



Home of the Huskies

# St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Wrestling Update

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## Upcoming Matches:

Jan. 9-10  
NWCA Duals  
Cedar Falls, Iowa



### 2009-10 SCSU Schedule

Date	Opponent	Time/Result
Nov. 8	Black/Red Classic	B 16, R 15
Nov. 14	at Northwestern	L, 17-12
Nov. 14	vs. Eastern Mich.	L, 25-24
Nov. 14	vs. North Central	W, 20-19
Nov. 21	at Cobber Open	No Team Scores
Dec. 5	at UW LaCrosse Duals	9 a.m.
	vs. UW-Stevens Points	W, 28-9
	vs. Loras	W, 48-0
	at UW-LaCrosse	W, 25-13
Dec. 12	HUSKY OPEN	No Team Scores
Dec. 29-30	Midlands Tournament	34th place
Jan. 9-10	NWCA Duals	TBA
Jan. 15	UW-EAU CLAIRE	7 p.m.
Jan. 16	SW MINNESOTA	7 p.m.
Jan. 22	AUGUSTANA	7 p.m.
Jan. 23	UN-OMAHA	2 p.m.
Jan. 29	at MSU Moorhead	7 p.m.
Feb. 5	at Mary	7 p.m.
Feb. 6	at Northern State	7 p.m.
Feb. 11	ST. JOHN'S	7 p.m.
Feb. 14	UPPER IOWA	2 p.m.
Feb. 19	at Minnesota State	7 p.m.
Feb. 28	at Super Regional	TBA
Mar. 12-13	NCAA II Finals	TBA

For complete ticket information, please call 1-877-SCSUTIX or 320-308-2137.

### NEED INFO?

For information about SCSU Wrestling, please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The Wrestling Contact at SCSU for 2005-06 is Tom Nelson. You can contact him via email at [tcnelson@stcloudstate.edu](mailto:tcnelson@stcloudstate.edu)

### IMPORTANT NUMBERS:

SCSU Ticket Office: 320-308-2137  
SCSU AMR Office: 320-308-2141  
Wrestling Office: 320-308-2996

### HUSKY HOME PAGE:

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

## 2009-10 SCSU Wrestling News

Release Date: Jan. 7, 2010

### HUSKIES HEADLINERS:

- SCSU received an 8th place seed for the 2010 NWCA Division II Duals, which will be held on Jan. 9-10, at the University of Northern Iowa in Cedar Falls. SCSU will open tournament action with a dual match against San Francisco State at 9 a.m. on Jan. 9. SCSU is one of only 16 teams for the NCAA Division II to be selected for participation in this annual event. Last year, SCSU posted a 1-2 record at the NWCA Duals. Other NSIC schools selected to participate in the NWCA Duals this year include #7 seed Augustana and unseeded Minnesota State Mankato. Former NCC rival Nebraska-Omaha is the tournament's top seed.
- Over the Holiday break, SCSU travelled to the elite Midlands Championships in Evanston, Ill. on Dec. 29-30. The Huskies placed 34th as a team at the tournament, which features many of the nation's top NCAA Division I programs including Midlands team champion Iowa. At the Midlands Championships, sophomore Tad Merritt earned a prestigious #12 seed in the 165-pound bracket. Merritt concluded the tournament with a 2-2 record, which included wins over Northern Illinois' John Odeen and Dubuque's Josh Terrell. At 184-pounds, Derek Skala also posted a 2-2 record that included a 3-2 win over UN-Kearney's Derek Ross and a 12-6 win over Illinois' Matt McCarter. Other SCSU wrestlers in action at the Midlands were Gabe Suarez (141), Shamus O'Grady (174) and Lucas Munkelwitz (197).
- In the latest NCAA Division II Super Region #3 rankings, the Huskies gained a 2nd place rating with 58 points. Augustana ranked 1st in the region at 59. Individually, John Sundgren (157) and Jacob Roberts (149) were ranked first in the region, while Gabe Suarez (141), Tad Merritt (165), Derek Skala (184), Lucas Munkelwitz (197) and Jacob Kahnke (285) all ranked second in the region poll.
- Tad Merritt is 16-2 this season, while Gabe Suarez is 8-2 on the season. Luke Munkelwitz is also doing well with a solid 15-3 record this winter. Other top SCSU wrestlers include Derek Skala (12-6), Jake Kahnke (13-2) and John Sundgren (7-2).
- SCSU will be led on the mats this season by team captains junior **Gabe Suarez**, junior **Derek Skala**, junior **John Sundgren** and sophomore **Tad Merritt**.
- The Huskies finished the 2009-10 season with an 8-5 record and a 5-2 record against NSIC schools. SCSU placed second at the 2009 NCAA regional meet and 8th at the 2009 NCAA Division II championships.
- SCSU was ranked 9th in the latest DII national rankings. SCSU's John Sundgren was ranked 5th at 157-pounds, while Derek Skala is 8th at 184-pounds. Lucas Munkelwitz has moved up to 5th at 197-pounds, and Jacob Kahnke is 8th at 285-pounds. SCSU's top ranked grappler is Tad Merritt, with a 3rd place ranking at 165-pounds this week..
- SCSU gained three All-America awards in 2009. Brad Padgett placed third at 184-pounds, while Tad Merritt was third at 165-pounds. The trio was completed by Derek Skala's seventh place finish at 174-pounds in 2009.
- SCSU's eighth place finish at the 2009 NCAA Division II championships was the Huskies' best NCAA national finish since 1986.



**SCSU COACH STEVE COSTANZO:** Steve Costanzo is in his fourth season as the Husky head wrestling coach. Costanzo begins his 11th season overall as a college head coach. He has a career record of 90-46-2 while coaching 90 National Qualifiers, 37 All-Americans, 2 National Champions and 28 NWCA All-Academic recipients. His record at St. Cloud State now stands at 29-16. An All-American wrestler at Nebraska-Omaha (1996 graduate), Costanza previously coached at Dana College from 1999 to 2006. Costanza led Dana to a national title in 2006.



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## 2009-10 St. Cloud State Wrestling Roster

Name	Year	Weight	Hometown	High School	Name	Year	Weight	Hometown	High School	Zach
Mitchell Altermatt	RsSo	165	Wabasso, Minn.	Wabasso/SDSU	Kurt Salmen	So	165	Dassel, Minn.	Dassel-Cokato H.S./	
Joe Andersen	RsSo	149/157	Bemidji, Minn.	Bemidji					Ridgewater C.C.	
Josh Antonneau	So	184/197	Hartland, Wis.	Arrowhead./UW Miv.	Chad Schultz	RsFY	141	Mauston, Wisc.	Mauston	
Mic Berg	FY	184/197	Inver GroveHgts.	Simley	Derek Skala	RsJr	174	Owatonna	Owatonna	
Chris Brassell	FY	285	Park Ridge, IL	Maine South	Zach Stewart	FY	125/133	Green Bay	Ashwaubenon	
Josh Conrath	RsFY	184/197	Waseca, Minn.	Waseca	Gabriel Suarez	RsJr	141	Las Vegas, NV	Cimarron-Memorial	
Michael Cullen	RsFY	157	Coon Rapids	Coon Rapids/UW-L	John Sundgren	RsJr	157	Blaine, Minn.	Blaine	
Adam Helgeson	RsSo	133/141	Sauk Centre	Sauk Centre	Jake Tabbert	RsSo	149	Inver Grove Hgts.	Simley	
Trent Herold	FY	125/133	East Bethel	St. Francis						
Jacob Horn	FY	149/157	St. Michael	SM-Albertville						
Joshua Joriman	RsFY	157	Lino Lakes	Centennial						
Jacob Kahnke	RsFY	197/285	Shakopee,	Prior Lake/Old Dom.						
Alex Kontz	RsFY	149	Canby, Minn.	Canby						
Chad Kubasch	RsJr	149/157	New Germany	Watertown-Mayer						
Brian Litch	RsSo	141	Plymouth	Wayzata/Nebraska						
Luke Mathe	RsFY	141	Plover, Wisc.	Stevens Point						
Shane McQuade	FY	125/133	Appleton, Wisc.	Appleton West						
Tad Merritt	RsSo	165	Canby, Minn.	Canby						
Adam Minette	RsSr	157	New Prague	New Prague						
Lucas Munkelwitz	RsSo	184/197	Forest Lake	Forest Lake						
Shamus O'Grady	RsFY	174	Coon Rapids	Coon Rapids						
Mathew Piersak	RsFY	149	Shoreview	Mounds View						
Mac Rivard	FY	149	Cedar, Minn.	St. Francis						
Jacob Roberts	RsSr	149	Jordan, Minn.	Scott West/Augsburg						
Erik Rogness	RsJr	197	Buffalo, Minn.	Buffalo						
Ted Saatzer	RsSr	197	Mound, Minn.	Mound - Westonka/ Ridgewater C.C.						

**Head Coach:** Steve Costanzo (Fourth Season)  
**Assistant Coach:** Matt Lowers (Third Season)  
**Graduate Assistant Coach:** Chris Heilman (Second Season)  
**Graduate Assistant Coach:** Cy Wainwright (First Season)  
**Volunteer Assistant Coach:** Jeremy Lang (Fourth Season)  
**Volunteer Assistant Coach:** John Peterson (Second Season)  
**Student Assistant Coach:** Brad Padgett (First Season)  
**Student Assistant Coach:** Josh Williams (First Season)

**2009-10 SCSU Honors:**  
**NSIC Wrestler of the Week** - Tad Merritt on Nov. 16, 2009  
**NSIC Wrestler of the Week** - John Sundgren on Dec. 8, 2009  
**John Oxtan Award (MVP at 2009 Husky Open)** - Tad Merritt - 165 pounds

## 2009-10 St. Cloud State Wrestling Results

Name	W/L Record	Dual W/L	Falls	Bison	Cobber	Dragon	Husky	Midlands	Ridgewater	Worth.	ILCC	NC	Region	NCAA's
Andersen, Joe	6-1	1-0	1	NA	3rd	NA	N/A	N/A						
*Antonneau, Josh	7-5	0-0	2	DNP	5th	NA	DNP	N/A						
*Berg, Mic	13-7	0-0	4	3rd	4th	5th	4th	N/A						
*Brassell, Chris	9-7	0-0	1	5th	3rd	DNP	4th	N/A						
Conrath, Josh	3-4	0-0	1	NA	DNP	NA	DNP	N/A						
Cullen, Michael	7-6	0-0	3	4th	DNP	NA	DNP	N/A						
Helgeson, Adam	8-7	0-0	1	6th	5th	NA	DNP	N/A						
Herold, Trent	6-7	2-4	1	NA	3rd	NA	DNP	N/A						
*Horn, Jake	6-5	0-0	1	DNP	NA	3rd	DNP	N/A						
Joriman, Josh	10-6	0-0	0	5th	5th	NA	DNP	N/A						
Kahnke, Jacob	13-2	5-1	3	NA	1st	NA	3rd	N/A						
Kontz, Alex	6-6	0-1	0	NA	2nd	DNP	DNP	N/A						
Kubasch, Chad	3-6	0-0	0	DNP	DNP	NA	DNP	N/A						
Litch, Brian	3-4	0-0	2	NA	DNP	NA	DNP	N/A						
McQuade, Shane	9-5	3-3	4	NA	2nd	NA	2nd	N/A						
Merritt, Tad	16-2	6-0	9	NA	1st	NA	1st-OW	DNP						
Minette, Adam	4-4	0-0	0	NA	DNP	NA	5th	N/A						
Munkelwitz, Luke	15-3	5-1	3	NA	1st	NA	1st	DNP						
O'Grady, Shamus	7-7	3-3	1	NA	NA	NA	5th	DNP						
Piersak, Matt	2-2	0-0	1	NA	NA	NA	DNP	N/A						
*Rivard, Mac	4-6	0-0	0	DNP	DNP	5th	N/A	N/A						
Roberts, Jacob	6-5	2-2	0	NA	3rd	NA	DNP	N/A						
Rogness, Erik	5-5	0-0	0	NA	DNP	NA	DNP	N/A						
Saatzer, Ted	2-6	0-0	1	DNP	DNP	NA	DNP	N/A						
*Salmen, Kurt	5-6	0-0	3	NA	NA	6th	6th	N/A						
Schultz, Chad	9-5	1-0	4	6th	NA	NA	4th	N/A						
Skala, Derek	12-6	4-2	2	NA	2nd	NA	2nd	DNP						
*Stewart, Zach	12-6	0-0	0	5th	5th	1st	DNP	N/A						
Suarez, Gabe	8-2	2-0	4	NA	DNP	NA	1st	DNP						
Sundgren, John	7-2	3-2	4	NA	1st	NA	N/A	N/A						
Tabbert, Jake	5-3	0-1	1	NA	1st	NA	DNP	N/A						
<b>TOTALS</b>	<b>229-148</b>	<b>37-20</b>	<b>56</b>	<b>7</b>	<b>17</b>	<b>5</b>	<b>12</b>							
<b>WIN PERCENTAGE</b>	<b>0.607</b>	<b>0.649</b>												
<b>* - Indicates - Wrestling Unattached</b>													<b>NSIC</b>	
<b>DNP - Indicates - Did Not Place</b>													<b>Region</b>	
<b>NA - Indicates - Not Active</b>													<b>NCAA's</b>	

