

COMPLIMENTS
OF

JCPenney

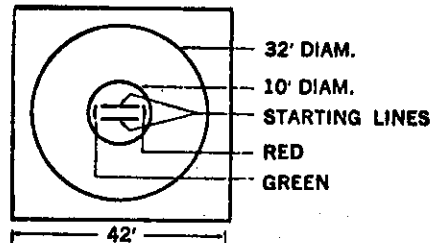


Wrestling has been around longer than anybody knows for sure - probably since the first two men contested for leftovers! As a sport, it is mentioned as early as 3000 B.C. in Egypt and Babylonia and in the works of classical writers Homer and Virgil.

The first collegiate meet, however, did not take place until 1900 between Yale and Penn. Some 40 years later in Appleton, Milwaukee Washington edged out Green Bay West for the first Wisconsin state high school championship!

High School Wrestling looks a little different today than it did in the "good old days", but there are still the same thrills and excitement. It's a beautiful sport to watch, requiring both mental and physical agility to be a winner.

In every wrestling meet, there are twelve weight classifications that team members enter for competition. To wrestle in a weight category, the athlete cannot weigh more than the following amounts: 98, 105, 112, 119, 126, 132, 138, 145, 155, 167, 185 and unlimited (minimum 175 pounds). To insure each wrestler qualifies to compete in the respective divisions, there is a weight-in held before each meet. It is conducted 1/2 to 3 hours before the meet. If an athlete goes over his entered weight class, he forfeits the match.



The wrestling area is composed of cushioned mats and can be either circular or square in shape. It must have additional mat protection around the edges.

A match is 6 minutes long and divided into 3 equal periods. Each wrestler is given either a green or red ankle band so he may be identified during the match. The first period is started in a neutral position; the wrestlers face each other in a standing position on opposite sides of the starting circle. The second and third periods begin on the starting lines with first one wrestler, then the other in a position of advantage. This is called the referee's position. At the beginning of the second period one wrestler (determined by a flip) will have four options: to be on his feet, top position, bottom position or to defer his choice until the 3rd period.

At the referee's signal, each period is started and the wrestlers try to win in two ways: pin or decision. The quickest and most dramatic way is the fall or pin: a wrestler holds his opponent's shoulder to the mat continuously for 2 seconds. If neither wrestler scores a pin during the 3 periods, a decision is given to the wrestler with the most individual match points. (A tie results in 2 one-minute overtime periods; if still tied, the referee's and judge's votes decide the winner.)

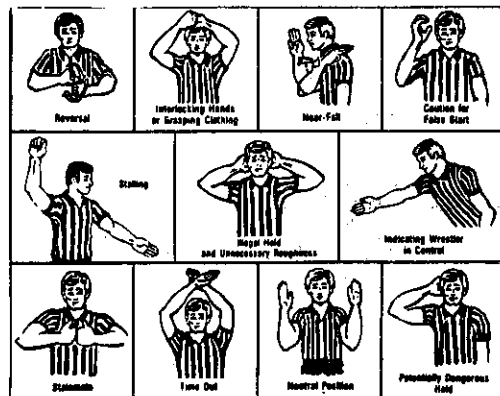
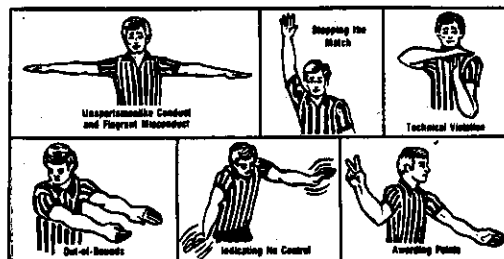
There are several ways to earn match points worth one, two or three points:

- TAKEDOWN** - an opponent is brought to the mat and controlled from a neutral or standing position. Two points.
- ESCAPE** - a wrestler breaks away from the opponent's control into a neutral or standing position. One point.
- REVERSAL** - a wrestler reverse his opponent and gains control ... in one continuous maneuver. Two points.
- NEAR FALL** - a wrestler almost gets a pin; his opponent's shoulders are momentarily held with 4" or less of the mat; or one shoulder is touching the mat and the other is held at an angle of 45° or less to the mat. Two points. Or, if either situation occurs continuously for 5 seconds. Three points.

There are three common infractions that can cost a wrestler points:

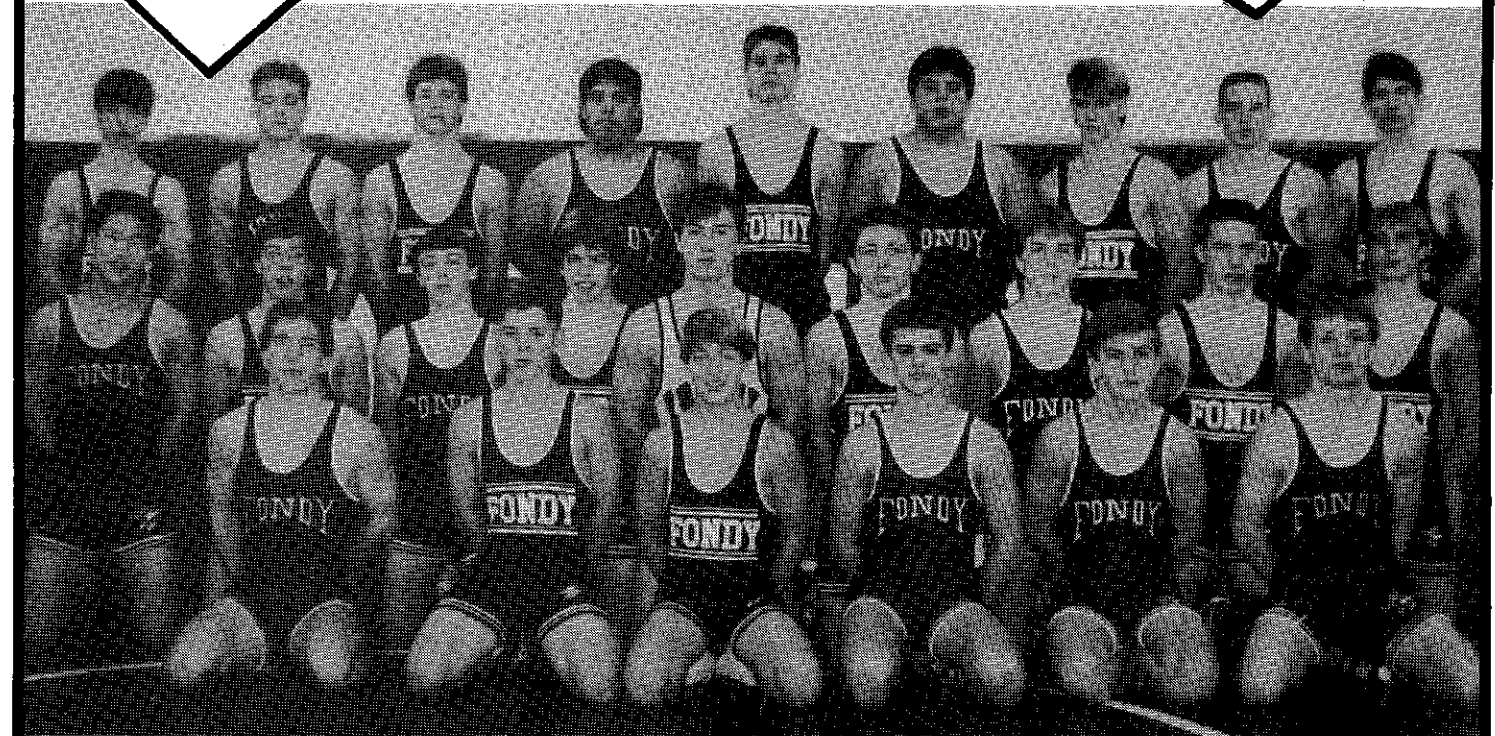
- STALLING** - this is a matter of not trying for a takedown or escape or simply not wrestling aggressively. After a warning, continued stalling gives the opponent one point.
- ILLEGAL HOLDS** - there are several specific holds that are dangerous or punishing to a wrestler. These are known to all competitors and anyone using them loses one point to his opponent.
- TECHNICAL VIOLATIONS** - there are a number of situations or actions that can cost a wrestler one point: delaying a match; intentionally going off the mat; clasping hands around opponent's body or legs while in a position of control.

OFFICIAL WRESTLING SIGNALS
HIGH SCHOOL AND COLLEGE



FONDY

89-90



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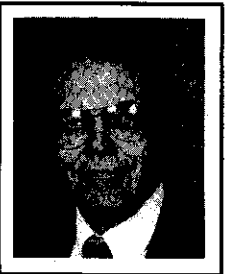
Alan D. Osterndorf, Ph.D., Superintendent

Athletics is an important part of a school district's total educational program. Through athletics, students have the opportunities to learn new skills, apply skills learned in other situations, be leaders, be followers and be able to exhibit positive attitudes which are of value now and in the future. Wrestling, as an interscholastic sport, provides all of the opportunities listed above and some unique opportunities as well. In one sense, wrestling is an individualized sport as people of all sizes and weights have equal opportunities to succeed. On the other hand, it takes everyone working together for a team to have a successful season. Finally, wrestling is just plain exciting to watch. I'm looking forward to seeing our Cardinal wrestlers in action this year. I hope you are too.



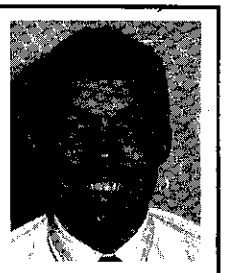
Mr. Jon Kaiser, Principal

We are very proud of our athletic program at Goodrich High School. Being new to the high school, I am very impressed by the dedication of both coaches and athletes. There is strong community support for our programs. I would like to wish the coaches and the members of the wrestling team a successful 1989-90 season.



Jim Steinberg, Director of Physical Education and Athlete

Adult life is a series of challenges or competitions. Students choosing to participate in interscholastic athletics have the opportunity to be better prepared to succeed in adult life. Student-athletes, with guidance from their coaches, prepare for challenges or competitions during daily practice sessions. This preparation includes learning mental and physical discipline, setting of realistic objectives to reach a goal and loyalty to a group of people called a team. Student-athletes are provided opportunities in games, meets and matches to test themselves to see how well they have prepared for adult life. High school sports fans are reminded that high school athletes are preparing for more than a pin or a win. Learning to succeed in adult life is more of an important goal for athletes at this level of competition.

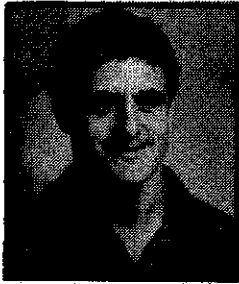


MEET THE GOODRICH COACHES

LARRY MARCHIONDA, HEAD COACH

Larry did his high school wrestling at Penn Yan Academy, Penn Yan, New York. Where he accumulated an outstanding 97-4 record. He was a 2X New York State Champion, and pinned all his opponents his senior year. Larry continued his wrestling at Winona State University where he earned his Bachelors and Master of Science degrees. He was 1968 Olympic Regional Champion and a finalist at the 1968 Olympic Trials in Ames, Iowa. He has also won the Wisconsin State AAU Freestyle and Greco Roman Championships.

Larry has coached the Cardinals for 22 years and has accumulated a dual meet record of 222-45. His teams have won 56 Tournaments, which include 7 Regionals, 3 Sectionals, and 3 FRVC Championships. He has had 40 State Qualifiers, and 16 WIAA State place-finishers. Coach Marchionda was inducted into the WISCONSIN WRESTLING COACHES HALL OF FAME in 1983, named FRVC Coach of the Year 1988, Wisconsin District Coach of the Year 1988, and was named to WHO'S WHO AMONG UNITED STATES WRESTLING COACHES 1988.



JODY VANLAANEN-ASSISTANT COACH

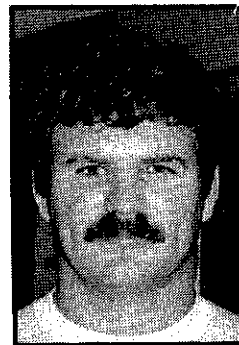
Jody is a graduate of Ashwaubenon High School where he was a member of the wrestling, football, and track team. He attended the University of Wisconsin Madison and Whitewater where he earned his B.S. Degree in Physical Education and Health. Jody has recieved honors as an All State Football player. All American Wrestler NAIA, and was Named to the All American Wrestling Team NCAA. Jody also was a member of the US Team to West Germany in 1976. Jody has been a head wrestling coach in Adak, Alaska, West Bend East, and Cuba City.

Jody and his wife Virginia have three lovely daughters, Venissa, Joy, and Jenny.



DOUG JAZWINSKI

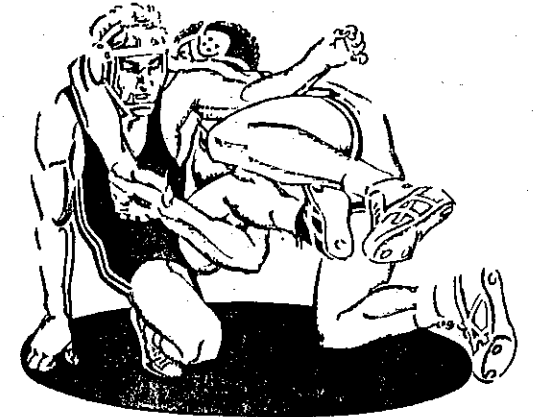
Wrestled, played football and baseball at Berlin High School. Doug Attended the Air Force Academy, Messa College in Colorado, and U.W. Oshkosh. Doug was a running back in college. He has coached track and football at Laconia High School and is presently completing his student teaching at Goodrich High School.



1989-90

Fond du Lac Cardinal

Wrestling Schedule



- Nov. 6 (M).....Practice Begins
- Nov. 30* (TH).....Menasha
- Dec. 2 (S).....JV Campbellsport Tournament
- Dec. 7 (TH).....Kaukauna
- Dec. 9 (S).....JV Kewaskum Tournament
- Dec. 14* (TH).....Appleton West
- Dec. 15 (F).....West Allis Milwaukee Classic
- Dec. 16 (S).....West Allis Milwaukee Classic
- Dec. 21 (TH).....Oshkosh West
- Dec. 29 (F).....Badger State Tournament
- Dec. 30 (S).....Badger State Tournament
- Jan. 4* (TH).....Neenah
- Jan. 6* (S).....Fond du Lac Invitational
- Jan. 6 (S).....Cedarburg JV Tournament
- Jan. 9* (T).....Campbellsport
- Jan. 11 (TH).....Kimberly
- Jan. 18* (TH).....Reserve Dual Meet
- Jan. 19* (F).....Triple Dual Junior Varsity
- Jan. 20 (S).....Appleton West JV Open
- Jan. 25* (TH).....Appleton East
- Jan. 27 (S).....Pulaski Invitational
- Jan. 27 (S).....Manitowoc Reserves
- Feb. 1 (TH).....Oshkosh North
- Feb. 3 (S).....FVA Championships
- Feb. 10 (S).....WIAA Regionals
- Feb. 17 (S).....WIAA Sectionals
- Feb. 22-23-24.....WIAA State Championships (Madison)

Weigh-Ins 6:00 - JV 6:30 - V 7:45

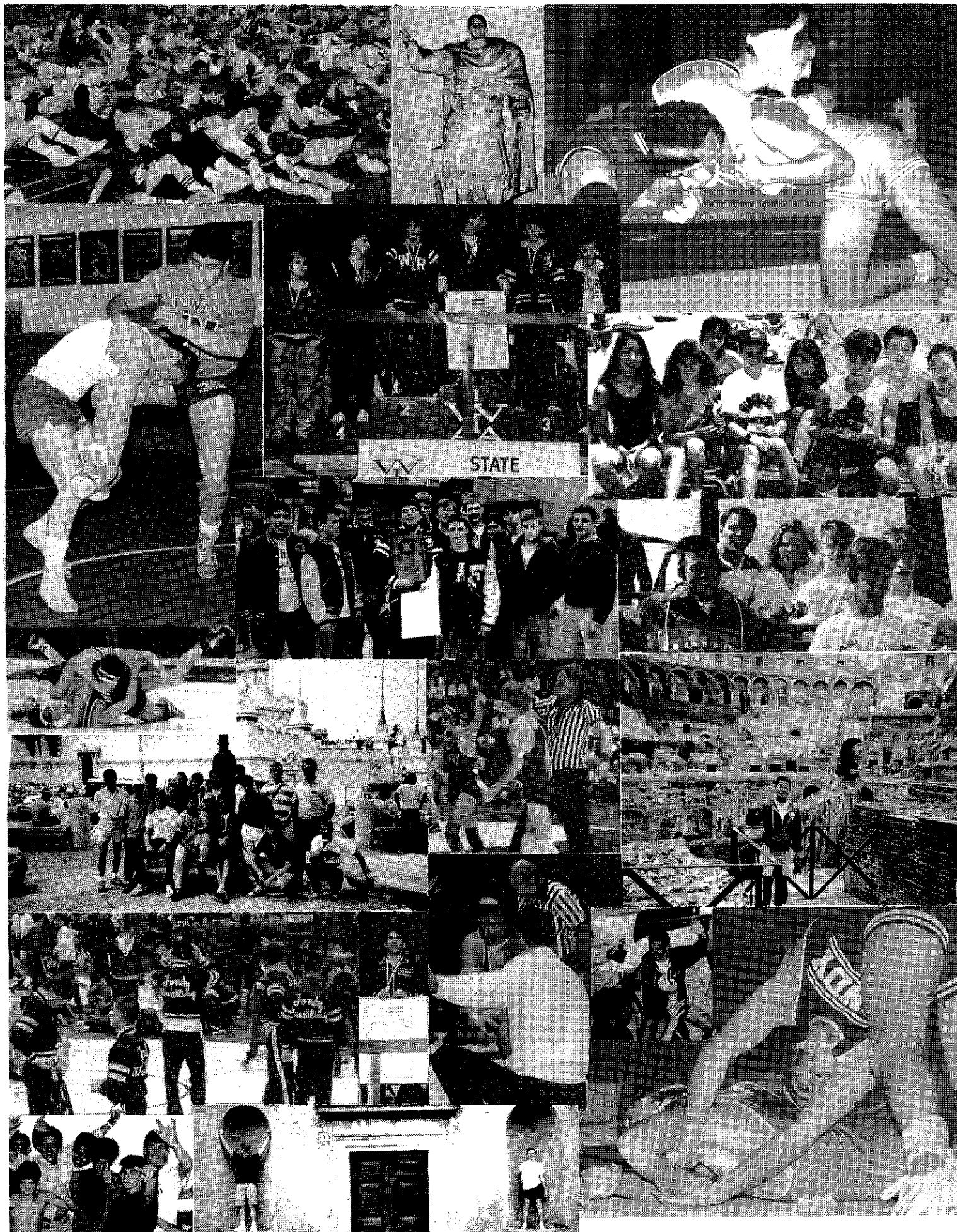
*Denotes Home Meet



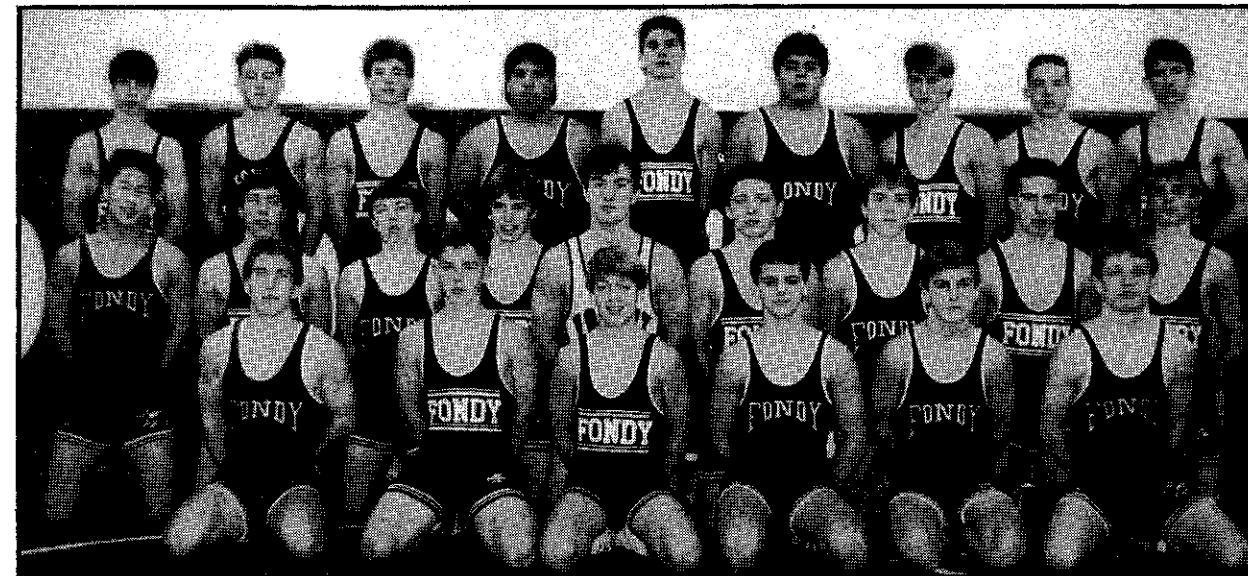
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WRESTLING MEMORIES



1989-90 FONDY CARDINALS



SENIORS - James Jackson, Dave Munoz, Dan Naker, Joe Schultz

JUNIORS - Bob Bennot, Shawn Erickson, Scott Flasch, Doug Kim, Rocco Marchionda, Don McClellan, Ruben Munoz, Greg Sewall, Tony Steffen, Bob Trantino, Ryan Welnetz

SOPHOMORES - Don Benson, Nick Bonnell, Jayme Dalberg, Rick Ellison, Court Gifford, Ben Gumz, Don Jaroch, Mike Naker, Jason Schmidt, Randy Schultz

FRESHMEN - Zak Bond, Tim Kloke, Chad Kovacs, Tom Kraus, Brent Ryland, Steve Welnets

WHY NOT TRY WRESTLING?

You say you tried out for a sport and all you did was warm the bench. Why not give wrestling a try, where everyone participates against someone their own size. The junior and senior high schools have openings in almost all of the weight classes. Why not give it a try, you will be helping not only yourself, but also the team.

Why do boys want to wrestle? What do they get out of it? There obviously are many different answers to these questions. One of the important things for both parents and coaches to keep in mind is that not every boy is wrestling for the same reason. One boy may want nothing less than to become a champion, whereas another is quite happy to be on the team enjoying the friendship of peers. For the boy who wants to excel to discover his full potential, wrestling provides him an opportunity to do so. Some of the most satisfying feelings and beneficial experiences for young people can arise when they are intensely involved in and committed to the pursuit of excellence. Today boys have few opportunities to make such a commitment, but young people are finding that wrestling provides challenges worthy of their best effort.

VALUE OF WRESTLING

We think wrestling has the potential to help in the total development of your son. Obviously we expect his fitness to improve (strength, endurance, flexibility, balance), and we hope to instill in him a desire to continue to be fit throughout his life. Naturally we expect him to become more coordinated and better skilled, skills that not only make him a better wrestler, but help him in learning other skills.

Wrestling will also contribute to the development of your sons: • *sense of achievement*, • *self-confidence*, • *leadership skills*, • *social skills*, • *strong moral code*, • *physical fitness*.

Yes, we're a bit idealistic, and we know that simply stating these as objectives is no guarantee that every boy in the program will obtain any or all of these benefits. Nor do we think wrestling is the only way your son can learn these values. Our point is that these objectives can be realized through wrestling only with the combined efforts of skilled coaches and dedicated parents who understand the needs, aspirations, and limitations of young athletes. And of course they can be realized only if boys are willing to make the commitment. This is our challenge - you the parent and us the coaches - to help your son know the joy of wrestling while helping him mature into a contributing member of our society.

FONDY'S YOUNG MAT MEN

KINDERGARTEN GRAPPLERS

Danny Abitz	Scott Hankwitz	Jonathan Millin	Patrick Schuelke
Michael Abraham	Brian Heins	Brian Morack	Ian Seth
William Anderson	Derek Hernandez	Joshuah Nichols	Gregory Silva
Brian Biddick	Dominic Hildebrand	Bryan Perleberg	Shane Smith
Blake Bogenhagen	Jacob Huempfer	David Peters	Craig Thompson
Matthew Brunke	Matthew Kamphuis	Benjamin Pitchford	Joseph Torres
Mark Cowie	Brian Klinke	Philip Renderman	Joe Treleven
Mike Dais	Ben Koehler	Lena Riederer	Carter Vogds
Chris Fink	Daniel Kohnke	Michael Roberts	Casey Vogds
Matthew Fisher	Adam Kurzynski	T.J. Rodriguez	Aaron Wilson
Joshua Fitzpatrick	Ryan Lloyd	Daniel Sabel	Nicholas Wilson
Jon Foster	Thomas McCarthy	Jimmy Sauerbrei	Matt Wright
Danny Freund	Patrick McNamara	Sean Schaefer	Mike Wright
			Nathan Retzleff
			Michael Stangel

FIRST GRADE GRAPPLERS

Elliott Abel	Ryan Groeschl	Dustin Rost	Chris Krause
Joshua Ammeter	Michael Grygera	David Sauerbrei	Tim Lloyd
Kory Baker	Neil Hallmann	Zach Schoenberg	Brenton Lucas
Adam Bartel	Joshue Harkins	Cyndi Singleton	Jesse Martin
Ben Bebow	Joel Harr	Joshua Stueber	Joseph O'Connor
Brian Bera	Kevin Huebner	Justin Wendt	Nathan Pelot
Brian Carlson	Collin Johnson	Gary Wickert	Jason Schuette
Brad Casetta	Joey Keys	Anthony Zierahn	Steve Smith
Jeff Ciontea	John Keys	Ben Arndt	Michael Stormberg
Matt Critchley	Greg Kopf	Donnie Boyd	Ben Thomas
Matt Dais	Michael Krenz	Nathan Charneski	Tom Thorpe
Alan Foster	Daniel Kuhl	Jacob Eigenbrodt	Alex Treleven
Tom Giese	Eric Leal	Daniel Gerner	Jerry Tzakais
	Jason Lindvall	Jeremy Halfmann	Nick Waldschmidt
	Bobby Post	Bill Kaiser	Bret Woolhether

SECOND GRADE GRAPPLERS

James Bargaquast	Brian Westphal	Chris Reitz
Jimmy Brown	Tom Bohlman	Joshua Retzleff
Michael Brunke	Jordan Bradford	Joseph Roberts
Danny Chitwood	Andy Grinnell	Kirk Sheridan
Joshua Hewson	Aaron Hanna	Matthew Skog
Bobby Hooper	Tommy Hardell	Shannon Smith
Ryan LeFever	Koss Hefter	Jeffrey Steffen
Joel Malin	Brent Langkabel	Nicolas Torres
Chris Randall	Ronald Lueck	Adam Veit
Chris Roberts	Bobby Mooney	Michael Ward
Scott Rosenthal	Charley Osborn	Seth Warner
Bradley Schaefer	Joshua Peterson	
Jason Warner	Chad Ramaker	

THIRD GRADE GRAPPLERS

Paul Anderson	Mike Halbach	Mark Blazer	Allen Renderman
Bryan Bebow	Tony Lueck	Tim Boomsma	Nathan Silcock
Brian Beyer	Devin Munson	Tony Braun	Ryan Stortz
Michael Blank	Ryan O'loughlin	Nathan Gerner	Michael Treleven
Michael Boede	Chad Riederer	Jason Guell	Curt Venne
Ryan Braatz	Jason Straley	Scott Gustin	Andrew Wells
Brian Eilbes	Jeremy Wagner	Klinton Kalmus	Eric Woolhether
Joshua Freund	Dylan Wendt	Ken Litscher	
	Aaron Blazer	Nicholas Ohlrich	

FOURTH GRADE GRAPPLERS

Patrick Bisenius
Mike Braun
Devin Conrad
Joseph Eilbes
Travis Langolf
Tim Powers
Michael Sauerbrei
Stuart Schaack
Michael Singer
Michael Theis
David Williams
Jason Burroughs
Larry Erke
Matthew Hart
Cody Jebron
Kyle Laurent
Jim Meyer
Steve Minkin
Mike Mlsna
Allen Snyder
David Stangel
Kirk Stangel
Ryan Treleven
Robbie Unger

FIFTH GRADE GRAPPLERS

Kelly Crimmings
Brian Lefeber
Jeremiah Lietz
Jason Mulholland
Eric Schafer
Scott Toth
Stephen Westphal
Eric Amidon
Jeremy Barthels
Jeff Dreikosen
Greg Kloke
Eric Larsen
Mark McClellan
Benjamin Messor
Sam Mueller
Stephen Nickel
Todd O'Connor
Aaron Pilsner
Joshua Pratt
Mike Roloff
Nicholas Venne
Nathan Wells

SIXTH GRADE GRAPPLERS

Aaron Abel
Tony Eilbes
Jason Pettit
Cory Burroughs
Stefan Debbert
Ryan Kneppel
Jason Kuhnz
Jason Mish
Jeff Moss
Gerrit Ramirez
Shane Schultz
Scott Thern

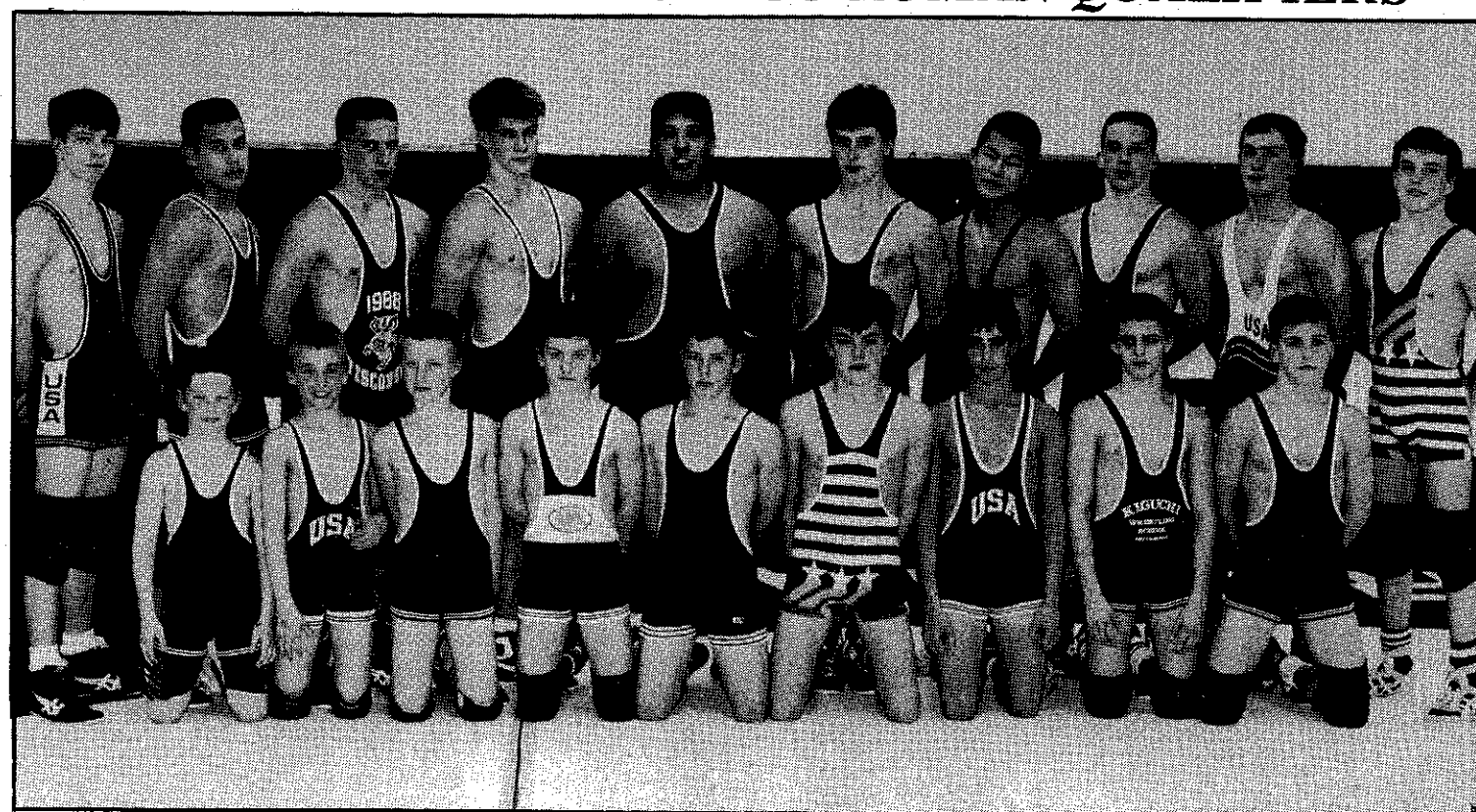
SEVENTH GRADE GRAPPLERS

Andy Wright
Jim Dreikosen
Corby Jebron
Seth Pelot

EIGHT GRADE GRAPPLERS

William Leider
Eric Silcock
Jamie Burroughs
Tim Kloke
Steve Welnetz

STATE FREESTYLE & GRECO ROMAN QUALIFIERS



Kirk Stangel, Mike Roloff, Larry Erke, Seth Pelot, Rick Ellison, Kyle Brinkman, Tasso Politopoulos, Rocco Marchionda, Scott Flasch,

Tim Kloke, Court Gifford, Ryan Welnetz, Brent Ryland, Ruben Munoz, Chad Kovacs, Doug Kim Steve Welnetz, Zak Bond, Greg Sewall

THANKS!!

Fond du Lac Wrestling Club, Inc.

MIGHTY MITE WRESTLING LEAGUE

Mission:

To promote the sport of wrestling by encouraging and providing opportunities for youth, through participation in wrestling, at all levels.

OFFICERS

Gary Gerner President
 Jim Pelot Vice President
 Orv Kloke Secretary
 Harriet Welnetz Treasurer

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 Mark Woolhether



Chadwin: Chad Deibert, Kyle Laurent, Keith Sauer, Jason Wendels. **Evans:** Justin Harding, Chris Powers, Steve Tapp. **Franklin:** Andy Baus, Dean Baus, Mike Fechhem. **Lakeshore:** Ryan Braught, Clint Krebsbach, Eric Schroeder, Dean Wolf. **Parkside:** Shaun Braatz, Jason Burroughs, Brady Dalberg, Brad Eisner, Josh Liedke, Jose Mejorado, Andy Moore, Corey Patterson, Jason Hernandez, Mike Roloff, Allen Snyder, Josh Bender, Mike Sauerbrei. **Pier:** John McGowan, Nick Wente. **Roberts:** Larry Erke, Rick Faris, Nick Groesbeck, David Hammes, Jason Ilgen, Eric Leuten, Ben Messer, Steve Minkin, Nick Meyer, Corey Piepenburg, Joshua Pratt, Scott Rauls, Matt Gau, Jeremy, Warren, Dereck Wedman, Nathan Wells, Chris Winland, Scott Johnson. **Rosenow:** Jeremy Parthels, Brad Czaschke, Joe Loehr, Cory Nitschke, Tony Thomma, Joe Loehr, Dan Mueller, Paul Schiek. **Waters:** Cody Jebron, Aaron Pilsner, Eric Schafer, Benjamin Scharf, David Stangel, Kirk Stangel.

THE FIGHTING CARDINALS WISH TO THANK EVERYONE INVOLVED WITH THE WRESTLING CLUB FOR PROVIDING US WITH THE PROPER PROGRAMS AND EQUIPMENT THAT ENABLED OUR TEAM TO BE ABLE TO COMPETE AT THIS HIGH LEVEL. WITHOUT YOU IT COULD NOT BE DONE. THANKS!!!

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 THROUGH WRESTLING**
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 The youth appreciate it and need our support!

COACHING STAFF:



Don Peterson, Mike Scheidegger, Corky Jebron, Kurt Loehr, Gary Gerner, Mark Woolhether, Roy Strutz, Al Fechhelm. Not Pictured: Dan Roloff, Larry Erke, Dan Wells, Roger Pilsner, Martin Schroeder

DON PETERSON Has been actively involved with wrestling programs at all levels for over a decade. Don and his wife Helan became involved as parents and have remained committed to Fond du lac Wrestling long after their sons finished. He has served as President, Youth Director, Tournament Director and now oversees the Mighty Mite Program. The Peterson family is the top wrestling family in Fond du Lac history with over 245 victories.

Mike graduated from Dodgeville High School in 1981 where he placed in 14 tournaments including the 1981 Regional and Sectionals. He wrestled at UW Platville and graduated in 1986 with a degree in Mechanical Engineering. Mike currently is employed at Damrow Company of Fond du Lac. He stays active working on his Masters Degree, coordinating the Mighty Mite Wrestling League, and officiating. Mike still remains competitive by wrestling in old timers tournaments.

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Don Peterson
 Coordinator

Mike Scheidegger
 Coordinator

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Sharon Woolhether
Mark Woolhether

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Processing Industry since 1904"*

MIGHTY MITE WRESTLING LEAGUE



Chequwin: Chad Deibert, Kyle Laurent, Keith Sauer, Jason Wendels. Evans: Junstin Harding, Tim Powers, Steve Tapp. Franklin: Andy Baus, Dean Baus, Mike Fechhem. Lakeshore: Ryan Fought, Clint Krebsbach, Eric Schroeder, Dean Wolf. Parkside: Shaun Braatz, Jason Burroughs, Jody Dalberg, Brad Eisner, Josh Liedke, Jose Mejorado, Andy Moore, Corey Patterson, Jason Ramirez, Mike Roloff, Allen Snyder, Josh Bender, Mike Sauerbrei. Pier: John McGowan, Nick Venne. Roberts: Larry Erke, Rick Faris, Nick Groesbeck, David Hammes, Jason Ilgen, Eric Larsen, Ben Messer, Steve Minkin, Nick Meyer, Corey Piepenburg, Joshua Pratt, Scott Rauls, Matt Gau, Jeremy, Warren, Dereck Wedman, Nathan Wells, Chris Winland, Scott Johnson. Rosenow: Jeremy Parthels, Brad Czaschke, Joe Loehr, Cory Nitschke, Tony Thomma, Joe Loehr. Sam Mueller, Paul Schiek. Waters: Cody Jebron, Aaron Pilsner, Eric Schafer, Benjamin Scharf, David Stangel, Kirk Stangel.

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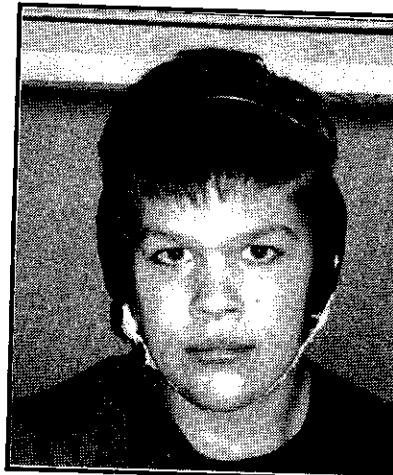
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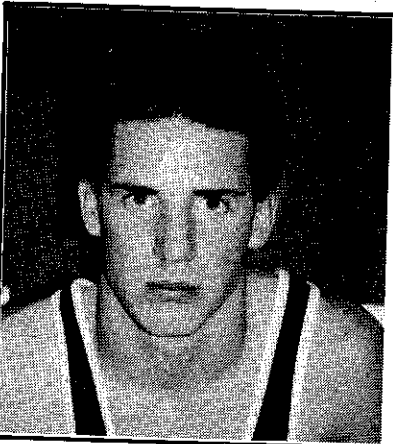
1989-90 FRESHMEN WRESTLERS



TOM KRAUS
103 lb. class
Jr. High Record 15-1



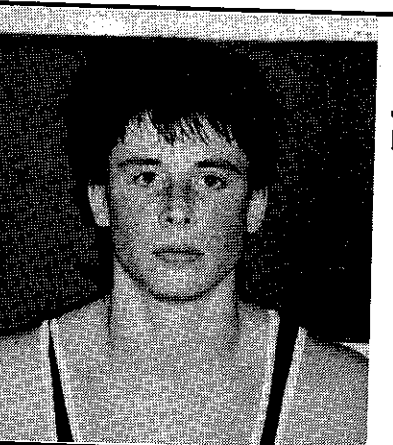
TIM KLOKE
119 lb. class
3rd at State Freestyle
Jr. High Record 16-0



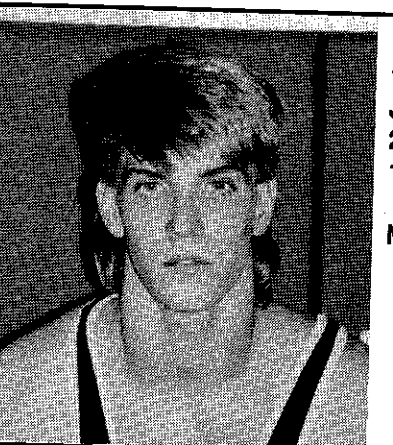
STEVE WELNETS
145 lb. class
Jr. High Record 16-0
2nd State Greco Roman
2nd Northern Plains
Nationals Greco
USA Nationals -
Warrensburg, Mo. 9th



ZAK BOND
152 lb. class
State Freestyle Champ
5th at Northern Plains
Nationals



CHAD KOVACS
152 lb. class
Jr. High Record 15-1
Member of Wisconsin
Team to Italy



BRENT RYLAND
152 lb. class
Jr. High Record 13-0
2nd State Freestyle
1st Northern Plains
Nationals
Member of Wisconsin
Team to Italy

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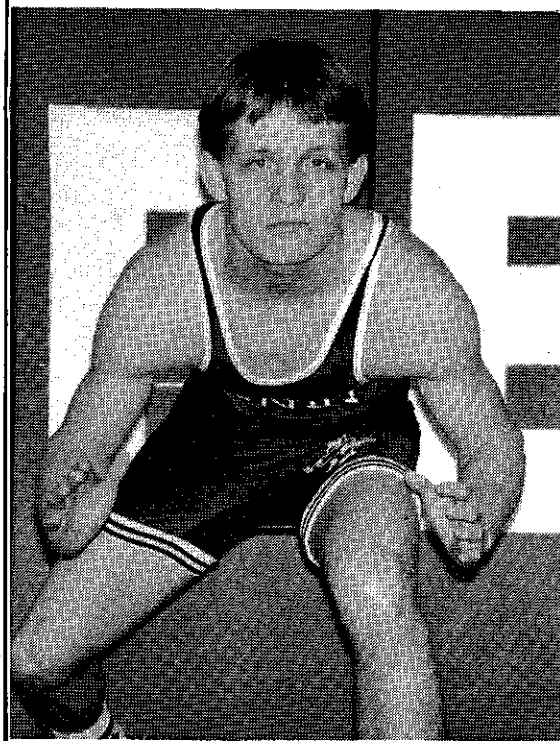
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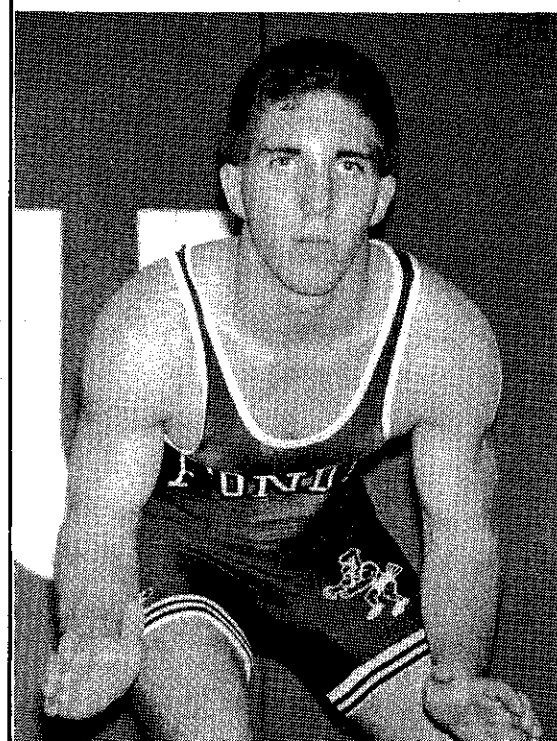
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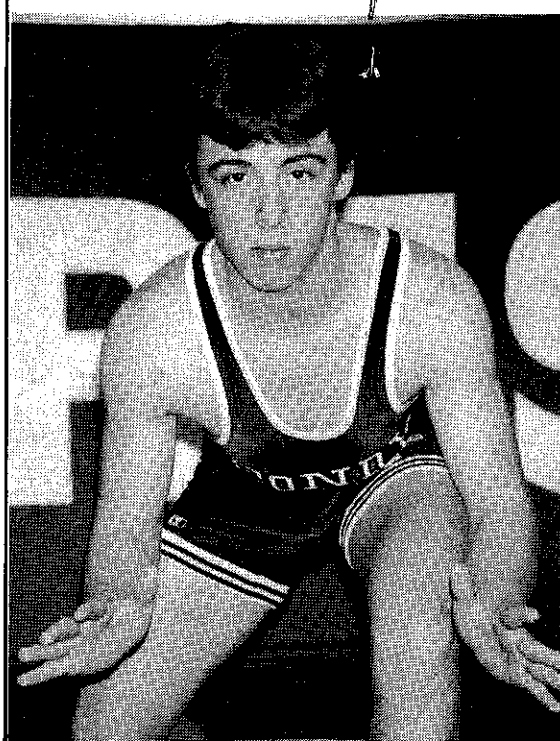
DAN NAKER
119 lb. class Senior
Record 19-5 JV



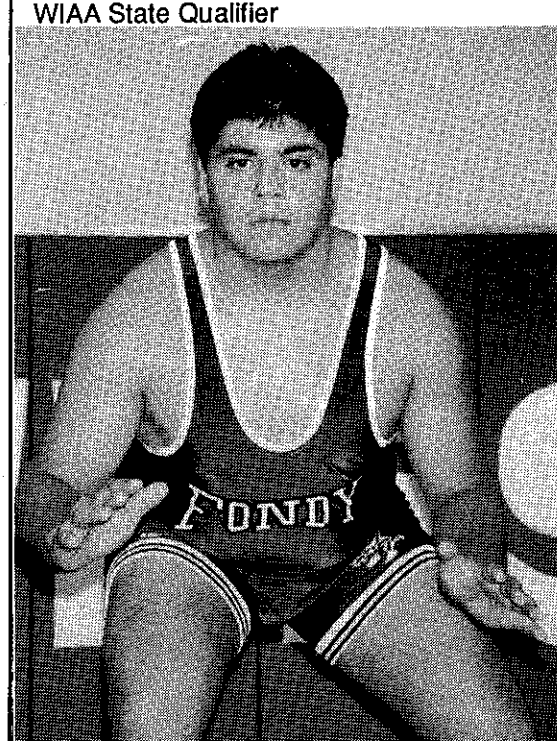
JAMES JACKSON
125 lb. class Senior
Record 18-5 JV



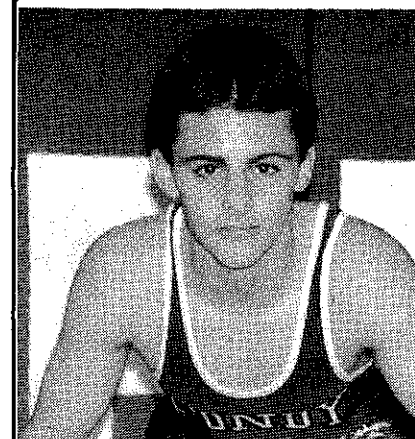
JOE SCHULTZ
130 lb. class Senior
Record 13-2 JV



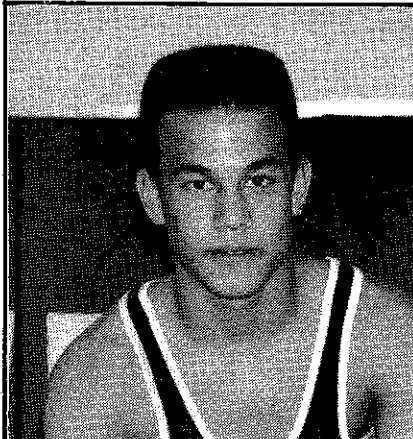
DAVE MUNOZ
240 lb. Heavyweight class Senior
Record 34-9 FRVC Champion
WIAA Regional Champion
WIAA Sectional Champion
WIAA State Qualifier



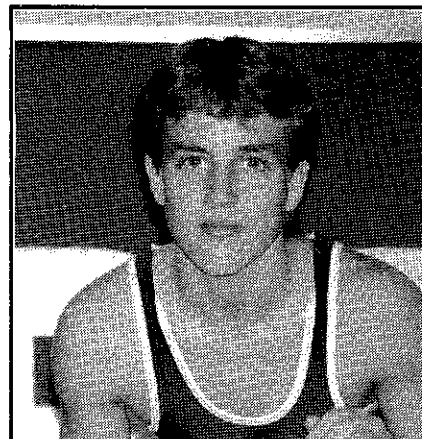
ROCCO MARCHIONDA
112 lb. class Junior
Record 36-7
2nd FRVC
2nd Mid States Classic
1st West Allis Classic --
(Most Valuable)
1st Fond du Lac Inv. --
(Most Valuable)
2nd WIAA Regionals
2nd WIAA Sectionals
5th WIAA STATE
3rd Central Junior
Nationals
State Greco Roman
Champion 4 Times
State Freestyle
Champion 4 Times
2nd Northern Plains
Nationals Greco-Roman
2nd Northern Plains
Nationals Freestyle
Member Wisconsin
Teams to Italy & Japan



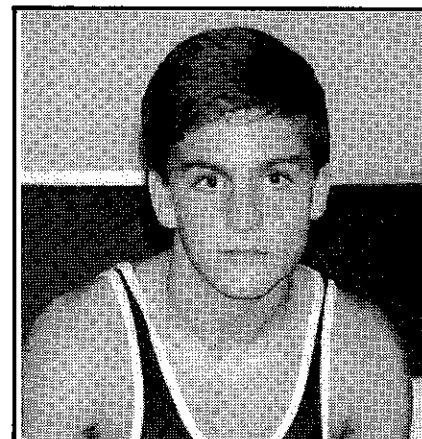
**GOOD
LUCK,
CARDINALS**



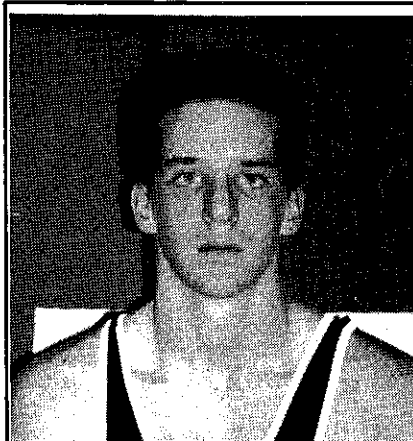
COURT GIFFORD
135 lb. class Sophomore
Record 30-9 FRVC Champ
FRVC Champion
WIAA Regional Champion
State Freestyle Champion
Wisconsin Team to Italy
State Freestyle Champion
State Greco Roman Champ
Northern Plains
Freestyle 6th
Northern Plain Greco 2nd



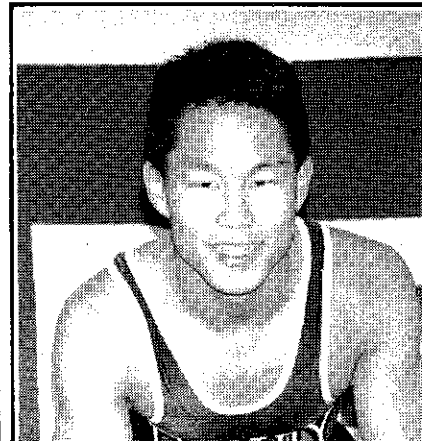
GREG SEWALL
119 lb. class Junior
Record 26-0
5 Tournament
Championship
State Freestyle
Qualifier



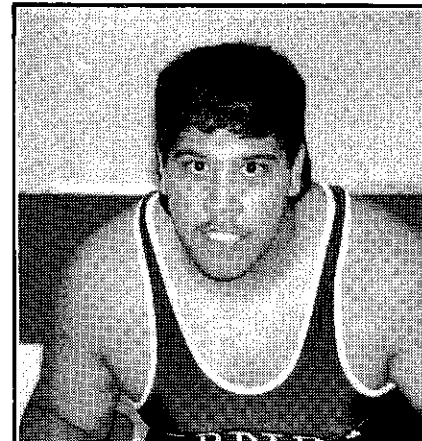
SCOTT FLASCH
125 lb. class Junior
Record 23-12 2nd FRVC
3rd Mid States Classic
3rd Pulaski Inv.
2nd Fond du Lac Inv.
3rd WIAA Regionals
WIAA Sectional Qualifier
Regional Greco &
Freestyle Champion
State Greco Roman
Champion
3rd Northern Plains
Nationals Greco
7th Northern Plains
Nationals Freestyle



RYAN WELNETZ
135 lb. class Junior
Record 14-9
State Freestyle Qualifier
Badger State Regional
Champion
3rd State Greco Roman
6th Northern Plains
Nationals
National Team to
Warrensburg, Mo.



DOUG KIM
140 lb. class Junior
Record 10-4
State Freestyle Qualifier
Member Wisconsin
Team to Italy



RUBEN MUNOZ
250 lb. Heavyweight
Class Junior
Record 13-3 JV
4 Tournament
Championships
State Freestyle Champ
State Greco Champion
National Qualifier

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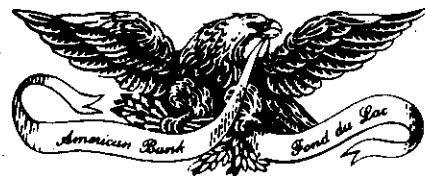
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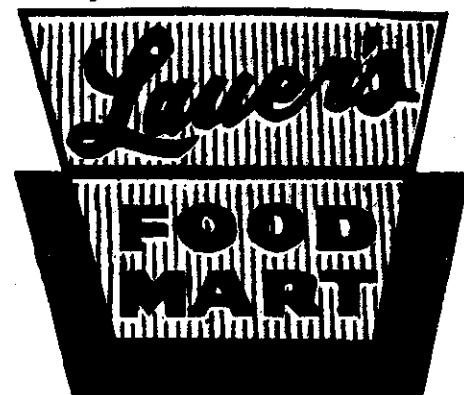
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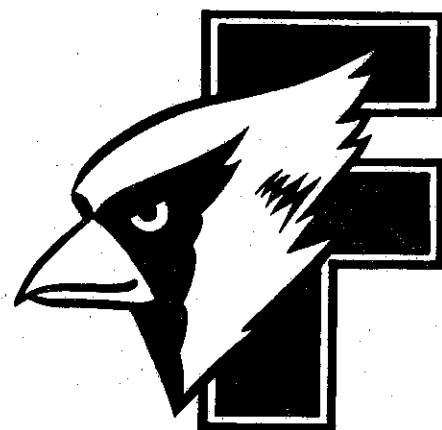


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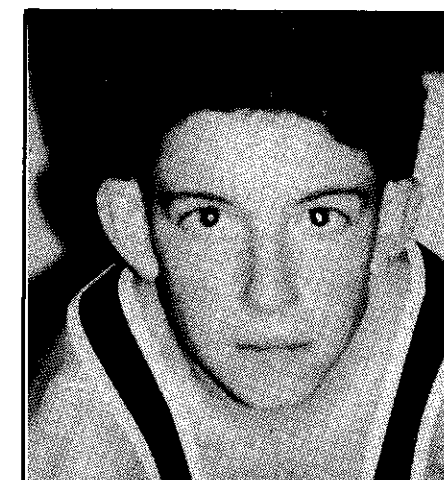
**1989-90
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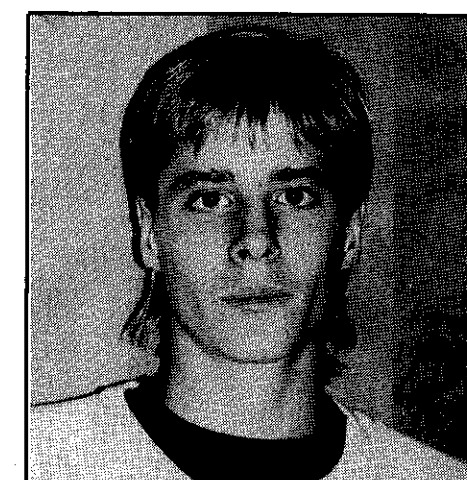
1989-90 SOPHOMORE WRESTLERS



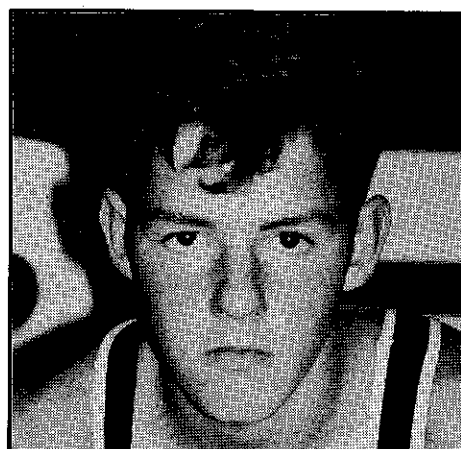
JAYME DALBERG
103 lb. class



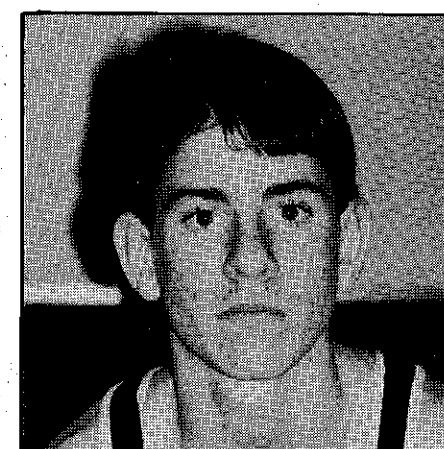
BEN GUMZ
103 lb. class



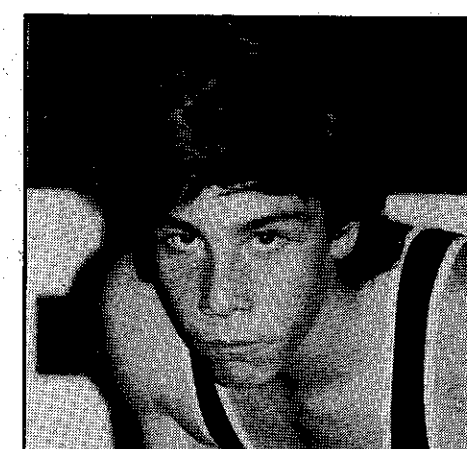
JASON SCHMIDT
112 lb. class



RICK ELLISON
119 lb. class
State Qualifier Freestyle
Member Wisconsin Team To Italy



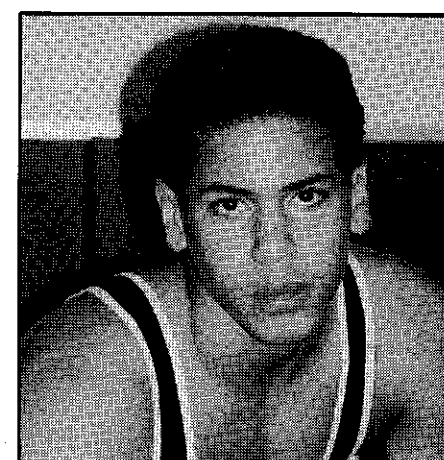
DON BENSON
125 lb. class



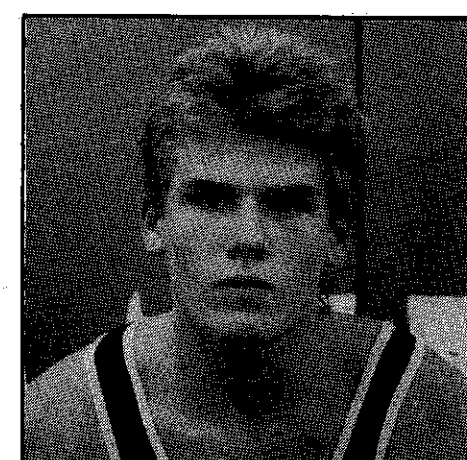
RANDY SCHULTZ
140 lb. class



MIKE NAKER
140 lb. class

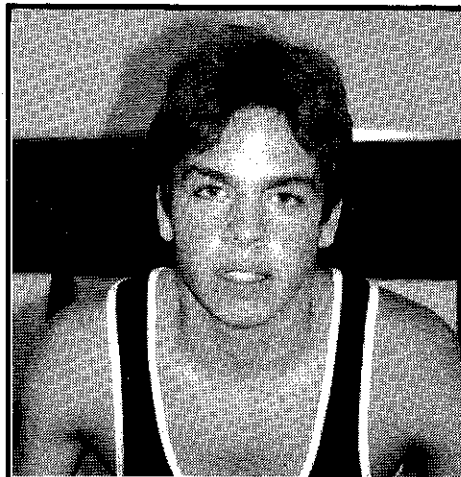


DON JAROCH
145 lb. class

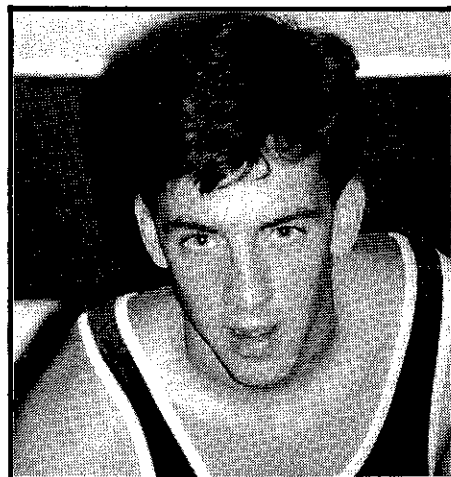


NICK BONNELL
171 lb. class

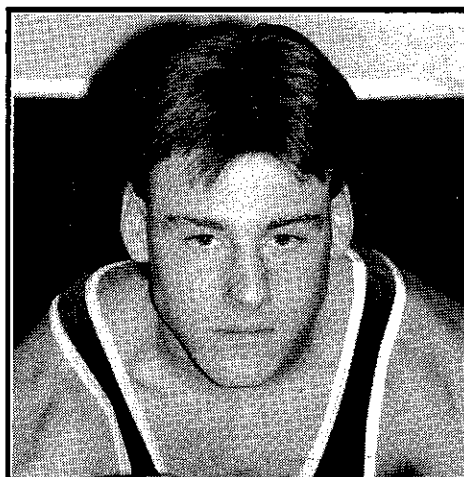
1989-90 JUNIOR WRESTLERS



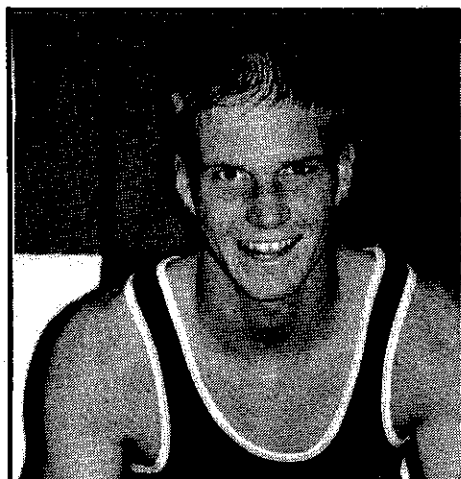
SHAWN ERICKSON
125 lb. class



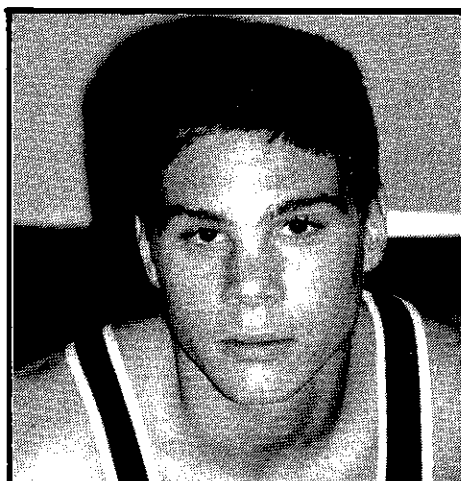
TONY STEFFEN
145 lb. class



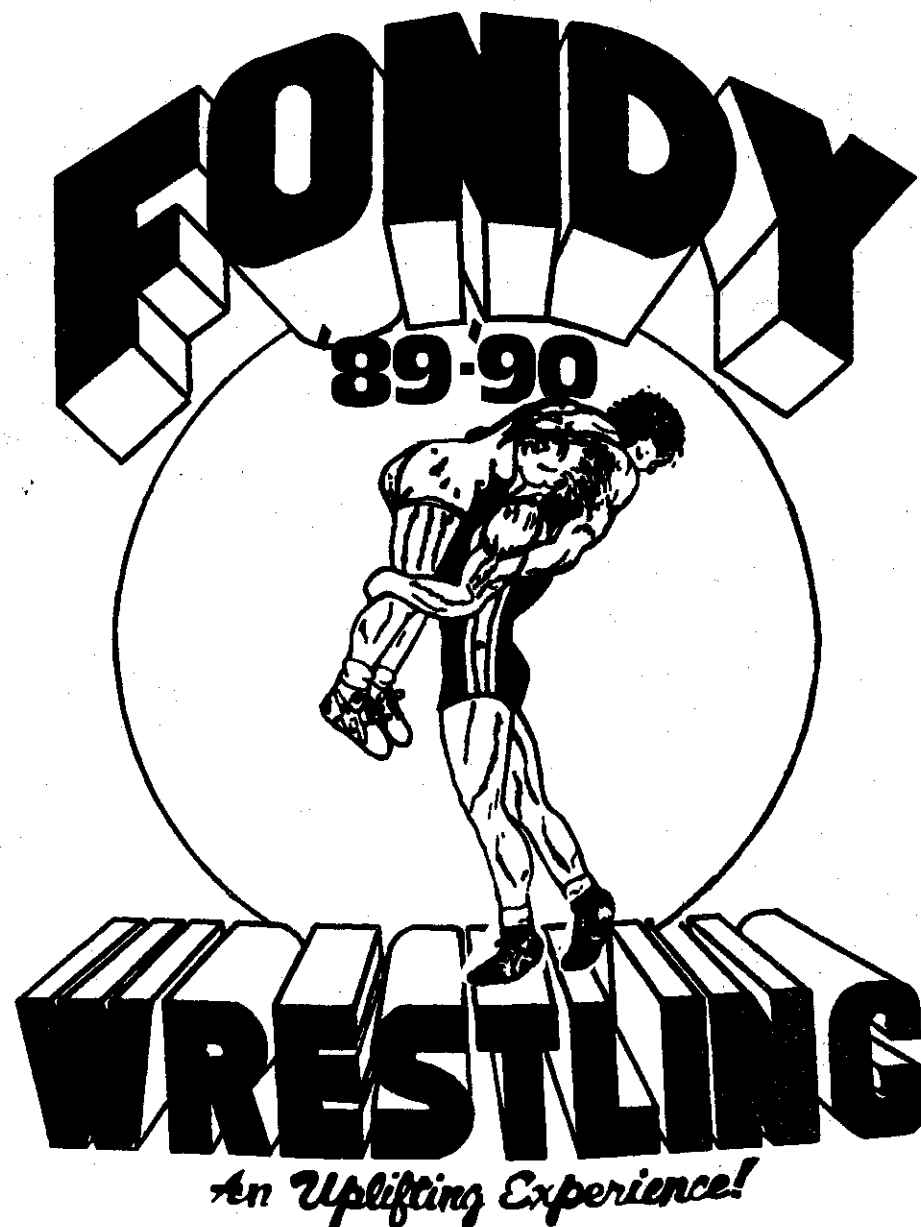
DON McCLELLAN
152 lb. class



BOB BENNOT
160 lb. class



BOB TARANTINO
171 lb. class



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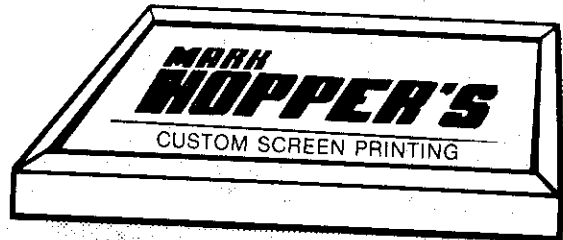
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CONFERENCE CHAMPIONS

Gerald Sabel	70
Karl Kaufman	71
Mike Fero	71
Dan Schingen	73
Bill Voight	74
Nick Bell	74,75,76
Mike Wells	74
Jeff Borgen	75
Jeff Mooney	75
Ron Mueller	76
Dan Jozefowski	76
Doug Bell	77,78
John Bowman	77,78,79
Gary Clausius	80
Mark Peterson	80
Mark Flanders	
Mike Marx	80
Dave Hanrahan	80
Joe Warner	80
Lonnie Preissner	81
Mike McDermott	81
Joe Toney	83
Pat Schommer	83
Brian Peterson	83,84
Dar. Peterson	85,86,87,88
Mike Furner	85
Jeff Berry	88
Brian Dobrinski	88,89
Steve Schommer	88
Bruce Welnetz	88
Dave Hayes	88
Dale Stahmann	88
Court Gifford	89
Ryan Haus	89
Jim Toth	89
Dave Munoz	89

WIAA REGIONAL CHAMPS

Rick Fink	69
Benito DeLeon	69
John Rauls	69
Mike Fero	70
Karl Kaufman	71
Brad Billman	71
Gerald Sabel	71
Bill Voight	73
Brian Billman	73
Tom Thomma	73
Nick Bell	74,75,76
Bob Olson	74
Mike Wells	74
Jeff Borgen	74,75
Ron Mueller	75,76
John Bowman	77,78
Brian O'Loughlin	77
Norm Waldschmidt	77
Doug Bell	78,79
John Hildebrand	76
Gary Clausius	79
Gary Nehring	79
Mike McDermott	80,81
Mark Flanders	80
Mike Marx	80
Lonnie Preissner	80,81
Joe Toney	81
Dave Schmidt	81
Dave Hanrahan	81
Tim Faris	82
Matt Wells	82,83
Rock Abig	82
Brian Peterson	82,83,84
Pat Schommer	83
Glenn Berry	85
Dan Mueller	85
Mike Furner	85
Mike McDowell	85
Dave Hayes	87
Duane Benson	87
Jeff Berry	88
Darrin Peterson	88
Bruce Welnetz	88
Dave Hayes	88
Dale Stahmann	88
Brian Dobrinski	89
Court Gifford	89
Dave Munoz	89

WIAA SECTIONAL CHAMPS

Nick Bell	74,75,76
Ron Mueller	76
John Bowman	77
Gary Clausius	80
Mike Marx	80
Matt Wells	82
Brian Peterson	83,84
Glenn Berry	85
Mike Furner	85
Dan Mueller	85
Steve Schommer	87
Damian LaCroix	87
Mike McDowell	87
Dale Stahmann	88
Darrin Peterson	88
Bruce Welnetz	88
Dave Hayes	88
Jim Toth	89
Dave Munoz	89

CARDINAL DUAL RECORD

Wins	231
Losses	47
Ties	1

REGIONAL CHAMPIONSHIPS

1974,1976,1979,1982,1983,
 1987,1988,1989,

SECTIONAL CHAMPIONSHIPS

1984,1985,1987,1989,

WIAA STATE QUALIFIERS

Mike Wells	74
Nick Bell	74,75,76
Ron Mueller	76
John Bowman	77,78
B. O'Loughlin	76
Doug Bell	78
John Hildebrand	78
John Krug	79
Gary Clausius	79
Mitch Riske	79
Mike McDermott	79
Mike Marx	80
Lonnie Preissner	81
Matt Wells	82,83
Pat Schommer	83
Ty Toriello	83,84
Brian Peterson	83,84
Dan Mueller	85
Mike Furner	85
Glenn Berry	85
Darrin Peterson	85,86,88
Steve Schommer	87
Todd Schmitz	87
Damian LaCroix	87
Mike McDowell	87
Jeff Berry	88
Rick Schuppe	88
Bruce Welnetz	88
Dave Hayes	88
Dale Stahmann	88
Brian Dobrinski	89
Jim Toth	89
Mike Christiansen	89
Dave Munoz	89
Rocco Marchionda	89

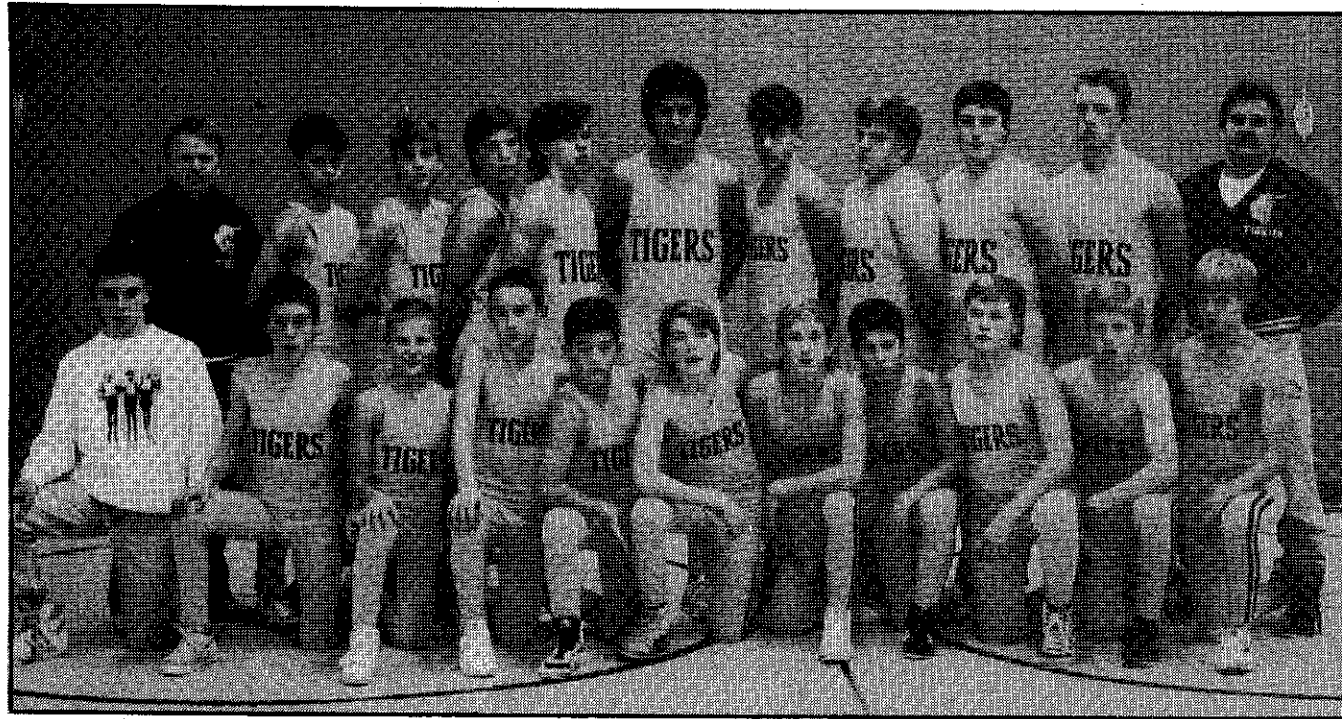
WIAA STATE PLACE WINNERS

Nick Bell	1st
John Bowman	2nd
Mike Marx	4th
Pat Schommer	2nd
Matt Wells	3rd, 3rd
Brian Peterson	6th, 2nd
Dan Mueller	6th
Darrin Peterson	3rd
Steve Schommer	6th
Damian LaCroix	6th
Todd Schmitz	3rd
Rick Schuppe	2nd
Dale Stahmann	2nd
Bruce Welnetz	4th
Brian Dobrinski	3rd
Rocco Marchionda	5th

WRESTLING FAMILY HONOR ROLL

Petersons (Mark, Brian, Darrin)	245
Bells (Nick, Doug)	133
Schommers (Pat, Steve)	131
Billmans (Brad, Brian)	110
Wells (Mike, Matt, Tim)	109
Muellers (Ron, Dan)	101

1989-90 THEISEN TIGERS



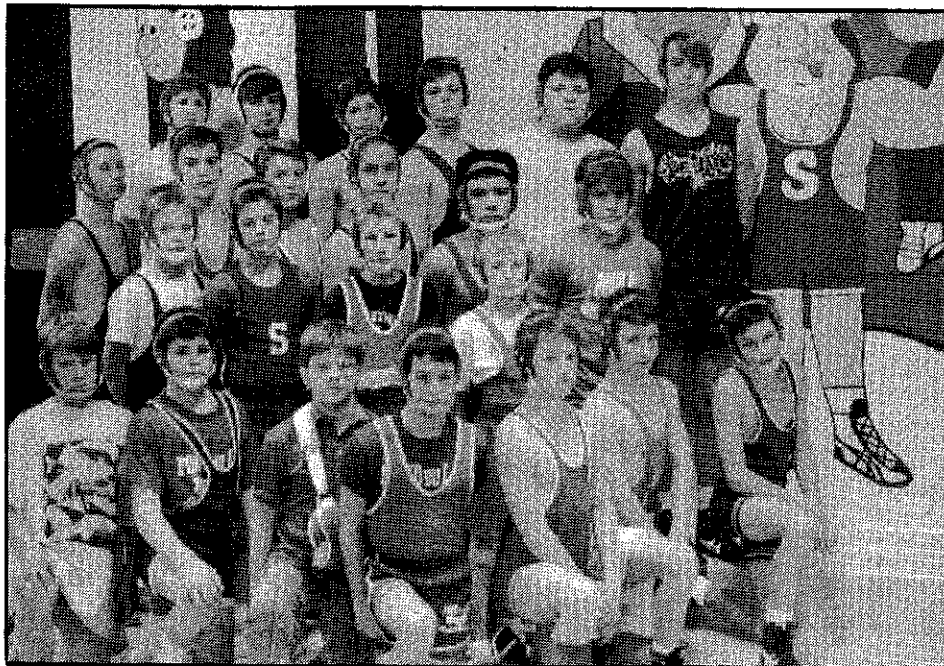
7th Grade - Cory Burroughs, Ryan Knueppel, Jason Kuhn, John Mueller, Gerrit Ramirez, Deral Schwartz, Jim Skrenes

8th Grade - Craig Collien, Jim Dreikosen, David Gruen, Terry Hanson, Corby Jebron, Chris Knueppel, Jason Marion, Chad Toth

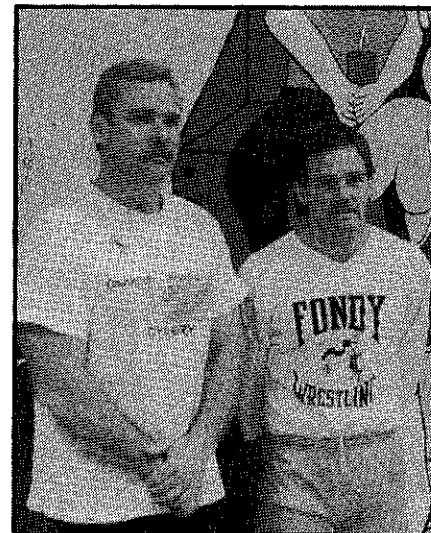
9th Grade - Brennan Kraus, Tom Mindt, James Palato, Bob Rosenthal, Gregg Scharf, Jay Schultz

COACHES
Joe Pentak
Brad Billman

1989-90 SABISH BEARS

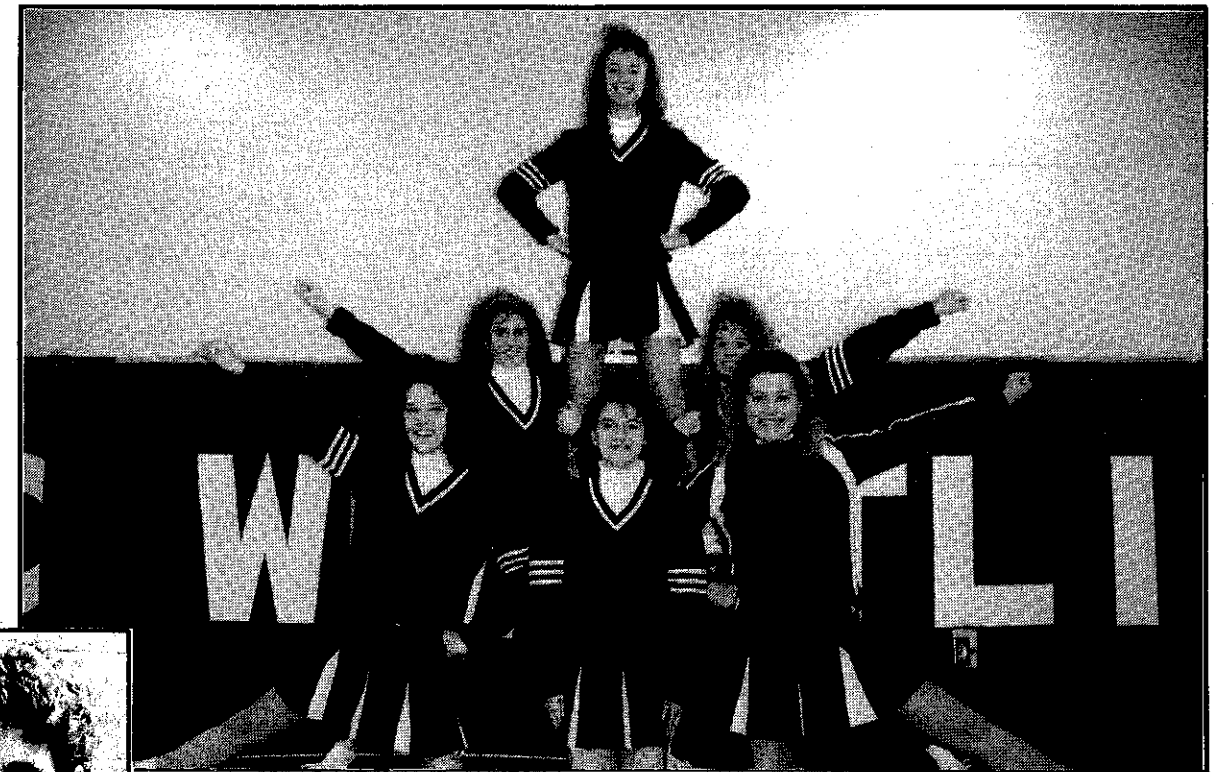


Robert Schmidt, Travis Nichols, Eric Mand, Troy Woich, Ryan Guetreuter, Brad Peterson, Aaron Abel, Shane Schultz, Matt Shafer, Seth Pelot, Dan Schneider, Tim Chapin, Kyle Brinkman, Gary Thorpe, Jamie Burroughs, Rob Rietz, Tony Higgins, Preston Crook, Josh Marcoe, Mike Smith, Ryan Konz, Gary Flynn, Jeff Moss, John Bass



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Jim Lichman
Greg Winkler

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Jenni Butzen, Kristina Klein, Gena Johnson, Traci Landowski, Dawn Christiansen, Amanda Schoenberg



Advisor
Sheri Greeno



JUNIOR VARSITY CHEERLEADERS
Molly Hron, Nikki Hebenstreich, Christy Funk, Jennie Lemke, Jenni Kranig, Brenda Graskamp