coaching career began at VCSU as a student assistant coach in 1995. In 1997, he helped start the varsity wrestling program at Des Lacs-Burlington. In 1998, he became the head wrestling coach at his alma mater, Wahalla, which later became Pembina County North and he continued in that role for the next 23 years.

Over his career, Shon accumulated 275 dual wins and 50 regular season individual tournament championships. He coached a total of 91 individual state placers, 16 state finalists, and 6 individual state champions. His dual teams qualified for the State B Duals 8 times, highlighted by a third place finish in 2014. His Grizzlies were the state runner-up in the Individual Team Tournament in 2016. Shon was a 7-time Region 2 Coach of the Year and the 2012 Class B State Coach of the Year. He also coached football and golf at Walhalla/North Border and was the manager of the elementary wrestling program in Walhalla. Shon also served on the Wrestling Advisory Committee, coached Team North Dakota at



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The 2023 ND Hall of Fame The 2023 SD Hall of Fame

DENNIS FLYNN DEVILS LAKE



Coach Dennis Flynn spent over half of his life coaching wrestling and football, first for 12 years at Bishop Ryan, then for two years at Center, and finally for 18 years at Devils Lake. As the head wrestling coach at Devils Lake High School for 18 years, Denny was named the Regional Coach of the Year twice and served as the President of the Class "A" Wrestling Coaches for five years. His teams finished in the top ten at state six times, despite being one of the smallest schools in Class A. He coached 55 individual state placers and 10 state champions. Special highlights for Denny were coaching his son, Brendon to two state titles and having his daughter Mackenzie as the team's statistician. His son, Brendon, has carried on his dad's legacy as the current head coach of Devils Lake.

Dennis was an integral part of the Devils Lake community, not only as the head wrestling coach, but also as a middle school teacher, assistant football coach and driver's ed teacher. Coach Flynn believed that champions were not measured in gold or by wins or losses. He believed champions were defined by their character on and off the mat. He didn't care how talented a wrestler was or how many matches he had won, he only cared about pushing his wrestlers to reach their full potential, and he wouldn't accept anything less. He taught all his wrestlers what a true champion is, and he led by example. He dedicated his life to the sport of wrestling and being a man of honor. Dennis passed away unexpectedly in the spring of 2007. He is survived by his wife Bette, daughter Mackenzie (Antonio), and son Brendon (Lisa). Dennis is being inducted into the Hall of Fame by his close friend, and fellow Hall of Famer, Derrick Dixon.

JUSTIN JENSEN CARRINGTON



Justin Jensen was a two-time state champion for Carrington High School for coach Kelly Hagel. After placing third at 103 pounds in 1992, Justin placed third at 119 in 1993, and then went on to win state titles at 130 in 1994 and at 145 in 1995. He was a key part of three state championship teams for the Cardinals in 1992, 1994, and 1995. Jensen was awarded the Class B Mr. Wrestler award in 1995 and earned two triple crowns (for winning state titles in folkstyle, freestyle and Greco-Roman) during his high school career. Jensen finished his high school career with a 127-17 record with 68 career pins. Justin claimed a total six freestyle, and four Greco-Roman state titles in Cadet and Junior divisions. He was a member of the 1995 Junior National dual team champions and

the 1995 Greco-Roman National dual runner-up team.

Justin wrestled for the University of North Dakota and then Valley City State University. At VCSU, he earned All-American honors at 150 when he finished eighth at the national tournament. After college, he became a coach for hometown where he has helped Carrington High School win two individual and two dual team championships, while helping coach 21 individual state champions throughout his career. Justin currently resides in Carrington, running the family farm. He enjoys Bison football, camping and trying to ice fish when wrestling permits.

Former Philip High School teacher and Philip Area Badlands Brawlers head wrestling coach Matt Donnelly was inducted into the Wrestling Hall of Fame, class of 2023. Donnelly graduated from high school in Broadus, Montana where he competed in wrestling, rodeo and football. He attended college at Dickinson State University in Dickinson, ND. He coached with the Blue Hawk wrestling program for two years and then accepted a teaching and coaching position at Philip, SD. He coached the Philip Area Badlands Brawlers wrestlers until he retired in 2021. Donnelly has been Region Coach of the Year multiple times, 2017 Wrestling Coach of the Year, and has coached several national tournament teams. In the fall of 2013 he was inducted into the Dickinson State University Wrestling Hall of Fame.



Billy Konst graduated in 1992 and was a five time state qualifier. He was a two time state champion, two time runner up, and also placed third during his high school career. Konst had a career record of 212-17 and held the state record for most career wins. Billy earned a scholarship to Augustana College but due to injuries, he decided to retire from competitive wrestling. He coached AAU wrestling for over 25 years in Philip, Rapid City and currently in Ft. Pierre.



David Crabtree, who wrestled at Winner and Todd County, winning two state titles for Todd County at 95 pounds in 1969 and at 112 pounds in 1971. Crabtree went on to wrestle at South Dakota State and participated in the U.S. Olympic Trials process. Crabtree now lives in Los Angeles.



Chad Forman 2x state champion for Miller High School. SDSU Letterman in 1993. Proud to be award Outstanding Wrestler at the Kimball



and Parkston Tournaments. He spent time traveling on Junior Olympic Tour DeMond competing in Mexico City Mexico. NCAA wrestler for SDSU and was a 2 year starter and NCAA Division II National Qualifier. Chad also loved his time coaching kids wrestling in Miller SD for several years.

Gene Hensley 1968 Rapid City Central State Champion. He taught school in Buffalo and started the Harding Co wrestling team. He then taught history and coached in Rapid City.



Dave Gorsuch multi-state champion for Rapid City in the early 80's. Long-time coach in the Rapid City Sports scene including football, baseball, girls softball and of course wrestling, also a Cobbler Kids coach from 1982-2006.



Rick Drury, Arizona attended Rapid City Central from 1973-77 becoming a two-time state champion at 185 pounds. In college became an ACC Conference champion.

Rodney Drury, Peoria IL attended Rapid City Central from 1973-77 having an overall record of 65-10-1 and a two-time state finalist and a state championship his senior year at heavyweight. Went to Evangel University to play football.





North Dakota Class B Returning Place-Winners

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- 1st - Dalton Feist (Napoleon G-S) 38-1, Jr.
- 2nd - Cohen Bell (Stanley) 33-3, So.
- 3rd - Bode Henderson (Northern Lights) 41-5, Fr.
- 4th - Jack Bohmbach (Killdeer) 38-15, 8th.
- 5th - Maddox Campbell (Velva) 30-18, Jr.
- 6th - Joshua Ternes (Beulah-Hazen) 21-16, 8th.
- 7th - Logan Potts (LaMoure-Litchville/Marion) 38-8, Fr.
- 8th - Mathias Dahlstrom (Oakes) 29-14, Fr.

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- 1st - Charlie Irwin (New Salem-Almont) 32-6, Jr.
- 2nd - Pitch Hager (Velva) 29-12, So.
- 3rd - Logan Werner (Pembina County North) 36-8, Jr.
- 4th - TJ Boyer (MonDak) 23-20, Jr.
- 5th - Kale Hase (Harvey-Wells County) 31-15, Fr.
- 6th - Dru Carr (Carrington) 31-24, Jr.
- 7th - Joey Heyd (LaMoure-Litchville/Marion) 33-16, So.
- 8th - Dean Dumas (Killdeer) 7-6, Sr.

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- 2nd - Noah Anderson (Lisbon) 35-6, So.
- 3rd - Kruiser Burns (Grafton) 40-7, Jr.
- 5th - Carson Kozojed (Hillsboro-Central Valley) 35-14, So.
- 6th - Elijah Ramos (Killdeer) 24-26, Jr.
- 8th - Cade Else (MonDak) 36-9, Jr.

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- 1st - Trenton Klatt (New Salem-Almont) 29-5, Jr.
- 2nd - Sawyer Owens (Hillsboro-Central Valley) 41-8, So.
- 4th - Tristan Lepp (South Border) 25-9, Sr.
- 5th - Kyler Schalesky (Hettinger/Scranton) 31-20, So.
- 7th - Griffin Greenley (Lisbon) 13-5, So.

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- 1st - Carson Hildre (Velva) 37-3, Jr.
- 2nd - Ethan Maier (New Salem-Almont) 29-6, Sr.
- 4th - William Cook (Kenmare-Bowbells) 32-10, Jr.
- 6th - Ryker Vetter (South Border) 30-15, So.
- 8th - Jady Vollmer (Harvey-Wells County) 28-24, Sr.

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- 2nd - Gus Bohmbach (Killdeer) 43-5, Sr.
- 3rd - Corbin Clifton (Carrington) 40-16, Jr.
- 4th - Havlin DeLong (Northern Lights) 40-8, Sr.
- 7th - Sawyer Noll (Bowman County/Beach) 30-16, Fr.
- 8th - Cooper Bredahl (Deslacs-Burlington) 12-21, Sr.

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- 3rd - Mike Nelson (Lisbon) 29-3, Sr.
- 4th - Jaron Frank (Hettinger/Scranton) 32-9, Sr.
- 5th - Carson Glaesman (South Border) 33-12, Sr.
- 7th - Rocker Aguilar (Williams County) 43-11, Jr.
- 8th - Tanner Menge (Kindred) 25-18, 8th.

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- 2nd - Blaze Reinke (Lisbon) 34-5, Sr.
- 6th - Emery Noll (Bowman County/Beach) 34-10, Jr.

- 7th - Tucker Bohmbach (Killdeer) 30-14, So.

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- 2nd - Isaiah Carruth (Ellendale-Edgeley-Kulm) 35-9, Sr.
- 3rd - Drew Zwak (Bishop Ryan) 32-5, Jr.
- 4th - Brock Norton (New Salem-Almont) 28-8, Jr.
- 7th - Cole Stock (South Border) 31-13, Jr.
- 8th - Cade Olson-Tingelstad (Central Cass) 29-11, Sr.

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- 2nd - Jace Jace Nitschke (South Border) 29-9, Sr.
- 3rd - Cole Henderson (Northern Lights) 41-10, Jr.
- 4th - Joshua Meehl (Oakes) 33-13, Sr.
- 7th - Stone Thornton (Central Cass) 14-5, Sr.
- 8th - Gavin Engwicht (New Salem-Almont) 22-13, Jr.

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- 1st - Ivan Carruth (Ellendale-Edgeley-Kulm) 34-6, So.
- 5th - Trey Bohmbach (Stanley) 29-14, Jr.

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- 2nd - Connor Harvey (Bishop Ryan) 15-2, Sr.
- 3rd - Daniel Schumacher (South Border) 28-3, Sr.
- 5th - Johnathan Smith (Deslacs-Burlington) 32-17, So.
- 7th - Rodney Wolf (Kindred) 24-15, Jr.

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- 1st - Shane Nitschke (South Border) 34-2, Jr.
- 4th - Carter Engebretson (Harvey-Wells County) 37-12, Jr.
- 5th - Cade Okeson (Bishop Ryan) 35-7, So.
- 8th - Clayton Grove (Williams County) 27-15, Sr.

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- 1st - Coy Okeson (Bishop Ryan) 45-0, Sr.
- 5th - Ben Roundy (Killdeer) 20-11, Sr.





North Dakota Class A Returning Place-Winners

106

- 1st - Nicolas Enzminger (Bismarck Legacy) 42-2, So.
- 2nd - Aaron Morris (Williston) 28-10, Sr.
- 3rd - Jake Glaser (Dickinson) 30-11, So.
- 4th - Jack Schauer (Jamestown) 32-13, Fr.
- 5th - Cole Sauvageau (Fargo Davies) 39-9, 8th.
- 6th - Alijah Piatz (Bismarck Century) 11-9, 8th.
- 7th - Grady Iverson (Bismarck Century) 30-16, So.
- 8th - Chase Clemenson (West Fargo Sheyenne) 24-12, 8th.

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- 1st - Koltyn Grebel (Valley City) 44-1, Jr.
- 2nd - Joey Enzminger (Bismarck Legacy) 37-6, So.
- 3rd - Hudson Egeberg (Bismarck) 33-11, So.
- 4th - Kellan Larson (Williston) 31-15, Jr.
- 5th - Seamus Kuklok (Bismarck Century) 23-14, Fr.
- 6th - David Llamas (Minot) 24-18, Sr.
- 7th - Aidan Dahmus (Dickinson) 27-15, Sr.
- 8th - Nolan Mack (Fargo Davies) 23-25, 8th.

120

- 1st - Ben DeForest (Bismarck) 29-2, Jr.
- 2nd - Landon Zink (West Fargo Sheyenne) 32-9, Fr.
- 4th - Wyatt Turner (Dickinson) 22-14, Fr.
- 5th - Braeden Halverson (Bismarck) 9-7, So.
- 6th - Tanner Thoreson (West Fargo) 18-16, So.
- 7th - Cole Bohne (Bismarck Century) 17-16, Jr.
- 8th - Aiden Keilman (Minot) 27-19, Sr.

126

- 2nd - Marquis Richter (Mandan) 25-12, Jr.
- 4th - Gage Glaser (Dickinson) 31-10, Sr.
- 5th - Owen Lindstrom (Devils Lake) 31-6, Jr.
- 7th - Ethan Kuntz (Bismarck Century) 24-19, Sr.
- 8th - Ty Burton (Minot) 14-22, Jr.

132

- 6th - Owen Magnell (West Fargo) 23-18, So.
- 7th - Jackson Alexander (West Fargo Sheyenne) 30-14, Jr.
- 8th - Daniel Charboneau (Devils Lake) 7-13, Jr.

138

- 2nd - Augustus Maughan (Fargo North) 35-12, Sr.
- 4th - Landon McMahan (Bismarck) 29-13, Sr.
- 5th - Joryn Richter (Bismarck St Mary's) 19-15, Jr.
- 6th - Evan Berg (Minot) 25-17, So.
- 7th - Colton King (Dickinson) 25-20, Sr.
- 8th - Brier Arnegard (Watford City) 15-28, Jr.

145

- 2nd - Wyatt Kosidowski (Fargo Davies) 42-6, So.
- 3rd - Ethan Dennis (Watford City) 39-14, Sr.
- 5th - Brendan Winn-Kelley (Grand Forks Central) 26-14, Sr.
- 7th - Dylan Kostelecky (Bismarck) 34-12, Sr.

152

- 1st - John Richter (Bismarck St Mary's) 16-3, Sr.
- 4th - Brayden Morris (Bismarck Century) 34-14, So.
- 6th - Colin Parisien (Turtle Mountain) 26-14, Jr.

- 7th - Carter Zink (West Fargo Sheyenne) 24-12, Sr.

- 8th - Tyson Rice (Williston) 25-18, So.

160

- 1st - LJ Araujo (Bismarck) 42-0, Sr.

- 2nd - Sawyer Carr (West Fargo Sheyenne) 30-7, Sr.

- 3rd - Harrison Grad (Bismarck St Mary's) 27-13, Sr.

- 4th - Malachi Werremeyer (Fargo Davies) 31-13, Jr.

- 5th - David Erlandson (Breckenridge/Wahpeton) 30-18, So.

- 6th - Emery Slater (Mandan) 21-18, Jr.

170

- 1st - Waylon Cressell (West Fargo) 39-3, So.

- 2nd - C Connor Manske (West Fargo Sheyenne) 32-8, Sr.

- 5th - DeJarius Jones (Minot) 38-12, Sr.

- 6th - Hugh Meyer (Dickinson) 34-15, So.

- 7th - Jerys Burckhard (Bismarck Century) 14-9, Jr.

182

- 2nd - Ty Wiedrich (Williston) 29-11, Sr.

- 3rd - William Ward (Fargo North) 24-4, So.

- 4th - Tate Estenson (Devils Lake) 20-6, Sr.

- 5th - Tyrus Jangula (Bismarck) 27-14, Sr.

- 8th - Maddox Weigel (West Fargo Sheyenne) 28-18, Jr.

195

- 1st - Olav Taylor (Bismarck Century) 39-5, Jr.

- 3rd - Zach Lilly (Fargo Davies) 38-11, Sr.

- 4th - Bridger Owens (Bismarck) 30-16, Sr.

- 8th - Kaden Manske (West Fargo Sheyenne) 22-16, Jr.

220

- 3rd - Landon Riely (Williston) 34-8, Jr.

- 4th - Ayden Schlafman (Bismarck) 25-16, Sr.

- 5th - Logan Moore (West Fargo) 18-10, Sr.

- 8th - Ryzon Allery (Turtle Mountain) 8-10, Jr.

285

- 6th - Amaree Williams (West Fargo) 30-16, Jr.

- 7th - Easton Egeberg (Bismarck) 10-8, Jr.

- 8th - San Inman (Watford City) 4-6, Fr.





North Dakota Girls Returning Place-Winners

100

- 1st - Anna White (Central Cass) 37-4, Fr.
- 2nd - Keeley Kainoa (Mandan) 23-6, 8th.
- 3rd - Jennifer Verdin (Hettinger/Scranton) 37-2, Sr.
- 4th - Izzy Owens (Bismarck) 30-17, Fr.
- 5th - Anna Engwicht (New Salem - Almont) 20-9, 8th.
- 6th - Emily Youboty (Bismarck Legacy) 30-21, So.
- 7th - Brooklyn Lafrenz (Mandan) 26-16, Fr.
- 8th - Isabella Miller (South Border) 14-13, Sr.

105

- 1st - Alicia Kenfack (Bismarck Legacy) 47-1, Fr.
- 2nd - Vada Hoffman (South Border) 24-13, So.
- 3rd - Gabby Hannig (Valley City) 33-8, 8th.
- 4th - Addison Yates (Harvey - Wells County) 19-10, Fr.
- 5th - Elizabeth Mortensen (Minot) 32-13, Fr.
- 6th - Avarie Jacobson (Rugby) 25-13, Fr.
- 7th - Aryana Loran (Dickinson) 11-11, Jr.
- 8th - Jozlynn Boyer (Northwood) 7-15, Fr.

110

- 1st - Julia Araujo (Bismarck) 40-2, Fr.
- 2nd - Alyssa Nitschke (South Border) 29-10, 8th.
- 3rd - Elizabeth Youboty (Bismarck Legacy) 31-10, Sr.
- 4th - Adali Simmons (Killdeer) 22-6, Jr.
- 5th - Alcila Olson (Hettinger/Scranton) 20-11, 8th.
- 6th - Keisha Tomac (New Salem - Almont) 17-8, So.
- 7th - Natalie Meyer (Dickinson) 20-12, 8th.
- 8th - Mallory DeVries (Central Cass) 32-7, Jr.

115

- 1st - Alexis Schneider (Napoleon G-S) 25-0, Jr.
- 2nd - Hallie Nash (Minot) 31-9, Jr.
- 3rd - Marlie Stremick (Pembina County North) 26-6, So.
- 6th - Maggie Thielges (Bismarck) 30-17, 8th.
- 7th - Adaleene Hansen (Lisbon) 29-15, 8th.
- 8th - Clancy Meyer (Dickinson) 15-15, 8th.

120

- 2nd - Shayla DeBlaere (West Fargo United) 36-5, Fr.
- 3rd - Sanie Gayflor (Fargo) 32-12, So.
- 4th - Kashtyn Bredahl (Des-Lacs Burlington) 32-8, So.
- 5th - Cambrie Feist (Bismarck) 31-12, So.
- 6th - Mercedes Lura (Carrington) 32-13, Jr.
- 7th - Deegan Kirschenmann (Valley City) 28-16, So.

125

- 2nd - Emersyn Schwab (Lisbon) 30-10, So.
- 3rd - Karyssa Meidinger (LaMoure LM) 22-6, So.
- 4th - Kylee Yetter (Minot) 32-13, Fr.
- 5th - Kaylie Clingman (MonDak) 17-4, So.
- 6th - Bryn Larson (Grand Forks) 25-11, Jr.
- 7th - Lucy Czarnowski (Fargo) 18-23, Fr.
- 8th - Brynlee Hartsoch (West Fargo United) 23-18, So.

130

- 2nd - Karissa Mann (Napoleon G-S) 20-11, Sr.
- 3rd - Grace Lemar (Central Cass) 34-5, So.
- 4th - Kaylee Kurz (Grand Forks) 33-10, Fr.

- 5th - Mackenzie Stoddart (Jamestown) 29-15, So.
- 7th - Ellie Roseland (Hettinger/Scranton) 20-7, Sr.
- 8th - Morgan Schneider (Bismarck Legacy) 11-13, So.

135

- 1st - Mylee Christianson (Valley City) 28-5, So.
- 2nd - Aleiya Cullinan (Bismarck Legacy) 42-7, So.
- 5th - Haleigh Carr (Minot) 28-15, Jr.
- 6th - Jazlyn Weigel (Napoleon G-S) 4-5, Sr.
- 7th - Lois Schneider (Central Cass) 22-22, Jr.
- 8th - Madison Reems (Bismarck) 30-15, Fr.

140

- 2nd - Paige Baumgartner (Bismarck) 35-6, So.
- 3rd - Victoria Pasterz (Des-Lacs Burlington) 32-7, Fr.
- 4th - Hanna Ryberg (Bismarck Legacy) 31-19, So.
- 5th - Webeline Naklen (Fargo) 24-23, .
- 7th - Khendra Garcia (Carrington) 26-11, So.
- 8th - Katelyn Vetter (Minot) 12-19, Jr.

145

- 2nd - Kiera Aguilar (Minot) 34-9, Jr.
- 3rd - MaKenna Belling (Northern Cass) 20-2, Sr.
- 4th - Aubrie Overson (Bismarck) 23-10, Jr.
- 6th - Cheyenne Helland (Central Cass) 23-16, Jr.
- 8th - Aubrey King (Fargo) 12-15, 8th.

155

- 1st - Emily Novak (Grand Forks) 33-11, Jr.
- 2nd - Lexi Beckler (Bismarck) 33-8, Sr.
- 3rd - Arianna Aguilar (Minot) 28-10, Fr.
- 5th - Paige Spomer (Bismarck Century) 23-19, Jr.
- 6th - Gabby Romans (Jamestown) 23-17, Sr.
- 7th - Jordyn Radasa (Williston) 18-11, So.

170

- 2nd - Alexis Storsved (Mandan) 31-5, Fr.
- 4th - Isabelle Berg (Devils Lake) 17-6, Sr.
- 6th - Sadie Richmond (Minot) 33-9, Jr.
- 7th - Jaylee Jetty (Bismarck Century) 17-14, 8th
- 8th - Lexiss Reynolds (Northwood) 15-7, Jr.

190

- 1st - Phoenix Lindseth (Bismarck Legacy) 40-1, Jr.
- 2nd - Cambree Anderson (Bismarck) 34-8, Fr.
- 3rd - Mekayla Stordalen (Bismarck Century) 17-21, Fr.
- 5th - Jade`ence Fletcher (Minot) 15-5, Fr.
- 6th - Grace Bercier (Jamestown) 17-21, Jr.
- 7th - Brooke Bundy (Valley City) 21-15, Sr.
- 8th - Kadyn Schuman (Grand Forks) 18-16, Sr.

250

- 2nd - Danijah Moore (Minot) 6-2, So.
- 3rd - Love Hopkins (White Shield) 26-4, 8th.
- 4th - Belinda Perry (Bismarck Century) 23-12, Sr.
- 6th - Brinley Buechler (Bismarck) 27-16, Sr.
- 8th - Morgan Harvey (Bismarck Century) 15-17, Jr.



South Dakota Girls Returning Place-Winners

106 LBS

- 2. Sydney Uhrig, Pierre 12 34-7
- 3. Mary-Katherine Joseph, Brandon 12 30-6
- 4. Olivia Anderson, Watertown 8 36-14
- 5. Trinity Duran, RC Stevens 11 37-14
- 6. Akane Metcalfe, KWLP 12 20-4
- 7. Frankie Kranz, Mitchell 9 36-14
- 8. Kyra Vandenberg, Belle Fourche 9 23-10

113 LBS

- 1. Sara Schroder, Canton 12 34-1
- 2. Brooklyn Baird, Sturgis 12 28-3
- 4. Lexi Hillmer, Pierre 8 36-18
- 5. Dani Batchelor, CWL 12 25-9
- 6. Madysyn Gillen, Aberdeen 12 33-11
- 8. Madelynn Schlup, Spearfish 11 31-20

120 LBS

- 1. Regina Stoeser, Harrisburg 10 36-2
- 2. Britney Rueb, BHSA 10 39-3
- 3. Quinn Butler, Lemmon/Mc 10 43-3
- 4. Alexis Bryant, MCM 10 33-9
- 5. Danny Borja, Mitchell 10 38-9
- 6. Aubrey Jensen, VIHIW 10 25-16
- 7. Kezrey Benning, Pierre 10 32-17
- 8. Shelby Shrake, Chamberlain 11 24-14

126 LBS

- 1. Peyton Hellmann, BHSA 11 41-1
- 2. Cateri Yellow Hawk, SUBU 10 24-6
- 3. Dani Ringstmeyer, Pierre 11 36-12
- 5. Madison Snyder, Sturgis 12 28-8
- 6. Kieonna Smith, Canton 12 21-15
- 7. Jessica Waln, Lakota Tech 11 23-8
- 8. Alexa Swaney, Belle Fourche 11 17-10

132 LBS

- 3. Giada Scherich, Lakota Tech 11 23-5
- 4. Johanna Steinlicht, Brookings 11 25-9
- 5. Brooke Grajczyk, Webster 8 19-11
- 7. Victoria Verhey, STM 12 24-12
- 8. Katelyn Yexley, Watertown 10 20-27

142 LBS

- 4. Abbigail Lewis, Pierre 9 36-8
- 5. Summer Guthmiller, SV 9 33-10
- 6. Marieda Kalahar, RCS 11 31-12
- 7. Sarah Rickenbach, HOSP 9 23-11

154 LBS

- 1. Katrina Gibson, Aberdeen 12 35-8
- 2. Elena Brennan, KWLP 11 12-8
- 3. Natalia Long, Canton 9 23-10
- 4. Jordan Waln, Lakota Tech 12 14-8
- 6. Rhiannen Heimdal, Harrisburg 10 22-18
- 7. Kadie Mendel, RCS 12 28-17

170 LBS

- 2. Maizy Mathis, Brookings 12 20-7
- 3. Brianna Johnson, Tea 12 19-10

4. Gia Miller, VIHIW 12 28-10

5. Ireland Templeton, Pierre 11 35-13

7. Marlee Heltzel, Spearfish 8 23-20

190 LBS

4. Jessica Mckenney, Custer 9 19-8

5. Allison Konrad, Watertown 10 25-15

6. Tailie Brehm, RCS 10 24-18

7. Zoey Holtz, DRCC 11 9-8

8. Eriah Big Crow, Lakota Tech 11 12-6

285 LBS

1. Ciara McFarling, Pierre 11 22-0

3. Kiara King, Canton 12 14-6

4. Maria Larson, SFL 12 11-8

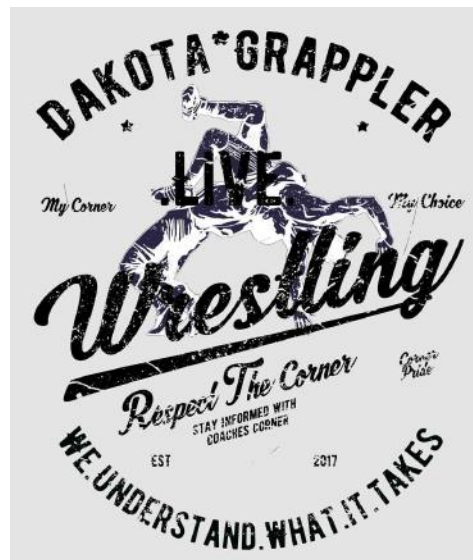
5. Alissa Ault, SFJ 10 16-14

6. Allison Foote, WC 12 10-11

7. Destiny Tipton, DRCC 11 23-5

8. Unique Clairmont, TOCO 10 12-19

State Girls Champions
Pierre T.F. Riggs





SD Class A Returning Place-Winners

106 LBS

- 1. Gage Lohr, Watertown 9 44-4
- 2. Brendon Oehme, Brandon Valley 9 37-5
- 3. Aidan Wells, SF Jefferson 11 49-5
- 4. Tate Helmbolt, Brookings 12 31-9
- 5. Shea Richter, RC Stevens 10 38-16
- 7. Pierce Hurd, RC Central 9 42-7
- 8. Owen Fischer, Milbank 11 31-12

113 LBS

- 1. Trevon Oehme, Brandon Valley 12 35-3
- 2. Alex Oedekoven, Pierre 10 31-6
- 3. Karson Vessells, West Central 9 40-3
- 4. Brayden Collins, RC Stevens 11 33-18
- 5. Tyler Woodring, Tea Area 10 36-10
- 6. Teryn Zebroski, Sturgis Brown 12 39-9
- 7. Hudson Cisar, SF Lincoln 10 32-15
- 8. Porter Lozenski, Aberdeen Central 8 24-18

120 LB

- 1. Sloan Johanssen, Watertown 12 48-0
- 2. Corbin Zent, RC Stevens 12 43-13
- 3. John Jeffery, Spearfish 12 45-11
- 4. Tegan Zebroski, Sturgis Brown 12 44-10
- 5. Tyler Wurth, Harrisburg 12 29-12
- 6. Graham Wilde, SF Jefferson 10 34-16
- 7. Landon Walker, Brandon Valley 11 19-9
- 8. Ian Metz, Sisseton 11 15-4

126 LBS

- 2. Nolan Miles, Brookings 12 26-6
- 4. Zander Nielsen, Brandon Valley 10 25-8
- 6. Rayden Zens, Aberdeen Central 12 43-7
- 7. Dee Daniels, Sturgis Brown 12 33-14
- 8. Bentley Williams, SF Lincoln 12 39-15

132 LBS

- 3. Caleb Hodges, Madison 10 37-6
- 4. Holden Hawkins, Sisseton 10 39-12
- 5. Tate Huff, Aberdeen Central 11 38-18
- 6. Beau Peters, Sturgis Brown 12 35-19
- 7. Holden Hight, O’Gorman 11 31-22
- 8. Joe Juenger, RC Stevens 11 33-18

138 LBS

- 2. Tristan Spencer, Pierre 12 38-5
- 3. Michael Roob, Vermillion 11 34-9
- 4. Ayden Dooley, SF Jefferson 11 42-11
- 6. Riley Dighton, Belle Fourche 10 32-12
- 7. Derek Hanson, Watertown 12 27-20
- 8. Parker Wilson, Tea Area 11 41-20

145 LBS

- 2. Moses Gross, Huron 11 40-4
- 3. Mason Schrempp, Aberdeen Cent. 11 36-7
- 5. Chandler Carda, West Central 12 33-6
- 6. Jackson Boonstra, Dakota Valley 11 36-8
- 8. Calvin Ketelsen, Sturgis Brown 11 34-13

- 2. Logan O’Connor, Harrisburg 12 39-8
- 3. Kale Crowser, Douglas/RCC/NU 11 31-6
- 4. Lucas Chamberlin, Pierre 12 24-9
- 6. Keaton Vessells, West Central 11 37-16
- 8. Austin Eimers, Tea Area 12 31-18

160 LBS

- 2. Keenan Sheridan, O’Gorman 11 42-3
- 5. Zack Soderlin, RC Central 12 24-5
- 8. Gavin Chapman, Brandon Valley 12 17-8

170 LBS

- 1. Sam Werdel, Tea Area 11 45-5
- 2. Trey Lewis, Pierre 12 33-10
- 6. Soren Aadland, Harrisburg 12 33-13
- 7. Lane Knutson, SF Washington 11 34-13

182 LBS

- 2. Chance Carda, Pierre 12 42-5
- 3. Chet Carda, West Central 12 35-8
- 6. Cole Dunlavy, Aberdeen Central 9 29-15
- 8. Mason Shultz, Sisseton 11 30-12

195 LBS

- 2. Aiden Werlinger, Sturgis Brown 12 37-4
- 3. Brock Eitreim, Watertown 12 38-7
- 6. Ayden Kellogg, RC Stevens 11 35-21

220 LBS

- 2. Zak Juelfs, Sturgis Brown 12 40-8
- 6. Elijah Boutchee, Pierre 11 34-14
- 7. Aiden Schroeder, Harrisburg 12 30-14

285 LBS

- 1. Navarro Schunke, Brandon Valley 12 28-0
- 2. Micah Hach, Watertown 11 42-4
- 6. Gavin Pischke, West Central 12 28-18
- 8. Bryan Ramirez, Huron 12 28-21

*Douglas/Rapid City Christian DRCC

*Beresford/Alcester-Hudson BAH

**Class A Champions
Brandon Valley Lynx**





Dakota Grappler 2023-24

SD Class B Returning Place-Winners

106 LBS

2. Carter Kendrick, Philip Area 9 14-2
3. Tyler Trant, Custer 11 45-11
4. Cooper Pommer, Clark/Willow Lake 10 38-6
5. Brody Randall, Hamlin/Castle 10 33-11
6. Rylan Robbins, Winner 8 44-11
7. Landon Flogstad, McCook/Montrose 11 24-10
8. Sean Roseland, Faulkton Area 9 34-20

113 LBS

1. Tray Weiss, Custer 11 53-3
2. Cole Hendrixson, Tri-Valley 9 38-6
3. Jackson Kaul, Bon Homme/Avon 11 35-11
4. Aiden Schrempp, Canton 9 32-10
5. Jacksen Carter, WS/W/WW 9 45-7
6. Talon Ping, Miller Highm/Harrold 10 39-7
7. Nicholas Schlachter, Potter Co. 12 31-10
8. Neil Hicks, Bennett County 11 31-14

120 LBS

1. Karstyn Lhotak, Wagner 12 48-3
2. Gavin Braun, K/WL/PG 11 36-7
3. Maxton Brozik, Winner 12 30-3
4. Gage Anderson, Lemmon/McIntosh 11 39-7
5. Conner Giedd/Howard 9 41-7
6. Trystan Traupel, MC/Montrose 11 43-7
7. Tate Steffensen, Sioux Valley 11 32-12
8. Drew Janke, Lead-Deadwood 11 24-20

126 LBS

1. Kellan Hurd, Miller/HH 11 44-5
2. Kasen Konstanz, Kimball/WL/PG 12 34-2
4. Karson Keiser, Winner 11 51-10
5. Gannon Gilligan, Kingsbury Co. 11 38-7
6. Teague Granum, Canton 11 21-5
7. Gavin Risse, Bennett Co. 11 38-13

132 LBS

2. Haeden Jorgenson, Webster 10 37-7
3. Ashton Keller, Canton 12 33-2
4. Iden Myers, K/WL.PG 11 39-9
5. Wyatt Anderson, Parkston 10 34-12
6. Taegan Foreman, Miller/High/Harr 12 30-12
7. Tate Miller, Howard 11 37-13
8. Riley Scott, Custer 10 44/12

138 LBS

1. Jace Blasius, Philip 11 38-3
2. Christian Ehresmann, Groton 11 36-4
3. Jhett Breen, Wagner 12 45-4
4. Konner Osborn, Winner 11 40-18
7. Carter Sommer, Parkston 11 36-16
8. Tyler Tjeerdsma, BH/Avon 12 30-17

145 LBS

1. Ayson Rice, Canton 12 48-3
6. Miles Renner, Lead Deadwood 12 29-10

8. Kai Rusch, Custer 12 26-22

152 LBS

1. Jackson Remmers, MC/M (Howard) 12 51-0
6. Colby Kolda, Miller/HH 11 37-13
7. Andrew Even, Parker 12 43-11
8. Colton Brady, Stanley Co. 11 29-15

160 LBS

4. Carter Randall, MC/Montrose 12 42-11
6. Thane Simons, Philip 12 33-12
7. Gannon Knebel 10 39-14
8. John Halverson, Canton 12 36-20

170 LBS

1. Burk Blasius, Philip Area 12 26-1
2. Parker Noem, Custer 12 38-9
5. Weston Remmers, MC/Montrose (Howard) 12 35-7
7. Alex Pudwill, Warner, NW 12 39-13
8. Kolter Kramer, Parkston 11 30-16

182 LBS

6. Ryder Bailey, Custer 12 38-9
- 195 LBS
2. Caleb Rickenbach, Hot Springs 12 41-6
7. Quinn Moon, Philip 12 17-13
8. Lincoln Dikoff, Faulkton 11 35-11

220 LBS

2. Kade Grocott, MC/Montrose (Howard) 12 22-5
3. Levi Wieman, Parker 12 44-5
6. Preston Cavalier, Warner/NW 11 37-9
7. Tim Bouza, Wagner 12 38-9
8. Chase McGillivray, Redfield 12 24-8

285 LBS

1. Traun Cook, Canton 12 43-1
2. Grady Fey, Redfield 12 42-2
5. Isaac Nehlich, Tri-Valley 12 29-7
7. Colton Niles, Newell 11 28-14
8. Derek Fenenga, Winner 10 24-20

**MOST WILL GO
THEIR ENTIRE LIFE
AND**



**NEVER UNDERSTAND
THIS FEELING**



Wrestling Rule Changes - 2023-24



1-4-3 SECTION 4 REPRESENTATION:

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than five six matches (championship or consolation), excluding forfeits in any one day of competition.

Rationale: With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

1-4-4 SECTION 4 REPRESENTATION:

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a 45-minute 30-minute rest between matches. The conclusion time of each match shall be recorded.

Rationale: The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time versus a 45-minute rest/recovery time. This is a reasonable rule modification.

1-4-7 (NEW) SECTION 4 REPRESENTATION:

ART. 7 . . . No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

Rationale: The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

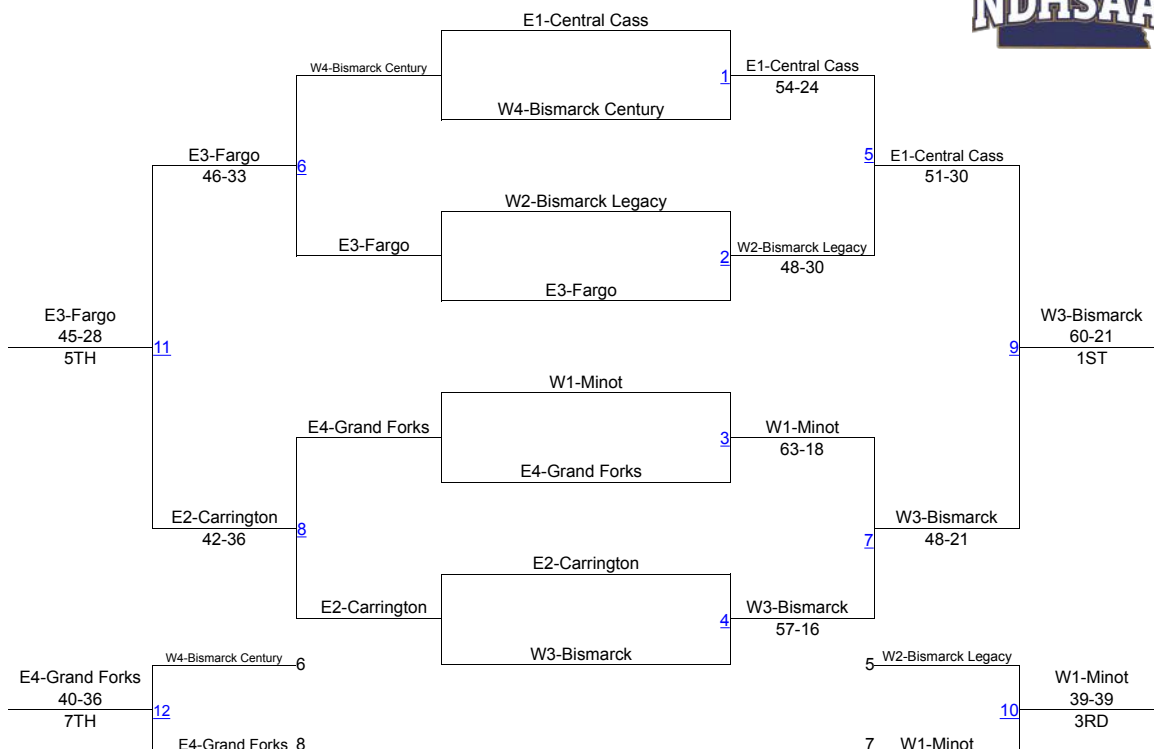
4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH:

ART. 1 . . . Facial hair is permissible.

A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site. All legal hair covers and face masks will be considered as special equipment.

Rationale: It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site

2023 NDHSAA Girls State Duals Tournament





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approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/ MEDICAL FORFEIT:

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

Rationale: The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

SECTION 2 ENTRIES

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, or forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

Rationale: By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament.

Rationale: There is confusion when choosing an injury default versus a forfeit in tournament situations. Rule 5-7 defines a default when one of the competitors is unable to continue wrestling for any reason. Rule 5-13 defines a forfeit when the

opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

5-15-2a SECTION 15 INBOUNDS:

Change: a. When down on the mat, the usual points of support are:

1. the knee(s)
2. the side of the thigh
3. the buttocks
4. the hand(s)
5. the head
6. foot/feet

Rationale: Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:

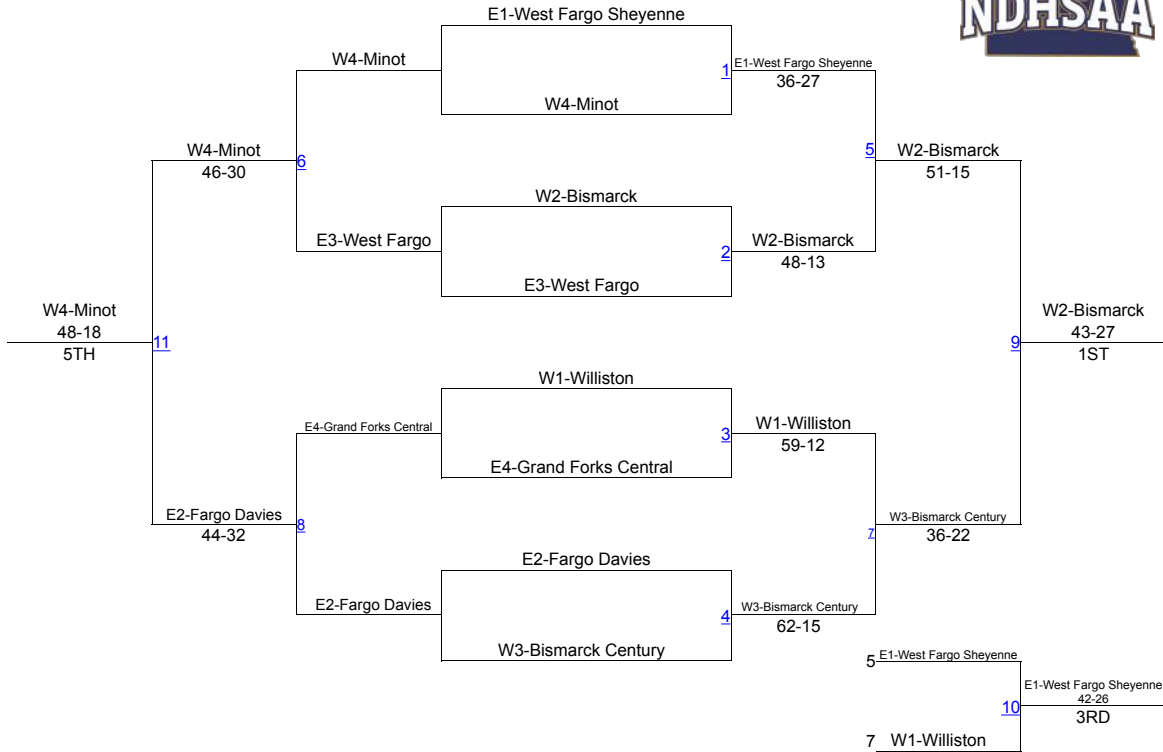
ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm. wrestler's hand.

Rationale: Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.

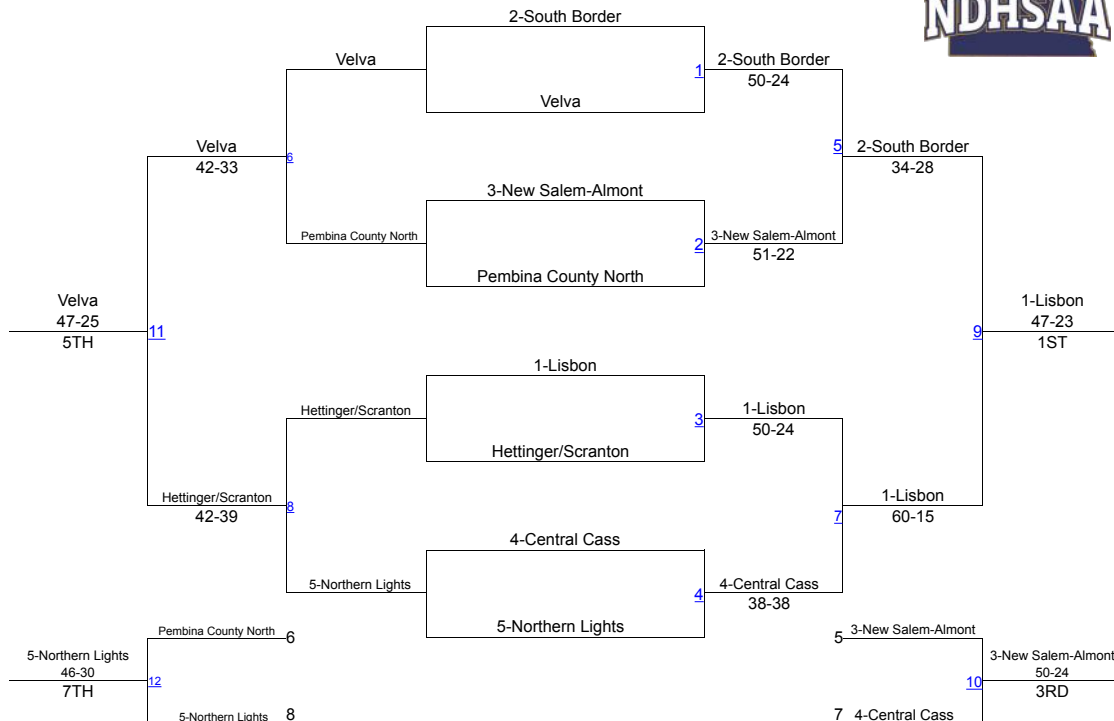


ND STATE A&B TEAM DUAL WRESTLING TOURNAMENT

2023 NDHSAA Boys State Duals Tournament (Class A)



2023 NDHSAA Boys State Duals Tournament (Class B)





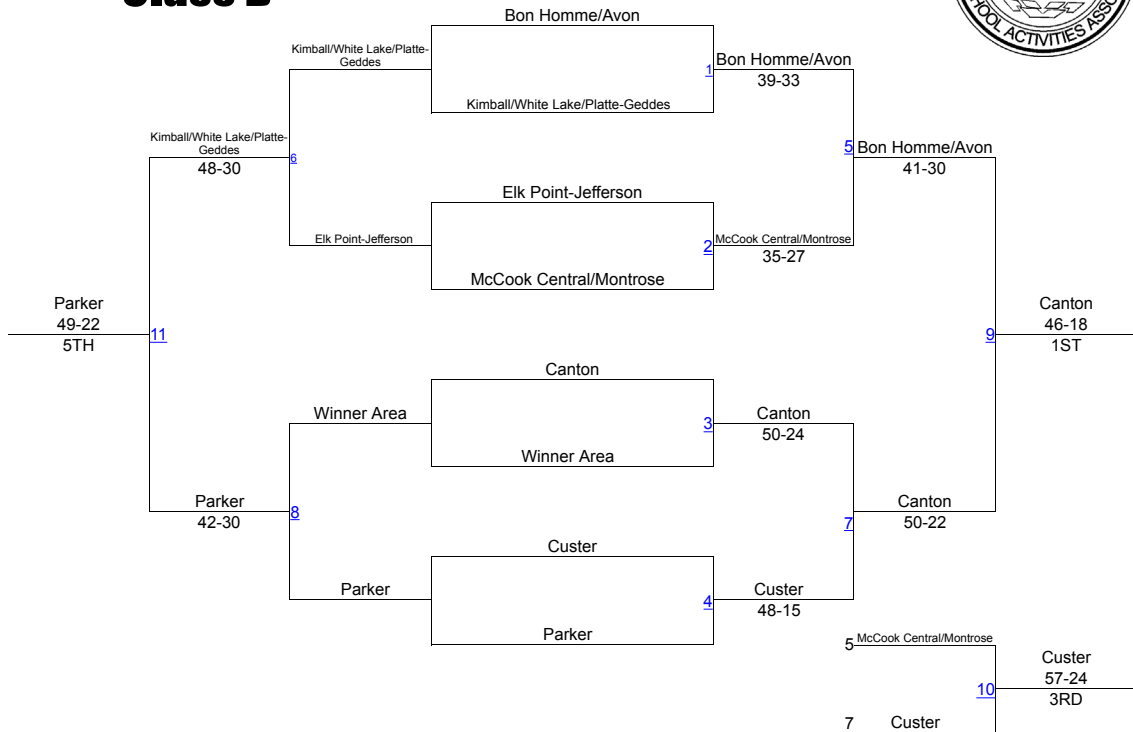
Dakota Grappler 2023-24

SD STATE A&B TEAM DUAL WRESTLING TOURNAMENT

Dual Championships Class A



Dual Championships Class B





Dakota Grappler Predictions

Class A East

1. West Fargo Sheyenne
2. Fargo Davies
3. West Fargo

Class A West

1. Bismarck High
2. Williston
3. Bismarck Century

State A Individual

1. Bismarck High
2. WF Sheyenne
3. Bismarck Century
4. Williston
5. Minot
6. Fargo Davies

State A Dual

1. Bismarck High
2. WF Sheyenne
3. Bismarck Century
4. Williston

Class B Individual

Class B East

1. Lisbon
2. South Border
- 3.
- 4.
- 5.
- 6.

Class B West

1. New Salem
2. Northern Lights
3. Hettinger
4. Killdeer
- 5.
- 6.

State B Dual

1. Lisbon
2. New Salem
3. Northern Lights
4. Velva
- 5.
- 6.

SD State Class A

1. Pierre
2. Sturgis
3. Brandon Valley
4. Aberdeen

SD Region 1A

1. Watertown
2. West Central

Region 2A

1. Brandon Valley
2. Harrisburg

Region 3A

1. Pierre
2. Aberdeen

Region 4A

1. Sturgis
2. Rapid City Stevens

South Dakota B

1. Philip
2. Canton
3. Custer
4. McCook Central

Region 1B

1. Redfield
2. Faulkton

Region 2B

1. Canton
2. McCook Central
3. Howard

Region 3B

1. Miller
2. Kimball WL
3. Wagner

Region 4B

1. Philip
2. Custer



Dakota Grappler 2023-24

SD Wrestling Regions

Region 1A

Brookings
Dell Rapids
Flandreau
Madison
O’Gorman
SF Jefferson
SF Roosevelt
Tea Area
Watertown
West Central

Region 2A

Beresford Alcester/Hudson
Brandon Valley
Dakota Valley
Harrisburg
Lennox
SF Lincoln
SF Washington
Vermillion
Yankton

Region 3A

Aberdeen Central
Chamberlain
Cheyenne Eagle Butte/Dupree
Huron
Milbank
Mitchell
Pierre T.F. Riggs
Sisseton
Todd County

Region 4A

Belle Fourche
Douglas/Rapid City Christian/New Underwood
Lakota Tech
Little Wound
Pine Ridge
Rapid City Central
Rapid City Stevens
Spearfish
Sturgis

Region 1B

Britton Hecla
Clark/Willow Lake
Deuel/Deubrook Area
Doland
Faulkton Area
Groton Area
Hamlin/Castlewood
Herreid
Ipswich/Bowdle
Kingsbury Co.
Pottler Co.

Redfield
Sioux Valley
Sully Buttes
Tiospa Zina
Warner/Northwestern
Webster

Region 2B

Canistota
Canton
Chester
Elk Point/Jefferson
Garretson
Howard
Marion/Freeman
McCook Central/Montrose
Parker
Tri-Valley
Viburg-Hurley/Irene-Wakonda

Region 3B

Andes Central/Dakota Christian
Bon Homme/Avon
Burke/Gregory
Crow Creek
Hanson
Kimball/White Lake/Platte-Geddes
Miller/Highmore-Harold
Mount Vernon/Plankington/Corsica-Stickney
Parkston
Sanborn Central
Scotland
Sunshine Bible Academy
Wagner
Wessington Springs/Woonsocket/Wolsey-Wessington
Winner

Region 4B

Bennett County
Custer
Elk Mountain
Faith
Harding County
Hill City
Hot Springs
Lead-Deadwood
Lemmon/McIntosh
Lyman
McLaughlin
Mobridge
Newell
Philip/Kadoka Area/Wall
Red Cloud
St. Francis
St. Thomas More
Stanley County



Breckenridge-Wahpeton Storm

Nickname: BW Storm
Conference: Eastern Dakota Conference
Last Year's Dual Record: 4-13
Region Finish: 8th
List of Tournaments participating in this season:
Lisbon Storhaug, Dan Unruh Invite- Wahpeton
Bismarck Rotary, GF Sertoma, United Clay Becker Invite
Lairmore Invite

Head Coach: Ryan Brandt
Yrs. at present school incl this yr: 5
Yrs. at this school as Head Coach: 5
Yrs. as Head Coach: 5
Total Wins as Head Coach: 24
Overall Record Coaching: 24-45
Assistant Coaches: Hunter McCall, Dan Frame, Eric Erlandson, Treyton Hought
Number of Lettermen Returning: 7
Number of Returning State Placers: 1
Player Information: David Erlandson 10 th grade- 5 th place at 160

Roster:
Colman Barth 12th
Weston Jensen 12th
Myles Hinkley 11th
Chase Marsh 11th
Ashton Mikkelson 11th
Carson Van Eps 11th
Garrett Schwartz 11th
Christian Kast 11th
David Erlandson 10th
Henry Slettedahl 10th
Will Berge 10th
Maddie Lehrkamp 10th
Owen Morse 9th
Dante Ayers 9th
Kemuel Soto Vasquez 9th
Riley Kappes 9th
Rylan Davis 9th
Jordan Kappes 8th
Tyler Burchill 8th
Aiden Burhans 8th
Nash Hill Blankenship 8th
Zander Jensen 8 th
Special Accomplishments:
David Erlandson returning state placer
All State Academic: David Erlandson, Henry Slettedahl, Colman Barth, Weston Jensen

Top Prospects and Grade:
David Erlandson 10 th placed 5 th at 160
Weston Jensen Senior 23-20 last year

Colman Barth Senior had over 15 wins
Henry Slettedahl 10 th lost in blood round
Riley Kappes 9 th Placed 2 nd at ND freestyle state (broke arm during season)
Myles Hinkley 11 th Injury defaulted at EDC

Coaches' comments as to the best quality of the wrestlers you have listed.

David Erlandson is a hard worker, has been putting in work this offseason with camps, and hitting the weight room. David is looking forward to making it back on the podium this year. Weston Jensen is a senior leader on our team and has put in some work this offseason with attending camps and lifting. Weston is looking to finish in the top 8 in the state this year. Colman Barth is a senior leader who has been going to multiply camps this offseason. He attended the Lunde camp in West Fargo, Thorn Wrestling camp, and Bison Wrestling camp. He is looking to build off last season. Colman has a shot at placing in the top 8. Henry Slettedahl is a hard worker and is looking to build off last year. Henry started to find his footing at the end of season and battled to the blood round. Henry will be a state qualifier this year and will compete to get past the blood round. Riley Kappes competed in freestyle state this offseason and placed second. He is a hard worker that got hurt at the Bismarck Rotary last season. Riley is looking to get back to where he was at as a 7 th grader. Myles Hinkley unfortunately got injured at EDC last year. Myles is someone who has been lifting hard this offseason to compete at the bigger weights for us. He will be looking to compete for a spot on the podium this year.

List your top stat leaders from last year.

1. David Erlandson
2. Weston Jensen
3. Colman Barth

List in order your prediction for your Region (Individual)

1. WF Sheyenne
2. Fargo Davies
3. Valley City
4. WF High
5. Breckenridge/ Wahpeton
6. Devils Lake / GFC

List in order your prediction for your State (Individual)

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




List in order your prediction for your State finish this year including your own team if you want to include it. (Dual)


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


Coaches Comments or Outlook:

This season we are looking to build off of what our young team did last season. We still have a young team with only two seniors, but we have a lot of experience with our team. We emphasized getting stronger this offseason and our kids rose to the challenge. We have multiple kids who will have a chance to make the podium this year. I believe we can be in the top five of the EDC with the talent we have. It will be interesting to see how the other teams look with a bunch of talent graduating last season.



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Central Cass Squirrels

Conference: EDC
 Last Year's Dual Record: 17-4
 Region Finish: 1 st Dual/Individual
 State Finish: 4 th – duals
 List of Tournaments participating in this season:
 Mandan Lions, Carrington, Devils Lake, DLB, Lettermen's
 Rugby, FM Metro Duals

Head Coach: Travis Lemar
 Yrs. at present school incl this yr: 26
 Yrs. at this school as Head Coach: 23
 Yrs. as Head Coach: 23

Total Wins as Head Coach: 365
 Overall Record Coaching: 365-145
 Assistant Coaches: Andrew Jahnke, Brad Malum, Andrew
 Volk, Chase Gross, Jeremiah Sullivan, Gavin Wright, Zach
 Odden-Lemar, Cade Merrigan, Jake Deutsch, Tami Lemar
 Number of Lettermen Returning: 20
 Number of Returning State Placers: 2

Roster:

Derick Jorissen	106	M	Fr.	11-13
John Kahl	106	M	So.	8-23
Carter Savey	106	M	Fr.	2-4
Jacob Urbach	106	M	8th	1-3
Anna White	106	F	Fr.	0-1
Jakobi Anderson	120	M	8th	3-1
Alex Hanson	120	M	8th	0-2
Ben Quittschreiber	120	M	8th	2-3
Ryan Aasmundstad	126	M	Fr.	12-13
Brady Peterson	126	M	Sr.	28-14
Simon Schneider	126	M	So.	1-4
Drew Urbach	126	M	Jr.	9-17
Evan Volk	126	M	Jr.	0-0
Carver Kasowski	132	M	8th	0-2
Grace Lemar	132	F	So.	0-0
Peyton Lemar	132	M	Sr.	29-14



Riley Miller	132	M	So.	0-4
Tristian Miller	132	M	So.	2-5
Ayden Thummel	132	M	Fr.	5-6
Grady Link	138	M	Jr.	23-25
Hunter Parisien	138	M	So.	10-10
Ayden Peterson	138	M	8th	1-2
Alex Kaul	145	M	Fr.	0-2
Bentley Thummel	145	M	8th	0-2
Adrian Arens	152	M	So.	4-12
Caden Graber	160	M	Jr.	10-23
Cade Olson-Tingelstad	160	M	Sr.	32-11
Jaylen Baumgarten	170	M	Jr.	11-19
Coleson Stahl	170	M	Jr.	1-8
Trenton Strand	170	M	Fr.	0-2
Stone Thornton	170	M	Sr.	14-8
Briley Maher	182	M	8th	1-2
McCoy Ferguson	220	M	Jr.	1-2
Mitchell Melander	220	M	Jr.	10-8
Jennings Kuhne	285	M	So.	4-11

Top Prospects and Grade:
 Cade OT – 12 th : Cade has a wealth of knowledge and vast
 experience in the sport of wrestling. He is an absolute beast
 on top and is a threat to put his opponent on his back from
 anywhere on the mat.





Dakota Grappler 2023-24

Stone Thornton – 12 th : Stone wrestles like a crafty veteran. He is always in good position and knows how to take advantage when his opponents are out of position. He took huge strides last year and fully expect him to do the same this year.
Brady Peterson – 12 th : Brady is one of the hardest workers I have ever coached, and because of that he has developed into an elite level wrestler. After a disappointing finish last year, he is hungry to get back at it.

Peyton Lemar – 12 th : After missing 2 years due to ACL injuries, Peyton finally got a chance to compete. He is a very sound wrestler in all positions and has an uncanny ability to come out on top in scrambles.

Grady Link – 11 th : Grady took big strides last year and became an all-around wrestler. His top offense is as good as they come. Continuing to make strides in the other areas will get him on the podium this year.

Mitchell Melander – 11 th : Mitchell had a very good year for us last year. But if you were not a fan of Central Cass wrestling, you wouldn't know. He was stuck behind some very good upper weights and was forced to wrestle unattached at tournaments. He beat some very good wrestlers, and we look for him to be a very solid heavy weight this year.

Drew Urbach – 11 th : Drew is a very hard nosed kid that is going to work his opponent to the point where he breaks them. He is an old school grinder that never quits wrestling.

Coleson Stahl – 11 th : Coleson is a very hard working kid who has spent the last 2 years wrestling behind Cade OT and Stone.

We expect to have him in the lineup this year and feel he has the makings to have a very successful season.

Caden Graber – 11 th : Caden is another very hard worker, and like Coleson has been stuck behind some very talented kids. We look for Caden to have a breakout year this upcoming season.

Evan Volk – 11 th : Evan comes from a long line of wrestling. He has been hampered with injury the last handful of years, and because of that has yet to be able to compete for a full year. When healthy, he is a very talented wrestler who has the ability to win a ton of matches.

Jaylen Baumgarten – 11 th : Jay saw his first full season of varsity wrestling last season and took advantage of his time. He has made big strides and with continued efforts, will no doubt reach his goals.

Hunter Parisien – 10 th : Hunter is a hard-working kid that started to come into his own late last season. He has been stuck behind Crandall and Lemar but should crack the lineup this year.

Jennings Kuhne – 10 th : Jennings sat behind some very good upper weights last season but was able to wrestle unattached at many tournaments. We fully expect him to fill one of the vacancies in our upper weights.

John Kaul – 10 th : John has been wrestling undersized his whole life. He has put a ton of work into the weights this off season, trying to build himself up to 107lbs. We expect big things out of him, especially if he can make a full 107lbs.

Derrick Jorrisen – 9 th : D absolutely loves the sport of wrestling. He puts a ton of off-season time into getting better. Like John, he has spent his career being undersized. Also like John, when he hits 107lbs, we expect him to have a ton of success. Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award. Please list names, awards, and college they will be attending.
Josiah Crandall – Northland

Additional Coaches Comments:

We are very excited for our new challenge of wrestling Class A. We feel this is the perfect squad to usher in our new class. We have a ton of kids with a lot of experience returning. We fully expect to be a team that contents towards the top in the Class A division. We graduated some very talented kids last year, but this group of seniors has been waiting a long time for their chance to be the leaders.

Central Cass Girls

Conference: EDC

Last Year's Dual Record: 11-1

Region Finish: 1 st Dual/Individual

State Finish: 2nd – duals

List of Tournaments participating in this season:

Mandan Lions

Carrington

Devils Lake

DLB

Lettermen's

Minot

Storhaug

Belle of the Brawl

Head Coach: Travis Lemar

Yrs. at present school incl this yr: 26

Yrs. at this school as Head Coach: 23

Yrs. as Head Coach: 23

Total Wins as Head Coach: 365

Overall Record Coaching: 365-145

Assistant Coaches: Andrew Jahnke, Brad Malum, Andrew Volk, Chase Gross, Jeremiah Sullivan, Gavin Wright, Zach Odden-Lemar, Cade Merrigan, Jake Deutsch, Tami Lemar

Number of Lettermen Returning: 12

Number of Returning State Placers: 6

Player Information:

Retrieve from Track Wrestling

Top Prospects and Grade:

Isabelle Dutchuk, 12

Lois Schneider, 11

Mallory DeVries, 11

Cheyenne Helland, 11

Brianna Mayer, 11



Ava Gulleason, 11
 Grace Lemar, 10
 Emma Schneider, 10
 Anna White, 9

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

Additional Coaches Comments or Outlook:

We finished just short of our goals last year and because of that our girls are very hungry to chase it again. We graduated some outstanding seniors that were here when the program started and have very big shoes to fill. I expect our juniors to take a large step forward and pick up a lot of the points from state that graduated with last years seniors. Although girls wrestling is still relatively new to North Dakota our girls have a ton of knowledge and experience and will lean on that to help us reach the top in February.



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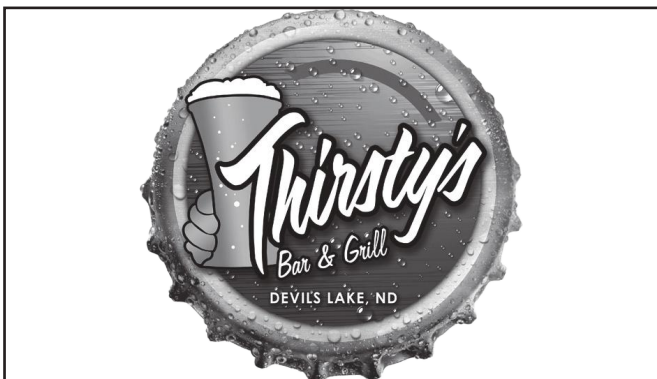
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Devils Lake Firebirds

Conference if applicable: EDC
 Last Year's Dual Record: 3-6
 Region Finish: 7th
 State Finish: 16th
 List of Tournaments participating in this season:
 Dennis Flynn Shootout, Mandan Lions, Bismarck Rotary,
 Larimore, Metro Duals
 Head Coach: Brendon Flynn
 Yrs. at present school incl this yr: 7
 Yrs. at this school as Head Coach: 6
 Yrs. as Head Coach: 6
 Total Wins as Head Coach: 35
 Overall Record Coaching: 35-24
 Assistant Coaches:
 Brent Middleider, Eric Kuntz, Morgan Axelson, Colton Young,
 Annie Gerhardt
 Number of Lettermen Returning: 14
 Number of Returning State Placers: 3
 Roster:

Mitchell Gerhardt	Fr.	8-19
Cooper Dahm	Fr.	5-12
Rylan Samuelson	Fr.	21-12
Paul Poitra	Fr.	1-2
Wesley Fisk	So.	21-13
Caber Bryce-Volk	So.	11-7
Tucker Bennett	Fr.	19-16
Gerardo Sanchez	Jr.	9-16
Owen Lindstrom	Jr.	32-6
Nate Steinhaus	Fr.	8-5
Landon Zinke	Fr.	5-3
Trayson Touche	Fr.	0-2
Dallas Haugland	So.	5-3
Easton Encinas	Fr.	12-28
Daniel Charboneau	Jr.	7-13
Domingo Sanchez	8th	1-3



Coby Dronen Levitt	So.	5-11
Michael Nelson	Sr.	3-4
Avin Wallace	Jr.	5-12
Landon Kurtz	Sr.	3-23
Zane Wallace	So.	1-5
Briar Alberts	Fr.	6-15
Brody Ausleson	So.	2-7
Harley Crist	Sr.	6-14
Braydon Engberg	8th	0-0
Braxton Rance	Jr.	14-17
Tryson Dumont	8th	0-0
Tate Estenson	Sr.	20-6
Daltyn Bolton	So.	1-9
Richard Bercier	So.	2-2
Marcus Heiser	Jr.	5-13
Boden Alvord	Jr.	4-4
Tate Shorey	Fr.	1-2
Jeffery Sommer	So.	6-15

Special Accomplishments:



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8 Academic All State
North Dakota High School Activities Association Team
Scholar Award

Top Prospects and Grade:

- Owen Lindstrom - 11
- Tate Estenson - 12
- Rylan Samuelson - 9
- Tucker Bennett - 9
- Daniel Charboneau - 11
- Wesley Fisk - 10

Coaches' comments

They are all coachable and have that hard to find alloy called Guts.

List your top stat leaders from last year.

- 1. Owen Lindstrom
- 2. Wesley Fisk
- 3. Tucker Bennett

Region finish this year including your own team if you want to include it. (Individual)

- 1. Sheyenne
- 2. North
- 3. Devils Lake
- 4. Davies
- 5. West Fargo
- 6. Central Cass

State finish this year including your own team if you want to include it. (Individual)

- 1. Legacy
- 2. Sheyenne
- 3. Bismarck High
- 4. Century
- 5. Dickinson
- 6. North

State finish this year including your own team if you want to include it. (Dual)

- 1. Sheyenne
- 2. Legacy
- 3. Bismarck High
- 4. Century
- 5. St. Mary's
- 6. Davies

Devils Lake Girls

Conference if applicable: EDC

Last Year's Dual Record: n/a

Region Finish: 14

State Finish: 27

List of Tournaments participating in this season:

Dennis Flynn Shootout, Bismarck Rotary, Metro Duals

Head Coach: Fields Olson

Yrs. at present school incl this yr: 5

Yrs. at this school as Head Coach: 1st year

Yrs. as Head Coach: 1st year

Total Wins as Head Coach: n/a

Overall Record Coaching: n/a

Number of Lettermen Returning: 3

Number of Returning State Placers: 1

Special Accomplishments:

Isabelle Berg 4th place last season

Top Prospects and Grade:

Isabelle Berg 12th

Maria Riojas 10

Olivia Lindstrom - 8

Coaches' comments as to the best quality of the wrestlers you have listed.

They are all coachable and work really hard to become the best version of themselves.

List your top stat leaders from last year.

- 1. Isabelle Berg
- 2. Maria Riojas
- 3. Olivia Lindstrom

Region finish this year including your own team if you want to include it. (Individual)

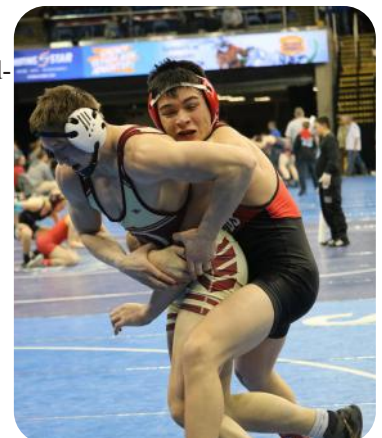
- 1. Central Cass
- 2. Fargo
- 3. South Border
- 4. WF United
- 5. Carrington
- 6. Valley City

State finish this year including your own team if you want to include it. (Individual)

- 1. Bismarck
- 2. Central Cass
- 3. Minot
- 4. Fargo
- 5. Legacy
- 6. Century

State finish this year including your own team if you want to include it. (Dual)

- 1. Bismarck
- 2. Central Cass
- 3. Minot
- 4. Fargo
- 5. Legacy
- 6. Century





Dakota Grappler 2023-24

Fargo Davies Eagles

Conference: Eastern Dakota Conference

Last Year's Dual Record:

Region Finish: 1st Individual and 2nd Duals

State Finish: 6th Duals and 9th Individual

List of Tournaments participating in this season: Dan Unruh Invite (Wahp), GF Sertoma Duals, Dennis Flynn Invite (Devils Lake), Rumble on the Red, Bismarck Rotary, Moorhead Gadberry, Fargo Metro Duals, EDC, State

Head Coach: Keenan Spiess and Joe Trottier (co-coach this season)

Yrs. at present school incl this yr: 13

Yrs. at this school as Head Coach: 13

Yrs. as Head Coach: 25

Total Wins as Head Coach: 351

Overall Record Coaching: 351-174

Assistant Coaches: Wayne Werremeyer, Joel Vettel, Justin Dravis, Shane Eskelson, Dylon Bonsall, Trent Sprengle

Number of Lettermen Returning: 17

Number of Returning State Placers: 6

Player Information:

Roster:

Cole Sauvageau	8th	39-11
Knox Collins	Fr.	0-1
Reese Miller	8th	5-6
Talen Tuchscherer	8th	23-23
Hudson Schall	Fr.	10-9
Nolan Mack	8th	24-26
Alex Tangen	So.	9-16
Luke Conroy	8th	18-26
Zander Anas	So.	0-12
Kane Mathiason	So.	19-13
Kolten Tesch	So.	16-21
Hunter Sweep	8th	1-11
Wyatt Kosidowski	So.	45-6
Isaiah Stange	Fr.	1-6
Sajan Gurung	Jr.	1-0
Lucas Selzler	Jr.	15-16
Hunter Coulter	Jr.	0-0
Malachi Werremeyer	Jr.	33-14
Steven Lozano Rivera	Jr.	0-0
Jacob ElDomy	So.	2-8
Nathan Fick	Jr.	2-10
Zach Lilly	Sr.	41-11
Daniel Duff	Jr.	4-5
Gage Brewer	Sr.	9-19
Cam Ahlers	Sr.	19-22
Jacob Kingzett	So.	23-15
Jimbo Helgaas	Jr.	1-13
Austin Burrell	Jr.	3-7
Charlie Novelli	Sr.	5-7



Special Accomplishments: Academic All State 2023 retuning state wrestlers

106 Talen Tuchscherer (Round of 12)

106 Cole Sauvageau 5th place

113 Nolan Mack 8th place 113 Alex Tangen (entrant)

120 Luke Conroy (Round of 12)

126 Kane Mathiason 6th 2022

132 Kolten Tesch (Round of 12) 145 Wyatt Kosidowski 2nd place 2x runner up and 3x placer

160 Malachi Werremeyer 4th place and 2 x placer 195 Zach Lilly 3rd place

220 Cam Ahlers entrant 220 Jacob Kingzett entrant

220 Gage Brewer entrant 285 Austin Burrell entrant

Coaches' comments:

As a team we have a lot of potential as the young wrestlers gain experience and develop. We had some great battles with the EDC teams last season and expect much of the same this season!

List your top stat leaders from last year.

1. Wyatt Kosidowski



2. Zach Lilly
3. Cole Sauvageau

List in order your prediction for your Region finish this year including your own team if you want to include it.

(Individual)

1. WF Sheyenne
2. Davies
3. Casselton
4. GFC
5. Fargo North
6. Valley City

State finish this year including your own team if you want to include it. (Individual)

1. Bismarck High
2. WF Sheyenne
3. Minot
4. Williston
5. Century
6. St Marys

State finish this year including your own team if you want to include it. (Dual)

1. BHS
2. WF Sheyenne
3. Williston
4. Minot
5. Century
6. Davies

Please list names, awards, and college they will be attending.
 Brody Mohr - Minot State, Connor Chloupek -Concordia

Fargo Public Stingers

Nickname: Stingers

Conference : East

Last Year's Dual Record: 2-6 regular season
 7-8 overall

Region Finish: 2nd individual 3rd duals

State Finish: 6th individual 5th duals

List of Tournaments participating in this season:

Bismarck tournament/lions

Rumble on the Red, Bismarck Rotary, Storhaug, Gadberry

Head Coach: Tony Fugleberg

Yrs. at present school incl this yr: 2

Yrs. at this school as Head Coach: 2

Yrs. as Head Coach: 2

Total Wins as Head Coach: 6

Assistant Coaches: Eliza Messerschmidt

Number of Lettermen Returning: 15

Number of Returning State Placers: 4

Player Information: TBD

Roster:

Jamelia Ofori 9-18



Taya Laidlaw	19-15
Ava Owens	10-23
Bridget Moraghan	5-1
Sanie Gayflor	28-11
Isabelle Erickson	6-22
kaylee Narmah	1-8
Lucy Czarnowski	15-21
Isabelle Julian	18-21
Webeline Naklen	20-21
Aubrey King	10-12
Bailey McIntyre	1-6
Bella Clairmond	0-0
Koiline Govergo	24-8
Paige Smith	4-13
Jael Millan	0-0

Special Accomplishments:

- Coach of the year finalist.
- Returning state placer in duals
- Sanie Gayflor-3rd
- Webeline Naklen- 5th
- Lucy Czarnowski- 7th
- Aubrey King - 8th

Top Prospects:

- Sanie Gayflor
- Webeline Naklen
- Lucy Czarnowski
- Aubrey King
- Taya Laidlaw
- Koiline Govergo





Fargo North Spartans



Head Coach Bret Maughan

Josiah Schoepp	Fr.	3-22
Carlos Salinas	Fr.	19-13
Jace Varriano	So.	8-25
Nathan Morken	So.	13-26
Konnor Johnson	So.	15-18
Augustus Maughan	Sr.	35-12
Isaac Rach	Fr.	0-2
Emmanuel Forjolo	Jr.	4-20
Skylar Foley	So.	0-0
Cal Bratton	Sr.	17-14
Harper Schultz	Jr.	18-20
Isaiah Schoepp	Jr.	12-12
William Ward	So.	24-4
Jack Miller	Jr.	21-13
Lennox Charley	So.	4-12
Jim Miller	Sr.	1-3

Season outlook:

Fargo North has two wrestlers who could reach the top of the podium this wrestling season. William Ward has been on the verge of making his mark in North Dakota Wrestling history, while Augustus Maughan started to show promise the past two seasons, this could be his year.

Fargo South Bruins

Ask your head coach Brian Woelfel why he does not want to turn in any information to promote his team and his wrestlers. I requested information many times and year after year he is too busy. This is what I know... Fargo South has two returning state qualifiers, two juniors Timothy Lentz and Jacob Syster



Roster:

8th George Salia, Henry Doe Eddie Tody **10th** Kaden Lende, Chase Sears, Erik Emerson, Jamari Humphrey **11th** Michael Rustebakke, Jacob Syster, Timothy Lentz, Lukas Robinson, Isnala Bullhead, Xander Moody **12th** Jesse Olson Oscar Barbot, Connor Williams, Kaiden Ertelt, Braiden Brockman



Grand Forks Red River Roughriders

Head Coach: James Covington

Yrs. at present school incl this yr: 17

Yrs. at this school as Head Coach: 5

Yrs. as Head Coach: 5

Assistant Coaches: Trevor Pisen, Jesus Flores, Michael Ardnt

Number of Lettermen Returning: 8

Number of Returning State Placers: 0

Roster:

Jeremiah Barta	8th	Brody Ray	8th
Liam Wadlow	Fr.	Henry Bonn	Fr.
Grant Sorum	8th	Cormac Doty	Fr.
David Radke	Sr.	Miles Larson	Jr.
Isaiah Barta	So.	Seifer Trottier	Fr.
Ethan Grasser	Fr.	Mason Bartels	8th
Isaac Danielson	Sr.	Noah Brandvold	So.
Max Martens	Jr.	Jaxson Krueger	Sr.
Easton Sivertson	So.	Kalvin LaFountain	So.
Aiden Pelayo	Jr.	Sam Bjerke	Fr.
Quinn Rerick	Fr.	John Bjerke	Sr.
Brody Behm	Fr.	Garrett Krefting	Jr.
Brayden Cunningham	Sr.		

Top Prospects and Grade:

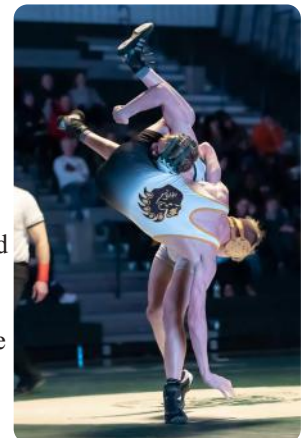
John Bjerke- Senior

Max Martens- Junior

Brody Ray- 8th Grade

Coaches' comments

Both John and Max are extremely hard workers. They have improved each of the past two. Both are returning state qualifiers and look to do the same. John lost out in the blood round last year and looks to capitalize on that experience





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Grand Forks Central Knights

Conference: Eastern Dakota Conference
 Last Year's Dual Record: 12-12
 Region Finish: 4th in Duals, 5th in Individuals
 State Finish: Top 8 in Duals, 14th in Individuals
 List of Tournaments this season: Dan Unruh Memorial Tournament (Wahpeton), Knights of Columbus Tournament (Jamestown), Grand Forks Sertoma (Grand Forks Central), Valley City Holiday Tournament, Rumble on the Red, Bismarck Rotary, Lake Park Audubon Tournament, Larimore Invitational Tournament, Eastern Dakota Conference Tournament, NDHSAA State Tournament

Head Coach: Garrett Litzinger
 Yrs. at present school incl this yr: 10
 Yrs. at this school as Head Coach: 1
 Yrs. as Head Coach: 1
 Total Wins as Head Coach: 0
 Overall Record Coaching: 0-0
 Assistant Coaches: Bryan Safratowich, Vince Ames, Jeff Welsh, Andrew Kennedy, Joseph Drumm, Austin Thompson, Collin Melcher, Vincente Jimez, and Nick Escobar
 Number of Lettermen Returning: 14
 Number of Returning State Placers: 1
 Player Information:
 Roster:
 8th:
 Rhys Safratowich, Gabriel Flores III, Landon DeCoteau
 Cyrus Mueller
 9th:
 Ethan Grasser, Taviel Guyer, Surr Henry, Leo Knudson, Gage McNally, Ryden Torgerson
 10th:
 Cesar Cruz Jr., Zachary Nelson, Logan Vohries, Anton Perales
 Ryder McNally, Ethan Doak, Francois LeMire, Eric Stouder
 Landon Petron
 11th:
 Bryce Kelley, Caden Everson, Michael Norman, Declan Sheppard
 12th:
 Brady Mack, Brendan Winn-Kelley, Noah Morkve, Izaiah Hernandez, Matthew Rothenberger
 Managers: Kadyr Hagl, Lacey Ramos

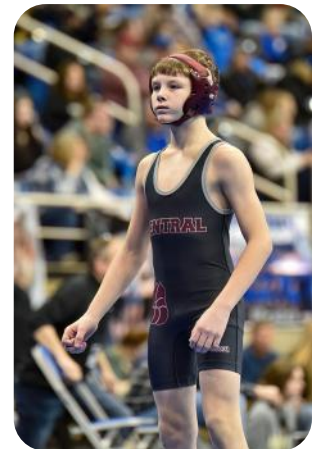
Special Accomplishments:
 State Placer: Brendan Winn-Kelley 5th @ 145
 Region Placers: Cesar Cruz Jr., Rhys Safratowich, Gabriel Flores III, Bryce Kelley, Caden Everson, Michael Norman, Brendan Winn-Kelley, Noah Morkve, Eric Stouder
 Academic All-State: Rhys Safratowich, Gabriel Flores III, Cesar Cruz Jr.,

Top Prospects and Grade:

Brendan Winn-Kelley, 12th - Unorthodox style, hardworking
 Cesar Cruz Jr., 10th - Scrappy and Athletic
 Michael Norman, 11th - Leader, Great Student, Tough Mentality
 Rhys Safratowich, 8th - Experienced, Lot of mat time, great student
 Eric Stouder, 10th - All around great kid
 Caden Everson, 11th - Hard worker
 Logan Vohries, 10th - Very very athletic
 Landon DeCoteau, 8th - Green but super athletic, super strong
 Gabriel Flores III, 8th - Leader qualities, great student
 List your top stat leaders from last year.
 1. Brendan Winn-Kelley
 2. Cesar Cruz Jr.
 3. Michael Norman



- Region (Individual)
1. WF Sheyenne Mustangs
 2. Fargo Davies Eagles
 3. West Fargo Packers
 4. Devils Lake Firebirds
 5. Central Cass Squirrels
 6. Fargo North Spartans
- State (Individual)
1. Bismarck High Demons
 2. WF Sheyenne Mustangs
 3. Bismarck Century Patriots
 4. Williston Coyotes
 5. Dickinson Midgets
 5. Fargo Davies Eagles
- State (Dual)
1. Bismarck Demons
 2. West Fargo Sheyenne Mustangs
 3. Bismarck Century Patriots
 4. Williston Coyotes
 5. Minot Magicians
 6. Fargo Davies Eagles



Is your school co-oping? Yes Sacred Heart School and Community High School

Any Additional Coaches Comments or Outlook to this upcoming season. Here: We are going to have a very young team this year. Even though we are young we have guys that have a lot of wrestling experience and we plan to make the most of the team that we have. This group is hungry and ready to work hard. Look out for the Knights this season.



Valley City Hi-Liners

Last Year's Dual Record: 6-3 in EDC
 Region Finish: T-3 rd Duals, 4 th in Individual
 State Finish: 7th
 List of Tournaments: Wahpeton Early Bird, Sertoma Dual
 Tournament, VC Holiday Tournament, Rumble on the Red,
 Bismarck Rotary, Storhaug Lisbon.

Head Coach: Aaron Larson/TJ Hanson
 Yrs. at present school incl this yr: Aaron 17, TJ 14
 Yrs. at this school as Head Coach: Aaron 17, TJ 3
 Assistant Coaches: Dustin Krueger, Tim Miller
 Number of Lettermen Returning: 10
 Number of Returning State Placers: 2 Boys 4 Girls
 Roster:

Boys:	
Bowan Bulow	7
Zack Anderson	7
Brady Broten	7
Trever Mathias	7
Simon Trapp	7
Chase Coghlan	8
Leighton Hendrickson	8
Owen Hunt	8
Tyson Klabo	9
Hunter Udem	9
Jayden Mascarenas-Malan	9
Andon Bulow	9
Khruz Kappenman	10
Ryer Muske	10
Koltyn Grebel	11
Quincy Corbin	11
Scot Rohde	11
Ethan Miller	12
Cardar Jewett	12
Auston Jewett	12
Girls:	
Hailey Ford	7
Gabby Hannig	8

Faith Nance	8
Josie Legge	10
Deegan Kirschenmann	10
Mylee Christianson	10
Victoria Sanchez	11
Brooke Bundy	12

Top Prospects and Grade: Koltyn Grebel, 11th. Ethan Miller
 12 th , Ryer Muske 10 th . Girls: Mylee Christianson 10 th ,
 Gabby Hannig, 8 th , Deegan Kirshenmann, 10 th .

- List your top stat leaders from last year.
 1. Koltyn Grebel in all categories.
 Region finish this year including your own team if you want
 to include it. (Individual)
 1. West Fargo, Sheyenne
 State finish this year including your own team if you want to
 include it. (Individual)
 1. Bismarck High School
 2. West Fargo Sheyenne
 List in order your prediction for your State finish this year
 including your own team if you want to include it. (Dual)
 1. Bismarck High School
 2. WF Sheyenne

Is your school co-oping? YES Barnes County North, Maple
 Valley



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West Fargo Packers

Coach: Ben Berogan
Roster Boys

Thomas Johnson	Fr.	0-13
Landon Geiger	So.	10-23
Drew Hettenbaugh	Jr.	12-6
Braden Kleingartner	So.	6-10
Nathan Rolie	So.	0-0
Tanner Thoreson	So.	17-14
Mason Perez	So.	1-12
Noah Davidson	So.	6-8
Parker Thoreson	Jr.	7-22
Owen Magnell	So.	21-16
Ahmed Falir	Sr.	6-8
Austin Saari	So.	8-7
Nolan Maus	Jr.	13-20
Richie Byers	So.	0-9
Camden Moore	Fr.	7-9
Jason Lauritsen	Sr.	0-1
Cole Middlestead	So.	4-8
Kenneth Johnson	So.	7-9
Lincoln Walker	So.	1-2

Kaycey LaRocque	Jr.	6-4
Kaleb Addai	Sr.	9-7
Douglas Poitra	So.	0-0
Timothy Walla	So.	4-10
Scott Robinson	Fr.	0-8
Logan Moore	Sr.	15-9
William Streff	Fr.	0-10
Aiden Lamb	Sr.	14-9
Mason Kressin	Jr.	2-3
Noah Sanger	Fr.	0-0
Anthony Jacklovich	Jr.	3-4
Amaree Williams	Jr.	30-13
Zebedee Stephens	Jr.	2-2
Zacharia Ahmed	Jr.	0-0
Jacob Mitzel	Jr.	0-7
Ian Berogan	Jr.	4-4



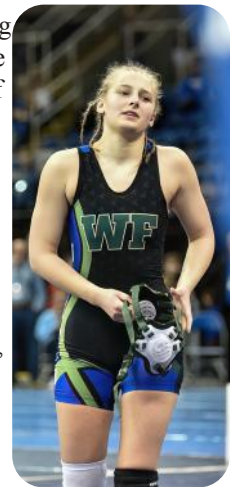
Returning State Placers:

- 2nd - Shayla DeBlaere 36-5, Fr.
- 8th - Brynlee Hartsoch 23-18, So.
- 6th - Tanner Thoreson 18-16, So.
- 6th - Owen Magnell 23-18, So.
- 1st - Waylon Cressell 39-3, So. Transferred to Indiana
- 5th - Logan Moore 18-10, Sr.
- 6th - Amaree Williams 30-16, Jr.

Outlook: This team has enough returning state placers and point getters to do some damage this season in the East. Goals of making the state duals and placing as a team top 5 can be very obtainable.

Roster West Fargo United

Natalie Carlson, Zakai Freidig, Olivia Johs, Kamey Leedom, Shayla DeBlaere, Nova Bigelow, Brynlee Hartsoch, Nora Haugen, Tyndale Archer, Alyssa Whaley, Ryann Sellars, Samantha Hotten, Mya Sanchez, Andie Stewart, Gabriela Martinez, Charlee Leedahl





West Fargo Sheyenne Mustangs

Conference if applicable: EDC
 Last Year's Dual Record: 18-5
 Region Finish: 1st
 State Finish: 3rd
 List of Tournaments St. Michael-Albertville Invite, Grand Forks Sertoma, Valley City Invite, Rumble on the Red, Bismarck Rotary, and Metro Duals

Head Coach: Lex Lunde
 Yrs. at present school incl this yr: 9
 Yrs. at this school as Head Coach: 9
 Yrs. as Head Coach: 9
 Total Wins as Head Coach: 61
 Overall Record Coaching: 61-81
 Assistant Coaches: Logan Lunde, Lane Lunde, and Zach Berube
 Number of Lettermen Returning: 14
 Number of Returning State Placers: 9

Player Information:

Roster:

Name	Grade	Record
Griffin Magee	Fr.	19-13
Chase Clemenson	8th	25-14
Grady Olafson	8th	7-6
Thadd Hanson	8th	13-7
Aiden Bolluyt	8th	0-9
Jake Mattern	Fr.	18-23
John Kuechle	Fr.	0-4
Lyric Mauk	8th	0-11
Zayne King	Fr.	6-5
Branton Delorme	So.	0-0
Landon Zink	Fr.	34-10
Stetson Gisselbeck	Jr.	19-13
Rowdy Radel	8th	6-9
Jackson Alexander	Jr.	30-17
Connor Matz	Fr.	3-8
Aaron Truong	Sr.	6-14
Jetton Wadson	Fr.	12-11
Aiden Kiefert	Fr.	2-7
Daniel Reyes	Jr.	0-6
David Johnson	So.	0-0



Carter Zink	Sr.	26-13
Mason Johnson	Jr.	18-12
Sawyer Carr	Sr.	31-9
Brayden Nayes	So.	8-9
Stephen Nweemuu	Jr.	0-9
Connor Manske	Sr.	35-8
Shyam Kadariya	Sr.	3-5
Henry Reil	Jr.	0-2
Charlie Novelli	Sr.	4-4
Maddox Weigel	Jr.	30-19
Landon McFarland	Fr.	6-5
Grant Henney	Sr.	8-7
Kaden Manske	Jr.	22-17
Juan Gonzalez	Jr.	8-4
Jarius Rawls	Sr.	6-8
Brody Flakker	Fr.	3-6
Carson Swenson	Fr.	3-9
Austin Burkland	Jr.	0-0
Lir Berogan	Fr.	0-0
Austin Post	8th	0-0
Gavin Gransen	8th	0-0
Damarion Davis	Fr.	0-0

Special Accomplishments:

Chase Clemenson – 8th grader, 8th place in 2023
 Landon Zink – 9th , runner up in 2022 and 2023 – All Conference in 2023
 Jackson Alexander, 11th , 7th place in 2023
 Stetson Gisselbeck, 11th , runner up in 2022
 Carter Zink, 12th, 3x placer (8th in 2020, 3rd in 2022, and 7th in 2023)
 Sawyer Carr, 12th, runner up in 2023 All conference in 2023
 Connor Manske, 12th , 4x placer (8th in 2019, 5th in 2021, 5th in 2022, runner up in 2023)
 Maddox Weigel, 11th , 8th place in 2023
 Kaden Manske, 11th , 8th place in 2023

Top Prospects and Grade:





Carter Zink- Senior
Sawyer Carr – Senior
Connor Manske – Senior
Landon Zink – Freshman

Coaches' comments :Carter Zink has been a leader in our room for many years. His consistency and his effort make him so invaluable to our program. He is determined and focused to make his senior year count. Carter is focused on getting on top of the podium in his senior year. Sawyer Carr is coming off his best year yet after a 20 match win streak going into the state tournament and pinning his way to the finals. He is energetic, high-flying, and knows how to win close matches. After making the finals last year, Sawyer is ready to get back to the finals this year and get on top of the podium. We are excited for his senior year. Connor Manske has been a starter for us since his 7 th grade year, where he placed 8 th at state. If it wasn't for the broken collarbone injury during the EDC finals his 8 th grade year, Connor would be looking to become a 6x state placer this year. Coming off his first finals appearance, Connor is ready to get back there and get on top of the podium. Landon Zink is a 2x finalist and is looking to get on top of that podium in his freshman year. Landon has put on some weight and muscle and is going to be an integral part to our lineup for a third straight year. He is technically sound and is never out of a match.

List your top stat leaders from last year.

- 1. Connor Manske
- 2. Sawyer Carr
- 3. Landon Zink

Region (Individual)

- 1. Sheyenne 2. Davies 3. Central Cass 4. Fargo North
- 5. West Fargo 6. Grand Forks Central

List in order your prediction for your State (Individual)

- 1. Bismarck 2. Century 3. Sheyenne 4. Williston 5. Minot
- 6. Davies

State (Dual)

- 1. Bismarck 2. Sheyenne 3. Century 4. Williston 5. Davies
- 6. Minot

Prematch Strategy - Article #1

As the wrestling season looms on the horizon, the gateway to triumph isn't merely paved with skills alone but lies in the mastery of a pre-match ritual. Here, amidst the electric buzz of anticipation, we present to you a finely tuned symphony of six essential components, each orchestrated to mold your mindset into a tapestry of unwavering focus, unyielding strength, and unbridled joy.

Soul-Deep Breathing: Commence your ritual with the art of profound breathing. Inhale the essence of serenity, exhale the whispers of anxiety. Let the breath dance through your lungs, calming every nerve and oxygenating every sinew. In this sacred breath, find the rhythm of the present, preparing your mind for the epic battle ahead.

Dynamic Stretching: Having stilled your mind, it's time to awaken your body. Engage in stretching that echoes the very motions of the imminent clash. Stretch not just your muscles but your aspirations. Each movement should resonate with the passion that surges within you, elevating your heart rate, and igniting the fire within your muscles. This is not just flexibility; this is a prelude to the intense symphony of battle.

Affirmations of Power: Your mental battleground is as crucial as the arena you wrestle in. Engage in self-talk that echoes with the resonance of power. Let the words, "I am prepared," "I am formidable," and "Victory is mine," reverberate through your very being. These affirmations are more than words; they are the incantations that fortify your self-belief and set a tone of unshakable confidence for the impending match.

Hands-On Mastery: Too often, wrestlers pace without purpose before a match. Embrace the wisdom of your practice; put hands on a drill partner. Feel the contours of your moves, the essence of your strategies. Let your hands weave the tale of muscle memory, reinforcing the very essence of your wrestling prowess. In this tactile communion, distractions fade, and control takes its rightful place.

Infusion of Joy: Wrestling is fierce, but amidst the storm, remember the genesis – your love for the sport. Inject the elixir of joy into your ritual. Let the notes of your favorite song serenade your spirit, share a moment of mirth with a teammate, or even indulge in a spontaneous dance. In these moments, pressure dissipates, and the sheer delight of wrestling rekindles. Remember, it's not that you have to wrestle; it's that you get to wrestle.

Mastery of Attitude: Amidst the echoes of your heartbeat and the rush of excitement, seize the reins of your attitude. Let it not be a mere spectator but a disciplined maestro of your emotions. Channel the tides of adrenaline, the peaks of confidence, and the depths of determination. Let your attitude be the silent orchestrator, directing your focus, and steering your passion toward victory.

Incorporating these six elements into your pre-match ritual weaves a tapestry of holistic preparation – mentally, emotionally, and physically. This harmonious approach not only amplifies your performance but elevates your entire experience at the grand tournament. Remember, each match is a canvas upon which you paint your skills, learnings, and most importantly, your joy. By adhering to this balanced pre-match ritual, regardless of victories or defeats, you embark on a journey of unwavering mindset, ensuring consistent brilliance at every tournament, every competition.

by Jon Gums
Dakota Grappler



Bismarck Legacy Sabers

Conference if applicable: WDA

Region Finish: 6 th Place

State Finish: 10 th Place

List of Tournaments participating in this season:

Mandan Lions, Crimson Invite (Maple Grove, MN)

Dennis Flynn Shootout, Rumble on the Red

Head Coach: Lars Jacobsen and Steven Monk

Assistant Coaches: Brandon Oien, Tim Kadrmas, Andrew

Vorhees, Jerald Lemar, Jeff Enzminger

Number of Returning State Placers: 3

Roster:

Dylan Sandness	8th	18-4
Blake Schneider	8th	9-8
Caine Luger	8th	0-0
Nicolas Enzminger	So.	42-2
Cael Lemar	8th	4-13
Brody Kramer	Fr.	16-10
Joey Enzminger	So.	37-6
Walker Sabot	Jr.	11-9
Jimmy Shar	Sr.	13-18
Tucker Schiemeister	8th	15-7
Mason Duchsherer	8th	7-14
Drake Aman	8th	0-0
Cannon Bertch	Sr.	10-23
Adrian Lang	So.	14-14
Connor Hanna	Fr.	9-11
Yusuf Jama	So.	0-1
Clark Thompson	So.	26-9
Sean Peterschick	So.	16-16
Caden Eckroth	Sr.	16-22
Davis Sondeland	Fr.	0-1
Jack Mitchell	Fr.	7-13
Earl Hollmes	Fr.	0-0
Wesley Jordan	So.	10-5
Gendrick Davis	Fr.	0-0
Keyton Emter	8th	1-17
Brett Miller	Jr.	14-24
Micah Frazier	Sr.	1-2
Isaac Mitchell	Sr.	1-3
Lincoln Lemar	So.	16-22
Hayden Stymeist	Sr.	25-17
Devin Greaves	Sr.	0-0
Ryan Baker	Jr.	4-1

Reed Berg	Jr.	14-11
Carter Johnson	So.	14-17
Gavin Guinn	Jr.	16-6
Tyler Hasenyager	So.	8-10
Kameron Lund	Sr.	18-8
Jastin Schiermeister	So.	16-8
Kodee Peterson	Jr.	10-16
Hunter Olson	So.	0-0

New Wrestlers: James Marks, Joseph Murschl, Cole Baumann
Noah Schumacher, Soren Hart, Dylan Tonneson, Sam Hovland, Kaden Bucholtz, Austin Hust, Gage Thiel, Anthony Moberly

Legacy Girls Team

Head Coach: Rick Ripplinger

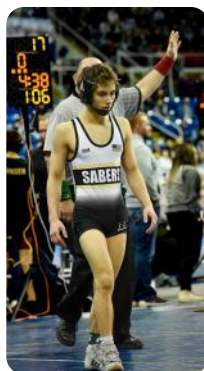
Assistants: Jake Hegel

Roster:

Emily Youboty	30-20
Alicia Kenfack	47-1
Elizabeth Youboty	31-11
Sophia Johnson	38-16
Kulah Barjuah	15-16
Adrian Steidler	32-15
Megan Zins	9-19
Morgan Schneider	10-13
MaKenna Zietz	12-20
Aleiya Cullinan	43-7
Keeley Schiermeister	21-21
Hanna Ryberg	30-20
Hannah Gendron	0-6
Phoenix Lindseth	43-1
Ella McKechnie	0-8
Jacey Lindseth	12-2

Returning State Placers:

- 6th - Emily Youboty (Bismarck Legacy) 30-21, So.
- 1st - Alicia Kenfack (Bismarck Legacy) 47-1, Fr.
- 3rd - Elizabeth Youboty (Bismarck Legacy) 31-10, Sr.
- 8th - Morgan Schneider (Bismarck Legacy) 11-13, So.
- 2nd - Aleiya Cullinan (Bismarck Legacy) 42-7, So.
- 4th - Hanna Ryberg (Bismarck Legacy) 31-19, So.
- 1st - Phoenix Lindseth (Bismarck Legacy) 40-1, Jr.





Bismarck Century Patriots

Conference: Western Dakota Association (WDA)
 Last Year's Dual Record: 16-6
 Region Finish: 5th
 State Finish: 2 nd Individual, 2 nd Duals
 List of Tournaments participating in this season:
 Mandan Lions
 Grand Forks Sertoma Dual Tournament
 Pat Weed Dual Tournament (Gillette, WY)
 Rumble on the Red Bismarck Rotary
 Lee Wolf (Aberdeen, SD)
 Head Coach: Nate Humann
 Yrs. at this school as Head Coach: 5
 Overall Record Coaching: 74-22
 Assistant Coaches: Mason Schulz, Travis Jimison, Matthew Rader, JJ Nelson, Daron Hohbein, Derek Lennick
 Number of Returning State Qualifiers: 10
 Alijah Piatz (8 th Grade)
 Grady Iverson (10 th Grade)
 Seamus Kuklok (9 th Grade)
 Cole Bohne (11 th Grade)
 Ethan Kuntz (12 th Grade)
 Brayden Morris (10 th Grade)
 Jerys Burckhard (11 th Grade)
 Grant Carlson (12 th Grade)
 Darion Bitz (10 th Grade)
 Ole Taylor (11 th Grade)

Number of Returning State Placers: 8
 Alijah Piatz (6 th at 106)
 Grady Iverson (7 th at 106)
 Seamus Kuklok (5 th at 113)
 Cole Bohne (7 th at 120)
 Ethan Kuntz (7 th at 126)
 Brayden Morris (4 th at 152)
 Jerys Burckhard (7 th at 170)
 Ole Taylor (State Champion at 195)

Special Accomplishments:
 Returning Academic All-State:
 Darion Bitz
 Grant Carlson
 Cole Bohne
 Grady Iverson
 Hunter Helgeson
 Ethan Kuntz
 Dane Nelson
 Ole Taylor
 Alijah Piatz
 Seamus Kuklok
 Region (Individual)
 1. Bismarck High School 2. Williston

3. Dickinson 4. Bismarck Century State (Individual)
 1. Bismarck High School 2. Williston
 3. Dickinson 4. Bismarck Century State (Dual)
 1. Bismarck High School 2. Williston
 3. West Fargo Sheyenne
 4. Bismarck Century
 Wrestler from this year's past teams who have signed to wrestle in college
 Kaden DeCoteau - University of Mary
 Dany Tanefeu – Air Force Academy
 Clay Radenz – North Dakota State University

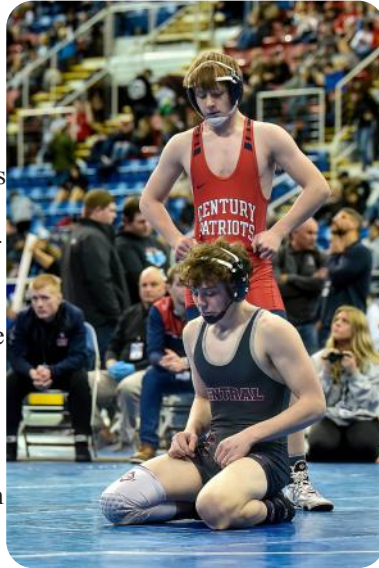


Coaches Comments We have some very dedicated athletes that have put in a lot of time in the offseason lifting and competing at various camps and competitions. We took 26 wrestlers to the team camp at the University of Nebraska and the boys really enjoyed the experience with Kyle Burwick as our counselor. Some boys had upwards of 15 matches, and we had a good showing as a team. We also had several wrestlers who will return this year (Grady Iverson, Seamus Kuklok, Darion Bitz, Brayden Morris, and Triston Martin) compete at USA Wrestling's 16U and 18U Duals or 16U and 18U Nationals in Fargo. All this time on the mat in the summer is extremely important and will hopefully give those guys a leg up on their competition this season. If our wrestlers continue to develop and trust the process it takes to be successful, I think we could be in a good spot to take make it to state duals and take home a team trophy again at the state tournament which is the goal and standard we have every year at Century.





We return 10 state qualifiers, 8 state placers, and 1 state champion and we are going to look for big things from those guys. Wrestlers to watch who were not listed above as state qualifiers or placers include Triston Martin (11th), Carter Wylde (9th), Dane Nelson (10th), Adam Wylde (10th), Hunter Helgeson (10th), Braxtyn Fisher (12th), Isaiah Kwandt (12th), and Evan Schmit (12th). Each of those wrestlers had some Varsity experience last year and will be in the mix to make significant contributions for our team this season. Roll Pats!



Century Girls

Head Coach Baron Blanchard

Conference: 3-4

Overall: 3-7

8th in State Duals

Returning State Placers

5th - Paige Spomer (Bismarck Century) 27-20, Jr.

7th - Jaylee Jetty (Bismarck Century) 20-16, 8th

3rd - Mekayla Stordalen (Bismarck Century) 18-23, Fr.

4th - Belinda Perry (Bismarck Century) 25-13, Sr.

8th - Morgan Harvey (Bismarck Century) 15-18, Jr.



Hadley Frueh	3-4
Sydney Narloch	16-15
Vivian Backer	17-22
Bailey Leintz	6-19
Bailey Ferderer	7-10
Ella Wald	8-6
Ella Wald	8-6
Cadence Cook	19-26
Paige Spomer	27-20
Brennida Myers	9-19
Jaylee Jetty	20-16
Rylee Cady	1-9
Mekayla Stordalen	18-23
Morgan Harvey	15-18
Belinda Perry	25-13



Century has a good core of returning wrestlers for the 2023-24 wrestling season. Some younger wrestlers coming from the middle school would be a great addition to the team. Goals of qualifying for state duals, qualifying every wrestlers for state and placing this season is what the girls are working for.





Bismarck High Demons

Head Coaches: Jeff Schumacher and Mark Lardy
Asst. Dallas Heid, Scott Owens, Moses Timali, Curt Haux, Mike Crouse,

West Region 1st State Ind and Duals: 1st

Returning State Placers:

- 113 •3rd - Hudson Egeberg 33-11, So.
- 120 •1st - Ben DeForest 29-2, Jr.
- 5th - Braeden Halverson 9-7, So.
- 138 •4th - Landon McMahan 29-13, Sr.
- 145 •7th - Dylan Kostelecky 34-12, Sr.
- 160 •1st - LJ Araujo 42-0, Sr.
- 182 •5th - Tyrus Jangula 27-14, Sr.
- 195 •4th - Bridger Owens 30-16, Sr.
- 220 •4th - Ayden Schlafman 25-16, Sr.
- 285 •7th - Easton Egeberg (Bismarck) 10-8, Jr.

As we embark on this promising season, its bittersweet, as it marks my final year coaching the BHS Demons after 26 incredible years. The BHS Demons have not only been a major part of my life but have also become an integral part of my family. Coaching at my alma mater has been a privilege and an honor. While bidding farewell brings a tinge of nostalgia, it also fills me with immense pride to have been part of this remarkable program for nearly three decades. I'm excited to share this memorable season with you all, cherishing every moment and striving for excellence together as a team. In the exiting world of wrestling, the Bismarck Demons undoubtedly left their mark last year, clinching their 41st individual state title and their 19th dual team title. As we stand on the brink of a new season, the Demons proudly welcome back 10 state place winners, spearheaded by the exceptional talents of state champions LJ Araujo at 152 and Ben Deforest at 120. Araujo, a seasoned veteran, is on the quest for his remarkable 5th state title, while Deforest, with two championships under his belt, is eagerly shooting for his third. With such stellar leaders, the Demons undoubtedly are a strong team, but they'll face a fierce challenge from West Fargo Sheyenne team, boasting 8 returning state place winners.



Keep a close eye on Century, Wiliston, and West Fargo, as they too will attempt to climb to the podiums pinnacle.

Our roster is fortified by a formidable group of senior wrestlers who have proven their merit on the state podium. Among them, we have LJ Araujo (1st) at 160, Landon McMahan (4th) at 138, Bridger Owens (4th) at 195, Ayden Schlafman (4th) at 220, Tyrus Jangula (5th) at 172, and Dylan Kostelecky (7th) at 145. This senior class, supported by talented contributors such as Devin Halverson, James Nagel, Izac Turner, and Jason Fiest, sets a powerful foundation for our end goal.

The Demons; junior class showcases remarkable talent, including Ben Deforest (1st) at 120, Conner Harveston (6th in 2022) at 126, and Easton Egeberg (7th) at 285. Alongside them, Carson Lardy, Colton Ireland, Logan Mertens, Solly Jonas, and Sam Larson bring invaluable experience and determination to the mat. These young men have already made their mark on the varsity stage and are ready to shine.

Our sophomore class features promising talents such as Hudson Egeberg (3rd) at 120, Braeden Halverson (5th) at 120, and Cade Nieuwsma at 106. Supported by a cadre of experienced JV wrestlers, including Holden Beauchamp, Preston Benz, Tiernan Glass, Jonas Crouse, Brody Papineau, Chase Wanner, Jacob Gasset, Jaxon Salander, Peyton Weisz, Braden McConnell, and Travis Schlafman, this group adds depth and strength to our roster.

Notably, the Demons have two rising stars in Kaden Egeberg, a seventh-grader, and Remington Anhorn, a talented freshman. Their youthful energy and experience are invaluable assets that will bolster our lineup.

As we gaze upon the horizon, it is clear that the Demons are poised for success once again. With an abundance of experience, dedication, and a fierce work ethic, we are confident in our ability to contend for both Team Duals and Team Individual championships. We take immense pride in the hard work and commitment our athletes demonstrate daily. We are the DEMONS, and we fully anticipate making our mark in every competition we face. Stay tuned for an exciting season filled with impressive feats of skill and determination! GO DEMONS!

It's a great day to be a Demon!
Jeff Schumacher





BISMARCK HIGH GIRLS WRESTLING

Conference if applicable: WDA
Last Year's Dual Record: 8-2
Region Finish: 1 st
State Finish: 1st
List of Tournaments participating in this season: BPS Girls Wrestling Invitational, Rapid City Invite, Rumble on the Red, Border Brawl, Rugby Invite, Belle of the Brawl
Head Coach: Scott Knowlen
Yrs. at present school incl this yr: 3
Yrs. at this school as Head Coach: 3
Yrs. as Head Coach: 27 years as boys head coach & 3 years as girls (30 total)
Total Wins as Head Coach: 368 (boys) + 8 (girls)
Overall Record Coaching: 368-16-2 + 8-2 (
Assistant Coaches: Austin Eichmann, Tony Steckler, Sierra Talmadge
Number of Lettermen Returning: 17
Number of Returning State Placers: 11
Player Information:
Roster:
Avery Heid, Izzy Owens, Julia Araujo, Maggie Thielges, Rien Heinz, Bryleigh Praska, Cambrie Feist, Leyna Ulroan, Jayde Madson, Kassidi Monroe, Addison Miller, Kai`Jah Murry, Emmarie Carnes, Madison Reems, Kimberley Rand
Lillian Earle, Adriana Turner, Layla White, Paige Baumgartner, Violet Weninger, Aubrie Overson, Lillyana Lugo, Lexi Beckler, Addison Stiefel, Josie Trieu, Cambree Anderson, Brinley Buechler

Special Accomplishments:
Izzy Owens (9) State 4 th 32 – 18
Deja Ireland (10) State 3 rd (2022)
Julia Araujo (9) State Champ 43 – 2
Maggie Thielges (8) State 6 th 33 – 17
Cambrie Feist (10) State 5 th 33 – 13
Leyna Ulroan (8) State Qualifier 20 – 19
Kassidi Monroe (12) State Qualifier 15 – 20
Madison Reems (9) State 8 th 32 – 16
Paige Baumgartner(10)State 2 nd 37 – 7
Aubrie Overson (11) State 4 th 25 – 11
Lexi Beckler (12) State 2 nd 35 – 9
Josie Trieu (10) State Qualifier 17 – 19
Cambree Anderson(9)State 2 nd 37 – 8
Brinley Buechler (12) State 6 th 29 – 17

List in order your prediction for your Region (Individual)
1 Bismarck 176.0 2 Minot 169.0 3 Bismarck Legacy 132.0
4 Bismarck Century 64.0 5 Mandan 55.0

ND GIRLS WRESTLING STATE TOURNAMENT

Returning Points
1 Bismarck 176.0 2 Minot 169.0 3 Bismarck Legacy 132.0
4 Central Cass 83.0 5 Grand Forks 65.0 5 Valley City 65.0
7 Bismarck Century 64.0 8 Napoleon 62.0
9 South Border 58.0 10 Fargo 56.0
List in order your prediction for your State (Dual)
1 Bismarck 2 Minot 3 Bismarck Legacy 4 Central Cass
5 Carrington 7 Fargo 8 West Fargo United



2023-24 Season Outlook
'I had no idea going into last season our girls would accumulate the amount of accolades they had eventually achieved!' reflects Coach Scott Knowlen. 'I knew we had a core group of girls that I did expect a high degree of individual successes, but for us to fill in the holes of our line-up with new, first year girls that also battled for and reached state tournament placings...that to me was unexpected and very incredible!' The highlighted accomplishments Coach Knowlen is referring to include winning the Rumble on the Red by 40 points, the Bismarck Rotary by 40 points, the Belle of the Brawl by 65 points



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Dakota Grappler 2023-24

and the State Tournament by 20 points...in addition to winning three dominate duals enroute to capturing the first ever State Dual Meet Championship!

“As our team started to gel and girls began to trim down into their eventual weight classes, we began to surprise a lot of the wrestling community with these big wins. I think our staff was just as surprised!”

The returning core group of girls that lead the way were Izzy Owens (2X state placer), Julia Araujo (2X state champ), Cambrie Feist (2X state placer), Taeghan Rittenbach (2X state placer), Paige Baumgartner (2X state placer), Lexi Beckler (2X state placer) and Cambree Anderson (2X state placer).

However, without our new recruits last year, we would not have been able to have the overall team success we enjoyed. First year wrestlers that stepped into our line-up and placed at the state tourney include Maggie Thielges, Bailey Schmitt, Madison Reems, Aubrie Overson and Brinley Buechler. Other hardworking contributors were Leyna Ulroan, Olivia Butler, Kassidi Monroe, Adriana Turner, Violet Wenniger, Lily Lugo, Josie Trieu, Lily Bishop and Deja Ireland (injured 2023/state placer 2022).

Given the fact that the Bismarck High team only graduated four seniors from last year’s squad, and only one earning state tournament points between them, the immediate future looks bright. The coaching staff, consisting of Scott Knowlen, Austin Eichmann, Tony Steckler and Sierra Talmadge, believes this year’s team is positioned well to battle for the state individual title and the state dual meet championship.

“I know our team is going to need a couple of new girls to step into our varsity line-up again this year, so I’m excited to see how quick our rookies excel and buy into our tight-knit, family-type, teamwork environment. Hopefully, we can bring them along technically, mentally and physically so as to experience some individual success.” Knowlen also cited that many returning team members have invested quite a bit of off-season time and energy training and competing for the Matpac Wrestling Club and other spring/summer competitions, so he expects to see a leap in their improvement. Besides returning team members anxiously awaiting the approaching season, Knowlen credits the parents and their booster club for their enthusiasm and being extremely beneficial for the support they provide.

“I can’t imagine our BHS girls wrestling program without our parent boosters and their emotional and financial fundraising support!



They definitely have our backs!” Knowlen concludes with a shout out to his faithful and dedicated student managers, “Addison Stiefel, Aspen Roaldson and Addison Miller are AWESOME! And do a great job for our team!”



Finally, a big thank you from the entire team for all of the support from parents, family members, friends, alumni, teachers, administrators and all other wrestling fans! We will work hard and hope you enjoy watching us on the mat!



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St. Mary's Saints

Conference if applicable: WDA

Last Year's Dual Record: 4-6

Region Finish: 8th

State Finish: 11th

List of Tournaments participating in this season: Mandan Lions, Rapid City, Pat Weede, Rotary, Lisbon Storhaug

Head Coach: Luke Mellmer

Yrs. at present school incl this yr: 5

Yrs. at this school as Head Coach: 5

Yrs. as Head Coach: 10

Total Wins as Head Coach:

Overall Record Coaching:

Assistant Coaches: Jayden Richter, Rockie Stavn, Brett Mathern, Codee Lee, Jake Mellmer, Karsen Mosbrucker, Bryton Brien

Number of Lettermen Returning: 20

Number of Returning State Placers: 3

Roster:

Kole Reinhardt	7th	
Owen Braun	7th	
Collin Fleck	7th	
Patrick Richter	8th	4-3
Dylan Mosset	Fr.	16-9
Carson Mosset	Jr.	16-17
Warren Beyer	8th	0-4
Bennett Grimm	8th	18-10
Blu Miller	So.	3-17
Landon Huck	So.	7-17
Alex Dahmen	8th	6-11
Jacoby Grimm	So.	5-6
Joryn Richter	Jr.	16-13
Jacob Windsor	So.	7-14
Tyler Heen	Sr.	5-14
Zach Richter	So.	17-12
Aidan Schaeftbauer	Sr.	0-7
John Richter	Sr.	13-3
Kolby Hollenbeck	So.	13-12
Cameron Naslund	Sr.	8-7
Charles Richter	Jr.	16-14
Vincent Lengenfelder	Fr.	11-8
Harrison Grad	Sr.	23-13
Eliot Spallinger	Sr.	9-9
Harrison Reichert	Sr.	9-7
Braden Roehrl	So.	3-6
James Marks	So.	17-17
Carter Michlitsch	So.	14-18
Benedict Baumgartner	So.	6-6
Luke Lengenfelder	Jr.	16-7
Roman Barnes	So.	5-7
Alex Schmitz	Sr.	7-24
Carter Miachlitsch	So.	0-0

Top Prospects and Grade:

John Richter is a returning state champion 12th grader

Harrison Grad is a returning semi-finalist and 3rd placer 12th grade

Joryn Richter is a returning 5th place and 11th grade

The Saints will have a balance team this year and looks to make the team duals again in the WDA.





Dickinson Midgets

Conference if applicable: WDA

Last Year's Dual Record: 8-9

Region Finish: 7th

State Finish: 12th

List of Tournaments participating in this season: Sidney, MT, Eagle Invite, Rapid City (SD) Invite, Pat Weede Duals (Gillette, WY), Bismarck Rotary, Miles City (MT) Cowboy Invite, Badlands Classic (Killdeer)

Head Coach: Jeremiah Hayes (7 years total, 5 as head coach) & Trevor Conrad (8 years total, 7 as head coach)

Total Wins as Head Coach: 64 wins

Overall Record Coaching: 64-36

Assistant Coaches: Cody Wolf, Casey Cook, Nevada Crimmins

Number of Lettermen Returning: 9

Number of Returning State Placers: 6

Special Accomplishments:

Aidan Dahmus=2x academic all-state, 2x state placer

Gage Glaser=3x state placer, region finalist, Team ND member for Junior Duals

Ethan Halverson=state qualifier

Colton King=state placer, 2x state qualifier, Team ND member for both 2023 Junior Duals & Junior Nationals

Jake Glaser=state placer, Team ND member for Cadet Duals

Max Glaser=Team ND member for Cadet Duals

Hugh Meyer=state placer, 2x state qualifier, Team ND member for both 2023 Cadet Duals & Cadet Nationals

Conrad Kopari=academic all-state, state qualifier

Wyatt Turner=state placer

Top Prospects and Grade:

The 2023-2024 season looks to be an exciting one for the Dickinson High School Midgets boys wrestling team. Not only are there many quality wrestlers returning, but the schedule the Midgets will be competing in will be one for the record books. Four states will be visited as Dickinson looks to compete at the eight (8) state regional wrestling tournament of the Sidney, MT, Eagle Invite, then they will head to South Dakota for the competitive Rapid City Invite. To round out December, the Midgets will get eight (8) duals at the prestigious Pat Weede Duals in Gillette, WY. Once January hits, the boys will compete at the Bismarck Rotary, return to the Cowboy Invite in Miles City, MT, for the first time since 2018, & look to defend their team title at the Badlands Classic in Killdeer.

Aidan Dahmus, Gage Glaser, Ethan Halverson, & Colton King look to lead the team as seniors. All four are returning state qualifiers, with Dahmus, Glaser, & King returning as state placers. King put in many hours this past summer as a member of Team North Dakota, where he competed in Tulsa, OK, for Junior Duals & the Fargodome for Junior Nationals. Glaser & Dahmus are multi-time state placers & plan to make

it to the top of the podium this season. Halverson, representing the big boys at heavyweight, aims to place for the first time at state. Mario Flores & Tanaka Ruzvidzo are included as upperclassmen as well. This senior class will look to re-

turn the Midgets to the podium, such as was the case in 2022. The junior class features Kelton Berg, Cash Crimmins, Taelen Gillen, Avery Harless, Jonathan Klitzke, & JoShown Moreno. Crimmins, Klitzke, & Moreno have experience at the WDA tourney while Berg, Gillen, & Harless look to crack the varsity lineup this winter. Berg & Gillen were both members of the 2022 DHS wrestling team that placed third at the state dual tourney.

Meanwhile, the sophomore class consists of wrestlers who were eighth graders when Dickinson Middle School won their first junior high ND state championship in 2021. EJ Chevrie, Ryder Fink, Jake Glaser, Max Glaser, Jace Jaeger, Hugh Meyer, & TJ Meyer look to fill shoes left by the 2023 seniors. Both Glasers & Hugh Meyer went to Illinois for Cadet Duals as a part of Team ND, while Hugh also attended Cadet Nationals in Fargo, where he was one win away from All-American. All three also wrestled undefeated at the University of Northern Colorado team wrestling camp the Midgets attended in June. TJ Meyer & Jaeger were often in the varsity lineup



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last season, including TJ wrestling at the WDA tourney. Incoming freshmen include Brody Bollinger, Landon Gelsing, Conrad Kopari, Vincent McManus, & Wyatt Turner. Both Kopari & Turner turned heads last year when they qualified for the state wrestling tournament as eighth graders, & Turner wrestled his teammate in the third-place match. This group has wrestled together for sometime, & they will have opportunities to step up to the plate to help the team out in the 2023-2024 wrestling season.

Coaches' comments:

"This is an exciting year for DHS," co-head coach Jeremiah Hayes stated. "A lot of boys have put in many hours of work this summer, & the open mats on Wednesday mornings have been well attended. We are impressed with the attitudes of this group, & we expect to bring home some hardware from a few tournaments this season. We are excited to get some good competition in & have the boys put some knots on some heads. They are ready to rock 'n roll!"

"After seeing what many of the wrestlers did this past summer & fall, how can you not be excited?" co-head coach Trevor Conrad said. "The boys did a great job of setting a foundation at the state tournament last season, & we look forward to the opportunity of wrestling teams from South Dakota, Montana, Idaho, Wyoming, Washington, Colorado, Ohio, & Nebraska consistently. I believe whatever goals this team sets, they can accomplish. They will have to be prepared to do things they have never done, just like they showed this summer. Finding success at the University of Northern Colorado team wrestling camp was a step forward, & I feel these boys won't be slowing down."

List your top stat leaders from last year.

Most wins-Hugh Meyer

Most pins-Jake Glaser

Most takedowns-Gage Glaser & Jake Glaser

Is your school co-oping? Yes with whom? Trinity High School, Hope Christian Academy

Roster:

Harper Boettcher, Aryana Loran, Angela Gutierrez, Natalie Meyer, Emily Schilling, Clancy Meyer, Caoimhe Doyle Pearl Lowery, Isabel Medearis, Ember Waters, Emily Craig Sofia Contreras, McKenna Johnson, Dilcia Contreras Karinna Walker, Alivia Spicer, Kolbi McElwain, Serenity Brown, Natalia Kessel

Returning State Placers:

7th - Aryana Loran (Dickinson) 11-11, Jr.

7th - Natalie Meyer (Dickinson) 20-12, 8th.

8th - Clancy Meyer (Dickinson) 15-15, 8th.



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Jamestown Blue Jays

Conference if applicable: WDA Last Year's Dual Record: 9-7

Region Finish: 4th

State Finish: 6th

List of Tournaments participating in this season:

Knights of Columbus, Sertoma Dual Tournament, Valley City Invite, Bismarck Rotary, Badlands Classic Head Coach:

Patrick Schlosser

Yrs. at present school incl this yr: 3 Yrs. at this school as

Head Coach: 1st Yrs. as Head Coach: 7

Assistant Coaches: Cody Jamtgaard Number of Lettermen

Returning: 9 Number of Returning State Placers: 1 Player

Information:

Roster:

Jack Schauer	Fr.	32-13
Grady Eckart	Fr.	0-2
AJ Matzke	So.	3-24
Lucas Schlepuetz	Jr.	22-21
Levi R Trevithick	Fr.	1-2
Joshua Redfearn	So.	1-10
Jaeger Roemmich	So.	1-7
Eric Chea	Sr.	11-16
Grady Anderson	Sr.	14-4
C`Aundre Douglas	Sr.	0-0
Ryan Levin	So.	0-0
Josh Dickerman	Jr.	0-7
Eonn Guerra	Jr.	0-2
Merek Elton	So.	0-0
Dezyon Butler	Jr.	1-9
Bo Nelson	Sr.	1-3
Isaac Williams	Jr.	1-0
Eric Levin	Sr.	0-0
Dalton Darby	Sr.	26-14
Levi Trevithick	Jr.	2-5

Top Prospects and Grade:

Grady Anderson 12th, Bo Nelson 12th, Lucas Schlepuetz 11th, Jack Schauer 9th

Coaches' comments

Freshman Jack Schauer had an impressive record of 32-13, with 24 pins last season. Jack's hard work and dedication to the sport paid off, as he climbed up the rankings and became one of the top pinners on the team. This success translated into a 3rd place finish at WDA, and a 4th place finish at the State Tournament. Jack's achievements are a testament to his perseverance, and we look forward to seeing what he has in store for the next season.

Lucas Schlepuetz is a name that you should keep your eye on this season. As a junior on the Blue Jays team, Lucas has made considerable strides in improving his skills this past summer. He is determined to have a breakout season and has put in immense efforts to get better in every position. Lucas is an incredibly hard worker, and his dedication to his craft is admirable. He understands that to win, it takes more than just talent; it requires discipline, focus, and perseverance. With



his positive attitude and work ethic, Lucas is sure to make an impact on the team.

Senior Bo Nelson was unfortunately sidelined by an injury during last year's wrestling season. However, he is determined to make a comeback this year and achieve his goal of placing on the podium at the state tournament. Despite his setback last year, Bo is more motivated than ever to come back stronger and better than before. He is ready to push himself to the limit and leave everything on the mat in pursuit of his goal. With his determination and hard work, there's no doubt that Bo has what it takes to succeed and achieve his dream of standing on that podium again at the state tournament.

Senior Grady Anderson faced some setbacks due to an injury during the previous season. However, Grady has shown remarkable resilience and determination to make a comeback this year. Having already made it to the finals in his freshman and sophomore years, Grady is looking forward to competing in the state championship and walking away with the title this time around. What sets Grady apart from his peers is his well-rounded skillset as a wrestler. He has honed his technique over the years, and his dedication to the sport has helped him become one of the most skilled wrestlers in the state. But Grady's contribution to the team extends beyond his impressive performance on the mat. He is a natural leader, both on and off the mat, and his positive influence has helped others around him.

Jamestown Girls

Head Coach James Meland

Roster

Marrissa Fischer, Miah Torres, Leah Torres, Keatyn Diede Taryn Mattson, Annamarie Bracken, Katheryn Dobson Mackenzie Stoddartt, Chea Baugh, Nevaeh Romfo Emri Weckerly, Ashlyn Lee, Gabby Romans, Aubrey Babcock, Hope Miller, Eliza Garza, Maddie Ede

Returning State Placers

6th - Gabby Romans (Jamestown) 23-17, Sr.

6th - Grace Bercier (Jamestown) 17-21, Jr.

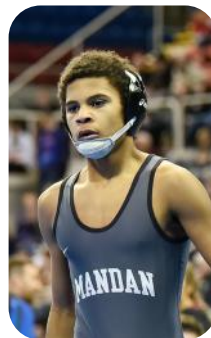


Mandan Braves

Conference if applicable: WDA
 Last Year's Dual Record: 4-14
 Region Finish:
 State Finish: 17
 List of Tournaments in this season:
 Lions, Rapid City, Devils Lake
 Rumble on the Red, Rotary, Metro
 Duals

Head Coach: Tyler Steinwand
 Yrs. at present school incl this yr: 9 as Head Coach: 4
 Assistant Coaches: Isaac Berger, Taylor Hellman, Lorenzo
 Gomez, Kolten Resienauer, Taylor Hellman, Randy Ehlis,
 Dale Spillman
 Number of Lettermen Returning: 14 Returning St. Placers: 4
 Roster:

Choutae Gerherdt	8th
Alec Mutschelknaus	So.
Brandon Hehr	Fr.
Ethan Samuelson	Jr.
Trent Giardini	Fr.
Kellen Beneke	Fr.
Brooks Leintz	8th
Blaine Hoff	So.
Eyan Eisonbeis	Fr.
Aaron Hayes	So.
Parker Saville	So.
Marquis Richter	Jr.
Maddox Slater	Fr.
Kaullen Hegney	Jr.
Tate Sailer	8th
Elijah Wadeson	Jr.
Vance Wollschlager	Fr.
Jackson Olson	Sr.
Kobe Goebel	8th
Clayton Barnhardt	Sr.
Peace Weber	So.
Anthony Porter	So.
Emery Slater	Jr.
Tim Bauer	Jr.
Blake Opp	Sr.
Sharod Williams	Sr.
Damarion Alyea	So.
Owen Bahm	8th
Wyatt Meuchel	Fr.
Warren Fleck	Sr.
Chrystian Ekstrom	Sr.
Oliver Babel	So.
Evan NoisyHawkGoodsell Jr.	
Jataniel Martinez	So.
Kadin Beneke	Jr.



Emery Slater
 – 11 (2023
 6 th place at
 160)
 Kaullen
 Hegney – 11
 (2022 state
 placer)
 Maddox
 Slater – 9
 (14U National
 Champ – Freestyle)



Tate Sailer – 8 (14 U runner up in Freestyle &; Greco, blood
 round 2023 state tournament)
 Alec Mutschelknaus - 10

Coaches' comments:

- Marquis Richter has been putting time in the weight room and on the mat to pursue his goal of being a state champ after falling short as a runner up in the 2022-2023 state tournament. Marquis has really picked it up in the classroom as well.
- Emery Slater has fought some injuries this summer, but have been taken care of and is looking to climb his way up the podium after a 6 th place finish at the 2022-2023 state tournament.
- Kaullen Hegney was sidelined at the end of the 2022-2023 season due to injury and did not compete post season. Kaullen is a returning state placemaker in the 2021-2022 season and looks to make another impact this year.
- Alec Mutschelknaus has been putting on weight and should be an impact as a full size 107. Alec went to national camp this summer and competed in Fargo.
- Maddox Slater has been putting in time post season and pre-season along with competing this summer. Maddox had a great summer and was the 14U freestyle national champ in Utah. Maddox could not wrestle high school post season in 2022-2023 due to being an 8 th grader, but had beaten several wrestlers who made the podium at the state tournament.
- Tate Sailer had a great summer and was a 14U national runner up in both freestyle and greco. Tate is only an 8 th grader this year, but had success at the high school level and lost a close match in the blood round in the 2022-2023 state tournament. Tate Sailer had proven himself as ready to compete with highschoolers last year as a 7 th grader by beating multiple prior state place winners.

Top Prospects and Grade:
 Marquis Richter – 11 (2023 runner up)





Mandan Braves Girls

Conference if applicable: West Region

Last Year's Dual Record: 3-4

Region Finish: 5

State Finish: 16

List of Tournaments participating in this season:

BPS Invite, Rapid City Invite, Devils Lake, Rumble on the Red, Bismarck Rotary, Minot Tournament, Storhaug Lisbon,

Head Coach: James Porter

Yrs. at present school incl this yr: 7

Yrs. at this school as Head Coach: 3

Yrs. as Head Coach: 6

Assistant Coaches: Cody Schmidt, Adrena Gable, Carolyn Goebel, Brandon Anderson, Shelby Zachmeier

Number of Lettermen Returning: 10

Number of Returning State Placers: 3

Roster: Summer Fike is returning after a year off, Lainy Jochim (7), Lela Bellon (7), Victoria Novotny (7), Payten Strege (9)

Special Accomplishments: Keeley Kainoa (State Runner Up, West Region Runner Up, Academic All-State), Alexis Storsved (State Runner Up, West Region Champion, Academic All-State), Brooklyn Lafrenz (7 Place at State, 4 Place at West Region)

Top Prospects and Grade:

Alexis Storsved and Keeley Kainoa will both look to make some noise at state and could see the top of the podium. Brooklyn will continue to build off last season and should be a top 5 finisher at state this season. Jillian Schwartz placed in the 21-22 season but missed placing at the 22-23 state tournament. Schwartz should be back on top and can be a state placer. Nevaeh Varriano, Elizabeth Hook, Madalee Canales, and Abigail Porter all missed placing by one match last season. They were all first-year wrestlers and will look to back some movement towards the podium.

Summer Fike is a senior and will be returning to the room. Summer had placed 7 th during the 21-22 state tournament. Coaches' comments as to the best quality of the wrestlers you have listed.

List your top stat leaders from last year.

1. Brooklyn Lafrenz – Take Downs, Escapes, Reversals
2. Alexis Storsved – Wins, Falls, Team Points
3. Keeley Kainoa – Near Falls

List in order your prediction for your Region (Individual)

1. Bismarck High School
2. Minot High School
3. Bismarck Legacy
4. Mandan
5. Bismarck Century

6. Jamestown

List in order your prediction for your State (Individual)

1. Bismarck High School
2. Minot High School
3. Central Cass
4. Fargo Public Schools
5. Carrington
6. Mandan

List in order your prediction for your State (Dual)

1. Bismarck High School
2. Central Cass
3. Minot High School
4. Fargo
5. Mandan
6. Carrington

Any Additional Coaches Comments

Mandan Team is still a young team. The majority of the girls are Freshmen or younger and only have a couple of years of experience. But we returning a strong core group that is willing to work hard. Several of the girls wrestled this summer and got some freestyle and national tournament exposure, which will help as we move into this season. The big focus for the team this year will be more on the process and less on the outcome.



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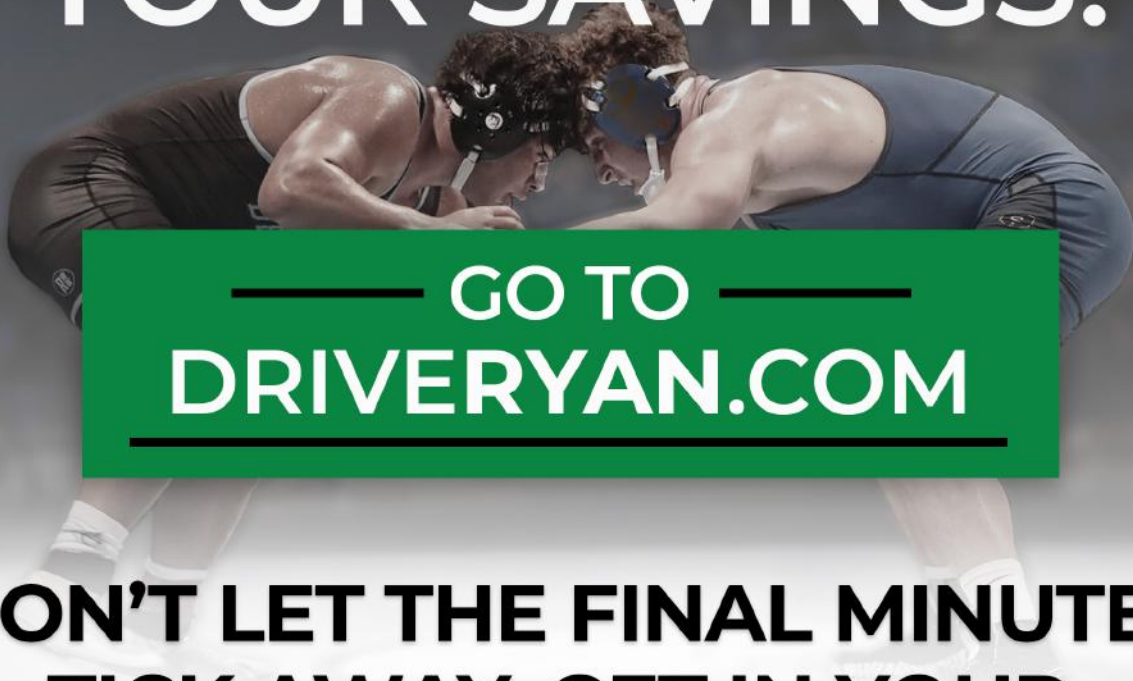


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Minot Magicians



Head Coach: Justin Racine
of Years Coaching: 9th year as head coach (18 years total)

Assistant(s): Mike Stein, Liam Hayden, Willie Ressler
Last Year's Dual Record: 17-7

Reg. Finish: 4th in WDA
State Finish: 5th in Duals, 8th in Individuals

Returning State Placers: DeJarius Jones, David Llamas, Ty Burton, Evan Berg
Other Returning State Qualifiers: Kaden Kraft, Lincoln Brooks

Other wrestlers to watch: Noah Bledsoe, Luke Mortensen, Brock Thompson

Roster:

DeJarius Jones	12th	David Llamas	12th
Jobe Rystedt	12th	Noah Bledsoe	11th
Lincoln Brooks	11th	Ty Burton	11th
Hunter Byer	11th	Caden Conn	11th
Juan Goodvin	11th	Kaden Kraft	11th
Luke Mortensen	11th	Kadyn Phillion	11th
Trance Schon	11th	Evan Berg	10th
Jack Combs	10th	Dalton DeCoteau	10th
Damian Keplin	10th	Eli Lopez	10th
Vincent Martinez	10th	Evan Racine	10th
Gavin Tanberg	10th	Scott Triplett	10th
Brock Thompson	9th		

Season Outlook:

With the graduation of a few top state placers from last year the Magicians are looking to fill those spots with a "next man up" mentality. The Magicians will have a balanced lineup made up of a few guys who were on the brink of being state placers last year. Many of the guys that will appear in the Minot High lineup will be hungry to make a name for themselves within the state and battle for podium spots.

Minot Girls

Conference if applicable: WDA
Last Year's Dual Record: 9-1
Region Finish: Region Champions
State Finish: 2nd Individual; 3rd Duals
List of Tournaments participating in this season:

Head Coach: Mitchell Meyer
Yrs. at present school incl this yr: 3
Yrs. at this school as Head Coach: 3
Yrs. as Head Coach: 6
Total Wins as Head Coach: ?
Overall Record Coaching: ?

Assistant Coaches: Pete Stenberg and Preston Jones
Number of Lettermen Returning: 15
Number of Returning State Placers: 10

Roster:

Monica Boakye, Ella Brown, Elizabeth Mortensen, Madilynn Golphne, Kierstyn Nevels, Anya Hudson, Hallie Nash, Martha Ward, Riley Hansen, Kylee Yetter, Victoria Llamas, Mary Hutchins, Payton Russell, Haleigh Carr, Freya Pederson, Kia Torgeson, Megan Ebach, Katelyn Vetter, Kiera Aguilar, Madelyn Roth, Arianna Aguilar, LizAnne Schnieder-Bruins, Danylah Jefferson, Sadie Richmond, Lilly Nygard, Jade'ence Fletcher, Danijah Moore, Izybella Fritz

- Madisyn Racine-7th Grader

Special Accomplishments:

- 9 Academic All-State
- 9 Returning State Placers

-

Top Prospects and Grade:

1. Many of our girls have been putting in work during the off season. We had 9 girls that represented team North Dakota at the Tulsa National Duals. We have some new 7th graders and new prospects coming into the room that could make some noise this year and we are very excited about it.

List your top stat leaders from last year.

1. Kiera Aguilar- Win % at 80%
2. Saddle Richmond-29 Pins
3. Kiera Aguilar- 239 Team points

List in order your prediction for your Region (Individual)

1. Bismarck
2. Minot
3. Legacy
4. Century
5. Mandan
6. Dickinson

List in order your prediction for your State (Individual)

1. Bismarck
2. Minot
3. Central Cass





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4. Legacy
5. South Border
6. Carrington

List in order your prediction for your State (Dual)

1. Bismarck
2. Minot
3. Central Cass
4. Carrington

Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award. Please list names, awards, and college they will be attending. Is your school co-oping? Yes No If yes, with whom? We are co-oping with Bishop Ryan and Nedrose

Any Additional Coaches Comments or Outlook to this upcoming season. Here:

This team has a ton of talent coming back with their sights set on a top 3 finish. We had many girls put in time over the summer wrestling and in the weight room. We have a solid number of new girls coming out that could have a large impact on how our team finishes at the end of the season.



Week 1 Practice A	Date _____	Total Time 55-75 min
ACTIVITY		TIME
Roll Call and Announcements		5

Warm Up		10
• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)		
• Select 2-3 activities from 1a, 1b, 1c, and 1d each		
• Form lines for these activities. Make sure the athletes are a safe distance apart.		

Introduction of New Techniques		15-20
• Stance & motion		
• Penetration step & level change		

Strength and Skill Based Activities		10-15
• Scramble to stance drill (explain basic stance)		
• Mirror drill		
• Cricket and wicket		
• 2-3 activities from 1f		

Mat Games		10-20
• Power ball		
Cool Down		5
Closing Announcements		



Turtle Mountain-Belcourt Braves

Travis LaRocque	Coach		
Dawson Zerr	Coach		
Raphael Trottier	Assistant Coach		
Kyle Hardy	Assistant Coach		
Aiden Bercier		8th	0-8
Jerrell Vallie		7th	1-3
Keelai DeCoteau		Jr.	1-4
Durand Hamley		8th	7-7
Terryn DeCoteau		7th	1-3
Michael Gourneau		So.	0-2
Landon Walette		So.	13-4
Shaden Upton		8th	0-0
Ben Trottier		So.	10-13
Colin DeCoteau		So.	9-12
Jasper Loran		7th	1-3
Logan Charboneau		Fr.	10-10
Ray Trottier		So.	22-12
Robert Upton		Fr.	0-6
Brayden Starr		Jr.	13-16
David Wilkie		Fr.	6-11
Nathanial LaVallie		Sr.	2-2
Gage Lunday		Sr.	0-1
Mike Charette		Jr.	7-11
Robby Parisien		Fr.	1-4
Ethan Charboneau		Sr.	5-21
Brody Desjarlais		8th	3-12
Chandler Bercier		Sr.	6-17
Colin Parisien		Jr.	20-8
Patrick Marcellais		Fr.	3-3
Samual Lunday		Jr.	0-1
Edward LaVallie		Jr.	0-1
Terrance Gillis		Sr.	4-6
Carl St. Claire		So.	3-11
Lion`ll Walette		Jr.	2-6
Mario Boyer		Jr.	4-10
Ryzon Allery		Jr.	5-4
Gabriel Parisien		Sr.	21-13

As the year gets closer to start the Braves will start to work on putting the 2023-24 team together. Hopefully the number coming out will be up again and it's participants are ready to put in the hard work that is need to succeed in this tough sport. TMCHS does have a returning state placer that come on at the end of last year. Ryzon Allery, TMCHS can expect Ray Trottier, Brayden Starr, Colin Parisien and Gabriel Parisien to lead the team with all the experience they got the past couple of years. Some of the younger wrestlers can step into the varsity shoes and do damage with a lot of work. This should be a great year for the Braves as they continue the great tradition of wrestling in their community.



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Returning State Placer
 •8th - Ryzon Allery (Turtle Mountain) 8-10, Jr.

TMCHS Girls

Kaylee Ledoux	3-11
Sunny Poitra	3-6
Jersey Short	14-13
Jaslyn Akewanzie	2-4
Quesha Medina	15-9
Randi Grant	4-6
Mary Peltier	16-13
Madison Champagne	10-9
Kenley Hamley	4-10



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Watford City Wolves

Jon Matson Head Coach
 Adam Greenhaw Assistant Coach
 Carter Buelow Asst. Coach

Tyler Adkinson
 Jesse James
 Omar Avellaneda Jr.
 Justice Almquist So.
 Brier Arnegard Jr.
 Wyatt Boekelman So.
 Ethan Dennis Sr.
 Julian Franco So.
 San Inman Fr.
 Will Langford So.
 Tucker Mulcahy Jr.
 Damaso Munoz Casau Sr.
 James Rasmussen Jr.
 Corban Sorenson So.
 Stran Sorenson Jr.
 Zane Wagoner So.



also took big steps last year and will be expected to do the same this year, Watching him peak at the end of 2023 was materful the coaches and fans would love to see the same thing again. Next, all other wrestlers need to step it up a notch and work hard to get on and qualify for this years state tournament. Good luck this wrestling season.



The rich tradition of wrestling contiues in Watford City, as the population grew the wrestling team did not grow as fast but it continues to work hard and has goal of success at every level, for kids wrestling who travels to almost every tournament across the state of North Dakota to middle school wrestlers pounding the mats is Williston and Montana it seems like every weekend, and High Schools who compete against some the best class A wrestlers in the West during the winter monthes. Watford Citys does have a couple of returning State placers including freshman who came on late season following the foot steps of a two time state champ at 285 San Inman. He surprised a few hwts at the West Region and found a way to state and took advantage placing 8th. Senior Ethan Dennis will the team leader he comes back with the most experience and will be pressing to be on the top of the podium. Ethan has pushed some of the best wrestlers in the state the past few years as an underclassman, now as a senior he needs to take his turn doing damage to the rest of the state. The Wolves final returning state placer Brier Arnegard

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Dakota Grappler 2023-24

"I Was Made for This": by Jon Gums

In the fiercely competitive realm of amateur wrestling, the resounding declaration, "I was made for this," reverberates through the gymnasiums and college arenas, embodying the unwavering spirit of young athletes dedicated to the art of wrestling. This phrase encapsulates the essence of amateur wrestling, celebrating the grit, determination, and unyielding passion that define the sport at the high school and college levels. Amateur wrestling stands as a testament to the indomitable human spirit, showcasing the fusion of physical prowess, mental resilience, and a deep-rooted love for the sport.

Amateur wrestling, distinct from its professional counterpart, represents the epitome of athletic dedication and raw determination. It thrives within the intense world of high school and college wrestling, where young men and women mold themselves into formidable competitors. When a wrestler proudly exclaims, "I was made for this," they are not just uttering words; they are expressing a profound belief in their ability to overcome challenges and achieve greatness within the confines of the wrestling mat.

High school wrestling serves as the crucible where raw talent is honed, and character is forged. Young athletes, driven by an insatiable hunger for success, dedicate countless hours to perfecting their techniques, building strength, and enhancing

their mental acuity. In the midst of sweat and struggle, these wrestlers find purpose and identity, embracing the challenges that come their way. The phrase "I was made for this" becomes a mantra, empowering them to face opponents head-on, displaying sportsmanship, and exemplifying the values of discipline and perseverance.

College wrestling elevates the sport to new heights, where athletes compete not only for personal glory but also for the honor of their institutions. The collegiate wrestling arena becomes a stage where dreams are realized, and legends are born. Wrestlers who utter the words "I was made for this" exemplify the camaraderie, teamwork, and unwavering determination that define the collegiate wrestling experience. Each match is a testament to their dedication, skill, and the countless hours of training that have shaped them into champions.

Amateur wrestling, in its purest form, is not just a sport; it is a way of life. It teaches invaluable life lessons—resilience in the face of defeat, humility in victory, and the importance of hard work. The phrase "I was made for this" captures the essence of these young warriors' journeys, inspiring generations to come. As we celebrate the indomitable spirit of amateur wrestling, we acknowledge the power of these words, resonating far beyond the mat, echoing in the hearts of every wrestler who dares to dream and believes, "*I was made for this.*"

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Williston Coyotes



Conference if applicable: WDA
 Last Year's Dual Record: 20-4 overall
 Region Finish: 2nd State Finish: 3rd
 List of Tournaments participating in this season:
 Minot Early Bird, Sidney Eagle Invite, Valley City Tourney,
 MC Cowboy, RC Invite, Killdeer dual and Tourney,
 Head Coach: Gresh Jones
 Yrs. as Head Coach: 3rd year
 Assistant Coaches: Matt Carlson, Branden Schultz, Brad
 Krenz, Matt Herbst
 Number of Lettermen Returning: 7
 Number of Returning State Placers: 7
 Coops with Trenton

Roster:

Reese Olson	M	10
Dominic Thompson	M	10
Aaron Morris	M	12
Xander Glen	M	10
Kellan Larson	M	11
Ivan Jolley	M	10
Alec Johnson	M	10
talon Deaver	M	10
Iziah Stonehocker	M	11
Sulley Krenz	M	9
Vernon Copenhaver	M	11
Tyson Taylor	M	10
Tristan Black	M	10
Charles Chamley	M	10
Jacob Yetto	M	12
Hunter Norpel	M	11
Drew Scott	M	11
Diego Dickson	M	
Kaleb Minton	M	12
Cody Crosland	M	11
Killian Huelsman	M	10
Tyson Rice	M	10
Aaron Tholborn	M	12
Taylin Bennett	M	10
Jerry Abner	M	10
Colton Adams	M	11

Frank Hardcastle	M	11
Emiliano Morales	M	10
Ewan Radway	M	10
Brooks Bratlien	M	10
Blake Engleman	M	10
Jordyn Radasa	F	10
Garrett Solberg	M	12
Ty Wiedrich	M	12
Kacee Volz	F	10
Shawn Branham	M	12
Landon Riely	M	11
Jonas Noble	M	10
Isiah Gonzalez	M	11
Asa Lloyd	M	10
Jordan Murillo	M	10
Dante Novembre	M	12
Cooper Diehl	M	9

Nyk Snyder, Wyatt Kilgore transfered in from Oklahoma,
 Aaron See transfered in from Sidney. Isiah Haugen is a fresh-
 men and will be someone to watch this year.

Special Accomplishments:

WDA coach of the year 2022,2023.
 ND Coach of the year 2023.
 7 returning state placers. Aaron Morris, Vernon Copenhaver,
 Kellan Larson, Kaleb Minton, Tyson Rice, Ty Wiedrich,
 Landon Riely (Injured)

Top Prospects and Grade:

Aaron Morris/Ty Wiedrich/Kaleb Minton: 12th grade
 Vern Copenhaver/Kellan Larson, Landon Riely/Aaron See/
 Colton Adams: 11th grade
 Tyson Rice/Ivan Jolley: 10th Grade

Isiah Haugen: 9th grade

List your top stat leaders from last year.

1. Landon Riely
2. Ty Wiedrich
3. Kellan Larson

(Individual) Region Prediction

1. BHS 2. Williston 3. Century 4. Minot 5. Legacy
6. St. Mary

(Individual) State Prediction

1. BHS 2. Williston 3. WF Sheyanne 4. Century 5. Minot



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Carrington Cardinals

Conference if applicable: Region 2
 Last Year's Dual Record: 10-5
 Region Finish: 3 rd in both duals and individual
 State Finish: 10th
 List of Tournaments participating in this season:
 Minot, Velva, Carrington, Linton, Rumble, Casselton, Lisbon,
 and East-West.
 Head Coach: Josh Kerbaugh
 Yrs. at present school incl this yr: 14
 Yrs. at this school as Head Coach: 12
 Yrs. as Head Coach: 19
 Total Wins as Head Coach:??
 Overall Record Coaching:??
 Assistant Coaches: Kenny Wobbema, Justin Jensen,
 Riley Lura
 Number of Returning State Placers: 2

Roster:

Skye Kramlich	Fr.	26-13
Dru Carr	Jr.	25-20
Kolby Zink	So.	16-15
Gabe Clifton	Fr.	27-10
Nic Garber	Fr.	30-17
Vinnie Ruppell	So.	1-10
Miguel Clark	Fr.	0-0
Corbin Clifton	Jr.	32-15
Anthony Broadwell	So.	5-7
Jameson Kalliokoski	8th	2-11
Jacob Hinrichs	So.	16-20
Max Ciubotareanu	Jr.	20-20
Callen Garber	Jr.	23-19
Charles Jorgensen	Fr.	10-17
Kirby Freeman	Fr.	6-14

- 7 th graders

Gabe Intlsh, Kallen Wolsky, Oakley Hagel, Billy Jorgensen,
 Layton Savageau, Jaxon Zink, Isaiah Otis
 Special Accomplishments:

Returning State Placers:
 Corbin Clifton (3rd) and Drew Carr (6th)
 Top Prospects and Grade:
 Drew Carr 11th , Max Ciubotareanu 11th , Callen Garber
 11th, Corbin Clifton 11th , Jacob Hinrichs 10th , Kolby Zink
 10th , Nic Garber 9th , Skye Kramlich 9th , Gabe Clifton
 Coaches' comments as to the best quality of the wrestlers
 Dru Carr: Has a great passion for the sport!
 Max Ciubotareanu: Great hips!
 Callen Garber: Powerful wrestler!
 Corbin Clifton: Great athlete and technician!
 Jacob Hinrichs: Uses his leverage extremely well especially
 with his mat skills!
 Kolby Zink: Is really coming into his own as a wrestler and is
 getting much better in all three positions!
 Gabe Clifton: Never Quits!
 Nic Garber: Loves wrestling and made great strides this sum-
 mer!
 Skye Kramlich: Is one of the hardest workers around!

List your top stat leaders from last year.

1. Trace Hoggarth
2. Kael Kovar
3. Corbin Clifton





Carrington Girls

Conference: East Region

Last Year's Dual Record: 8-6

Region Finish: 2 nd Duals, 5 th Individual

State Finish: 6 th duals, 10 th individual

List of Tournaments participating in this season:

Minot Trny, Napoleon Trny, Carrington Trny, South

Border Trny, Rumble on the Red,

Bismarck Rotary, Lisbon Trny, Central Cass Trny,

Head Coach: Mark Pazdernik

Yrs. at present school incl this yr: 25 years

Yrs. at this school as Head Coach: 2 years

Yrs. as Head Coach: 2 years

Assistant Coaches: Kip Kovar, Trisa Schroeder,

Karlee Brown

Number of Lettermen Returning: 15

Number of Returning State Placers: 2

Player Information:

Seniors

Karlee Lesmann

Taya Lura

Kylie Skadberg

Juniors

Kendall Kovar

Mercedes Lura

Jazmyn Ybarra

Sophomores

Juliet Davis

Khendra Garcia

Ashley Lindberg

Kelsi Neuman

Jyllian Parker

Nevaeh Sorensen

Freshman

Madalina Ciubotareanu

Journey Peltier

Paige Studdard

8th Grade

Jocelyn Biel

Kenzie Jost

7th Grade

Skarlet Ekren

Adisyn Reimche

Aysa Reimche





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Carrington Wrestling Schedule 2023-24

Nov. 17, Fri	Minot Tourney	TBA	Jan. 5, Fri	Central Cass Tourney	TBA
Nov. 18, Sat	Minot Tourney	TBA	Jan. 6, Sat	Central Cass Tourney	TBA
Nov. 21, Tsues	Oakes Dual	6:00	Jan. 11, Thurs	MPCG/Crookston/HCV	5:00/6:00/7:00
Nov. 30, Thurs	Northwood/Rugby	5:00/7:00	Jan. 13, Sat	Cgtn JV Championships	TBA
Dec. 1&2 F,S	Velva Tourney	3:30	Jan. 16, Tues	PCN/Northern Lights	TBA
Dec. 7, Thurs	Larimore/Grafton T	BA	Jan. 19, Fri	Lisbon Tourney	5:00
Dec. 8, Fri	Carrington Duals	TBA	Jan. 20, Sat	Lisbon Tourney	9:30
Dec. 9, Sat	Carrington Individuals	10:00	Jan. 28, Fri	East-West Tourney	12:00
Dec. 15, F &S	Linton Tourney	3:00	Jan. 29, Sat	East-West Tourney	9:00
Dec. 19, Tues	Lisbon Dual	TBA	Feb. 3, Sat	Sub Regionals - Dual	10:00
Dec. 28, Thurs	Rumble Tourney	10:00	Feb. 10, Sat	Region - Individual	10:00
Dec. 29, Fri	Rumble Tourney	TBA	Feb. 15-17, Th,F,S	State	TBA



Ellendale-Edgeley-Kulm Thunder

Last Year's Dual Record: 4 - 8

Region Finish: N/A

State Finish: 7th

Head Coach: Tom Nitschke

Yrs. at present school incl this yr: 1 st year

Yrs. at this school as Head Coach: 1 st year back with EEK

Assistant Coaches: Clayton Gruenich

Number of Lettermen Returning: Several

Number of Returning State Placers: 2

Player Information:

Roster:

Walker Miller	9	14-17
Jaeger Sand	8	27-15
Max Tjernlund	11	16-16
Greg Fuher	11	18-13
Isaiah Carruth	12	35-8
Drew Thorpe	9	10-17
Ivan Carruth	10	34-6
Ty Lloyd	8	2-4
Elijah Kolstad	8	0-2
Gage Miller	8	5-4
Nash Nitschke	8	6-9
Ethan Taszarek	8	12-11
Ben Satrom	8	0-4
Carson Henningsen	9	9-15
Ethan McBride	9	4-16
Jerimiah Kolstad	11	0-0
Agustin Ocampo	11	1-13
Benet Giesler	9	4-8

Coaches' comments:

We are a young team but a very solid core group of wrestlers with a very solid group of 7 th – 9 th grade wrestlers. We struggle filling all weight classes but that looks to improve this year and into the future. We feel by making some minor changes in our program we will be competitive in duals and individual tournaments.

List your top stat leaders from last year.

(Grades are this year's grade)

1. Ivan Curruth 10 th grade 34 - 6
2. Issiah Curruth 12 th 35 - 8
3. Jaeger Sand 8 th – 34 - 18
4. Greg Fuher 11 th 23 - 15

EEK Girls

Conference: East

Last Year's Dual Record: n/a

Region Finish: 10th

State Finish: 18th

Head Women's Coach: Zachary Broadwell

Yrs. at present school incl this yr: 6

Yrs. at this school as Head Coach: 1

Yrs. as Head Coach: 1

Total Wins as Head Coach: this is my first year

Assistant Coaches: Cyndal Glynn

Number of Lettermen

Returning: 4

Number of Returning State

Placers: n/a

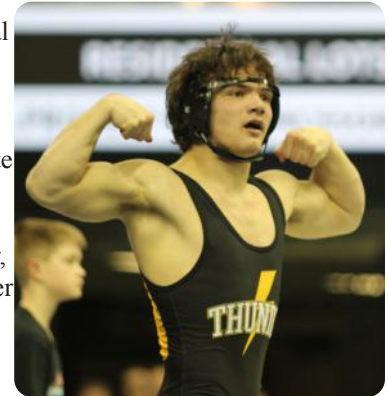
Player Information:

8th graders: Marlie Miller, Liam Glynn, Audrey Fuher

9th Graders: Madeline Thorpe, Mazie Tjernlund, Aunna Thorpe

10th Graders: Matti Moch

12th Graders: Mackenzie Thorpe



Top Prospects and Grade:

Audrey Fuher and Liam Glynn both made the blood round at state last year as seventh graders. Madeline Thorpe qualified for state as an eighth grader after joining the team in mid January.

Coaches' comments:

Audrey Fuher had a really great seventh grade season. She wrestles from all positions and is very dangerous. She spent time this summer wrestling in Iowa and Oklahoma. Liam Glynn had a good end of the season last year. She worked extremely hard this summer putting in a lot of hours practicing multiple times a week.

Region (Individual)

1. Fargo
2. Central Cass
3. South Border
4. West Fargo Sheyenne
5. Carrington

State (Individual)

1. Bismarck
2. Legacy
3. Minot
4. Central Cass



Any Additional Coaches Comments:

We have a very young team of good athletes and great women. We hope to build a great foundation that sets us up to be contenders when our young core becomes upperclassmen.

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Grafton Spoilers

Last Year's Dual Record:

Region Finish: 9th

State Finish: 24th

List of Tournaments participating in this season:

Hillsboro, Carrington, Grafton, Central Cass, Rugby, Lisbon

Head Coach: Jaden Lemar

Yrs. at present school incl this yr: 3

Yrs. at this school as Head Coach: 2

Yrs. as Head Coach: 4

Assistant Coaches: Gene Fayette, Joe Rodriguez

Number of Lettermen Returning: 7

Number of Returning State Placers: 1

Roster:

Aidan Espinoza	9	3-18
Andy Pulak	8	7-19
Kruiser Burns	11	40-7
Isaac Navarro	9	13-20
Shaiden Thomas	10	7-16
Miguel Rodriguez	9	9-19
Robert Rodriguez	11	6-27
Henry Sveen	8	0-0
Julien Thomas	9	3-14
Koda Moore-Hicks	11	0-0

7th Graders expected to on our roster this year will be Zach Phillips, Trentyn Morris, Hayden Moore-Hicks, Matthew Thompson, Dylan Tapia, Tucker Bata

New 8th graders expected are Francis Dunor

11th Kota Moore-Hicks

wrestlers in college.

Chance Burns and Alex Ibanez wrestling at Southwest Minnesota State

Special Accomplishments: Kruiser Burns placed 3rd @ state



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Hillsboro - Central Valley Burros

Conference: B East Region
 Last Year's Dual Record: 6-17
 Region Finish: 5th dual, 5th individual
 State Finish: 11th
 List of Tournaments participating in this season:
 HCV Dual Tournament Rod Olson Invitational Grafton Let-
 terman's Panther Booster East West
 Head Coach: Rob Owens
 Yrs. at present school incl this yr.: 11
 Yrs. at this school as Head Coach: 2
 Yrs. as Head Coach: 2
 Total Wins as Head Coach: 6-17
 Overall Record Coaching: 14 years as an assistant, 2nd year
 as a head coach
 Assistant Coaches: Matt Anderson Luke Leshuk
 Number of Lettermen Returning: 13
 Number of Returning State Placers: 2

Roster:
 Ben Nelson 8, Ethan Drake 9, Max Bockness 9 Cade Mueller
 9, Wyatt Meiers 9, Justin Torroll 10 Carson Kozojed 10
 Rylan Sundby 10 Sawyer Owens 10 Brayden Chenault 10
 Jack Mattson 10 Zander Dovenmuehler 10 John Mattson 10
 Ben Thompson 11 Fernando Rios 11 Tyson Sundby 11 Carter
 Iverson 12 Adam Smith 12
 7th graders: Logan Fitzner, and hopefully a few more surpris-
 es out there. Gabrielle McNamara and maybe a few more girls
 will join this year.

Special Accomplishments: We have two returning state
 placers and three returning academic all-state on the boy's
 side. On the girl's side we have one state qualifier and one
 academic all-state.

Top Prospects and Grade: We have a great sophomore class
 this year with Sawyer Owens (Runner up last year at 126),
 Carson Kozojed (5th place last year) and Brayden Chenault
 (one away from placing). We have two juniors, Ben Thomp-
 son,

Fernando Rios, that made state last year and look for great
 things from them this year. We have one senior this year and
 we hope to see Carter Iverson hit those goals in his last year
 of wrestling. Crystal Magnuson is the leader of our girls'
 team and we hope to see some more girls hitting the mat this
 season.

Coaches' comments:
 All of our wrestlers are competitive. Our team is not afraid to
 take on quality competition on the mat. Sawyer Owens and
 Carson Kozojed have battled together since they were in
 kindergarten. They have improved each year by attending
 various camps and are three sport athletes. Brayden Chenault,
 Ben Thompson and Fernando Rios are on the cusp of placing
 at state this year. As they progress throughout the year we will
 be looking to them to produce some quality wins and help the
 team to bring some more hardware home this season. I have
 high hopes for a few of our wrestlers to take their place in the
 lineup.



Zander Dovenmuehler and both Tyson and Rylan Sundby will
 be a vital part of our team success. We are looking to see all
 of these men on the podium again this coming year. For the
 girls, we have Crystal Magnuson who qualified for state and
 we are hoping she makes the podium this year.

List your top stat leaders from last year.

1. Sawyer Owens
2. Carson Kozojed
3. Ben Thompson

Region (Individual)

1. South Border
2. Lisbon
3. Northern Lights
4. Oakes
5. Pembina County North
6. Kindred

State (Individual)

1. South Border
2. Northern Lights
3. Lisbon
4. New Salem
5. Killdeer
6. Bishop Ryan

State (Dual)

1. Northern Lights
2. Lisbon
3. South Border
4. New Salem
5. Bishop Ryan
6. Hettinger

Is your school co-oping? Yes Central Valley

Coaches Comments: This will be a great season if we can stay
 healthy and pick up a couple of new kids. We have great lead-
 ers in our room and we could be a surprise in the east region.
 Our girls' team will still be small but we will have our vet-
 eran sophomore Crystal Magnuson working on making that
 podium.

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Kindred Vikings

Conference if applicable: East Region/Region 1
 Last Year's Dual Record: 6-5
 Region Finish: 7th
 List of Tournaments participating: Dan Unruh, LaMoure, Linton Holiday, Letterman's, Storhaug, East-West
 Head Coach: Justin Lehmann
 Yrs. at present school incl this yr: 12
 Yrs. at this school as Head Coach: 12
 Total Wins as Head Coach: 39
 Overall Record Coaching: 39-105
 Assistant Coaches: Mike Rude, Matt Myers, Jace Carter, Easton Ogren

Number of Lettermen Returning: 15
 Number of Returning State Placers: 2

Roster:

Noach Swenson	M	Fr.	13-18
Gavin Rude	M	8th	9-18
Hayden Wieser	M	So.	1-8
Gavin Swenson	M	8th	0-0
Taryn Roesler	F	Fr.	0-0
Brock Johnson	M	Fr.	16-4
Myles Thielges	M	Fr.	22-16
Fisher Johnson	M	Fr.	9-16
Ryker Lachowitz	M	Jr.	4-12
Rylie Rankin	F	Jr.	0-0
Jack McDonald	M	Jr.	8-19
Jeremy Knight	M	8th	1-11
Tanner Menge	M	8th	25-18
Gavin Niemeyer	M	Fr.	4-8
Elliott Wolf	M	8th	0-0
Lincoln Swenson	M	So.	11-13
Tyson Johnson	M	Jr.	13-14
Rodney Wolf	M	Jr.	24-15
Cole Richard	M	Fr.	7-15
Zander Swenson	M	Jr.	3-3
Ethan Fornshell	M	Jr.	0-0

7 th graders – Chase Cummings, Cash Fetsch, Briar Gibbon, Jaxson Grossman, Jaeger Jordheim, Cody Matthys, Nolan Menge, Kellan Otteson, Bristol Swanson

Special Accomplishments:

Returning State Placer: Tanner Menge – 8th at 145, Rodney Wolf – 7th at 195

Academic All-State: Brock Johnson, Myles Thielges, Tanner Menge, Rodney Wolf

Top Prospects and Grade:

Rodney Wolf - 11th – Rodney is a returning state placer and one of our team leaders. Rodney works hard every day both at practice and in the classroom. Rodney had some wins against some of the top wrestlers at his weight last year.
 Brock Johnson – 9th – Brock is coming off a year where he battled through multiple injuries. He was seeded 5 th at state before getting a concussion two days before the state tourna-



ment. Brock is a good all-around wrestler and can be very explosive at times.

Myles Thielges – 9th – Myles is a very smart wrestler. He came a match short of placing at state last year after placing as a 7th grader but has competed well against some of the top wrestlers at his weight.

Tanner Menge – 8th – Tanner came in as a 7 th grader at 145/152 and showed he can compete from the start, finishes with an 8 th place state finish. Tanner is a hard worker and rarely gets outworked on the mat.

List your top stat leaders from last year.

1. Tanner Menge – Wins, Reversals, 2 pt. Nearfalls
2. Myles Thielges – Takedowns, 3 pt. Nearfalls
3. Rodney Wolf – Pins, Escapes

Additional Coaches Comments After a 22-23 season that was the first winning dual season for Kindred in well over a decade, the Vikings will be looking to build upon that and will try to have even more success in both duals and individuals. With no senior wrestlers on the team, we will once again be a younger team, but with a little more leadership and experience at the top than the last few years.

We will be led by our four juniors, including one state-place-winner. Rodney Wolf finished a solid sophomore season in 7 th place at 195, while beating some of the top place-winners at that weight along the way. Tyson Johnson, Jack McDonald, and Ryker Lachowitz are the other juniors, all of whom were in the lineup at various times throughout the season. Tyson and Jack will likely be key pieces to our lineup this season, and we are hoping they take some big steps forward in their wrestling.

We have two sophomores on the team in Lincoln Swenson and Hayden Weiser. Lincoln has been in the lineup for most of the last two years, so he brings some valuable experience to the lineup. Hayden has been stuck behind some other wrestlers but was able to get a little bit of varsity experience last year and will look to crack the lineup this season.

Our freshman group has been one of the main building blocks of our program since they were younger. This group is led by



Dakota Grappler 2023-24

Myles Thielges and Brock Johnson. Myles is a two-time state qualifier (placed 7 th in 7 th grade) who has shown he can

compete with the best wrestlers, but has struggled to beat them. Brock has a rough season battling injuries, but qualified for state last year and was seeded 5th before being knocked out of the tournament due to suffering a concussion at practice the week of state. These two are expecting to have big seasons for us on the mat. Other freshmen who were in the lineup for the majority of the season last year are Noach Swenson, Fisher Johnson, and Cole Richard. These three figure to be key pieces for us this year as well.



The 8 th graders are a group that got quite a bit of varsity experience as 7 th graders. Tanner Menge finished as state-placer last year at 145 and is looking to continue to improve on that this year. Gavin Rude and Gavin Swenson will likely slot in to the two lower weights this year and will look at getting to the state tournament for the first time.

The other wrestlers in freshman and 8 th grade group, combined with the nine incoming 7 th graders, will look at getting more experience, and will be important to the growth of our program.

We currently only have one girl wrestler in freshman Taryn Roesler. Taryn finished as the East Region runner-up at 100 pounds last year, but fell one win shy of placing at the state tournament. With another year under her belt, Taryn will be looking at making the state podium this year.

As a team, we know we are continuing to grow, and will have moments of ebbs and flows. We have stressed building the foundation for our program over the last few years. Now that we feel we have built that foundation, we have a lot higher expectations than in years past, and we are looking forward to seeing what we can accomplish together this season.



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LaMoure Litchville/Marion Loboes

Head Coach: Matt Hebl # of Years Coaching: 22 years
 Assistant(s): Brent Hebl, Dalton Hamlin, Jarrett Christoferson, Dave McDonald.
 Returning State Placers
 3rd - Karyssa Meidinger 22-6, So.
 •7th - Logan Potts 38-8, Fr.
 •7th - Joey Heyd 33-16, So.
 Cael Hebl 8th n 2022

Region Predictions

1. Lisbon
2. South Border
3. Oakes
4. E/E/K

State Predictions Dual: 1. Lisbon 2. New Salem-Almont
 3. Northern Lights 4. South Border 5. Bishop Ryan 6. Kenmare

State Individual Team: 1. Lisbon 2. New Salem-Almont
 3. South Border 4. Northern Lights 5. Kenmare 6. Bishop Ryan

Roster:

Logan Potts	M	Fr.	33-5
Joseph Potts	M	8th	13-8
Andre Van Eeden	M	8th	4-9
Joey Heyd	M	So.	27-13
Leo Lahlum	M	8th	6-7
Grayson Mattson	M	8th	3-7
Karyssa Meidinger	F	So.	1-0
Jayden Paul	M	Fr.	7-9
Jace Duffy	M	Jr.	19-11
Dustin Ketterling	M	Sr.	9-20
Rylee Christoferson	M	Fr.	0-3
Maddux Shockman	M	Jr.	14-15
Cael Hebl	M	Jr.	16-9
Henry Lettenmaier	M	Fr.	10-4
Gavin Christoferson	M	So.	4-8
Jake Kramer	M	Jr.	9-12
Tucker Jones	M	So.	3-6

Season Outlook:

The Loboes are excited to continue to re-build on their success from the 2022-2023 season. Coming off a year where the Loboes qualified 10 wrestlers for the State tournament, finished in 12 th place overall with 4 returning State placers, the Loboes have a lot to be excited about.

The toughest part is that the team lost several to graduation. The heart of this year’s squad was their senior class. The 8 seniors will be missed This crew has been a huge part of the program since they hit Junior high, with many of these guys competing at the Varsity level since then.

Logan Potts stepped it up in 2022-23 and really wrestled well down the stretch winning many in a very tough weigh class he had a great record as an eighth grader 38-8, and looks to improve that this season.

Joey Heyd now a sophomore and found his way to place last year at state at another really tough weight class and his region was also stacked. He will have to do it again by showing great leadership and commitment to a team that will be consider rebuilding.

Cael Hebl is the Loboes other returning State placer but it happened in 2022. He fought his way to an 8th place finish as a freshman. He will need to continue to improve and solidify the middle of the lineup. The team has high expectations and have set their sets on the programs first trip to the State dual tournament and a top 5 finish in the individual tournament. With a lot of hard work, a little luck, and keeping everyone healthy, the Loboes should be primed to achieve their goals. Good luck to all teams this season.

Girl’s Coaches: Matt Hebl and Jarrett Christoferson

Roster: Karyssa Meidinger

Loboe Girls Wrestling Outlook:

The Loboes have one athlete competing in Girl’s wrestling. Karyssa Meidinger has competed in wrestling since she was a 3rd grader. Most of the time throughout her elementary career she competed against boys and loved the challenge of competing against them. When she hit 7th grade, she decided to join Girls’ basketball.

After a year away and really missing the sport of wrestling. She decided she wanted to get back into it with the news of the NDHSAA sanctioning Girls wrestling. Karyssa fits right in with the team since she has competed with all of them throughout elementary and she has earned the respect of her teammates with her hard work, toughness, and dedication to the sport. Karyssa had a phenomenal year as an 8th grader. She finished with a 28-6 then finished 2023 22-6 placing 3rd this season she is working to be on top of the podium She will also participate on the boys dual team and will be very competitive at any lower to mid weight class and helping the team succeed in any way she can. Good Luck this season Karyssa.

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Larimore Polar Bears

Conference: NorthEast subregion for Duals/East Region for Individual

Last Year's Dual Record: 3-7

Region Finish: Duals (n/a) Ind 7th

State Finish: 22nd

List of Tournaments participating in this season:

Velva, Carrington, Linton or Grafton, Central Cass Northern Lights Quad, and the Larimore Invite.

Head Coach: Bryce Moen

Yrs. at present school incl this yr: 4, 3 as an assistant, This year is 1st as head coach

Yrs. at this school as Head Coach: 0

Yrs. as Head Coach: 0

Total Wins as Head Coach: 0

Overall Record Coaching: 0-0

Assistant Coaches: Kolton Moen

Number of Lettermen Returning: 4,

Levi Todd-8th, Jacob Harris-9th, Ben Botelho-9th, Brooklyn Gerszewski-10th

Number of Returning State Placers: 0

Player Information:

Levi Todd (121/127),

Jacob Harris (152/160),

Ben Botelho (139/145),

Brooklyn Gerszewski (235).

We will have some first year kids but their weights are unknown.

Roster: Some new kids on our team this year could be David Botelho-8th, Hunter Thorvilson-9th, Manny Gomez-10th, Logan Phillips-11th, Keith Kitteridge-9th.

Special Accomplishments: Levi Todd is a returning State Qualifier.

Top Prospects and Grade: Our numbers are low but all of our wrestlers attended camps this summer and were active in the weight room.



Coaches' comments

It will be different this year in the room after Jim Rygg retired last season. We just hope to continue to see the growth in our wrestlers and also the growth in the number of wrestlers. We graduated 3 state placewinners from last season (which was our most since 2003) and they will be tough to replace. However we are a young team and have some kids that like to work hard so they should see success if they keep it up.

List your top stat leaders from last year.

1. Colter Thorsell (graduated)
2. Eric Hoffmann (graduated)
3. Levi Todd

Region (Individual)

1. South Border
2. Northern Lights
3. Lisbon
4. Carrington
5. Pembina County North
6. EEK

State (Individual)

1. South Border
2. Lisbon
3. Northern Lights
4. New Salem
5. Killdeer
6. Bishop Ryan

State (Dual)

1. South Border
2. Lisbon
3. Northern Lights
4. Velva
5. New Salem
6. Killdeer

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Lisbon-Enderlin Broncos

Last Year's Dual Record: 18-0
 Region Finish: 1 st in duals and individual
 State Finish: 1 st in duals, 2 nd individuals
 List of Tournaments participating in this season:
 Dan Unruh, Al Larsen, Valley City Holiday, Letterman's,
 Storhaug, East/West
 Head Coaches: Rich Lacina and Kevin McCleary
 Total Wins as Head Coach: 102
 Overall Record Coaching: 102-3
 Assistant Coaches: Wyatt Smith and Jordan Sours
 Number of Lettermen Returning: 15
 Number of Returning State Placers: 5
 Player Information:
 Seniors: Blaze Reinke (2 nd @ 152), Mike Nelson (3 rd @ 145), Kashden Wadson (SQ @ 132), Drew Anderson (SQ @ 220), Jordan Dick, Kadya Robertson, Ryan Olson, and Cam Opp
 Juniors: Aiden Hinkle and Seamus Kelly
 Sophomores: Noah Anderson (2 nd @ 120), Ryan Enge, Gavin Robertson, Griffin Greenley (7 th @ 126), Greyson Lyons (SQ @ 113), Amos Ramerman, Eli Lyons, Camden Rondestvedt, Jayce Zimprich, Brock Lyons, Zach Ward, and Orien Adargo
 Freshman: Cayden Dawson, Blake Rufsvold, Weston Clauson, and Tristan Schwab
 8th Grade: Ian Anderson, Micah Froemke, Madden Schwab, Cruz Reinke, and Jaxon Lee
 7th Grade: Riley Lacina, Nyus Lyons, Garon Sad, and Alex Henricks
 Top Prospects and Grade:
 Blaze Reinke and Mike Nelson have both finished runner-up in their career, and will be looking to top the podium in their

senior campaign. Noah Anderson finished runner-up as a freshman last year at 120, while Ryan Enge was out of the lineup last season after finishing runner-up in 2022. These four state finalist will likely lead the way as the younger wrestlers gain experience throughout the year.



List your top stat leaders from last year.

1. Blaze Reinke was a state runner-up at 152
2. Noah Anderson was a state runner-up at 120
3. Mike Nelson placed 3 rd at 145

List in order your prediction for your Region finish (Individual)

1. Lisbon 2. South Border 3. Oakes 4. Lamoure 5. Kindred 6. EEK

List in order your prediction for your State finish (Individual)

1. Lisbon 2. South Border 3. New Salem 4. Northern Lights 5. Carrington

List in order your prediction for your State (Dual)

1. Lisbon 2. South Border 3. New Salem 4. Northern Lights 5. Carrington

Please list names, awards, and college they will be attending.
 Boeden Greenley is wrestling at NDSU this season
 Caleb Nielsen is wrestling at Dickinson State
 Any Additional Coaches Comments
 The new region alignment will make things interesting in February across the entire state. The Broncos lost a lot of great talent to graduation, and will see a number of our younger guys making hay on varsity this season. There are some talented underclassman, and they will be learning under fire during the season. By season's end, we are hoping to see the boys rounding into form and ready to leave their mark in the Dome.



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Mayville-Portland-C-G Patriots

Gary Mueller Coach

Roster:

Daniel Lozano	M	Jr.	8-19
Kaylee Mueller	F	8th	0-0
Blake Amb	M	8th	8-11
Logan Neilson	M	Fr.	8-6
Jaylen Harstad	M	Sr.	8-21
Maddix Moch	M	Fr.	10-18
Bryce Moch	M	Sr.	21-14
Joseph Clagg	M	Sr.	8-21
Craig Anderson	M	Sr.	9-13
Brooks Braun	M	Sr.	10-14
Josiah Campbell	M	Jr.	9-17
Layne Anderson	M	Sr.	13-8
Joshua Kvernen	M	Jr.	7-18



Practice Plans Example #2

Single Leg – Clearing Ties Session

Warm-Up 20 minutes

Tumble / Stretching
Line Drill

Technique 40 Minutes

Using all the below clears to score with Single Leg:
Finish High, Set the hands on high, run the pipe,
knee to hole:

Clearing two handed post
Clearing front head lock (can peek here)
Clearing collar with pass
Clearing underhook with elbow down

Conditioning:
200 push-ups
200 sit-ups
100 KB Swings

Total Practice Time Approx. 75 Minutes

3 Returning State Qualifiers

Layne Anderson
Daniel Lozano
Bryce Moch

As Class B goes to 2 Super Regions the Patriots will have to improve a this season. Region 1 and Region 2 put together will put additional pressure on the wrestlers to qualify for state. They can be up to the task with hard work and team leadership.

Bryce Moch was one match away from placing at state last year.

Several wrestlers took 5th at regions and just missed qualifying for state. It will be a big year for this team with several seniors who have to step up and be team leaders.

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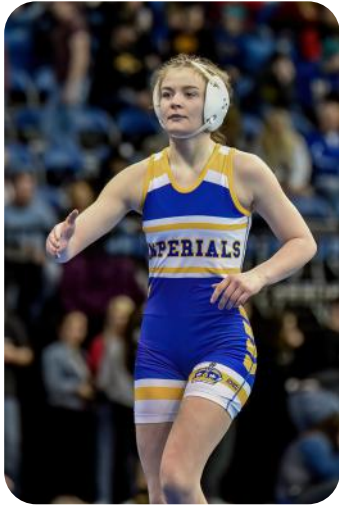


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Napoleon Gackle Streeter Imperials

Conference if applicable: East Region

Last Year's Dual Record: 5-8

Region Finish: 5 th Duals, 8 th Individuals

State Finish: 18th

List of Tournaments participating in this season: Velva, Carrington, Linton, Rugby, Casselton, New Salem

Head Coach: Kriss McCleary

Yrs. at present school incl this yr: 9

Yrs. at this school as Head Coach: 8

Yrs. as Head Coach: 8

Assistant Coaches: Kelly McCleary & Jordan Dewald

Number of Lettermen Returning: 6

Number of Returning State Placers: 1

Player Information:

Hunter Schumacher	M	7
Brooks Grunefelder	M	7
Dalton Feist	M	11
Tyson Gruneich	M	8
Brennen Bernard	M	8
Kristopher Lybrand	M	12
James Moch	M	8
Bryce Schneider	M	9
Mason Weigel	M	11
Gage McDowell	M	10
Erik Salazar	M	12
Devon Gader	M	12
Jack Hoberg	M	11

Special Accomplishments:

-Dalton Feist- Returning State Champ. All-American at Fresh/Soph Duals

Top Prospects and Grade:

- Mason Weigel- 11 th Grade

- Dalton Feist- 11 th Grade

Coaches' comments: Dalton Feist looks comfortable in all positions on the mat. His balance and mat awareness make him a tough wrestler to beat, which he showed last year with his run to a state championship at 106 lbs.

Mason Weigel is a 3 time state qualifier who is looking to find the podium this year. His ability to never be out of a match with one big move makes him a must-watch wrestler.

List your top stat leaders from last year.

1. Dalton Feist
2. Daxtyn Eslinger
3. Mason Weigel

List in order your prediction for your Region (Individual)

1. South Border
2. Lisbon
3. PCN
4. Carrington
5. Oakes
6. Kindred

List in order your prediction State (Individual)

1. South Border
2. Lisbon
3. Velva
4. New Salem
5. Carrington
6. Kindred

List in order your prediction for your State (Dual)

1. South Border
2. Lisbon
3. Velva
4. New Salem
5. Carrington
6. PCN

Is your school co-oping? Yes No If yes, with whom? Gackle-Streeter & Kidder County

Coaches Comments: The region re-alignment will make for a unique season with new rivalries forming and some old rivalries diminishing. The Imperials are looking to build back the long tradition of its wrestling program with some fresh faces on the team, along with some returning varsity wrestlers. This balance should provide a good nucleus for the season and help the building blocks of the future of Imperial Wrestling

Napoleon GS Girls

Conference if applicable: East Region

Region Finish: 11th

State Finish: 14th

List of Tournaments participating in this season: Napoleon, Velva, Carrington, South Border, Rotary, Casselton

Head Coach: Kriss McCleary

Yrs. at present school incl this yr: 3

Yrs. at this school as Head Coach: 3

Yrs. as Head Coach: 3

Total Wins as Head Coach: NA

Overall Record Coaching: NA

Assistant Coaches: Kelly McCleary

Number of Lettermen Returning: 3

Number of Returning State Placers: 3

Roster:

Jazlyn Weigel	F	12
Karissa Mann	F	12
Alexis Schneider	F	11

Special Accomplishments:

Alexis Schneider- 2-Time Undefeated State Champion. Team





ND member at Tulsa.

Jazlyn Weigel- 6 th place state placer. Team ND member at Tulsa.

Karissa Mann- State Runner-Up

Top Prospects and Grade:

Alexis Schneider- 11 th , Jazlyn Weigel- 12 th , Karissa Mann- 12 th

Coaches' comments

Alexis Schneider has the mental and physical toughness to take on any opponent and the work ethic to make sure she is prepared for them.

Jazlyn Weigel has the resiliency to face any obstacle thrown at her and overcome it to be successful.

Karissa Mann has a quiet confidence to her wrestling style that helps her maintain focus on the task at hand.

List your top stat leaders from last year.

1. Alexis Schneider
2. Karissa Mann
3. Jazlyn Weigel

List in order your prediction for your Region (Individual)

1. Casselton
2. South Border
3. PCN
4. Lisbon
5. Carrington
6. Grand Forks

List in order your prediction for your State. (Individual)

1. BHS
2. Legacy
3. CHS
4. South Border
5. Minot
6. Fargo

List in order your prediction for your State (Dual)

1. BHS
2. Legacy
3. CHS
4. South Border
5. Minot
6. Fargo

Any Additional Coaches Comments

Although our numbers are down, the Imperials are returning 3 state placers from last years team. Girls wrestling for the Imperials will continue to be a numbers game for recruiting new girls to the sport. We have some great role models currently on the team to help motivate other girls to give the sport a try. Alexis Schneider will look to defend her state title with another unblemished season. Jazlyn Weigel will be back for a full season this year after missing much of the season last year due to injury. Karissa Mann hopes to climb one rung higher on the stand at the state tournament this year and finish her career with a state title.

Northern Cass Jaguars



High School: Northern Cass

Nickname: Jaguars

Region Finish: DNP

List of Tournaments participating in this season:

Napoleon, Rumble on the Red, Grafton, Letterman's Lisbon

Head Coach: Gabe Davidson

Yrs. at present school incl this yr: 2

Yrs. at this school as Head Coach: 2

Yrs. as Head Coach: 2

Total Wins as Head Coach: 3

Overall Record Coaching:

Assistant Coaches: Lance Johnson

Number of Lettermen Returning: 9

Number of Returning State Placers: 0

Roster:

Carter Wadeson	M	Jr.	8-11
Gavin Giffey	M	8th	15-18
Trever Lee	M	Fr.	10-17
Reed Volden	M	Sr.	17-18
Kaia Lee	F	Sr.	4-1
Luke Walsky	M	Fr.	2-4
Carter Mikulecky	M	So.	0-4
MaKenna Belling	F	Sr.	0-1
Anders Hovdenes	M	So.	13-23
Luke Murch	M	So.	3-24
Will Triebwasser	M	Jr.	7-15
Gauge Nygaard	M	Sr.	10-24
Kayden Williams	M	So.	5-6

new 11th grader – Brody Geston- hwt, new 7th graders Wyatt Rustad- 107, Wyatt Berndt-107

Special Accomplishments:

3 state qualifiers in team's first year of existence.

Top Prospects and Grade:

Reed Volden – Senior – likely 133 lb

Gauge Nygaard – Senior – 215 lb



Dakota Grappler 2023-24

Will Triebwasser – Junior – 189 lb
Gavin Giffey – 8th grade – 121 lb

Coaches' comments

Reed – team leader, returning captain.

Gauge – hard worker, very coachable

Will – strong, dedicated himself to the weight room this last year.

Gavin – most experience (in terms of number of seasons wrestled).

Is your school co-oping? NO

Any Additional Coaches Comments or Outlook to this upcoming season.

It is exciting entering YEAR 2 of our program. It will be nice having returning wrestlers with that year of experience. We look forward to continue to build the program and hopefully fill out a full roster this year for duals.



Northern Lights

Last Year's Dual Record:

11-4

Region Finish: 2nd

State Finish: 8th

Head Coach: Ryan Mitchell

Yrs. at present school incl this yr: 20

Yrs. at this school as Head Coach: 13

Yrs. as Head Coach: 13

Assistant Coaches: Arren St Vincent and Bradyn Henderson

Number of Lettermen Returning: 12

Number of Returning State Placers: 5

Player Information: We return placers in Bode Henderson (3rd), Havlin DeLong (4th), and Cole Henderson (3rd).

We also return placers from 2022 Alvy Henderson (1st) and Justin Hudson (4th), they missed last year with injuries.

Returning qualifiers are Keenan Gores, Alex Tandeski, Jon Leonard

Roster:

Carter Heinz	8th	5-5
Farrell Cahill	Jr.	8-17
Bode Henderson	Fr.	44-5
Kipp McDougall	8th	4-7
Cooper Davis	So.	6-11
Keenan Gores	Jr.	19-25
Ian McCloud	8th	3-6
Kayden Houle	Fr.	9-9
Braelyn Herman	Jr.	19-25
Kayden Kom	8th	1-2
Andrew Tandeski	8th	7-6
Justin Hudson	Sr.	19-2
Alex Tandeski	Jr.	25-21
Bridger Anderson	Fr.	10-15
Dane DeCoteau	8th	1-10
Havlin DeLong	Sr.	43-8
Lane Zupan	So.	19-22
Cole Henderson	Jr.	44-10
Marques Stewart	Fr.	5-5
Rylan Bercier	Fr.	4-7
Trey Laducer	Jr.	8-26
Blake Mickelson	Fr.	3-4
Jon Leonard	Sr.	28-14
Brett Tastad	Jr.	14-15
Brandt Mickelson	Jr.	4-7
Rylan Murphy	8th	0-6



Good Luck
Northern Lights
from Rolla Drug





Oakes Tornadoes

Last Year's Dual Record: 11-4
Region Finish: 4th
List of Tournaments participating in this season:
Faulkton, Linton, Rumble on the Red, Central Cass,
Storhaug, East-West,

Head Coach: Cory Schall
Yrs. at present school incl this year: 22
Yrs. at this school as Head Coach: 21
Yrs. as Head Coach: 21
Assistant Coaches: Adam Dahlstrom, Rod Garland, James
Thielges. Michael Kelly
Number of Lettermen Returning: 12
Number of Returning State Placers: 2
Player Information:

Seniors:

Joshua Meehl
Noah Wood
Tate Thorpe
Rylen Wald

Juniors:

Case Awender
Zane Awender
Levi Kelly
Carter Ptacek
Stetson Stearns

Sophomores:

Max Cline
Jackson Sorum
Ben Wagner

Freshman:

Zade Heier
Mathias Dahlstrom
Caleb Larson
Lincoln Wiek
8 th Grade
Sutton Stearns
Loden Skjefte
Jaren Nelson
Levi Thorpe
Jacob Ptacek
7 th Grade
Reese Cline
Owen Iverson
Tucker Meierotto
Andrew Rosendahl
Carter Wald



Zane Awender Qualifier, Junior

List your top stat leaders from last year.

1. Josh Meehl 23 Falls
2. Mathias Dahlstrom 61 Takedowns
3. Tate Thorpe 20 Reversals

List in order your prediction for your Region finish this year including your own team if you want to include it.

(Individual)

1. South Border
2. Lisbon
3. EEK

List in order your prediction for your State finish this year including your own team if you want to include it.

(Individual)

1. South Border
2. Lisbon
3. New Salem

List in order your prediction for your State finish this year including your own team if you want to include it. (Dual)

1. South Border
2. Lisbon
3. New Salem

Any Additional Coaches Comments or Outlook to this upcoming season:

The Oakes Tornado wrestling team will have a good number of wrestlers this year with balance of young and veteran wrestlers. The Tornadoes will be led by our state place winners Josh Meehl and Mathias Dahlstrom. As always, we need to focus on the plan to continuously improve throughout the year. Staying healthy and getting everyone in the right weight class will be the key to success for the Tornadoes. With the new weight classes and region set up this year we are eager to see how the season plays out.

Returning State Place winners, Top Prospects, and Grade:

Josh Meehl 4 th Senior
Mathias Dahlstrom 8 th Freshman
Case Awender Qualifier, Junior



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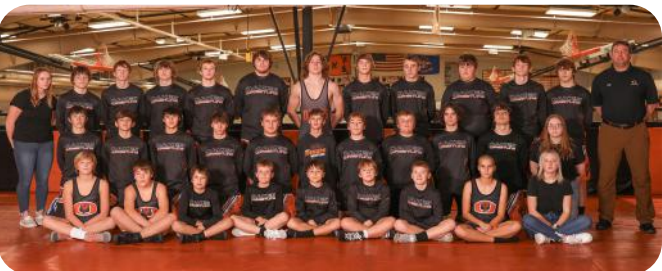
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Conference: Class B East Region/
NorthEast Sub Region
Last Year's Dual Record:
Region Finish: 2nd in Duals, 2nd in
Individual
State Finish: 8th in Duals; 17th
Individuals
List of Tournaments:
Hillsboro Duals; Carrington Tourna-
ment; Grafton Invite; Central Cass Lettermen's; Rugby Pan-
thers Invite; Lisbon Storhaug Invite; Larimore Invitational



Head Coach: Mitch Greenwood
Yrs. at present school incl this yr: 5
Yrs. at this school as Head Coach: 3
Yrs. as Head Coach: 20
Overall Record Coaching: 230-190
Assistant Coaches: Jesse Schurman
Number of Returning State Placers: 1
Player Information:
Roster:
Sr.- Keith Moore- 114/121
Sr.- Matthew Keena- 189/215
Jr- Logan Werner- 127/133
Jr. Brock Freer- 133/139
Jr. Diamond Cano- 114/121
Jr. Kayden Rose- 172/189
Jr. David O'Connor- 189/215
Jr- Denton Kaercher- 160/172
So- Cole Denault- 285
So- Gavin Symington- 215/285
Fr- Zeke Symington- 121/127
Fr- Gabe Martinez- 152/160
Fr- Bryce Carignan- 152/160
Fr- Gabe LeTexier- 285
8th- Oakley Brown- 107/114
8th- Oscar Martinez- 114/11





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- 8th- Michael O'Connor- 121/127
- 8th- Theodore Ripple- 145/152
- 8th- Michael Robbins- 121/127
- 7th- Ashton Mostad- 107/114
- 7th- Henry Kemnitz- 107/114
- 7th- Billy Thebeau- 145/152
- 7th- Logan Heuchert- 114/121
- 7th- Waylon Helgeson- 189/215

Special Accomplishments:

Logan Werner is a returning 2X State Place-winner placing 4th in 2022 and 3rd last season.

Returning State Qualifiers are: Logan Werner, Brock Freer, Kayden Rose, Denton Kaercher, Gavin Symington, and Oscar Martinez. Matthew Keena has qualified in past years but was injured for most of last season.

Logan Werner and Kayden Rose are returning Region Champions.

Coach Greenwood was the 2022-23 Region 2 Coach of the year.

The team finished as Regional runner-ups at both the Region Duals and Individual Tournament and finished 8th at State Duals.

Coaches' comments as to the best quality of the wrestlers you have listed.

We are fielding a young team this year. We had three outstanding seniors on last year's team that did a great job leading a very young group who stepped up big at regional time and qualified for State Duals. The senior leadership will be missed, but we have a good core of Juniors on this year's squad who should step up and take ownership of the team. Logan Werner and Kayden Rose are returning Region Champs. Werner is our only returning state place-winner, but we have a 6-7 wrestlers with state tournament experience who we will look to to mature and turn a corner this year. We have high expectations out of this year's team.

List your top stat leaders from last year.

Logan Werner returns with the most stats from last year. He led the team in takedowns last year with 51. He has the most wins returning from last year as he notched 39 last year. Werner and Kayden Rose each collected 22 pins last year with Brock Freer on their heels with 21. Freer has the most reversals of all returning wrestlers with 12 while Zeke Symington led the team in Escapes with 25.

List in order your prediction for your Region.(Individual)

- 1. South Border
- 2. Lisbon
- 3. Northern Lights
- 4. Oakes

List in order your prediction for your State (Individual)

- 1. South Border

- 2. Killdeer
- 3. Lisbon
- 4. Velva
- 5. Northern Lights
- 6. New Salem-
Almont

Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award.

Levi Hinkle was named a NWCA & US Marine Corps Character and Leadership Award winner for the state of North Dakota.



Is your school co-oping? Yes

Pembina County North is a co-op between Cavalier and North Border schools. We also have one wrestler who attends Langdon.



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Rugby Panthers

Craig Zachmeier Coach
 Brad Jundt Coach
 Jeff Stewart Coach

Returning State Placers

6th - Avarie Jacobson (Rugby) 25-13, Fr.

Returning State Qualifiers:

Bailey Zachmeier Jr.
 Austin Schneibel Sr.
 Hudson Hjelden Sr.

Roster

Liam Wurgler	8th	1-4
Eric Mahle	8th	1-7
Isaac Sattler	Fr.	3-19
Jose Ortega	So.	2-18
Bryce Stewart	Fr.	4-12
Elijah Towe	Fr.	2-2
Bailey Zachmeier	Jr.	15-29
Austin Schneibel	Sr.	29-21
Hudson Hjelden	Sr.	19-22
Ian Towe	Sr.	10-20
Landon Zietz	Jr.	6-5
Avarie Jacobson	F	25-13
Bria Brossart	F	4-17
Sabrina Shepard	F	0-4
Christine Mahle	F	0-4
Leah Shepard	F	5-12
Sarah Nelson	F	0-0
Jaslyn Mitzel	F	5-12

Outlook: All 3 returning state qualifiers came within a match from placing at state last season. The Panthers look to build on those individuals and work with a bunch of younger wrestler biting at the bit to make their mark in North Dakota Wrestling. This bunch of wrestlers is recruiting hard in the halls and are working hard to get the numbers back up. The youth numbers are pretty good now it need to transfer over to the middle school and high school numbers and the program will succeed. Good Luck to all the coaches and wrestlers this season as we begin the best time of the year.



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South Border Mustangs

Ashley-Wishek-Zeeland

Conference: B Region East Dual Region 1

Last Year's Dual Record: 10-3

Region Finish: 2nd

State Finish: 2 nd dual 3 rd indv

List of Tournaments participating in this season:

Mandan Lions, LaMoure Invitational, Linton Holiday, Casselton Letterman's, Battler Tournament (Gettysburg SD), Killdeer Cowboy Invite, Aberdeen Lee Wolf Tournament

Head Coach: Josh Hoffman

Assistant Coaches: Adam Bettenhausen, Evan Mellmer

Number of Lettermen Returning: 12

Number of Returning State Placers: 7

Roster:

Sebastian Walth	8th	0-0
Jayce Goebel	8th	2-3
Jared Schilling	Fr.	14-9
Blake Goebel	8th	4-0
Rylan Vetter	8th	26-18
Carter Glaesman	Fr.	1-2
Liam Lepp	So.	4-10
Brody Michaelsohn	So.	31-8
Joseph Keller	So.	26-19
Tristan Lepp	Sr.	28-9
Brady Vangorkom	Fr.	0-0

Ryker Vetter	So.	30-17
Brody Hoffman	Jr.	28-13
Carson Glaesman	Sr.	35-13
Cole Stock	Jr.	33-14
Jace Nitschke	Sr.	30-10
Cole Nitschke	So.	7-10
Aidan Bertsch	Jr.	2-10
Jeremiah Shockley	Sr.	0-0
Taylor Meier	So.	12-7
Daniel Schumacher	Sr.	31-3
Clay Jacob	Sr.	0-0
Shane Nitschke	Jr.	37-2
Joshua Haase	Sr.	11-18

List in order your prediction for your Region (Individual)

1. Lisbon

List in order your prediction for your State (Individual)

1. Lisbon
2. New Salem
3. Killdeer
4. Bishop Ryan
5. Velva

List in order your prediction for your State (Dual)

1. Lisbon
2. New Salem
3. Northern Lights
4. Velva
5. Killdeer



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Is your school co-oping? Yes Ashley, Wishek, Zeeland High Schools

Any Additional Coaches Comments

There's a few new changeups for South Border this year. From the change in weight classes, to a new competition schedule to super regions, there will be a lot of adjustments. One thing that won't change is the competition is going to be tough! Mustang wrestlers are excited for the season already, it will be a fun one!



South Border Girls

Head Coach David Jochim

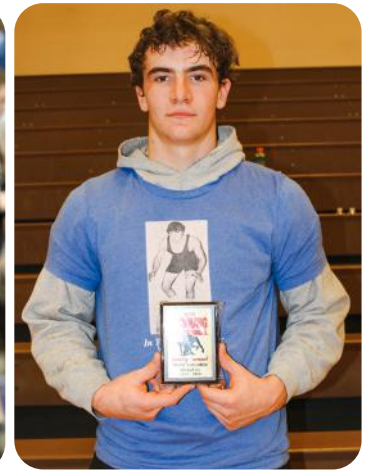
Roster

Eloise Jenner	16-14
Isabella Miller	14-13
Vada Hoffman	24-13
Alyssa Nitschke	29-10
Lydia Wolf	7-17
Fatima Garcia Ceja	20-16
Kaitlyn Rath	3-5
Taylor Schilling	13-19
Jeanie Keller	28-11
Kelsey Vetter	0-0
Reagan Ulmer	16-21
Emily Jochim	12-10
Haley Kaseman	0-0
Colbie White	8-13

Returning State Placers:


- 8th - Isabella Miller (South Border) 14-13, Sr.
- 2nd - Vada Hoffman (South Border) 24-13, So.
- 2nd - Alyssa Nitschke (South Border) 29-10, 8th.

The lower weight classes for the Mustangs will be very competitive again this year with three returning state placers back to back to back. The two state finalists Vada Hoffman and Alyssa Nitschke peaked at the end of last season and look to improve themselves this season!





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Alexander- Comets

Carlton Turnquist Coach
 Yrs. at this school as Head Coach: 3
 Chris Gillespie Assistant Coach
 List of Tournaments participating in this season:
 Minot Invitational – November 18, 2023
 Velva Invitational – December 1-2, 2023
 Dual @ home vs Kenmare, Tioga December 7, 2023
 Kenmare, Linton Holiday, Rumble on the Red
 Tioga, Miles City, Killdeer, East/West,
 Number of Lettermen Returning: 3
 Number of Returning State Placers:

Roster:

Sean Alfaro	Jr.	7-11
Jordan Hernandez	Jr.	8-10
Eithen Gillespie	9th	4-5
Kaiden Culburton	9th	3-1
Brycin O'Dell	Sr.	0-5
Corey Getzlaff	9th	8-0
Luke VanWhy	7th	3-1
Carson Getzlaff	7th	0-0
Daniel Montoya	9th	0-4
Maddie Packer	7th	



- 4. Pembina
- 5. Killdeer
- 6. Hettinger

Top Prospects and Grade: Jordan Hernandez 11 th ,
 Corey Getzlaff 9 th , Eithen Gillespie 9th
 List your top stat leaders from last year.

- 1. Jordan Hernandez
- 2. Hunter Olson
- 3. Sean Alfaro

List in order your prediction for your Region
 (Individual)

- 1. New Salem
- 2. Killdeer
- 3. Velva
- 4. Hettinger
- 5. Tioga
- 6. Kenmare

List in order your prediction for your State
 (Individual)

- 1. New salem
- 2. South Border
- 3. Velva

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Congratulations to all athletes!



Beulah-Hazen Miners

Head Coach: Cordel Weidner
 Assistant(s): Jordan Eslinger

Returning State Placers and place:
 •6th - Joshua Ternes (Beulah-Hazen) 21-16, 8th.

Other Returning State Qualifiers: Brayden Haack 2022, Clayton Hinker 2022, 2023, Mark Bauman, Lucas Weidner,
 Other wrestlers to watch: Lucas Weidner, Colter Martin, Trevin Sago

State Dual Predictions: Lisbon, South Border, Minot Ryan, Northern Lights

State Ind. Team Prediction: Lisbon, South Border, Northern Lights

Roster:

Joshua Ternes	M	8th	24-18
Mark Bauman	M	8th	12-6
Payton Jankowski	M	8th	0-3
Broderick Mohl	M	8th	7-15
Tommi Johnson	F	9th	0-0
Bentley Maas	M	8th	0-6
Cooper Martin	M	8th	1-8
Clayton Hinker	M	Sr.	11-13
Brayden Haack	M	Jr.	0-0
Lucas Weidner	M	So.	17-17



Kiley Cline	F	9th	0-0
Cayden Isaak	M	Jr.	3-10
Trygg Joki	M	8th	0-7
Riley Cline	F	Sr.	0-0
Gus Strommen	M	Jr.	11-13
Ashton Parker	M	So.	0-0

Any Camps attended? Mellmer wrestling camp
 Season Outlook or Coaches comments:

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This season we are in a fun spot it hopefully Beulah/Hazen will fill a complete 13 person roster again first time back to back years we will be young again in our lower weight classes with most of our veteran wrestlers filling in the middle to upper weight classes i am anticipating a great season with some individual success for some of our guys this being only my third year as head coach of the program the wrestlers are still getting to know myself and my expectations and coaching style as I am still getting to know individuals as well I am excited to see what the season holds we have some very talented and athletic kids in the room so im expecting some good things to come with a lot of hard work and dedication to the season!

Beulah Girls Team also coached by Cordel Weidner


Roster:

Tommi Johnson	F	14-19
Kiley Cline	F	18-9
Riley Cline	F	9-20

The experience these ladies have will lead to great things this season. The Miners expect nothing less then full effort and hard work and these individuals are always up to the task. Some younger wrestlers hopefully will come out and help out the total numbers of both the boys and girls teams.




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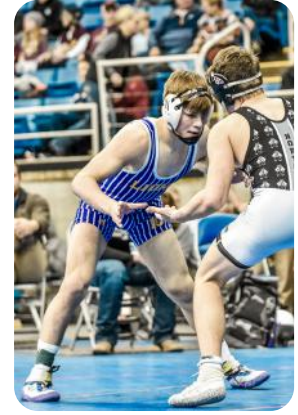


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Bishop Ryan Catholic School Lions

Conference if applicable: Region 3
 Last Year's Dual Record: ?
 Region Finish: 4th Individual, Duals N/A
 State Finish: 5th Individual, Duals N/A
 List of Tournaments participating in this season:
 Minot Early Bird, Velva, Carington, Linton, Casselton, Rugby, East West, Region/State
 Head Coach: Conner Ledoux



Yrs. at present school incl this yr: 2 years as Assistant in previous years, 1st year Head Coach
 Yrs. at this school as Head Coach: First Year
 Yrs. as Head Coach: N/A
 Total Wins as Head Coach: N/A
 Overall Record Coaching: N/A
 Assistant Coaches: Riley Zachmeier, Austyn Kittelson, Luke Davis

Number of Lettermen Returning: ?
 Number of Returning State Placers: 4
 Roster:

Peyton Seay	Fr.	17-20
Kayden Worcester	So.	0-0
Nolan Braun	Fr.	18-15
Riley Weeks	Jr.	14-15
Townsend Hale	Fr.	0-0
Zachary Spain	8th	0-0
Bryson Smith	Sr.	17-22
Tucker Lang	Jr.	8-8
Parker Baier	Jr.	16-14
Drew Zwak	Jr.	30-4
Alejandro Alvarez	Jr.	14-25
Chuka Osuala	Sr.	1-3
Cohen Schneider	8th	0-0
Connor Harvey	Sr.	14-0
Gabriel Dominguez-Shatley	Fr.	6-4

Cade Okeson	So.	33-5
Jacob Silva	8th	0-0
Coy Okeson	Sr.	43-0
Jaxon Tohm-Jung Jr.		1-6
Russel Cordova	7th	1-2
Jason Spain	So.	0-0
Timothy Heydt	7th	4-0
Justice Lundeen	8th	0-0
Gavin Nesson	7th	0-1
Afton Ost	7th	6-1

Special Accomplishments:
 Returning State Placers - Cade Okeson 5th, Drew Zwak 3rd, Connor Harvey 2nd, Coy Okeson 1st
 Top Prospects and Grade:
 Cade Okeson - 10th, Drew Zwak - 11th, Connor Harvey - 12th, Coy Okeson - 12th
 Coaches' comments as to the best quality of the wrestlers
 Cade Okeson is a returning placer, he has a great work ethic and has seen lots of improvement the last couple years.
 Drew Zwak is a returning placer. Drew is always open to improving his wrestling, and is a team leader.
 Connor Harvey was a finalist in 2023. He performs well in tough match ups, and remains calm under pressure.
 Coy Okeson was a state champion in 2023. He is a team leader and an excellent pinner.

- List your top stat leaders from last year.
1. Coy Okeson - Falls
 2. Drew Zwak - Takedowns
 3. Parker Baier - Reversals

Any Additional Coaches Comments or Outlook to this upcoming season.
 I am excited for my first year as Head Coach, and can't wait to see what the season brings!



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Congratulations to all athletes!



Bowman Co. BuccaDawgs

Last Year's Dual Record: 2-6
 Region Finish: 5th State Finish: 16th
 List of Tournaments participating in this season: Velva, Bowman, Linton Holiday, Harding County Tourney, Hettinger-Scranton Tourney, Rugby Tourney, Killdeer Tournament, East/West Tournament.
 Head Coach: Jeff Boynton
 Yrs. at present school incl this yr: 17
 Yrs. as Head Coach: 16
 Total Wins as Head Coach: 82
 Overall Record Coaching: 82-55
 Assistant Coaches: Mitch Stuber, Robert Sperry, Mark Warner, Gus Murauto.
 Number of Lettermen Returning: 5
 Number of Returning State Placers: 2
 Roster:
 Returning Academic All State Cutter Ouradnik, Emery Noll, Kolby Sperry.
 Top Prospects: Kolby Sperry 12th, Emery Noll 11th, Sawyer Noll 10th, Cutter Ouradnik 9th, Cale Schwartz 8th, Jace Boynton 7th Blake Wolbaum 12th
 Coaches' comments

Kolby Sperry: He is a hard worker and leader in the wrestling room.

Blake Wolbaum: Hard worker and leader in the wrestling room. Always improving during the season.

Emery Noll: Works hard on and off the mat. Had a great season last year and looks forward to having a better season this year.

Sawyer Noll: Has a great work ethic and always gives it a 100%.

Cutter Ouradnik: Always cheering on his teammates and wrestles hard.

Cale Schwartz: Hard worker, great work ethic and always eager to learn and push himself to be better.

Jace Boynton: First season in high School with a very competitive Attitude and always wants to get better every day. List your top stat leaders from last year.

1. Emery Noll 2. Sawyer Noll 3. Cutter Ouradnik

List in order your prediction for your Region (Individual)

1. Velva 2. New Salem 3. Killdeer 4. Des Lacs Burlington 5. Bowman/Beach 6. Hettinger/Scranton

List in order your prediction for your State (Individual)

1. Lisbon 2. South Border 3. Velva 4. New Salem 5. Carrington 6. Central Cass

List in order your prediction for your State including your own team if you want to include it. (Dual)

1. South Border 2. Lisbon 3. New Salem 4. Velva 5. Carrington

Any Additional Coaches Comments

As we start to prepare for the upcoming season, we have a great group of kids coming back this year that are very talented and can do some great things this year if we keep the right mind set and work hard as a team. We have two returning state placers coming back this year that had a great season last year and a great group of young kids that will be in the wrestling room this year that are hard workers and have a never quit attitude, so it will be fun to watch those kids get better every day.




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DLB/LC Lakers

Last Year's Dual Record: 5-8
 Region Finish: 5th State Finish: 21st
 List of Tournaments participating in this season:
 -Minot Early Bird, Jamestown, Kenmare, Linton, DLB/LC
 Tourney, Central Cass, Rugby, Larimore
 Head Coach: Kellan Zietz
 Yrs. at present school incl this yr: 13
 Yrs. at this school as Head Coach: 11
 Yrs. as Head Coach: 13
 Total Wins as Head Coach: 78
 Overall Record Coaching: 78-65
 Assistant Coaches: Steve Ibach, Austin Moen
 Number of Lettermen Returning: 15
 Number of Returning State Placers: 3
 Player Information:
 7th – Tucker Miller, Mason Rist, Jameson Nelson, Easton
 Rakness. 8th- Easton Hansen, Wyatt Schaff, Maverick Trow-
 bridge, Hank Asmundson, Sam Rensch, Eli Buee. 9th – Isaiah
 Schulze, Breyden Buee, William Anderson, Aaron Flaten,
 Kai Coombs, Rylan Trowbridge 10th – Jaeger Keller, Braden
 Jundt, John Smith, Carter Kaul, Kameron Grotte
 11th – James Trowbridge, Shawn Barrette, Kenny Smith
 12th – Kaidan Smith, Harrison Schwartz, Cooper Bredahl
 Special Accomplishments:
 Returning State placers:
 Senior - Cooper Bredahl – 8th 2023
 Senior - Harrison Schwartz – 8th 2022
 Sophomore - John Smith – 5th 2023

Top Prospects and Grade:
 Those listed above as well as Freshman - Breyden Buee,
 Senior Kaidan Smith, Junior – Kenny Smith,

Coaches' comments

Breyden Buee suffered a season-ending injury last season after a promising start to the season, and he has worked very hard to put himself in contention to be towards the top end of his weight class for the upcoming season.

Kaidan Smith has put a lot of time in year in and year out and I believe this season will be a turning point for him as he looks to reach the podium for his senior season.

Kenny Smith has had some big wins in his career but has yet to finish as a state placewinner, and I think this will be his year to do so.

Cooper Bredahl had a solid performance at the state tournament last season, which I expect to build some momentum for him heading into his senior season.

Harrison Schwartz was disappointed in missing the podium last season as the 5 seed, and he seems poised to make a strong run this year in the postseason.

John Smith has come a long ways in recent years and had an excellent finish to his season last year finishing 5th as a freshman in a weight class full of upperclassmen. We are excited for what is to come for this young man.

List your top stat leaders from last year.

1. Harrison Schwartz 40 wins 48 takedowns
2. John Smith 32 wins 44 takedowns
3. Kenny Smith 21 wins 27 nearfall

List in order your prediction for your Region (Individual)

1. New Salem 2. Velva
 3. Killdeer 4. Hettinger 5. Beulah-Hazen 6. DLB/LC
- List in order your prediction for your State (Individual)

1. New Salem 2. Lisbon 3. South Border 4. Velva
5. Northern Lights 6. Bishop Ryan

List in order your prediction for your State (Dual)

1. New Salem 2. Lisbon 3. South Border 4. Velva
5. Northern Lights 6. DLBLC

College Wrestlers

Cale Ibach – Montana State University - Northern

Is your school co-oping? Yes Berthold

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Harvey Wells Co. Hornets

Last Year's Dual Record: 8-13

Region Finish: Duals- 4 th , Ind-3rd

State Finish: 19 th

Tournaments this season: Velva, Al Larson, Linton Holiday, Central Cass Letterman's, Rugby Panther Booster, Killdeer

Head Coach: Kelly Hase Yrs. as Head Coach: 16

Assistant Coaches: Shane Hase, Justin Lematta

Number of Lettermen Returning: 14

Number of Returning State Placers: 3

Player Information: State Placers- Carter Engebretson-4th , Jady Vollermer-8th , Kale Hase- 5th

Roster:

Brody Jones	Fr.	13-16
Kale Hase	Fr.	31-15
Landon Grossman	Fr.	0-3
Jackson Lematta	Sr.	8-29
Jady Vollermer	Sr.	28-24
Rylend Whetzel	Fr.	31-23
Alex Smith	Sr.	17-18
Lucas Copenhagen	Jr.	6-29
Christian Mertz	Fr.	28-16
Izaak Richter	Sr.	0-0
Boston Fike	Jr.	14-29
Gavin Austin	Sr.	7-7
Seth Gleave	Fr.	4-9
Carter Engenbretson	Jr.	37-12
Jaxson Hanson	Fr.	0-0
Collin Meckle	Sr.	1-6
Porter Johnson	Jr.	27-21
Jayden Vlaminck	Sr.	0-0

7th Graders: Joey Lematta

Special Accomplishments:

Academic All-State- Rylend Whetzel, Porter Johnson, Jady Vollermer, Kale Hase

Top Prospects: Carter Engebretson-11, Jady Vollermer-12, Alex Smith-12, Porter Johnson-11, Christian Mertz-9, Rylend Whetzel-9, Kale Hase-9

Coaches' comments:

Second year wrestler Carter Engebretson had a breakout season last year for us. He was in plenty of matches with top competitors in his weightclass. Jady Vollermer comes into his Senior year having placed at the state tournament by beating the #3 seeded wrestler in the bracket. With some consistency, Vollermer can go pretty high on the podium this year. Alex Smith enters his senior year coming off an inconsistent year. Started phenomenally, but injury and illness derailed his progress. We feel with a healthy season, he can make the podium. Porter Johnson has been an undersized heavyweight the past couple years. After qualifying a couple times, he has pushed himself in the off season to try and make a run at the podium. Christian Mertz turned heads last season as an 8 th grader wrestling 160. He qualified for state and made it to the blood round. Rylend Whetzel was only an 8 th grader last year at 138lbs and placed at every tournament he entered prior to the

state tournament. Kale Hase battled all season with the top kids at 113. He battled all the way through the state tournament and walked away with a 5 th place finish. The key for the young guns on our squad will be fitting into weightclasses since they grew so much over the summer. List your top stat leaders from last year.

1. Most Pins- Carter Engebretson-23
2. Most Takedowns- Jady Vollermer-59

Prediction Region (Individual)

1. New Salem Almont
2. Velva
3. Killdeer
4. Kenmare-Bowbells
5. Killdeer
6. Harvey Wells County

Harvey Wells Co Girls

Academic All State- Addison Yates-9, Christalea Wagner- 11, Reagan Weckerly- 11, Hailey Wiesz- 10

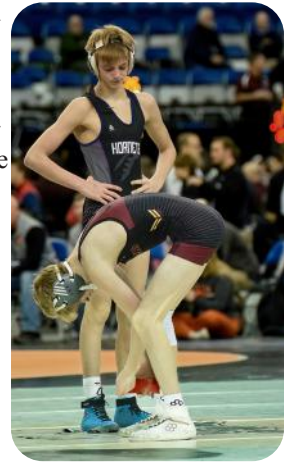
Returning State Placer- Addison Yates- 4th

Top Prospects and Grade: Addison Yates-9 th , Christalea

Wagner- 11, Bristol Fike-8, Hailey Wiesz-10,

Coaches' comments

Addison Yates had an inconsistent 22-23 season, but put it all together at the right time for the state tournament. The year of experience and maturity will bring her wrestling to a new level. She is a perfectionist which can be a detriment at times, but she puts in a ton of mat time. Christalea Wagner was a first year wrestler for us that continued each and every outing. She is a talented multi-sport athlete that has speed and sneaky strength. Bristol Fike was extremely strong as an 8 th grader last year, but just didn't have the endurance to hang with the older more experienced athletes last year. Hailey Wiesz was new to wrestling last season and improved every time she stepped on the mat. She has crazy flexibility that she learned how to control and use at the right times in matches. This entire group qualified for the state tournament last year. We may see Reagan Weckerly later in the season as she is coming of a knee injury that occurred during the state Greco/Freestyle tournament.



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Hettinger-Scranton NightHawks

Region 4

Last Year's Record 8-3

Region Finish 2nd

State Finish 9th

List of Tourney this season: Mandan Lions, Rapid City Invite, Linton tourney, Moorecroft Inv, Miles City Cowboy, East West.

Head Coach Randy Burwick

Years Coaching 35 all at Hettinger

Overall Record as a coach 502-99-3

Asst Coaches: Ethan Anderson, Codi Tomac, Ty Warbis

Number of Lettermen Returning: 17

Number of Returning State Placers: 6

Roster:

Alberto Verdin	M	8th	12-5
Tyler Fitch	M	8th	5-12
Jennifer Verdin	F	Sr.	1-1
Nick Dobitz	M	Fr.	10-25
Burke Vanderpool	M	8th	4-7
Austin Ormiston	M	8th	16-11
Riley Hasbrouck	M	So.	35-17
Tanner Rummel	M	Fr.	0-0
Cyrus Roseland	M	8th	20-5
Kyler Schalesky	M	So.	34-20
Ellie Roseland	F	Sr.	1-0
Stone Stadheim	M	8th	16-16
Trevor Dalley	M	So.	14-24
Jaron Frank	M	Sr.	35-9
Tanner Blackwell	M	Sr.	15-25
Brodie Sott	M	8th	11-14
Nick Anderson	M	Sr.	27-18
Acalia Olson	F	8th	0-0

Special Accomplishments:

St. Placers: Jaron Frank 3rd, 4th Kyler Schalesky 8th, 5th Jennifer Verdin 2nd, 3rd Ellie Roseland 4th, 7th Alcila Olson 5th.

Stat Leaders from 2023 Jaron Frank TD's



Riley Hasbrouck Pins

Kyler Schalesky Nearfalls

Former Wrestlers now wrestling in College:

Tristan Pekas Minot State, Kyle Burwich Nebraska, Cade Warbis Minot State

Cooping with Scranton/Bison SD.

Coaches Comments: We're excited about the upcoming season, we have some good Sr. leadership with Jaron Frank, Nick Anderson, and Tanner Blackwell leading the way. We return a core group that has pretty good experience and are motivated to reach the next level. We will have to have our younger guys step up and keep improving. We will outwork them all we wrestle in a very tough Conf. so we will have to get better everyday. Our goals remain the same. We will work to attain those goal Region Champs, State Duals, a top 5 finish at State. Its the best time of the year, #wrestlingseason #Nighthawktough #Letsfireit up




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Kenmare Bowbells/ Burke Central Honkers

Last Year's Dual Record: 11-2
Region Finish: 3
List of Tournaments participating in this season:
Velva, Kenmare, Linton, Rugby, East/West

Head Coach: Dan Mogren
Yrs. at present school incl this yr: 22
Yrs. at this school as Head Coach: 20
Yrs. as Head Coach: 20

Assistant Coaches: Tyler Haase, Arlen Sayler-asst. Boys,
Head girls coach
Number of Lettermen Returning: 7
Number of Returning State Placers: 1
Player Information: pull from track
7th graders- Leyton Spear, Jaxson Grindeland, Joaquin Salcido, Amaya Baptiste
Roster:

Special Accomplishments:
William Cook - 4th at state, academic all state
Top Prospects and Grade:
William Cook 11th
Cole Mogren 11th
Landan Spear 11th
Lincoln Spear 9th
Conner Melin 10th
Paul Melin 10th

List your top stat leaders from last year.
1. William Cook
2. Cole Mogren
3. Conner Melin
List in order your prediction for your Region (Individual)
1. Velva
2. New Salem
3. Killdeer
4. Bishop Ryan
5. DLB
6. Kenmare

List in order your prediction for your State (Individual)

1. Lisbon
2. New Salem
3. Velva
4. Northern Lights
5. Pembina County
6. Bishop Ryan

List in order your prediction for your State (Dual)

1. Lisbon
2. Velva
3. New Salem
4. Northern Lights
5. Carrington
6. Bishop Ryan

Is your school co-oping? Yes Bowbells, Burke Central



Jamie Reese / General Manager

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Killdeer Cowboys

Conference if applicable: Class B West Region Region IV
Duals

Last Year's Dual Record: 5-6

Region Finish: 2 nd

State Finish: 6 th

List of Tournaments participating in this season:

Mandan Lions, Rapid City Invite, Linton Holliday, Harding County Invite, Hettinger Classic, Miles City Cowboy, Badlands Classic, East West

Head Coach: Sean Elkins

Yrs. at present school incl this yr: 7

Yrs. at this school as Head Coach: 4

Yrs. as Head Coach: 4

Total Wins as Head Coach: 23

Record Coaching: 23-27 (18 state placers and 4 finalists)

Asst Coaches: Brady Wilz, Cole Bilbrey, Karter Kleeman

Number of Lettermen Returning: 18

Number of Returning State Placers: 7

Player Information

7th John Roundy, Owen Miller, Jake Murphy, Eli Benson
Dom Morrison

8th Jack Bohmbach, Aryian O'hotto, Jayden Kuntz

9th Lander Rice, Liam Albrecht, Haden Thormahlen,

Dane Jepson, Aiden Binek, Elijah Phillips

10th Jace Handy, Wyatt LaPierre, Tucker Bohmbach

11th Cameron Benson, William Roundy

Noah Jepson, Elijah Ramos, EanGloria

(Adali Simmons Girls Team)

12th Dean Dumas, Landon Dumas, Christian Ramos, Birch

Bang, Gus Bohmbach, Ben Roundy

Special Accomplishments: Returning State Place Win-

ners- Jack Bohmbach 4 th 106, Dean Dumas 8 th 113, Elijah Ramos 6th

120,Gus Bohmbach 2nd 138,Tucker Bohmbach 7 th 152,

Noah Jepson 8 th 182 (2022),Ben Roundy 5 th 28, (Adali Simmons 4th Girls 105)

Returning Academic All State- Gus Bohmbach, Tucker Bohmbach, Jack Bohmbach, Adali Simmons (Girls Team)

Top Prospects and Grade:

Liam Albrecht 9 th grade- Liam battled all year in the room and out on the mat he is a student of the game and has potential to make a run to the podium this year.

Dean Dumas 12 th - Dean is coming into his own in his last two years of wrestling. He is figuring out the sport and has an exciting style of wrestling to watch.

Elijah Ramos- 11 th Elijah is a great worker and loves wrestling! He excels on his feet. It will be exciting to see his

attacks this year.

Ben Roundy- 12 th Ben is a giant of heavyweights. He towers over half of his opponents and loves to use his size to his advantage, Ben routinely makes the quarterfinal rounds at the state tournament he is looking to punch his ticket to the finals this year.

Birch Bang12th - Birch is a good team leader he has potential to make a run at the state tournament this year after his summer work.

Landon Dumas12th - Landon is fighting his way into the lineup this year as a senior he has continually progressed over his career and his unorthodox style makes him fun to watch! Bohmbach Brothers (Jack 8th, Tucker 10th, Gus 12th,) The brothers year in and year out are consistently finding their way onto the podium. These three are good leaders, great students, and are not afraid of hard work. I would not be surprised if you saw all three return to the podium.

Jepson brothers(Noah 11th, Dane 9 th) Both of these wrestlers are athletic big guys. They love hand fighting, when you watch them battle. They both have potential to be on the podium come February.

(Girls Prospects) Adali Simmons is our consistent female wrestler year in and year out. She is a two time state place winner and just wants to always improve. She is a very good counter wrestler. She should be back on the podium again this year.

List your top stat leaders from last year.

1. Wins Gus Bohmbach 49
2. Take Downs Elijah Ramos 82
3. N3 Gus Bohmbach 39

List in order your prediction for your (Individual)

1. Killdeer
2. Velva
3. New Salem
4. Kenmare
5. Williams County
6. Harvey

List in order your prediction for your State (Individual)

1. Killdeer
2. Lisbon
3. South Border
4. New Salem
5. Velva
6. Northern Lights

List in order your prediction for your State (Dual)

1. Killdeer
2. Lisbon
3. South Border
4. New Salem
5. Velva
6. Pembina County

Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award.

Please list names, awards, and college they will be attending.

Any Additional Coaches Comments or Outlook to this upcoming season. Here:

We are very excited about this upcoming season. This is the first group of seniors that I have gotten to coach from 7 th grade on. We return all of our state place winners 12 of our 13 state qualifiers from last year. The team has worked very hard on the mat and in the weight room this off-season. We are in a very tough region with the new realignment and I am very excited to see Western North Dakota wrestling continue to be competitive.

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Pharmacist
Killdeer, ND 58640
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Dakota Grappler 2023-24

Linton-H-M-B Strasburg Lions

Last Year's Dual Record: 8-13
 Region Finish: Boys 6 th , Girls 20th
 State Finish: Boys 28 th , Girls 40th
 List of Tournaments participating in this season:
 Velva, Lamoure, Linton, Miller, SD, Rugby, Lisbon
 Head Coach: Preston Leier
 Yrs. at present school incl this yr: 7th
 Yrs. at this school as Head Coach: 1st
 Yrs. as Head Coach: 1st
 Total Wins as Head Coach: N/A
 Overall Record Coaching: 0-0
 Assistant Coaches: Clay Jacob, Katherine Bohle, and Tyler Gross
 Number of Lettermen Returning: 11
 Number of Returning State Placers: None. Noah Alderin State Qualifier 160# and Hope Mittleider Girls State Qualifier 120#
 Player Information:
 See Attached
 Special Accomplishments:
 Academic All State – Hope Mittleider

3. New Salem
4. Northern Lights
5. Velva
6. Killdeer

Is your school co-oping?
 Yes If yes, with whom?
 Linton HMB and Strasburg
 Any Additional Coaches
 Comments
 Looking for our Juniors and Seniors with experience to lead an overall young team on and off the mat this season. Should be able to fill our lighter weights and some in the middle of the lineup. 189# we will have some opens.

Looking forward to competing in the west and Region 4(SW region) this year. Hoping for a fun and successful year as a team being new the head position.



List in order your prediction for your Region (Individual)
 West

1. New Salem
2. Velva
3. Killdeer
4. Hettinger
5. Kenmare
6. Bishop Ryan

List in order your prediction for your State (Individual)


1. Lisbon
2. South Border
3. New Salem
4. Velva
5. Northern Lights
6. Killdeer

List in order your prediction for your State (Dual)

1. Lisbon
2. South Border



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Mondak (Grenora) Thunder

High School: Grenora/Westby/Plentywood
 Nickname: MonDak Thunder
 Head Coach: Troy Jespersen
 Yrs. at present school incl this yr: 10
 Yrs. at this school as Head Coach: 9
 Yrs. as Head Coach: 10
 Assistant Coaches: Tad Else, Cole Berg
 Number of Lettermen Returning: 10
 Number of Returning State Placers: 2
 Roster:

Rowdy Nelson	M	7th	0-3
James Jespersen	M	7th	1-2
Grayson Reid	M	8th	2-17
Marcus Cleberg	M	7th	0-4
TJ Boyer	M	Jr.	18-16
Charli Allen	F	Jr.	1-3
Huntley Sorenson	M	7th	1-4
Cade Else	M	Jr.	31-6
Kristina Day	F	Fr.	0-2
Victor Christian	M	Jr.	19-16
Kaylie Clingman	F	So.	3-0
Adin Jones	M	Jr.	13-20
Konner Moore	M	Jr.	3-22
Amanda Shields	F	Sr.	1-0
Riley Hennager	M	Sr.	23-16
Trenton Hale	M	Sr.	4-13
Madi Leatherman	F	Sr.	0-1
Deven Eson	M	Sr.	10-24
Dustin Melgaard	M	Sr.	2-29
Keven Eson	M	7th	2-0

Top Prospects and Grade:
 Riley Hennager 12th
 Cade Else 11th
 Victor Christian 11th
 TJ Boyer 11th



Adin Jones 11th
 Coaches' comments

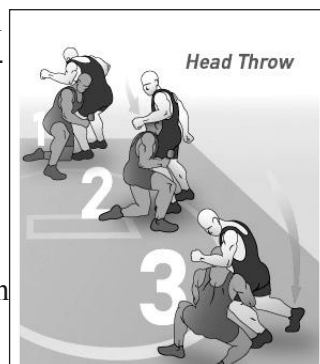
We are excited to get back at it. We have a group of older guys that have high expectations and have been working hard toward those goals. We have a handful of young kids coming into the room that show a lot of potential. We are looking forward to getting the season started.

“Single Drill”

Getting Started

To get in position for the drill, one wrestler will start in on a single leg. This will be the offensive wrestler in the drill. It doesn't matter if this wrestler starts with his head to the inside or outside of his opponent's body (high crotch or outside single). The defensive wrestler stays standing and in good position to defend the takedown.

From here the drill starts. The offensive wrestler will try to maintain good position throughout the drill despite how his partner defends. The defensive wrestlers will constantly be pressuring in and trying to keep the offensive wrestler extended underneath him.



The offensive wrestler's ultimate goal in this drill is to make it to the “corner.” The corner is the term used to describe the proper angle (in relation to an opponent's body) one must assume when attempting to finish a takedown, and will be explained further in this guide. When the offensive wrestler successfully corrects his position and gets to the corner, the defending wrestler's job is to throw the offensive wrestler's head to the inside or outside of his hip using his hand or forearm. This will force the offensive wrestler to correct his position yet again, and make him work towards finishing the takedown some other way.



New Salem Holsteins

Last Year's Dual Record: 20-1
 Region Finish: 1
 State Finish: 1
 Head Coach: Dave Wolding
 Yrs. at present school incl this yr: 17
 Yrs. at this school as Head Coach: 9
 Yrs. as Head Coach: 9
 Assistant Coaches: Dave Hilliard, Chauncey Dittus, Tayt Wolding, Mikey Rusk, Jason Doll, Dale Beckman
 Number of Lettermen Returning: 14
 Number of Returning State Placers: 6
 Roster:

Hudson Buchholz-Casson	M	Fr.	12-8
Anna Engwicht	F	8th	0-1
Will Mosbrucker	M	Sr.	29-14
Gerwulf Felts	M	So.	4-12
Keisha Tomac	F	Sr.	0-0
Charlie Irwin	M	Jr.	28-6
Aiden Hagemeister	M	Jr.	2-3
Hannah Thiel	F	Sr.	0-0
Trenton Klatt	M	Jr.	25-5
Garrett Nehl	M	Sr.	8-7
Ethan Maier	M	Sr.	26-5
Gavin Engwicht	M	Jr.	20-10
Colton Becher	M	Jr.	5-12
Clayton Heins	M	So.	1-4
Brock Norton	M	Jr.	25-6
Darren Gappert	M	So.	4-7
CL Weinberger	M	Jr.	0-0

Special Accomplishments:
 4 time coach of the year 7x region coach
 Charlie Irwin state champ, Trenton Klatt state champ, Ethan Maier runner-up, Brock Norton 4th place, Gavin Engwicht 8 th place.
 Top Prospects and Grade:
 Seniors Will Mosbrucker, Ethan Maier, Garrett Nehl
 Juniors Trenton Klatt, Brock Norton, CL Weinberger
 Sophomore Hudson Buchholz-Casson, Clayton Heins

Coaches' comments We have a solid group of returners that

have a lot of mat time and have been in big matches. They no doubt will step up and compete at a high level every-time they step on the mat.

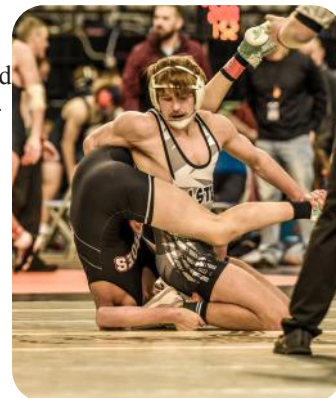
List in order your prediction for your Region (Individual)
 1. Killdeer 2. Velva 3.
 New Salem 4. Bishop
 Ryan

List in order your prediction for your State finish (Individual)
 1. South Border 2 Lisbon 3.Killdeer
 4.Northern Lights 5.Velva 6.New Salem

List in order your prediction for your State (Dual)
 1. South Border 2.Lisbon 3.Killdeer
 4.Northern Lights 5.Velva

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

Is your school co-oping? Yes No If yes, with whom? Center, Flasher
 Any Additional Coaches Comments





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Going to be exciting as we have a solid group of guys that work hard and wrestle to the whistle. We graduated a strong group of seniors.



New Town Eagles

Dennis Bunner Head Coach
Bronson Flynn Asst. Coach

Josie Stierwalt	F	
Louden Haugen	M	So.
Treyvionne Williams	M	So.
Gage Brugh	M	8th
Riley McIntosh	M	Sr.
Joel Gohl	M	Sr.
Nate Fox	M	7th
Alexis Gohl	F	9th
Aubree Bunner	F	7th
Phoenix Foote	M	Sr.



Again, it will take a lot of work to keep the hard work put in for these wrestlers... Find someone with a good heart and a teaching spirit who can guide these young men and women to enjoy the sport and work hard to be their best.



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Standing Rock Selfridge Warriors

Coach TBD		
Parker Weddell	9th	13-10
Hayden Brownotter	9th	0-4
Hoksilawambli Joshua	So.	0-0
Lance Bradley	Sr.	1-2
Melvon Love Joy	Sr.	0-0
Leondre Twinn	Sr.	0-0
Ryan Woddell	Jr.	3-2
Naja Marshall	So.	4-12
Samuel Taken Alive	Jr.	3-12
Raymond Yellow Bird	Sr.	2-2
Rylen Yellow Hammer	So.	0-3
Marcus Henry	Sr.	0-0
George Bradley	Jr.	2-8
Josetta Buffalo Boy	F	4-5
Shayla Baker	F	0-0

The numbers were as good as the Warriors had seen in many years, I know they had several wrestlers also competing in the Middle school level and if a coach is found they will have good success over the next few years.



Stanley-Powers Lake BlueJays

Bob Bartz	Coach Wade Skaar	Coach	
Bryan Bohrer	coach		
Returning State Placers:			
•5th - Trey Bohmbach (Stanley) 29-14, Jr.			
•2nd - Cohen Bell (Stanley) 33-3, So.			
Roster:			
Dane Dunham	M	7th	5-1
Ace Johnson	M	7th	3-0
Cohen Bell	M	So.	35-3
Rio Detienne	F	7th	0-0
Chase Brown	M	7th	4-2
Regan Gustafson	M	7th	6-0
Brayden Fritel	M	9th	10-16
Mia Fierros	F	7th	0-0
Elijah Valdez	M	8th	0-0
Bo Johnson	M	7th	2-4
Hannah Johnson	F	Jr.	1-0
Jonathan Chavez	M	Jr.	8-23
Kane Reep	M	9th	6-14
Cayne Rudolph	M	Sr.	21-10
Owen Lund	M	So.	3-5
Colter Fladeland	M	8th	13-11
Denim Dunham	M	9th	3-7
Jake Germundson	M	7th	1-3
Kilah Hager	F	8th	0-0
Grady Nichols	M	So.	7-3
Tucker Nelson	M	So.	16-10
Aubrey Locken	F	Sr.	0-0
Trey Bohmbach	M	Jr.	30-14
Lucas Hawkinson	M	9th	1-8
Griffin Wilhelmi	M	Jr.	21-16
Ethyn Jessen	M	Sr.	7-12
Jonathan Germundson	M	Sr.	13-11
Levi Uran	M	9th	8-2
Matthew Jacobs	M	Jr.	11-27

Stanley has a really nice team I wish the coach would have turned in the questionnaire to find more out. Ask him to contribute in the future.

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Velva Aggies

Conference if applicable: WEST/Region 3

Last Year's Dual Record: 14-4

Region Finish: 1 st individuals, 2 nd duals

State Finish: 4 th individuals, 5 th duals

List of Tournaments participating in this season:

Velva Invitational, Kenmare, Al Larson, Rumble on the Red, Rugby Panther, Badlands Classic, East/West

Co-Head Coaches: Chad Barstad, Brock Nagel

Yrs. at present school incl this yr: Chad Barstad 16, Brock Nagel 1

Yrs. at this school as Head Coach: 16 and 1

Yrs. as Head Coach: 16, Brock 4

Total Wins as Head Coach: 180

Overall Record Coaching: 180-46

Assistant Coaches: Colten Lee, James Anderson, Chad Clapper, Greg Finneseth, Pat Gingles, Bob Bartz

Number of Lettermen Returning: 13

Number of Returning State Placers: Carson Hildre 1 st , Pitch Hager 2 nd , Maddox Campbell 5 th

Player Information:

107: Isiah Hackman, Lane Anderson, Antonio Davis

114: Alex Leier

121: Pitch Hager

127: Lucas Soli

133: Maddox Campbell, Raider Barstad

139: Brextyn Yanish, Alanzo Davis

145: Carson Hildre, Lexton Smith

152: Madden Barstad, Caleb Brown, Bryson Schiele

160: Kelson Mascol, Noah Werner

172: Logan Vincent, Carter Hurt

189: Lucas Siebuhr, Evan Rensch

215: Jayden Foss, Alexander Sola

285: Jayden Frounfelner

List in order your prediction for your Region to finish this year including your own team if you want to include it. (Individual)

1. New Salem
2. Killdeer
3. DLB
4. Hettinger
5. Kenmare
6. Stanley

List in order your prediction for your State finish this year including your own team if you want to include it. (Individual)

1. South Border
2. Lisbon
3. New Salem

4. Killdeer
5. Northern Lights
6. Bishop Ryan

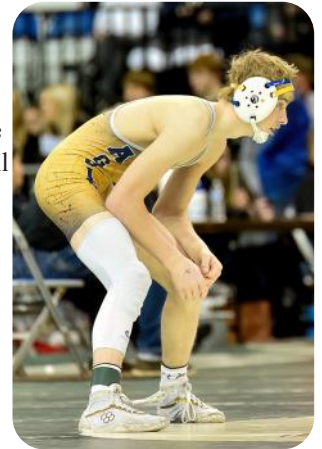
List in order your prediction for your State finish this year including your own team if you want to include it. (Dual)

1. South Border
2. Lisbon
3. Killdeer
4. New Salem
5. Northern Lights
6. DLB

Any Additional Coaches Comments or Outlook to this upcoming season. Here:

We look forward to the 23-24 season with some new additions to our wrestling room, Brock Nagel and Bob Bartz both will be joining the Aggie coaching staff. This season we will have great competition in our room in the lower and middle weights. We have a nice mix of youth and veterans in this year's lineup as we return 3 state placers from last year: Pitch Hager 2 nd , Maddox Campbell 5 th place, and State Champion Carson Hildre. We will also be returning

Seniors Kelson Mascol and Lucas Siebuhr for their final season. Juniors for this season will be Carson Hildre, Maddox Campbell, and Evan Rensch. We have a nice young group that will fill the rest of the lineup with returning State qualifiers Brextyn Yanish (8 th), Madden Barstad (9 th), Logan Vincent (9 th). Some new faces that will be in our lineup this year will be Isiah Hackman (7 th), Alex Leier (9 th), Lucas Soli (8 th), Alanzo Davis (10 th), Noah Werner (10 th), Jayden Foss (10 th), and Alexander Sola (10 th)



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Williams Co FireStorm

Last Year's Dual Record: 10-6
Region Finish: 4 th Duals 6 th Individual
State Finish: 25th
List of Tournaments participating in this season: East/West, Linton, Rugby, Firestorm, Kenmare, Velva, Killdeer DLB

Head Coach: Arlan Anderson
Yrs. at present school incl this yr: 10
Yrs. at this school as Head Coach: 30
Yrs. as Head Coach: 9
Assistant Coaches: Austin Werre, Jace Iverson
Number of Lettermen Returning: 14
Number of Returning State Placers: 3

Roster:

Clay Placek	7th	1-4
Brock Poff	7th	2-3
Nickolas Polgaze	7th	1-4
Angus Wolla	8th	6-8
Daxton Gilder	7th	0-4
Carter Schmitz	7th	0-0
Theodore Green	8th	1-13
Baryon Espartero	8th	5-6
Tristan Miller	8th	29-19

McCoy Jorstad	Fr.	9-9
Kash Brown	Fr.	23-8
Boden Iverson	Fr.	19-16
Caleb Weathersby	So.	7-14
Tavin Skalicky	Fr.	13-18
Atley Pagle	8th	0-6
Jeremiah Walsh	8th	6-5
Carson Brunelle	So.	13-21
Jeremiah Schmidt	So.	2-7
Walker Sheldon	So.	12-21
Prinze Burnias	Sr.	0-3
Topper Gilder	7th	1-3
Gavin Davidson	Fr.	15-24
Bryce Barrow	Jr.	0-8
Rocker Aguilar	Jr.	43-11
Brennin Thuesen	So.	8-33
Triden Thull	Fr.	5-4
Kenzlie Williams (F)	8th	0-0
Wyatt Brown	Fr.	10-14
Ashton Weathersby	Jr.	18-13
Jakob Peterson	Fr.	1-6
Gaberial Dickinson	So.	0-0
Gage Brown	Sr.	0-0



New Wrestlers from Powers Lake are Levi Jensen, Matt Jacob (transfer from Stanley)

1 returning girl wrestler Quory Whiteford

Special Accomplishments:

Kash Brown 106lb 8 th 2022, Rocker Aguilar 145lb 7 th 2023,

Clayton Grove 220lb 8 th 2023,

Rocker & Clayton were Academic All State

Top Prospects and Grade: Tristan Miller 8 th State Qualifier 2023, Boeden Iverson 9 th State Qualifier 2023

Coaches' comments

Rocker was hardest worker/ Team Leader last 3 years and had an exceptional off-season, he is a great Team leader and a returning region champ.



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List your top stat leaders from last year.

1. Rocker Aguilar broke school record for most take downs

Any Additional Coaches Comments or Outlook to this upcoming season. Here: Firestorm wrestlers are anxious

To hit the mats this year. The program has seen tremendous growth and with that Tioga High school has built a new

wrestling room for us. Last year the injury bug hit us hard towards the end of the season but our young wrestlers stepped

up.

We wrestled region duals with 6 Jr. High wrestlers that gained valuable varsity experience. We are looking forward to see

what this group of wrestlers can do this season.



Brookings Bobcats

Conference if applicable: Eastern South Dakota Conference

Last Year's Dual Record: 5-6

Region Finish: 4th

State Finish: 10th

List of Tournaments participating in this season:

Dec 1-2 – Dan Unruh Invite-Wahpeton, Dec 16 – Madison Invite, Dec 28 – Floyd Farrand Invite, Jan 6 – West Sioux Invite, Jan 20 – Kingsbury County Invite, Jan 27 – Les Tlustos Invite, Feb 3 – Yankton Invite

Head Coach: Matt Hanson

Yrs. at present school incl this yr: 13

Yrs. at this school as Head Coach: 3

Assistant Coaches: Eric Toft, Garrett Jordan, Justin Palmer, Tucker Christie

Number of Lettermen Returning: 15

Number of Returning State Placers: 2

Roster:

Haylee Hovelson	F	So.	0-0
Riley Schwinler	F	Jr.	0-0
Faith Caldron	F	Sr.	3-0
Bailey Tekrony	F	So.	3-0
Kami Erickson	F	So.	2-1
Johanna Steinlicht	F	Jr.	3-0
Cierra Strand	F	Jr.	0-0
Maizy Mathis	F	Sr.	0-0
Jack Griggs	M	So.	0-12
Logan Straub	M	Sr.	9-7
Jacob Milliron	M	Fr.	8-13
Sawyer Johnson	M	So.	4-15
Gus Armenta	M	So.	1-7
Zach Hagemann	M	So.	1-5
James Fitzpatrick	M	So.	4-13
Blake Kannegieter	M	So.	12-21
Luke DeRynck	M	So.	15-14
Joey Fitzpatrick	M	Sr.	26-18
Tate Helmbolt	M	Sr.	25-6
Mason Mathis	M	So.	19-20
Nolan Miles	M	Sr.	26-6
Dylan Reynolds	M	So.	15-16
Gabriel Stern	M	Jr.	0-0

Top Prospects and Grade:

Nolan Miles –	12
Tate Helmbolt –	12
Joey Fitzpatrick –	12
Gabe Stern -	11

Coaches' comments

Nolan Miles – State Runner Up as a Junior
 Tate Helmbolt – 4th place finish at State Tournament
 Joey Fitzpatrick – State Qualifier
 Gabe Stern – State Qualifier

List your top stat leaders from last year.

1. Nolan Miles
2. Tate Helmbolt
3. Joey Fitzpatrick

List in order your prediction for your Region (Individual)

1. Watertown Arrows
2. Tea Titans
3. West Central Trojans

List in order your prediction for your State (Individual)

1. Brandon Valley
2. Pierre Governors
3. Watertown Arrows
4. Harrisburg Tigers

List in order your prediction for your State (Dual)

1. Pierre Governors
2. Brandon Valley
3. Harrisburg Tigers
4. Watertown Arrows

Girls Head Coach Eric Toft

Roster:

Bailey Tekrony	So.	22-13
Kami Erickson	So.	19-16
Faith Caldron	Sr.	20-14
Johanna Steinlicht	Jr.	25-9
Riley Schwinler	Jr.	0-0
Cierra Strand	Jr.	0-0
Haylee Hovelson	So.	0-0
Maizy Mathis	Sr.	20-7



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Dell Rapids Quarriers

Conference if applicable: CVC
Last Year's Dual Record: 8-11
Region Finish: 9th
State Finish: 30th
List of Tournaments participating in this season:
Top of the Rock – Dell Rapids
Floyd Farrand

Head Coach: Craig Jorgensen
Yrs. at present school incl this yr: 31
Yrs. at this school as Head Coach: 31
Yrs. as Head Coach: 31
Total Wins as Head Coach: 273
Overall Record Coaching: 273-297
Assistant Coaches: Jacob Habeger, Nick Person, Jacob Vogel
Number of Lettermen Returning: 8
Number of Returning State Placers: 0

Roster:

Hannah Jensen	F	Jr.	0-0
Cale Roach	M	Fr.	7-15
Camden Tebay	M	8th	19-12
Cora Augstad	F	Fr.	0-0
Zach Grochow	M	8th	4-13
Adeline Hansen	F	Fr.	0-1
Chloe Staskwicz	F	Fr.	0-0
Breck Evans	M	8th	11-15
Rylee Bird	F	Jr.	1-0
Ila Hansen	F	Fr.	0-0
Austin Gross	M	So.	0-0
Mikayla Hight	F	Jr.	0-1
John Mortrude	M	Sr.	23-13
Bailey Credeur	F	Jr.	0-0
Kane Murphy	M	Jr.	7-16
Charlie Prasek	M	Jr.	2-7
Janessa Nelson	F	Jr.	0-0
Quinn Carr	M	Jr.	30-16
Aiden Geraets	M	Sr.	25-14
Kale Evans	M	Sr.	2-0

Brandon Schmidt M Jr.8-15
Charlie Becker M Fr.

Top Prospects and Grade:Coaches' comments

John Mortrude 12 - Has an exciting style and is always looking for a pin. Team leader, great student and hard worker

Aiden Geraets 12 – Loves to battle.

He is good on his feet and in all positions. Great Team leader and Captain

Quinn Carr 11 – Love to compete, great on his feet and never out of a match. Fun to be around and a breath of fresh air.Camden Tebay 8 -

List your top stat leaders from last year.

1. John Mortrude

2. Aiden Geraets

3. Quinn Carr

Wrestler in college.

Kaiden Lowman signed with Minnesota West

Is your school co-oping? Yes with whom?

Dell Rapids, Dell Rapids St. Mary, Baltic

Girls Head Coach Craig Jorgensen

Assistant Coach Jacob Habeger

Nickname: Quarrier Girls

Conference if applicable: DAK12

List of Tournaments participating in this season:

Top of the Rock – Dell Rapids, Madison Inv.

Floyd Farrand Inv., Brandon Valley, Harrisburg Girls Tournament, DAK12, Brookings Inv.

Huron Inv.



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Head Coach: Craig Jorgensen/Nick Person
 Yrs. at present school incl this yr: 31
 Yrs. at this school as Head Coach: 31
 Yrs. as Head Coach: 21
 Total Wins as Head Coach: 273
 Overall Record Coaching: 273-297
 Assistant Coaches: Jacob Habeger, Nick Person, Jacob Vogel
 Number of Lettermen Returning: 8
 Number of Returning State Placers: 0

Top Prospects and Grade:
 Rylee Halvorson 11th – Rylee was a placewinner in 2021 and is looking to work her way back to the podium. Her technique is continuing to improve and really loves the sport.

Bailey Credeur 11th – Bailey qualified the past 2 seasons. She has put in work and is willing to do what is necessary to stay healthy and improve through the year. Hannah Jensen 11th - Hannah had a great year in 2022. She qualified for the State Tournament and has experience to wrestle upper level girls. I have a feeling she is going to have a breakout season. Staying healthy is going to be key.

Mikayla Hight 11th – Mikayla has steadily improve since day 1. She has been hampered by injury in the past. I feel if we can get a full year out of her, she will be very competitive post season.

Chloe Staskywicz 9th – Chloe put in her 1st season in 2022. She loves to compete and has really taken a liking to the sport of wrestling. She improved a ton in year 1. She has the basics down, now its time to get her reacting without thinking. She is going to be a tough competitor on the mat.

List your top stat leaders from last year.

1. Rylee Halvorson
2. Hannah Jensen
3. Bailey Credeur

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Flandreau Fliers

Conference if applicable: big east and lake central
 Last Year's Dual Record: 2-13
 Region Finish:
 State Finish:



List of Tournaments participating in this season: Flandreau booster club, Howard invite, Madison invite, McCook invite, Chamberlain, tri valley invite, garretson, brookings

Head Coach: Cody Chamblin
 Yrs. at present school incl this yr:
 Yrs. at this school as Head Coach: 2
 Yrs. as Head Coach: 2
 Total Wins as Head Coach: 2
 Number of Lettermen Returning: 5
 Number of Returning State Placers: 0

Roster:

Teague Bergjord	106	M	So.	28-25
Brayden Wiese	126	M	Sr.	27-20
Julie Pitsenberger	138	F	Sr.	5-0
Justin Klein	145	M	So.	19-20
Karter Headrick	170	M	Jr.	35-12

Top Prospects and Grade:
 Brayden Wiese senior 2 time state quilfier
 Karter Headrick junior
 Julie Pitsenberger senior 2 time quilfier

Coaches' comments
 Wiese is always a competitor and will look at his third state appearance and making the podium as a senior Headrick is just unorthodox and dont know what you will see but can turn a match around in a spilt second.
 Klein is just a beast and keeps learning more technique each year he will be someone to wrecken with

List your top stat leaders from last year.

1. Karter Headrick
2. Jayden Lang

List in order your prediction for your Region (Individual)

1. West Central
2. Watertown
3. Tea
4. Brookings
5. jefferson
6. flandreau

List in order your prediction for your State (Individual)

1. Brandon valley
2. Watertown
3. Sturgis
4. West Central
5. Pierre
6. Harrisburg



Madison Bulldogs

List in order your prediction for your State (Dual)

1. Watertown
2. Brandon Valley
3. Harrisburg
4. Pierre
5. West Central
6. Sturgis

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

Is your school co-opting? Yes No If yes, with whom? Colman

Conference if applicable: Dak 12

Last Year's Dual Record: 8-4

Region Finish: 7th State Finish: 20th

Tournaments: Flandreau Inv, Ken Ruml Inv, Madison Inv, Mitchell Inv Dak 12 Conf, Brookings Inv, Redfield Inv, Head Coach: Chris Waba

Yrs. at present school incl this yr: 38

Yrs. at this school as Head Coach: 25th

Yrs. as Head Coach: 25th Total Wins as Head Coach: 288

Overall Record Coaching: 288-177

Asst Coaches: Marty Konechne, Alec Bultje, Travis Johnson Lettermen Returning: 22 Returning State Placers: 1

Roster:

7 th Graders:

Nolan Wire, Braden Martin, Collin Pulford, Capri Johnson, And the rest that I recruit from the football field.

8th graders:

Ben Weiman, DeClan Sheeks, Lane Johnson, Brayden Ragsdale, Rainen Petersen, Luke Johnson, Tucker King, Ryder Thompson, Hayden DeLeon, Brody Nielsen, Eli Bobick, Brayden Willis, Charles Aldanna

Fr.

Jade Wilkens, Lexis Moe, Sawyer Hegg, Ashten Dorhout Gavin Taylor, Milo Osborn

So.

Wyatt Pickard, Alex Zwak, Dylan Seivers, Justin Peters Tyan Braskamp

Jr.

Braydon Gust, Cole Downs, Carter Downs, Carson Wolf Tristen Dorhout, Tayt Gran,

Sr.

Isabell Henry, Caleb Jerlow, Jordan Torres, Chase Stuerwald Charles Magnuson, Seth Arntzen, Cole Klingbile

Special Accomplishments: 2023 award winners

Outstanding Young Wrestler: WYATT PICKARD

JV wrestler of the year: BRAYDEN GUST

Most Improved: TAYT GRAN

Bulldog Award CARSON WOLF

MVP: CALEB HODGES

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Returning Qual: Wyatt Pickard, Carson Wolf, Caleb Hodges

Prediction for your Region (Individual)

1. Watertown 2. West Central 3. Tea 4. SF Jefferson 5. SF O’Gorman 6. Brookings

Is your school co-oping? Yes with whom?

We are Co-Oping with Oldham, Ramona, Rutland

Any Additional Coaches

MHS WRESTLING 2022-23

The 2022-2023 season was a season of building for the Bulldogs. We had several young men getting an opportunity to wrestle varsity for the first time along with a solid group of young men that were coming back with a chance to prove themselves. A few of our upper classmen decided to not rejoin our family and that left a lot of opportunity for our younger kids to step up and get the job done. I felt our kids did a nice job of getting better as the season progressed and like always, made a commitment to each other, the team, and the school, as we continue to help young men become the best that they can be.

Our goal, as is every year, was to qualify for the State Dual Tournament and have an opportunity for more kids to wrestle in the state tournament. Our region is becoming more and more competitive and the chance to qualify as individuals is becoming a bit more of a challenge. Our kids battle with all they have, and I am proud of them for that.

We were able to avoid any significant injuries this year and were relatively healthy when it came to the post season. Our goal is to qualify everybody, but I felt that with our youth and inexperience, that was going to be tough task to accomplish. We made too many mistakes during Region 1A, but I’m confident that our returning wrestlers will be hungry for another opportunity next year. I am so proud of all our kids. This sport is not an easy one to participate in and our kids do it as well as anybody. They say athletics builds character, but I honestly do believe it reveals it. We have a group of kids that have been taught character traits already, and we get to reap the benefits as their coaches.

We will be saying goodbye to a group of seniors that have been through a lot of ups and downs with us. We will miss their personalities in our room. Being a leader is a tough thing to ask of a young man, and I thought our seniors each led in their own unique way. They are always welcome back in our room, and they will always be part or our wrestling family. As we move forward, the future looks bright. We have a young group of wrestlers that seem to be hungry and are looking forward to continuing their journey to the podium. Big things are on the horizon for these young men, as long as they continue to be hungry, disciplined, and determined to not be stopped.

I am thankful for the opportunity to work with my wrestling family every year. The kids, the coaches, the administration, and the parents are an uplifting part of my year. We will continue to strive to be better than were last year.

Sioux Falls O’Gorman Knights

Head Coach: Ryan O’Connor

Assistant(s): Ed Fink, Joe Gomez, Caleb Brink, Eli Kadoun

Returning State Placers:

7. Holden Hight, 11 31-22

2. Keenan Sheridan, 11 42-3

Roster:

Hayden Sealey	8th	3-4
Will Norman	8th	2-2
Easton Scheidt	8th	15-27
Zach Schuler	8th	4-4
Aiden Ellerbroek	8th	5-7
Cael Lynch	So.	24-19
Robbie Sealey	So.	10-24
Holden Hight	Jr.	32-23
Jonah Crow	So.	7-11
Gavin Boyle	8th	3-5
Nicholas Giese	Jr.	7-17
Sterne Pankratz	Jr.	17-14
Isaac Vasquez	Jr.	1-14
Tyler Oines	Jr.	13-26
Evan Erhardt	Jr.	1-5
Lincoln Pankratz	Jr.	5-9
Keenan Sheridan	Jr.	47-4
Rip Siemonsma	So.	24-18
Aidan Kenable	Sr.	30-21
Alex Munce	Sr.	9-11
Mason Harris	Jr.	14-21
Andrew Bloom	Jr.	6-6
Daniel Vazquez	Jr.	17-28
Peyton Mausbach	Sr.	8-11

Any Camps attended?

SDSU, NSU, Sioux Empire

Season Outlook or Coaches comments:

This is my second season as the Head Wrestling Coach at O’Gorman. This team has a lot of potential. I couldn’t be more optimistic and excited. I’m honored to lead them.





Sioux Falls Jefferson Cavaliers

Conference: Metro
 Last Year's Dual Record: 8-13
 Region Finish: 6th
 State Finish: 11 th State A's
 List of Tournaments participating in this season:
 Rider Invite (SFR), RC Tournament, Warrior Invite (SFW),
 Floyd Farrand (LHS), Milbank Duals, Harrisburg Girls
 Invite, Tri-Valley Invite, Bishop Heelan Tr, Yankton Invite
 Head Coach: Todd Wells
 Yrs. at present school incl this yr: 3 yrs
 Yrs. at this school as Head Coach: 3 yrs
 Yrs. as Head Coach: 11 yrs

Assistant Coaches: Adam Presler, Jamie Dooley, Hudson
 Pearman

Number of Lettermen Returning: 10
 Number of Returning State Placers: 4
 Player Information:

Rooster

Boys

Austin Osborn -12	Kaleb Suarez - 12
Landon VanRoekel -12	Landon Duran -12
Benjamin Neilan -12	Samuel Martinez -12
Aidan Wells -11	Ayden Dooley -11
Noah Kuckovic -11	Brady Kuhnert -11
Judah Larson - 11	Carter Dahl - 11
Sam Glesiah -11	Colten Garber -11
Shawn Scherer - 11	Gavin Malsam -11
Cory Thompson -11	Graham Wilde -10
Josue GarciaGonzalez -10	Sameer Hamed -10
Tate Carlson -10	Will Dose -10
Adriel Ruan -10	Josue CortezPerez -10
Griffin Mulloy -10	Derek Wiemann - 9
Joseph Morrill - 9	Carter Moxley - 9
William Graeber - 9	Kaydin Sorensen -8



Girls

Jumah DuKuly - 11	Alissa Ault -10
Saphera Reid - 9	
Student Managers	
Rylee Johnson -10	Erika Douglas -10
Addison Olander -10	Isabella Neilan -9

Coaches

Head Coach Todd Wells
 Assistant Coach Adam Presler
 Volunteer Coach Jamie Dooley
 Volunteer Coach Hudson Pearman

Special Accomplishments:
 Returning State Placers: Aidan
 Wells (11) - 3 rd , Graham Wilde
 (10) - 6 th , Ayden Dooley (11)- 4
 th , Alissa Ault (10)- 5th
 Top Prospects and Grade:



Austin Osborn -12	Landon VanRoekel -12
Landon Duran -12	Benjamin Neilan -12
Aidan Wells -11	Ayden Dooley -11
Brady Kuhnert -11	Judah Larson - 11
Carter Dahl - 11	Graham Wilde -10
Alissa Ault - 10	

Coaches' comments: We have 11 wrestlers with varsity experi-
 ence returning this season. Four of which are state placers -
 Aidan Wells, Ayden Dooley, Graham Wilde, and Alissa Ault
 will be looking to climb higher on the podium. Seniors Austin
 Osborn, Landon VanRoekel, Landon Duran, and Benjamin
 Neilan will be in the hunt to qualify for the State tournament
 and get on the podium. Juniors Brady Kuhnert, Judah Larson,
 Carter Dahl (injured last season and was a State qualifier 2
 years ago) hope to do the same. Senior Samuel Martinez and
 Junior Sam Glesiah hope to crack the varsity line-up and
 make their mark.

List your top stat leaders from last year.

1. Aidan Wells

List in order your prediction for your Region (Individual)

1. Watertown
2. West Central

Any Additional Coaches Comments Jefferson High School
 is striving to be a championship wrestling program as a team
 and as individuals. We've made great progress and hope to
 improve on our accomplishments. We'll set our goals and
 work fervently to accomplish them.





Sioux Falls Roosevelt Rough Riders

Head Coach Josh Anderson
 5th year at Roosevelt 2nd as Head Coach
 Total Wins as Head Coach: 0
 Assistant Coaches: Jake Scherf, Kyle Moe
 Number of Lettermen Returning: 10
 Number of State Placer Returning: 1
 Roster:

Colton Kline	M	10
SageLynn Culley	F	11
Rachel Dagel	F	11
Zack Brummond	M	12
Kaileena Hemenway	F	12
Brandi Harald	F	10
Devan Martinez	M	11
Jaelyn Carrizales	F	12
Evan Saeger	M	11
Karter Idecke	M	11
Caden Kline	M	11
Fabian Lujardo	M	11
Jackson Grasma	M	11
Brayden Park	M	12
Christian Slagle	M	10
Logan Moore	M	11
Rayden Hastings	M	11
Mya Mathis	F	10

Top Prospects and Grade:

Paytan Waterman - Lost in the blood round in the State Tournament last year as a first year wrestler. He has been working hard over the summer and is very invested in the sport.
 SageLynn Culley - Was only a couple matches away from the state tournament at a different weight class, has been working hard all summer to get better at open mats and lifting.

Coaches comments:

Sorry about the limited information. I am a 2nd year head coach with a very small/young team. We are working on building the program.



Effective Positive Conditioning Techniques in Coaching

by Jon Gums

Positive conditioning is a powerful coaching tool that focuses on reinforcing desirable behaviors and attitudes among athletes. By employing certain key concepts, coaches can create a motivational environment that fosters team success and individual growth. Here are some essential strategies for successful positive conditioning:



Relevance and Importance: Identify aspects crucial for team success and make them meaningful to the athletes. Connect conditioning exercises with the team's goals, emphasizing their significance in achieving collective objectives.

Transforming the Mundane: Find creative ways to make challenging tasks enjoyable. Convert activities that are not inherently fun into engaging and exciting experiences, making athletes more receptive to the process.

Abolish Fear-Based Tactics: Eliminate the use of running as a form of punishment. Coaches relying on fear-based methods should refrain from attempting positive conditioning, as it requires a nurturing and supportive approach.

Strategic Praise: Offer praise for the behaviors you want to see more of. Acknowledge and commend athletes for their positive actions, reinforcing their confidence and motivation to continue such behaviors.

Reward Athlete-Owned Behaviors: Recognize and reward attitudes and efforts that athletes can control. Encourage a strong work ethic by appreciating their dedication, discipline, and commitment to improvement.

Foster Work Habits: Cultivate excellent work habits by consistently acknowledging exceptional effort. Reward athletes who consistently demonstrate dedication and perseverance, motivating others to follow suit.

Reserved Use of Praise: Reserve the term "great" for truly outstanding efforts. By attaching this label to exceptional performances, athletes will understand the magnitude of their achievements, encouraging them to strive for excellence.

Continued on page 104



Tea Area Titans

Conference if applicable: DAK XII – Final Season

Last Year’s Dual Record: 18-5

Region Finish: 3 rd

State Finish: 6 th

List of Tournaments participating in this season:

- Watertown Duals- Rapid City Invite- Madison Invite
- Floyd Farrand Invite (Sioux Falls Lincoln)
- Mid-Dakota Monster (Lyman County) - Harrisburg Duals
- DAK XII Conference Tourney - Parker Invitational
- Yankton Invitational

Head Coach: John Niesen

Yrs. at present school incl this yr: 8

Yrs. at this school as Head Coach: 8

Yrs. as Head Coach: 9

Total Wins as Head Coach: 75

Overall Record Coaching: 75-62

Assistant Coaches:

Todd Gannon, Jacob Nikolaisen,

Josh Sundall, Jordan Biehn

Number of Lettermen Returning: 12

Number of Returning State Placers: 4

Special Accomplishments:

- Sam Werdel is a returning State Champion and looks to become our 3 rd 2x'er in school history

- Brianna Johnson, our only girl, is a 2x-Medalist (5 th , 3 rd) and is looking for her first title

- Austin Eimers, Parker Wilson, and Tyler Woodring are all returning State Medalists

Top Prospects and Grade:

Jackson Tschetter (12)

Sam Werdel (11)

Dawson Eimers (11)

Austin Eimers (12)

Tyler Woodring (10)

Parker Wilson (11)

Slater Wilson (8)

Keegan DeYoung (12)

Brianna Johnson (12)

List in order your prediction for your Region (Individual)

1. West Central
2. Watertown
3. Jefferson
4. Brookings
5. O’Gorman
6. Madison

List in order your prediction for your State (Individual)

1. Pierre
2. Sturgis
3. Brandon Valley
4. Harrisburg
5. Aberdeen Central
6. Watertown

List in order your prediction for your State (Dual)

1. Pierre
2. Sturgis
3. Brandon Valley
4. Harrisburg
5. Aberdeen Central
6. West Central



Any Additional Coaches Comments or Outlook to this upcoming season.

This year will look a little different than the past few seasons, as we’ve graduated a ton of our leadership and will have some young guys thrust into the lineup for the first time, along with the weight class changes. We’re looking forward to seeing what the kids can do and are excited about the progress some of them have made in the offseason. We brought a ton of kids down to team camp and had a solid showing, especially with our Middle School kids, at our summer clinic. What this group lacks in experience, they compensate with attitude and work ethic.



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Watertown Arrows

Conference if applicable: ESD
 Last Year's Dual Record: 13-4
 Region Finish: 1st
 State Finish: 2nd in Individual, 3rd in Duals
 List of Tournaments participating in this season:
 Dec 2nd: Marv Sherrill Duals
 Dec 8-9: Rapid City Invitational
 Dec 16: Sioux Falls Washington Invitational
 Dec 28: Floyd Farand Invitational
 Jan 5-6: Bismarck Rotary Invitational
 Jan 13: Jerry Opbroek Invitational
 Jan 27: Lee Wolf Invitational
 Feb 3: Yankton Invitational
 Head Coach: Chas Welch
 Yrs. at present school incl this yr: 11
 Yrs. at this school as Head Coach: 9
 Yrs. as Head Coach: 11
 Total Wins as Head Coach: ??
 Overall Record Coaching: ??
 Assistant Coaches: Aaron Althoff, Scott Stone, Dexter Gai-
 kowski, Nate Althoff
 Number of Lettermen Returning: 21
 Number of Returning State Placers: 5
 Gage Lohr: 1st at 106

Sloan Johannsen: 1st at 120
 Derek Hanson: 7th at 138
 Brock Eitreim: 3rd at 195
 Micah Hach: 2nd at HWT
 Player Information: Please get from Trackwrestling
 Special Accomplishments: Placewinners are above
 Returning State Qualifiers: Markus Pitkin, Leo Stroup

Top Prospects and Grade: Gage Lohr (9), Sloan Johannsen (12), Derek Hanson (12), Brock Eitreim (12), Micah Hach (11), Markus Pitkin (10), Leo Stroup (11)



List your top stat leaders from last year:

1. Wins - Sloan Johannsen (51)
2. Falls - Micah Hach (38)
3. Tech Falls - Sloan Johannsen (10)
4. Major Decisions - Braden Le (10)
5. Takedowns - Sloan Johannsen (200)
6. Reversals - Matthew Peters (24)
7. Escapes - Jax Kettwig (56)
8. 2 pt Nearfall - Ian Johnson (13)
9. 3 pt Nearfall - Gage Lohr (34)



List in order your prediction for your Region (Individual)

1. Tea Area
2. West Central
3. Brookings
4. SF Jefferson
5. Madison

List in order your prediction for your State (Individual)

1. Brandon Valley
2. Pierre
3. Sturgis



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- 4. RC Stevens
- 5. Harrisburg
- 6. Tea Area
- 7. West Central

List in order your prediction for your State finish this year including your own team if you want to include it. (Dual)

- 1. Brandon Valley
- 2. Pierre
- 3. Sturgis
- 4. RC Stevens
- 5. Harrisburg
- 6. Tea Area

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

Any Additional Coaches Comments or Outlook to this upcoming season.

The Arrows return a good nucleus of talent and will look towards the upperclassmen to set the tone for the season. Leading the way will be returning place winners Gage Lohr (9), Sloan Johannsen (11), Derek Hanson (12), Brock Eitreim (12), and Micah Hach (11).

The Arrows also have a great group of younger wrestlers that will make an immediate impact in the wrestling room and in the starting lineup as well. Having this group of talented younger wrestlers will only make the wrestling room more competitive, which will translate to success in duals and tournaments.

Staying healthy and getting everyone in the right weight class will be the key to success for the Arrows. We have an excellent and busy schedule that will prepare us to be at our best at the end of February.



Phillip Matthews

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Effective Positive Conditioning Techniques in Coaching

by Jon Gums

(Continued from page 101)

Personalized Verbal Praise: Use athletes' names and specific actions when giving verbal praise. Personalizing feedback enhances its impact, making athletes feel valued and recognized for their individual contributions.



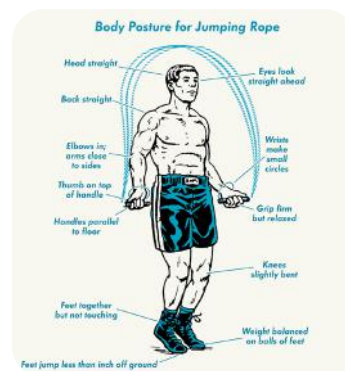
Conditioning as a Privilege: Instill a sense of pride in conditioning activities. Frame conditioning exercises as a privilege, emphasizing their role in enhancing individual and team capabilities, fostering a positive attitude towards the process.

Reward Excellence: Focus on rewarding top performers rather than punishing those who struggle. Recognize and celebrate the achievements of the best performers, inspiring others to emulate their success.

Team-Centric Focus: Encourage athletes to shift their focus from personal discomfort to team cohesion. Emphasize the importance of not letting down teammates, fostering a strong sense of responsibility and camaraderie.

Positive Reinforcement: Reinforce the idea that winners exhibit determination. Instead of framing running negatively, emphasize it as a characteristic of successful athletes, encouraging a positive association with the activity.

By integrating these principles, coaches can create an environment where positive conditioning becomes a driving force, empowering athletes to achieve their full potential and contribute meaningfully to the team's success.





West Central Trojans

Conference if applicable: Dak XII

Last Year's Dual Record: 17-3

Region Finish: 2nd State Finish: 7th

List of Tournaments participating in this season: Rider Invite, Rapid City Invite, Madison Invite, West Sioux Invite, Dak XII Conference Tourney, Les Tlustos Invite, Yankton Invite

Head Coach: Cole Grocott & Mike Ideker

Yrs. at present school incl this yr: 14 & 20

Yrs. at this school as Head Coach: 2 & 20

Yrs. as Head Coach: 2 & 24

Total Wins as Head Coach:

Overall Record Coaching:

Assistant Coaches: Chip Carda, James Lemke, Chris McKinney, & Dylan Kor

Number of Lettermen Returning: 16

Number of Returning State Placers: 6

Roster:

Max Poss	Fr.	Kaden Haakinson	8th
Jett Whiting	Fr.	Kyliegh Schuller	8th
Alex Siemonsma	Fr.	Dean Arends	8th
Caden Roe	8th	Karson Vessells	Fr.
Braxten Miller	8th	Lane Morgan	8th
Levi Anderson	Sr.	Braylon Robbins	8th
Patrick Hammond Jr.		Orlando Whiting	Jr.
Hayden Whiting	So.	Langdon Klinkhammer	Fr.
Rylee Hartung	Jr.	Jesse Jost	Sr.
Bentley Pesicka	8th	Kadyn Sauers	Sr.
Andrew Holtzman	Fr.	Kevin Choloprav	So.
Rayce Whiting	Sr.	Chandler Carda	Sr.
Jude Jarding	Sr.	Keaton Vessells	Jr.
Fisher Flanagan	Sr.	Braxton Huber	Fr.
Ashton Gebhard	So.	Chaz Carda	So.
Kash Garry	8th	Cyrus Maras	Jr.
Chet Carda	Sr.	Cain Grocott	Jr.
Gabe Gebhard	Sr.	Cody Opitz	Jr.
Carter Evans	Jr.	Allison Foote	Sr.
Justin Person	Fr.	Gavin Pischke	Sr.

7 th Graders are: Bentley Klinkhammer, Greyson Pischke, Max Lewin, Corbin Ridings, Spicer Johnson, & Brenden Warne

Special Accomplishments:

Cole Grocott & Mike Ideker were named Region 1A co-coaches of the year.

Returning State Place Winners:

Karson Vessells 3 rd , Chet Carda 3rd , Chandler Carda 5th , Keaton



Vessells 6th , Gavin

Pischke 6th , Allison Foote 6th

Coaches' comments as to the best quality of the wrestlers

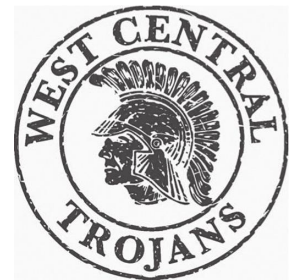
We have a good group of kids in the room this year and it will be a battle to make the varsity lineup. Last year we had 2 returning state qualifiers not make the Varsity lineup and that could very well be the case again this season.

List in order your prediction for your Region (Individual)

1. Watertown
2. Tea
3. SF Jefferson

List in order your prediction for your State (Individual)

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



List in order your prediction for your State (Dual)

1. Pierre
2. Watertown
3. Sturgis
4. BV

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Beresford/Alcester-Hudson Rams

Conference : Big East
 Last Year's Dual Record: 12-8
 Region Finish: 4th
 State Finish: 12th
 List of Tournaments participating in this season:
 Rapid City Ivite, EPJ Invite, Floyd Farrand, Jesse James,
 Jerry Opbroek, Les Tlustos, Big East Conference Tournament
 Head Coach: Brandon Chesnut
 Yrs. at present school incl this yr: 7
 Yrs. at this school as Head Coach: 7
 Yrs. as Head Coach: 7
 Total Wins as Head Coach: 50
 Overall Record Coaching: 50-49
 Assistant Coaches: Phil Serck, Michael Schurch, Tim Farley
 Number of Lettermen Returning: 10
 Number of Returning State Placers: 0

Player Information:

Roster:

Name	Yr	Wt	2022-23 Stats/Honors
Robert Watkins	12	165	Stae Qualifier 152
Gaval Valder	12	190	
Isaac Boden	11	157	
Evan Brown	11	175	
Owen Serck	10	106	
Kasen Voss	10	138	
Hayden Lounsbury	10	138	
Zach Kemner	10	220	
Tate Lyle	9	126	
Evan Dressen	9	132	
Ben Seeley	9	126	
Kanin Klentz	9	132	State Alternate 126
Dexton Miller	8	120	State Qualifier 113
Caden Schurch	8	150	
Bennett Farley	8	113	
Corbin Boom	8	144	
Tayvn Valder	10	114G	
Reese Olson	9	132G	State Qualifier 132G

NEWCOMERS

Name	Yr	Weight
Sebastian Castillo	7	106
Rayne Wickre	7	106
Evan Swets	7	113
Karzen Somervold	7	132
Liam Moumy	7	113
Lillie Boden	7	100G

Coaches' comments

Robert Watkins (Senior 165)- Robert will be our lone senior will a lot of experience. He is our team leader and is really good from the top position. Robert is multiple time state qualifer looking to place for the first time this season.



Owen Serck (Sophomore 106)- Owen will be our starting 106 pounder again for this season. He is looking to make it to state and be a placewinner. Owen has very good technique and excels on his feet.

Kanin Klentz (Freshman 132)- Kanin was a state qualifer in 2022 and an alternate in 2023. He is a very hard worker looking to get back to the state tournament and beyond.

Dexton Miller (8th Grade 120)- Dexton started wrestling when he was in 6th grade. He is still very new to the sport and is looking to get even better this season. Dexton was a state qualifer in 2023.

List your top stat leaders from last year. (Returning wrestlers)

1. Takedowns- Owen Serck (49)
2. Falls- Robert Watkins (16)
3. Wins- Owen Serck & Robert Watkins (31)
4. Nearfall(3)- Kanin Klentz (11)
- 5-Reversals- Dexton Miller (9)

Any Additional Coaches Comments or Outlook to this upcoming season:

The Rams will look to be top half of region 2A and in the state. We will be led by one of our seniors, Robert Watkins, who is looking to make it on the state podium for the first time. Ten letter winners will be returning including strong freshmen and sophomore classes. Our lighter weights should be the strength of our team as we graduated our 195-Hwt last season. We look forward to a fun season!

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Brandon Valley Lynx

Conference if applicable: ESD and Metro
 Last Year's Dual Record: 20 - 1
 Region Finish: 1st
 State Finish: 1st, 2nd - Duals
 List of Tournaments participating in this season:
 Sergeant Bluff-Luton Inv, Council Bluffs Wrestling Classic
 Minnesota Christmas Tournament, Floyd Farrand
 Lynx Invite, Brookings Tournament
 Head Coach: Derek Outland
 Yrs. at present school incl this yr: 22
 Yrs. at this school as Head Coach: 9
 Total Wins as Head Coach: 131
 Overall Record Coaching: 131 - 39
 Assistant Coaches: Tom Meester, Joel Evans, Matt Schrandt,
 Cory Anderson, Kraig Presler, Dan Murtha
 Number of Lettermen Returning: 13
 Number of Returning State Placers: 6

Player Information:

Rinoah Gabriel	Fr.	Landon Walker	Jr.
Brendon Oehme	Fr.	Kendall Clayton	Fr.
Brody Vergith	Sr.	Trevon Oehme	Sr.
Reece Vergith	Jr.	Mary Katherine Joseph	Sr.
Roman Anderson	So.	Micah Donkersloot	So.
Jack Nelson	Jr.	Ljiljana Shellum	Fr.
Benjamin Gough	So.	Aaron Tucker	So.
Zander Nielsen	So.	Garrett VanDusen	So.
Hayden McGuire	Jr.	Brenna Reker	Fr.
Lander Elkin	So.	Ethan Tucker	Jr.
Xavier McGuire	Jr.	Levi Veskrna	So.
Christopher Joseph	So.	Annala Davis	Sr.
Gavin Chapman	Sr.	Elijah Schunke	So.
Max Corey	So.	Burke Binkerd	Jr.
Noah Bailous	Sr.	DelVoun Spears-Witte	Sr.
Anna Schuewe	So.	Tate Visser	So.
Navarro Schunke	Sr.	Ethan Schleicher	Jr.
Sawyer Linn	Jr.	Beckett Rehorst	Fr.
Cameron Hiles	Fr.	Jacoby Fischer	Fr.
Alex Konz	Fr.	Ozzie Schweigert	Fr.
Braden Shoemaker	Fr.	Otto Winters	Fr.
Rylan Sandersfeld	Fr.	Andrew Gray	Fr.
Juul Heggen	Fr.		



List in order your prediction for your Region (Individual)

1. Harrisburg
2. ???

List in order your prediction for your State (Individual)

1. Pierre
2. Sturgis
3. Watertown
4. West Central
5. Harrisburg
6. Aberdeen Central

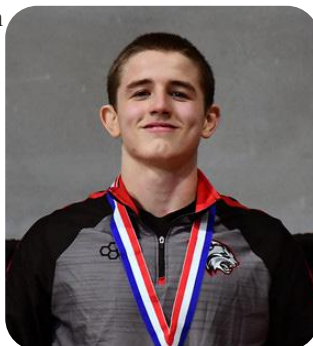
List in order your prediction for your State (Dual)

1. Pierre
2. Sturgis
3. Watertown
4. West Central
5. Harrisburg
6. Aberdeen Central

Any Additional Coaches Comments

We graduated a number of excellent athletes who were leaders in our program the past few seasons. A strong core of athletes from the state championship team return as well. We will be looking to reload as new athletes earn an opportunity to step up and compete on varsity.

Some of our incoming freshman include Dawson Engler, Jacoby Fisher, Andrew Gray, Cameron Hiles, Jayden Huisman, Kellen Hupke, Issac Irvine, Hayden Josephsen, Alex Konz, Kaleb Lohff, Caleb Newell, Beckett Rehorst, Shawn Schleicher, Ozzie Schweigert, Braden Shoemaker and Otto Winters.





Dakota Valley Panthers

Conference if applicable: Dak XII

Last Year's Dual Record: 3-12

Region Finish:

State Finish:

List of Tournaments participating in this season: MOC-Floyd Valley Dual Tournament, EPJ Tournament, Floyd Farrand, Dak XII Tour, Brookings Invite and Yankton Invite

Head Coach: Grayson Pirner

Yrs. at present school incl this yr: 8

Yrs. at this school as Head Coach: 5

Yrs. as Head Coach: 5

Assistant Coaches: Blake Perryman

Number of Lettermen Returning: 10

Number of Returning State Placers: 1

Roster:

Ariyana Bhakta	Sr.	0-0
Braedy Sievers	So.	22-11
Eli Orris	8th	6-21
Kenzie Scott	8th	11-5
Cameron Curry	8th	6-10
Noah Verdoorn	8th	2-4
Jackson Boonstra	Jr.	31-4
Cameron Black	Jr.	5-12
Bennett Lukken	So.	8-16
Gracie Delgado	Sr.	14-5
Eston Monical	So.	11-14
Bryce Perryman	8th	3-5
Cooper Bernard	So.	9-21
Jaxon Dice	8th	1-6
Isaiah Hoffman	Jr.	0-0
Noah Hede	Sr.	6-26
Samson Do	Sr.	10-23

Top Prospects and Grade:

- Jackson Boonstra-11 th
- Braedy Sievers- 10 th
- Cameron Curry- 8 th
- Bennett Lukken- 10 th
- Samson Do- 12 th
- Noah Hede- 12 th
- Cooper Bernard-10 th

Girls

- An Lee- 11 th
- Kenzie Scott- 8th

Coaches' comments

We return a solid group of kids that have been with the program for a few seasons now. We will lean on the leadership of Jackson Boonstra this year and hope to see growth from all our underclassmen. We bring back both state qualifiers for our boys and girls. We are hopeful to get a few more to the



State Tournament this year and are ready to take a the next step as a team in duals.

List in order your prediction for your Region (Individual)

1. Brandon Valley
2. Harrisburg

List in order your prediction for your State (Individual)

1. Brandon Valley
2. Watertown
3. RC Stevens
4. Pierre
5. Harrisburg



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Harrisburg Tigers

Conference if applicable: ESD

Region Finish: 2 nd

State Finish: 5 th State A Individual Tournament and 5 th

State A Dual Tournament

Head Coach: Nate Rotert

Yrs. at present school incl this yr: 3 years

Assistant Coaches: Josh Casperson, Anthony Tucker, and

Tanner Brengle

Number of Returning State Placers: 4 returning placers

Player Information:

Roster:

Wyatt Davidson	Fr.	14-7
Griffin Felder	8th	23-13
Ivan Johnson	Jr.	6-8
Myles Kettwig	So.	9-8
Steven Lamont	So.	16-12
Logan Johns	8th	11-13
Emory Johnson	Sr.	18-7
Tyler Wurth	Sr.	30-14
Lincoln Peters	So.	16-17
Caden Petrick	Fr.	6-6
Tayge Privett	So.	21-3
Brady Larson	Fr.	24-8
Dylan O'Connor	So.	25-14
Teegen Stauffacher	Sr.	27-12
Chris Simunek	So.	13-11
Soren Aadland	Sr.	36-13
Brody Sonnenschein	Jr.	7-4
Logan O'Connor	Sr.	42-8
Logiqq Madrigal	So.	4-9

Aiden Schroeder Sr. 31-16
Girls

Ragan Peacock 8th 5-18

Susu Kamara Sr. 19-18

Regina Stoesser So. 34-2

Sammie Reil Jr. 22-13

Addi Viox Jr. 22-15

Emerson Skuodas So. 17-19

Jade Dubbelde So. 11-11

Rhiannen Heimdal So. 20-16

Brianna Kelly Jr. 3-18

New -

8th Tristan Stoesser,

7th Andre Sengos,

9 h Dylan Johnson

Top Prospects:

Senior Logan O'Connor,

returning finalist.

Senior Soren Aadland, return-

ing placer

Senior Tyler Wurth, returning

placer

Senior Emory Johnson, former

placer

Harrisburg graduated a ton

of talent after last season but

with four returning placerwin-

ners the Tigers will have a

solid core to build upon for

the 2023-24 wrestling season.

Good Luck to all the SD Teams.

State Champions

Name	Year	Wt. Class
Brett Hudson	1997	130
John Henjum	1998	103
John Henjum	2000	130
Travis Slack	2000	152
John Henjum	2001	135
Travis Slack	2001	160
James Cawthorne	2002	152
Jake Cawthorne	2004	125
Tyler Johnson	2004	160
Jake Cawthorne	2005	135
Chism Fink	2006	135
Taylor Harris	2010	285
Taylor Harris	2011	285
Mitchell Schenk	2012	152
Matt Schirado	2014	195
Matt Schirado	2015	220

Team State Champions
1998 2001

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Lennox Orioles

New Head Coach Matt Hanson

Roster:

Cael Mower	M	8th	6-9
Grant Larson	M	Fr.	30-9
Cole Dressen	M	8th	2-4
Thomas Elledge	M	Fr.	1-5
Kyla Heeney	F	Sr.	5-17
Cade Aasheim	M	Fr.	9-16
Noah Hanson	M	8th	3-3
Jocelyn Thoms	F	8th	23-14
George Scott	M	Fr.	3-4
Preston Otte	M	So.	8-20
Kedren Fergen	M	8th	9-13
Ramsey Williams	M	So.	34-19
Jack Aashiem	M	Jr.	22-26
Josh Christensen	M	Sr.	1-5
Lincoln Ford	M	Sr.	8-20
Heston Dubbelde	M	8th	1-6
Rylan Langbehn	M	8th	1-4
Ashton Bach	M	Sr.	9-13
Cian Smith	M	Sr.	4-30
Davin Cwach	M	8th	1-5
Cameron Keatley	M	Jr.	6-19
Isaac Viotor	M	8th	1-2
Triston Butler	M	Sr.	15-21
Klayten Thoreson	M	8th	0-1
Nate Haar	M	Jr.	6-9
Will Clark	M	7th	0-0
Colston Dubbelde	M	7th	0-1
Jack Wildeboer	M	7th	0-0
Brysen Baloun	M	7th	0-0

ers to help this team. All three qualifiers did win a match at state last year and got close to finding their way to the podium. So this year sky is the limit. A bit of hard work determination, and staying healthy the Orioles should see a couple state placers. I am excited to see how this season comes to fruition. The young wrestlers just need mat time and you will see them shine. The region is really tough so the wrestlers will have great competition to get better with.



Returning State Qualifiers

Grant Larson

Ramsey Williams

Jocelyn Thoms

Outlook: New head coach Matt Hanson has some good number to work with coming into the 2023-24 wrestling season.

The three returning state qualifiers will have to be good lead-



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Sioux Falls Lincoln Patriots

Conference if applicable: METRO

Last Year's Dual Record:

Region Finish: 3rd

State Finish: 18th

List of Tournaments participating in this season: Rider Invite, Rapid City, Madison, Floyd Farrand, Sioux City, Lemars, West Sioux, Brookings, Yankton

Head Coach: Mark Ernster

Yrs. at present school incl this yr: 16

Yrs. at this school as Head Coach: 16

Yrs. as Head Coach: 16, 7 years as Washington Assistant, 23 total years

Assistant Coaches: Mike Long, Tae Ellenbecker, Drake Bachmeier

Number of Lettermen Returning: 14

Number of Returning State Placers: 2

Player Information: We are led by seniors Dawson Wallen, Bentley Williams, Turner Gordon, Eliot Ellenbecker, and Braden Peterson. They have all had several years in the lineup and look to go out with a bang. Bentley Williams and Hudson

Cisar are returning state place winners, along with 3x place winner Maria Larson-HWT. They, along with the Kauffman twins will be kicking the year off at preseason nationals in Des Moines. We had 16 attend the Nebraska Team Camp this summer along with the Augustana Freestyle Spring. The boys have been working hard and look forward to the upcoming season. Go Pats!



Roster:

106	Isaac Kauffman	10	Esher Ellenbecker	9
113	Josiah Kauffman	10		
120	Hudson Cisar	10	Maxson Banuelos	8
126	Tommy Ellis	11		
132	Bentley Williams	12	Mason Nowick	10
138	Turner Gordon	12	Griffin Deelstra	12
144	Eliot Ellenbecker	12	Saxson Kouril	9
150	Owen Lemier	11	Ian Campbell	11
157	Dawson Wallin	12	Ralph Williams	11
165	Greyson Deelstra	9		
175	Joseph Tunge	11	Evan Guilfoil	10
190	Kishmar Eberline	11	Braden Sahr	11
215	Carlos Rodriguez	9		
285	Braden Peterson	12	Patrick Ohanyesan	11
Managers: Kinsley Ernster		10		
Graci Sheriff		10		

Top Prospects and Grade:

Seniors: Bentley Williams 132, Turner Gordon 138, Eliot Ellenbecker 144, Dawson Wallen 150
 Juniors: Joseph Tunge 175, Kishmar Eberline 190
 Sophomores: Hudson Cisar, Josiah and Isaac Kauffman



List your top stat leaders from last year.

Wins – Bentley Williams – 39

Team Points – Bentley Williams – 235

Match Points – Dawson Wallen - 235

TD's – Greyson Deelstra – 59, DNF season with meniscus tear

Pins – Turner Gordon/Dawson Wallen – 20

List in order your prediction for your Region finish this year including your own team if you want to include it. (Individual)

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

List in order your prediction for your State finish this year including your own team if you want to include it. (Individual)

1. Brandon Valley
2. Pierre
3. Watertown
4. Sturgis
5. Harrisburg

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Sioux Falls Washington Warriors

Head Coach: Lance Peters-7th year head coach

Assistant(s): Jeff Nielsen

Roster:

Olivia Kolbrek	F	So.	25-16
Ben Parsons	M	Fr.	7-16
Mekhi Morgado	M	So.	15-16
Riley Williams	M	Sr.	24-20
Michael Nissen	M	So.	3-10
Favian RivasWells	M	So.	10-26
Mato Eder	M	So.	1-7
Jonah Rivaswells	M	So.	2-17
Sawyer Johnson	M	Sr.	5-14
Braydon Pueppke	M	Jr.	8-25
Zander Eidem	M	Jr.	19-25
Jacob Lingen	M	So.	10-14
Luka Dawson	M	Jr.	2-7
Lane Knutson	M	Jr.	34-13
Corbin Spalding	M	Jr.	3-8
Jarrold Guse	M	Sr.	0-2
Nolan Sowards	M	So.	6-20
Myles Yitagesu	M	Jr.	21-25
Hayes Petersen	M	Fr.	9-12
Zaine Svatos	M	Jr.	0-0
Cody Dorsett	M	So.	1-4
Samuel Salisbury	M	Jr.	0-5
Cash Moet	M	Jr.	5-13
Addison Bowman	F	Jr.	0-1

Returning State Placers and place:

7. Lane Knutson, SF Washington 11 34-13

Outlook:

This team has some good numbers returning for this wrestling season. Senior Riley Williams and Junior returning state placer Lane Knutson will lead this team and should move up the state standings as the year progresses. Olivia Kolbrek was a major bright spot for the girls winning 25 matches.



By Ben Peterson and Ethan Bosch

ADVICE FROM A CHAMPION

Each fall, many young athletes debate whether or not to go out for wrestling. Football and soccer players have had a full fall season of practices and games. Some are excited about their prospects for the next season in that sport, so they think that lifting specifically for that sport would help them the most. Others are anticipating a spring sport, like baseball. If either of these is your case, let me urge you to consider the following benefits of wrestling for your other sport(s):

1) Wrestling is built on position.

A good stance is vital to most any sports activity. Football’s “hit” position and a baseball player’s stance are both similar to a good wrestling stance. Quality training for wrestling will include repeated drilling of a good stance, moving in that stance, and moving quickly from that stance. Wrestling keeps a person alert to his own body position and balance, as well as that of others he comes into contact with. These skills apply well in football and in soccer, as players fight for position. (Anyone who has played soccer knows that it’s a contact sport.) Wrestling will help develop those contact positioning skills. Many have found that several team sports (like football, soccer, and baseball) emphasize the positioning of all the players on the field, with little training for their individual body skills. Wrestling training majors on these skills. When an athlete steps on the field already having body position, balance, and awareness, he increases his effectiveness for his team and increases his chances to be selected by coaches to play.

2) Wrestling teaches good work habits.

It is no secret that wrestling is a sport that demands a lot of work. Regularly I hear wrestlers and non-wrestlers comment on how wrestling training exceeds that of every other sport. Anyone involved in wrestling training for any length of time will work extensively on repeated drills, strength improvement, conditioning, and mental toughness.

Wrestling requires a lot of work – most coaches demand it, and success relies on it. Wrestling work habits have helped many of us in the classroom, in the home, in the workplace, and in other sports. To quote my Olympic teammate and wrestling legend, Dan Gable: “Once you have wrestled, everything else in life is easy.”

3) Core strength and conditioning are basic to wrestling.

By “core strength,” I am referring to the strength of the large muscle groups of the hips, thighs, and lower torso. Core conditioning is referring to the lungs and heart.

continued on page 168



Vermillion Tanagers

Head Coach Gary Culver

Ayden Clodfelter	Fr.	0-1
Matt Roob	Fr.	3-10
Landon Sopoci	8th	3-18
Carson Wunder	So.	3-15
Xavier Walker	Fr.	3-3
Reise Pittman	So.	5-6
Devin Steckelberg	So.	4-15
Michael Roob	Jr.	34-9
Padraig Fulton	Fr.	10-13
Gary Merkwan	So.	1-2
Jaxon Heine	Sr.	7-12
Henry Mourlam	Fr.	2-8
Lucas Green	So.	1-15
Rollie French	Jr.	17-2
Jacob Emerson	Fr.	4-14
Connor Mattson	Sr.	11-14
Rolando Taylor	8th	0-2

Returning State Placers:

3. Michael Roob, Vermillion 11 34-9

Outlook:

This team has some bodies to replace to fill out the line-up. Some of the younger wrestlers will need to step up for the Tanagers to be competitive in their duals this season. A pair of Juniors are the bright spots coming into the season. Returning 3rd place finisher Michael Roob, and Rollie French.



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Yankton Bucks

Nickname: Bucks/Gazelles

Conference if applicable: Eastern South Dakota (ESD)

Last Year's Dual Record: 3-14

Region Finish: 5th

State Finish: 30th

List of Tournaments participating in this season:

12/2/23 Watertown Dual Tournament 12/6/23 SF Washington

Invite 1/6/24 Brandon Valley Invite 1/12/24 Harrisburg Invite

(Girls) 1/20/24 Chamberlain Invite 1/27/24 Brookings Invite

2/3/24 Yankton Invite (Hosting) 2/8/24 ESD @ Harrisburg

(Girls)

2/10/24 Huron Invite (Boys) 2/16/24 Region @ Brandon Val-

ley (Boys) 2/22-24 State @ Sioux Falls

Head Coach: Robert Coyle III

Yrs. at present school incl this yr: 1

Yrs. at this school as Head Coach: 1

Yrs. as Head Coach: 1

Total Wins as Head Coach: 0

Overall Record Coaching: 0-0

Assistant Coaches: Riley Smith & Jason Pasco

Number of Lettermen Returning: 20

Number of Returning State Placers: 0

Special Accomplishments:

Dylan Sloan (3 rd @ Regions)

Peyton Eustace (4 th @ Regions)

Damian Janish (3 rd @ Regions)

Edly Amaro (4 th @ Regions)

Shayce Platt (5 th @ Regions) Alternate

Top Prospects and Grade:

12 Dylan Sloan

10 Shayce Platt

10 Peyton Eustace

10 Joelton Reimnitz-Hahn

10 Edly Amaro

9 Damian Janish

Coaches' comments:

Dylan Sloan: Dylan has put in the time and effort leading up to his senior season. He had a great 2022-2023 season that placed him just short of the podium. I look for Dylan to make big gains going into his final season as a potential state placer. He is the team leader and will have a big senior 2023-2024 season.

Shayce Platt: Shayce is very tough gritty kid who made the state tournament as an alternate last year. I look for him to place at the region tournament and I look for him to make big gains during his sophomore year season.

Peyton Eustace: Peyton is a very smart and technical wrestler. He is a team leader and very good student. He uses his size and toughness to his advantage. I look for Peyton to take more leadership this season as he went to multiple wrestling

clinics throughout the Summer. Peyton is also a starter on the line in football.

Joelton Reimnitz-Hahn: Joelton is a very tall, but strong wrestler. He is very tough on top. Joelton also plays football when he is not wrestling. I look for Joelton to be a potential state qualifier in the upcoming season.

Edly Amaro: Edly is one of those naturally talented athletic kids that is really good at whatever sport he does. He is a starter on the varsity football team and has gotten much stronger in the last year. I look for Edly to make major improvements to his wrestling this season and potentially place at the state tournament.

Damian Janish: Damian qualified for the state tournament last year at 106 lbs. as just an eighth grader. Damian has filled out since then and has been coming to open mat consistently.

I look for him to make a run at 106 pounds and become a potential state placer this season.

List your top stat leaders from last year.

1. Dylan Sloan 26 wins, 2. Shayce Platt 21 wins

3. Damian Janish 19 wins

Region (Individual)

1. Brandon Valley 2. Harrisburg 3. SF Lincoln 4. Yankton

5. Beresford/AH 6. SF Washington

State (Individual)

1. Brandon Valley 2. Watertown 3. Pierre 4. RC Stevens

5. Harrisburg 6. Tea Area

(Dual)

1. Brandon Valley 2. Watertown 3. RC Stevens 4. Pierre

5. Harrisburg 6. Tea Area

Coaches Comments: I am really excited to take over this program as a first year head coach. We went to team camp at Northern State together last Summer as a team and got lots of mat time for this upcoming season. My assistant coaches Riley Smith and Jason Pasco have been a big help in aiding me with whatever I need them to do. They will be a big part of the success we have in the future as well.





Aberdeen Central Golden Eagles

Conference if applicable: ESD

Last Year's Dual Record: 15-10

Region Finish: 2nd

State Individual Finish: 9th

State Dual Finish: 6th

List of Tournaments participating in this season:

-Watertown Duals -Rapid City Invite -Valley City Invite
- Bismarck Rotary -Harrisburg Duals -East/West Duals - Lee Wolf Invitational -Huron Invitational

Head Coach: Donnie Bowden

Yrs. at present school incl this yr: 12

Yrs. at this school as Head Coach: 7

Yrs. as Head Coach: 7

Total Wins as Head Coach:

Overall Record Coaching:

Assistant Coaches: Merle Aske, CJ Voegeli, Justin Fox, Kolton Roth, Mike Swenson, Justin Briese

Number of Lettermen Returning:

Number of Returning State Placers: 6

Player Information:

Esten Foss, Paxton Ewing, Will Allen, Bailey Gillen, Jude SUMner, Adam Moore, Hunter Opitz, Porter Lozenski, Ridley

Waldo, Rayden Zens, Grayden Timm, Owen Ward, Tate Huff, Brody Aesoph, Brendan Grove, Gabe Sumner, Mason Schrempp, Holden Bartel, Elias Biegler, Noah Kramer, Isaac Price, Brayen Meja-Guzman, Cordell Rychlik, Caden Shatto, Hunter Herceg, Ayden Gisi, Beau Price, Cole Dunlavy, Ryker Meister, Cesar Ortiz, Samson Flakus, Bryce Beitelspacher, Felipe Gonzalez, Damien McIntosh, Nick Witte, Brodie Beitelspacher, Evan Schmidt

Special Accomplishments:

- State Placers:

Porter Lozenski 113 8th

Rayden Zens 126 6th

Tate Huff 132 5th

Mason Schrempp 145 3rd

Cole Dunlavy 182 6th

Samson Flakus 220 8th (2022)

List in order your prediction for your Region (Individual)

1. Pierre
2. Aberdeen Central
3. Sisseton
4. Milbank
5. Mitchell
6. Chamberlain

List in order your prediction for your State (Individual)

1. Brandon Valley
2. Watertown
3. Sturgis
4. Pierre



5. Aberdeen Central
6. West Central

List in order your prediction for your State (Dual)

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

Any Additional Coaches Comments

We have an experienced team with a lot of depth. We are looking to improve on our success from last season. We are going to improve week to week and hopefully finish better than we did last season.

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Chamberlain Cubs

Conference if applicable: Big Dakota Conference
 Last Year's Dual Record: 4-7
 Region Finish: 3 rd place
 State Finish: 14 th place
 List of Tournaments participating in this season:
 O'Neill Invite, Rapid City Invite, Madison Invite, Dan Pansch Invite, Battler Invite, River City Rumble, Lee Wolf Invite, Big Dakota Invitational
 Head Coach: John Donovan
 Yrs. at present school incl this yr: 20 th year
 Yrs. at this school as Head Coach: 20
 Yrs. as Head Coach: 29 years
 Total Wins as Head Coach: 167
 Overall Record Coaching:
 Assistant Coaches: Colin Hoppe, Amy Donovan, Teil Glaus, Collin Powell
 Number of Lettermen Returning: 20
 Returning State Placers: 1 Shelby Shrake 8th at 120

Newcomers: Levi Miller, Dusty Rose, Austin Rose, River Niewenhuis, Chase Hanson, Cooper Gerard, Alexandra Schmiedt, Sage Woster, Amelia Cheeseman

Return 6 State Qualifiers

Top Prospects and Grade:
 12 th Devyn Anderson, Canyon Burkard, Bryce Reuer, Carter Santiago
 11 th Prestyn and Peyton Haugen, Judah Vaad, Shelby Shrake
 10 th Xavier Donovan, Isaac Shepherd, Rope Reis, Sutton Powers, Owen Engel, Cannon Thomas, Evelyn Olson, Aine Graesser
 9 th Kruse Brennan, Chisum Blum, Jerrod Larsen, Brody Neilan
 8 th Zoey Donovan

Coaches' comments:
 Devyn Anderson, Canyon Burkard and Bryce Reuer are all returning state qualifiers with Canyon placing 2 years ago. They all have the ability to stand on the podium this season. Carter Santiago is looking to build off the progress he made last season and earn a trip to state. Shelby Shrake, Xavier Donovan, and Aine Graesser are all state qualifiers looking to get on the podium or in Shelby's case get back on the podium. Isaac Shepherd, Rope Reis, Owen Engel, and Evelyn Olson all have lots of varsity experience and are looking break out this season.

List your top stat leaders from last year.

- 1.Noah Hutmacher
- 2.Canyon Burkard
- 3.Shelby Shrake

Wrestler signed to wrestle in college:
 Noah Hutmacher is wrestling for Northern State Univeristy
 Coaches Comments
 We have a very experienced group of young men and women returning this season. We are really looking forward to working with them and helping them reach their full potential.



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Cheyenne Eagle Butte Dupree Braves

Head Coach Josh Schrempp
Assistant Coach Larry Elwess

Roster

Eulayla Maynard	F	Sr.	25-7
Rylee Miner	F	Fr.	0-3
Fallon Peterson	F	So.	12-16
John (JT) Vrooman	M	Sr.	0-0
Xadyn LaPlante	M	So.	8-11
Jace Traversie	M	Jr.	1-9
Tripp Schrempp	M	Jr.	14-18
Gerrick Dekle	M	Fr.	0-19
Ryan Farlee	M	8th	1-5
Andrew High Bear	M	Sr.	0-0
Cameron Dekle	M	Jr.	6-19
Tahj Claymore	M	8th	0-0
Danah Diver	M	Jr.	0-0
Rocklin Smith	M	Jr.	0-0
Destinn Straighthead	M	So.	4-7
Natan Blue Coat	M	Fr.	12-18

The numbers are pretty good, now it is time to get on the mat and get experience. Tripp Schrempp as a sophomore had a good showing winning 14 matches last season. The goal is to qualify for state. There are several wrestlers who wrestled in the kids program that could fill some holes in the line-up if they come out this season. Other wrestlers that showed great improvement include Fallon Peterson and Natan Blue Coat. For the Girls Eulayla Maynard and Rylee Miner wrestled great last season and lost a Sudden Victory Match at State or she would have been a state placer. I would expect her to win many more matches in the 2023-34 wrestling season. hopefully she will be on the podium at the end of the year.



Huron Tigers

Conference if applicable: ESD
Last Year's Dual Record: 3/13
Region Finish: 7th
State Finish: 17th
List of Tournaments participating in this season:
Watertown Dual Tournament
Rapid City Invite
Brandon Valley Invite
Chamberlain Invite
Lee Wolf
Head Coach: Matt Goth
Yrs. at present school incl this yr: 5
Yrs. at this school as Head Coach: 5
Yrs. as Head Coach: 5
Total Wins as Head Coach: 13
Overall Record Coaching: 13-49
Assistant Coaches: Kaiden Dorris, Clayton Wahlstrom, Trent Francom
Number of Lettermen Returning: 15
Number of Returning State Placers: 2
Player Information:
Emrick DeDeyne 8



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Dakota Grappler 2023-24

Ben Cardona	8
Mico Cashman	8
Ryder Siedschlag	8
Diego Menjivor	8
Carter Nelson	9
Teagan Lien	9
Tyce Huber	9
Jonathan Alpizar	9
Lucas Chaparro	9
Crayton Siedschlag	10
Brady Meyer	10
Levi Johnson	10
Blent Ler	10
Aiden Airheart	10
Alex Hepper	10
Ryan Florey	11
Alec Pester	11
Moses Gross	11
Erick Alpizar	11
Griffin Storm	11
Shar Ler Moo Ser	11
Domonic Prola	11
TJ Lien	11
Peyton Bischoff	12
Aiden Zavesky	12
Lah Doh Soe	12
Zayne Winson	12
Beauty Moon	12
Dah Moo	12
Jackson Reno	12
Hser Wah	12
Bryan Ramirez	12

Special Accomplishments:

Moses Gross-State 2 nd place, All Conference
 Bryan Ramirez-State 8 th place
 Brady Meyer- State Qualifier
 Cole Ochsner- Academic All State
 Team- Academic All State

Top Prospects and Grade:

Bryan Ramirez 12
 Lah Doh Soe 12
 Moses Gross 11
 TJ Lien 11
 Shar Ler Moo Ser 11
 Brady Meyer 10
 CJ Siedschlag 10

Coaches' comments as to the best quality of the wrestlers you have listed.

The Tigers will lean on the leadership of our 2 returning state place winners this season. Junior Moses Gross looks to get back on the top of the podium after falling in the finals last year. Senior Bryan Ramirez hopes climb higher on the po-

dium this season after an 8 th place finish. The Tigers have a good group of young wrestlers waiting to make an impact this season.

Finding confidence and staying healthy will be two of the keys to success for the tigers this season.

List your top stat leaders from last year.

1. Moses Gross
2. Bryan Ramirez
3. Cole Ochsner

Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award.

Please list names, awards, and college they will be attending.
 Cole Ochsner- Minnesota West



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Milbank Bulldogs

Conference if applicable: Northeast Conference

Last Year's Dual Record: 6-9

Region Finish: 6th

State Finish: 20th

List of Tournaments participating in this season:

Marv Sherrill Dual Tournament – Watertown SD

Floyd Farrand – SF Lincoln

Big Stone Therapies Dual Tournament – Milbank

Jerry Opbroek – Mitchell River City Rumble – Chamberlain

Les Tlustos – Brookings Northeast Conference -

Head Coach: Josh Schmeichel

Yrs. at present school incl this yr: 11

Yrs. as Head Coach: 2nd

Total Wins as Head Coach: 6

Overall Record Coaching: 6-9

Assistant Coaches: Wyatt Winter, Steve Stemsrud, Eli Fischer, Toby Schneck

Number of Lettermen Returning: 11

Number of Returning State Placers: 1

Roster:

Tayson Tillma	8th 0-3	Abe Fischer	Fr. 3-0
Andrew Karels	8th 0-6	Fischer Hawley	8th 1-3
Owen Fischer	Jr. 31-12	Grant Christensen	Fr. 1-2
Andrew Folk	So. 1-9	Evan Folk	8th 8-12
Zack Karges	8th 6-3	Jacob Giles	So. 3-16
Jayce Jonason	Jr. 3-21	Jacob Johnson	Sr. 15-23
Ethan Elvik	So. 0-0	Jacob Overby	Fr. 1-4
Keaton Johnson	8th 2-9	Luis Hernandez	So. 0-3
Jesse Rutherford	So. 1-10	Nollen Sheeley	Jr. 11-21
Reese Rabe	Jr. 11-20	Lane Johnson	Fr. 3-5
Hector Padilla	8th 0-2	Micah Tostenson	So. 3-4
Tate Schlueter	Jr. 7-4	Alex Baugh	So. 0-5
Jesse Schneck	Jr. 23-14	Hunter Reede	So. 0-2
Sam Garcia	8th 2-1	Lawson Novy	8th 3-3
Landon Novy	Sr. 21-17		

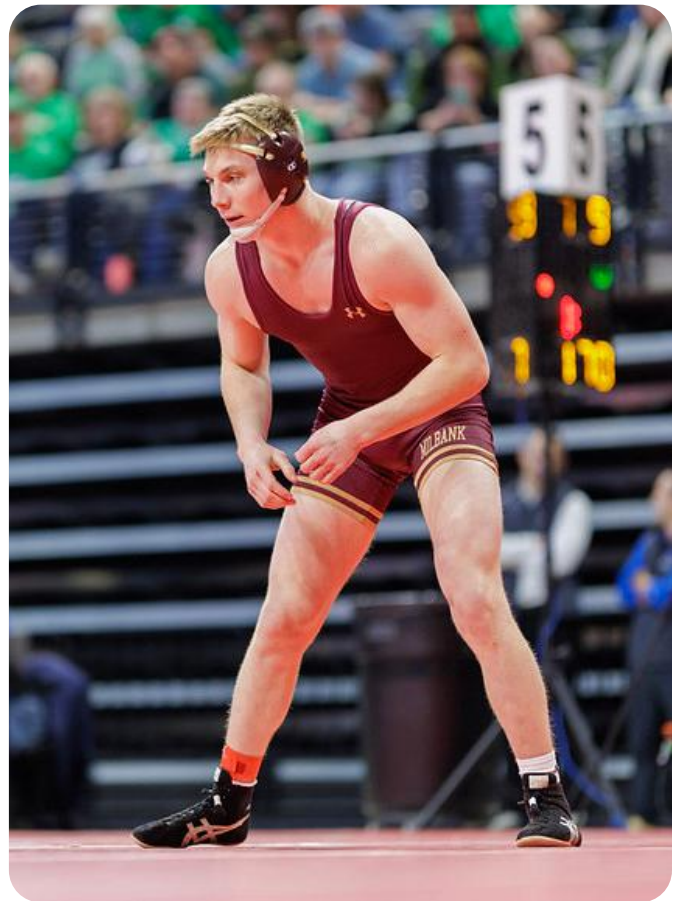
Top Prospects and Grade:

Owen Fischer - Junior – Returning State Place winner 8th

Jacob Johnson – Senior – Returning State Qualifier

Reese Rabe – Junior - Returning State Qualifier

Jesse Schneck – Junior – Returning State Qualifier



Coaches' comments as to the best quality of the wrestlers you have listed.

List your top stat leaders from last year.

1. Owen Fischer – 24 pins

List in order your prediction for your Region (Individual)

1. Pierre

2. Aberdeen

3. Toss up between the next set of teams

Any Additional Coaches Comments

I'm looking forward to another growing season with a relatively new coaching staff and fairly young team.

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Mitchell Kernels

Head Coach Andy Everson
 Assistant Coach Tom Starr
 Assistant Coach Baker Haar
 Assistant Coach Gabe Skustad

Roster:

Liliana Luque	F	Fr.	0-2
Frankie Kranz	F	Fr.	36-14
Noah Bennett	M	8th	6-11
Colton Blow	M	Sr.	13-25
Dax Gukeisen	M	Jr.	4-2
Blaze Sevigny	M	8th	6-3
Emma Trode	F	Sr.	7-23
Tayven Red Day	M	8th	5-5
Kale Hofer	M	Fr.	11-9
Van Long	M	Jr.	9-18
Tanner Longhenry	M	So.	0-9
Penn Long	M	Fr.	15-24
Cannon Zoss	M	Fr.	3-5
Danny Borja	F	So.	38-9
Samari Wright	M	Fr.	0-1
Evan Mitchell	M	8th	1-2
Van Johnson	M	Jr.	12-14
Kale Vilhauer	M	So.	5-12
Val Sanchez-Montiel	F	So.	0-0
Kaiden Allen	M	So.	10-23
Kellan Odell	M	Jr.	5-26
Bobbi Jo Middendorp	F	Sr.	4-11
Joseph Linke	M	So.	1-10
Kasey Lopez-Morales	M	Sr.	1-6
Denen Ellwein	M	Fr.	2-8
Oscar Luque	M	So.	2-16
Hunter Larson	M	So.	0-0
Seth Foote	M	Sr.	18-24
Sean Foote	M	So.	6-17
Connor Degen	M	Sr.	19-22
Thadan Milliken-Auch	M	Sr.	0-0
Rocky Clark	M	Fr.	5-3
Brok Ellwein	M	Sr.	0-0
Alyssa Nolte	F	Sr.	0-0



Returning State Placers
 7. Frankie Kranz, Mitchell 9 36-14
 5. Danny Borja, Mitchell 10 38-9

Outlook:

This team has some major bright spots going into the season have two underclassmen returning state placers. As both the boys and girls teams grow we see new faces making a name in wrestling. Hopefully Seniors Seth Foote and Connor Degen make it to state and find a spot on the awards stand.



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Pierre-TF Riggs Governors

Conference if applicable: ESD

Last Year's Dual Record: 14-1

Region Finish: 1st

State Finish: Individual 3 rd ; Duals 1 st

List of Tournaments participating in this season:

Mandan Lions, Rapid City Invite, Mid Dakota Monster, Mitchell Invite, East West Duals, Brookings Invite, Yankton Invite

Head Coach:

Yrs. at present school incl this yr: 12

Yrs. at this school as Head Coach: 11

Yrs. as Head Coach: 13

Total Wins as Head Coach: ?

Overall Record Coaching: ?

Assistant Coaches: Jebben Keyes, Kirby Cronin, John Wayne Kalda, Ben Caven

Number of Lettermen Returning: 17

Number of Returning State Placers: 6

Player Information:

Seniors: Emmitt Andersen, Chance Carda, Lucas Chamberlin, Lucas Colman, Jaxon Ducheneaux, Brock Moser, Trey Lewis,

Tristan Spencer, and Sean Thompson

Juniors: Elijah Boutchee, Jack Charron, Lincoln Houska, Max Hunsley, Jacob Mason, Tyson Polston

Sophomores: Max Bogenhagen, Damen Horsley, Rowdy Menning, Alex Oedekoven, Lincoln Schoenhard, Hudson Shaffer, Walker West

Freshmen: Devin Binger, Jet Brewer, Landon Cronin, Samson Debolt-Kenzy, Noah Horsley, Sam Larson, Brady Lowery,

Carson Malsam, Daniel Mason, Tug Mikel, Eli Nickles, Spencer Oliver, Kalo Steely, Aiden Stoesser, Aiden Van Balen, Bryson Walman, Karsten Withers, Jeremiah Wurtz

Middle School: Jyles Auble (8), Gable Uhrig (8), Bode Minder (7)

Special Accomplishments: (Examples: Coach of the Year, Returning State Placer, All Region, All District, or All Conference

returners Academic All State etc)

Returning All-Conference: Alex Oedekoven, Tristan Spencer, Trey Lewis, Chance Carda, Elijah Boutchee

Returning State Place winners: Alex Oedekoven (2 nd @ 113), Tristan Spencer (2 nd @138), Lucas Chamberlin (4 th @ 152),

Trey Lewis (2 nd @ 170), Chance Carda (2 nd @ 182), Elijah Boutchee (6 th @ 220)

Returning State Qualifiers: Jacob Mason, Lincoln Schoenhard, Lincoln Houska, Hudson Shaffer

Top Prospects and Grade:



Jaxon Ducheneaux 12th

Emmitt Andersen 12 th

Lucas Colman 12 th

Lincoln Schoenhard 10 th

Lincoln Houska 11 th

Hudson Shaffer 10 th

Coaches' comments as to the best quality of the wrestlers you have listed.

(Example: Joe is a hard worker and excels on his feet, team leader, excellent pinner, and good student etc.) (Potential all region, state qualifier and place winner)

As a group this is expected to be one of the hardest working groups that the Governors have had. They have had more talented and technical groups before but none with the grit

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Dakota Grappler 2023-24

and grind like this group. They should be in every match in every dual or tournament from top to bottom.

List your top stat leaders from last year.

1. Chance Carda – Reversals, Near Fall, Pins, Win %
2. Tristan Spencer – Takedowns, Tech Falls
3. Hudson Shaffer - Escapes

List in order your prediction for your Region (Individual)

1. Aberdeen Central
2. Chamberlain
3. Mitchell
4. Milbank
5. Huron
6. Todd County

List in order your prediction for your State (Individual)

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

List in order your prediction for your State (Dual)

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

Wrestler from this year's past teams who have signed to wrestle in college

- Aric Williams – DWU
 Tyson Johnson – DWU
 Deegan Houska – SDSU
 Josh Rydberg - USF

Any Additional Coaches Comments

This year should be a great one for the Governors. The guys in green return a plethora of experience anchored by a strong senior class and four state finalists. The Govs had the potential to have Seniors in almost every weight class from 138 on up.

The four State Finalists, Chance Carda, Trey Lewis, Tristan Spencer, and Alex Oedekoven will be expected to lead the way.



Other seniors Lucas Chamberlin, Jaxon Ducheneaux, Emmit Andersen, and Lucas Colman will be vital parts of this teams' successes. Elijah Boutchee is the other returning state place winner that is likely to find a ton of success. Lincoln Schoenhard and Hudson Shaffer are expected to have break out seasons. The new weight classes will make things interesting, especially up top where the Governors will be hard to beat. The lighter weights will have some inexperience but will learn quickly from this experienced group. A lot of work has been done by this group both in the wrestling room and in the weight room over the summer. It will be a fun year to see how this group meshes and established themselves.



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Pierre-TF Riggs Governors Girls

Conference if applicable: ESD

Last Year's Dual Record: 8-0

Region Finish: N/A

State Finish: 1 st

List of Tournaments participating in this season:

Mandan ND Invite Rapid City Invite Ashley ND invite

Lyman Invite Pierre Invite Aberdeen Central Invite

Harrisburg Invite

Head Coach: Matt Thorson

Yrs. at present school incl this yr: 7 years

Yrs. at this school as Head Coach: 3 years

Yrs. as Head Coach: 3 years

Total Wins as Head Coach: Duals- 15-0-1

Overall Record Coaching: 15-0-1

Assistant Coaches: Kyle Sarringar, Chad Uhrig

Number of Lettermen Returning: 13

Number of Returning State Placers: 7

Player Information:

Sydney Uhrig- 3 rd place as a Freshmen and Sophomore, 2 nd as a Junior

Lexie Hillmer- 4 th as a 7 th grader

Kezrey Benning- 7 th as a Freshmen

Dani Ringstmeyer- 3 rd as a sophomore

Abbi Lewis- 3 rd as a 7 th grader, 4 th as an 8 th grader

Ireland Templeton- 5 th as a Freshmen and Sophomore

Emalee Larson- 3 rd as a Freshmen, 4 th as a Sophomore

Ciara McFarling- 1 st in 8 th grade, Freshmen, and Sophomore years

Roster:

Gemma Stangeland	8th	Shaylee Speck	Fr.
Londyn Allen-Hunsaker	So.	Sydney Uhrig	Sr.
Lexie Hillmer	8th	Kali Ringstmeyer Jr.	
Kezrey Benning	So.	Preslei Massa	8th
Dani Ringstmeyer	Jr.	Abbigail Lewis	Fr.
Hannah Strait	Fr.	Ireland Templeton Jr.	
Emalee Larson	Sr.	Ciara McFarling Jr.	
Brylee Pelle	8th	Heavenly Thompson Sr.	
Avery Thiem	8th	Presley Long	8th
Josephine Wurtz	8th	Paisley McConnell	8th
Kyanne Traversie-Johnson Jr.			

7 th graders:

Hadley Holzapfel

Jaylee Klinger

Bailee Taft

Acacia Kahler

New 10 th grader

Jayda Steinke

Top Prospects and Grade:

Sydney Uhrig- 12

Dani Ringstmeyer- 11

Kezrey Benning- 10



Kali Ringstmeyer- 11

Abbi Lewis- 9

Lexie Hillmer- 8

Ireland Templeton- 11

Emalee Larson- 12

Ciara McFarling- 11

Coaches' comments as to the best quality of the wrestlers you have listed.

This is a hard-working group with a lot of experience on the mat. We will be looking to the upper classmen to step up and be leaders within this group. Sydney Uhrig, who had a great off-season and put in a lot of work and time on the mat, and Emalee Larson, who is looking to have another great season and will be back in the varsity lineup, have played major roles in the success of the program the last few years and look to end their senior season the same way.

The junior class is full of solid wrestlers. The Ringstmeyer twins are looking forward to a great year. Dani placed 3 rd as a sophomore with a breakout season. Kali will be looking to start her Varsity career out with a bang. They are both excellent on their feet and look to improve in other areas as well. Ireland Templeton has been a staple in the lineup the last two years and is an extremely hard worker in the wrestling room. We are excited to see what this year has in store for her. Ciara McFarling is a 3x state champ and looks to continue her dominant wrestling career in her junior campaign. She is a hammer on top and her physicality is very difficult to match. Under classmen expected to have big roles in 2023-2024 include Abbi Lewis who is a 2x place winner with both finishes being in the top 4 and Lexie Hillmer who placed 4 th as an 8 th grader in 2023.

Kezrey Benning, Shaylee Speck, Londyn Allen-Hunsaker, Kyanne Traversie-Johnson, Heavenly Thompson, and newcomer Jayda Steinke all look to have big years as well!



Sisseton Redmen

Todd Co. Falcons

Head Coach Kasey Metz
 Assistant Coach Cyrus Hawkins, Jordan Redmond
 Assistant Coach Aarik Gray

Roster:

Kayden Tchida	M	Fr.	29-16
Blake Steiner	M	So.	20-15
Ian Metz	M	Jr.	10-1
Reed Gray	M	Jr.	2-1
Holden Hawkins	M	So.	39-12
Quincy Harris	M	Sr.	5-12
Boe Iverson	M	Jr.	0-0
Ryder White	M	So.	5-14
Keonday White	M	Sr.	2-15
Piper Goodhart	F	So.	0-0
Mason Shultz	M	Jr.	30-12
Justin Muehler	M	8th	2-1
Cash Gamber	M	Fr.	1-2
Alex Metz	M	8th	2-1

Returning State Placers:

- 8. Ian Metz, Sisseton 11 15-4
 - 4. Holden Hawkins, Sisseton 10 39-12
 - 8. Mason Shultz, Sisseton 11 30-12
- Other state Qualifiers
 Blake Steiner and Kayden Tchida

Outlook:

This team has quality wrestlers coming back for the 2023-24 wrestling season with 3 returning state placers and 2 other qualifiers, infact Kayden Tchida was 1 point away in the blood round at state and would have been on the podium too.



Conference : Big Dakota
 Last Year's Dual Record: 0-8
 Region Finish: 8th
 State Finish: 27th
 List of Tournaments participating in this season:
 Lyman Quad O'Neill Invite
 Rapid City Invite Lakota Nation
 Valentine Invite Mid Dakota
 Monster West Holt Invite
 River City Duals River City Rumble Ainsworth Duals
 Ainsworth Invite Big Dakota Conference Badland Brawlers
 Region 3A State
 Head Coach: Josh Dean
 Yrs. at present school incl this yr: 7
 Yrs. at this school as Head Coach: 7
 Yrs. as Head Coach: 10
 Assistant Coaches: TBD



Number of Lettermen Returning: 5
 Number of Returning State Placers: 0
 Roster:

Talan Iyotte	M	Fr.	0-0
Adrienne Fast Horse	F	So.	0-0
Patrick Iron Cloud	M	Fr.	3-18
Devan White Feather	M	Fr.	1-19
Jessica Janssen	F	Sr.	0-0
John Arcoren	M	So.	0-0
Malachi Bronchobill	M	So.	3-18
Carver Rahn	M	So.	2-23
Amaya Martinez	F	So.	0-0
Kevaughn Hunger	M	Sr.	0-3
Troy Rahn	M	So.	10-12
Carter Brave	M	Fr.	6-19
Eric Redbird	M	Sr.	3-2
Aebrie Waugh	M	Sr.	0-0
Ronald Scott	M	8th	0-0

7th Grade Danny Brave, Marcus Harris, 8th Grade Ronald Scott

Top Prospects and Grade: Patrick Iron Cloud 9th,





Carter Brave 9th

Coaches' comments as to the best quality of the wrestlers Patrick is a very dedicated wrestler, he has traveled to other towns on his own to wrestle freestyle this last spring and put in a lot of time during the summer. He is a potential state-qualifier this year.

Carter is a great leader for being so young. He is a heavy-weight and our region is very tough at this particular weight class but has an outside shot to be a state qualifier this year.

List your top stat leaders from last year.

1. Rocky Wiedman
2. Carter Brave
3. Patrick Iron Cloud

List in order your prediction for your Region (Individual)

1. Pierre
2. Aberdeen Central
3. Mitchell
4. Sisseton
5. Chamberlain
6. Huron

List in order your prediction for your State (Individual)

1. Pierre
2. Brandon Valley
3. Rapid City Stevens
4. Watertown
5. Sturgis
6. Harrisburg

Wrestler from this year's past teams who have signed to wrestle in college .

Rocky Wiedman University of Sioux Falls

Any Additional Coaches Comments

We have an extremely young team this year, but I think we have some kids who really love the sport and are putting in the time to get better. We might take some lumps this year, but will be right where we need to be at the end of the year if we continue to put in the time to get better daily!



Belle Fourche Broncs

Head Coach Justin Walker
 Assistant Coach Tevin Gomez
 Assistant Coach Michael Ryan
 Girls Head Coach Justin Walker
 Assistant Coach Tevin Gomez
 Assistant Coach Michael Ryan

Roster:

Kyra Vandenberg	F	Fr.	23-10
Logan Tyndall	M	Sr.	30-16
Toarin Humble	M	Sr.	17-18
Garet Huston	M	So.	19-18
Alexander Norlin	M	So.	10-20
Joshua Brill	M	So.	0-0
Riggin Lutter	M	So.	4-21
Hylee Dennis	F	So.	0-2
Aleyah Carbajal	F	Jr.	5-5
Maximus Mundt	M	Jr.	0-2
Cortez Rodriguez	M	Jr.	0-0
Malachi Funk	M	So.	0-3
Keagan Walker	M	Fr.	1-8
Alexa Swaney	F	Jr.	17-10
Riley Dighton	M	So.	32-12
Olivia Nehl	F	Sr.	7-10
Elijah Braning	M	Jr.	12-8
Spencer Bush-Graslie	M	So.	12-17
Jory Olson	M	Fr.	6-20
Pepper Wallace	M	So.	0-0
Owyn Schreder	M	Jr.	19-17
Dausen Davis	M	So.	4-3
Caleb Dosch	M	So.	0-15
Adelae Grusing	F	So.	2-13
Haydon Nickerson	M	Sr.	0-3
Lucas Tonsager	M	Fr.	21-20
Mason Nehl	M	So.	3-22

Returning State Placers

- 6. Riley Dighton, Belle Fourche 10 32-12
- 8. Kyra Vandenberg, Belle Fourche 9 23-10
- 8. Alexa Swaney, Belle Fourche 11 17-10

Other State Qualifiers:

Logan Tyndall	M	Sr.	30-16
Toarin Humble	M	Sr.	17-18
Lucas Tonsager	M	Fr.	21-20

Outlook: This team has a solid core of individuals that can take it to the next level this season. Good leadership on both the girls and boys teams should make this year fun. Logan Tyndall got really close to placing last season and has been working hard, I expect to see him on the podium this season.



Douglas-Underwood Patriots

Conference if applicable: Black Hill Conference
 Last Year's Dual Record: 9-4
 Region Finish: 5th
 State Finish: 23rd
 List of Tournaments participating in this season:
 Custer Invite, Rapid City Invite, Worland Dual Tournament,
 Black Hill Conference Tournament, Pierre Girls
 Tournament ,River City Rumble, Belle Fourche Invite, Yank-
 ton Invite
 Boys Head Coach: Dale Daugherty
 Yrs. at present school incl this yr: 8th Year
 Yrs. at this school as Head Coach: 3rd Seasons
 Yrs. as Head Coach: 20 th Season
 Girls Head Coach: Nick Ferguson
 Yrs. at present school incl this yr: 2nd year
 Yrs. at this school as Head Coach: 1st Year
 Yrs. as Head Coach: 9 th Season
 Assistant Coaches: Jon Pierson, Jeff Wilson, Jason Eddy
 Number of Lettermen Returning: 13
 Number of Returning State Placers: 2
 Player Information:

Roster:

Aziah Dominguez	M	Fr.
Jordan Updike	M	Fr.
Korbyn Coots	M	Jr.
Alejandro Martinez	M	So.
Ian Fleming	M	Jr.
Paiden Sandal	M	So.
Tagen Carter	M	So.
Alden Laden	M	Sr.
Braden Huffman	M	Jr.
Zaden Jenson	M	So.
William Thompson	M	So.
Skye Marvin	M	Sr.
Ricky Davis	M	Jr.

Carson Hicks	M	So.
Kale Crowser	M	Jr.
Aiden Russell	M	Jr.
Casen Tibbetts	M	Jr.
Kannon Shay	M	Jr.
Jacob Miner	M	So.
Sylvan Kent	M	Jr.
Landon Chance	M	So.
Jake Canaday	M	Sr.
Paul Cline	M	Jr.
Aiden Slancauskas	M	Jr.
Lucas Giersberg	M	Jr.
Eli Christensen	M	Fr.
Kieth Stevens	M	Sr.
Clarence Wiesmaier	M	Jr.
Jase Canaday	M	Sr.
Lucas Johnson	M	So.
Savannah Rondell	F	Fr.
Kendalyn Pesch	F	Fr.
Emalee Von Eye	F	Jr.
Amara Gortmaker	F	So.
Zoey Holtz	F	Jr.
Destiny Triplet	F	Jr.
Taylor Yazza	F	Sr.
Alyssa Ullmann	F	Sr.

Top Prospects and Grade:

Juniors

- Aiden Russell
- Casen Tibbetts
- Lucas Giersberg
- Sylvan Kent
- Ian Fleming
- Destiny Triplet 2 time state place winner (4th –7th)
- Zoe Holtz – returning state place winner (7th)

Coaches' comments: These seven wrestlers return with state tournament experience. They will continue to build on past success and provide great leadership to our program.

List in order your prediction for your Region (Individual)

1. Sturgis
2. Steven
3. Douglas
4. Central
5. Spearfish
6. Belle Fourche

Is your school co-oping? Yes with whom?

We are a coop: Douglas / New Underwood / Rapid City Christian

Any Additional Coaches Comments

The Patriots will continue to build off the experience of a strong junior class. As well as look for some sophomores and freshman to step up. The Patriot Girls program hope to continue its growth in numbers as well as state tournament success.





Lakota Tech Tatanka

Last Year's Dual Record: 2-1
 Region Finish: 6th
 List of Tournaments participating in this season: Custer, Gordon, Ne., LNI, Hot Springs, Harding County, Mid Dakota Monster, Bennett County, Chadron, Ne., Red Cloud, Big Dakota, Wall
 Head Coach: Dave Michaud
 Yrs. at present school incl this yr: 3
 Yrs. at this school as Head Coach: 3
 Yrs. as Head Coach: 34
 Total Wins as Head Coach: no idea
 Overall Record Coaching: no clue
 Assistant Coaches: David "BullDawg" Michaud, AJ Watters,
 Number of Lettermen Returning: 6
 Number of Returning State Placers: 0

GIRLS TEAM

Last Year's Dual Record: 4-0
 Region Finish: n/a
 State Finish: 4th
 List of Tournaments participating in this season: Custer, Gordon, Ne., LNI, Ashley, ND, Floyd Farrand, , Mid Dakota Monster, Bennett County, Chadron, Ne., Belle Fourche, Big Dakota, Wall

Head Coach: Dave Michaud
 Yrs. at present school incl this yr: 3
 Yrs. at this school as Head Coach: 3
 Yrs. as Head Coach: 34
 Total Wins as Head Coach: no idea
 Overall Record Coaching: no clue
 Assistant Coaches: David "BullDawg" Michaud, AJ Watters,
 Number of Lettermen Returning: 10
 Number of Returning State Placers: 4

Special Accomplishments:

Returning place winners
 126 Jessica Waln, 132 Giada Scherich, 154 Jordan Waln, 185 Eriah Big Crow

Top Prospects and Grade
 100 Serenity Trueblood
 11 th , 107 Brandy Marshall Qualifier 10 th , 114 Cante White Bull qualifier 11 th , 120 Lakota Rogers



qualifier 11 th , 126 Jessica Waln 7 th 11th, 132 Giada Scherich 3 rd 11th, 154 Jordan Waln 4 th 12 th , 185 Eriah Big Crow 8 th 11 th ,
 Hwt. Grace Eagle Elk qualifier 12th

List in order your prediction for your State finish this year including your own team if you want to include it.
 (Individual)

1. Canton
2. Pierre
3. Lakota Tech
4. Rapid City Stevens
5. Harrisburg
6. t3 way toss up

Little Wound Mustangs

Head Coach Chris Janis
 Assistant Coach Elliot Keller

Laiel Lightfoot	F	Fr.	0-0
Justice Child	M	So.	1-12
Seth Red Shirt	M	So.	1-10
Lani Richards	F	So.	0-0
Alicen Elk	F	Fr.	0-0
Kaylee Provost	F	So.	0-0
Wicahpe Pullium-whirl wind horse	M	So.	6-16
Tayvion rooks	M	Sr.	9-10
Kyle pratt	M	Fr.	1-18

No other info provided.

Pine Ridge Thorpes

Coach TBD

Louise Pond	F	8th	10-4
Sinquah Nelson	M	8th	1-14
Tana Bettelyoun	F	Sr.	0-0
Luke White Hawk	M	Sr.	6-3
Dante Apple	M	So.	2-5
Jasmein Carlow	F	Sr.	1-4
Adrian Rowland	M	So.	0-0
Jesse Hagen	M	Jr.	13-10
Maurice Cottier	M	So.	0-0
Daniel Davis	M	Jr.	8-3

If you are reading this, you probably wonder why some teams don't have much information... It is because some coaches are too busy to fill out a questionnaire, are new to a program and don't know this is available to promote their team, or they just don't give a darn about what is written about their teams.

We will always do our best to promote wrestling but it is hard without help from coaches... As you can see there are many coaches that give their best everytime. That is what you expect from your wrestlers... that what I expect from a coach.



Rapid City Central Cobblers

Last Year's Dual Record: 12 Wins – 16 Lessons
Region Finish: 3 RD out of 9
State Finish: Tied for 15 TH out of 33

List of Tournaments participating in this season:

- Sidney Mt. Invitational
- Rapid City Invite
- Pat Weede Memorial Duals – Gillette, WY
- Border War Duals – Casper, WY
- Bismarck Rotary
- Les Tlustos Invitational – Brookings, SD

Head Coach: Lance J. Pearson

Yrs. at present school incl this yr: 26 Years @ CHS
 Yrs. at this school as Head Coach: 22 ND Season @ CHS
 Yrs. as Head Coach: 26 TH Season Overall
 Total Wins as Head Coach: 299 Dual Wins
 Overall Record Coaching: 299 Wins – 191 Lessons
 Assistant Coaches: Brad Grauberger, Mike Hagen & Colby Larson

Number of Lettermen Returning:
 Number of Returning State Placers: 4 Returners
 Top Prospects and Grade:

Boys:

- Zack Soderlin – Senior
- Logan Brown – Senior
- Ryan Tschetter – Junior
- Ian Hook – Junior
- Jacoby Parker - Junior
- Louis Whirlwind Horse – Sophomore
- Tate Winter – Sophomore
- Pierce Hurd – Freshman

Girls:

- Damia Valdez – Senior
- Sophie Baumeister – Senior
- Irini Poka – Freshman
- Mataya Jacobs – 8 th Grader

List in order your prediction for your Region finish this year including your own team if you want to include it. (Individual)

1. Sturgis Brown HS
2. RC Stevens HS
3. Spearfish HS
4. Douglas HS

List in order your prediction for your State (Individual)

1. Brandon Valley
2. Pierre
3. Tea Area
4. West Central
5. Harrisburg
6. Aberdeen Central

List in order your prediction for your State (Dual)

1. Pierre
2. Brandon Valley
3. Harrisburg
4. Tea Area
5. West Central
6. Sturgis Brown

Any Additional Coaches Comments Wrestling Program is excited to get back on the mat and competing. Last season saw multiple wrestlers get Varsity experience not just in tournaments but under the Dual Spotlight as well. We need to take that experience and motivate ourselves to raise our level of competitiveness. This year's team must learn to wrestle for each other and for the Legacy of the Cobbler Wrestling that came before them. This year's 66 th Cobbler Wrestling Team is excited to get back on the end of season awards stand individually but more importantly as a TEAM!





Rapid City Stevens Raiders

Head Coach Travis King
 Assistant Coach Cody Benne
 Assistant Coach Nick Rotella
 Assistant Coach Aero Amo
 Assistant Coach Brent Voorhees
 Assistant Coach Jared Richter



Returning State Placers:
 5. Trinity Duran, RC Stevens 11 37-14
 5. Shea Richter, RC Stevens 10 38-16
 4. Brayden Collins, RC Stevens 11 33-18
 2. Corbin Zent, RC Stevens 12 43-13
 8. Joe Juenger, RC Stevens 11 33-18
 6. Ayden Kellogg, RC Stevens 11 35-21

Roster:

Shea Richter	So.	39-16
Max Schoenhard	So.	36-11
Eldon Parrish	Sr.	2-14
Hunter Goodwin	Fr.	0-0
Brayden Collins	Jr.	34-19
Eric Morrow	So.	15-13
Corbin Zent	Sr.	45-13
Aidan Callahan	Jr.	30-14
Ivan Pettit	So.	6-15
Louie Evens	Fr.	1-4
Jacob Williams	Jr.	28-24
Tayton Tryon	So.	4-6
Mason Ryman	Fr.	0-0
Joe Juenger	Jr.	33-20
Kannon Falkon	So.	4-14
Henry Wasson	Jr.	4-23
Jayden Turgeon	Jr.	3-17
Dresden Wilbur	Fr.	0-1
Brayden Voorhees	Sr.	15-25
Ezekiel Duran	Sr.	20-20
Christian Duran	Fr.	0-0
Caleb Richter	Sr.	1-1
Tucker Benson	Sr.	8-6
Craig Christianson	Fr.	0-0
Walter Evens	Sr.	1-2
Teagen Smith	Jr.	22-20

Tucker Mason	Fr.	4-9
Mason Dunbar	Jr.	2-2
Tyler Johnson	So.	18-18
Landon Mitsos	Sr.	18-20
Brody Thompson	Jr.	10-1
Jon Rhead	Jr.	9-14
Blake Bloxom	Jr.	2-11
Ayden Kellogg	Jr.	37-21
Cooper Myers	Jr.	17-19
Tate Crosswait	Sr.	13-16
Ayden Schoeberl	Sr.	16-13
Noah Lauen	Jr.	15-18
Owen Coody	Jr.	9-13
Zach Laughlin	Jr.	8-12
Kaiden Strong	Sr.	21-16
Elias Gillen	Jr.	18-6
Jacob Weber	Jr.	5-4
Wesley Willet	Fr.	2-5
Peyton Shaw	So.	0-0
Talan Lunders	Sr.	6-9
Trinity Duran	Jr.	33-12
Eliana Zent	8th	10-12
Averie Brehm	8th	5-27
Liliana Van der Wyst	8th	6-18
Carrie Brown	Fr.	9-18
Hazel Bodell	So.	3-24
Jenna Morrow	Sr.	13-17
Mikaila Thieschafer	Fr.	5-21
Marieda Kalahar	Jr.	28-9
Kadie Mendel	Sr.	25-15
Bella Morteo	Fr.	33-13
Summer Marnette	Jr.	10-12
Tailie Brehm	So.	21-15
Hailey Harvel	8th	3-20
Emma Greynolds	Fr.	0-4
Kaitlyn Stein	Jr.	0-0
Taylor Vancil-Cope	Fr.	0-3
Kiara Fields	Fr.	1-9
Manny Fornos	8th	2-5

It is going to be a great year with all the returning state placers, they are hungry to return to the podium this season.



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Spearfish Spartans

Conference if applicable: Black Hills

Last Year's Dual Record: 3-9

Region Finish: 4th

State Finish: 21

List of Tournaments participating in this season:

Custer, Rapid City Invite, Madison, Sioux Falls Lincoln, Hettinger, Belle Fourche, Yankton

Head Coach: John Bokker

Yrs. at present school incl this yr: 8

Yrs. at this school as Head Coach: 8

Yrs. as Head Coach: 18

Total Wins as Head Coach: 256 (198 in Arizona)

Overall Record Coaching: 256-82?

Assistant Coaches: Cory Neuharth, Max Donovan, Trent Olson

Number of Lettermen Returning: 15

Number of Returning State Placers: 1

Roster:

Landyn Kruske	So.	Michael Zoller	So.
Payten Storbeck	Jr.	Hunter Werner	Fr.
John Jeffery	Sr.	Rayce Johner	Fr.
Jack Niles	Fr.	Hugh Roles	So.
Bear Werner	8th	Parker Graveman	So.
Morgyn Loup	Fr.	Luke Rath	So.
Seth Norman	So.	Mick Bosh	So.
Kaden Gonzales	So.	Conner Winieckie	Jr.
Jacob Foster	So.	Dominick Mills	Jr.
Aiden Kracht	Jr.	Quinten Carlson	Sr.
Jacob Ellingson	Jr.	Mason Johnson	Sr.
Laythan Lucas	So.	Alex Marich	So.
Evan Wilson	Jr.	Cole Malo	Jr.
Markus Medina	Jr.	Asher Peil	So.
Mathew Medina	Jr.	Alex Cudmore	So.
Jaxon Winieckie	8th	Cameron Carlson	8th
Dominic Subia	Fr.		

Special Accomplishments:

State Placer- John Jeffery (3 rd),

All-Conference- John Jeffery

Top Prospects and Grade:

John Jeffery- Senior

Jacob Ellingson- Junior

Aiden Kracht- Junior

Evan Wilson- Junior

Dominick Mills- Junior

Asher Peil- Sophomore

Parker Graveman- Sophomore

Coaches' comments aParker Graveman worked tremendously hard in the off-season. He participated on several South Dakota all-star teams. He also went to a camp in Iowa and went

4-2 in freestyle at Fargo.

List your top stat leaders from last year.

1..John Jeffery

2.Parker Graveman

3.Asher Peil

List in order your prediction for your Region (Individual)

1.Sturgis 2. RC Stevens 3. RC Central

4. Spearfish 5.Douglas 6.Belle Fourche

List in order your prediction for your State (Individual)

1. Peirre

2.Sturgis

3.Brandon Valley

List in order your prediction for your State (Dual)

1. Peirre

2. Brandon Valley

3.Watertown

4.Sturgis



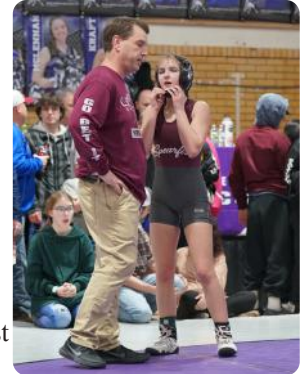


Conference if applicable: Black Hills Conference
 Last Year's Dual Record: 3-1
 Region Finish: No Regions for Girls In SD
 State Finish: 3rd Place
 List of Tournaments participating in this season: Mandan Lions, Rapid City Invite, Canton Invite, Bride of the Monster, Black Hills Conference, Pierre Invite, Belle Fourche Invite, Yankton Invite, Harrisburg Invite

Head Coach: Joel Martin
 Yrs. at present school incl this yr: 27 years
 Yrs. at this school as Head Coach: 2 nd year as Girls Head Coach
 Yrs. as Head Coach: 25 years as Spearfish Middle School Wrestling Head Coach
 Total Wins as Head Coach: 3
 Overall Record Coaching: 4-1
 Assistant Coaches: Cody Powers
 Number of Lettermen Returning: 13
 Number of Returning State Placers: 2
 Player Information:
 Juniors – Madelyn Schlup, Ellie Jeffery
 Sophomores – Mathilde Matsuda, Candice Matsuda, Sydney Badwound, Kimberlyn Heisler, Jillian Heisler, Georgie Charles, Elizabeth Botkin, Kaylie McDonald, Jayden Werlinger
 Freshmen – Haven Baker, Piper Brooke-Ellison, Morgan Little, Makita Raysor
 8 th Grade – Marlee Heltzel
 Returning State Place Winners: Madelyn Schlup, JR. 8 th Place 2023 State 113 lbs., Marlee Heltzel 8 th Grade, 7 th Place 2023 State Tournament 170 lbs.
 Returning State Qualifiers – Mathilde Matsuda
 Returning All-Conference – Candice Matsuda, Marlee Helt-

zel, Madelynn Schlup

Top Prospects and Grade:
 Madelyn Schlup - Junior
 Mathilde Matsuda – Sophomore
 Candice Matsuda – Sophomore
 Sydney Badwound – Sophomore
 Haven Baker – Freshman
 Marlee Heltzel – 8 th Grade



List your top stat leaders from last year.

1. Taylor Graveman
2. Maraia Kruske
3. Candice Matsuda

List in order your prediction for your Region (Individual)

1. Lakota Tech
2. Rapid City Stevens
3. Spearfish
4. Sturgis
5. Belle Fourche

List in order your prediction for your State

1. Canton
2. Pierre
3. Lakota Tech
4. Rapid City Stevens
5. Brookings
6. Harrisburg

Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award. Please list names, awards, and college they will be attending.
 Taylor Graveman – North Central College (Naperville, IL) - Was also named the 2023 South Dakota Tricia Saunders High School Excellence Award Winner – 2023 Outstanding Wrestler for SD State Tournament – 2023 SDWCA Female Wrestler of the Year -2023 SD Academic All-State
 Maraia Kruske – University of Sioux Falls – 2023 SD Academic All-State
 Is your school co-oping? No

Any Additional Coaches Comments

We are going to be a young team as we graduated 2 State Champions (Taylor Graveman and Maraia Kruske) and will have no Seniors and only two Juniors. We have mainly Sophomores and Freshman. If we can stay away from the injury bug, which hit us pretty hard last year, I believe that we can make a pretty good showing come the state tournament. We have a good, hard working crew of which several have put in some good quality time this summer. With the change to 12 weight classes, we are hoping to be able to fill all of the classes this year.





Sturgis Brown Scoopers

Conference if applicable: NA
 Last Year's Dual Record: 13-4
 Region Finish: 1st
 State Finish: 4th
 List of Tournaments participating in this season:
 Mandan, Rapid Invite, Madison, Hettinger, East vs West
 Mitchell, Belle Fourche
 Head Coach: Mike Abell
 Yrs. at present school incl this yr: 7
 Yrs. at this school as Head Coach: 7
 Yrs. as Head Coach: 17
 Total Wins as Head Coach:
 Overall Record Coaching:
 Assistant Coaches: Steve Keszler, Jason Schlichtemeier,
 Bryce Leonhardt, and Rance Sivertsen
 Number of Lettermen Returning: 24
 Number of Returning State Placers: 7

Roster:
 Seniors: Koyer Kelly, Teryn Zebroski, Tegan Zebroski, Dee Daniels, Brooklyn Brant, Quintin Longanecker, Beau Peters, Madison Snyder, Caleb Weishaar, Preston Ray, Aiden Werlinger,
 Juniors: Cody Jones, Gage Studer, Barrett Patterson, Manny Jaramillo, Cade Willnerd, Elliot Smith, Andon Hammerstrom, Calvin Ketelsen, Dawson Inhofer, Earl Cornett, Chase Temple, Gunnar Sarkela
 Sophomores: Tyler Baldwin, Jake Price, Trinity Thompson, Callyn Longanecker, Isaiah Brown, Hunter Fischer, Levi Brant, Gavin Werlinger, Kelson Dirk, Evan Juelfs, Trinity Davis
 Freshmen: Shea Deering, Jace Thurman, Owen Bostrom, EJ Brant, Wyatt Marler, Jake Peters, Landyn Mahaffy, Zhoel Iriou, Tanner Gouldin
 8th Graders: Jesse Jones. Garrett Rohloff
 Special Accomplishments:

Zak Juelfs – 2 nd at State
 Tegan Zebroski – 4 th at State
 Teryn Zebroski – 6 th at State
 Dee Daniels – 7 th at State
 Beau Peters – 6 th at State
 Calvin Ketelsen – 8 th at State



Top Prospects and Grade:
 Our JV was a competitive group last year. They will fill in where we need them to this year and should be impactful for us right out of the gates. We have a lot of solid young kids coming up through our youth and middle school programs. We are very excited for the future of Scooper wrestling!

Coaches' comments
 We have a strong group returning this season that we have seen coming for a couple years now. If we can stay healthy we will be a team that should compete inside the top 4 in both the individual as well as dual state tournaments. Adjusting to the new weight classes will be tough at first but the kids will get used to it. Depth should be a strength for us this year with solid numbers in the room. Our coaching staff is excited to see this group perform to its potential.

List your top stat leaders from last year.

1. Aiden Werlinger
2. Zak Juelfs
3. Tegan Zebroski

List in order your prediction for your Region (Individual)

1. RC Stevens
2. RC Central
3. Spearfish
4. Belle Fourche

List in order your prediction for your State (Individual)

1. Pierre
2. Brandon Valley
3. Watertown
4. Harrisburg
5. West Central

List in order your prediction for your State (Dual)

1. Pierre
2. Brandon Valley
3. Watertown
4. Harrisburg
5. West Central




Good Luck
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Britton-Hecla Braves

Head Coach Josh Hawkinson
Assistant Coach Michael Atkinson



Roster:

Bryce Hawkinson	So.
Colton Chapin	8th
Dustin Stabnow	So.
Lincoln Kilker	8th
Trey Beil	8th
Tanner Atkinson	8th
Bryce Heitkamp	So.
Ben Suther	Fr.
Preston Ellingson	Sr.
Cecilia Anderson (F)	Jr.
Collin Beaner	Sr.
Dashel Davidson	Jr.
Conner Glines	So.
Jerard Satterlee	So.
Landyn Fredrick	So.
Dane Hansen	So.
Tucker Hardy	So.
Keegan Mix	So.
Carter Grobe	8th
Korbin Mix	7th
Max Suther	7th
Carter Nelson	7th

Yrs. as Head Coach: 6
Total Wins as Head Coach: 68
Assistant Coaches: Jimmy Marx, Caleb Orris
Number of Lettermen Returning: 10
Number of Returning State Placers: 2

Roster:

Maverick Clausen	8th	5-4
Isaac Johnson	8th	11-7
Kaden Wookey	8th	10-4
Cade Gaikowski	8th	22-11
Dani Batchelor	Sr.	2-2
Austin Vig	8th	30-24
Logan Foster	Fr.	9-21
Westen Olson	8th	4-6
Taylor Merkel	Sr.	24-27
Tre FourHorns	8th	3-4
Destiny Four Horns	8th	0-0
Damian Severson	So.	7-22
Josh Kannegieter	Jr.	29-13
Matt Batchelor	Sr.	11-17
Elliot Bratland	Jr.	35-14
Riley Popp	Jr.	10-25
Jerome Enboden	So.	12-15
Xander Chlamon	8th	5-6
Cooper Pommer	So.	52-8

7th grade Benny Pommer and Askel Gjerde.
senior girl Dani Batchelor

Special Accomplishments:

Dani batchelor 5th 113 girls Cooper Pommer 4th place boys
Top Prospects and Grade: Dani Batchelor senior, Cooper Pommer sophomore, Josh Kannegieter junior, Elliot Bratland junior, Cade Gaikowski 8th

Coaches' comments

Overall these are dedicated wrestlers who never let anyone know they are tired and always seem to improve as the season progresses.

List your top stat leaders from last year.

- 1.Cooper Pommer
- 2.Elliot Bratland
- 3.Dani Batchelor

List in order your prediction for your Region (Individual)

1. Redfield 2. Faulkton 3. Kingsbury County
4. Clark/Willow Lake 5.Deuel 6.Northwestern

List in order your prediction for your State (Individual)

1. Winner 2.Canton 3.Custer 4.Kimball/white lake
- 5.Phillip 6.Howard

List in order your prediction for your State (Dual)

1. Canton 2.Kimball/White Lake 3.Winner 4.Custer
- 5.Parkston 6.Phillip

No Further information provided.

Clark/Willow Lake Cyclones

Conference if applicable: NEC/ LCC

Last Year's Dual Record: 11-6

Region Finish: 6th State Finish: 28th

List of Tournaments participating in this season:

WBC,Faulkton Invite,Miller Invite, Webster Area Invite, Battler Invite,Parkston "Little B", Lee Wolf, Groton Invite, LCC/ Big East and NEC

Head Coach: Gregory Marx


Yrs. at present school incl this yr: 8

Yrs. at this school as Head Coach: 6



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Deuel-Deubrook Cardinals

Conference if applicable: NEC, LCC
 Last Year's Dual Record: 10-1
 Region Finish: 4th
 Head Coach: Jerome Salanoa
 Yrs. at present school incl this yr: 18
 Yrs. at this school as Head Coach: 15
 Yrs. as Head Coach: 15
 Assistant Coaches: Nick Salanoa
 Number of Lettermen Returning: 11
 Number of Returning State Placers: 0
 Roster: Gage Landmark 8 th , Ryker Gauger 9 th , Tyson Hagberg 9 th , Gavin Kloos 9 th , Jaxon Quail 12 th , CJ Fitzsimmons 12 th , Hayden Cooper 10 th , Hayden Landmark 10 th , Reed VanWormer 11 th , Korbin Whitely 11 th , Raymond Klein 10 th
 Transfer from Sioux Valley Zane Miller 10th
 Upcoming 7 th Graders, Bentley Fokken, Brock Mellendorf, Dusty Bolden, 8 th Grader that I hope makes the minimum weight soon- Gavin Matson
 Special Accomplishments:
 2022-23 NEC Champions, 2022-23 Region 1B Co-COY

Top Prospects Jaxon Quail- 12 th , Gavin Kloos-9 th

Coaches' comments as to the best quality of the wrestlers you have listed.

Jaxon has been the captain of the team for a few years. He will be one to watch this year. Most of the years he has been in a very tough weight class. He's bulked up some this year. If he can maintain and stay healthy this year, he should be on that podium once again.

Gavin Kloos is a freshman but has been Jaxon Quail's practice partner for the past few years. He has put in a lot of time at camps and training facilities this summer. Gavin has struggled in the past with confidence, but I can see that season will already be different. He also grew a lot since last season. I look forward to see how much of a difference this last summer did to him.

List your top stat leaders from last year.

1. Gavin Kloos Team Points 204
2. Korbin Whitely Most Wins 37
3. Korbin Whitely Most Pins 20

List in order your prediction for your Region (Individual)

1. Kingsbury
2. Faulkton
3. Clark

Is your school co-oping? Yes Deubrook

Any Additional Coaches Comments

We graduated a couple seniors last year that were great leaders and teammates. We've been a young team for a few years. Every year I look forward to this group growing up together. We're starting to get the numbers out. This team is not far from being a good dual team again.

Doland Cheifs

Head Coach not even listed at SDHSAA site

Roster:

Kyla Logan	F	Jr.	19-7
Jake Wipf	M	So.	4-12

Schedule from the Doland School website:

NOV. 13	PRACTICE STARTS	
DEC. 2	CLARK TOURN	10:00 AM
DEC. 4	FLANDREAU FLANDREAU	4:30
DEC. 7	TRIANGULAR DESMET	5:00
DEC. 9	BROOKINGS TOURN	9:00 AM
DEC. 16	SIoux VALLEY TOUR VOLGA	10:00 AM
DEC. 18	MCCOOK CENTRAL SALEM	5:00
DEC. 22	MCCOOK TOURNAMENT	9:00 AM
JAN. 5	LYMAN TOURN PRESHO	11:00 AM
JAN. 6	LYMAN TOURN PRESHO	10:00 AM
JAN. 11	QUAD LAKE PET-STON	5:00
JAN. 13	HURON TOURN HURON	TBD
JAN. 19	QUAD ARLINGTON	5:00
JAN. 20	KNIGHT TOURN ARLINGTON	10:00 AM
JAN. 22	TRIANGULAR VOLGA	5:00
JAN. 25	MILLER	6:00
FEB. 3	BIG EAST TOUR GARRETSON	10:00 AM
FEB. 6	QUAD ARLINGTON	5:00
FEB. 9	QUAD TRI-VALLEY	5:00
FEB. 17	REGION TBD	TBD
FEB. 22-24	STATE MEET RAPID CITY	TBD

Sorry no information Provided



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Faulkton Area Trojans

Conference if applicable: Lake Region
 List of Tournaments participating in this season: Clark, Faulkton, Linton, Miller, Potter co. Wagner,
 Head Coach: Shayne Geditz
 Yrs. at present school incl this yr: 19
 Yrs. at this school as Head Coach: 19
 Yrs. as Head Coach: 20
 Assistant Coaches: Dalton Baloun, Oliver Aesoph
 Number of Lettermen Returning: 14
 Returning State Placers: 2: Sean Roseland, Lincoln Dikoff

Roster:

Sawyer Paul	So.	1-2
Tristen Baloun	So.	18-15
Tucker Baloun	8th	1-9
Foster Bode	Fr.	2-2
Parker Bode	Sr.	20-12
Garrett Cramer	Sr.	35-8
Lincoln Dikoff	Jr.	35-11
Cash Edgar	8th	15-3
Charlie Hustead	Jr.	0-0
Cade Leonhardt	So.	0-5
Carson Leonhardt	Sr.	21-21
Timmy McGaugh	Jr.	6-5
Drake Mueller	So.	24-21
Cole Noon	Fr.	10-12
Kamryn Rhodes	Fr.	13-12
Sean Roseland	Fr.	34-20
Carter Schulte	Sr.	25-17
Spencer Schulte	8th	1-4
Landyn Weber	Sr.	6-3

Landon Coyle. 7 th graders: Logan Smith, Jacob Schilder, John Ortmeier, Cain Hogg

Top Prospects and Grade:

Carter Schulte: 12 SQ
 Garrett Cramer: 12 SQ
 Parker Bode: 12 SQ
 Carson Leonhardt: 12 SQ
 Landyn Weber: 12
 Lincoln Dikoff: 11 8 th state 195
 Timmy McGugh: 11
 Tristan Baloun: 10 SQ
 Drake Mueller: 10 SQ
 Cade Leonhardt: 10
 Sean Roseland: 9 th , 8 th state 106
 Kamrynn Rhodes 9 th
 Foster Bode 9 th
 Cole Noon 9 th
 Landon Coyle 9 th
 Cash Edgar 8 th
 Tucker Baloun 8 th

Spencer Schulte 8th

Coaches' comments as to the best quality of the wrestlers you have listed. Faulkton lost one senior from last year. We return 8 state qualifiers and 2 of them are state



place winners. The new weights aren't real helpful for us. We have a lot of big guys that will have to try to spread out to get everyone in the line-up. We do return a lot of talented wrestlers who are looking to have good years and get on the podium at the state tournament. We should have one of our line-up as full as it has been in quite a few years. We do have the numbers to put a quality line-up on the mat from top to bottom. We are excited about being really competitive in duals this year.

We have a large number of upper classman who have been in the program for quite a few years. Their leadership and experience should help us as the season goes on. We have a very solid schedule in tournaments and duals. We hope that the competition that we get during the regular season will prepare us for the post-season. We want to make sure that we are wrestling our best when we hit late February.

We have some wrestlers who have put in a lot of time in the offseason trying to get better. I know that we have some guys that want to take the next step. For our seniors they have had solid careers and I am looking forward to them having good seasons. We are looking forward to the season and getting better every day.

List in order your prediction for your State (Individual)

1. Philip Area
2. Canton
3. Winner

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Groton Area Tigers

Tournaments this year: Clark, Sioux Valley, Webster, Garretson, Potter Co. Groton, Stanley County, and NEC.

Letterman Returning: John Bisbee, Walker Zoellner, Lincoln Krause, Triston McGannon, Kellen Antonson, Nick Morris, Christian Ehresmann, Easten Ekern, Korbin Kucker, and Gavin Englund. Girls: Liza Krueger

Returning State Qualifiers and placewinners: Christian Ehresmann is a 4 time state qualifier and two time placewinner. Christian placed 2 nd last year at 138.

Walker Zoellner qualified for state at 120

Korbin Kucker qualified for state at 160

Liza Krueger qualified for state at G106

Roster:

Christian Ehresmann	M	Jr.	30-3
Jaycie Lehr	F	Sr.	12-13
Korbin Kucker	M	Jr.	9-3
Lincoln Krause	M	So.	1-9

Jon Bisbee	M	8th	2-15
Easten Ekern	M	Jr.	5-15
Quinton Bedford	M	Jr.	0-2
Kellen Antonson	M	Jr.	5-14
Tristan McGannon	M	So.	2-17
Isiah Scepaniak	M	Fr.	3-14
Walker Zoellner	M	Fr.	18-13
Noah Scepaniak	M	8th	0-6
Gavin Englund	M	So.	6-16
Nick Morris	M	Jr.	5-13
Liza Krueger	F	Fr.	19-15
Aiden Strom	M	Fr.	0-0
Jackson Furman	M	8th	0-0
Layne Johnson	M	8th	0-0

7 th graders Wyatt Hagen, Donavon Block, Luke Gauer. Upperclassmen are Drew Thurston and Ben Hoeft and hopefully many more.

We have kids that work extremely hard and with the majority of them have at least a couple years of experience under their belts. Hopefully this will translate to the mat and the kids and the team will have a great deal. Some of the wrestlers have done a great deal of summer wrestling in both competing in open tournaments, attending camps, and working hard at open mats. We hosted our own Thorn wrestling camp in Groton this year.

Region Finishers

1. Kingsbury Co. 2-3 Redfield and Clark

State Finishers

1. Canton
2. Winner
3. Kimball

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Hamlin/Castlewood Chargers

Conference if applicable: NEC and LCC
 Last Year's Dual Record: 7-8
 Region Finish: 7th
 State Finish:
 List of Tournaments participating in this season:

Head Coach: Riley Miller
 Yrs. at present school incl this yr: 3 years
 Yrs. at this school as Head Coach: 3 years
 Yrs. as Head Coach: 3 years as a Head Coach (7 years as an assistant)
 Total Wins as Head Coach:
 Overall Record Coaching:
 Assistant Coaches: Brad Gisselbeck
 Number of Lettermen Returning: 6
 Number of Returning State Placers: 1 (Brody Randall 5th place at 106)
 Player Information:
 List your top stat leaders from last year.
 1. Most Wins- Brody Randall
 2. Most Takedowns- John Yonker
 3. Most Escapes- Tate Everson



Herreid Yellowjackets

New team - We wish them the best of luck getting this to work in a community that has not had wrestling for a very long time. Dakota Grappler will follow up and see how it is going and update people on line later this wrestling season.

Ipswich-Leola Tigers

Ipswich
 Head Coach Robbie Williams
 Roster

Clayton Horst	M	Fr.	4-0
Xavier Kadlec	M	Sr.	5-17
Gunnar Knittel	M	So.	4-19
Beau Schilling	M	Jr.	4-7
Justin Rorhbach	M	Jr.	23-18
Kadyn Weisser	M	Sr.	22-15
Ryder Berninghaus	M	8th	0-3
Brannon Coulson	M	8th	0-0
Sophie Knittel	F	7th	3-0
Douglas Davison	M	8th	0-3

The numbers are low but the hearts are big for the Ipswich Tigets. They will work hard and strive to meet their goals. There are 2 seniors who will lead this team, Xavier Kadlee and Kadyn Weisser. Kadyn had a very successful season last year getting more than 20 wins for that varsity campaign. Junior Justin Rorhbach will be a great partner for Kadyn and the two will feed off of one another, striving to make the state tournament at the end of the year.



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Kingsbury County Knights

School: Kingsbury County (De Smet, Lake Preston, Arlington, Irquois)

Head Coach: Steve Gilbertson

Assistant(s): Mike Johnson, Dan Zilverberg, Bryan Pietig

Last Year's Dual Record: 9-4

Reg. Finish: 2nd

State Finish: ??

Returning State Placers and place:

Gannon Gilligan 5 th at 126#

Connor Giedd, 5 th at 120#

Other Returning State Qualifiers:

Connor Johnson 220#

Greyson Nielson 138#

Cody Zell 120#

Kaleb Johnson 157#

Other wrestlers to watch:

10 Lane Albrecht 126#

9 Chase Henriksen 106#

8 Caden Singrey 120#

8 Rogan Albrecht 106#

8 Cutler Davis 113#

10 Blake Jennings 144-150#

11 Kahne Hansen 144#

12 Sheldon Balderston 138-144# State Qualifier in 2021

10 Breyton Johnson 195#

11 Lane Jensen 132-138##

11 Marshall Holt 195#

12 Deion Harris 175#

9 Owen Anderson 144#

9 Donavon Sandven 144#

10 RJ Cleveland 138#

8 Jaun Gutierrez 157#

8 Liam Gunnon 157#

8 Sam Crowe 220#

Region Predictions

1) Faulkton

2) Kingsbury County

3) Redfield

State Dual Predictions:

1) Canton

2) Custer

3) Phillip Area

4) Miller/H-H

5) Wagner

State Ind. Team Prediction:

Canton, Phillip, Custer, Win-

ner, KWLP

C



Season Outlook or Coaches comments: Again, we look to take a step forward with our program. Our numbers are good overall so we look to be a solid dual squad and take pride in that. We have a group of experienced wrestlers as well as hungry young kids looking to compete at a higher level. Having several state qualifiers, along with our state medalists returning make for a competitive practice room, which will make all of our kids better. We always look forward to the challenges ahead and are excited about what our season will bring.

Girl's Program

Roster:

Mary Unruh 8 th

Jaylyn Johnson, 7 th

Jaelyn Giedd 7th





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Assistant Coach Eric Stuwe

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Returning state placer:
7. Nicholas Schlachter, Potter Co. 12 31-10

Roster:

Jack Stuwe	8th	19-17
Easton Rausch	8th	12-2
Lane Stuwe	Jr.	26-21
Nicholas Schlachter	Sr.	31-10
Tanner Vander Vorst	Jr.	13-18
Ivan Stuwe	So.	2-5
Ayden Forgey	Fr.	11-21
Trace Genzler	So.	11-19
Damion Johnson-Horn	Jr.	11-20
Shadrack Wipf	8th	4-5
Carter Luikens	Sr.	21-12
Benjamin Van der Luit	Sr.	4-21
Austin Jensen	8th	6-7
Kameron Hunnel	So.	4-23
Sage Hermann	So.	13-21
Eli Phillips	7th	1-2
Alex Lutter	7th	6-9
Rance Wager	7th	1-2

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LAKE PRESTON, OLDHAM, BANCROFT, ARLINGTON, BADGER, DESMET, CARTHAGE

9. The Battlers have two returning state qualifiers last season Carter Luikens and 7th place finisher last season Nicholas Schlachter both are Seniors this season and will have to step it up a notch and be great leaders to bring the younger wrestlers along. It is very possible to qualify several other wrestlers this season Jack Stuwe and Lane made big strides last year, now they have to make it through regions and let it fly to find their way on to the podium.





Redfield Area Pheasants

Conference if applicable: Northeast Conference

Last Year's Dual Record:

Region Finish: 1st

State Finish: 7 th

List of Tournaments participating in this season:

Burke-Gregory

NEC – Milbank

MVP

MCM invite

Miller

Kingsbury Co.

Wagner

Redfield invite

Head Coach: Kelby Hawkins

Yrs. at present school incl this yr: 1 year

Yrs. at this school as Head Coach: First year

Yrs. as Head Coach: First year

Total Wins as Head Coach: 0 wins

Overall Record Coaching: 0-0

Assistant Coaches: Doug Wright, Brady Edgar

Number of Lettermen Returning: 17

Number of Returning State Placers: 2 returning placers

Grady Fey – 2 nd

Chase McGillivary- 8 th

Roster:

Maddon Odland	So.	22-18
Conner Zens	So.	23-6
Payton Moore	So.	13-16
John Boothe	So.	4-10
Collin Dean	Jr.	19-24
Dylan Murray	Jr.	16-21
Jackson Sandoz	Jr.	4-4
Nicholas Becker	So.	1-12
Camden Murray	Jr.	14-11
Chase McGillivary	Sr.	19-4
Grady Fey	Sr.	34-1
Chace Odland	8th	4-1
Jacob Buranen	Jr.	4-6
David Lopez	So.	6-6
Tanner Pickrel	So.	3-4

Derrick Bogart	7th	0-5
Christian Boothe	7th	1-2
Braylen Williams	7th	3-1
Christian Peterson	7th	1-2
Caleb Nelson	7th	2-1
Kasey Hermann	7th	3-1
Tate Neuharth	8th	0-0
Markenley Cazeau	7th	2-2
Zach Bonin	7th	0-3

Top Prospects and Grade: Grady Fey – Senior, Chase McGillivary – Senior

Coaches' comments as to the best quality of the wrestlers you have listed.

Grady is a hard worker, great student, and well-rounded wrestler that is due to reap the ultimate reward.

Chase is a returning placer with potential to climb the podium and become a more well-rounded wrestler.

I haven't followed HS wrestling the past few years, so I don't have any predictions.



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Sioux Valley Cossacks

Conference: Big East

Last Year's Dual Record: 2-17

State Finish: 36 th

List of Tournaments participating in this season: Flandreau Invite, Webster Invite, Sioux Valley Invite, Miller Invite, Kingsbury County Invite, Big East Conference

Head Coach: Austin Wiley (Boys)

Yrs. at present school incl this yr: 2

Yrs. at this school as Head Coach: 0

Yrs. as Head Coach: 0

Total Wins as Head Coach: NA

Overall Record Coaching: 2-17

Assistant Coaches: Jory Rogers, Preston Nelson, Emily Johnson – Emily is First year Girls Head Coach

Number of Lettermen Returning: Andrew Gunderson, Mitchell Guthmiller, Summer Guthmiller, Wyatt Hardt, Zane Miller, Tate Steffensen, Skylar Trygstad, Owen Vandeweerd, Dubhlainn Vermeulen, Vanden Virchow, Skylar Virchow

Number of Returning State Placers: Tate Steffensen(7 th), Summer Guthmiller(5 th)

7 th graders moving up are Harvey Hardt and Jade Thompson. I'm not sure on new wrestlers as non of us coaches work with in the school

Special Accomplishments:

2 returning placers, Tate Steffensen and Summer Guthmiller

Top Prospects and Grade:

Tate Steffensen 11th , Skylar Trygstad 12th , Summer Guthmiller 8th , Mitchell Guthmiller 10th , Owen Vandeweerd 10th , Wyatt Hardt 9th , Zane Miller 10th

Coaches' comments as to the best quality of the wrestlers

The biggest thing we as coaches believe about this program is that they are way better then the paper shows. The 2-17 dual record does not define them, they won a lot of matches in those 17 loses but just didn't have the depth to protect forfeit points.

In the wrestling room, they are all hard workers and push each other to be better. Tate Steffensen and Zane Miller are two great examples for us. Those two hands down worked the hardest all year and it paid off for both at the end as they both qualified for the state tournament. There are several other wrestlers that noticed those two and saw the success they had and are hungry for the same thing. We also had numerous kids wrestle for Team South Dakota or attend the SDSU Club wrestling events. I myself as the Head Coach believe this team has what it takes to place within the top 8 at the state tournament if the hard work keeps up all year!

List your top stat leaders from last year.

1. Tate Steffensen
2. Skylar Trygstad
3. Owen Vandeweerd





Sully Buttes Chargers Warner Northwestern Wild Monarchs

List of Tournaments participating in this season:

BOYS: Rapid City Inv, Faulkton Inv, Plankinton Inv, Big Dakota Monster, Winner Inv, Potter County Inv, Big Dakota Conference

GIRLS: SF Lincoln Inv, Canton Inv, Bride of the Monster, Pierre Girls Inv, Potter County Inv, Big Dakota Conference

Head Coach: Brady Weischedel

Yrs. at present school incl this yr: 8

Assistant Coaches: Kevin Heath & Phillip Gilliland

Number of Lettermen Returning: 13

Number of Returning State Placers: 1

Avery Williams	M	Fr.	5-9
Bryson LaRosh	M	Fr.	10-11
Daylen Kassner	M	Fr.	2-10
Cateri Yellowhawk	F	So.	3-0
Tucker Gruis	M	Fr.	6-5
Isaac Ramirez	M	Jr.	9-15
Tahn timer Yellowhawk	F	Fr.	1-1
Cheyenne Fuller	F	So.	0-0
Ely Heuertz	M	Jr.	4-13
Lucas Yellowhawk	M	Jr.	22-10
Bryson Heuertz	M	Fr.	5-6
Carter Mosiman	M	Fr.	1-4
Kadyn Westergren	M	So.	3-16
Zack Weinheimer	M	7th	1-2
Tamryn Smith	M	7th	0-0
Jace Heath	M	7th	1-2
Zak Stewart	M	7th	2-1
Henry Buhler	M	7th	1-2
Tucker Smith	M	7th	0-0
AJ Olivier	M	7th	0-3

Returning state runner up! Cateri Yellowhawk 2nd place at 126 at 2023 Girls State Wrestling Tournament

Top Prospects and Grade:

Boys: Lucas Yellowhawk – Junior (returning state qualifier)

Girls: Cateri Yellowhawk – Sophomore (returning state runner up and 3x state placer)

Tahn timer Yellowhawk – Freshman

Coaches' comments Cateri, Tahn timer, as well as Lucas are some of the most competitive wrestlers I have coached in my eight years. They compete and wrestle with a fiery passion every single match. They strive to be the hardest workers in the room and that has an amazing effect on the rest of the wrestling room.

Sully Buttes has an extremely young team full of amazing potential. We brought back 20 wrestlers from last year and will be bringing in a handfull of 6 th graders into the middle school team. Sully Buttes Wrestling team has been steadily growing each year and its exciting to see. We will have a full room with a good balance of middle school and high school wrestlers that will push each other to be better each day. I am excited to get this season started and I have high expectations our of both our boys and girls!

Conference:Lake Region

Last Year's Dual Record: 3-11

Region Finish: ?

State Finish: 20

List of Tournaments participating in this season:

KWLPG Inv Faulkton tourney MV/P tourney Mid Dakota monster Gettysburg tourney Arlington tourney Groton tourney Conference tourney McCook Central duals

Head Coach: Jackson Metz

Yrs. at present school incl this yr: 3

Yrs. at this school as Head Coach: 1

Yrs. as Head Coach: 1

Assistant Coaches: Austin Nath

Number of Lettermen Returning: 6

Number of Returning State Placers: 2

Roster:

Victoria Kramp	8th	0-0
Brayden Satter	Jr.	15-16
Aleigha Allison	Sr.	0-0
Preston Cavalier	Jr.	32-6
Dustin Dirksen	Sr.	17-18
Charlie Dulany	Sr.	14-8
Chays Mansfield	So.	12-13
Alex Pudwill	Sr.	33-11
Noah Voeller	Jr.	0-0
Austin Vetter	7th	0-0
Rayin Mansfield	7th	0-0

7th graders are Austin Vetter, Rayin Mansfield, Hunter Braun, and Lane Shanley

Special Accomplishments:

Returning state place winners are Alex Pudwill 7th @ 170 and Preston Cavalier 6th @ 220

Returning state qualifier Charlie Dulany

Top Prospects and Grade: Charlie Dulany 12 , Alex Pudwill 12, Preston Cavalier 11, Chays Mansfield 10, Dustin Dirksen 12

Coaches' comments as to the best quality of the wrestlers you have listed.

All the boys I listed as prospects are great leaders for the team. We are looking to have a great year with all of our guys but they will set the tone and be the leaders. They are all aggressive on the feet. Always looking for pins. Also cant say enough for the students that they are. We are always in check



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with our grades before we can step out on the mat every week.

List in order your prediction for your Region

- Alex Pudwill (champ)
- Preston Cavalier (champ)
- Charlie Dulany (champ)
- Chays Mansfield (champ)
- Dustin Dirksen (place winner)

List in order your prediction for your State finish (Individual)

- 1. Preston Cavalier state finalist
- 2. Alex Pudwill state finalist
- 3. Charlie Dulany state place winner
- 4. Chays Mansfield state place winner
- 5. Dustin Dirksen state place winner

Is your school co-oping? Yes If yes, with whom? Warner & Northwestern

Any Additional Coaches Comments or Outlook to this upcoming season.

As a first year head coach I couldn't be more excited with the group of guys we have coming. We got a little taste of success last year and this year we are looking to build on it and grow as a team. Our numbers look to be growing this year and with that me as a coach am setting the bar high for our guys. Excited to see where it goes.

Webster Area Bearcats

Conference if applicable: Northeast Conference

Last Year's Dual Record: 3-7

Region Finish: 12th

State Finish: 25th

List of Tournaments participating in this season:

- 12-2 Clark/Willow Lake, 12-9 Howard
- 12-14 NEC Tourney, 12-16 Mount Vernon/Plankinton
- 12-29 Webster Holiday Tourney, 1-5-6 Central Cass Letterman's ND, 1-13 Potter County, 1-20 Parkston Little B
- 1-27 Lee Wolf Aberdeen, 2-10 Huron

Head Coach: Wade Rausch

Yrs. at present school incl this yr: 14 years

Yrs. as Head Coach: 29 th Year

Total Wins as Head Coach: 257

Overall Record Coaching: 257-108-2

Assistant Coaches: Beau Larson; Spencer Rausch

Number of Lettermen Returning: These are last year's weights.

BOYS

- 106 Tayten Kurkowski 9 th
- 106 Gavon Larson 8 th
- 113 Tacey Miller 12 th
- 132 Haeden Jorgensen 10 th
- 138 Trace Shoemaker 11 th
- 145 Blaise McGregor 11 th
- 145 Gage Baumgarn 9 th
- 160 Isaac Nelson 11 th
- 182 Matthew Angiolelli 10th

GIRLS

- 113 Jocelyn Rumpca 9 th
 - 132 Brooke Grajczyk 8 th
- Number of Returning State Placers:
- 132 Haeden Jorgensen 2 nd Place
 - 132 Brooke Grajczyk 5 th Place



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Canistota Hawks

Canton C-Hawks

Last Year's Dual Record: 0-3

List of Tournaments participating in this season: Flandreu Invite, MCM Invite, Groton Invite, Parkston Invite

Head Coach: Josh Popkes

Yrs. at present school incl this yr: 2

Yrs. at this school as Head Coach: 2

Yrs. as Head Coach: 2

Total Wins as Head Coach: 0

Overall Record Coaching: 0-3

Assistant Coaches:

Number of Lettermen Returning: 6

Number of Returning State Placers: 0

Player Information:

New Wrestlers

Emma Carter 9th Grade , Lola Conn 7th Grade , Keller Smith 8th Grade

Returning:

Jack Conn 10th Josh Popkes Jr 9th

Lily Montgomery 9th Koda Popkes 8th

Henry Taylor 8th Wyatt Carter 8th

Top Prospects and Grade:

Josh Popkes Jr 9th Jack Conn 10th

Lily Montgomery 9th

Coaches' comments

Josh is looking to surge forward as the most seasoned wrestler on the team, coming off the most wins on the team last season he's looking to really put a dent into that this season. Jack's getting better in every aspect of the sport and is looking to really take charge this season.

Lily is the team leader for the girls side of things this season, looking to not only go back to State but to podium this season.

List your top stat leaders from last year.

1. Josh Popkes Jr
2. Jack Conn
3. Koda Popkes

List in order your prediction for your Region

1. Canton
2. Parker
3. Tri-Valley
4. Howard
5. FAM
6. MCM

List in order your prediction for your State (Individual)

1. Canton
2. Phillip
3. Winner
4. Custer
5. Miller/Highmore-Herrid
6. Redfield

List in order your prediction for your State (Dual)

1. Canton
2. Custer
3. Bon Homme/Avon
4. EPJ
5. Parker
6. Phillip

Any Additional Coaches Comments or Outlook to this upcoming season. Here: Looking to take the lessons learned last year and continue building the program from there. I'm excited to be returning the entire core from last year and hoping to pick up a few new kids as the season starts to roll along. I only have last seasons stats as Canistota quit having wrestling in 1981.

Conference if applicable: Dakota XII Conference

Last Year's Dual Record: 30-0

Region Finish: 1st

State Finish: 1st

List of Tournaments participating in this season: Dan Gable Donnybrook Invite; EPJ Invite;- McCook Central Invite; Mid Dakota Monster Invite; Osage, IA 12 Team Dual Tournament; Dak XII Conference Tournament; Lee Wolf Invite

Co-Head Coaches: Jeremy Swenson ; Parker Swanson

Yrs. at present school incl this yr: Jeremy Swenson (17 yrs); Parker Swanson (9 yrs)

Yrs. at this school as Head Coach: Jeremy Swenson (11); Parker Swanson (2)

Total Wins as Head Coach: Jeremy Swenson (225); Parker Swanson (30)

Assistant Coaches: Kyle Seibel, Marshall Baldwin, Michael Walker, Thomas Woods

Number of Lettermen Returning: 18

Number of Returning State Placers: 8

Player Information:

Chase Adam	FR	138
Cameron Anderson	JR	126
Zach Bartels	JR	120
Blaise Bentz	08	113
Jaymison Brown	07	215
Joseph Buitenbos	08	175
Kayden Chaulk	08	120
Traun Cook	SR	285
Wyatt Decker	07	144
Micah Decker	SR	175
Landon Dominisse	FR	138
Owen Gard	FR	138

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Wrestlers

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Teague Granum	JR	165
John Halverson	SR	157
Lane Halverson	JR	157
Mykl Hastings	08	144
Ashton Keller	SR	132
Carter Kendrick	FR	106
Aidan Kranz	SO	150
Carter Kreger	SR	175
Jase Kroger	FR	150
Tyler Lease	JR	285
Trent Long	JR	285
Canaan McCracken	SR	190
Gavin Neu	SR	175
Tasyn Ockenga	SO	157
Camdyn Ockenga	08	113
Aiden Ostrom	FR	113
Carson Patch	FR	132
Ayson Rice	SR	144
Ryland Richardson	FR	144
Hunter Richmond	JR	215
Devin Ridge	JR	157
Carson Ross	JR	285
Aiden Schrempp	FR	126
Shane Sehr	FR	113
Cole Sehr	JR	138
Lincoln Sehr	07	113
Slayton Swenson	FR	132
Gunnar Swenson	SO	190
Wyatt Tuntland	FR	120
Landon Walker	JR	113
Bode Walker	08	106
Conley Winquist	08	190

16; NF3 leader last season: 34; Takedowns leader last season: 166)
 2. Zach Bartels (Wins leader last season: 51; Pins leader last season: 42)
 3. Aidan Kranz (NF3 last season: 19; Pins last season: 28; Wins last season: 39)
 List in order your prediction for your Region finish this year including your own team if you want to include it.
 (Individual)
 1. McCook Central Montrose 2. Parker 3. Marion-Freeman State
 (Individual)
 1. Winner 2. Custer 3. Philip 4. McCook Central Montrose 5. Kimball White Lake 6. Miller Highmore Harrold
 (Dual)
 1. Custer 2. Winner 3. Philip 4. Miller Highmore Harrold 5. McCook Central Montrose 6. Kimball White Lake

Wrestler from this year's past teams who have signed to wrestle in college or who have won a special award.
 Please list names, awards, and college they will be attending.
 Shaeden Scheidt – St. Cloud State University (Class of 2020)
 Kellyn March – North Dakota State University (Class of 2020)
 Braden Sehr – Northwestern (Class of 2021)
 Tanner Meyers – Northern State University (Class of 2023)
 Ayson Rice – Appalachian State University (Class of 2024)

Special Accomplishments:

Kyle Seibel was awarded Middle School Coach of the Year 2023

Returning State Place Winners:

Carter Kendrick – 2nd Landon Walker – 7th
 Zach Bartels – SQ (All-Conference) Aiden Schrempp – 4th
 Ashton Keller – 3rd (All-Conference)
 Ayson Rice – 1st (All-Conference) Teague Granum – 6th
 Aidan Kranz – SQ John Halverson – 8th
 Hunter Richmond – SQ (All-Conference)
 Traun Cook – 1st (All-Conference)

Top Prospects and Grade:

Bode Walker (8), Shane Sehr (9), Jace Kroger (9), Trent Long (11), Gunnar Swenson (10), Slayton Swenson (9), Wyatt Decker (7), Conley Winquist (8), Camdyn Ockenga (8), Tasyn Ockenga (10), Chase Adam (9), Rylan Richardson (9), Wyatt Tuntland (9), Lane Halverson (11), Landon Dominisse (9), Jaymison Brown (7), Lincoln Sehr (7)

List your top stat leaders from last year.

1. Ayson Rice (Wins last season: 51; NF2 leader last season:



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Dakota Grappler 2023-24

Elk Point-Jefferson Huskies

Conference if applicable: Dak XII
 Last Year's Dual Record: 10-5
 Region Finish: 3rd
 State Finish: 13th
 List of Tournaments participating in this season: Flandreau, EPJ, MCM, Jesse James, Dak XII, Wagner, Big East/LCC
 Head Coach: Tyler Nolz
 Yrs. at present school incl this yr: 11
 Yrs. at this school as Head Coach: 7
 Yrs. as Head Coach: 7
 Total Wins as Head Coach:
 Overall Record Coaching:
 Ast Coach: Seth Fischer, Peyton Johnson, Danny Hutcheson
 Number of Lettermen Returning: 10
 Number of Returning State Placers: 0
 Player Information:
 Seniors: Grayson Jacobs- State Qualifier
 Juniors: Gunner Ewing- State Qualifier, Hayes Johnson
 Sophomores: Keaton Hinds, Mason Marx, Charlie Suing, Owen Rigg
 Freshman- Caleb Heuert, Brody VanRoekel- State Qualifier, Levi Hanson
 8 th - Beckett Fennel, Bode Fennel, Trey VanderWeerd, Spencer Marx, Luke Swatek- State Qualifier

Special Accomplishments:
 Coach Nolz Region 2B Coach of the Year

We will be a young team this year after losing a very big and talented senior class. We do have guys who have been sitting behind that class that will look to replace the departing seniors. We have a good core of young kids who have put in a lot of hard work.

List in order your prediction for your Region (Individual)

1. Canton
2. Howard
3. Tri Valley
4. Parker
5. MCM

List in order your prediction for your State (Individual)

1. Canton
2. Philip
3. Winner
4. Custer
5. KWLPG
6. Miller

List in order your prediction for your State (Dual)

1. Canton
2. Custer
3. Winner

4. Philip
5. KWLPG
6. Howard



Chester Area Flyers

Head Coach Ben DeRynck

Arien Stalford	M	Jr.	6-29
Jacob Foster	M	So.	12-16
Marcus Johnson	M	Jr.	3-20
Daniel Swenson	M	So.	26-16
Connor Peterson	M	Fr.	10-9
Carter Leibeg	M	Fr.	14-20
Lawrence 'Quincy' Emery	M	8th	8-20
Aryan Peters	F	So.	0-0
Brennan Jordan	M	Fr.	7-13

Trying to get a team back going takes a lot of work, Hoping the numbers come up a bit this season. Still no Seniors on the team so this year the whole team will embrace leadership roles.



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Garretson Blue Dragons

Conference: Big East/ Lake-Central

Last Year's Dual Record: 5-16

Region Finish: 8th

State Finish: N/A

List of Tournaments participating in this season: Flandreau Invitational, MVPCS Invitational, Webster Invitational, Jesse James Invitational, Tri-Valley Invitational, Winner Invitational, Wagner, Big East/LCC Conference, Region 2B

Head Coach: Brady Schleuter

Yrs. at present school incl this yr: 3

Yrs. at this school as Head Coach: 3

Yrs. as Head Coach: 3

Total Wins as Head Coach: 12

Overall Record Coaching: 12-29

Assistant Coaches: Jason Bohl, Nolan Johnson, Riley McManus, Oren Sorenson

Number of Lettermen Returning: 6

Number of Returning State Placers: N/A

Roster:

Caleb Westerbur	M	Sr.	10-15
David Santa Cruz	M	Sr.	1-4
Hannah Frewaldt	F	Sr.	14-11
Adair Hanisch	F	Sr.	6-13
Martin Welch	M	Jr.	5-5
Brock Bonte	M	Jr.	8-21
Wyatt Fry	M	Jr.	0-0
Danika Juul	F	Jr.	5-8
Jayden Davis	M	So.	0-2
Cole Schleuter	M	So.	13-21
Ty VanHolland	M	9th	2-3
Talon Miller	M	8th	5-7
Gavin Denherder	M	8th	7-17
Max Dickey	M	8th	5-14

Top Prospects and Grade:

Hannah Frewaldt (12)

Caleb Westerbur (12)

Brock Bonte (11)

Cole Schleuter (10)

Coaches' comments: we are going to be looking at these individuals to help lead and guide our underclassmen. We are going to be young and with the help of these four we will see a lot of progress throughout the year. These four put in time and effort into this sport and I'm excited to see what this year brings. We are going to have a bunch of good kids in the room so I'm excited for this upcoming season!

Garretson Wrestling History:

Team History Start year.

1971

Coaches of the Year

Jason Bohl, Jay Swatek, Al Bauer, Francis Ruml

Wrestling Hall of Fame Inductees:

Danny Bly, Al Bauer



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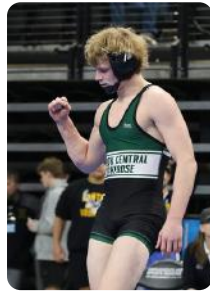
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Howard Tigers

Head Coach Corbin Surat
Assistant Coach Dan Noonan
Assistant Coach Evan Kizer
Roster

Conner Giedd	9th	41-7
Tate Miller	Jr.	37-13
Jaxsen Jaynes	9th	3-10
Nolan Mentele	So.	12-26
Calvin Halverson	Jr.	25-20
Gabriel Martian	So.	8-21
Thomas Halverson	8th	8-11
Brycen Podhradsky	8th	6-10
Gabe Miller	8th	0-0
Kingsten Feldhaus	8th	0-0
Weston Remmers	Jr.	35-7
Jackson Remmers	Sr.	51-0
Kade Grocott	Sr.	22-5



Returning State Placers:

- 5. Conner Giedd/Howard 9 41-7
 - 7. Tate Miller, Howard 11 37-13
 - 1. Jackson Remmers, MC/M (Howard) 12 51-0
 - 2. Kade Grocott, MC/Montrose (Howard) 12 22-5
 - 5. Weston Remmers, MC/Montrose (Howard) 12 35-7
- Outlook: The Team got some real help this season getting 3 state placers to transfer in from McCook Central two state finalists and a 5th place should put this team somewhere in the top 5 this season.



Marion-Freeman Rebels

Head Coach Chris Saylor
Assistant Coach Jeff Wollmann

Roster

Axle Schultz	M	8th	25-12
Logun Pankratz	M	Fr.	6-8
Ben Glanzer	M	8th	0-6
Emma McConniel	F	Jr.	0-0
Easton Tschetter	M	8th	32-13
Silas Thomas	M	8th	0-6
Finley McConniel	M	Jr.	23-18
Caleb Downs	M	Jr.	0-2
Alaric Knittle	M	Fr.	9-14
Caden Tieszen	M	Jr.	4-9
Sarah Cremer	F	Sr.	0-0
Carol Massey	F	So.	0-2
Keaton Prehiem	M	Jr.	25-14
Irish Roe	F	So.	0-0
Riley Tschetter	M	So.	29-13
Harley Crooks	M	Sr.	4-6
Raymond Arnold	M	Fr.	10-20
Brody Gossen	M	Fr.	29-7

Outlook:


Sorry no information provided, ask coach to help. Understand that wrestlers deserve recognition., and Dakota Grappler is willing to promote your wrestlers, but need help to get this done. Thanks amd maybe next year more help will be given.




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McCook Central/Montrose Fighting Cougars

Conference if applicable: Big East
 Last Year's Dual Record: 20-5 overall and 8-0 in Big East
 Region Finish: 2nd
 State Finish: 5th in Individual and 4th in Duals
 List of Tournaments this season:
 Top of the Rock, Ken Ruml Inv, Titan Inv, MCM Inv, Mid-Dakota Monster, Little "B" Inv, Parker Inv, and Big East/LCC tourney.
 Head Coach: Scott Andal
 Yrs. at present school incl this yr: 31st
 Yrs. at this school as Head Coach: 31st
 Yrs. as Head Coach: 31st
 Assistant Coaches: Josh Blindert(Head Girls Coach), BJ Havard, and Bailey Mennis
 Number of Lettermen Returning: 18
 Number of Returning State Placers: 4
 Roster:

Carter Randall	12th	43-13
Will Rotert	12th	37-19
Landon Flogstad	11th	25-11
Trystan Traupel	11th	43-7
Elliott Bartlett	11th	17-25
Dylan McGregor	11th	17-10
Logan Raap	11th	20-20
Alexis Bryant(G)	10th	33-11
Ray Sandine	10th	9-17
Owen Schmidt	10th	31-22
Luke Horstman	9th	1-5
Tucker Peterson	9th	1-5
Parker Randal	9th	23-14
Layla Van Blaricom(Girls)	9th	11-12
Richard Sandine	9th	1-6
Channing Bartlett	8th	4-12
Caleb Hoffman	8th	2-1
Mason Casilli	8th	0-0
Bennett Graff	7th	
Richard Sandine	7th	
Will Oyen	9th	
Thomas Oyen	8th	

Special Accomplishments:
 State Placers Carter Randall 4th at 160, Alexis Bryant(Girls) 4th at 120, Trystan Traupel 6th at 120, Landon Flogstad 7th at 106
 State Qaulifiers Parker Randall at 113, Will Rotert 195
 All- Conference Carter Randall, Landon Flogstad, Trystan Traupel, Owen Schmidt, and Parker Randall



Top Prospects and Grade:
 Owen Schmidt 10th, Logan Raap 11th
 Dylan McGregor 11th, and Elliott Bartlett 11th
 Coaches' comments
 Owen was one match away from qualifying for State and has worked very hard during the off season.
 Logan has been a solid back up for us and if on Varsity past two seasons would of been a State Qaulifer both years. Now is his chance to punch his ticket and stand on the podium at State.
 Dylan was a State Qaulifer in 8th grade. His season ended early his Freshman year due to injury and last year he was injured again but was behing three State place winners. We look for him to make it back to State and also stand on the Podium.
 Elliott has improved in his 2 years on our team and this year he should punch his ticket to State.

List your top stat leaders from last year.

1. Carter Randall
2. Trystan Traupel
3. Will Rotert

List in order your prediction for your Region (Individual)

1. Canton
2. Parker
3. EPJ
4. Howard
5. Tri Valley
6. Marion-Freeman

List in order your prediction for your State (Individual)

1. Canton
2. Philip Area
3. Custer
4. Winner 5. KWLPG 6. Parkston

List in order your prediction for your State. (Dual)

1. Philip Area
2. Canton
3. Custer
4. Bon Homme/Scotland
5. Parker
6. KWLPG

Any Additional Coaches Comments or Outlook to this upcoming season.

We lost 2 to graduation and 3 more open enrolled so we will be down a little. I still look for us to compete hard and land on the podium at State as a Team in the Individual tour-

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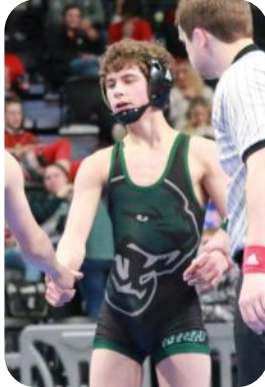


Dakota Grappler 2023-24

ney. We also still have a out side shot at qualifying for the State Duals. We had 2 wrestlers have injuires in Football that will delay there start of the wrestling season so that will hurt some in the early season duals. I look for both of them to return by mid season. If we an stay heathly we can still push a fair amount of wrestlers into the State touerney and qaulify for State Duals. Leading our team will be our 2 Seniors Carter Randall and Will Rotert. Randall will try to be the first wrestler in school history to qualify for 6 State touerneys. We look for him to push for a State Title this year. Rotert made his first State touerney last season so now we look for him to be on the podium. Traupel returns after an injury at the State touerney and should also push for a State Title. Flogstad had a very strong year making his first state touerney and also placing 7th. We look for him to move up the podium this year. Parker Randall only wrestled the second half of the season and found himself in his first state touerney as only a 8th grader. He should be able to also stand on the podium at State. As I mentioned earlier Schmidt,



McGregor, and Elliott Bartlett should all punch their tickets to State. We look for our team to have a late season push and place higher than expected at the Region and State Touerneys. I'm very proud of this group of wrestlers and like their chances of making some noise again at State!



As for our Girls, Bryant had a successful season at at very tough 120 bracket placing 4th. We look for her to make that push to be a State Champion this year. Van Blaircom decied at the end of the season to compete at the Middle School State touerney instead of HS, and it paid off as she was at State Runner up at 138 State MS. We also hope to get somemore girls out this season and help these two compete as a team in touerneys.



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Parker Pheasants

Conference if applicable: Big East
 Last Year's Dual Record: 14-4
 Region Finish: 5th
 State Finish: 10 th in Individual 5 th in Duals
 List of Tournaments participating in this season:
 Top of the Rock
 Ken Ruml, Elk Point
 McCook Central
 Mid Dakota Monster
 Tri Valley, Winner, Parker



Head Coach: Jason Bridges
 Yrs. at present school: 14
 Yrs. at this school as Head Coach: First
 Yrs. as Head Coach:
 Assistant Coaches: Tanner Even, Bob Preheim
 Number of Lettermen Returning: 10
 Number of Returning State Placers: 2
 Roster:

Donald Gergen	So.	0-2
Wyatt Rand	So.	12-29
Alek Kuchta	Jr.	36-20
Colten Preheim	So.	5-17
Dylan Buseman	Fr.	41-18
Riley Pankratz	So.	13-14
Michael Even	Jr.	37-22
Quinlan Olesen	Sr.	2-12
Devin Kuchta	Jr.	5-14
Jerimiah Friman	Jr.	7-11
Clayton Pankratz	Fr.	4-9
Bennett Berens	Sr.	1-2
Teegun Wentzel	8th	0-3
Andrew Even	Sr.	46-11
Connor Even	Sr.	17-23
Levi Wieman	Sr.	47-5

Newcomers are:
 Caleb Christensen 7 th
 Colston Dubbelde 7 th
 Heston Dubbelde 8th
 Special Accomplishments:
 Levi Wieman 3 rd at 220
 Andrew Even 7 th at 152
 Top Prospects and Grade:
 Levi Weiman 12
 Andrew Even 12
 Logan Buseman 12
 Connor Even 12
 Michael Even 11
 Alek Kuchta 11
 Riley Pankratz 10

Dylan Buseman 9
 Coaches' comments
 Levi Wieman (12) is a three time place winner at 220 (7,2,3) that possesses speed and power. Levi is also one of the hardest workers I've ever been around. Sits at 131 career wins. Andrew Even (12) is a four time qualifier and returning place winner. Andrew is never out of a match due to his willingness and ability to go for big moves and scramble ability. Sits at 143 career wins.



Logan Buseman (12) is a two time qualifier and is looking to bounce back from injury this season. He is a hard worker and would have won over 100 matches if not for losing 2 seasons for injuries. Connor Even (12) is looking to punch his ticket to State after falling short last year in an injury shortened season. Hopefully his willingness to be physical in matches will help him reach his goals.

Michael Even (11) is a two time qualifier that is looking to reach the podium this year. Michael excels on his feet with explosive speed. If he can stay consistent I look for him to place this year. Is at 99 career wins
 Alek Kuchta (11) is a state qualifier in the 2021-22 season and hopes to make it back after a heartbreaking finish to last season. Alek is an absolute hammer on top and can ride about anyone in the state.

Riley Pankratz (10) is a two time qualifier and hopes to build on a blood round State tournament last year. Riley is just a hard nosed farm kid that doesn't back down from anyone.
 Dylan Buseman (9) is a two time qualifier and is looking to reach the podium this year. Dylan is super long and has an amazing cradle he can lock up from almost anywhere. Is at 82 career wins

- List in order your prediction for your Region (Individual)
1. Canton
 2. Toss up between Tri Valley, Parker and MCM
- List in order your prediction for your State (Individual)
1. Canton
 2. Phillip
 3. Custer
 4. KWL

Any Additional Coaches Comments
 The Pheasants are looking to build on last seasons success. If we can fill the lineup I believe we can return to the State Duals. I feel that we can put more wrestlers on the podium this year and feel we have multiple threats to make the Finals. I hope to eclipse the 10 th place finish from a year ago. We have strong senior leadership that will help our younger guys grow throughout the season. I believe we have one of the toughest schedules in the state that prepares for the battles of the postseason.



Tri Valley Mustangs

Head Coach Mike Gibson
 Assistant Coach Steve Bazata
 Assistant Coach Tanner Peterson

Returning State Placers:

- 2. Cole Hendrixson, Tri-Valley 9 38-6
- 5. Isaac Nehlich, Tri-Valley 12 29-7

Roster:

Tobin Lamer	Fr.	2-4
Payton Barrick	8th	1-0
Braxton Kirstein	Fr.	1-4
Owen Bunde	Fr.	19-27
Lucas Van Duyn	8th	0-1
Jackson Williams	Fr.	9-12
Cole Hendrixson	Fr.	38-6
Cody Lofswold	Sr.	7-10
Owen Effling	So.	25-23
Treyson Richter	Fr.	30-19
Connor Glassford	Fr.	0-0
Remington Ludens	Sr.	0-0
Vincent Even	8th	0-2
Bracken Sharpe	Jr.	4-15
Brechen Frederick	Fr.	9-4
Marcus Oberg	Fr.	0-5
Brody Dybvig	So.	35-13
Anneyso Ahmed	Fr.	5-5
Jesus Mendoza	So.	6-25
Landyn Reiser	So.	31-20
William Hidalgo	So.	0-6
Everet Althoff	Sr.	14-17
Xavier Yount	Fr.	7-21
Luke Nehlich	So.	14-16
Danny Bursing	Jr.	0-0
Isaac Nehlich	Sr.	29-7
Connor Carruthers	So.	0-0

This team has a lot of talent coming up, Many of the younger wrestlers should get their shot this year to win at the varsity level. The two returning state placers Cole Hendrixson made the state finals and should press anyone he meets this season, Senior Isaac Nehlich need to take on the leadership role.

5 FloWrestling Series And Films To Watch Before The Wrestling Season Starts

1. **Young Bucks: A Season With Ohio State**
 The Ohio State Wrestling team inked one of the best recruiting classes ever in 2022, and the FloWrestling team was there to document the Buckeyes' historic freshman class.

2. **Sanctioned: Iowa's Fight For Women's Wrestling**
 The University of Iowa kicks off its inaugural season after becoming the first Power Five program to add women's wrestling. Learn more about Iowa's fight to sanction girls' high school wrestling and the Hawkeyes adding women's wrestling.

3. **Funky 2.0: Keegan Levels Up**
 Fresh off a U23 World Championship, learn how Missouri's Keegan O'Toole built himself into a champion with club coach Ben Askren as his guide.

4. **Fight Of Your Life**
 FloWrestling takes an up-close look at the world of addiction and how it can stem from prescription drugs. NCAA champion Gregor Gillespie, among others, discusses their personal struggles and how addiction can take control of someone's life.

5. **The Eloy Boys**
 The saga continues with the final three episodes of "The Eloy Boys," a documentary series that follows a special group of wrestlers located in Eloy, Arizona. Most wrestle for Valiant Prep High School in Phoenix, which is an hour north of the small Southwest town.

Every student at Valiant Prep, except two, wrestles. The school was created for wrestlers, but it was also built for a high-level academic experience.



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Viborg-Hurley Cougars

Head Coach: Cory Jensen
8 years as High School Principal (2 years as asst. Wrestling coach at VHIW)

Yrs. Head Coach at VHIW: 1

Yrs. Head Coach: 10

Total Wins as Head Coach:

Assistant Coaches: Dylan Thomas

Number of Lettermen Returning: 10

Number of Returning State Placers: 2

State Finish: 7 th for Girls

Player Information:

Roster:

Christian Taglioli	M	9
Presley Skonhovd	F	10
Aubrey Jensen	F	10
Robert Smock	M	8
Olivia Manca	F	10
Wendi Silverthorn	F	11
Maddie Feiock	F	10
Kayla Schoolmeester	F	8
Ella Kessler	F	12
LJ Mays	F	10
Levi Simonsen	M	8
Maxx Holm	M	9
Jack VanDriel	M	11
Jett Kuchta	M	11
Rayna Miller	F	9
Gia Miller	F	12
Claire Campbell	F	8
Jaksen Olson	M	11
Trevor Ryan	M	12
Jacob Johnson	M	10
Brinlee Smith	F	10
Rose Smock	F	7
Laine Petersen	F	7
Cody Kitzing	M	10



Top Prospects:

GIRLS Gia Miller 12th , Aubrey Jensen 10th , Brinlee Smith 10th , Ella Kessler 12th , Wendi Silverthorn 11th; Kayla Schoolmeester 8th .

Boys- Jacob Johnson @ HWT 10th grade

Coaches' comments (Potential all region, state qualifier and place winner Jacob Johnson should be a state qualifier at HWT.

List your top stat leaders from last year.

Girls:

1. Gia Miller
2. Morgan Lee
3. Lauren Pederson

Boys:

1. Jacob Johnson
2. Levi Simonsen
3. Maxx Holm



(Individual) Girls prediction

1. Canton Girls 2. Pierre 3. Spearfish 4. Brookings
5. Viborg-Hurley/Irene Wakonda-Girls 6. RC Stevens

(Individual) Girls

1. Canton 2. Pierre 3. Spearfish 4. Stevens 5. Brookings
6. Viborg-Hurley/Irene-Wakonda Girls

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Andes Central Thunder

Boys & Girls Head Coach Gordon Hooks
Assistant Coach Nick Dion

Roster

Exavian Aungie	M	9th	1-6
Steven Nielsen	M	9th	2-5
Carlin Hopkins	M	Sr.	13-9
Abigail Svatos	F	Sr.	0-0
Dale Smikle	M	9th	0-0

Keep wrestling going, work with the younger kids and get them going so that the program does not fold. I have seen a bunch of hard work put in to keep programs going. It can be done!



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Bon Homme Avon

Head Coach Darren Kriz
AstCoaches: Alex Caba, Nathan Kloucek, Jim Kocer
Dommonich Pechous, Shane Sutera, Ben Hellmann
Dave Rueb

Returning State Placers:

- 3. Jackson Kaul, Bon Homme/Avon 11 35-11
- 2. Britney Rueb, BHSA 10 39-3
- 1. Peyton Hellmann, BHSA 11 41-1

Roster:

Ryvr Larson	Fr.	18-18
Michael Branaugh	8th	7-12
Jackson Kaul	Jr.	30-10
Corbin Palsma	Fr.	7-12
Weston Bierema	8th	11-8
Brock Kotalik	Sr.	17-18
Calvin Caba	Fr.	17-11
Luke Guthmiller	So.	19-16
Thayne Tjeerdsma	8th	0-0
Tyler Tjeerdsma	Sr.	28-14
Carter Smith	Fr.	0-0
Caden Zomer	So.	9-19
Jaden Bult	8th	0-0
Jackson Caba	Sr.	29-15
Kolton Vlcek	Jr.	24-21
Isaiah Crownover	Fr.	23-19
Payton Nielsen	So.	5-4
Caleb Cuka	Fr.	0-4
Alex Adler	Fr.	0-0
Cody Sassaman	Jr.	10-10
Caleb Wallinga	Sr.	0-0
Devin Rucktaeschel	Jr.	1-0
Randall Powers	So.	9-12
Caleb Tallman	So.	0-0
Hadlee Kracht	F Fr.	12-11
Britney Rueb	F So.	36-2
Peyton Hellmann	F Jr.	37-1
Leah Whittington	F Fr.	11-24

Outlook: Great team with opportunities to be better, Work hard and be the best wrestler you possibly could be.





Burke/Gregory Storm

Hanson Beavers

Head Coach Seth Webster
 Assistant Coach Sid Bice
 Assistant Coach Chad Hansen
 Assistant Coach Joel Johnson
 Assistant Coach Turner Serr

Head Coach Rollie Fink

Judd Hansen	So.	34-11
Daniel Feibelkorn	So.	9-15
Eli Ekroth	So.	27-16
Taos Weborg	Fr.	2-0
Breven Bolander	Jr.	17-20
Carson Peck	Sr.	8-6
Mason Janak	So.	11-20
Jhett Eklund	Jr.	34-14
Kaleb Schonebaum	Jr.	19-16
Kade Braun	Sr.	9-7
Max Bearshield	Fr.	4-8
Zack James	Jr.	6-7

Maverick Haiar	M	So.	1-0
Carson Kampshoff	M	9th	5-9
Max Baker	M	So.	1-1
Jayden Hofer	F	9th	0-0
Jason Porth	M	9th	0-0
Stetson Riggs	M	So.	16-14
Brock Tuttle	M	Sr.	15-10
Jamin Peterson	M	So.	1-2
Elliot Abbey	F	7th	0-0

Outlook:

With no returning state placers, this might be the lowest period in the Storm’s wrestling history, This team does have some bright spots, Judd Hansen,, Eli Ekroth and Jhett Eklund, leadership rolls will shift and so will wrestling!

Returning State Placer:

Stetson Riggs
 Brock Tuttle

Outlook:

Senior Brock Tuttle had a great season last year and looks to take one more big step and find his way to the podium. Brock was one match from placing and improved so much. Another good year of hard work and he will be there. Stetson Rigs also qualified and got a taste of the state tournament and want to be there again. A few younger wrestlers are coming up and should fair well in Region 3.





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Kimball/White Lake/Platte Geddes WildKats

Region Finish: 3rd
 State Finish: 6th
 Head Coach: Thomas Konechne
 Yrs. at present school incl this yr: 12
 Yrs. at this school as Head Coach: 12
 Yrs. as Head Coach: 12
 Assistant Coaches: Craig Nightingale, Bruce Hanson, Jeff Konstanz, Cody Westendorf
 Number of Lettermen Returning: 15
 Number of Returning State Placers: 4
 Roster:

Special Accomplishments:
 Vincent Lenz-State Qualifier
 Gavin Braun-2nd
 Kasen Konstanz-2nd
 Iden Myers-4th
 Lucas Lenz 5 th (2022)
 Dalton Deffenbaugh-State Qualifier
 Girls
 Akane Metcalfe-6th
 LaRae Severson-State Qualifier
 Elena Brennen-2nd
 Top Prospects and Grade:
 Carter Konechne 8 th
 Johnny Lenz 10 th
 Chris Baas 8 th
 Adley Reindl 10 th
 Garret Westendorf 10 th

List in order your prediction for your Region (Individual)
 1. Winner 2. KWLPG 3. Miller/Highmore 4. Parkston
 5. Bon Homme
 List in order your prediction for your State (Individual)
 1. Canton 2. Phillip 3. Custer 4. Winner 5. KWLPG 6. Howard
 List in order your prediction for your State (Dual)
 1. Canton 2. Custer 3. Howard 4. Parker 5. KWLPG 6. Winner

Any Additional Coaches Comments
 Our team success will depend on our sophomore class and other underclassmen. Looking for a lot of those wrestlers to turn the corner and compete in every match they wrestle. We have some standout individuals with goals of a state championship that we will lean on for leadership.



Good Luck Wrestlers

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Miller/Highmore-Harrold Bandits

Head Coach Ryan Resel
 Assistant Coach Ryan Engle
 Returning State Placers:

- 6. Talon Ping, Miller Highm/Harrold 10 39-7
- 1. Kellan Hurd, Miller/HH 11 44-5
- 6. Taegan Foreman, Miller/High/Harr 12 30-12
- 6. Colby Kolda, Miller/HH 11 37-13

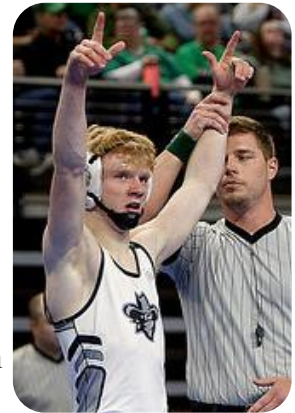
Roster:

Colby Harrell	Sr.	6-6
Preston Aesoph	8th	10-6
Landon Coyle	Fr.	15-18
Sam Crago	8th	10-6
Teagan Foreman	Sr.	30-12
Chase Hurd	8th	39-24
Kellan Hurd	Jr.	44-5
Colby Kolda	Jr.	37-13
Kia McCauley	8th	16-8
Logan Peterson	Sr.	6-7
Talon Ping	So.	39-7
Ryder Rowland	Sr.	41-16

Jordan Schafer Fr. 34-19
 Jaymin VanDerWerff Fr. 22-14

Cade Werdel 8th 16-4
 JD Chavez 7th 7-2
 Cassen Nye 7th 3-7

Outlook: The Bandits have a good core with 4 returning state placers lead by state champion senior Kellan Hurd. Good Luck!



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Mt. Vernon/Plankinton Corsica-Stickney Titans

Head Coach Shay Johnson
Assistant Coach Kyle Gerlach
Assistant Coach Ryan Urban

Returning State Qualifiers
Keagan Hill
Drew Gerlach

Roster	
Tate Tolsma	Jr.
Jonathan Jones	Jr.
Nelvin Saquil Cucul	Fr.
Daniel Dorsey	Fr.
Will Tobin	8th
Keagan Hill	Fr.
Tanner Baker	Fr.
Mason Bosworth	Sr.
Preston Nedved	8th
Austin Hauge	Sr.
Zach Thuringer	8th
Corbin Kitto	Jr.
Paxton Nedved	Fr.
Landon Boyd	Sr.
Noah Fox	So.
Aarick Hauge	7th
Will Hosman	7th
Ethan Reimnitz	Fr.

Outlook: The wrestlers representing the Titans took some big steps in 2022-23 and will continue to grow and expell in 2023-24 with hard work and leadership. The young freshman Keegan Hill got super close to placing last season and has gotten bigger in the off season. Drew Gerlach improved tremendously and wants to be on the podium this season. Seniors Landon Boyd and Mason Bosworth will be the north pole for the younger wrestlers as they work throughout the season.

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Parkston Trojans

Head Coach Dan Bonte
 Assistant Coach James Boehmer
 Assistant Coach Jeff Harris
 Assistant Coach Kyler Holzbauer
 Assistant Coach Brady Nolz

Returning State Placers:

- 5. Wyatt Anderson, Parkston 10 34-12
- 7. Carter Sommer, Parkston 11 36-16
- 8. Kolter Kramer, Parkston 11 30-16

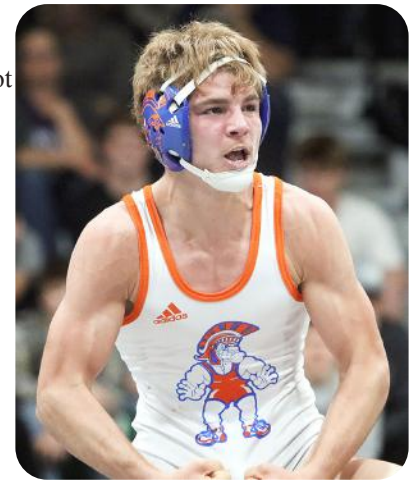
Roster:

Gage Reichert	So.	18-14
Javin Kniffen	So.	11-13
Riley Neugebauer	Sr.	20-19
Kaden Holzbauer	Jr.	32-11
Wyatt Anderson	So.	34-12
Quayden Culbert	Fr.	19-12
Joaquin Rodriguez	Fr.	1-2
Carter Sommer	Jr.	36-16
Kash Neugebauer	Jr.	25-20
John Weber	Fr.	0-1
Andrew Schelske	Fr.	0-1
Gabe Neugebauer	Jr.	0-9
Gage Jodozi	Fr.	18-16
Kolter Kramer	Jr.	30-16
Breckin Culbert	Jr.	11-26
Brayden Jervik	Sr.	9-10
Isaac Soulek	8th	2-20

Region 3 has been very competitive for many years and the Trojans would love to dominate it again. The young core have done a great job working toward their goals in the offseason, lifting weights and focusing on getting better. Parkston returns six wrestlers that had over 20 wins last season and of those 3 are returning state placers. For this team to get a team trophy at state this year some of the other wrestlers must take the next step and find their way to the



awards stand. If the weights ballance out Parkston has a good shot of making state duals. The state of SD has seperated the duals and individual tournaments to different weekends so that the focus of the wrestlers can be maintained. Many coaches though that it was a major disservice to the wrestlers who had to compete at both during the same weekend. The tradition of the Trojans and its fan base would love to see the earlier successes of the team.. To do that they must overcome temas like Canton, McCook Central, Winner, Custer, Kimball and Philip. All these teams should be seen during the regualr season, now it is time to show up!



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 Wrestlers!**

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Sanborn Central Blackhawks

Sanborn is a new team according to the SDHSAA and hopefully we will see information about the team in future books.

I did find one wrestler that participated last season for the Blackhawks in the online Database and it was: Senior 285 Cooper Goldammer who was 5-9 in all matches.

Scotland Highlanders

Head Coach Joe Walloch

There are supposed to be a bunch of young wrestlers coming up so it might be a few years until we see all of the hard work. I did find one wrestler that participated last year Noah Pietz who will be a sophomore, good luck this wrestling season.

Motivational Quote

“Before I get in the ring, I’d have already won or lost it out on the road. The real part is won or lost somewhere far away from witnesses-behind the lines, in the gym and out there on the road long before I dance under those lights.”

Muhammad Ali, Professional Boxer



Sunshine Bible Crusaders

Head Coach: Jason Burma

Yrs. at present school incl this yr: 27

Yrs. at this school as Head Coach: 24

Number of Lettermen Returning: 4

Number of Returning State Placers:

Roster:

Trevor Laschkewitsch	Sr.	9-14	119
Devon Bauman	9th	7-10	126
Kaleb Sarchet	Sr.	3-13	
Troy Paul	Jr.	4-10	175
Jimmy Burma	Jr.	8-14	190
Lucas Nelson	7th,		106



Coaches' comments

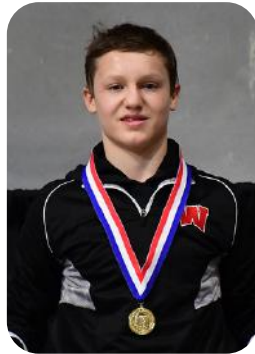
This year we have some potential to do some pretty good things if we can improve from where we left off last season. We will be led by Trevor Laschkewitsch who is a tough physical wrestler who will need to fine tune some things but with his strength and physicality he will handle those lower weights pretty good. Jimmy Burma is looking forward to returning to the state tournament this year. He finally started growing into all that length and is learning how to use it to his advantage. We will see where he ends up but could bounce from 215 - 190 throughout the year. One person who will help Jimmy to get better is Troy Paul who will be right around that same weight. After taking a year off of wrestling, Troy came back last season and made tremendous strides. His strength and power will help him out in these upper weights and if those two can push each other. It will be fun to see them make huge strides. We have quite a few kids interested in participating so our roster could about double, but time will tell.





Wagner Red Raiders

Head Coach David Kocer
 Assistant Coach Jason Knebel
 Assistant Coach Alex Kocer
 Assistant Coach Brad Lhotak
 Returning state placers:
 3. Jhett Breen, Wagner 12 45-4
 7. Tim Bouza, Wagner 12 38-9
 1. Karstyn Lhotak, Wagner 12 48-3
 Roster
 Wade Keeger 8th 1-14
 Jaylen Drapeau-Sholes 8th 0-0
 Karstyn Lhotak Sr. 48-3
 Nelson McBride 8th 3-6
 Dan Soukup Sr. 7-23
 Jhett Breen Sr. 45-4
 Owen Bekanich Sr. 7-26
 Riley Roberts Sr. 3-3
 Kahle Hill Jr. 20-18
 Vince Bechen Sr. 0-1
 Bodi Chafin 8th 0-0



Gannon Knebel	So.	39-14
Brayden Kreber	So.	1-2
Tim Bouza	Sr.	38-9
Demetrious Jackson	Sr.	2-4
Johnny RedLightning	So.	3-6


Outlook:

The Raiders have a big Senior class and that should pay dividends this wrestling season. The three returning state placers including state champion Karstyn Lhotak will lead the team. All three or the 8 seniors need to pick it up a notch in the recruiting to replace them in the future and step it up on the mat if they wish to make the team podiums top 5. This team surely has the experience and the capability to do so with hard work and some full team leadership. Facing tough competition in the room and staying healthy in the process will be big as the year progresses.



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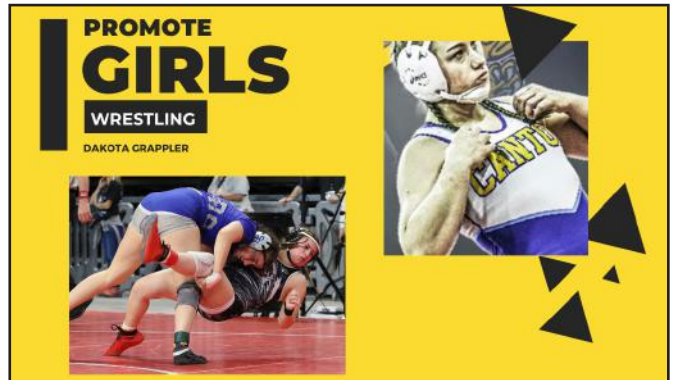
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Wessington Springs/Woonsocket-Wolsey Wessington Warhawks

Head Coach Kevin Haider
Assistant Coach Adam Haake

Hunter Heezen	8th	1-1
JD Thompson	So.	0-0
Ezra Anson	8th	0-0
Paxton Walz	8th	0-4
Will Grohs	8th	7-9
Chase Dunsmore	8th	0-0
Nolan Schaller	8th	3-11
Jacksen Carter	Fr.	39-5
Hayes Christensen	8th	0-3
Aston Hill	Jr.	27-15
Kaydin Carter	Sr.	29-15
Carson Finn	8th	11-13
Ethan Amick	So.	1-3
Ethan Rearick	So.	24-20
Hayes Havlik	So.	18-21
Troy Fastnacht	Sr.	2-11
Tyson Eddy	Jr.	23-17
Cooper Goldammer	Sr.	0-2
Peyton Walz	So.	0-0

The team looks to rebound after losing two solid state place winners in 2022-23 season. The Warhawks do have a young up comer who place 5th last season and as a Sophomore has some big leadership roles to fill and in Jacksen Carter the team will look. Several other wrestlers like Junior Aston Hill and Tyson Eddy they will solidify the team and look to make their way to state this season. Sophomores Hayes Havlik and Ethan Rearick took big strides last season as Freshmen and now as they grow and get stronger they will do more damage in Region 3. Our main Senior Kaydin Carter was just one win short of 30 wins and will be ready this season to lead and show the younger wrestlers how to wrestle the right way as he works on his own craft.



Returning State Placer:
5. Jacksen Carter, So.. 45-7



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Winner Warriors

Conference if applicable: Big Dakota Conference
 Last Year's Dual Record: 8-5
 Region Finish: 1st
 State Finish: 2nd in individual/ DNP in State Dual Team
 List of Tournaments participating in this season:
 Head Coach: Spencer Novotny
 Yrs. at present school incl this yr: 9th year here
 Yrs. at this school as Head Coach: 8th year
 Yrs. as Head Coach: 14th year as a head coach
 Total Wins as Head Coach: 62-9 @ winner
 Overall Record Coaching: 130-35 @winner and Mobridge combined.
 Assistant Coaches: Jayd Schuyler
 Number of Lettermen Returning: 25
 Number of Returning State Placers: 5 state placers, 2 state qualifiers

Roster:


Rylan Robbins	8th	45-12
Coy Shelbourn	Fr.	4-8
Hudson Peters	8th	6-20
Kash Peterson	So.	4-22
Aiden Wermers	So.	9-19
Maxton Brozik	Sr.	32-3
Ash Kaiser	Fr.	11-12
Jed Blare	Fr.	3-20
Karson Keiser	Jr.	52-11
Konner Osborn	Jr.	41-19
August Bartels	Jr.	10-17
Kayden Fryer	So.	8-8
Abe Kaiser	So.	8-19
Tre Zeigler	So.	0-13
Ryken Orel	So.	42-23
Quincy Phillips	So.	1-12
Mason Curtis	Fr.	9-12
Legend Benedict	8th	3-7
Jude Sargent	Sr.	14-9
Austin Blare	Jr.	11-23
Kellen Cihak-Brozik	Jr.	19-13
Logan Radant	Jr.	9-16
Jordan Drummond	So.	2-17



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Evan Bartels	Jr.	13-27
Layne Moser	Sr.	10-15
Parker Mathis	So.	18-26
Derek Fenenga	So.	24-22
Stetson Shelbourn	Sr.	11-15
Gus Tobin	8th	0-0
David Newman	So.	0-4
Rachel Michl	So.	0-0
Peydin Peterson	Fr.	0-0

7th graders

Apollo Willuweit

Roukyn Robbins

Special Accomplishments:

Middle School state placers last year.

Apollo Willuweit- 1st

Legend Benedict- 2nd

Mason Curtis-3rd

Roukyn Robbins- 5th

Jed Blare-5th

Evan Littau-5th

Gus Tobin-8th

Top Prospects and Grade:

Seniors:

Maxton Brozik coming back this season and is looking to get back what slipped away from him last year. He is a vocal leader as well as leads by example.

We are hoping to get Jude Sargent and Stetson Shelbourn back in the lineup after a season ending injuries last year.

Juniors:

Karson Keiser is coming back after a 3rd place finish last year. We hope that he can build on his season from last year as our top takedown and nearfall stat leader.

Konner Osborn is coming back of a 4th place finish and is looking to build on that performance.

Karson and Konner were a big reason that our team jumped up to 2nd place at state last year after the semis.

Another guy that could turn some heads this year is Kellen Brozik who was unable to finish the season last year due to a injury. Austin Blare wrestled a lot of varsity for us last year getting some big wins for the team, this could be the year when he will claim a spot and do some damage.

Sophmores:

Ryken Orel and Parker Mathis are both coming back from a state qualifying season and will add some experience to our team this year.

Derek Fenenga will be in his second year of wrestling and coming back off of an 8th place state finish last year. It will be exciting to watch him as he keeps learning more and more about wrestling.

Freshmen:

Jed Blare and Mason Curtis wrestled a lot of varsity matches for us last year when kids were injured. I expect them to use that experience and do some big things for us this year.

Ash Kaiser didn't get to practice until the end of the season

last year due to an injury. He came back and made varsity and was one match from being a state qualifier. He has been a Varsity starter the last two years.

Middle schoolers:

Rylan Robbins will be back on the mat for us this year after a sixth-place finish last year. He has been working out all summer and is looking to stand higher on the podium.

A couple new faces you might see this year for the Warriors is Roukyn Robbins and Apollo Willuweit. These guys are very solid and will only add depth to our program.

List your top stat leaders from last year.

1. Karson Keiser led the team in takedowns-125 and nearfall points 110 last year.
2. Konner Osborn led the team in Reversals-27
3. Ryken Orel lead us in escapes -69

List in order your prediction for your Region (Individual)

- | | | |
|-------------|-------------|-----------|
| 1. MillerHH | 2. Wagner | 3. KWLPG |
| 4. BHA | 5. Parkston | 6. Winner |

List in order your prediction for your State (Individual)

- | | | |
|--------------|----------------|-----------|
| 1. Canton | 2. Philip Area | 3. Custer |
| 4. Miller-HH | 5. Wagner | 6. Howard |

List in order your prediction for your State (Dual)

1. Canton
2. Custer
3. MCM
4. BonHomme/Avon
5. KWLPG
- 6.Redfield

Wrestler from this year's past teams who have signed to wrestle in college they will be attending.

Senior from last year Riley Orel joined the Air National Guard.---Mitchell Tech

Any Additional Coaches Comments

As we move into the next wrestling season, as a coach, I always over think who we lost. We lost a great group of kids to graduation. But as I cross them off the list and write some new names down...It is exciting. We are returning a great group of kids. We have 5 state placers returning and 2 qualifiers returning. We will have some new faces, but we have quite a few leaders in the room. I am hoping that our guys can spread out and we don't get a log jam like last year with the OPC. I think we will have a few older kids on our varsity that have experience but always found another guy ahead of them. We are looking forward to an exciting year. Good luck to all the coaches and teams in the 202-2024 season.

I am currently working on school records and should have them done by the end of the school year.



Bennett County Warriors

Coaching Staff: TBD

Maddux Risse	8th	36-13
Neil Hicks	Jr.	29-11
Lyle Noel	Fr.	19-8
Tel Gropper	8th	19-11
Jordan Risse	So.	14-13
Gavin Risse	Jr.	35-11
Ethan Harris	So.	20-21
Alex Yellow Boy	Sr.	3-19
Ruger Smokov	8th	0-0
Talon Krolikowski	So.	1-2
Angelica Provost	Sr.	0-0

Returning State Placers:

- 8. Neil Hicks, Bennett County 11 31-14
- 7. Gavin Risse, Bennett Co. 11 38-13

Sometime wrestling is a numbers game. This team has plenty of talent. Having two retraining state places who still have two years to wrestle is a good thing for the Warriors, hopefully the numbers come back to the past number this team has seen. The kid program has pretty good numbers but it needs to translate over to the middle school and then to the high school. The coaches and wrestler have done their jobs working hard and getting prepared for the up coming season. Now it is time to encourage a few more young wrestlers to come out again, it will change their lives! I look forward to this season ad out wrestlers get bigger and better.

Some Times It's Who You Are

by Bert Gums

It was a beautiful Saturday in January and on this rare day I would be able to relax, sleep in. Then later in the day, my plan was to drive to Wishek and watch my Junior Varsity

Wrestling Team compete at the Wishek Tournament. Since most of my Saturdays normally were occupied with the Varsity squad, this particular day would allow my raspy voice to get a break and simply enjoy the day.

Well, I arrived in Wishek and took a seat way up on the bleachers, where I'd have some isolation/solitude, lean back and enjoy. However, my fantasy was soon destroyed. It wasn't too long and I found my self moving down a few bleacher rows, then a few more and the next thing, I was on the bottom row, Yelling. I came to the conclusion that this particular referee didn't know a wrestling rule book from Sears Roebuck Catalog. The final straw was broken, after one of my wrestlers had an opponent in a cradle, the referee stopped the match and called it a stalemate. I was off my lower bleacher seat and soon had one foot on the mat explaining my differences with the "gentleman". He figured I was an irate parent out of the bleachers about ready to assault him. Abruptly, he contact the tournament officials to have me removed from the premises. I thought to myself, what an ugly conclusion to what was suppose to be a great day.

Within a few minutes the first round of the tournament was over. The referee found out from numerous sources that I was the head coach and not an irate fan. Subsequently, he told tournament officials that he was rescinding his earlier judgement and I could come back inside the gymnasium. The day was far from over for that "poor" referee, he had more squabbles and complaints than Firestone tires.

It may surprise you but by days end, I actually felt sorry for that referee, sort of guilty if will, for starting his bad streak, but the cat was out of the bag. I was told that the referee was out of South Dakota. More than likely he isn't officiating any wrestling. "I hope", If he is, than he's got more buckskin than the most of us. Yeah, they let me back into the gymnasium, because sometimes its who you are that counts.





Custer Edgemont Wildcats

Head Coach: # of Years Coaching: Jared Webster 13

Assistant(s): Skylar Jaure, Cory Scott

Last Year's Dual Record: 18-1

Reg. Finish: 1 st State Finish: 4th

Returning State Placers and place:

Tyler Trent 3rd , Tray Wiess 1st ,

Riley Scott 8th , Kia Rusch 8th , Ryder Bailey 5th ,

Parker Noem 2nd . Girls Jessica Hite 3rd

Other Returning State Qualifiers: Leighton Sander, Connor Owens, Zayne Severyn.

Girls

Essah Syverson

Other wrestlers to watch: Kian Rusch, Ethan O'Connor, David Lewis, Jackson Trent, Clayton Maude.

Girls: River Bailey, Addie Sander

Region and Conference Predictions

1.Philip 2. Harding County 3. Hot Springs

State Dual Predictions: Canton, Philip, Miller

State Individual Team:

1.Philip 2.Canton 3. Miller

Roster:

Rylee Hurtig	F	Jr.	0-0
Memphis Morgan	M	Fr.	1-2
Tyler Trant	M	Jr.	46-11
Tray Weiss	M	Jr.	54-3
Mettea Marshall	F	Fr.	0-0
Connor Owens	M	Jr.	22-21
David Lewis	M	Fr.	0-0
Addie Sander	F	So.	0-0
Kian Rusch	M	So.	7-3
Riley Scott	M	So.	45-12
Ethan O'connor	M	Jr.	12-16
Leighton Sander	M	Jr.	36-27
Wyatt Pauly	M	Sr.	6-9
River Bailey	F	Fr.	1-0
Kai Rusch	M	Sr.	26-23
River Lacina	M	Jr.	0-19
Abby Johnson	F	Jr.	0-0
Blaise Arp	M	So.	8-20
Parker Noem	M	Sr.	38-10
Tyrin Scott	M	Jr.	5-3
Jacob Wozny	M	Jr.	0-4
Ryder Bailey	M	Sr.	39-9
Lane Geisner	M	Jr.	2-2
Jessica Mckenney	F	Fr.	0-0
Zayne Severyn	M	Sr.	28-14
Lincoln Golder	M	Fr.	2-2

Tanner Jackson	M	Sr.	4-9
Clayton Maude	M	So.	11-10
Essah Syverson	F	8th	0-0

Any Out of Season Wrestling Accomplishments?

Several kids wrestled some big tournaments and Placed very high.

Any Camps attended?

Northern State, SDSU, Custer

Season Outlook or Coaches comments:

The upcoming wrestling season fills us with immense excitement and anticipation as we set our sights on new challenges and aim for higher achievements. Our team has set some ambitious goals that we are eager to pursue with unwavering determination and commitment. But it's not just the boys; team that has us thrilled; we are equally excited to witness the talent and dedication that this years girls; team will bring to the mat. With their determination and hard work, we are looking forward to seeing how they contribute to our overall success. The upcoming season promises to be a journey filled with hard- fought battles, personal growth, and unforgettable moments, and we can't wait to embrace it all with open arms.





Elk Mountain Buglers

Love to see it. Another new team requested to SDHSAA and approved. Now it is time for me to figure out where this school is... but I am excited to see what the future brings for this team.

Faith Longhorns



Coach: TBD

Steele Smith	8th	0-0
Cooper Mackaben	So.	15-13
David Feez	9th	11-15
Roy Antrim	So.	9-22
Quirt Wondercheck	8th	10-12
Jerin Capp	8th	0-0
David Clayton	9th	0-0

Returning State Qualifier is pictured below Cooper Mackaben, he came so close to winning he had the 4th place wrestler from Canton on his back, it would have been a big upset. I expect to see great things from all the wrestlers on the Faith roster.



Harding County Ranchers

Head Coach: Casey Olson
 Yrs. at present school incl this yr:
 Yrs. at this school as Head Coach: seven
 Assistant Coaches: Brandon Padden and David Wickstrom
 Number of Lettermen Returning: 3
 Returning State Placers:0

Roster:

Tyrel Koan	M	8th	0-0
Shay Smith	M	Fr.	21-23
Kordell Bruha	M	Fr.	10-19
Brayden Secrest	M	8th	2-3
Lincoln Wickstrom	M	So.	30-11
Cash Hanson	M	Fr.	13-25
Gus Buchanan	M	Jr.	3-25
Deon Tenold	M	8th	0-2
Walker Dingfelder	M	8th	0-2
Brenton Padden	M	Jr.	3-24
Aniah Claypool	F	8th	0-0
Kanyn Padden	F	Fr.	17-9
Adeline Lyons	F	So.	7-12
Revyn Floyd	M	8th	3-2
Blaise Lei	M	Fr.	7-2
Doyle Lermeney	M	Jr.	0-0
Alex Leading Cloud	M	8th	0-0
Clancy Adolph	M	Sr.	0-0

Top Prospects and Grade: Lincoln Wickstrom is 10 th grade and is a two time state qualifier. And has put a lot of extra time in this summer getting ready for this season, and our girl state qualifier Kanyn Padden 9 th grade we look for her to have another good season.

Outlook:

Player Information:we will be young this year with two juniors two sophomores and five freshmen and a few jr. high but most all of these saw varsity action last year with two qualifying for state, we have a new boy in Jace Vroman who's famliy moved back from Colorado look for good things from him. We will be pretty competitive but will have several weights open so won't be a great dual team.



Advice from a Champion continued (112)

Wrestling is constantly working on the strength, flexibility and balancing of the hips. Muscle power from lifting dead weights is good. But lifting an opponent that is fighting back is much more valuable to the dynamics of most sport activity, especially football. Core strength is important in hitting a baseball, too (all wrestlers know the maxim that “power comes from the hips”). And anyone who has wrestled very long knows his lung and heart conditioning improves greatly, which is especially valuable in soccer.

4) Learn personal confidence by wrestling.

Many of us have to fight through major amounts of fear and timidness. When you accept the challenge to wrestle, you take great strides to overcome those fears. This was one of wrestling’s major benefits to me. I was very shy and sought to hide my performance and my limitations in a team. After wrestling for three years, I learned to take responsibility for my performance like never before. Only then did I become a real asset to my high school football team. My confidence and determination soared. As the coach of a small college (Maranatha Baptist Bible College, of Watertown, Wisconsin) for 27 seasons, I had wrestlers playing other sports every year. Several times I watched them go out for football when they had never played it before. Several of them became starters, and often they earned conference honors. My upper weights were linemen and linebackers, while the lightweights have been safeties. They quickly adjust to football, and were complimented by coach Terry Price because they know how to keep strong position, they work hard, they have good core strength, condition and personal confidence. My son Andy enjoyed playing for Coach Price, whose three sons all wrestled. Today, Andy is 24 and is seeking to play football on a professional level. Because of his limited size, he has converted from a college linebacker to safety in the National Indoor Football League. He’s been playing two years with the St. Louis River City Rage. I tell him he is still wrestling – only now it is at a full sprint, and often leaping in the air. He will tell you that his high school and college wrestling have been invaluable to him in all his football. We regularly talk about the ability God has given him and how to maximize it. Andy and I do not think he would have come this far in football, nor could he fully reach his God-given potential, without wrestling. He is still seeking to live out Ecclesiastes 9:10: “Whatever your hand finds to do, do it with your might: for there is no work or device or knowledge or wisdom in the grave where you are going.” Wrestling has been a vital part of Andy’s football pursuits. What are your goals in life? Are you doing everything you can do to fulfill your potential?

Wrestling can help! I urge you to take on the wrestling challenge, and to convince others to do the same. To reach your full potential, you will need to wrestle.

Wrestling will help you excel in a thousand other things!

Hill City Rangers

Head Coach Tanner Davis

James Du Bois	M	So.
David Gomez	M	So.
Caleb Garcia	M	So.
Eric Hawthorne	M	So.
Daisy Munoz	F	So.
Tiara Faehnrich	F	Jr.
Colton Sytsma	M	So.

A large sophomore class, and hopefully several younger wrestlers will start to fill out this team. Sorry no further information available.



5

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Hot Springs Bison

Black Hills Conference

List of Tournaments participating in this season: Custer, Rapid City Invitational, Hot Springs, Harding County, Lyman, BHC, Pierre Girls, Winner, Belle Fourche, Black Hills Classic

Head Coach: Ray Ringstmeyer

Yrs. at present school incl this yr: 17

Yrs. at this school as Head Coach: 13

Assistant Coaches: Matt Kunz, Randy Redetzke, Colter Steinmetz, Abbey Reis

Number of Lettermen Returning: 13 boys; 5 girls

Number of Returning State Placers: 1

Here is who I had complete the early sign up form:

Savannah Marshall Female 9

Emma Davis Female 9

Eusebia Andress (9) Female

Sarah Rickenbach (9) Female

Keely Mogen-Frankfort (10) Female

Madison Nicolaisen (10) Female

Safira harsha (10) Female

Malia Mckinnie (11) Female

Serenity Schell (12) Female

Lyle Roberts (9) Male

Blazen Stiefvater (9) Male

Holden Luper (9) Male

Hunter Kunz (9) Male

James Simmons (10) Male

Keller Peterson (10) Male

Braden Yeager (10) Male

Micah Burchfield (12) Male

Jonathan Pellicotte (12) Male

Caleb Rickenbach (12) Male

Add: Owen White (10), Jayden White Face (10), Kyle Fisher (9)

We will also be bringing up several middle school wrestlers after their season.

Coaches' comments as to the best quality of the wrestlers you have listed.

We are still a very young team but have gained a lot of experience over the past two seasons bringing these freshmen and sophomores up. We look to bolster our girls' team with over 15 middle school girls participating, and several 8th grade boys hungry to earn a varsity spot. We didn't have a great summer of off-season wrestling, but with a successful fall football season we hope to build on that.



List in order your prediction for your Region (Individual)

1. Custer
2. Philip

List in order your prediction for your State (Individual)

1. Canton
2. Winner

List in order your prediction for your State. (Dual)

1. Canton





Lead Deadwood Golddiggers

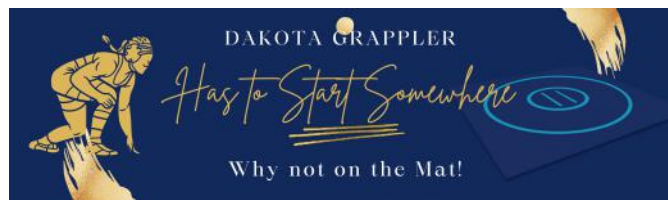
Head Coach Mike Sneesby
Assistant Coach Tyler Waterson

Avery Rice	F	So.	4-18
Nevada McMahon	F	So.	4-11
Winter McMahon	F	Sr.	7-19
Cecilia Percy	F	So.	10-14
Eddy Atkins	F	So.	3-16
Trinity Zopp	F	Sr.	18-0
Miles Renner	Sr.		24-6
Zade Seaman	8th		0-0
Ethan Hess	Sr.		7-7
Luke Harris	Sr.		9-10
Cruz Mollman	Jr.		4-18
Dylan Meade	Sr.		16-10
Isaac Foster	Sr.		12-12
Parker Millard	8th		3-3
Drew Janke	Jr.		20-16
Peyton Percy	So.		0-0
Tanner Millard	Jr.		11-10
Mekhi Hayes	Sr.		14-15
Baelyan Greenfield	Jr.		0-0
Cope Williams	Sr.		0-0

Returning State Placers

- 8. Drew Janke, Lead-Deadwood 11 24-20
- 6. Miles Renner, Lead Deadwood 12 29-10

Outlook: This should be a fun team to watch this year, both on the girls team and the boys team.



Lemmon-McIntosh Cowboys

Nickname: Cowboys & Cowgirls

Conference if applicable: N/A

Last Year's Dual Record: 0-2

Region Finish: 9th

State Finish: 30th

List of Tournaments participating in this season: Varsity - Stanley County, Rapid City Invite, Hot Springs

Holiday Extravaganza, Hettinger Classic, Battler Invite, Badlands Classic, Lee Wolf Invite, Black Hills Classic

Head Coach: Weston Ginther

Yrs. at present school incl this yr: 6

Yrs. at this school as Head Coach: 5

Assistant Coaches: Jack Anderson, Richard Welsch, Rowdy Benson

Number of Lettermen Returning: 11

Number of Returning State Placers: 2

Roster:

Blake Butler	M	Fr.	7-3
Donny Forster	M	Fr.	9-4
Kaden Kvale	M	8th	0-2
Darla Barnes	F	So.	0-0
Quinn Butler	F	So.	0-0
Alex Dreiske	M	Fr.	7-10
Maxwell Anderson	M	8th	11-13
Gage Anderson	M	Jr.	32-5
Cash Schiley	M	Jr.	19-14
Dina Beyers	F	8th	1-1
Jette French	F	So.	0-0
Cody Zentner	M	Sr.	2-4
Emmitt Maher	M	Sr.	20-13
Brayden Mitchell	M	8th	2-0
Liam McCartney	M	So.	3-21

Special Accomplishments:

Top Prospects

Senior - Emmitt Maher - 1x State qualifier

Junior - Gage Anderson -4x State qualifier, 1x medalist

Sophomore - Quinn Butler - 3x State qualifier, 3x medalist

Sophomore - Darla Barnes - 3x State qualifier

8th grader - Max Anderson - 1x State qualifier

2022-23 SD Girls 3pt Nearfall Leaders

- 1 Quinn Butler Lemmon/McIntosh 25
- 2 Frankie Kranz Mitchell 24
- 3 Haven Baker Spearfish 18
- 4 Dani Batchelor Clark/Willow Lake 17
- 4 Mataya Jacobs Rapid City Central 17
- 6 Cateri Yellow Hawk Sully Buttes 16
- 6 Lexie Hillmer Pierre T.F. Riggs 16
- 6 Kyra Vandenberg Belle Fourche 16
- 9 Danny Borja Mitchell 15
- 9 Summer Guthmiller Sioux Valley 15





Lyman Raiders

Last Year's Dual Record: 10-7
 Head Coach: Blaine Brakke
 Yrs. at present school incl this yr: 3
 Yrs. at this school as Head Coach: 1
 Yrs. as Head Coach: 1st year as Head Coach
 Assistant Coaches: Chad Penny, Logan Renman, Judson B.
 Number of Lettermen Returning: 8
 Number of Returning State Placers: 0
 Player Information:

Roster:

Lane Olivier	Fr.	22-28
Royal Lulf	Fr.	7-10
Skyler Langenbau	8th	10-16
Braydon Oldenkamp	Jr.	27-21
Wes Comp	Fr.	0-3
Kellen Griffith	Sr.	20-4
Aja Middletent	Fr.	0-0
Jaydin Sorensen,	Fr.	1-5
Easton Robbins	Sr.	14-27
Rory McManus	Sr.	40-15
Ayden Brakke	So.	10-21
Isaac McManigal	Sr.	13-14
Louie Thiry	Sr.	36-12
Desmerius McGhee	8th	3-0
Anthony Gillette	So.	0-0

Special Accomplishments: 4 returning state qualifiers.

Coaches' comments

Great leadership & experience from upperclassmen. They've had a lot of success and will all be in the hunt for state placement, Griffith, Oldenkamp, McManus, and Thiry.

Upcoming season:

Looking forward to my first year as head coach. We have an outstanding group of guys with a lot of experience and success. Our younger guys are green, but this year will be big for them. We have a great opportunity to have multiple state placers, as well as new state participants.

McLaughlin

Timberlake Mustangs

Head Coach Kyle Henderson

Possible Roster

Sidney Morgan	M	Fr.
Ameil Spotted Horse	M	Jr.
Kyleigh White Bull	F	8th
Josie Makes Him First	F	8th
Quentin White Mountain	M	So.
Braylen Hansen	M	So.
Queniece Long Elk	F	Fr.
Jacoby Carry Moccasin	M	8th
Chandler Winterberg	M	8th
Chance Little Bear	M	Fr.
Lakota Red Legs	F	Fr.
Diaz Defender	M	Fr.
Claire O'Leary	F	8th
Lyle Lumbar	M	So.
Memphis Red Bird	M	Jr.
Sadie Plenty Chief	F	Fr.
Wanbli White Tail	M	Fr.
Ethan Ward	M	So.
Evan Hertel	M	Sr.
Carmine Crow Ghost	M	Jr.
Carson Schrempp	M	Jr.
Gabriel Crow Ghost	M	Fr.
Devin Medicine Crow	M	Sr.
Jazz Bullhead	M	Jr.
John Eagle Jr.	M	So.
Levi Berndt	M	7th

Outlook:

Several wrestlers got valuable experience last year in all the tough wrestling tournament including LNI and of course the region 4 wrestling tournament. This valuable time on the mat will pay off as many of these wrestlers will strive to make it to state this year.





Mobridge-Pollock Tigers

Conference if applicable: Big Dakota

Last Year's Dual Record:

Region Finish: 4th

State Finish:

List of Tournaments participating in this season:

Stanley County Wrestling Tour, Faulkton Wrestling Tour

Titan Invite, Webster Area Holiday Tournament

Battler Tournament, Monster Invitational, Lee Wolf Invitational, Winner Invitational, Big Dakota Conference Tourney

Head Coach: Todd Naasz

Yrs. at present school incl this yr: 1

Yrs. at this school as Head Coach: 1

Yrs. as Head Coach: 8

Allen Lawernee, Annie Orth and Mike Norder

Number of Lettermen Returning: 8

Number of Returning State Placers: 0

Roster:

Bryson Andrews	M	8th
Keyen Crow Ghost	M	8th
Delmar Erickson	M	8th
Ava Milliken	F	8th
Wesley Arnott	M	Fr.
Max Greger	M	Fr.
Kalab Keller	M	Fr.
Julian Counts	M	So.
Axton Gates	M	So.
Riley Kerner	M	So.
Jasmin Perez	F	So.
Wyatt Zeigler	M	So.
Mark Sandquist	M	Jr.
Brayden Wientjes	M	Jr.
Quincey Bleyle	M	Sr.
Wyatt Wientjes	M	Sr.
Canyon Ford	M	7th
Garrett Lipp	M	7th
Owen Milliken	M	7th
Dacian Anderson	M	8th
Catrell Lone Eagle	M	Sr.

work and dedication he had a very successful season. Riley always comes to practice with a great attitude and is always wants his performance to be better then the day before

Wyatt Wientjes 3-time State Qualifier

Wyatt is very talented he is fast and has very good agility which helps him in being a good wrestler. Wyatt has a unorthodox style and it creates a lot of exciting matches



List your top stat leaders from last year.

1. Aiden Schoenhard -----Senior State Champ
2. Jesse Bearsheart-----Senior 6 th Place



Top Prospects and Grade:

Riley Kerner last season State Qualifier

Riley wrestled for the first-time last year and through hard



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Newell Irrigators

Head Coach Dangelo Ramos
 Assistant Coach Karl Hoyal

Roster:

Bodie VanDerBoom	9th	10-13
Joe Eaton	9th	26-16
Jayden Tesch	So.	8-16
Charlie Clements	Sr.	21-18
Abrym Heinert	Sr.	0-4
Daniel Davis	9th	0-0
Chase Johnston	Jr.	0-0
Gavin Tesch	Sr.	11-16
Jorey Clements	9th	2-21
Colton Niles	Sr.	28-14

Returning State Placers

7. Colton Niles, Newell 11 28-14

Outlook: The bright spot on the Newell team is the Senior returning state placer Colton Niles. Colton is coming back to a weight class that was depleted by several 285 lbers graduating. He has been ranked as high as #4 in the Pre-season poll, a good season lies ahead.

You can also look forward to watching Senior Charlie Clements who won 21 matches last year he has big goals, and should have a great shot at qualifying for state. Joe Eaaton just a freshmen has a great opportunity this year to shine, he looked really good at times last year and should again.



Wrestling and Life

Remember, champions aren't born; they are made through hard work and determination. You'll be well on your way to dominating the wrestling mat. If you stay disciplined, stay hungry, and let's make this wrestling season one to remember!



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Philip Area Badlands Brawlers

Last Year's Dual Record: 3-9

Region Finish: 2nd

State Finish: 3rd

List of Tournaments participating in this season:

Stanley County, Rapid City Invite, Hot Springs, McCook, Miller, Winner, Wagner, Hill City

Head Coach: Luke Weber

Yrs. at present school incl this yr: 12

Yrs. at this school as Head Coach: 3

Yrs. as Head Coach: 3

Assistant Coaches: Beau Ravellette

Number of Lettermen Returning: 15

Number of Returning State Placers: 5

Player Information:

Roster:

Chance Wagner	8th	0-0
Gatlin Cordes	Fr.	18-10
Tukker Boe	Sr.	11-6
Carter Kendrick	Fr.	14-2
Cannin Snyder	Fr.	0-0
Oakley Menzel	Fr.	4-13
Rayler Fitch	8th	4-8
Asher Peterson	Sr.	15-20
Latham Gabriel	So.	17-18
Jace Blasius	Jr.	38-3
Wyatt Eberly	Fr.	0-0
Thane Simons	Sr.	33-12
Burk Blasius	Sr.	26-1
Jeremiah Lange	So.	4-13
Quinn Moon	Sr.	17-13
Jensen Fitch	Jr.	13-4
Tuff Lange	8th	0-0
Beckham Terkildsen	8th	0-0

Kale Crowser transferred from New Underwood/Douglas/Rapid City Christian to Wall and will join the Brawlers for wrestling Caterpillar: Confidential Green

7 th Graders:

Shay Weber, Rio Rislov, Carter Fitzgerald, Levi Trask and hope for others.

Special Accomplishments:

2 returning state champs: Burk and Jace Blasius

3 rd Place in State A, Kale Crowser

6 th Place, Thane Simons

7 th Place, Quinn Moon

Top Prospects and Grade:

12 th Graders: Tukker Boe, Asher Peterson, Thane Simons, Burk Blasius, Kale Crowser and Quinn Moon

11 th Graders: Jace Blasius and Jensen Fitch

10 th Graders: Jerimiah Lange, Latham Gabriel

9 th Graders: Gatlin Cordes and Oakley Menzel

8 th Graders: Cannin Snyder, Chance Wagner, Rayler Fitch, Tuff Lange and Kason Barry

Coaches' comments as to the best quality of the wrestlers you have listed.

(Example: Joe is a hard worker and excels on his feet, team leader, excellent pinner, and good student etc.) (Potential all region, state qualifier and place winner)

Overall, I believe that we will have a very solid team with a lot of varsity experience. Our team has some things to work on to help get better and make that push for a run at the state title. We have some very good leaders in the room which will help our younger boys get better and learn from. I am very excited to see what we can do this year. Go Brawlers!!!



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Red Cloud Crusaders

Head Coach Clay Leonard

Riley Richards	M	Sr.	0-0
Isabella Scherich	F	Sr.	0-3
Antonio Morales	M	So.	2-21
Zuya Romero	M	Sr.	5-15
Ezra Beaver	M	Jr.	2-3
Neaveh Tobacco	F	Sr.	0-2
Makana Little Sky	M	Sr.	0-0
Jaice Red Cloud	M	Jr.	0-0

Outlook: Sorry no information Provided. I wish this team the best as they go into the 2023-24 wrestling season.



Stanley County Buffaloes

Head Coach Ryan Knight
 Assistant Coach Craig Heller
 Assistant Coach Clinton Neville

Returning State Placers
 8. Colton Brady, Stanley Co. 11 29-15

Roster:

Jerrick Walker	M	Fr.	6-13
Mason Stoesser	M	So.	2-6
Witt Myers	M	Fr.	17-13
Ryland Magee	M	8th	0-3
Landon Bame	M	So.	19-16
Spencer Sargent	M	Jr.	20-18
Taiten Shaw	M	Jr.	12-18
Hayden Roggow	M	Jr.	27-17
Colton Brady	M	Jr.	29-15
Case Kolda	M	So.	21-20
Coy Ludemann	M	So.	4-4
Beau Van Wyhe	M	So.	0-4
Wyatt Schilling	M	Fr.	1-1
Tayten Walker	M	Sr.	6-14
Addison Olson	F	8th	0-0

Outlook: Stanley Co. always finds a way to put a quality team on the mat. The number could be a little better but the striving for excellence is always there. The team leaders include four 20 plus winning individuals that will push each other this season and bring the younger wrestlers along.



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St. Thomas More Cavaliers

Conference if applicable: Black Hills Conference

Last Year's Dual Record: 1-8

List of Tournaments participating in this season: Custer Invite, Rapid City Invite, Holiday Extravaganza (Hot Springs), Mid-Dakota Monster, Belle Fourche Invite, Black Hills Classic

Head Coach: Nick Durham

Yrs. at present school incl this yr: 16 years

Yrs. at this school as Head Coach: 16 Years

Yrs. as Head Coach: 19 Years

Assistant Coaches: Stone Durham, Joe Giacometto, Jesse Jankord

Number of Lettermen Returning: 9

Roster:

Quan Harper	M	8th	2-8
Emmett Edwards	M	8th	13-17
Karter Brager	M	So.	6-13
Henry Simonds	M	Fr.	3-10
Nick Cronin	M	8th	0-0
Westin Edwards	M	Sr.	20-18
Victoria Verhey	F	Sr.	0-0
Joseph Giacometto	M	Fr.	3-16
Brody Wenger	M	Jr.	1-4
Kylan Gerlick	M	So.	0-8
Felix Esposito	M	So.	0-10
Chris Cronin	M	Jr.	4-10
Isaiah Quasney	M	Fr.	2-20
Bode Jankord	M	So.	3-14
Jackson Rusch	M	Fr.	3-15

New wrestlers, Gabe Reeves 11 th grade, Marty Reeves 10 th grade,

Top Prospects and Grade: Westin Edwards, 12 th grade is a returning State-Qualifier; Victoria Verhey is a returning State-placer and Teagan Vining is a State-Qualifier for our girls program.

Coaches' comments

This is going to be a fun year, we have a decent number of young wrestlers returning that should make things interesting. Joseph Giacometto, Emmett Edwards, Quan Harper, Karter Brager, Isaiah Quasney, Jackson Rusch, and Bode Jankord are all capable of great things on the mat. We have some others that will keep improving as the year goes and will be challenging for a spot at any tournaments podium, such as Brody Wenger, Henry Simonds, and some of the new faces that say they will be with us. We are excited to see what transfer brother's Gabe and Marty Reeves will do for us. Along with the leadership of Junior Chris Cronin and Senior Westin Edwards, both are looking to improve upon last year's success. We have two returning girls in Victoria Verhey, who placed at state last year and Teagan Vining, who qualified for state, both put a lot of work in during the summer which will help them lead some new girl wrestlers that will be joining this year.

List in order your prediction for your Region (Individual)

1. Custer
2. Philip
3. Stanley County
4. Lyman
5. Mobridge
6. STM

List in order your prediction for your State (Individual)

1. Canton

Wrestler from this year's past teams who have signed to wrestle in college

Tyson Durham, Dakota Wesleyan University

