

September 27, 2010

The Husky Voice – Volume 2, Issue 1

**St. Cloud State University Wrestling
By Steve Costanzo, Head Wrestling Coach &
Tom Nelson, SCSU Sports Information**

TEAM HAPPENINGS

This year we have a great group of returning wrestlers and a lot of new faces we've added to the team roster for the 2010-11 season. Currently, we have 39 wrestlers on our roster training for a team and individual title!

This year we are focused on winning the NSIC Conference Championship and the Super Region Three title. Everyone knows that this season will be full of training and preparation, but the payoff of victories on the mat is our goal. The NCAA Championships will be hosted in Kearney, Neb this year and SCSU looks to have our hand raised and earn our way onto that national podium.

In preparation for the dual meet season we've added some individual tournaments to our competition schedule. We will open our tournament season on Nov. 13 at Iowa State University. On Nov. 20 we will travel to the Auggie/Brute/Addidas Open in Minneapolis. We close out our varsity tournament schedule on Dec. 11 as we host the Holiday Inn/Husky Open.

These tournaments offer us the chance to see the nation's best as we position ourselves in hopes of taking home hardware from the NCAA Championships in March.

We will need volunteers to help run the Holiday Inn/Husky Open. Please contact Coach Costanzo (sscostanzo@stcloudstate.edu) if you can offer a helping hand.

ONWARD AND UPWARD!!!

UPCOMING EVENTS

Friday, Oct. 1 @ 1 p.m. – Takedown Club Meeting, Maple Grove (Boston's Rest.)

Saturday, Oct. 2 @ 8 a.m. – Mississippi River Clean-Up (Volunteer Services)

Saturday, Oct. 9 (All-Day) – Catholic Charities Food Drive (Volunteer Services)

Saturday, Oct. 30 @ 9 a.m. – Husky Fall Wrestling Clinic Featuring Jayson Ness, Univ. of Minnesota

Friday, Nov. 5 @ 7:30 p.m. – Black/Red Classic in Halenbeck Hall



2010-11 SCSU WRESTLING TEAM ROSTER

Name	Year	Weight	Hometown	High School (Previous School)
Joe Andersen	RsJr	157	Bemidji, MN	Bemidji
Josh Antonneau	Jr	197	Heartland, WI	Arrowhead
Mic Berg	RsFr	184	Inver Grove Hts., MN	Simley
Chris Brassell	RsFr	285	Park Ridge, IL	Maine South
Josh Conrath	RsSo	197	Waseca, MN	Waseca
Michael Cullen	RsSo	157	Coon Rapids, MN	Coon Rapids/UW La Crosse
Eric Ellington	Jr	133	East St. Louis, IL	East St. Louis/Rend Lake C.C.
Joey Falde	Fr	165	Maple Plain, MN	Orono
Westy Hanson	RsSr	133	Crookston, MN	Crookston
Trent Herold	RsFr	125	East Bethal, MN	St. Francis
Scott Hines	Fr	285	Fairmont, MN	Fairmont
Jacob D. Horn	RsJr	149	Ephrata, WA	Ephrata
Jacob R. Horn	So	149	St. Michael, MN	St. Michael-Albertville
Josh Howk	Fr	149	Blue Springs, MO	Blue Springs
Charlie Janssen	Fr	157	Forest Lake, MN	Forest Lake
Joshua Joriman	RsSo	157	Lino Lakes, MN	Centennial
Jacob Kahnke	RsSo	285	Shakopee, MN	Prior Lake/Old Dominion U.
Michael Kairouz	Fr	157	Agoura Hills, CA	Agoura
Alex Kontz	RsSo	149	Canby, MN	Canby
Chad Kubasch	RsSr	157	New Germany, MN	Watertown-Mayer
Matt Leibforth	Fr	141	Lemont, IL	Lemont
Tyler Mathison	Fr	133	Fremont, NE	Oakland-Craig
Dustin McKinney	Fr	141	Luck, WI	Unity
Ben McPhail	Fr	174	Pine Island, MN	Pine Island
Tad Merritt	RsJr	165	Canby, MN	Canby

Cullan Morrissey	Fr	141	Lena, WI	Oconto Falls
Lucas Munkelwitz	RsJr	197	Forest Lake, MN	Forest Lake
Shamus O'Grady	RsSo	174	Coon Rapids, MN	Coon Rapids
Cody Paulsen	Fr	125	Brooklyn Center, MN	Totino Grace
Mathew Piersak	RsSo	157	Shoreview, MN	Mounds View
Erik Rogness	RsSr	197	Buffalo, MN	Buffalo
Kurt Salmen	RsSo	174	Dassel, MN	Dassel-Cokato/Ridgewater C.C.
Chad Schultz	RsSo	141	Mauston, WI	Mauston
Derek Skala	RsSr	184	Owatonna, MN	Owatonna
Zach Stewart	RsFr	125	Green Bay, WI	Ashwaubenon
Gabriel Suarez	RsSr	141	Las Vegas, NV	Cimarron-Memorial
John Sundgren	RsSr	157	Blaine, MN	Blaine
Jake Tabbert	RsJr	149	Inver Grove Hts., MN	Simley
Dylan Wright	Fr	125	Inver Grove Hts., MN	Simley

Head Coach: Steve Costanzo (5th year)

Head Assistant Coach: Derek Sikora (1st year)

Graduate Assistant Coach: Cy Wainwright (2nd year)

Volunteer Assistant Coach: Jeremy Lang (5th year)

Volunteer Assistant Coach: John Peterson (3rd year)

Volunteer Assistant Coach: Tony Mack (1st year)

Student Assistant Coach: Brad Padgett (2nd year)

Student Manager: Kristine Schiller (4th year)

Student Manager: Linette Shoemaker (1st year)

Athletic Trainer: Curtis Simondet (2nd year)

2010-11 SCSU WRESTLING SCHEDULE

DATE	OPPONENT	LOCATION	TIME
Nov. 5 (Fri.) p.m.	Black/Red Classic	HOME	7:30
Nov. 13 (Sat.)	Harold Nichols Cyclone Open	Ames, IA	10 a.m.
Nov. 20 (Sat.)	Auggie/Brute/Addidas Open	Minneapolis, MN	9 a.m.
Dec. 4 (Sat.)	UW La Crosse Duals	La Crosse, WI	9 a.m.
Dec. 11 (Sat.)	Holiday Inn/Husky Open	HOME	9 a.m.
Jan. 1 (Sat.)	Grand Canyon Duals	Phoenix, AZ	8 a.m.
Jan. 8-9 (Sat.-Sun.)	NWCA National Duals	Cedar Falls, IA	TBA
Jan. 14 (Fri.) p.m.	St. John's University	Collegeville, MN	7:30
Jan. 15 (Sat.)	UW Eau Claire	Eau Claire, WI	7 p.m.
Jan. 21 (Fri.)	Nebraska - Omaha	Omaha, NE	7 p.m.
Jan. 22 (Sat.)	Southwest Minnesota State*	Marshall, MN	7 p.m.
Jan. 27 (Thur.)	Augustana College*	Sioux Falls, SD	7 p.m.
Jan. 30 (Sun.)	MSU Moorhead*	HOME	2 p.m.
Feb. 4 (Fri.)	Northern State University*	HOME	7 p.m.
Feb. 5 (Sat.)	University Mary*	HOME	2 p.m.
Feb. 13 (Sun.)	Upper Iowa University*	Fayette, IA	2 p.m.
Feb. 17 (Thur.)	MSU Mankato*	HOME	7 p.m.
Feb. 27 (Sun.)	Regional Championships	Sioux Falls, SD	12 p.m.
Mar. 11-12 (Fri.-Sat.)	NCAA DII Championships	Kearney, NE	TBA

*** NSIC Matches**

All Home Dual Matches Wrestled in Halenbeck Hall

COACHES CORNER

We are happy to announce the hiring of new head assistant coach, Derek Sikora. Derek is a 2006 graduate of the University of Wisconsin - Eau Claire and was the 2006 NCAA DIII National Champion at 165 - pounds. He was also a 3x NCAA All-American wrestler, two-time WIAC Champion and a stand-out football player for the blugolds.



Sikora was the head wrestling coach at the University of Wisconsin-Eau Claire in 2009-10, following four seasons as a Blugolds assistant coach.

"I am very excited to have Derek Sikora as my lead assistant wrestling coach," said Coach Steve Costanzo. "Derek comes highly recommended on the mat and his passion and dedication to the sport should pay immediate dividends to the Husky wrestling program. I am confident that he will help SCSU wrestling take that next step and get us to where we want to go."

Following his playing career Sikora was a substitute teacher and para educator in the Oshkosh and Eau Claire school districts.

His coaching experience includes working with young wrestlers in the Wisconsin Cadet Junior National Team program and the Train Like a Titan Youth Wrestling Club. He aided the Cadet program in its most successful season in 2007 guiding 16 All-Americans at the Cadet National Championships.

In 2006 he joined the University of Wisconsin Eau Claire coaching staff as an assistant football and wrestling coach. During the 2007-08 wrestling season, Sikora was the Head Assistant Wrestling Coach at the University of Wisconsin-Oshkosh. He returned to Eau Claire in 2008 as an assistant wrestling coach and took over as head coach in 2009.

"I am honored and thankful for the opportunity to work with a great wrestling program. I look forward to working with Coach Costanzo and the rest of the staff as well as continuing to build toward a national championship," said Sikora.

TAKEDOWN WRESTLING CLUB

Board Members

The St. Cloud State University Takedown Club which is our supportive backbone to the program has announced their board members for the 2010-11 campaign. Our list of board members as follows:

President – Grant Nelson

Vice President – Jim Harstad

Treasurer – Tom Anderson

Secretary – Jerry Schmitz

The Takedown Club will host their annual club meeting on Friday, October 1, 1 p.m. in Maple Grove Boston's Restaurant. All Husky wrestling fans are welcome to attend!

Become a Takedown Club Member today!

We are excited to be entering into the 60th year of collegiate wrestling at St. Cloud State University. St. Cloud State University has a long and proud tradition of wrestling dating back to the 1950's. Over 60 All-Americans have competed at St. Cloud State including 11 national champions and 3 Olympic team members.

The 2010-11 season will bring a variety of new faces and changes to the program. In addition to an abundance of returning talent, the coaching staff has diligently worked hard to bring in a successful recruiting class. Over thirteen new student-athletes will join the Husky Wrestling program this fall!

To continue our rich tradition, Husky wrestling is requesting your help. Currently, the SCSU wrestling program is in the process of raising money for the 2010-11 wrestling season. Funds raised will go directly to supplement the wrestling operational budget and to help the program remain competitive with the top NCAA DII wrestling programs in the country. Here are some of the benefits that your contribution will help us accomplish:

- **Hosting and sponsoring annual parent, alumni and friend socials.**

- To improve training equipment.
- To enhance wrestling training facilities.
- To improve Husky wrestling recruiting efforts.
- To cover expenses for the end of the season wrestling awards banquet.
- To cover additional expenses that a strict college budget cannot.

Thanks in advance for your support and consideration. We will see you on the mats!

<http://www.stcloudstate.edu/athletics/support/documents/WrestBrochureHLowRez.pdf>

WRESTLING: HUSKIES ENJOY ANNUAL RETREAT

Monday, September 20, 2010

St. Cloud, Minn. – The St. Cloud State University wrestling team spent the weekend of Sept. 18-19 at “The Preserve”. The Preserve is a privately owned training center located near Kimball, MN.

“I would like to thank Doug Joseph for his continued support in allowing SCSU wrestling the opportunity to take part in an annual team retreat at his home,” said Head Coach Steve Costanzo. The team retreat allows our wrestlers a chance to get to know one another in a relaxed setting away from the day-to-day demands of academics and training. We couldn’t be happier with having the retreat in any other location.”

The Husky wrestlers started their day building a fence at the Preserve headquarters. The fenced area will be marked and used for handicap hunting challenges on the land. The land has over 250 acres that includes a pheasant farm, fishing pond, obstacle course, pool, training facility and more.

In keeping with tradition, Husky wrestlers and coaches gather around a campfire late into the evening to discuss team goals, expectations and of course a good ole joke. Furthermore, the wrestler’s enjoyed playing games, watching college football and eating a big dish of chili soup.

When asked about the campfire talk, Assistant Coach Cy Wainwright stated, “We have six seniors who have high expectations for this year. These guys all mentioned the commitment and work ethic that it must take to be a champion on and off of the mat. I thought their message was heard loud and clear by the rest of the team members.”

If Husky wrestling fans would like to follow SCSU wrestling behind the scenes this year, please go to: www.youtube.com/user/SCSUWrestling

The Huskies open up their 2010-11 campaign on Saturday, November 5 as they host their annual Black/Red Classic at 7:30 p.m. in Halenbeck Hall.



RIISING TO THE TOP