



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

December 6:

@ Dragon Open, Moorhead, Minn.
9:00 a.m.

2007-08 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	9 a.m.
Dec. 13	HUSKY OPEN! (fieldhouse)	9 a.m.
Jan. 4	at Menlo Invitational	9 a.m.
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	
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: November 24, 2008



ON TAP: The Huskies have the Thanksgiving weekend off, and will resume action two weeks from Saturday when they travel back to the Fargo-Moorhead area for the third time for the Dragon Open.

SIX CHAMPIONS HIGHLIGHT HUSKIES RUN AT COBBER OPEN:

St. Cloud State was the talk of the Cobber Open this weekend, as the Huskies boasted six champions at the tournament, by far the most of any team attending.

The middle weights were where the damage was done, as the Huskies took every title from the 133-pound through 165-pound classes.

Nick Wasche (Cedar / 133 lbs.), Gabe Suarez (Las Vegas / 141 lbs.), Jake

Roberts (Jordan / 149 lbs.), John Sundgren (Blaine / 157 lbs.) and co-champions Mitch Altermatt (Wabasso / 165 lbs.) and Tad Merritt (Canby / 165 lbs.) made up the title holders for the Huskies.

Overall, 14 SCSU wrestlers placed in the top five, with Brad Padgett (Buckley, Wash.) and Adam Helgeson (Sauk Centre) took second at 133 lbs. and 184 lbs. respectively.

Following the runner-ups, there were two third place finishes in Jake Horn (Ephrata, Wash.) at 149 lbs. and Luke Munkelwitz (Forest Lake) at 184 lbs. Horn's finish was impressive, as he won six straight matches after losing his second match to post a 7-1 finish on the day.

The rest of the placers included:

Fourth Place

Pat LeVasseur (Buffalo Lake), 125 lbs.

Brandon McVey (Mound), 133 lbs.

Fifth Place

Chad Kubasch (New Germany), 149 lbs.

Erik Rogness (Buffalo), 197 lbs.

SUNDGREN ROLLS: John Sundgren breezed through the 157 lbs. bracket on his way to a title this past weekend. He recorded three victories by fall and a 14-0 major decision triumph. His championship match lasted just 35 seconds, as he pinned Concorida-Moorhead's Lane Lunde. Sundgren was so good that he did not allow a takedown or a reversal in four bouts.

TAD-TASTIC: Tad Merritt's (Canby) path to a co-title at 165 lbs. was eerily similar to Sundgren's run at 157 lbs.. Merritt recorded three falls and a 15-1 major decision on his

way to sharing the title with teammate Mitch Altermatt. Merritt is now 9-1 over the season's two weeks with a team best five wins by fall while Altermatt is 8-3 with two pins to his credit.

NUMBER ONE FOR THREE: Three of the Husky title winners claimed their first as members of SCSU Wrestling Saturday. Nick Wasche, Jake Roberts and Altermatt made up those three. The title for Wasche and Altermatt was their first as college grapplers, while Roberts had his first as Husky, as he won at the Dragon Open his freshman season with Augsburg.

As far as those with titles under their belts, Suarez earned his second title overall, matching a Cobber Open title from last season.

The same held true for Sundgren, as he was a Cobber Open champion last season as well. Merritt won three tournament titles last season with first place finishes at the Cobber, Dragon and Worthington Opens. Merritt has also

matched his fall total from last season with five.



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.

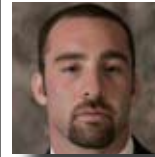
For the latest on SCSU Athletics, check out the Husky Homepage

www.StCloudState.edu/athletics

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.	133	Crookston, Minn.	Crookston
Adam Helgeson	RS-Fr.	133/141	Sauk Centre, Minn.	Sauk Centre
Adam Hill	Jr.	184	Sauk Rapids, Minn.	Mahtomedi
Jake Horn	RS-Fr.	141	Ephrata, Wash.	Ephrata
Matt Jackson	Sr.	141/149	Oakdale, Minn.	Cretin-Derham Hall
Justin Jones	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.	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.	184	Buckley, Wash.	White River / Highline CC
Matt Piersak	FY	141	Shoreview, Minn.	Mounds View
Jacob Roberts	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.	197	Mound, Minn.	Mound-Westonka / Ridgewater CC
Brad Salvesson	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

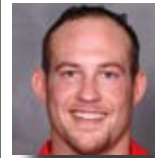
Assistant Coaches



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



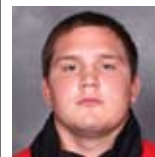
Chris Heilman enters his first season as a graduate assistant coach for the Huskies. A Colorado Springs native, Heilman was the 2004 Colorado High School State Champion for St. Mary's High School. He then went on to a successful career at Cornell College in Mount Vernon, Iowa, where he earned NCAA Division 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

Rk.	Team	Pts.	'08
1.	Nebraska-Omaha (6)	158	3rd
2.	Minnesota State-Mankato (2)	149	2nd
3.	Nebraska-Kearney	144	1st
4.	Adams State	136	5th
5.	Western State	126	7th
6.	Central Oklahoma	121	6th
7.	Newberry	106	8th
8.	Pittsburgh-Johnstown	93	4th
9.	Chadron State	91	T-9th
10.	Upper Iowa	86	14th
11.	Ashland	71	11th
12.	St. Cloud State	70	12th
13.	Mercyhurst	68	T-9th
14.	Augustana	46	T17th
15.	Limestone	40	15th
16.	Findlay	22	13th
T17.	Gannon	18	26th
T17.	Minnesota State-Moorhead	18	27th
T17.	Truman State	18	T20th
20.	Shippensburg	15	16th

Others receiving votes: Central Missouri, Fort Hays State (Kan.), Indianapolis (Ind.), Kutztown (Pa.), North Carolina-Pembroke, San Francisco State (Calif.), West Liberty State (W.Va.), Wisconsin-Parkside.

NSIC Standings

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