

# Heartland Duals

## Team Minnesota

### Girls Event Guide

#### 2023



# Athletes



Name	Weight class
<a href="#"><u>Alaina Williams</u></a>	58
<a href="#"><u>Freyda Nelson</u></a>	65
<a href="#"><u>Emery Soukup</u></a>	73
<a href="#"><u>Azalea Kallal</u></a>	82
<a href="#"><u>Madilyn Trottier</u></a>	82
<a href="#"><u>Ava Schultz</u></a>	89
<a href="#"><u>Lauren Leuthard</u></a>	97
<a href="#"><u>Maggie Olson</u></a>	97
<a href="#"><u>Lillian Eggum</u></a>	97
<a href="#"><u>Ella Henning</u></a>	102
<a href="#"><u>Abby Gindele</u></a>	109
<a href="#"><u>Emma Antoni</u></a>	117
<a href="#"><u>Trista Gessler</u></a>	126
<a href="#"><u>Aliah Fischer</u></a>	138
<a href="#"><u>Danica Fuelling</u></a>	150
<a href="#"><u>Zoey Bly</u></a>	150
<a href="#"><u>Sarah Pulk</u></a>	165

# Athlete Bio



Name: Alaina Williams

Weight class: 58 lbs

Years wrestling: 3 years

Club/Clubs you represent: Summit Wrestling Academy

City you live in: Northfield, MN

Favorite song or music type: Pop

Favorite post weigh in food/ snack: Donuts and Veggie Straws

A fun fact about you: Alaina loves sports! Between volleyball, wrestling, softball, gymnastics and cross country she stays busy! She also added theater to her list of activities this winter when she got to be Annie in her school play.

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# Athlete Bio



Name : Freyda Nelson

Weight class: 65

Years wrestling: 4

Club/Clubs you represent: Pinnacle & Blaine

City you live in: Fridley

Favorite song or music type: Zayde Wolf, Future Royalty, Hidden Citizens

Favorite post weigh in food/ snack: Body Armor

A fun fact about you:

"I can ski, sail, and cycle -- so whatever the weather, I can get to wrestling practice!"

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cont.](#)

# Athlete Bio



Name Emery Soukup

Weight class: 73lbs

Years wrestling: 5 years

Club/Clubs you represent: Orono Wrestling Club  
No Nonsense Wrestling Club

City you live in: Maple Plain

Favorite song or music type: Pop

Favorite post weigh in food/ snack: Soft pretzel and cotton candy

A fun fact about you: likes to make digital art and animations

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# Athlete Bio



Name: Azalea Kallal

Weight class: 82

Years wrestling: 7

Club/Clubs you represent: New Prague Wrestling + Pinnacle

City you live in: New Prague

Favorite song or music type: heavy metal

Favorite post weigh in food/ snack: gummy bears golf

A fun fact about you: I love to enjoy my summers playing.

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# Athlete Bio



Name: Madilyn Trottier

Weight class: 82

Years wrestling: 5

Club/Clubs you represent: Apple Valley

City you live in: Apple Valley

Favorite song or music type: Hip Hop

Favorite post weigh in food/ snack: Blueberry Bagel with Cream Cheese

A fun fact about you: When I was a baby I traveled to China for 6 weeks and got the nickname Mei Mei

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cont.](#)

# Athlete Bio



Name: Ava Schultz

Weight Class: 89lbs

Years Wrestling: 9 years

Club/Clubs you represent: STMA/Grynd

City you live in: Albertville

Favorite Song or music type: The Weekend

Favorite post weigh in food/snack: pizza, fruit snacks, sushi, yogurt

Fun fact about me: I am number 3 of 3 kids in my family and we all wrestle. (Two older brothers, Ian and Eli)

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# Athlete Bio



Name: Lauren Leuthard

Weight class: 97

Years wrestling: 4

Club/Clubs you represent: Wayzata

City you live in: Plymouth

Favorite song or music type: Country

Favorite post weigh in food/ snack: Fruit

A fun fact about you: I have lots of pets - lizard, frogs, dog, cat, fish!

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# Athlete Bio



Name Maggie Olson

Weight class: 97

Years wrestling: 9

Club/Clubs you represent: Albert Lea Area

City you live in: Albert Lea

Favorite song or music type: Country

Favorite post weigh in food/ snack: Fruit

A fun fact about you: I played hockey for 10 years.

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# Athlete Bio



Name: Lillian Eggum

Weight 97lbs

Years wrestling: 4yrs- part time

Club/Clubs you represent: Stillwater Girls Wrestling

City you live in: Afton MN

Favorite song or music type: Hip-Hop

Favorite post weigh in food/ snack: Spaghetti

A fun fact about you I'm on the U13 Midwest Olympic Development Soccer Team.

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# Athlete Bio



Name: Ella Henning

Weight class: 102

Years wrestling: 6 years

Club/Clubs you represent: Walker-Hackensack-Akeley-Nevis

City you live in: Hackensack

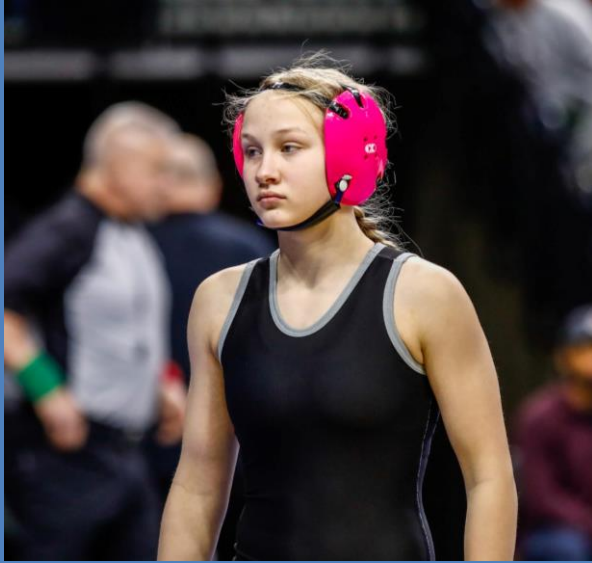
Favorite song or music type: "Unbelievable" by Diamond Rio....country music

Favorite post weigh in food/ snack: fruit or Kings Hawaii roll sandwiches.

A fun fact about you: I am the first girl and 7th grader to go to state in wrestling from my school.

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# Athlete Bio



Name Allison Gindele

Weight class: 109

Years wrestling: 7 years

Club/Clubs you represent: Minnesota storm, TC RTC,  
and Pursuit wrestling

City you live in: Maple Lake

Favorite song or music type: country

Favorite post weigh in food/ snack: yogurt

A fun fact about you: NA

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cont.](#)

# Athlete Bio



Name-Emma Antoni

Weight class:117

Years wrestling:5

Club/Clubs you represent: PINnacle

City you live in: Otsego

Favorite song or music type: Cinderella Man

Favorite post weigh in food/ snack: Sushi

A fun fact about you: Born in Okinawa, Japan

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# Athlete Bio



Name: Trista Gessler

Weight class: 126

Years wrestling: 7 years

Club/Clubs you represent: Tri-City United high school & Summit wrestling academy

City you live in: Montgomery

Favorite song or music type: country

Favorite post weigh in food/ snack: pickles

A fun fact about you: I also played jr. high

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# Athlete Bio



Name Aliah Fischer

Weight class: : 138lbs

Years wrestling: : 5 years

Club/Clubs you represent: Tri-City Owatonna MN / Owatonna Wrestling Association

City you live in Owatonna, MN

Favorite song or music type Country/ Bailey Zimmerman  
Gold Fish Crackers

A fun fact about you: I placed 5th at the Girls Highschool State Tournament as a 7th grader.

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# Athlete Bio



Name Danica Fuelling

Weight class: 150

Years wrestling: 6

Club/Clubs you represent: Park Youth Wrestling

City you live in: Newport, MN

Favorite song or music type: Might Not Like Me by Brynn Elliot

Favorite post weigh in food/ snack: Pasta

A fun fact about you: I am obsessed with all things Harry Potter

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# Athlete Bio



Name Zoey Bly

Weight class: 150

Years wrestling: 5

Club/Clubs you represent: LAW/La Crescent-Hokah High School

City you live in: La Crescent

Favorite song or music type: Morgan Whallen- Broadway Girls

Favorite post weigh in food/ snack: protein bar

A fun fact about you: she shot her first deer this year!

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# Athlete Bio



Name: Sarah Pulk

Weight class: 165

Years wrestling: 3

Club/Clubs you represent: BGMR

City you live in: Strathcona, MN

Favorite song or music type: alternative rock

Favorite post weigh in food/ snack: Blueberries

A fun fact about you: I live closer to Canada than to the closest Mc Donald's.

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# 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



## TYLER FAUST

My career in education has helped me develop the best methods for teaching wrestlers skills and technique in a way that is easy to comprehend. My Master's degree in Special Education helps me accommodate and modify technique for all types of learners. There is no learning style I cannot teach to. I've coached in Northfield for 10 years and in that time, the youth program has transformed from an average of 15 participants a season, into the well-known and successful 75+ member James Gang Wrestling program. While I'm very passionate about the James Gang, my coaching vision has shifted to include providing wrestlers with specialized, next-level training for competing on the national circuit.

- 3x Minnesota USA Wrestling State Folkstyle Team Champions  
NYWA K-6 Team State Champions (2015, 2019)  
NYWA K-6 Team State Runner-Up (2016, 2018)  
The Brawl, Champion Team (2016, 2019)  
NYWA K-6 Coach of the Year (2015, 2019)  
Minnesota USA Wrestling Coach of the Year (2016, 2022)

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# Schedule

## Address of Venue

1 Arena Way, Council Bluffs, IA 51501



## Event Dates and times

March 24th Friday- 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 25th Saturday - 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 26th Sunday- 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.

## 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

## 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.

## 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.

**Women's division** - Grade 1st through 8th grade. A wrestler can not be 16 and wrestle in this event. All other criteria is same as other divisions mentioned above. Weight classes are as follow: 58, 65, 73, 82, 89, 97, 102, 109, 117, 126, 138, 150 & 165. (The women's teams will not have to provide an official for this event.)

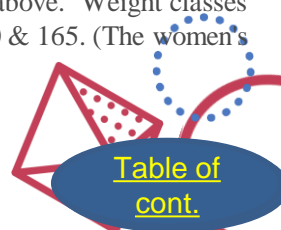


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# Social Media

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/](http://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:  
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