

Volume 2, Issue 3  
November 30, 2010

# The Husky Voice

St. Cloud State University Husky Wrestling

## COACHES CORNER FROM COACH COSTANZO

After two weeks of competition, the SCSU wrestling team seems to be moving in the right direction. With a champion at the Cyclone/Harold Nichols Open from Gabe Suarez and three other top four finishes from Eric Ellington, Tad Merritt and Jacob Kahnke, the start of the season has been bright. Other wrestlers like Cullan Morrissey, Jacob Tabbert, Jacob R. Horn, Jacob D. Horn and Shamus O'Grady had impressive performances as well. Our offensive attacks looked good for week one and it look as though several of our young men out conditioned their opponents.

In week two, the team continued their strong performance against some of the nation's top wrestlers. Eighteen out of twenty-one SCSU wrestlers placed in their respective divisions at the Auggie/Brute/Addidas Open. Mic Berg, Dustin McKinney, Tad Meritt, Shamus O'Grady and Kurt Salmen all won championships in their weight classes. To note; Chris Brassell set a new Husky wrestling record with an 8 second fall over a St. Johns Johnnie. He went on to place third in the heavyweight division. To take this many individuals and have them compete this well in only their second tournament of the season says a lot.

This week, the Huskies head to the UW La Crosse Duals and the Dragon Open. The Huskies will face DIII #3 ranked UW La Crosse, DIII #14 UW Stevens Point and NAIA Waldorf College at the Duals. We hope that we will continue knocking off some of the nation's top ranked wrestlers. Check out and enjoy some of our recent action on [Flowrestling](#).

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

Saturday, December 4, 2010 @ UW La Crosse Duals, 9 a.m. (Varsity)

Saturday, December 4, 2010 @ Dragon Open, Moorhead, Minn., 9 a.m. (Non-Varsity)

Saturday, December 11, 2010 Holiday Inn/Husky Open, 9 a.m. (Parent's Day)

Saturday, December 11, 2010 Parent(s) Social, 7:30 p.m. @ Best Western/Kelly Inn (Pool Side)

Sunday, December 12, 2010 Annual Team Holiday Party @ House of Pizza, 5 p.m. – 7 p.m.

## WRESTLING: MERRITT, O'GRADY, SALMEN WIN TITLES

Sunday, November 21, 2010

The St. Cloud State wrestling team showed well at the 2010 Auggie/Brute/Adidas Open, which was held at Augsburg College on Nov. 20, in Minneapolis.

The Huskies were led by Tad Merritt, who placed first in the 165-pound Gold Division, and Shamus O'Grady and Kurt Salmen, who share first place honors at 174-pounds in the Gold Division.

Merritt was 4-0 at the Open, which included a 7-6 win over Orlando Pounce of Augsburg. O'Grady and Salmen each gained 3-0 records at the Open before opting to forfeit the championship bout, which resulted with the two Husky wrestlers being named co-champs at 174-pounds.



Tad Merritt

In action at 125-pounds, Zach Stewart placed 6th and teammate Dylan Wright was 8th in Gold Division action. At 133-pounds in the Gold Division, Eric Ellington was 3-1 and placed second at the Open. To reach the finals, Ellington carded two falls.

Gabe Suarez also posted a 3-1 record at 141-pounds in the Gold Division, which resulted in a second place finish. At 149-pounds, Jacob R. Horn posted a 2nd place finish in the Gold Division with a 2-1 record while teammate Jacob D. Horn was 5th in the same bracket.

To cap the day, Chris Brassel placed third in the silver division for the Huskies.

## WRESTLING: COSTANZO ANNOUNCES THREE SIGNEES

Friday, November 19, 2010

**St. Cloud, Minn.** – St. Cloud State University head wrestling coach Steve Costanzo has announced the signing of three student-athletes to National Letters of Intent. **Eric Forde** of Fargo, N.D. (South H.S.), **Dustin Kief** of Franklin, Ind. (Franklin H.S.) and **Clint Poster** of Pierz (Pierz Healy H.S.) have all signed National Letters of Intent to wrestle for the Huskies in 2011-12.

“We’re really excited to welcome these three individuals to our program,” said coach Steve Costanzo. “These individuals have strong wrestling credentials and are very passionate about the sport of wrestling. They know what it takes to win and they know the importance of performing in the classroom. I look forward



Coach Steve Costanzo

to working with them.”

Forde, out of Fargo South High School, is a three-time North Dakota state wrestling champion. He sports a record of 99-2 in his last three seasons. The 125-pounder tallied a perfect 31-0 record as a junior last season and also won the prestigious 58-team Rumble on the Red tournament. He is coached by his father Lynn Forde and is currently the No. 29 ranked recruit in the nation at his weight class by *Wrestling USA Magazine*.

Kief, out of Franklin Community High School, is a two-time Indiana High School state qualifier and a 2009 IHSAA state runner-up in the one class system. The projected 133-pounder boasts a three-year mark of 91-15 going into his senior year. He is a special mention as one of the top wrestlers in his weight class by *Wrestling USA Magazine*.

Poster, out of Pierz Healy High School, is a three-time Minnesota High School state place winner and a 2007 MSHSL undefeated state champion. He is projected to compete for the Huskies in the 149-pound or 157-pound weight class. Poster currently holds a 183-26 mark heading into his senior campaign and has been a member of the honor roll since his seventh grade year.

The Huskies will continue their 2010-11 season on Nov. 20 with a trip to Minneapolis for the Auggie/Brute/Adidas Open at Augsburg College. The wrestling action in the Cities will begin at 9 a.m.

Fans, please mark your calendar for Dec. 11, when the Huskies host the annual Husky Open in Halenbeck Hall. This wrestling tournament will feature many of the nation's top collegiate wrestlers and the action will begin at 9 a.m. Tickets for this event can be purchased at the gate.

## **WRESTLING: SCSU WRESTLER PROFILE - LUCAS MUNKELWITZ**

Thursday, November 18, 2010

SCSU wrestling fans! The first edition of the Husky Wrestler Profile will take a look at junior Lucas Munkelwitz. A graduate of Forest Lake H.S. (Forest Lake, Minn.), Munkelwitz has earned two consecutive trips to the NCAA Division II championships at 197-pounds for the Huskies. Last year, Munkelwitz posted a 30-9 record for the Huskies.

Fans can watch Munkelwitz in action at the upcoming 2010 Husky Open on Dec. 11. This is one of the top collegiate wrestling meets in the upper midwest and the action in Halenbeck Hall starts at 9 a.m. that day. Tickets for the Open can be purchased at the gate.



Lucas Munkelwitz

### **HUSKY WRESTLER PROFILE - Lucas Munkelwitz**

**Hometown:** Forest Lake, Minn.

**High School:** Forest Lake H.S.

**Weight:** 197-pounds

**Year at SCSU:** Junior

**Major:** Criminal Justice

**Favorite Road Trip:** NCAA championships

**Favorite Opponent:** Jake Tabbert at COD

**Favorite Professional Athlete:** Tiger Woods

**Favorite Pro Sports Team:** Detroit Lions

**Favorite Class at SCSU:** Apprehension 102

**Favorite TV Show:** *Scrubs*

**Favorite Movie:** *Legally Blonde*

**Hobby:** Hanging out on Forest Lake

**Favorite Musician or Band:** Avril Lavigne

**Favorite Food:** Mom's enchiladas

**Favorite Restaurant:** Chipotle

**Favorite Video Game:** *Frogger*

## **WRESTLING: SUAREZ NAMED NSIC WRESTLER OF THE WEEK**

Tuesday, November 16, 2010

St. Cloud State University senior Gabe Suarez (Las Vegas, Nev./Cimarron Memorial H.S.) was named as the Northern Sun Intercollegiate Conference wrestler of the week on Nov. 16.

Suarez earned the league award by capturing first place at the 2010 Harold Nichols Cyclone Open on Saturday, Nov. 13 in Ames, Iowa. The tournament is hosted annually by NCAA Division I wrestling power Iowa State University.

Suarez posted a 4-0 record to capture the championship at 141-pounds. To reach the top step of the awards platform, Suarez gained victories over three NCAA Division I opponents including Ian Squires of Boston University (dec. 13-3), and Ian Fisher of



Gabe Suarez

Oklahoma (dec. 7-3). In the championship match, Suarez posted a big 7-5 victory over Seth Noble of Northern Iowa.

The trip to the Cyclone Open marked the beginning of the 2010-11 season for the Huskies, who were ranked #2 in the 2010-11 NWCA Division II preseason poll this year. SCSU was also selected as the top team in the 2010-11 NSIC preseason coaches' poll this winter.

In 2009-10, St. Cloud State posted a 14-7 dual match record and placed 7th in the nation at the 2010 NCAA Division II championships under the leadership of Coach Steve Costanzo.

Suarez is a returning NCAA Division II All-American at 141-pounds and he also serves as a team captain for the Huskies in 2010-11.

SCSU will continue its season on Nov. 20 with a trip to the Auggie/Brute/Adidas Open in Minneapolis.

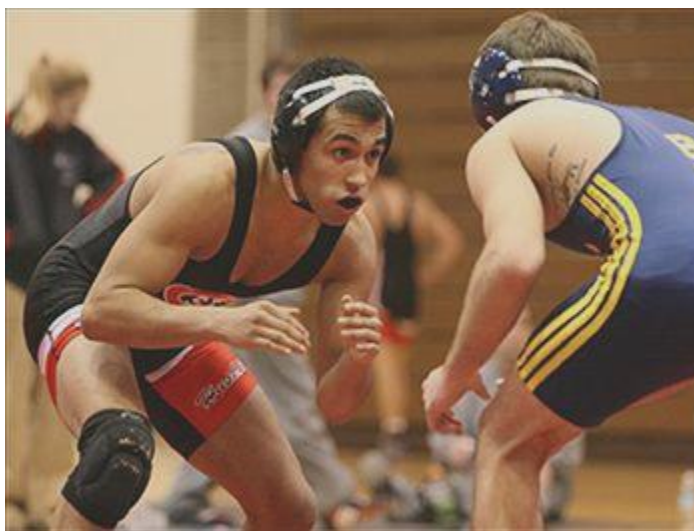
Fans will want to mark Dec. 11 on their calendar, which is the date that St. Cloud State hosts the Holiday Inn/Husky Open in Halenbeck Hall. This all-day meet begins at 9 a.m. and it will feature many of the nation's top NCAA Division II, NCAA Division III and NJCAA wrestlers.

## **WRESTLING: SUAREZ CAPTURES 1ST PLACE AT CYCLONE OPEN**

Monday, November 15, 2010

The #2 St. Cloud State University wrestling team kicked off its 2010-11 season on Nov. 13 with a trip to the Harold Nichols Cyclone Open in Ames, Iowa. This was an open format meet with no team scores, but the Huskies did fare well in competition against some of the nation's top NCAA Division I, NCAA Division II and NCAA Division III wrestlers. The open was hosted by Iowa State University.

Senior Gabe Suarez (Las Vegas, Nev.) led the Huskies at the tournament with a first place finish in the 141-pound bracket. Suarez capped his day with a 4-0 record that included a 7-5 decision over Seth Noble of Division I opponent Northern Iowa in the championship match.



Gabe Suarez

Suarez also gained victories over NCAA Division I opponents Ian Squires of Boston University (dec. 13-3) and Ian Fisher of Oklahoma (dec. 7-3).

SCSU sophomore Jacob Kahnke (Shakopee/Prior Lake H.S.) placed 3rd at the Cyclone Open with a 4-2 record. Junior Tad Merritt (Canby) and junior Eric Ellington (Fairview Heights, Ill./East St. Louis H.S.) also gained 4th place finishes at the Cyclone Open. A two-time All-American for the Huskies, Merritt was 4-2 in the 165-pound bracket and he notched three pins in the Open.

A transfer from Rend Lake C.C., Ellington began his SCSU career with a 3-2 record and the 4th place finish at 133-pounds at the Cyclone Open.

The Huskies will continue their 2010-11 season on Nov. 20 with a trip to Minneapolis for the Auggie/Brute/Adidas Open at Augsburg College. The wrestling action in the Cities will begin at 9 a.m.

Fans, please mark your calendar for Dec. 11, when the Huskies host the annual Husky Open in Halenbeck Hall. This wrestling tournament will feature many of the nation's top collegiate wrestlers and the action will begin at 9 a.m. Tickets for this event can be purchased at the gate.

## UP CLOSE WITH COACH TONY MACK



Tony Mack was an All-State wrestler and track sprinter for Staples-Motley High school. A two-time MSHSL wrestling state qualifier, he took 3rd place at state in 2000. In 2001, Mack was a member of the State Championship 4x100 Relay team. After high school, Mack served his country in the United States Air Force for five years. Mack is working toward his degree at St. Cloud State. He resides in St. Cloud along with his wife Leann.

*Q: Where are you from? Staples, Minn.*

*Q: How many years have you wrestled? 8 years*

*Q: What's your favorite food? Hot Wings*

*Q: What's your favorite drink? Tomato Juice*

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

*Q: What is your prognosis for the 2010-11 Husky wrestling team? The Huskies will have a great season. I can't predict the finish, but I can say that teams will have their handful with any Husky wrestler that they face.*

## 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**