

Heartland Duals Team Minnesota Girls Event Guide 2024



[#StormGirlsHeartland](https://twitter.com/StormGirlsHeartland)

Athletes



Adelaide Poncelet
Adriana Kunz
Aeralyn Palmer
Alaina Williams
Aliah Fischer
Alleena Johnson
Aurora Priebe
Ava Phillips
Avery Listul
Breslyn Kirkpatrick
Chloe Hubbard
Danica Fuelling
Emily Pulk
Emma Antoni
Freyda Nelson
Grace Hamm
Isabelle Shockman
Kalia Rodgers
Kinley Pederson

Kinsley Kothenbeutel (KK)
Kylee Nelson
Lauren Cox
Lilliane Stevens
Lola Barrett
Madilyn Pulk
Olivia Martinez
Rhilynn Tolzman
Roseangel Verret
Roselane D. Verret
Shelby Strandlund
Zoe Steinkamp
Zoey Bly

Athlete Bio



Wrestlers Name:

Adelaide Poncelet

Wrestlers Nickname:

Addi

How many years have you been wrestling?

5

What Club/Clubs do you represent?

Pine Island

City you live in:

Oronoco

Favorite song or music type:

Cardi B money

Go to post weigh-in food/snack:

Kwik trip breakfast sandwiched

A fun fact about you!

I own a chihuahua

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Athlete Bio



Wrestlers Name:

Adriana Kunz

Wrestlers Nickname:

NA

How many years have you been wrestling?

7

What Club/Clubs do you represent?

Triton / Summit

City you live in:

Dodge Center

Favorite song or music type:

Oldies

Go to post weigh-in food/snack:

Applebees

A fun fact about you!

Just won Boys and
Girls MNUSA state.

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Athlete Bio



Wrestlers Name:

Aeralyn Palmer

Wrestlers Nickname:

Aerie

How many years have you been wrestling?

2.5

What Club/Clubs do you represent?

New Prague

City you live in:

Lonsdale

Favorite song or music type:

Pop Music - Imagine Dragons, T Swift,

Go to post weigh-in food/snack:

Bacon

A fun fact about you!

Obsessed with all things Baby Yoda

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Athlete Bio



Wrestlers Name:

Alaina Williams

Wrestlers Nickname:

Lainey

How many years have you been wrestling?

4

What Club/Clubs do you represent?

Summit Wrestling Academy

City you live in:

Northfield

Favorite song or music type:

Beautiful Things

Go to post weigh-in food/snack:

Body Armor and Veggie Straws

A fun fact about you!

I love reality TV and my goal is to get on Survivor when I get older and of course win the million dollars.... And maybe also win a million hearts.

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Athlete Bio



Wrestlers Name:

Aliah Fischer

Wrestlers Nickname:

George

How many years have you been wrestling?

6

What Club/Clubs do you represent?

Owatonna Wrestling Association

City you live in:

Owatonna

Favorite song or music type:

The Painter by Cody Johnson

Go to post weigh-in food/snack:

Goldfish and Jell-O

A fun fact about you!

I'm safer on my horse then walking on my own 2 feet.

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Athlete Bio



Wrestlers Name:

Alleena Johnson

Wrestlers Nickname:

Lena

How many years have you been wrestling?

6

What Club/Clubs do you represent?

Northfield James Gang

City you live in:

Dundas

Favorite song or music type:

Rap

Go to post weigh-in food/snack:

Goldfish extra cheddar

A fun fact about you!

Holds the push up record for girls at Northfield Middle School for all grades.

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Athlete Bio



Wrestlers Name:

Aurora Priebe

Wrestlers Nickname:

How many years have you been wrestling?

5

What Club/Clubs do you represent?

Chatfield, MN Elite

City you live in:

Chatfield

Favorite song or music type:

Country

Go to post weigh-in food/snack:

Banana sushi or a turkey sandwich

A fun fact about you!

She climbed to the top of the rope in gymnastics at age 3 🤪

Table of
cont.

Athlete Bio



Wrestlers Name:

Ava Phillips

Wrestlers Nickname:

How many years have you been wrestling?

3

What Club/Clubs do you represent?

Pierz

City you live in:

Pierz

Favorite song or music type:

Pop

Go to post weigh-in food/snack:

Subway

A fun fact about you!

3 sport athlete volleyball wrestling softball, travel volleyball travel softball

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cont.

Athlete Bio



Wrestlers Name:

Avery Listul

Wrestlers Nickname:

Avery

How many years have you been wrestling?

6

What Club/Clubs do you represent?

United

City you live in:

Dawson

Favorite song or music type:

Taylor Swift

Go to post weigh-in food/snack:

Nutella sticks

A fun fact about you!

She started wrestling at 3 years old because we didn't have a 45 pounder on our team so that is how she started wrestling. Also in gymnastics and loves it. Huge animal lover and has 2 bunnies.

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Athlete Bio



Wrestlers Name:

Breslyn Kirkpatrick

Wrestlers Nickname:

How many years have you been wrestling?

4.5

What Club/Clubs do you represent?

Waconia Wrestling Club

City you live in:

Waconia, Mn

Favorite song or music type:

Top 40

Go to post weigh-in food/snack:

Goldfish

A fun fact about you!

I love space and crafts

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cont.](#)

Athlete Bio



Wrestlers Name:

Chloe Hubbard

Wrestlers Nickname:

Hubbs, CHUBBS

How many years have you been wrestling?

6

What Club/Clubs do you represent?

GMLOS

City you live in:

Grand Meadow

Favorite song or music type:

Taylor Swift- love story. Carrie Underwood- before he cheats

Go to post weigh-in food/snack:

Walking taco or Nachos

A fun fact about you!

Small and mighty. I have Celiac that keeps me from eating so many good things.

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cont.

Athlete Bio



Wrestlers Name:

Danica Fuelling

Wrestlers Nickname:

Dani

How many years have you been wrestling?

7

What Club/Clubs do you represent?

East Ridge

City you live in:

Newport

Favorite song or music type:

Arise by The Seige

Go to post weigh-in food/snack:

Chocolate Peanut Butter Cliff Bars

A fun fact about you!

I placed at High School State this year!

[Table of
cont.](#)

Athlete Bio



Wrestlers Name:

Emily Pulk

Wrestlers Nickname:

Spider

How many years have you been wrestling?

4

What Club/Clubs do you represent?

Gators

City you live in:

Greenbush

Favorite song or music type:

Mix of all

Go to post weigh-in food/snack:

Dreamsicles

A fun fact about you!

I broke my front teeth at the school playground.

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cont.](#)

Athlete Bio



Wrestlers Name:

Emma Antoni

Wrestlers Nickname:

How many years have you been wrestling?

6

What Club/Clubs do you represent?

Pinnacle

City you live in:

Otsego

Favorite song or music type:

Eminem

Go to post weigh-in food/snack:

Sushi

A fun fact about you!

I was born in Japan

[Table of
cont.](#)

Athlete Bio



Wrestlers Name:

Freyda Nelson

Wrestlers Nickname:

Frey

How many years have you been wrestling?

6

What Club/Clubs do you represent?

Pinnacle Wrestling School, Blaine Wrestling, Summit Wrestling Academy

City you live in:

Fridley

Favorite song or music type:

An old favorite is Gladiator by Zayde Wolf

Go to post weigh-in food/snack:

A juicy pear 🍐

A fun fact about you!

During the summer, I'm on a waterski show team. I'm the one who climbs to the top of the 3-tier human pyramid.

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Athlete Bio



Wrestlers Name:

Grace Hamm

Wrestlers Nickname:

Gracie

How many years have you been wrestling?

3

What Club/Clubs do you represent?

Frazee Wrestling Club

City you live in:

Frazee

Favorite song or music type:

All

Go to post weigh-in food/snack:

Ham and Cheese sandwiches with gushers fruit snacks

A fun fact about you!

I compete all year around in swimming and my best stroke is the butterfly

Table of
cont.

Athlete Bio



Wrestlers Name:

Isabelle Shockman

Wrestlers Nickname:

Izzy

How many years have you been wrestling?

6

What Club/Clubs do you represent?

RCB wrestling

City you live in:

Braham

Favorite song or music type:

Monsters by Shinedown

Go to post weigh-in food/snack:

Orange Juice and Energy Balls

A fun fact about you!

I have 277 rubber ducks

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cont.](#)

Athlete Bio



Wrestlers Name:

Kalia Rodgers

Wrestlers Nickname:

Kalia

How many years have you been wrestling?

3.5

What Club/Clubs do you represent?

Mn Elite. Chaska/Chan Stallions

City you live in:

Chaska

Favorite song or music type:

Pop

Go to post weigh-in food/snack:

Chocolate muffin

A fun fact about you!

I'm almost faster than my brother!

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cont.](#)

Athlete Bio



Wrestlers Name:

Kinley Pederson

Wrestlers Nickname:

Kin

How many years have you been wrestling?

3

What Club/Clubs do you represent?

Summit Wrestling Academy

City you live in:

Lakeville

Favorite song or music type:

Beautiful Things by Benson Boone

Go to post weigh-in food/snack:

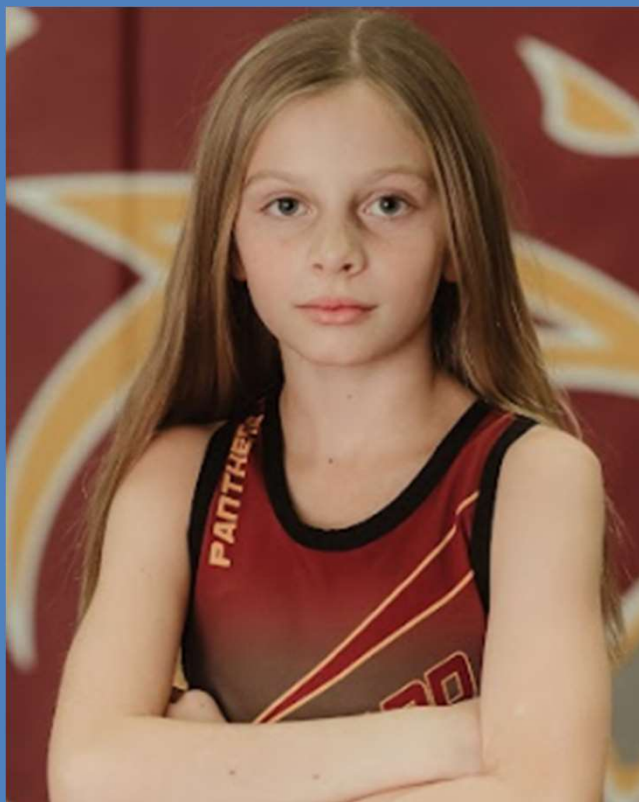
Panera grilled cheese, a Hershey candy bar, and a pink drink from Starbucks!

A fun fact about you!

I also do competitive cheerleading.

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cont.](#)

Athlete Bio



Wrestlers Name:

Kinsley Kothenbeutel (KK)

Wrestlers Nickname:

KK or Killer Kinsley ;)

How many years have you been wrestling?

5

What Club/Clubs do you represent?

Pine Island and MN Elite Wrestling

City you live in:

Pine Island

Favorite song or music type:

Anything pop

Go to post weigh-in food/snack:

Pizza or extra cheddar goldfish

A fun fact about you!

I also compete in rock climbing

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cont.](#)

Athlete Bio



Wrestlers Name:

Kylee Nelson

Wrestlers Nickname:

Kywee

How many years have you been wrestling?

1

What Club/Clubs do you represent?

Mora Girls Wrestling

City you live in:

Mora

Favorite song or music type:

Rap

Go to post weigh-in food/snack:

Uncrustables

A fun fact about you!

I have a friend in Germany.

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cont.](#)

Athlete Bio



Wrestlers Name:

Lauren Cox

Wrestlers Nickname:

Lauren Cox

How many years have you been wrestling?

2

What Club/Clubs do you represent?

New Prague

City you live in:

New Prague

Favorite song or music type:

Anything Taylor Swift

Go to post weigh-in food/snack:

Hot Cheetos

A fun fact about you!

My cousin and I were born in the same hospital during the same time (two days apart)

Table of
cont.

Athlete Bio



Wrestlers Name:

Lilliane Stevens

Wrestlers Nickname:

Lilly

How many years have you been wrestling?

Re-started about 6 weeks ago, otherwise 2017-2019

What Club/Clubs do you represent?

Farmington

City you live in:

Farmington

Favorite song or music type:

Zach Bryan

Go to post weigh-in food/snack:

pickles

A fun fact about you!

I'm a twin and my brother is on the Boys elementary team.

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cont.

Athlete Bio



Wrestlers Name:

Lola Barrett

Wrestlers Nickname:

How many years have you been wrestling?

5

What Club/Clubs do you represent?

St james

City you live in:

St james

Favorite song or music type:

Pop

Go to post weigh-in food/snack:

Hibachi chicken

A fun fact about you!

Lola also participates in soccer, softball, gymnastics and she loves fishing!

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cont.](#)

Athlete Bio



Wrestlers Name:

Madilyn Pulk

Wrestlers Nickname:

Madilyn Pulk

How many years have you been wrestling?

2

What Club/Clubs do you represent?

Gators

City you live in:

Greenbush

Favorite song or music type:

Imagine dragons

Go to post weigh-in food/snack:

Mott's fruit snacks

A fun fact about you!

I saved my brother from drowning.

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cont.](#)

Athlete Bio



Wrestlers Name:

Olivia Martinez

Wrestlers Nickname:

The mean bean.

How many years have you been wrestling?

6

What Club/Clubs do you represent?

Rochester Mayo

City you live in:

Rochester

Favorite song or music type:

Country

Go to post weigh-in food/snack:

Gatorade and bagel

A fun fact about you!

Can speak Spanish

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cont.](#)

Athlete Bio



Wrestlers Name:

Rhilynn Tolzman

Wrestlers Nickname:

How many years have you been wrestling?

4

What Club/Clubs do you represent?

Summit wrestling academy/New Prague

City you live in:

Lakeville

Favorite song or music type:

Anything

Go to post weigh-in food/snack:

Whatever, just as long as I can eat!

A fun fact about you!

I'm very competitive

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cont.](#)

Athlete Bio



Wrestlers Name:

Roseangel Verret

Wrestlers Nickname:

How many years have you been wrestling?

2

What Club/Clubs do you represent?

Monticello wrestling Club

City you live in:

Monticello MN

Favorite song or music type:

The Search

Go to post weigh-in food/snack:

Strawberry cheese cream bagel

A fun fact about you!

I am the girl varsity wrestling captain as a 8th grader going into 9th next year.

Table of
cont.

Athlete Bio



Wrestlers Name:

Roselane D. Verret

Wrestlers Nickname:

How many years have you been wrestling?

2

What Club/Clubs do you represent?

Monticello wrestling Club

City you live in:

Monticello MN

Favorite song or music type:

Believer

Go to post weigh-in food/snack:

Fruit strips.

A fun fact about you!

Enjoying my wrestling journey as a 6 grader. Also, I am excited to wrestle with my Big Sisters this fall on the high school girls' team.

Table of
cont.

Athlete Bio



Wrestlers Name:

Shelby Strandlund

Wrestlers Nickname:

Shelbs

How many years have you been wrestling?

2

What Club/Clubs do you represent?

Mora Mustangs

City you live in:

Mora, MN

Favorite song or music type:

Heading South by Zach Bryan

Go to post weigh-in food/snack:

Apples dipped in caramel

A fun fact about you!

I love Stingrays!

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cont.](#)

Athlete Bio



Wrestlers Name:

Zoe Steinkamp

Wrestlers Nickname:

How many years have you been wrestling?

2

What Club/Clubs do you represent?

GMLOS

City you live in:

Adams

Favorite song or music type:

46 and 2 by Tool, Rock

Go to post weigh-in food/snack:

Pickles

A fun fact about you!

I've been in 8 musicals.

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cont.](#)

Athlete Bio



Wrestlers Name:

Zoey Bly

Wrestlers Nickname:

How many years have you been wrestling?

6

What Club/Clubs do you represent?

LAW / La Crescent High School

City you live in:

La Crescent

Favorite song or music type:

Jelly Roll

Go to post weigh-in food/snack:

Beef Sticks

A fun fact about you!

I like deer hunting and fishing in my free time

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Schedule



Address of Venue

1 Arena Way, Council Bluffs, IA 51501

Event Dates and times

March 28th Thursday- Weigh-ins from 4:00pm to 8:30 pm at a designated building. (main arena, Expo Hall or Ball room). More info will be sent to team leaders prior to the event with a map and instructions.

Teams do not have to weigh in together.

March 29th Friday - Doors open at 6:30am and wrestling begins at 8:00am - 5:30pm approximate.

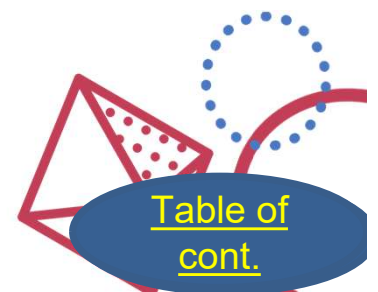
(We will wrestle in pools to determine the bracketing for Sunday)

March 29th Saturday- Doors open at 6:30am and wrestling begins at 8:00am - 2:30pm approximate.

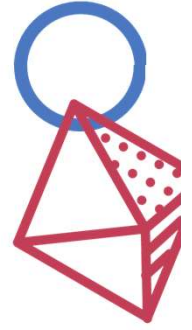
(Championship brackets will be wrestled to completion) We are usually done with awards and all brackets by 3:00pm. The airport is 15 mins from venue. Plan accordingly.

Team Awards

There will be awards for the top 8 teams in the Gold championship pool. Then 8 awards for the top 8 teams in the Silver pool, Bronze and/or additional pools.



Social Media

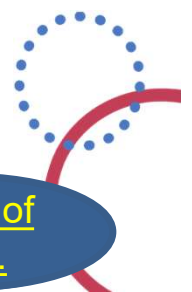


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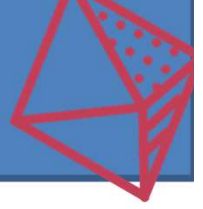
- **Facebook:** [@mnusaw](#)
- **Twitter:** Search [@mnusaw](#)
- **Instagram:** [@mnusawrestling](#)
- **Webpage:** www.mnusawrestling.org/
- (Under the Girls/Women division Or Use QR code below)



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Contact Info



Contact Us



For questions contact:
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