



UVU Wrestling Newsletter

"Utah Wrestling at Its Finest"



September 2014

Mentors Provide Guidance To Wrestlers

With the tremendous help of Sean Warren, the Wolverine Wrestling squad started a unique new program this year. The UVU Wrestling Mentor Program had its kick-off BBQ on August 23. This entity will provide many opportunities for the UVU wrestlers. Each mentor will be educating our student-athletes on what their career requires and what skills individuals will need to succeed in that field.

Many of the mentors will have the wrestlers come out to their work place to get a tour and in some cases they will even have the student-athlete job shadow for a day. In order to participate in this program, each mentor had to agree to attend a set amount of home matches and be involved in a couple of other events as well. They had to be willing to check in on their wrestler throughout the school year to encourage the student-athlete's success in their classes. Each mentor also had to be trained in the basics of the NCAA rules.

We, as a staff, are very excited about the education this program will provide in preparing our wrestlers for their futures. We are grateful to Sean and the mentors for sharing their experience and time with our guys. (See page 7 for pictures)

The following is a list of our current mentors:

- Lavon Edwards, Centurylink
- Kevin Taylor, Soul Medical
- Pat Kelliher, Vivint
- JD Jensen, Oracle
- Clark Davis, Mountain Medical
- Tim Micklos, Mountain Medical
- Hyrum Summers, FBI
- Coleman Herrod, Mountain Medical
- Brandon Pulsipher, Adobe
- Dave Lang, Goldman Sachs
- Bill Manning, Salt Lake Real
- Greg Jensen, Options Animal
- Jarrod Bagley, Pioneer Comprehensive Medical
- Craig Lamont, Telos RTC
- Brad Findlay, General Electric
- Jackson Penrod, West Jordan Middle School
- Hans Olsen, Radio: 1280 The Zone
- Gary Olsen, Pioneer Comprehensive Medical
- Brendan Bagley, Pioneer Comprehensive Medical
- Sean Warren, Mountain Medical
- Jeremy Baker, Autosource Motors
- Josh Wilson, Autosource Motors
- Jaime Spencer, Adobe
- Morgan Nelson, Domo

Events/Stories

- Mentors Provide Guidance To Wrestlers
- pg. 1
- Athlete Spotlight: Derek Thomas/
Coach's Corner
- pg. 2
- Wolverines Add Ethen Loffhouse To Staff
-pg. 3
- Schedule
-pg. 4
- Roster
- pg. 5
- UVU Wrestling Sponsors
-pg. 6
- UVU Wrestling Mentor Pictures
-pg. 7

Quote:

*"We, as a wrestling community,
better remember it is more
than one individual that makes
a winner."*

-Dan Gable

Coach's Corner with Assistant Coach Erkin Tadzhimetov:

I recently returned from a competition overseas in Kazakhstan to help prepare me for my upcoming run to make the next World and Olympic Teams.

After that tournament, I went to a two week camp in Russia and trained with some of the best wrestlers in the world.

The Russians have a very successful wrestling system in place that has produced many world and Olympic champions. I grew up in that system, but it was nice to see what they are actually doing right now.

The Russian style is quite different from the way we wrestle in America. Where we aspire typically to be tough collegiate wrestlers, we train to move our feet, hand fight and grind. We try to move our opponent out of position and then attack.

The Russians don't move their feet or try to grind an opponent out of position to attack. They typically are very efficient with their position and ties (hand fighting) and then they pick opportune moments to attack. They wait for their opponent to relax or make a mistake and then they capitalize on that. It would be difficult to train their style while training to be successful at the collegiate level.

Athlete Spotlight: Derek Thomas

Derek Thomas is a junior at Utah Valley from Layton, Utah who has made significant strides in his wrestling career over the past two years. His freshman year, Derek posted a 9-20 overall record while finishing 4th at the WWC conference tournament. Derek worked hard in the off season, and during his sophomore campaign garnered an 18-15 overall record with good showings at the Cliff Keen Invitational in Las Vegas, Nevada and the Midlands Tournament in Evanston, Illinois, both being two of the toughest college wrestling tournaments in the country. He has continued to work hard over this past off season and is poised to once again make significant improvements. The coaching staff is very excited to watch Derek represent UVU this season as he takes to the mat. Here are a few things that are good to know about Derek Thomas:

How did you decide to get into the sport of wrestling?

My friend's dad started working with me when I was young. When I got to junior high it got more competitive, and I stuck with it.

You were also recruited to play football in college. Why did you decide to choose wrestling?

I chose to wrestle because in wrestling you can decide your own destiny. In football you may be a great player, but the coach could still sit you. When you win in wrestling, you are the starter, and it's all up to you.

What has been the best thing about your college wrestling experience?

My teammates. I have made so many friends, and it has been great to get to know so many great people.

What has been the hardest thing that you've had to overcome as a college wrestler?

The toughest lessons I have learned is how to compete at the higher intensity that college demands and being mentally tougher than the best wrestlers in the country.

What is one thing that most people don't know about you?

I was the quarterback on my HS football team.

What is your major, and what would you like to do after you have graduated?

I am really focused on my Business Management degree, but I am not sure what direction I want to go with it yet.

Wolverines add Ethen Lofthouse to Staff

Utah Valley University Head Wrestling Coach [Greg Williams](#) announced the addition of [Ethen Lofthouse](#) to his coaching staff. The two-time All-American at the University of Iowa will join Williams' staff as a volunteer assistant.

"We're excited to have Ethen join our staff. He brings a lot of great experience here to our program," said Williams. "We're looking forward to having him bring that experience and great work ethic with him here to Utah Valley."

Lofthouse is not only a two-time NCAA All-American but also a four-time Utah State Champion during his high school days at Mountain Crest High School in Hyrum, Utah. The Avon, Utah, native went an impressive 192-7 during his high school career, which included an unblemished 47-0 mark during his sophomore campaign.

Lofthouse will bring a wealth of mat experience with him to Orem, as he is also a four-time Junior National All-American and Cadet All-American. The former Hawkeye also won two Greco National Championships as well as one Junior Freestyle National Championship. He is also a two-time Junior FILA Freestyle National Champion as well as a sophomore and junior Folkstyle National Champion.

During the past five years at the University of Iowa (2009-2014), Lofthouse posted a 91-32 career record while competing at 174 and 184 pounds. This past season, the Hawkeye 184-pounder went an impressive 21-4 and 10-1 in duals. He also placed second at the Big Ten Tournament to qualify for his fourth consecutive trip to the NCAA Championships.



"I'm really excited to get back into wrestling in the state of Utah and be on the coaching side of things," Lofthouse said. "I can't wait to step into UVU's room and I'm looking forward to helping make the program move up."

Lofthouse comes from a wrestling family, as his uncle Luke Lofthouse also wrestled for Iowa (2005-11) and his little brother Raider Lofthouse will begin his freshman season at UVU this winter.

"It will be a little different to be one of Raider's coaches as we're only a year apart, but I think it will definitely be beneficial for both of us," added Lofthouse. "I'm excited to be able put my focus into his wrestling as well as all of the other members of the team."

Schedule

Date	Opponent / Event	Location	Time / Result
10/29/14	Intrasquad Dual	Orem, Utah	6:30 p.m. MT
11/02/14	at Clarion Open	Clarion, Pennsylvania	All Day
11/08/14	at Cowboy Open (non-starters)	Laramie, Wyoming	All Day
11/14/14	vs. Iowa State	Boise, Idaho	3:00 p.m. MT
	at Boise State	Boise, Idaho	5:00 p.m. MT
11/21/14	at Arizona State	Tempe, Arizona	7:00 p.m. MT
11/22/14	at Grand Canyon	Phoenix, Arizona	7:00 p.m. MT
12/05/14	at Cliff Keen Las Vegas Invitational	Las Vegas, Nevada	All Day
12/06/14	at Cliff Keen Las Vegas Invitational	Las Vegas, Nevada	All Day
12/21/14	at Reno Tournament of Champions	Reno, Nevada	All Day
01/10/15	UVU Open	Orem, Utah	All Day
01/17/15	vs. Wyoming *	Orem, Utah	7:00 p.m. MT
01/23/15	vs. Air Force *	Orem, Utah	7:00 p.m. MT
01/30/15	vs. Oregon State	Orem, Utah	7:00 p.m. MT
01/31/15	vs. Stanford	Orem, Utah	3:30 p.m. MT
02/06/15	at South Dakota State *	Brookings, South Dakota	6:00 p.m. MT
02/07/15	at North Dakota State *	Fargo, North Dakota	6:00 p.m. MT
02/14/15	vs. Northern Colorado *	Orem, Utah	7:00 p.m. MT
03/07/15	at NCAA West Regional/WWC Championships	Fargo, North Dakota	All Day
03/19/15	at NCAA Championships	St. Louis, Missouri	All Day
03/20/15	at NCAA Championships	St. Louis, Missouri	All Day
03/21/15	at NCAA Championships	St. Louis, Missouri	All Day



Roster

NAME	Wt.	Yr.-Exp.	Hometown/High School/Last College
<u>Logan Addis</u>	165	JR-2V	Cottonwood, Arizona/Mingus Union HS
<u>Aryton Almberg</u>	197	FR-RS	Ely, Nevada/White Pine HS
<u>DJ Argyle</u>	149	FR-HS	Orem, Utah/Timpanogos HS
<u>Logan Blackwood</u>	197	FR-HS	Boise, Idaho/Centennial HS
<u>Dustin Dennison</u>	HWT	SO-1V	Pleasant Grove, Utah/Pleasant Grove HS
<u>Bryson Echols</u>	174/184	FR-HS	Tucson, Arizona/Sabino HS
<u>Adam Fager</u>	HWT	SR-3V	Layton, Utah/Layton HS
<u>Abel Gomez</u>	184	SO-1V	Las Vegas, Nevada/Rancho HS
<u>Cole Hamai</u>	149	FR-HS	Washington, Missouri/Washington HS
<u>Koleton Hardy</u>	149/157	FR-RS	Brigham City, Utah/Box Elder HS
<u>Dalton Harmon</u>	165	FR-HS	Nephi, Utah/Juab HS
<u>Jared Harris</u>	149	SO-1V	Springville, Utah/Springville HS
<u>Brayden Humpherys</u>	141/149	SO-TR	Layton, Utah/Layton HS/Colorado Mesa
<u>Jordan Karst</u>	HWT	FR-RS	Las Vegas, Nevada/Centennial HS
<u>Raider Lofthouse</u>	157	FR-HS	Avon, Utah/Mountain Crest HS
<u>Derek Malan</u>	133/141	SR-1V	Ogden, Utah/Weber HS
<u>Jarod Maynes</u>	133	SO-1V	Liberty Lake, Washington/Central Valley HS
<u>Jed Mellen</u>	133/141	FR-RS	Payson, Utah/Payson HS
<u>Bracken Nipko</u>	141	SO-1V	Pleasant View, Utah/Weber HS
<u>Matthew Ontiveros</u>	141	FR-HS	Fresno, California/Central HS
<u>Jade Rauser</u>	125	JR-2V	Townsend, Montana/Broadwater HS
<u>Tyler Scott</u>	125	FR-HS	Klamath Falls, Oregon/Henley HS
<u>Ethan Smith</u>	174	SR-3V	Midway, Utah/Wasatch HS/Purdue
<u>Will Sumner</u>	184	FR-HS	Penn Valley, California/Nevada Union HS
<u>Michael Suwyn</u>	157	FR-HS	Phoenix, Arizona/Mountain Ridge HS
<u>Ross Taylor</u>	184	JR-RS	Newcastle, Utah/Enterprise HS/Western Wyoming CC
<u>Josh Temple</u>	125	FR-HS	Ridgecrest, California/Green Valley HS
<u>Derek Thomas</u>	197	JR-2V	Layton, Utah/Layton HS
<u>Blake Thompson</u>	184	FR-HS	Clovis, California/ Clovis HS
<u>Chasen Tolbert</u>	133	JR-2V	Delta, Utah/Delta HS/Colorado Mesa
<u>Steve Westover</u>	174/184	FR-HS	Pleasant Grove, Utah/Pleasant Grove HS
<u>Trevor Willson</u>	149	SO-1V	Tucson, Arizona/Ironwood Ridge HS/Arizona State

Coaches

Greg Williams - Head Coach

Erkin Tadzhimetov - Associate Head Coach

Justin Ruiz - Assistant Coach

Ethen Lofthouse - Volunteer Assistant

Our Sponsors

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