



PREPARED FOR BATTLE



2023/2024 OFFICIAL PROGRAM



MAPLE GROVE WRESTLING

Welcome to the 2023 – 2024 wrestling season! The beginning of a new wrestling season is one of the most exciting times of the year – everyone has a fresh start and a new opportunity to write their story. Every season there are wrestlers who seemingly come out of nowhere to reach levels only the people in our wrestling room believe are possible. I can't wait to see our athletes put in the blood, sweat, and tears that go into reaching their potential. Regardless of wins and losses, every Crimson wrestler who completes the season will have grown significantly (on and off the mat). Can't wait to get it rolling!

There are some new additions to the coaching staff that I'm excited to expose our wrestlers to. We return eight of our nine coaches from last season (Ron Seubert, Brad Holzerland, Alex Nelson, Carl Leuer, Boone Young, Daniel Polanco, Eddie Kilgard, and myself) and have also added four others that I think will be great additions. Spencer Steiner is currently competing with the Minnesota Gophers and will be helping in our practice room a few times a week. Josh Barzowski is a recent St. Cloud wrestling alumni and will be at practices regularly. Jake Olmstead is a recent graduate of Simley wrestling and will be at most of our practices and meets throughout the season. Donnie Leuer is also planning to provide additional support during practices (he's also our youth coach). In short, I anticipate us having a strong team of coaches to support each of our Crimson wrestlers.

On the Mat our numbers have reached an all-time high of 57 currently active Crimson wrestlers! I believe 51 is the previous high for a season. The roster is split pretty evenly between returners and guys who are new to the team this season.

We continue to be a young team – with most of our team being eligible for 9th grade competitions once again (7th, 8th, and 9th graders). The freshman class leads the way with an AWESOME 18 rostered athletes! After the Freshman we have 12 – Juniors, 11 Sophomores, seven seventh graders, five eighth graders, and just four Seniors. We do have several returning wrestlers with considerable Varsity experience and success including two state place winners from a year ago (Sophomore Connor Peterson and Junior Ben Schultz).

Beyond Connor and Ben, there is a lot of additional talent. Junior captain Thomas Schlangen is coming off a season in which he won 34 matches. Senior Alex True was winning matches at over a 70% clip prior to an injury that derailed his season. Freshman Ethan Hong has won 20 or more matches in consecutive seasons with a work ethic beyond his years. Seniors Chase Thein and Ayden Gunville as well as Juniors Noah Fox and Jayden Waste are coming off double-digit win campaigns and look to be prime candidates to break out and find a new level this season. This is an exciting roster that should have plenty of opportunities to compete for some impressive individual and team accomplishments at all stages of the season.

Talent and proven track records are nice but it's a new season and everyone has a new opportunity to have a special season filled with growth. Wrestling rewards those who are willing to put in the work. The goal is to have a roster full of athletes who experience the rewards of putting in their best effort. With time and dedication, each wrestler can experience success. I look forward to seeing how each Crimson wrestler develops their talents as well as how each grows from and overcomes the adversities that come with being a wrestler.

I'd like to take the opportunity to thank our parents, supporters, sponsors, managers, coaches, alumni and our MGS administration for their contributions to this season. Crimson Wrestling is a Family and we appreciate all the support these athletes receive. Lastly, I'd like to thank the athletes who put in the work and have the courage to step on the line and go to battle. You can take pride in knowing your efforts are helping you grow as athletes and as people. The commitment and work ethic you put forth on the mat will translate to the classroom, other athletics, your eventual career, and your personal life. You have chosen to set yourself apart – and this experience will be a part of you long after you strap on your headgear and step on that line for the last time. Make the most of it!

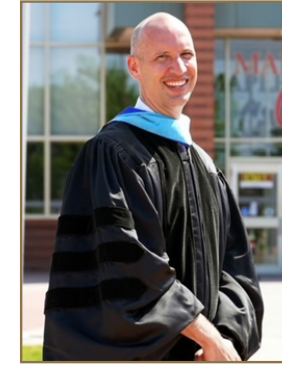
It should be an entertaining season. Go Crimson!!

Coach Troy



DR. BECKER

Greetings, Crimson Families!



It is an honor to welcome you to the 28th season of Crimson Wrestling! We are very excited for our new and returning Crimson wrestlers, young and veteran alike, to represent our school and community in competition! Our program seeks to build on the foundation of past successes and adversity for a great season in 2023-24!

At Maple Grove Senior High, we teach, model, and reinforce for our students The Crimson Way: Motivation, Gratitude, Scholarship, and Honor. It is no coincidence that these practices are also embedded within the sport of wrestling. It is a tremendous privilege to be a part of Crimson Wrestling, and we expect our student-athletes to embrace and cherish this opportunity – moreover, we expect them to be leaders on and off the mat, in and out of school. Wrestling teaches lessons directly applicable to school, to work, to relationships, and to life. It allows for any one individual to put in the work,

to sacrifice, to dedicate themselves to improving each and every day – and in doing so, they not only better themselves, but they contribute directly to the strengthening of a team. As four-time Olympic medalist, Bruce Baumgartner, said: *"The amount of confidence you have is directly proportional to how hard you have worked."* So it is with Maple Grove Crimson Wrestling.

No program thrives on its own. On behalf of Maple Grove Senior High, I want to thank our families, community members, business leaders, and Maple Grove Youth Wrestling for your tremendous support and generosity. Across our building, one can see the direct correlation between the strength and positive attributes of our wrestling program with the overall spirit of our student-athletes during the cold winter months. Simply put, strong activities, such as Crimson Wrestling, make our school better. Without your support, this would not be possible.

So, the 28th season of Crimson Wrestling will be a great one! For everyone here at Maple Grove Senior High, I sincerely thank you for your support.

GO CRIMSON! Bart Becker, Principal

VARSITY/JUNIOR VARSITY SCHEDULE

SCHEDULE	November 30th	Elk River, Blaine	Maple Grove
	December 2nd	Coon Rapids Tournament	Coon Rapids
	December 4th	9th Grade Quad	Maple Grove
	December 8th	Rush City, Washington	Maple Grove
	December 9th	Maple Grove Tournament	Maple Grove
	December 12th	9th Grade Jamboree	Elk River
	December 14th	Anoka, Andover	Anoka
	December 15th-16th	Redwood River Riot	Redwood Valley H.S.
	December 28th	Eau Claire Duals	Eau Claire
	January 5th	Osseo, Park Center	Osseo
	January 6th	9th Grade Duals	Eastview
	January 11th	Champlin Park, Rogers, Rosemount	Maple Grove
	January 13th	Mounds View Duals and Tournament	Mounds View
	January 18th	Hopkins, STMA, Lakeville	Hopkins
	January 19th	Centennial, Armstrong	Centennial
	January 20th	Individual Tournament	Park Center
	January 27th	Orono Tournament	Orono
	January 27th	9th Grade Individual Sections	TBD
February 2nd	Totino Grace, Wayzata, Two Rivers	Maple Grove	
February 3rd	9th Grade Individual State	Champlin Park	
February 8th	Staples Motley	Maple Grove	
February 10th	JV Conference	Park Center	
February 17th	Team Sections	TBD	
February 24th	Individual Sections	TBD	
February 29th-March 2nd	State Tournament	Excel Center	

COACHES

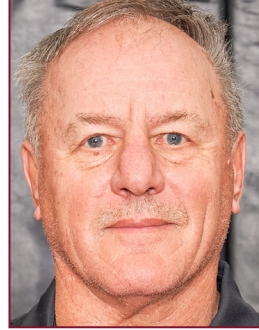
Head Wrestling Coach

Troy Seubert



Assistant Wrestling Coaches

Ron Seubert



Carl Leuer



Boone Young



Eddie Kilgard



COACHES NOT PICTURED: Brad Hozerland, Daniel Polanco, Alex Nelson, Jake Olmstead, Spencer Steiner, Donnie Leuer, Josh Barzowski

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171-Nick Campbell
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2000
 140-Cory Vandenberghe
2002
 112-Erik Healy ~ 6th
 119-Brett Healy ~ 5th
 152-Ben Larson
 171-Luke Greder
2003
 111-Brett Healy
 121-Luke Healy ~ 2nd
 215-Luke Greder ~ 6th
 Hwt.-Tommy Jacobson
2004
 215-Chris Luedemann
2008
 171-Jackson Mboma
 Hwt.-Justin Piche
2011
 112-Joey Newmann
 115-Zack G...
 115-Jonny Dil...
 115-Frank Cr...
 115-Dan Rel...
2013
 106-Brad Osatiuk ~ 2nd
 113-Logan Dick
 138-Theo Gee
2015
 132-Brad Osatiuk ~ 6th
 138-Theo Gee
 145-Logan Dick
 160-Will Suehr
 160-Jah Doe
 160-Min Chisato-Rod...
 220-Taylor Tison
 Hwt.-Terry Ndi...
 106-Joey Thompson ~ 5th
 132-Gavin Peterson
 145-Aacoda Aitkin
 170-Jack Berndt
 195-Isaac Boehmer
 220-Adam Skogman
 120-Dylan
 132-Max J...
 138-Gavin
 15-Evan
 220-Westy

12 Alex True
 12 Samuel Garbow
 12 Chase Thein
 12 Ayden Gunville
 11 Ty Newton
 11 Tucker Fournier
 11 Thomas Schlangen
 11 Noah Fox
 11 Juan Maldonado Munoz
 11 Jayden Waste
 11 Jackson Neighbors-Rahkola
 11 Jackson Kilzer

11 Ireland Meade
 11 Cayden Kise
 11 Ben Schultz
 10 Russo Capel
 10 Jonathan Murphy
 10 Jaeden Hubbard
 10 Grady Mandle
 10 Eddie Hahn
 10 Daniel Johnson
 10 Conner Peterson
 10 Cole Tabler
 10 Christopher Ignacio Luna

10 Ayah Ismaiel
 10 Kathrine Melton
 9 Pavel Kardash
 9 Vincent Iacono
 9 Reese Redlinger
 9 Logan Buman
 9 Liam Swerdlick
 9 Jackson LaSota
 9 Kunal Nagaraj
 9 Khoa Nguyen
 9 Joseph Natysin
 9 Jonathan Hjelmstad

9 Ethan Hong
 9 Eli Hilal
 9 Dylan Buchanan
 9 De'Montay Farr
 9 Damian Seubert
 9 Benyam Reda
 9 Amir Bouzouma
 9 Alex Fox
 8 Lincoln Rudek
 8 Gavin Muhlstein
 8 Brooklyn True
 8 Owen Yamaya

8 Abdulaziz Alibrahim
 7 Oliver Laage
 7 Travis Kusie
 7 Owen Thompson
 7 Nathaniel Nelson
 7 Mason Albrecht
 7 Gavin Thompson
 7 Ethan Jones
 7 Andrew Dorn



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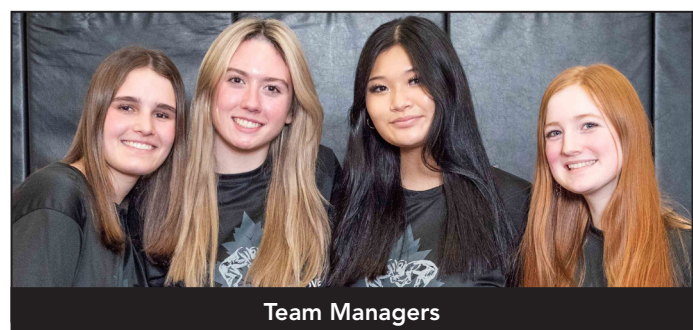
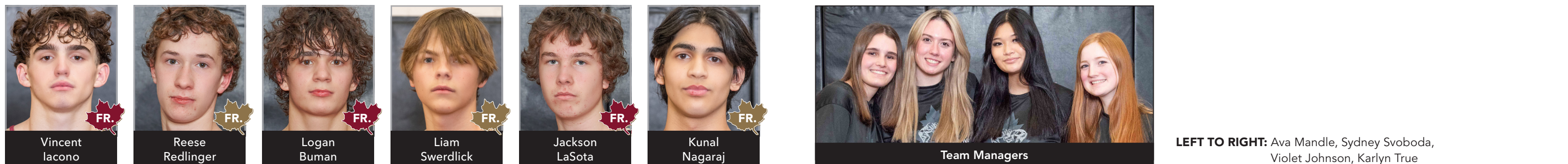
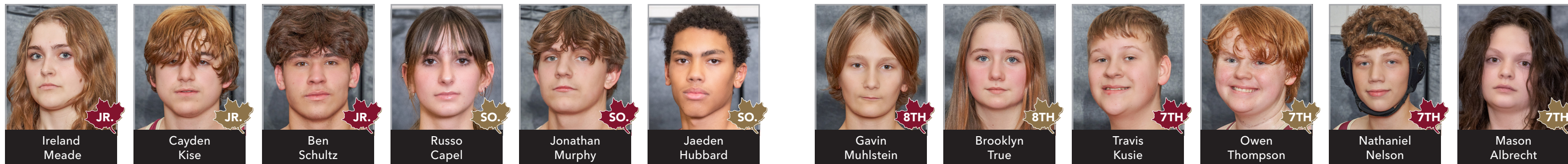
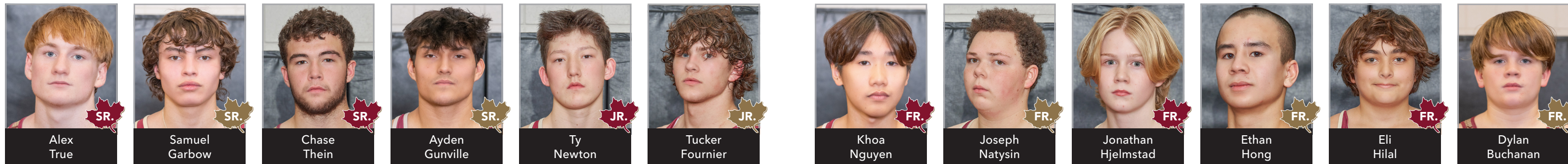
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**CRIMSON
PRIDE**



NOT PICTURED

- SO. Ayah Ismaiel
- SO. Kathrine Melton
- FR. Pavel Kardash
- 8TH Owen Yamaya
- 8TH Abdulaziz Alibrahim
- 7TH Oliver Laage

LEFT TO RIGHT: Ava Mandle, Sydney Svoboda, Violet Johnson, Karlyn True

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The object of the sport of wrestling is to put your opponent on his back — to pin your opponent.

WAYS TO WIN

A pin (or fall) is when you put your opponent on his/her back with any part of both shoulders or both shoulder blades of your opponent in contact with the mat for two seconds. When you pin your opponent, the match is over and you are the winner.

If nobody gets pinned, the winner is the wrestler who has scored the most points during the match.

THE FIVE WAYS TO SCORE POINTS IN A WRESTLING MATCH:

- 1. Takedown (2 points):** You score two points for taking your opponent down to the mat and controlling him/her.
- 2. Escape (1 point):** You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
- 3. Reversal (2 points):** You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.
- 4. Near Fall (Back Points) (2 or 3 points):** You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45-degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows. If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.
- 5. Penalty Points (1 or 2 points):** Your opponent is awarded points if you commit the following infractions.

- Illegal Holds
- Technical Violations
- Going off the mat or forcing your opponent off the mat to avoid wrestling
- Grabbing clothing, the mat, or the headgear
- Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have met criteria for a near pin of your opponent, or your opponent stands up and has all his/her weight on two feet, or you have lifted the opponent off the mat.
- Leaving the mat during the match without the referee's permission
- Unnecessary roughness
- Unsportsmanlike conduct
- Flagrant Misconduct (ejection, the match is over)
- Stalling (you get one warning before you are penalized and points are awarded).
- Incorrect starting position or false start (You get two cautions before points are awarded).

DUAL MEET TEAM SCORING

Fall, Forfeit, Default, Disqualification:
6 team points

Technical Fall (getting ahead of your opponent by 15 points ends the match):
5 team points

Major Decision (winning the match by 8-14 points):
4 team points

Decision (winning the match by fewer than 8 points):
3 team points

WEIGHT CLASSES

Competition shall be divided into 14 weight classes as follows (pounds): 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285. All wrestling competitions will start at 106 pounds. A two-pound growth allowance goes into effect on January 1.



CAPTAINS: Conner Peterson, Thomas Schlangen & Ben Schultz

SINGLESEASON (1996-2023 including post season)

Team Points (Missing 02-03 MD and TF)			Wins		Falls		Takedowns	
	Record	Year		Record	Year		Record	Year
1. Ben Schultz	240	22-23	1. Joey Thompson	46-0	17-18	1. Ben Schultz	30	22-23
2. Joey Thompson	233	17-18	2. Ben Schultz	46-6	22-23	2. Joseph Borchardt	26	09-10
3. Gavin Peterson	201	17-18	3. Gavin Peterson	46-7	18-19	3. Alex Gray	25	10-11
4. Gavin Peterson	200	18-19	4. Gavin Peterson	43-11	17-18	4. Justin Piche	24	08-09
5. Zack Gawboy	196	09-10	5. Erik Healy	41-2	02-03	5. Zack Gawboy	24	10-11
6. Joseph Borchardt	195	09-10	6. Logan Dick	41-5	14-15	6. Frank Cramer	23	10-11
7. Tyler Shilson	194	13-14	7. Joey Thompson	40-5	16-17	7. Chris Dykhoff	22	98-99
8. Joey Thompson	188	16-17	8. Brad Osatiuk	40-7	14-15	7. Tommy Jacobs	22	02-03
9. Isaac Boehmer	187	17-18	9. Luke Greder	39-5	02-03	9. Justin Piche	21	07-08
10. Logan Dick	186	14-15	10. Tyler Shilson	39-6	13-14	9. Zack Gawboy	21	09-10
10. Connor Peterson	186	21-22	11. Connor Peterson	39-9	21-22	9. Taylor Tison	21	15-16
12. Zack Gawboy	185	10-11	12. Zack Gawboy	39-10	09-10	12. Johan Rodvik	20	19-20
13. Connor Peterson	182	22-23	13. Adam Skogman	39-13	17-18	12. Alex Gray	19	11-12
14. Frank Cramer	181	10-11	14. Max Johnson	38-7	21-22	12. Gavin Peterson	19	17-18
15. Tommy Jacobs	177	02-03	15. Isaac Boehmer	38-14	17-18	12. Isaac Boehmer	19	17-18
						12. Ben Schultz	19	21-22

3-Point Near-falls			2-Point Near-falls		Technical Falls (Missing 02-03)		Reversals				
	Record	Year		Record	Year		Record	Year			
1. Logan Dick	50	14-15	1. Logan Dick	41	13-14	1. Logan Dick	9	13-14	1. Tyler Shilson	31	13-14
2. Aacoda Aitkin	42	17-18	2. Aacoda Aitkin	34	17-18	2. Joey Thompson	7	16-17	2. Sam DeVries	29	96-97
3. Tyler Shilson	39	13-14	3. Joey Thompson	32	16-17	2. Aacoda Aitkin	7	17-18	2. Taylor Tison	29	15-16
4. Tyler Shilson	36	12-13	4. Evan Hull	26	17-18	2. Joey Thompson	7	17-18	4. Luke Vollmer	27	07-08
5. Jonny Dill	34	10-11	5. Tyler Shilson	25	12-13	5. Jake Nord	6	00-01	5. Troy Seubert	25	98-99
5. Jesse Hawthorne	34	11-12	5. Tyler Shilson	25	13-14	5. Brett Healy	6	01-02	6. Logan Dick	24	14-15
7. Jack Herbes	32	15-16	7. Joey Thompson	24	17-18	5. Brad Osatiuk	6	11-12	6. Ben Larson	24	00-01
8. Jake Nord	30	00-01	8. Brad Osatiuk	19	14-15	5. Logan Dick	6	12-13	6. Robbie Gawboy	24	03-04
8. Brad Osatiuk	30	11-12	9. Zack Gawboy	18	10-11	5. Tyler Shilson	6	13-14	9. James Kong	23	98-99
10. Connor Peterson	28	21-22	9. Connor Peterson	18	21-22	5. Logan Dick	6	14-15	9. Kazim Kahn	23	04-05
11. Brad Griffore	27	04-05	11. Jake Nord	17	00-01	5. Logan Dick	6	15-16	9. Logan Dick	23	15-16
11. Zack Gawboy	27	11-12	11. Brad Griffore	17	05-06	5. Connor Peterson	6	21-22	12. Matt Philips	22	07-08
11. Logan Dick	27	15-16	11. Logan Dick	17	12-13	5. Max Johnson	6	21-22	12. Zach Quam	22	07-08
14. Troy Seubert	26	98-99	11. Aacoda Aitkin	17	15-16	14. Tyler Shilson	5	12-13	12. Logan Dick	22	13-14
14. Jake Nord	26	98-99	11. Max Johnson	17	18-19	14. Brad Osatiuk	5	14-15	12. Jack Herbes	22	15-16
14. Joey Thompson	26	16-17			14. Jack Herbes	5	15-16	12. Dylan Schultz	22	17-18	
					14. Evan Hull	5	17-18				

Major Decision (Missing 02-03)			Escapes		
	Record	Year		Record	Year
1. Jonny Dill	12	10-11	6. Max Johnson	8	22-23
2. Tyler Shilson	10	13-14	11. Jackson Mboma	7	07-08
2. Aacoda Aitkin	10	17-18	11. Zack Gawboy	7	09-10
4. Logan Dick	9	14-15	11. Brad Osatiuk	7	12-13
4. Joey Thompson	9	16-17	11. Joey Thompson	7	15-16
6. Jonny Dill	8	09-10	11. Aacoda Aitkin	7	16-17
6. Logan Dick	8	13-14	11. Evan Hull	7	16-17
6. Logan Dick	8	15-16	11. Gavin Peterson	7	17-18
6. Joey Thompson	8	17-18	11. Max Johnson	7	21-22
			11. Rufus Bartee	7	22-23

CAREER (1997-2023)

Team Points		Win Percentage (Minimum 50 matches)		Wins		Takedowns	
1. Max Johnson	754	1. Joey Thompson	86.99% 107-16	1. Logan Dick	172	1. Logan Dick	399
2. Jonny Dill	744	2. Tom Owen	86% 43-7	2. Max Johnson	164	2. Gavin Peterson	354
3. Logan Dick	715	3. Tyler Shilson	83.53% 71-14	3. Jonny Dill	160	3. Max Johnson	338
4. Gavin Peterson	693	4. Logan Dick	80.37% 172-42	4. Gavin Peterson	155	4. Joey Thompson	336
5. Zack Gawboy	688	5. Connor Peterson	80.17% 93-23	5. Brad Osatiuk	146	5. Jonny Dill	291
6. Brad Osatiuk	669	5. Evan Hull	80% 96-24	6. Zack Gawboy	137	6. Brad Osatiuk	271
7. Ben Schultz	586	6. Brad Osatiuk	79.78% 146-37	7. Luke Greder	119	7. Jebah Doe	250
8. Luke Greder	535	8. Ben Schultz	77.55% 114-33	8. Ben Schultz	114	8. Brett Healy	248
9. Dan Rekuski	528	9. Zack Gawboy	77.40% 137-40	9. Dan Rekuski	113	9. Evan Hull	246
10. Frank Cramer	491	10. Erik Healy	77.10% 91-20	10. Brett Healy	107	10. Zack Gawboy	243

3-Point Near-falls		2-Point Near-falls		Pins		Reversals	
1. Logan Dick	129	1. Logan Dick	87	1. Zack Gawboy	78	1. Logan Dick	98
2. Jonny Dill	97	2. Joey Thompson	71	2. Gavin Peterson	68	2. Matt Philips	89
3. Aacoda Aitkin	86	3. Aacoda Aitkin	68	2. Ben Schultz	68	3. Jonny Dill	81
4. Brad Osatiuk	84	4. Brad Osatiuk	66	4. Jonny Dill	61	4. Zack Gawboy	75
5. Gavin Peterson	83	5. Max Johnson	56	5. Joseph Borchardt	60	5. Robbie Gawboy	74
6. Jake Nord	81	6. Tyler Shilson	50	6. Justin Piche	59	6. Taylor Tison	72
7. Jack Herbes	80	7. Adam Whirley	46	7. Max Johnson	58	7. Jake Nord	63
8. Zack Gawboy	78	8. Jake Nord	45	8. Brad Osatiuk	55	8. Luke Vollmer	62
9. Tyler Shilson	75	8. Zack Gawboy	45	9. Frank Cramer	54	8. Adam Whirley	62
10. Max Johnson	66	8. Gavin Peterson	45	9. Dan Rekuski	54	8. Zach Quam	62

Fastest Varsity Falls by weight class			
(No Data for 2002-2003 and 2005-2006)			
	Weight Class	Time	Opponent
Adam Whirley (2006 - 2007)	103	:15	Hopkins
Anthony Brenda (1998 - 1999)	112	:10	Richfield/Edina
Cory Vandenberghe (1997 - 1998)	119	:10	Mpls. South
Blake Mattson (2003 - 2004)	125	:15	Chisago Lakes
Matt Dignan (1998 - 1999)	130	:13	Orono
Tom Owen (1996 -1997)	135	:12	Mpls. North
Frank Cramer (2010 - 2011)	140	:15	Spring Lake Park
Robert Morgan (2013 - 2014)	145	:18	Osseo
Logan Dick (2015 - 2016)	152	:07	Superior, WI.
Mike Edison (2015 - 2016)	160	:09	Humbolt
Luke Greder (2001 - 2002)	171	:28	Hopkins
Enrique Fuentes (1999 - 2000)	189	:09	unknown
Alex Gray (2009 - 2010)	215	:16	Andover
Ray Wesley (1997 - 1998)	Hwt.	:12	North Minneapolis



THANK YOU, SPONSORS!

On behalf of the coaches, players, and parents, we want to thank all of our advertisers and donors. Your support contributes to the success of Crimson Wrestling!

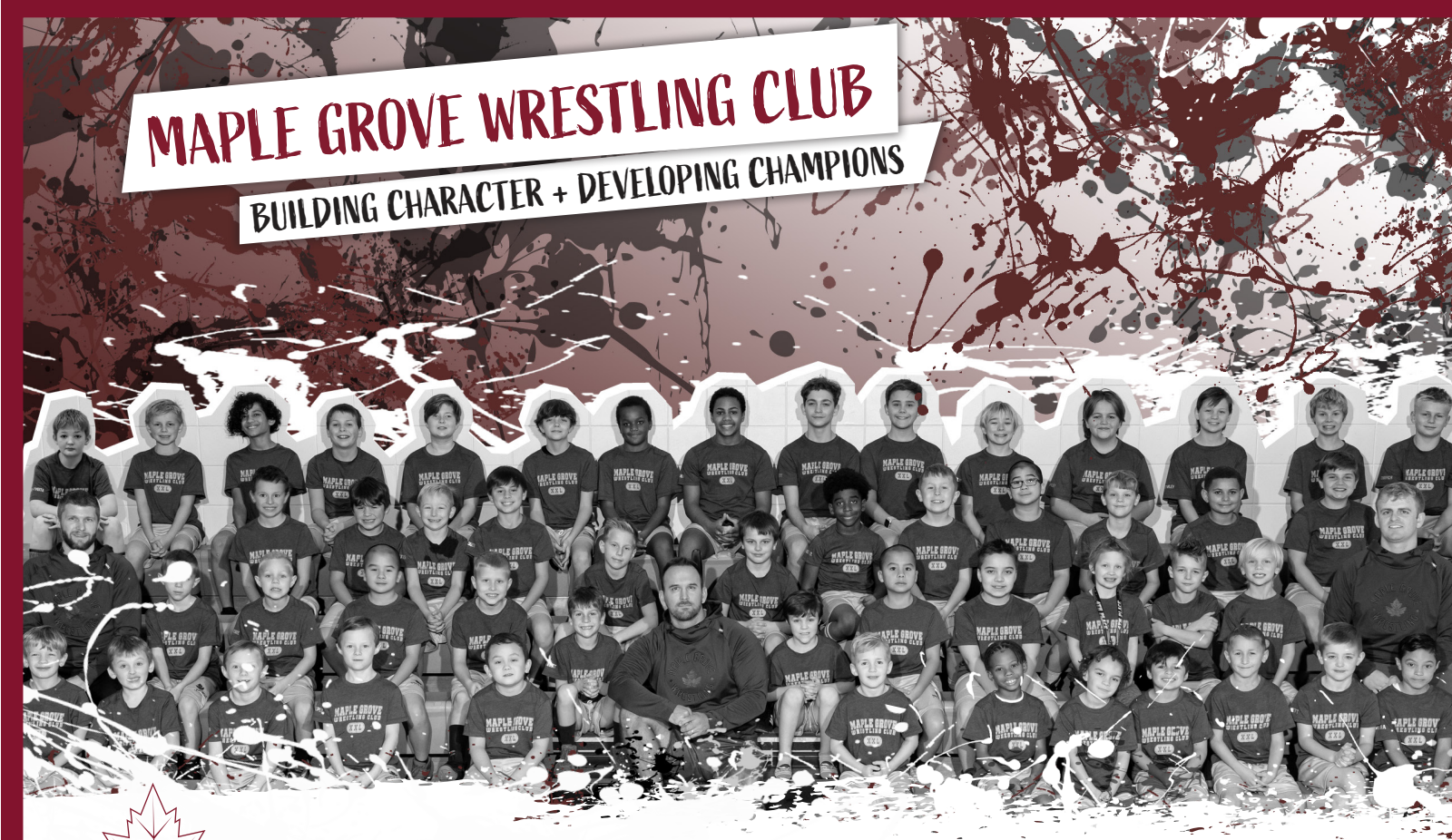
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Fans, please make every effort to do business with our sponsors and tell them you are from Crimson Wrestling!

THANK YOU, DONORS!

Thank you to those families and individuals that have provided generous financial contributions and countless hours of support.

**Contributions can still be made at
www.crimson-wrestling.com**



THE FUTURE OF CRIMSON WRESTLING

Maple Grove Wrestling Club was established to offer area youth an opportunity to participate in the growing sport of wrestling, to grow as individuals from the values wrestling provides, and to feel part of the bigger Crimson Wrestling family. The club is offered for kids in Pre-K through 8th grade.

The program continues to grow and thrive; this season we have over **75+ wrestlers** and officially became a MN/USA chartered club! Our dual team will compete in the MG Duals, the Brawl, and other team events as well as MN/USA Tournament as a team. We continue to be led by Head Coach Mike Kisch and Assistant Coach Donnie Leuer! We look forward to watching the kids push themselves competitively at open tournaments throughout the season and to another strong contingent to qualify for the MN/USA State tournament.

GROWING THE SPORT...

We are led by a fantastic coaching staff and committed parents who are willing to grow the sport in our area by offering wonderful opportunities for the kids. We are proud to offer:

- **Summer Strength + Conditioning**
- **Intro to Wrestling Clinics**
- **U of M Gopher Wrestler Clinics**
- **Freestyle Clinics lead by MN Storm**
- **More options being added every year!**

For our families, we offer events throughout the year to continue the connection built during the season.

- **Family bowling night**
- **Team pizza outing**
- **and so much more...**

SAVE THE DATES

Watch our Facebook page for dates!

3rd Annual CornHole Tournament: May 18th, 2024

For more information on the program contact us at: MGWrestlingClub@gmail.com

