



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 13:

HUSKY OPEN, Halenbeck Fieldhouse
9:00 a.m.

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) | 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 | 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: December 8, 2008



ON TAP: The Huskies will make their first appearance in Halenbeck Hall this weekend as they host the annual Husky Open tournament. The Huskies will also honor its parents, as the squad will celebrate Parents' Day.

SIX CHAMPIONS HIGHLIGHT HUSKIES RUN AT COBBER OPEN: Another weekend marked yet another host of placers at the Dragon Open for the St. Cloud State grapplers. The Huskies



boasted three outright champions and two co-titleholders. Jacob Roberts (Jordan) and John Sundgren (Blaine) both won their second consecutive open titles with perfect days in the tournament's top Red Division and Adam Helgeson (Sauk Centre) took home gold in the 133 lbs. bracket of

the White Division.

Roberts went 4-0 in the 149 lbs. bracket, taking his last three matches by a combined four points (3-2, 2-1, 4-2). Roberts took his championship match over Concordia-Moorhead Justin Berns.

Sundgren handled his opponents with a little more ease as he recorded three pins (all against NSIC opponents) and a major decision victory. Sundgren's first three matches ended with falls at the 6:00, 2:11 and 5:51 marks of the bouts. Sundgren capped his title with a 10-1 major decision over Concordia-Moorhead's Lane Lunde.

Helgeson was nearly as dominant as Sundgren, as he won his three matches without giving up a point. Helgeson captured his first tourney title with 17-0, 5-0 and 6-0 victories.

The Husky co-champions were Jake Horn (Ephrata, Wash.) and Jake Tabbert (Inver Grove Heights) in the White Division's 149 lbs. bracket. Horn cruised to the title bout with two major decisions and a technical fall victory, while Tabbert won two major decisions before squeaking out a narrow 3-2 victory in the semi-final.

The middle weights continued to show well for the Huskies as Tad Merritt (Canby), Derek Skala (Owatonna), and Luke Munkelwitz (Forest Lake) all captured second place finishes in the Red Division.

Merritt kept pace with Sundgren in the team pin race, as he recorded two first period pins (1:35, 1:40 for seven on the season) before losing a tough championship match at 165 lbs. to North Dakota State's Tyler Johnson, 3-1.

Skala was nearly the third Husky to notch back-to-back titles, but fell in his final bout to the nation's third ranked 174-pounder in Moorhead's Tyler Tubbs 5-3.

Munkelwitz won his first two matches at 184 lbs., but ran into a hot Phil Moenkedick in the title bout, falling 9-2.

Gabe Suarez (Las Vegas) rounded out the placers in the Red Division with a fourth place mark. Suarez lost to eventual champion Dustin Walraven in the semi-final, but rebounded with a 13-6 win over Mary's Landon Della Silva. Suarez then fell 8-6 to Augsburg's Tony Valek. Four more Huskies placed in the White Division, as Pat LaVesseur (Buffalo Lake), Brandon McVey (Mound), Eric Rogness (Buffalo) and Ted Saatzer (Mound) all placed in the top four of their respective brackets.

LaVesseur was runner-up at 125 lbs., winning by major decision and two narrow decisions before falling to Concordia-Moorhead's Daron Hobein 3-0 in the title bout.

One weight up at 133, McVey finished fourth after a 2-2 day.

Rogness and Saatzer ran into each other in the third place match, with Saatzer getting the best of Rogness 4-2 in that bout.



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.

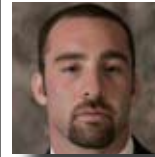
For the latest on SCSU Athletics, check out the Husky Homepage

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 |

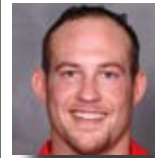
Assistant Coaches



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. | Northern State | 0-0 | 1-0 |
| | Southwest Minnesota | 0-0 | 1-0 |
| 3. | Upper Iowa | 0-0 | 3-1 |
| 4. | Augustana | 0-0 | 2-2 |
| 5. | Mary | 0-0 | 0-0 |
| | MSU-Moorhead | 0-0 | 0-0 |
| | St. Cloud State | 0-0 | 0-0 |
| 8. | Minnesota State | 0-0 | 1-2 |