

Thursday, December 31, 2009

The Husky Voice – Volume 1, Issue 4

St. Cloud State University Wrestling
By Steve Costanzo, Head Wrestling Coach

Happy New Year!

As we end another exciting year of collegiate wrestling, we shed the realities of the year just past and anticipate with enthusiasm what may lie ahead in the next twelve months. Reflecting back we acknowledge the improvements in our lives as well as setbacks. Looking ahead we anticipate the possibilities of a clean slate and hopefully a better outcome of the year to come. You and I know there is no clean slate, but something about starting a new year gives us a sense of expectation. We anticipate an opportunity to improve. Often our contemplation of what a new year may bring coincides with a rekindled spirit of optimism.

Now that 2009 has come to an end and we have completed another year of wrestling at SCSU, we can look back over the year and evaluate. We see areas of profound success and acknowledge there is still much work to do. For me, the biggest change and greatest success has been trying to create the right team chemistry. Thru the strengths of our staff's recruiting efforts and the leadership of the veterans on the team, we are finally heading in the right direction. We have a great group of kids on the squad. All of these kids, all of their effort, all working together, well if you're not careful, you just might find yourself feeling a bit...optimistic. I believe with the right team chemistry anything is possible.

Finally, let me say one last time, speaking optimistically to myself more than anyone else...a "TEAM" can accomplish the impossible!

Have a blessed, safe and enjoyable New Year.

WRESTLING: HUSKIES EARN 3-0 RECORD AT UW-L DUALS

Saturday, December 5, 2009

LaCrosse, Wis. - The St. Cloud State University wrestling team improved 4-2 on the 2009-10 season with a trio of victories at the UW-LaCrosse Duals in LaCrosse, Wis. on Dec. 5. The #10 ranked Huskies posted wins over UW-Stevens Point (28-9), Loras (48-0) and UW-LaCrosse (25-13).

Round 1 - #17 UW-Stevens Point vs. #10 (NCAA II) St. Cloud State University (Minn.)

125 Joe Mileski (UW-Stevens Point) won by decision over Trent Herold (St. Cloud State), 11-9

133 Shane McQuade (St. Cloud State) won by decision over Jordan Kust (UW-Stevens Point), 9-3

141 Gabriel Suarez (St. Cloud State) won by major decision over Mark Puckhaber (UW-Stevens Point), 13-4

149 Kris Magruder (UW-Stevens Point) won by decision over Jake Tabbert (St. Cloud State), 8-2

157 John Sundgren (St. Cloud State) won by fall over Andrew Dilworth (UW-Stevens Point), 4:00

165 Tad Merritt (St. Cloud State) won by major decision over Dennis Reckelberg (UW-Stevens Point), 15-4

174 Shamus O'Grady (St. Cloud State) won by major decision over Chris Karl (UW-Stevens Point), 15-3

184 Mike England (UW-Stevens Point) won by decision over Derek Skala (St. Cloud State), 4-0

197 Lucas Munkelwitz (St. Cloud State) won by major decision over Brandon Jochem (UW-Stevens Point), 14-6

285 Jacob Kahnke (St. Cloud State) won by decision over Bret Oswald (UW-Stevens Point), 12-5

Final Score: St. Cloud State University (Minn.) 28, UW-Stevens Point 9

Round 2 - #10 (NCAA II) St. Cloud State University (Minn.) vs. #28 Loras College (Iowa)

125 Trent Herold (St. Cloud State) won by fall over Pat Pfantz (Loras), 2:13

133 Shane McQuade (St. Cloud State) won by fall over over Brendan Murphy (Loras), 4:42

141 Chad Schultz (St. Cloud State) won by decision over Chris Gansen (Loras), 11-5

149 Jacob Roberts (St. Cloud State) won by decision over Mitch Gansen (Loras), 11-4

157 John Sundgren (St. Cloud State) won by fall over Willie Slayden (Loras), 6:24

165 Tad Merritt (St. Cloud State) won by fall over Kile Beaver (Loras), 4:07

174 Shamus O'Grady (St. Cloud State) won by fall over Mark Kapraun (Loras), 4:38

184 Derek Skala (St. Cloud State) won by fall over over Ben Bohlen (Loras), 1:37

197 Lucas Munkelwitz (St. Cloud State) won by decision over over Josh Kirkland (Loras), 9-3

285 Jacob Kahnke (St. Cloud State) won by decision over Jeremy Klein (Loras), 7-2

Final Score: St. Cloud State University (Minn.) 48, Loras College (Iowa) 0

Round 3 - #1 UW-La Crosse vs. #10 (NCAA II) St. Cloud State University (Minn.)

125 Trent Herold (St. Cloud State) won by decision over Albie McKinney (UW-L), 5-2

133 Beбето Yewah (UW-L) won by major decision over Shane McQuade (St. Cloud State), 21-9

141 Gabriel Suarez (St. Cloud State) won by decision over Justin Garcia (UW-L), 10-4

149 Matt Mauseth (UW-L) won by decision over Jacob Roberts (St. Cloud State), 4-3

157 John Sundgren (St. Cloud State) won by fall over Ryan Farwell (UW-L), 1:56

165 Tad Merritt (St. Cloud State) won by fall over Jeff Erkel (UW-L), 1:37

174 Mike Schmitz (UW-L) won by decision over Shamus O'Grady (St. Cloud State), 8-7

184 Derek Skala (St. Cloud State) won by major decision over Mitch Artist (UW-L), 10-1

197 Lucas Munkelwitz (St. Cloud State) won by decision over Andy Moore (UW-L), 3-2

285 Dan Laurent (UW-L) won by decision over Jacob Kahnke (St. Cloud State), 3-0

Final Score: St. Cloud State University (Minn.) 25, UW-La Crosse 13

WRESTLING: HUSKIES EARN THREE HUSKY OPEN CHAMPIONSHIPS, MERRITT NAMED MOST OUTSTANDING WRESTLER

Saturday, December 12, 2009

St. Cloud, Minn. -- The St. Cloud State wrestling team won three of 10 weight classes in the 2009 Husky Open on Saturday afternoon at Halenbeck Field House and sophomore [Tad Merritt](#) (Canby) was named the open's Most Outstanding Wrestler for the second straight season.

Merritt recorded two falls in the first two rounds in the 165 weight class and added a 14-3 major decision to get to the championship round, where he earned another major decision over the University of Wisconsin-Parkside's Matt Gille in a 12-4 championship win.

Junior [Gabe Suarez](#) (Las Vegas, NV) recorded two falls and a major decision, before winning the 141 pound bracket with a 8-5 victory over Augsburg College's Cody Hansen.



Tad Merritt earned the Most Outstanding Wrestler award for the second straight season.

Sophomore [Lucas Munkelwitz](#) won the 197 pound bracket after recording a first round pin and a championship 12-2 major decision over Jon Treml of UW-Parkside.

The Huskies also had a pair of second place finishes by freshman [Shane McQuade](#) (Appleton, Wis.) in the 133 pound bracket and junior [Derek Skala](#) (Owatonna) in the 184 pound bracket.

Minnesota State's Brady Wilson won the Jack Gause Award for most falls in the open with three.

WRESTLING: HUSKIES RANKED 9TH IN LATEST DII POLL

Thursday, December 17, 2009

EDMOND, Okla. -- St. Cloud State University moved up one spot to gain a ninth place ranking in the latest NCAA Division II wrestling rankings. The defending national champion Nebraska-Omaha was once again the No. 1 pick in the NCAA Division II wrestling rankings, it was announced on Dec. 16, by the NCAA Division II Wrestling Coaches Association.

The Huskies currently own a 4-2 record in 2009-10, with their two losses coming at the hands of NCAA Division I rivals Northwestern and Eastern Michigan. SCSU has also charted a big win over the nation's top ranked NCAA Division III program UW-LaCrosse and a victory over North Central College (Ill.).

Individually, SCSU had wrestlers ranked among the nation's top eight in several weight divisions in the most recent poll. At 141-pounds junior Gabe Suarez was ranked seventh, while junior John Sundgren was ranked fifth at 157-pounds. At 165-pounds, sophomore Tad Merritt was ranked third in the nation and sophomore Lucas Munkelwitz gained a sixth place ranking at 197-pounds.

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

Rank	School (State)	Points	Last Ranking
1.	Nebraska-Omaha	160	1st
2.	Newberry (S.C.)	152	2nd
3.	Nebraska-Kearney	134	8th
4.	Pittsburgh-Johnstown (Pa.)	133	5th
5.	Central Oklahoma	121	4th
6.	Augustana (S.D.)	117	7th
7.	Western State (Colo.)	112	6th
8.	Wisconsin-Parkside	104	11th
9.	St. Cloud State (Minn.)	97	10th
10.	Adams State (Colo.)	89	3rd
11.	Minnesota State	79	9th
12.	Upper Iowa	78	12th
13.	West Liberty (W.Va.)	68	14th
14.	Fort Hays State (Kan.)	46	13th
15.	Findlay (Ohio)	45	19th
16.	Gannon (Pa.)	40	17th
17.	San Francisco State (Calif.)	37	15th
18.	Central Missouri	29	16th
19.	Mercyhurst (Pa.)	17	18th
20.	Grand Canyon (Ariz.)	8	NR

Others receiving votes: Chadron State (Neb.), Mesa State (Colo.), Minnesota State-Moorhead, North Carolina-Pembroke.



WRESTLING: HUSKIES RANKED 2ND IN
Wednesday, December 16, 2009

REGIONAL POLL

St. Cloud State Wrestling Ranked Second in Region

St. Paul, Minn. – St. Cloud State University (4-2) received a second place ranking in the latest NCAA Division II Super Region #3 poll released on Dec. 15, 2009.

The Huskies scored 56 points in the poll, while Augustana led the poll with 59 points. Upper Iowa (46), Minnesota State (40), MSU Moorhead (23), Northern State (8), Southwest Minnesota State (5) and U-Mary (2) completed the poll.

Individually, SCSU's John Sundgren was the top ranked wrestler at 157-pounds in the region and teammate Jacob Roberts was ranked first in the region at 149-pounds, while Gabe Suarez (141), Tad Merritt (165), Derek Skala (184) and Jacob Kahnke (285) all were ranked second in the region in their respective weight divisions.



Jake Roberts

At 125-pounds, SCSU's Trent Herold was ranked sixth, while teammate Shane McQuade was ranked fourth at 133-pounds. SCSU's Shamus O'Grady was ranked fourth at 174-pounds in the poll and SCSU's Lucas Munkelwitz was ranked third at 197-pounds in the poll.

Points are figured based on the top 5 individuals in each weight class. The No. 1 wrestler received 10 points, second received 7 points, third received 4 points, fourth received 2 points and fifth received 1 point.

RANK	SCHOOL	Points
1	Augustana	59
2	St. Cloud State	56
3	Upper Iowa	46
4	Minnesota State	40
5	MSU Moorhead	23
6	Northern State	8
7	Southwest Minnesota State	5
8	U-Mary	2



WRESTLING: HUSKIES IN ACTION AT MIDLANDS CHAMPIONSHIPS

Wednesday, December 30, 2009

Evanston, Ill. - The St. Cloud State wrestling finished action in Day One at the prestigious Midlands Championships in Evanston, Ill. on Dec. 29. This tournament features some of the nation's top NCAA Division I, II and III programs and athletes.

In action at 141-pounds, SCSU junior Gabe Suarez (Las Vegas, Nev.) opened the event with a 13-2 loss to Mike Mangrum of Oregon State. In the wrestlebacks, Suarez then lost on a fall at 4:19 against Kyle West of UC-Davis.



Tad Merritt

At 165-pounds, sophomore Tad Merritt (Canby), who was seeded #12 at the event, opened the day with a first round bye. In second round action, Merritt gained a 10-1 win over John Odeen of Northern Illinois. In the third round of action, Merritt lost his first match of the season with a

tough 5-3 setback against #5 seed Andy Rendos of Bucknell. In the wrestlebacks, Merritt stayed alive in tournament play with a 7-2 victory over Josh Terrell of Dubuque. Merritt lost his second match of the tournament with a 4-3 loss to Mike Finch of Iowa State.

At 174-pounds, freshman Shamus O'Grady (Elk River) gained a first round bye, and then lost by a 6-5 score too Jake Young O UT-Chattanooga. In the wrestlebacks, O'Grady lost a 4-2 decision to Jake Johnson of Stanford.

At 184-pounds, junior Derek Skala (Owatonna) started the day with a big 3-2 win over DII rival Derek Ross of Nebraska-Kearney. In the second round, Skala fell by a 10-5 margin to Grant Gambrall of Iowa. In the wrestlebacks on Dec. 29, Skala gained a 12-6 victory over DI opponent Matt McCarter of Illinois. He complete the day with a tough 6-3 loss to Michigan State's Curran Jacobs.

To wrap-up the results, sophomore Luke Munkelwitz (Forest Lake) lost by a fall at 4:45 against Jake Glore of Missouri in the 197-pound bracket. In the second round, Munkelwitz posted a 5-2 win over Richard Kessler of Stanford. To end his day, Munkelwitz then suffered a pin at 1:16 against #4 seed Trevor Brandyold of Wisconsin.

St. Cloud State Wrestling Gains Academic Success

St. Cloud, MN.—The St. Cloud State University Wrestling team recently released its 2009 fall grades and the results have reflected the squad's excellence on the mats this winter.

"This was an absolutely outstanding semester for our student/athletes," said Matt Lowers, SCSU Assistant Coach. "We challenged our guys at the beginning of the year and so far they have risen to the challenge. This is a special group of student-athlete who are very dedicated to their ultimate goal of becoming champions on and off the mat."

Of the 29 student-athletes on the roster, 15 of them received grade point averages above a 3.0. The overall team grade point average for the semester was a 2.99.

There were seven Huskies with grade point averages over 3.5 battling to be the team academic champion. Leading the charge for the Huskies was freshman heavyweight Chris Brassell (Park Ridge, Il) with the team's top grade point average.

The Huskies will continue their season on Jan. 9-10, with a trip to the elite NWCA Division II National Duals in Cedar Falls, Iowa. SCSU was one of only 16 NCAA Division II teams selected to participate in the National Duals this weekend.

SCSU was ranked ninth in the latest NCAA Division II poll released on Jan. 5, and the Huskies were also ranked second in the latest NCAA Division II regional poll released on Jan. 5.

Up Close and Personal – Coach Chris Heilman

Chris Heilman enters his second season as a graduate assistant coach for the Huskies.

Heilman helped guide the Huskies to an 8-5 dual meet record in his first season. The Huskies qualified 8 out of 10 wrestlers to the NCAA Division II National Tournament and finished 8th at the NCAA Championships. Of the 8 NCAA Qualifiers, 3 earned All-American honors. Tad Merritt (165) and Brad Padgett (184) led the way with 3rd place finishes while Derek Skala also earned All-American honors placing 7th at 174 pounds.

A native of Colorado Springs, Heilman was the 2004 Colorado High School State Champion for St. Mary's High School. He was a three-time NCAA Division III All-American and an Iowa Intercollegiate Athletic Conference champion for Cornell College. Heilman placed seventh in 2006, fourth in 2007 and third in 2008 at the NCAA Championships. He is the fifth wrestler in school history to earn All-American accolades in at least three years.

Still active on the wrestling circuit, Heilman entered the 2009 Husky Open this December and walked away with top honors. Heilman went 4-0 on the day and defeated 2009 NCAA DII All-American Andy Forstner, MSU Mankato, by technical fall 18-3 in the final.

Heilman earned his bachelor's degree in physical education from Cornell College in 2008 and is currently pursuing a master's degree in sports management at SCSU.

"Chris has been an excellent addition to our program," said Coach Steve Costanzo. "He has done an outstanding job with our lighter weights and is an extremely hard worker. We are very fortunate to have him on board."

Husky Wrestler's Give Back

The Husky wrestling team spent their New Year's Eve (Dec. 31) giving back to the community of St. Cloud as they partnered with SCSU Sports and Recreation volunteering their time at the Annual Family Fun Fest. An estimated 1200 children and adults attended the event at the National Hockey Center (NHC) and Halenbeck Hall.

The SCSU wrestler's volunteered their time during the five-hour event supervising and entertaining children in open skating, arts and crafts, bingo, carnival games, basketball, volleyball, swimming, inflatable games, racquetball, rock climbing, football and soccer.

The alcohol-free, recreational alternative on New Year's Eve is a signature St. Cloud State event.

Support Husky Wrestling

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 2009-10 season has brought a variety a 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 ten new student-athletes have joined the Husky Wrestling program this past 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 2009-10 wrestling season. Funds raised will go directly to supplement the wrestling operational budget, allowing our program to reach new heights.

If you are interested in supporting Husky wrestling and becoming a member of the Takedown Wrestling Club, please check-out the following link:

<http://www.stcloudstate.edu/athletics/support/SCSUTakedownClub-SupportHuskyWrestling.asp>

Upcoming Husky Wrestling Events

January 9 & 10 - @ NWCA National Duals – Cedar Falls, IA (All-Day)

January 15 – UW Eau Claire – Halenbeck Hall (7 p.m.)

January 16 – Southwest Minn. State – Halenbeck Hall (7 p.m.)

January 22 – Augustana College – Halenbeck Hall (7 p.m.)

*January 23 – Nebraska-Omaha – Halenbeck Hall (2 p.m.) – Alumni Match

*January 23 - @ DB Searle's – 18 5th Ave South, St. Cloud – Alumni Social (4 p.m. – 8 p.m.)

January 29 - @ MSU Moorhead – Moorhead, MN (7 p.m.)

*Indicates Alumni Events

NO ONE LEFT BEHIND