



Home of the Huskies

# St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Wrestling Update

For more information, contact: Matt Marek at 320-308-2141



## UPCOMING EVENTS

**January 10 & 11:**

@ Division II National Duals  
Cedar Falls, Iowa

## 2008-09 SCSU Schedule

Date	Opponent	Time/Result
Nov. 7	Black/Red Intrasquad	26-10-Black
Nov. 15	at Bison Open	No Team
Nov. 22	at Cobber Open	No Team
Dec. 6	at Dragon Open	No Team
Dec. 13	HUSKY OPEN! (fieldhouse)	No Team
Jan. 4	at Menlo Invitational	1st of 12
Jan. 10	Division II National Duals	TBA
Jan. 11	Division II National Duals	TBA
Jan. 16	at St. John's University	7 p.m.
Jan. 22	at Nebraska-Omaha	7 p.m.
Jan. 24	at UW-Eau Claire	2 p.m.
Jan. 30	NORTHERN STATE* @	7 p.m.
Feb. 1	MARY*#	2 p.m.
Feb. 6	at Augustana*	7 p.m.
Feb. 7	at SW Minnesota State*	2 p.m.
Feb. 13	MSU MOORHEAD*	7 p.m.
Feb. 15	at Upper Iowa*	2 p.m.
Feb. 19	MINNESOTA STATE*	7 p.m.
Mar. 1	at North Regional	TBA
Mar. 13-14	Division II Championships	TBA

ALL CAPS indicate home event  
All home events take place at Halenbeck Hall  
\* - indicates Northern Sun Dual

! - Parent's Day  
@ - Prep Night  
# - Alumni Day

## 2008-09 SCSU Coaches and Staff

**Head Coach:** Steve Costanzo  
**Assistant Coach:** Matt Lowers  
**Graduate Assistant Coach:** Chris Heilman  
**Volunteer Assistants:** Jeremy Lang, Tom Anderson  
**Student Assistant:** Nick Wilkes  
**Student Managers:** Christine Schiller, Kyrietta Rouser



## 2008-09 SCSU WRESTLING TEAM NEWS

Release Date: January 5, 2008



**ON TAP:** The #12 Huskies will get to test their dual chops for the first time this season, as they trek to the Hawkeye State for the Division II National Duals. The premier dual tournament will take place at the UNI dome in Cedar Falls, and will feature 16 ranked teams, all ranked among the top 17 in the country in Division II Wrestling.

### WEST COAST WHITEWASH: HUSKIES

### POST SIX CHAMPS, TEAM TITLE AT MENLO INVITATIONAL:

An all-around dominating performance was the story for Husky Wrestling this past weekend, as six SCSU grapplers earned titles, with two more coming in second, to give the Huskies the team title at the

Menlo College Invitational, held in Atherton, Calif. Josh Williams (Banks, Ore. / 133 lbs.), Gabe Suarez (Las Vegas, Nev. / 141 lbs.), John Sundgren (Blaine / 157 lbs.), Tad Merritt (Canby / 165 lbs.), Derek Skala (Owatonna / 174 lbs.) and Luke Munkelwitz (Forest Lake / 197 lbs.) all won their weight classes, while Jake Roberts (Jordan / 149 lbs.) and Brad Padgett (Buckley, Wash. / 184 lbs.) took second.

### SUNDGREN NAMED MOST OUTSTANDING WRESTLER:

John Sundgren came home with one of two top individual honors at the tourney, as he earned the Most Outstanding Wrestler award for the lower weight classes on Sunday. Chris Platt won the upper weight honor for his title at 184 lbs.

### BORN TO RUN:

Most of the Huskies ran up win totals on their individual records on Sunday, but several Huskies continued impressive win streaks. Tad Merritt and Luke Munkelwitz both took home their second straight tournament title and now have win streaks of eight and nine matches respectively.

Jake Roberts has emerged as the probable starter at 149 lbs. for the Huskies by losing just twice in the last four tournaments, while John Sundgren has posted a 21-3 mark on the season, topping Roberts by falling just once in his last four outings, to last year's Division III National Runner-up.

**MORE PINS THAN AN ATM:** The victories by pin have been plentiful for the Huskies this season, as evidenced by this past weekend's numbers. SCSU recorded 12 victories by pin, with five Huskies recording a multi-pin effort. John Sundgren led the way with three to run his team leading total to 12 on the season. The Huskies overall team total is currently at 74.

### TUSSLE WITH THE JOHNNIES JUST AROUND THE CORNER:

After the National Duals this weekend, SCSU will re-establish its local rivalry with St. John's. The Johnnies are currently 8-1 in duals and are the sixth ranked team in Division III. They also boast four ranked wrestlers in #9 Mogi Baatar at 133 lbs., #7 Minga Batsukh at 141 lbs., #7 Dustin Baxter at 184 lbs. and #4 Tony Willaert at 197 lbs. Last season the Huskies thrashed the Johnnies at the Terry Haws Duals with a 41-3 triumph and then took a 28-9 victory in Halenbeck Hall in February.

### HEAD COACH STEVE COSTANZO:

Steve Costanzo is in his third season as the Husky head wrestling coach. He is the 13th coach in the history of the St. Cloud State University wrestling program, which dates back to 1949-50.

Costanzo begins his tenth season overall as a head coach. He has an overall record of 78-39-2 while coaching 82 National Qualifiers, 34 All-Americans, 2 National Champions and 22 Academic All-Americans.

A graduate of the University of Nebraska-Omaha, Costanzo was a three-time All-American wrestler for the Mavericks placing seventh in 1993, third in 1994 and third in 1995 at the NCAA Championships. In 1994 and 1995, Costanzo earned North Central Conference titles while serving as his team captain. He was named the Nebraska Collegiate Wrestler of the Year in 1994 and was inducted into the Nebraska Wrestling Hall of Fame in 2006. Costanzo still ranks as high as sixth on UNO's all-time win list with 133 victories as a collegiate wrestler.

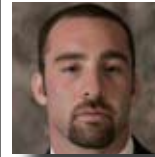
For the latest on SCSU Athletics, check out the Husky Homepage

[www.StCloudState.edu/athletics](http://www.StCloudState.edu/athletics)

## 2008-09 SCSU ROSTER

Name	Year	Weight	Hometown	High School / Previous School
Mitchell Altermatt	RS-Fr.	165	Wabasso, Minn.	Wabasso / South Dakota State
Joe Andersen	RS-Fr.	149/157	Bemidji, Minn.	Bemidji
Logan Atkins	RS-Fr.	285	Magnolia, Ohio	Sandy Valley
Jacob Bowland	FY	141	Foley, Minn.	Foley
Jacob Cardenas	FY	149	Bellevue, Neb.	Omaha Skutt
Josh Conrath	FY	184	Waseca, Minn.	Waseca
Ryan Dougherty	FY	174	Stoughton, Wis.	Stoughton
Calvin Ferguson	FY	174	Jackson, Minn.	Jackson County Central
Tyler Furger	FY	141	Wausau, Wis.	Wausau West
Westy Hanson Jr.	Jr.	133	Crookston, Minn.	Crookston
Adam Helgeson	RS-Fr.	133/141	Sauk Centre, Minn.	Sauk Centre
Adam Hill Jr.	Jr.	184	Sauk Rapids, Minn.	Mahtomedi
Jake Horn	RS-Fr.	141	Ephrata, Wash.	Ephrata
Matt Jackson Sr.	Sr.	141/149	Oakdale, Minn.	Cretin-Derham Hall
Justin Jones Jr.	Jr.	165/174	Onamia, Minn.	Mille Lacs / Itasca CC
Joshua Joriman	FY	157	Lino Lakes, Minn.	Centennial
Cam Jurgenson	FY	157	Boyd, Minn.	Dawson-Boyd
Alex Kontz	FY	149	Canby, Minn.	Canby
Chad Kubasch	So.	149/157	New Germany, Minn.	Watertown-Mayer
Ross Lefebvre	So.	141	Otsego, Minn.	St. Michael-Albertville / UW-Eau Claire
Pat LeVasseur	FY	125	Buffalo Lake, Minn.	Hutchinson
Luke Mathe	FY	133	Plover, Wis.	Stevens Point
Brandon McVey	RS-Fr.	133/141	Mound, Minn.	Mound-Westonka
Tad Merritt	RS-Fr.	165	Canby, Minn.	Canby
Adam Minette Jr.	Jr.	157	New Prague, Minn.	New Prague
Lucas Munkelwitz	RS-Fr.	174/184	Forest Lake, Minn.	Forest Lake
Shamus O'Grady	FY	165	Coon Rapids, Minn.	Coon Rapids
Nick Olson	FY	197	Maplewood, Minn.	Tartan
Brad Padgett Sr.	Sr.	184	Buckley, Wash.	White River / Highline CC
Matt Piersak	FY	141	Shoreview, Minn.	Mounds View
Jacob Roberts Jr.	Jr.	149	Jordan, Minn.	Scott West / Augsburg College
Erik Rogness	So.	197	Buffalo, Minn.	Buffalo
Robert Ross	So.	285	St. Peter, Minn.	Mankato West
Ted Saatzer Jr.	Jr.	197	Mound, Minn.	Mound-Westonka / Ridgewater CC
Brad Salvesson Jr.	Jr.	197	Maple Lake, Minn.	Maple Lake / Ridgewater CC
Jon Schiewe	RS-Fr.	141	Chicago, Ill.	St. Patrick
Chad Schultz	FY	133	Mauston, Wis.	Mauston
Derek Skala	So.	174	Owatonna, Minn.	Owatonna
Gabe Suarez	So.	141	Las Vegas, Nev.	Cimarron-Memorial
John Sundgren	So.	157	Blaine, Minn.	Blaine
Jake Tabbert	RS-Fr.	149	Inver Grove Heights, Minn.	Simley
Jason Terres	So.	285	Cold Spring, Minn.	ROCORI
Nick Wasche	Sr.	133	Cedar, Minn.	St. Francis
Aaron Wilcox	So.	125/133	Pittsgrove, N.J.	Schalick / Dana College
Josh Williams	Sr.	133/141	Banks, Ore.	Banks / SW Oregon CC

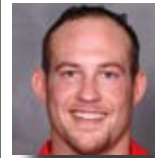
### Assistant Coaches



#### Matt Lowers

Matt Lowers enters his second season as an assistant coach for the Huskies. Lowers came to St. Cloud State from the University of Minnesota, where he served as an assistant wrestling coach for two seasons. While at Minnesota, the Gophers wrestling team captured the 2006 Division I National Dual Team Championship, Big Ten Championship and finished second at the NCAA's. In 2007, the Minnesota Wrestling team repeated as National Dual and Big Ten Champions and also won the NCAA's for the third time in school history. While serving as an assistant with the University of Minnesota wrestling team, Lowers also worked as the Director of Wrestling Operations for J Robinson Intensive Camps.

#### Jeremy Lang



Jeremy Lang enters his third season as a volunteer assistant coach for his alma mater SCSU. Lang is a native of Springfield, MN and a 1993 graduate of Springfield High School. He was a five-year letter-winner in wrestling, three-time Minnesota High School state qualifier and a three-time All-State recipient in wrestling and placed fifth at state his senior year. He amassed a career high school record of 101-36-2. Competed for the Huskies from 1993-99, Lang was a three-year letterwinner for SCSU and a three-time All-Conference recipient in the tough North Central Conference.

#### Chris Heilman



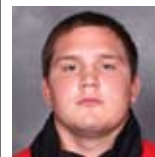
Chris Heilman enters his first season as a graduate assistant coach for the Huskies. A Colorado Springs native, Heilman was the 2004 Colorado High School State Champion for St. Mary's High School. He then went on to a successful career at Cornell College in Mount Vernon, Iowa, where he earned NCAA Division III All-American honors three-times. Heilman placed seventh in 2006, placed fourth in 2007 and placed third as a senior in 2008. He is the fifth wrestler in school history to earn All-American accolades in at least three years.

#### Tom Anderson



Tom Anderson enters his first season as a volunteer assistant coach for the Huskies. A Belview native, Anderson was a 2008 NCAA Division II national qualifier while competing for the Huskies. He is a three-time letter winner and a two-time National Wrestling Coaches Association Scholar All-American. Anderson earned the team's "Most Improved" wrestler award in his senior year as he accounted for more than twenty victories on the season. He completed his bachelor degree in business economics from SCSU in May 2008.

#### Nick Wilkes



Nick Wilkes enters his first season as a student assistant coach for the Huskies. An Onamia native, Wilkes was a two-time NCAA Division II national qualifier and a 2008 All-American for the Huskies. He was a two-year letter winner and captain of the team in his junior and senior seasons. Wilkes was named the 2007 Dean Weisman Wrestler of the Year for the Huskies. He was named North Central Conference Wrestler of the Week honors three-times during his career. He amassed a two-year mark of 45-16 and 21-3 in dual meet action. In addition, Wilkes was a two-time NJCAA All-American for Itasca Community College. In December, he will be completing his degree at SCSU in Criminal Justice.

### BREAKDOWN

By Class	#
Seniors	4
Juniors	7
Sophomores	9
Redshirt Fr.	10
First Year	15
Transfers	9
JUCO	5
4-Year	4
Newcomers:	20
Returners:	25

By Home State	#
Minnesota:	33
Wisconsin:	4
Washington:	2
Nebraska:	1
Iowa:	1
Illinois:	1
Nevada:	1
Ohio:	1
Oregon:	1
New Jersey:	1

### Wrestling Coaches Association Poll December 2 Poll

Rk.	Team	Pts.	Prv.
1.	Nebraska-Omaha	158	1
2.	Minnesota State-Mankato	147	2
3.	Nebraska-Kearney	145	3
4.	Adams State (Colo.)	138	4
5.	Newberry (S.C.)	123	7
6.	Central Oklahoma	121	6
7.	Western State (Colo.)	117	5
8.	Upper Iowa	96	10
9.	Pittsburgh-Johnstown (Pa.)	95	8
10.	Mercyhurst (Pa.)	88	13
11.	Chadron State (Neb.)	78	9
12.	<b>St. Cloud State (Minn.)</b>	<b>72</b>	<b>12</b>
13.	Findlay (Ohio)	63	16
14.	West Liberty State (W. Va.)	46	NR
15.	Minnesota State-Moorhead	40	17
16.	Limestone (S.C.)	31	15
17.	Wisconsin-Parkside	30	NR
18.	Augustana (S.D.)	29	14
19.	Ashland (Ohio)	17	11
20.	Central Missouri	14	NR

Others receiving votes: Fort Hays State (Kan.), Gannon (Pa.), San Francisco State (Calif.), Shippensburg (Pa.), Truman State (Mo.).

### NSIC Standings

Rk.	School	NSIC	All
1.	Northern State	0-0	2-0
2.	Upper Iowa	0-0	4-1
3.	Augustana	0-0	3-2
4.	Southwest Minnesota	0-0	1-1
5.	Minnesota State	0-0	1-2
6.	St. Cloud State	0-0	0-0
	Mary	0-0	0-0
	MSU Moorhead	0-0	0-0