

Volume 2, Issue 2  
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# The Husky Voice

St. Cloud State University Husky Wrestling

## COACHES CORNER & TEAM HAPPENINGS

On Halloween weekend SCSU wrestling hosted their annual Fall Wrestling Clinic in Halenbeck Hall. This year, Jayson Ness, former Minnesota Gopher great, served as the key clinician for the event – *See article*. On November 5, the Huskies will host their annual Black/Red Classic in Halenbeck Hall at 7:30 p.m. The challenge matches serve as a starting point for Husky wrestling when determining their top ten individuals per weight classes. On November 13, SCSU wrestling will travel to Ames, Iowa and attend the Harold Nichols Open. The tournament looks to host one of their strongest showings as several of the best NCAA DI, DII, and DIII teams in the Midwest will be in attendance. The boys have been training hard and it's exciting to see their hours of preparation coming to a climax as we start the 2010-11 campaign. Needless to say, the team is eager to compete. Our early tournaments, Harold Nichols Open, Auggie/Brute/Addidas Open and the Husky Open will help us establish a starting lineup for NSIC dual action in early January. If we wrestle to our potential, we should see some early results against nationally ranked opponents. We look forward to providing you an exciting and entertaining season of wrestling.

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>

ONWARD AND UPWARD!!!

## UPCOMING EVENTS

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

Saturday, Nov. 13 @ 9 a.m. – Harold Nichols Open, Ames, IA

Saturday, Nov. 20 @ 9 a.m. – Auggie/Brute/Addidas Open, Minneapolis, Minn.



## **WRESTLING: 2010 FALL WRESTLING CLINIC A SUCCESS AT SCSU!**

Monday, November 1, 2010

The 5<sup>th</sup> Annual Husky Fall Wrestling Clinic was a big hit this past weekend on the campus of St. Cloud State University. Over 80 participants and coaches attended the one day event on Saturday, October 30 in the Halenbeck Hall Fieldhouse.

Guest clinician Jayson Ness, a former collegiate wrestling standout at the University of Minnesota, highlighted the event. The clinic serves as an annual kick-off to the 2010-11 wrestling season at St. Cloud State.

"This was a great opportunity for youth wrestlers of all ages," said Assistant Coach Derek Sikora. "We had a great group of kids in attendance and we appreciate their support."

The Huskies' next youth wrestling clinics will be held in June 2011, as SCSU wrestling will offer several clinic options to choose from. Details will soon be posted and available to the public. Please check back at the Husky Home Page for more details on this exciting youth wrestling opportunities.

St. Cloud State wrestling is gearing up for its annual Black/Red Intrasquad Classic on Friday, November 5 at 7:30 p.m. in Halenbeck Hall. The Huskies are currently ranked #2 in the latest 2010-11 pre-season NCAA Div. II poll. In the highly competitive Northern Sun Intercollegiate Conference, the Huskies were selected #1 in the coaches' 2010-11 pre-season poll.



Guest clinician Jayson Ness (right) and SCSU's Cody Paulsen.

## **WRESTLING: 2010-11 SCSU WRESTLING GUIDE IS NOW ON-LINE**

Thursday, October 28, 2010

Check out the new 2010-11 St. Cloud State University wrestling guide in this easy to read on-line format.

<http://www.stcloudstate.edu/athletics/sports/wrestling/documents/wrestlingGUIDE1011.pdf>

The Huskies were ranked #2 in the 2010-11 NWCA Division II preseason national ranking and the Huskies also gained a #1 ranking in the NSIC preseason poll for 2010-11.

In 2009-10, the Huskies placed 7th in the nation under the leadership of head coach Steve Costanzo. SCSU also posted a 14-7 dual match record and four SCSU wrestlers gained All-America status at the NCAA championships last year.

For complete information about the SCSU wrestling program, please call Athletic Media Relations wrestling contact Tom Nelson at 320-308-5400.

## WRESTLING: HUSKIES EARN TOP SPOT IN NSIC PRESEASON POLL

Friday, October 22, 2010

The St. Cloud State wrestling team continues to rake in preseason accolades as the Huskies earned a #1 ranking in the 2010-11 Northern Sun Intercollegiate Conference preseason coaches' poll.

The Huskies posted 67 points in the poll, which outpaced runner-up Augustana with 64 points. Minnesota State ranked third in the poll with 37 points, while Upper Iowa (24), MSU Moorhead (14), Southwest Minnesota State (14), Northern State (12) and Mary (8) completed the poll.

St. Cloud State also received a #2 ranking in the 2010-11 NWCA Division II preseason poll, which was released on Oct. 21.



Shamus O'Grady (left)

In the NSIC preseason individual rankings, the Huskies gained top notice in several weight groups for 2010-11.

At 125-pounds, freshman Zach Stewart was ranked 6th in the NSIC preseason rankings, while junior transfer Eric Ellington was ranked 2nd in the NSIC poll at 133-pounds.

At 141-pounds, senior Gabe Suarez was ranked second and sophomore Jacob R. Horn was ranked fourth at 149-pounds. Senior John Sundgren posted a #2 ranking in the 157-pound weight group while junior Tad Merritt was the top pick in the conference at 165-pounds.

Sophomore Shamus O'Grady was another #1 ranked wrestler for the Huskies at 174-pounds, while senior Derek Skala is ranked 2nd at 184-pounds in the NSIC preseason poll.

At 197-pounds, junior Lucas Munkelwitz is ranked second in the NSIC poll and sophomore Jacob Kahnke is ranked #1 in the conference poll at 285-pounds.

The Huskies finished the 2009-10 season with a 14-7 overall record and a 5-2 mark in the highly respected NSIC. At the NCAA Super Region, SCSU placed 2nd in 2010 and the Huskies went on to earn a 7th place finish at the 2010 NCAA championships.

SCSU returns 6 All-Americans and seven national qualifiers to their line-up this winter, as head coach Steve Costanzo begins his 5th season at the helm in St. Cloud.



## WRESTLING: WOW! HUSKIES EARN #2 PRESEASON RANKING IN NWCA POLL

Thursday, October 21, 2010

The St. Cloud State University wrestling team has received a #2 ranking in the 2010-11 National Wrestling Coaches Association Division II preseason poll, which was released on Oct. 21.

Sophomore Jacob Kahnke (Shakopee/Prior Lake H.S.) was ranked #2 in the nation at 285-pounds in the NWCA preseason poll, while fellow returning national qualifier Gabe Suarez (Las Vegas, Nev.) was ranked 4th at 141-pounds in the preseason poll. Two-time All-American junior Tad Merritt (Canby) was ranked #4 at 165-pounds in the preseason rankings, while sophomore Shamus O'Grady (Coon Rapids) also earned a #4 ranking in the preseason poll at 174-pounds.



Jacob Kahnke

To complete the picture, senior Derek Skala (Owatonna) earned a #5 ranking at 184-pounds, senior John Sundgren (Blaine) was ranked #6 at 157-pounds and junior Lucas Munkelwitz (Forest Lake) was ranked #8 in the preseason poll at 197-pounds.

Two-time defending national champion Nebraska-Omaha was an unanimous first-place pick in the preseason NCAA Division II Wrestling Coaches Association poll, while the Huskies were ranked second. SCSU finished the 2009-10 season with a seventh place finish at the 2010 NCAA Division II championships, which ties the team's best-ever finish at the NCAA Division II championships.

St. Cloud State (Minn.), which finished seventh in the national tournament last year, earned the No. 2 rating after collecting seven second-place votes and finishing with 150 points. Augustana (S.D.), last year's national runner-up, is third with 144 points, followed by Nebraska-Kearney and Newberry (S.C.).

Rounding out the top 10 is Western State (Colo.), Minnesota State, Findlay (Ohio), Wisconsin-Parkside and Upper Iowa.

The Huskies will kick-off their 2010-11 season on Nov. 5 with the annual Black/Red Classic intra-squad match at 7:30 p.m. in Halenbeck Hall. On Nov. 13, the Huskies will hit the road to Ames, Iowa for the Harold Nichols Cyclone Open to start the regular season.

Fans will want to mark their calendar for Dec. 11, when the Huskies host the annual Holiday Inn/Husky Open at Halenbeck Hall. This all-day event will feature many of the nation's top NCAA Division II and Division III programs. The Huskies will be under the leadership of fifth-year head coach Steve Costanzo this winter.

The top 20 poll, with points and the teams' national tournament finish last year following by the top-eight rankings at each weight:

### Rank School (State) Points Last Year's Finish

1. Nebraska-Omaha 160 1st
2. **St. Cloud State (Minn.) 150 7th**
3. Augustana (S.D.) 144 2nd
4. Nebraska-Kearney 136 T-3rd

5. Newberry (S.C.) 121 T-8th
6. Western State (Colo.) 111 10th
7. Minnesota State 108 6th
8. Findlay (Ohio) 88 31st
9. Wisconsin-Parkside 83 5th
10. Upper Iowa 82 T-3rd
11. Central Oklahoma 81 15th
- T12. Grand Canyon (Ariz.) 76 19th
- T12. West Liberty (W. Va.) 76 20th
14. Pittsburgh-Johnstown (Pa.) 71 11th
15. Kutztown (Pa.) 44 16th
16. San Francisco State (Calif.) 39 25th
17. Ashland (Ohio) 28 36th
18. East Stroudsburg (Pa.) 25 24th
19. Adams State (Colo.) 24 13th
- T20. Limestone (S.C.) 9 21st
- T20. Fort Hays State (Kan.) 9 12th

**Others receiving votes:** Colorado State-Pueblo, Mercyhurst (Pa.), Minnesota State-Moorhead

## **WRESTLING: HUSKIES HELP SCOUTING FOR FOOD PROGRAM**

Sunday, October 10, 2010

The St. Cloud State University wrestling team volunteered this past Saturday for the Boy Scouts of America and Catholic Charities-Scouting for Food project setup for the GIVE it, GET it Volunteer Days event. The Husky wrestlers spent the day loading and stacking boxes of donated food items for the less fortunate.

“I was very proud of our young men for lending a helping hand to the Catholic Charities,” said Assistant Coach Derek Sikora. “The event is an annual event to help the less fortunate in our community. I was very impressed with our attitude and work-ethic on the day.”



The Husky wrestlers begin their official day of practice on Monday, Oct. 11, at 3:30 p.m. in Halenbeck Hall. Their season opens up on Saturday, November 13 at the Harold Nichols Cyclone Open in Ames, Iowa.



## WRESTLING: HUSKIES HELP CLEAN UP MISSISSIPPI RIVER

Monday, October 4, 2010

**St. Cloud, Minn.** - For the 4<sup>th</sup> year in a row members of the St. Cloud State University wrestling team volunteered to lend a hand with the Mississippi River Clean-up sponsored by the St. Cloud State University Outdoor Endeavors program on Oct. 2.

The river clean up is considered to be the most consistent river clean-up in the state of Minnesota and community volunteers usually collect over 600-pounds of garbage for the day.

The volunteers spent 3 hours on Saturday cleaning up the banks of the river surrounding the St. Cloud State campus.



Members of the SCSU wrestling team on Mississippi River clean-up day.

"I really appreciate our men volunteering their time to help out the community and St. Cloud State University," said Coach Steve Costanzo. "We have continued to make this a tradition in our wrestling program to give back to the community and St. Cloud State on an annual basis with community service projects. Our guys understand that giving back to the community is important and they take pride in their University and surrounding area."

The Husky wrestlers will also take time next Saturday to help with the Catholic Charities Scouting for Food Drive.

The 2010-11 St. Cloud State University wrestling team will return a total of six NCAA All-Americans and seven NCAA National Qualifiers to the mats this year. The Huskies will look to improve on from their seventh place performance at the NCAA Championships this past March.

St. Cloud State University wrestling will open up their season campaign on Friday, November 5 as the Huskies host their annual Black/Red Intrasquad Classic in Halenbeck Hall.

## UP CLOSE WITH COACH CY WAINWRIGHT



**Cy Wainwright** enters his second season as a graduate assistant coach for the Huskies.

A native of Green Cove Springs, Florida, Wainwright was a national champion and two-time NCAA Division II All-American for Newberry College. He led his team to a runner-up finish at the 2009 NCAA DII Championships. Wainwright holds school records with longest win streak (38), wins in a season (42) and wins in a career (124). He finished his 2008-09 campaign with an unblemished 36-0 record and an overall record of 124-22.

Wainwright earned his bachelor's degree in Education from Newberry College in 2009 and is pursuing a master's degree in sports management from SCSU.

**Q:** Where are you from? Green Cove Springs, Florida

**Q:** How many years have you wrestled? Eight Years (4 years in high school, 4 years in college)

**Q:** What is your major in graduate school? Sports Management

**Q:** What's your favorite food? Fried Chicken

**Q:** What's your favorite drink? Sweet Tea

**Q:** What kind of music do you like? Country

**Q:** What do you want to do after graduate school? Coach College Wrestling

**Q:** What is your prognosis for the 2010-11 Husky wrestling team? I predict six All-Americans and ten national qualifiers. Academically, I think we will have eight Academic All-Americans. If we can accomplish my expectations, we will become the 2011 NCAA DII NATIONAL CHAMPIONS!

## **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>

# **RIISING TO THE TOP**