

Volume 2, Issue 6
April 1, 2011

The Husky Voice

St. Cloud State University Husky Wrestling

COACHES CORNER FROM THE DESK OF COACH COSTANZO

I hope all has been well for you since our last issue of the HUSKY VOICE. This year we finally broke through some milestones that had been holding us back for over the last decade. Here are some of the most memorable events from the 2010-11 wrestling season:

- October 2010 – Huskies receive #2 pre-season ranking by the NWCA coaches
- October 2010 – Huskies receive #1 Super Region 3 pre-season ranking
- Huskies win first 9 duals of the season
- January 8-9 – Huskies earned 3rd place at the NWCA National Duals
- January 21 – Huskies defeat #1 Nebraska-Omaha on an historic pin by Eric Ellington – 133 pounds
- February 17 – Huskies win 19th dual win of the season, 25-9 over Minnesota State - Mankato
- February 27 – Huskies win first Region title in wrestling – Shamus O’Grady named O.W.
- March 11-12 – Huskies earn Runner-Up finish at the NCAA Championships – John Sundgren crowned NCAA Champion
- March 2011 – Huskies place 10 student-wrestlers on the NWCA/NCAA DII All-Academic team

It was a season full of excitement. This young but determined group of mostly underclassman showed maturity as they began to overtake opponents and opportunities that had eluded Husky wrestling for a number of years.

It’s taken five full years to see that we can compete for team and individual national championships. The next step is to bring a national championship home to St. Cloud State University. It is within our grasp and the only thing that can hold us back is ourselves.

Individually we qualified eight wrestlers to the NCAA Championships back in March. Six wrestlers earned NCAA All-American honors and John Sundgren was crowned NCAA National Champion at 157-pounds. The Huskies earned their highest place finish in program history by placing second in the nation.

Next season we look to continue progressing toward a national championship. The young men who return next season must commit time, effort and consistency for us to meet this goal. The only way we will meet this goal is through collective sacrifice. If there is one thing this group does well, it’s to hold each individual accountable for their actions. Here is a quick look at next year’s returning starters: 125 – Dylan Wright/Zach Stewart, 133 – Eric Ellington, 141 – Open, 149 – Jacob D. Horn/Jacob R. Horn, 157 – Open, 165 – Tad Merritt, 174 – Shamus O’Grady, 184 – Mic Berg/Derek Skala, 197 – Luke Munkelwitz, 285 – Jacob Kahnke/Chris Brassell.

To put this into perspective, the Huskies return 7 national qualifiers and 5 NCAA All-Americans to next year’s squad. The season looks to be another enjoyable year for Husky wrestling fans.

ONWARD AND UPWARD!!!

Visit us on:

- <http://www.stcloudstate.edu/athletics/sports/wrestling/>
- <http://www.facebook.com/home.php?#!/profile.php?id=1696340987>
- <http://www.youtube.com/user/SCSUWrestling>
- <http://www.flowrestling.com>

UPCOMING EVENTS

Friday, April 15, 2011 – SCSU Wrestling Awards Banquet, Holiday Inn, St. Cloud, 6 p.m. – 9 p.m.

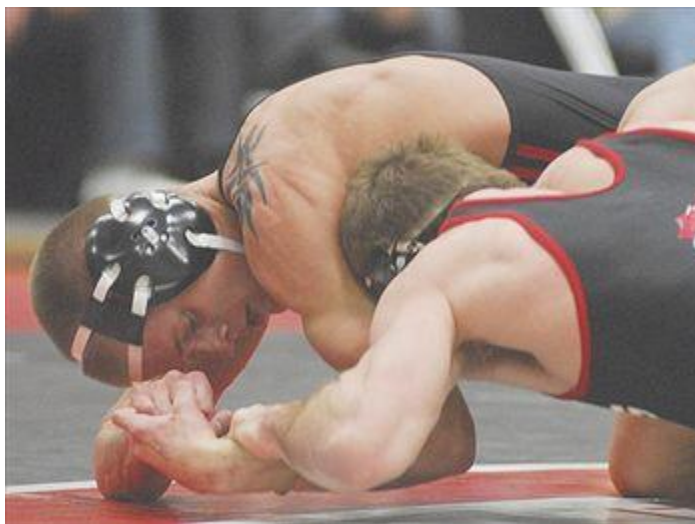
WRESTLING: SUNDGREN NOMINATED FOR NATIONAL AWARD

Thursday, March 31, 2011

EDMOND, Okla. (March 31) -- The 2010-11 NCAA Division II Wrestler of the Year winner will be announced live Saturday morning on Takedown Wrestling. SCSU's John Sundgren is one of the four regional winner up for consideration with this important award.

The announcement will be made at 10:40 a.m. (Central time) with Takedown Wrestling host Scott Casber on takedownradio.com, kxno.com and I Heart Radio on smart phones.

Four regional winners are up for the Division II Wrestler of the Year award -- Zack McKendree of Gannon, Mario Morgan of Nebraska-Omaha, John Sundgren of St. Cloud State and Donovan McMahill of Western State.



John Sundgren

Sundgren won the NCAA Division II championship at 157-pounds in 2011. This marked the first time since 1995 that a SCSU wrestler has won a NCAA individual title, and his first place finish helped the Huskies earn a 2nd place team finish at the NCAA. Sundgren is a resident of Blaine and a graduate of Blaine H.S.

The award is sponsored by the NCAA Division II Wrestling Coaches' Association and voted on by eight regional representatives from around the country.

Nebraska-Kearney heavyweight Tervel Dlagnev took the inaugural award in 2008, with Nebraska-Omaha 157-pounder Todd Meneely winning in 2009 and Pittsburgh-Johnstown 133-pounder Shane Valko last year.



WRESTLING: SUNDGREN NAMED NSIC WRESTLER OF THE YEAR

Wednesday, March 23, 2011

St. Cloud State University senior John Sundgren (Blaine) has been voted by the league coaches as the 2010-11 Northern Sun Intercollegiate Conference Wrestler of the Year. He was joined in the NSIC spotlight by SCSU head coach Steve Costanzo, who was named the 2010-11 NSIC Coach of the Year.

Sundgren went 16-3 on the season and won the NCAA Division II National Championship at 157 pounds. He shut out Dillion Bera (26-8) of the University of Wisconsin-Parkside in a 4-0 decision in the championship round to claim the first SCSU wrestling national title since Gene Hanemann took the podium in 1995.

Before Hanemann, the last Husky wrestler to win a national title was Mike Rybak in 1967 (NAIA championships). Sundgren excelled during the national tournament winning his first match by fall, this second match 9-5 and his semifinal match 5-2.

In the national championship match he revenged a loss to Bera from the NCAA Super Region #3 Championship two weeks earlier. Sundgren is the first SCSU wrestler to gain NSIC Wrestler of the Year honors.



John Sundgren

Costanzo was also voted by his peers as the 2010-11 NSIC Wrestling Coach of the Year. St. Cloud State enjoyed one of its best seasons in team history as they placed second in the nation at the 2011 NCAA Division II championships, won the 2011 NCAA Division II Super Region #3 title and set a team record with a 19-2 dual meet record in 2010-11.

The second place national finish was the highest national tournament finish for the Huskies in team history, and the Huskies also posted a solid third place finish at the elite NWCA National Duals in 2011. Coach Costanzo was also named the 2011 NCAA Division II Coach of the Year. His overall record at SCSU currently stands at 58-23.

SCSU athletes named to the 2010-11 All-NSIC First Team this winter included Sundgren, junior Eric Ellington (133), junior Tad Merritt (165), sophomore Shamus O'Grady (174) and sophomore Jake Kahnke (285). Huskies earning All-NSIC Second Team notice this winter included senior Gabe Suarez (141) and junior Jacob D. Horn (149).

2010-11 NSIC ALL-CONFERENCE FIRST TEAM

Name	Wt.	Yr.	School	Hometown
Trevor Franklin	125	So.	Upper Iowa	South New Berlin, N.Y.
Eric Ellington	133	Jr.	St. Cloud State	Fairview Heights, Ill.
Jay Sherer	141	Sr.	Augustana	Columbus, Neb.
Nate Herda	149	So.	Augustana	Rock Rapids, Iowa
John Sundgren	157	R-Sr.	St. Cloud State	Blaine, Minn.
Tad Merritt	165	R-Jr.	St. Cloud State	Canby, Minn.
Shamus O'Grady	174	R-So.	St. Cloud State	Coon Rapids, Minn.
Aaron Norgren	184	Jr.	Minnesota State	Good Thunder, Minn.
Ty Copsey	197	Sr.	Augustana	Glenwood, Iowa
Jake Kahnke	285	R-So.	St. Cloud State	Shakopee, Minn.

2010-11 NSIC ALL-CONFERENCE SECOND TEAM

Name	Wt.	Yr.	School	Hometown
Al Meger	125	Sr.	Augustana	Owatonna, Minn.
*Andy Forstner	125	Sr.	Minnesota State	Madelia, Minn.
*Corey Ulmer,	125	R-Jr.	MSU Moorhead	Wishek, N.D.
Jason Jeremiason	133	Jr.	Augustana	Marshall, Minn.
*Kyle Pedretti	133	R-Jr.	Upper Iowa	Monona, Iowa
Gabriel Suarez	141	R-Sr.	St. Cloud State	Las Vegas, Nev.
Jacob Horn	149	R-Jr.	St. Cloud State	Ephrata, Wash.
Marcus Edgington	157	Jr.	Augustana	Sioux City, Iowa
Gavin Nelson	165	Sr.	Augustana	Missouri Valley, Iowa
Ben Becker	174	Sr.	Minnesota State	Fort Dodge, Iowa
*Mark Mueller	174	Sr.	Upper Iowa	Postville, Iowa
Brady Anderson	184	So.	U-Mary	Hamilton, Mont.
*Mitch Schultz	184	R-So.	Upper Iowa	Postville, Iowa
Pat Mahan	197	Jr.	Minnesota State	Owatonna, Minn.
*Carl Broghammer	197	R-Fr.	Upper Iowa	Manchester, Iowa
Matthew Meuleners	285	R-So.	Northern State	Norwood Young America, Minn.

NSIC All-Conference Criteria

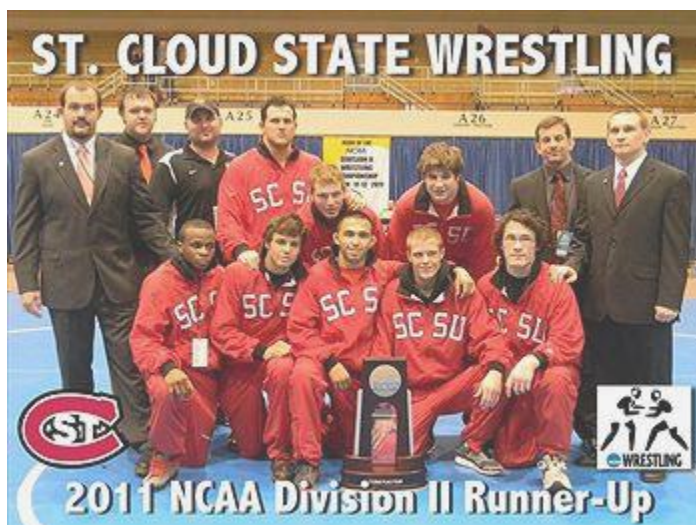
The highest place-winner at the NCAA Regional Tournament from each weight class shall be named all-conference first team. The runner up will be named all-conference second team. *Also, any wrestler that earns NCAA All-American honors will also be recognized as second team all-conference.

WRESTLING: WISE GUYS! HUSKIES EARN ALL-ACADEMIC WRESTLING HONORS

Monday, March 14, 2011

The St. Cloud State University wrestling team showed success on the mats this season with a runner-up finish at the 2011 NCAA Division II championships on March 11-12 in Kearney, Neb. The Huskies' second place finish this season is the best-ever finish at the national level by the Huskies since they program began in 1949-50.

SCSU's athletic excellence this winter was equaled by the Huskies' academic prowess as the squad ranked 12th in the country in the listing of the Division II Wrestling Coaches Association top 20 NCAA Division II All-Academic wrestling teams. The Huskies posted a team grade point average of 3.154 this season.



The 2011 Huskies placed 2nd in the nation.

The team grade point average is calculated by averaging the cumulative grade point average of 10 wrestlers from each team of which eight of those wrestlers must have competed in their team's NCAA Division II national qualifying regional tournament.

On an individual basis, SCSU sophomore Jacob R. Horn (St. Michael-Albertville H.S.), sophomore Jacob Kahnke (Shakopee/Prior Lake H.S.) and senior John Sundgren (Blaine) were all selected to the 2010-11 Division II All-Academic Wrestling Team as first team selections.

SCSU redshirt freshman Chris Brassell (Park Ridge, Ill./Maine South H.S.) earned All-Academic second team status, while All-Academic Honorable Mention accolades were presented to senior Westy Hanson (Crookston), sophomore Trent Herold (East Bethel/St. Francis H.S.), junior Jacob D. Horn (Ephrata, Wash./H.S.), sophomore Josh Joriman (Lino Lakes/Centennial H.S.), senior Erik Rogness (Buffalo/H.S.) and redshirt freshman Zach Stewart (Green Bay, Wis./Ashwaubenon H.S.).

In order for a student-athlete to be nominated for the DII All-Academic team, the student-athlete must have a minimum 3.00 cumulative grade point average, and he must also be in at least his second full year at his school.

Jacob R. Horn was 23-11 for the Huskies at 149-pounds this season. He is an electrical engineering major at SCSU. Kahnke placed second in the nation at 285-pounds this winter and chalked up a 29-1 record this season for the Huskies. A two-time Division II All-American, Kahnke is a sports management major at SCSU.

Sundgren captured first place in the 157-pound bracket at the 2011 NCAA Division II championships. A four-time national qualifier and two-time All-American at SCSU, Sundgren charted a 16-3 record for the Huskies in 2010-11. He is a marketing major at St. Cloud State.

Under the leadership of Coach Steve Costanzo, the 2011 NCAA Division II Coach of the Year, St. Cloud State posted a 19-2 overall record - which set a new team record for dual wins in a season.

PLAYER SPOTLIGHT: JOSH JORIMAN



Josh Joriman is a redshirt sophomore from Lino Lakes, Minnesota. He competes in the 157-pound weight class for the Huskies.

Q1. Why did you choose to attend SCSU?

A: Because of the wrestling and teaching program.

Q2. Who do you most admire?

A: Mom

Q3. Best piece of advice you have received?

A: "Try to get yourself as tired as you can every day."

Q4. What kind of advice would you give a younger wrestler who is just taking up the sport of wrestling?

A. "Try your best and keep your head up."

Q5. What will you be doing when your competitive career is over?

A. I will be coaching and teaching.

Q6. How did you end up becoming a wrestler?

A. I wanted to be like my dad.

Q7. Favorite quote that you have read or heard?

A. "Pain is temporary, Pride is forever."

WRESTLING: HUSKIES FINISH NO. 2 IN THE NATION: SUNDGREN IS NATIONAL CHAMP – COSTANZO NAMED COACH OF THE YEAR

Saturday, March 12, 2011

KEARNEY, Neb. – The St. Cloud State University wrestling team capped off a record-setting season with a second place finish at the NCAA Division II Championships, as Blaine native and senior John Sundgren turned out a stunning tournament to win the National Championship in the 157-pound division Saturday, March 12 at the University of Nebraska-Kearney Health and Sports Center.

The second place finish (90.5 points) is the best in school history after the Huskies placed seventh in last season's championships as head coach Steve Costanzo was named the National Wrestling Coaches Association Division II Coach of the Year in a unanimous decision.

The wrestling squad is also just the second team in SCSU athletics history to finish second nationally in a NCAA tournament. The 1983 SCSU men's cross country team was the first second place finisher in a NCAA tournament.



Senior John Sundgren holds the team trophy.

John Sundgren (16-3) shut out Dillion Bera (26-8) of the University of Wisconsin-Parkside in a 4-0 decision in the 157-pound championship round to claim the first SCSU wrestling national title since Gene Hanemann took the podium in 1995. Before Hanemann, the last Husky wrestler to win a title was Mike Rybak in 1967.

"It was really big for our program, but more importantly it happened to a guy like John. He is a fifth year senior and there's nobody more deserving than him," said Costanzo of his national champ.

In the final match of the tournament, sophomore Jake Kahnke (Shakopee) (28-2) lost a heartbreaking 4-3 championship match to Northern Sun Intercollegiate Conference foe Matthew Meuleners of Northern State. Meuleners recorded a takedown in the final minute of the third and held on to avenge two regular season losses to Kahnke.

Costanzo was named Coach of the Year after leading the Huskies to a runner-up finish in the national tournament and a school record 19 dual wins during the 2010-11 regular season.

Costanzo has now coached 47 All-Americans and three national champions in his head coaching career. Sundgren was Costanzo's first recruit at SCSU and is his first Husky individual national champion.

The University of Nebraska at Omaha won their third straight national title with 102.5 points in part to three individual national championships Saturday.

National title matchups

125-Trevor Franklin (27-2, Upper Iowa) dec. Alex Meger (24-10, Augustana College), 3-0
133-Todd Wilcox (35-3, Grand Canyon) dec. William Young (34-8, Newberry), 8-3

141-Mario Morgan (29-4, Nebraska-Omaha) dec. Dalton Jensen (28-4, Nebraska-Kearney), 12-5
 149-Nick Walpole (41-3, Indianapolis) dec. TJ Hepburn (36-3, Nebraska-Kearney), 4-2
 157-John Sundgren (15-3, St. Cloud State) dec. Dillon Bera (26-7, Wisconsin-Parkside), 4-0
 165-Michael Lybarger (38-4, Findlay) dec. Zach McKendree (34-10, Gannon) 3-1
 174- Ryan Pankoke (40-2, Nebraska-Omaha) dec. Luke Rynish (24-3, Wisconsin-Parkside), 3-2
 184- Aaron Denson (33-6, Nebraska-Omaha) dec. Charlie Pipher (19-1, Western State) 6-4
 197- Donovan McMahill (31-0, Western State) dec. Mitch Knapp (28-3, West Liberty) 9-3
 285-Matthew Meuleners (28-4, Northern State) dec. Jake Kahnke (29-1, St. Cloud State), 4-3

2011 Division II Championships medal matches

3rd Place

125-McDonald (Newberry) pin Kochinsky (Shippensburg), 1:16
 133-Jeremiason (Augustana) pin Link (Pitt-Johnstown), 4:45
 141-Suarez (St. Cloud State) dec. Sherer (Augustana), 3-2
 149-Herda (Augustana) dec. Means (Fort Hays State), 6-4
 157-Ivanov (Nebraska-Omaha) dec. Shields (Mercyhurst), 5-3
 165-Merritt (St. Cloud State) dec. Wilson (Nebraska-Kearney), 4-1
 174-Carazo (Grand Canyon) dec. O'Grady (St. Cloud State), 7-6
 184-Blanton (Newberry) dec. Nordgren (MSU-Mankato), 6-5
 197-Broghammer (Upper Iowa) dec. Copsey (Augustana), by medical forfeit
 285-Alexander (Western State) dec. Southwick (Ashland), 2-0

5th Place

125-Weakley (UNC-Pembroke) dec. Forstner (MSU-Mankato), 8-5
 133-Cruz (Western State) dec. Pedretti (Upper Iowa), 11-9
 141-Bagheri (San Francisco State) dec. Irwin (Indianapolis), 6-0
 149-Horn (St. Cloud State) dec. Paukovits (Kutztown), 7-5
 157-Bristol (Grand Canyon) dec. Dauphin (Central Oklahoma), 9-2
 165-Williams (UNC-Pembroke) dec. Nelson (Augustana), 6-5
 174-Mueller (Upper Iowa) dec. Henderson (Central Oklahoma), 2-1
 184-Brunkhardt (Nebraska-Kearney) dec. Schultz (Upper Iowa), 6-0
 197-Arizmendez (Grand Canyon) dec. McPeck (Adams State), 12-6
 285-Dempsey (Pitt-Johnstown) dec. Escamilla (Nebraska-Omaha), 3-1

7th Place

125-Ulmer (MSU-Moorhead) dec. Matos (Gannon), 7-6 TB1
 133-Graham (Central Oklahoma) dec. Zimmerman (Wisconsin-Parkside), 3-1
 141-Savala (Chadron State) dec. Bachman (Pitt-Johnstown), 8-5
 149-Dominguez (Nebraska-Omaha) dec. Jordan (Adams State), by medical forfeit
 157-Edgington (Augustana) dec. Nolan (San Francisco State), 7-3
 165-Kelly (Ashland) dec. Gille (UW-Parkside), 13-9
 174-Becker (MSU-Mankato) maj. dec. Choi (San Francisco State), 8-0
 184-Becerra (Grand Canyon) dec. Bradley (Limestone), 6-5
 197-Stevenson (Findlay) dec. Baker (Nebraska-Omaha), 3-1
 285-Elkins (Newberry) dec. Carey (CSU-Pueblo), 7-2



WRESTLING: SCSU TO OFFER YOUTH WRESTLING CAMPS IN SUMMER 2011

St. Cloud State University will be offering two youth wrestling camp opportunities during the summer of 2011.

On June 20-21, the Husky High School Commuter Camp will be held each day from 9 a.m. to 4 p.m. This camp is open to all youth wrestlers going into grades 7-12. On June 27-28, the Husky Youth Commuter Camp will be held from 9 a.m. to 3 p.m. each day. This camp is open to youth wrestlers in grades K-6.

Both camps will be held at SCSU's Halenbeck Hall Wrestling Room. The cost for the High School Camp is \$75 per wrestler (\$65 per person if you sign up with five or more people from the same team) and the Youth Camp is \$65 per person (\$55 per person if you sign up with five or more people from the same team).



Tad Merritt

The camp will feature expert instruction in all facets of the sport from the camp staff, which includes SCSU head wrestling coach Steve Costanzo, SCSU assistant wrestling coaches Derek Sikora and Cy Wainwright and camp instructor Mike Farrell - a former NCAA Division I wrestling standout at Oklahoma State. In addition, members of the nationally ranked SCSU wrestling squad will be on hand to serve as camp counselors.

The camps will offer complete insight into takedowns, defense and counter attacks, top techniques, bottom techniques and drilling along with games and live wrestling.

For complete information on the camp, please call Derek Sikora at 320-828-4617 or the SCSU wrestling office at 320-308-2996. You can also e-mail djsikora@stcloudstate.edu for camp information.

TAKEDOWN WRESTLING CLUB

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>



RISING TO THE TOP