



Heartland Duals

Girls Event Guide

2022

USA NATIONAL DUALS
MID-AMERICA CENTER
HEARTLAND

APRIL 14-16, 2022



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

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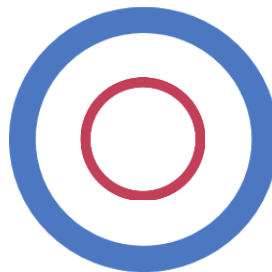


All Athletes

First	Last	Team
<u>Gold Team</u>		
<u>Kyleigh</u>	Williams	Gold
<u>Emery</u>	Soukup	Gold
<u>Breslyn</u>	Kirkpatrick	Gold
<u>Aleena</u>	Johnson	Gold
<u>Rebekah</u>	Smith	Gold
<u>Emily</u>	Pulk	Gold
<u>Ariana</u>	Pickar	Gold
<u>Lauren</u>	Leuthard	Gold
<u>Hailey</u>	Goth	Gold
<u>Trinity</u>	Yates	Gold
<u>Emma</u>	Antoni	Gold
<u>Trista</u>	Gessler	Gold
<u>Isabella</u>	Nolan	Gold
<u>Danica</u>	Fuelling	Gold
<u>Alyzabeth</u>	Hiler	Gold
<u>Aliah</u>	Fischer	Gold
<u>Zoey</u>	Bly	Gold
<u>Storm Team</u>		
<u>Freyda</u>	Nelson	Storm
<u>Kayla</u>	Pastika	Storm
<u>Julia</u>	Kallal	Storm
<u>Aldina</u>	Didovic	Storm
<u>Azalea (Z)</u>	Kallal	Storm
<u>Brielle</u>	Kuschel	Storm
<u>Ariana</u>	Mead	Storm
<u>Ella</u>	Henning	Storm
<u>Lillian</u>	Eggum	Storm
<u>Maggie</u>	Olson	Storm
<u>Caley</u>	Graber	Storm
<u>Adela</u>	Didovic	Storm
<u>Abby</u>	Gindele	Storm
<u>Charli</u>	Raymond	Storm
<u>Kamdyn</u>	Saulter	Storm
<u>Audrey</u>	Rogotzke	Storm
<u>Cassy</u>	Gonzales	Storm
<u>Elizabeth</u>	Dake	Storm
<u>Sarah</u>	Pulk	Storm

Minnesota Team Gold

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Gold Team

Kyleigh

Emery

Breslyn

Aleena

Rebekah

Emily

Ariana

Lauren

Hailey

Trinity

Emma

Trista

Isabella

Danica

Alyzabeth

Aliah

Zoey

Williams

Soukup

Kirkpatrick

Johnson

Smith

Pulk

Pickar

Leuthard

Goth

Yates

Antoni

Gessler

Nolan

Fuelling

Hiler

Fischer

Bly

Athlete Bios



Name: Kyleigh Williams

Heartland Team: Gold

Home Town : Minneapolis, MN

Wrestling club : North Metro

Fun fact: That's she likes to play soft ball and she is bilingual in Spanish.

Athlete Bios



Name: Emily Pulk

Heartland Team: Gold

Home Town: Strathcona, MN

Wrestling club : BGMR Gator Wrestling Club

Fun fact: she is half way to earning her Jr Black Belt in TaeKwando

Athlete Bios



Name: Emery Soukup
Heartland Team: Gold

Home Town / Current residency: Orono
Wrestling club :Soarr Elite Wrestling

Fun fact: Likes to draw

Athlete Bios

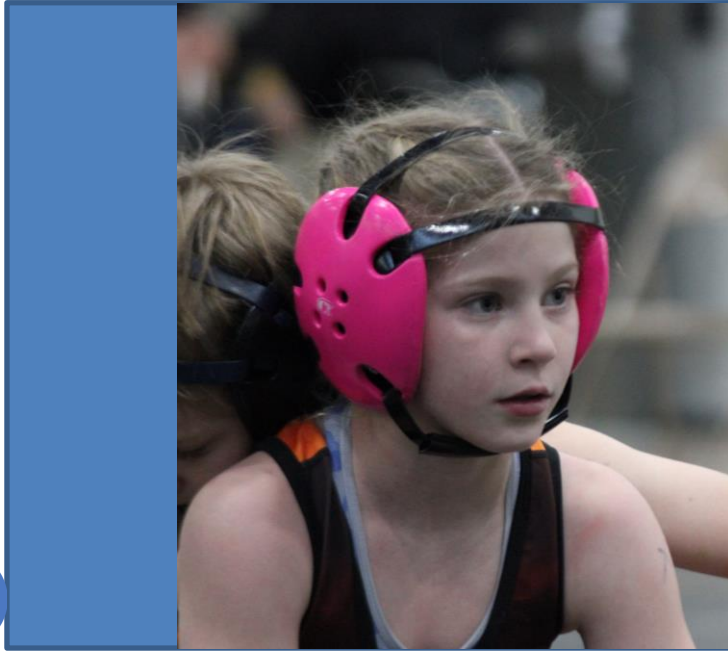


Name: Breslyn Kirkpatrick
Heartland Team: Gold

Home Town: Waconia
Wrestling club : Waconia

Fun fact: Breslyn knows a lot about space and wants to study aerospace engineering or be an astronaut.

Athlete Bios



Name: Aleena Johnson
Heartland Team: Gold

Home Town: Northfield
Wrestling club : Summit Wrestling Academy

Fun fact: Got up on water skis the very 1st time trying

Athlete Bios



Name: Rebekah Smith
Heartland Team: Gold

Home Town : Big lake
Wrestling club : Big Lake

Fun fact: She has a deep passion and love for animals. She also enjoys and can drink Apple Cider Vinegar with no issues.

Athlete Bios



Name: Ariana Pickar (Ari Pickar)
Heartland Team: Gold

Home Town : Brainerd
Wrestling club : Scoring Edge

Fun fact: This year Ari competed in 5 different sports; Volleyball, Wrestling, Basketball, Track & Field and Softball.

Athlete Bios



Name: Lauren Leuthard
Heartland Team: Gold

Home Town: Plymouth, MN
Wrestling club : Wayzata Wrestling

Fun fact: She has many fun pets, including multiple tree frogs!

Athlete Bios



Name: Hailey Goth
Heartland Team: Gold

Home Town : St. Michael (STMA)
Wrestling Club : PINnacle

Fun fact: I have an older brother and younger sister who both wrestle

Athlete Bios



Name: Trinity Yates
Heartland Team: Gold

Home Town: Hastings MN
Wrestling club :Hastings

Fun fact: she also plays football and softball, is a huge KC Chiefs fan.

Table of
cont.

Athlete Bios



Name: Emma Antoni

Heartland Team: Gold

Home Town : Otsego, MN

Wrestling club : STMA (St Michael Albertville)

Fun fact: She can touch her tongue to her nose!

Athlete Bios



Name: Trista Gessler
Heartland Team: Gold

Home Town: Montgomery
Wrestling club : Tri-City United Titans & Summit
Wrestling academy

Fun fact: first female Tri-City United Titans
wrestler

Athlete Bios



Name: Isabella Nolan (Izzy)

Heartland Team: Gold

Home Town: St. Paul

Wrestling club : East Side Wrestling Club

Fun fact: Izzy participates in BJJ and basketball.
Izzy also loves the outdoors.

Athlete Bios



Name: Danica Fuelling
Heartland Team: Gold

Home Town: Newport
Wrestling club : Cottage Grove (Park)

Fun fact: Danica is obsessed with all things Harry Potter.

Athlete Bios



Name: Alyzabeth Hiler (Sissy)
Heartland Team: Gold

Home Town: Eastside of Saint Paul/ Roseville
Wrestling club : Eastside Wrestling Club

Fun fact: they can play 11 musical instruments

Athlete Bios



Name: Aliah Fischer
Heartland Team: Gold

Home Town: Owatonna
Wrestling club :Owatonna Wrestling club

Fun fact: I am a 4 sport athlete (wrestling, lacrosse, softball, volleyball). I also play the viola.

Athlete Bios



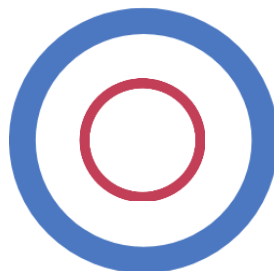
Name: Zoey Bly
Heartland Team: Gold

Home Town / Current residency:
Wrestling club : La Crescent MN

Fun fact: She loves to hunt and fish

Minnesota Team Storm

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Storm Team

Freyda

Kayla

Julia

Aldina

Azalea (Z)

Brielle

Ariana

Ella

Lillian

Maggie

Caley

Adela

Abby

Charli

Kamdyn

Audrey

Cassy

Elizabeth

Sarah

Nelson

Pastika

Kallal

Didovic

Kallal

Kuschel

Mead

Henning

Eggum

Olson

Graber

Didovic

Gindele

Raymond

Saulter

Rogotzke

Gonzales

Dake

Pulk

Athlete Bios



Name: Freyda Nelson
Heartland Team: Storm

Home Town: Fridley
Wrestling club : Pinnacle

Fun fact: "I'm a 2nd generation Potterhead!"

Athlete Bios



Name: Kayla Pastika
Heartland Team: Storm

Home Town :Owatonna
Wrestling club : Summit

Fun fact: I get to work with alligators, snakes, lizards and chickens all the time.

Athlete Bios



Name: Julia Kallal

Heartland Team: Storm

Home Town: New Prague

Fun fact: Julia once lost her front tooth and ended up blowing it out her nose!

Table of
cont.

Athlete Bios



Name: Aldina Didovic

Heartland Team: Storm

Home Town: Coon Rapids

Wrestling club : Summit Wrestling and PTW.

Fun fact: she needed physical therapy to develop joint issues she had when she was born. When she started wrestling, she was able to stop physical therapy completely.

Athlete Bios



Name: Azalea Kallal (Z)
Heartland Team: Storm

Home Town :New Prague

Fun fact: Z has random laugh attacks!

Athlete Bios



Name: Brielle Kuschel
Heartland Team: Storm

Home Town: Clear Lake, MN
Wrestling club : Becker

Fun fact: Been a gymnast since she was 3

Athlete Bios



Name: Ariana Mead

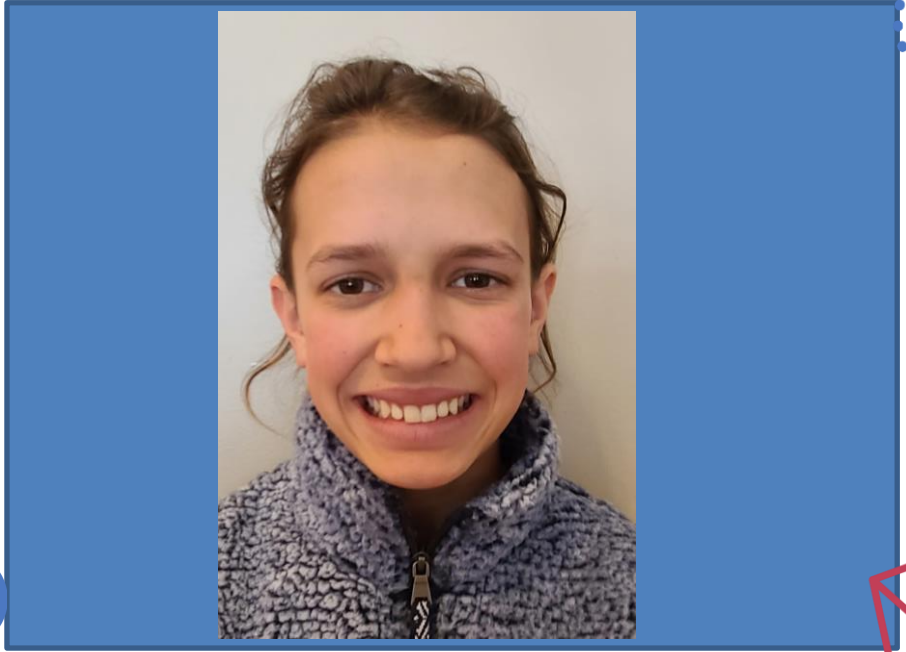
Heartland Team: Storm

Home Town : Waconia

Wrestling club : Pinnacle

Fun fact: She has 5 siblings & she lives in a house without a microwave!

Athlete Bios



Name: Ella Henning

Heartland Team: Storm

Home Town: Hackensack

Wrestling club : Walker-Hackensack-Akeley
school

Fun fact: she loves animals, especially her black
cat named Skittles

Table of
cont.

Athlete Bios



Name: Lillian Eggum

Heartland Team: Storm

Home Town: Afton, MN

Wrestling club : Stillwater Girls Wrestling

Fun fact: I play soccer year round, wrestling has taught me to be aggressive!

Athlete Bios



Name: Maggie Olson

Heartland Team: Storm

Home Town : Albert Lea

Wrestling club : Albert Lea

Fun fact: Maggie also plays hockey during the winter!

Athlete Bios



Name: Caley Graber

Heartland Team: Storm

Home Town :Northfield

Wrestling club : Summit Wrestling Academy

Fun fact: I like to bake

Athlete Bios



Name: Adela Didovic
Heartland Team: Storm

Home Town: Coon Rapids

Wrestling club :Summit Wrestling and PTW.

Fun fact: In the summer time she enjoys going on motorcycle rides with her dad and hopes to ride her own motorcycle when she's 16.

Athlete Bios



Name: Abby Gindele

Heartland Team: Storm

Home Town : Maple Lake

Wrestling club : Annandale-Maple Lake (ANML)

Fun fact: LOVES Beagles

Athlete Bios



Name: Charli Raymond

Heartland Team: Storm

Home Town :Randolph, MN

Wrestling club : Pinnacle

Fun fact: Charli was the leading scorer on her 6th grade football team with 10 rushing touchdowns and 2 passing touchdowns.

Athlete Bios



Name: Kamdyn (Kami or Kam) Saulter

Heartland Team: Storm

Home Town: Rosemount

Wrestling club : Summit Wrestling Academy

Fun fact: Kami enjoys robotics, loves animals and wants to be a zoologist.

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cont.

Athlete Bios



Name: Audrey Rogotzke

Heartland Team: Storm

Home Town : Stillwater
Wrestling club : Pinnacle

Fun fact: Audrey was branded by many in MN from a young age with the Nickname, "The Babyfaced Assassin". Also, Audrey and her Brother Ryder became the 1st Sister-Brother State champions in MN history at this years High School Tournament.

Athlete Bios



Name: Cassandra (Cassy) Gonzales

Heartland Team: Storm

Home Town :Shakopee

Wrestling club : Summit Wrestling

Academy/Shakopee middle school

Fun fact: Enjoys playing football & wants to play Rugby

Athlete Bios



Name: Elizabeth Dake

Heartland Team: Storm

Home Town : New Ulm

Wrestling club : New Ulm Rolling thunder

Fun fact: Ellie is a 3-sport athlete and has lettered twice in 8th grade

Athlete Bios



Name: Sarah Pulk

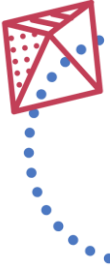
Heartland Team: Storm

Home Town: Strathcona, MN

Wrestling club : BGMR Gator Wrestling Club

Fun fact: Was a competition figure skater for 10 years

Coaches



- Katrian Eggum: Team Minnesota Storm
- Ali Bernard- Sprenger: Team Minnesota Gold
- Kahlea Jolly: Team Minnesota Gold/Storm
- Madison (Madi) Horn: Team Minnesota Gold/Storm

Coaches



Name Katrina (Betts) Eggum

Katrina grew up in Michigan. Her father ran a top private youth club, she begged to wrestle with the boys until one day he gave in at age 6. Trisha Saunders the Pioneer of Women's Wrestling in the U.S., also from Michigan, invited Katrina to begin traveling and competing alongside the US Senior Women's Team at age 11. This opportunity exposed her to female competitions, peers and mentors. She was a four year Varsity starter on the boys team at Milan High School. She went on to wrestle in college at the first college that established Women's wrestling in the U.S., The University of Minnesota-Morris. She has won 9 national titles at the Cadet, Junior, University and USGWA level in addition to her international accomplishments and experiences.

Besides the volunteer position assisting with The MN USA Women's program she is the Head Coach of Stillwater Girls Wrestling. The program established in 2019 now hosts a roster of 38 Girls at the K-6 level. Their first High School State Champ Audrey Rogotzke. She is focused on promoting wellness and empowerment for all Girls through the sport of wrestling.

Katrina met her husband Brandon Eggum (University of Minnesota Wrestling Head Coach) at the Olympic Training Center in Colorado Springs. They have three children Grayson, Lillian and Monroe. In her free time she enjoys the outdoors, gardening, making homemade sauce and salsa with her family.

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Coaches



Name Ali Bernard- Sprenger

A native of New Ulm, Minnesota, Bernard competed for the University of Regina , SK Canada from 2005 to 2008, before wrestling one final season in 2010 at the University of Alberta (Canada), where she then served as an assistant coach for three years.

Bernard won the national championship for her weight class in every year of her varsity career, setting a record with five CIS gold medals. After concluding her student-athlete career at the University of Alberta in 2010, Bernard joined the Golden Bears and Pandas wrestling staff for the 2011 season. Her success as an athlete followed her into coaching, as Bernard assisted in one women's national team championship (2011), two women's team Canada West titles (2012, 2013) and one men's team Canada West championship (2013).

Internationally, Bernard won several medals, including gold at the 2010 FISU Games, and bronze at the 2011 World Championships. As a member of the United States Olympic team, she placed 5th in the heavyweight class at the 2008 Beijing Games, and was 13th in the 72kg division at the London Olympics four years later.

Following retirement from competition, She Moved back to Minnesota (Shakopee) and helped coached the MN/USA girls wrestling team from 2012 -2017. She Joined the MN /USA BOD in 2020 as the vice presented and transitioned in to the Women's/girls director in 2021. Outside of wrestling she Enjoys Spending time with her 3 year old daughter Scout & husband Jason.

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Coaches



Name: KAHLEA JOLLY

Home Town: Lino Lakes, Minnesota

Junior

Varsity Athlete at Augsburg Collage.

Career Goal? Neuropsychologist

Why did I choose to attend Augsburg? Wrestling
and close to home.

Athletic Goal at Augsburg? To be a 4 year varsity
award winner and to all American.

What are you most thankful for? My family.

Coaches



Name: Madison (Madi) Horn

Sophomore

Varsity Athlete at Augsburg Collage..

Home town: Stillwater MN

Career Goal? bachelors degree in BioPsychology and then continue going to school at Augsburgs Graduate program for Physicians Assistants and eventually work in the emergency department at a hospital.

Why did I choose to attend Augsburg? I chose Augsburg because it offers the only women's wrestling program in the state and also has a PA graduate program.

Athletic Goal at Augsburg? Academic all American every year, go to nationals, become a national champ and All American on the mat.

Biggest Thrill in Athletics? Surprising yourself with your own performance and being proud of my teammates for succeeding.

What differentiates you from teammates or other students? I'm a fun, bubbly, extroverted personality. I love to talk to everyone and get to know them. I am a great team player and enjoy being apart of a team. I think I'm the only BioPsychology major on the team.

What is a little known fact about yourself? My favorite color is orange and I have a pet bunny.

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Schedule

Address of Venue

1 Arena Way, Council Bluffs, IA 51501



Event Dates and times

April 14th Thursday- Weigh-ins from 4:00pm to 8:00 pm at main arena. More info will be sent to team leaders prior to the event.

Teams do not have to weigh in together.

April 15th 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 Saturday)

April 16th 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.

Rules of Engagement

National Federation High School Rules--- Head gear not required.

45 minute rest between matches not in effect

Must make weight in singlet/ skin ailment must have doctors release

Time periods are: 1 ½ minute (all 3 periods)

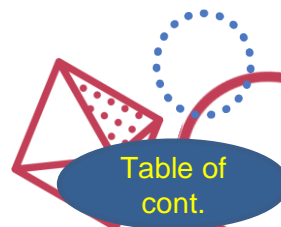
Exceptions---Mouth pieces are not required for wrestlers with braces. Shoe laces do not have to be secured but strongly encouraged. Hair nets are not required but encouraged. Competition singlet can not be low cut singlets. Must meet High School singlet criteria.

Adult pass and student pass

Adult pass is \$20.00 plus taxes and fees and student pass is \$14.00 plus taxes and fees. This is a per day fee. If child is not in school yet they are free

Saturday Bracket Placement Criteria:

- 1) Pool Placement
- 2) Record
- 3) Head-to-Head
- 4) Most Team Points
- 5) Least Team Penalty Points
- 6) Most Individual wins
- 7) Coin Flip



Social Media

If posting to social media during the wrestling event please use our hashtags:

#StormGirlsHeartland
& **#MNStorm**

This will help us grow the Minnesota girls program!



Follow MN/USA Wrestling:

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

The tournament will be live streamed on Rokfin channel. <https://rokfin.com/NEUSAW>



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Contact Info



Contact Us



For questions contact:
Katrina Eggum

keggum@mnusawrestling.org



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