

Fond du Lac High School Wrestling



2019-2020

THE ONLY THING YOU DESERVE IS WHAT YOU EARN.

-TOM BRANDS

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2019-2020 Fond du Lac Wrestling
Accomplishments/Schedule of Events

Summer 2019

- 2nd Annual Fond du Lac Folkstyle Camp with Nazar Kulchytskyy
- Hartford Duals
- New High School Singlets Purchased
- Fond du Lac Wrestling SportsEngine Website Updated

Fall 2019

- Raised Money at 12 Packer Events
- Raised Money Setting Up for Judo Tournaments
- Three Used Mats Purchased for High School from Middleton - \$8700
- Teacher Appreciation Night - Teacher Shirts
- Middle School Coaches: Evers, Fellenz, and Bixby

Winter 2019-2020

- Hosted Fond du Lac Cardinal Invitational
- High School Wrestlers Help Run K-2 Program
- High School: Six Sectional Qualifiers, Two State Qualifiers

Spring 2020

- G/F Season Began with 15 wrestlers from FHS, Chilton, Markesan, WLA
- Youth Regional Cancelled - Coronavirus Quarantine

2020 Fond du Lac Wrestling Program Members
High School

Coaches	Managers	Volunteer Coaches	Head Table
Matt Halter	Jaanika Rosenthal	Ryan Jacobs	Sue Heitzman
Steve Rosencrans	Sydney Kolstad	Jacob Petrie	Pat Osowski (Announcer)
TJ Williams	Jordan Jakubicz	Austin Baatz	Gina Marchionda
Aaron Lakey	Norah Walker	Luke Meihack	Sonja Rosencrans
		Donte Johnson	Marc Meihack (Photos)

Middle Schools

Sabish	Theisen	Woodworth
Tim Evers	Aaron Fellenz	Bob Bixby
	Mark Henschel	
	Jason Zinn	

Wrestling Club Coaches

Peter Feldner	Roberto Rodriguez	Nick Waldschmidt
David Vande Avond	Josh Adams (select program)	Mark Henschel
Parent Assistant Coaches	Nick Beattie	Brett Koch
	Charlie Osborn	Sean Twohig

Wrestling Board

Peter Feldner - President	Matt Halter - HS Head Coach	Ryan Haus - Tournaments
Vice President (NEEDED)	TJ Williams - HS Coach	Eric Schroeder - WLA
Sarah Kelnhofer - Secretary	Aaron Lakey - HS Coach	Sue Heitzman - FHS Teacher
Mark Henschel - Treasurer	Bob Bixby - MS Coach	Matt Ortegon - Parent
Roberto Rodriguez - Coach	Aaron Fellenz - MS Coach	Amanda McEssey - Parent
Dave Hopper - Sponsor	Tim Evers - MS Coach	Jessica Braun - Parent

2019-2020 TEAM RESULTS
Fox Valley Association Conference Final Results

	Dual Points	Conf Meet Points	Total Points
1. Kaukauna	13.5	10	23.5
2. Kimberly	12	9	21
3. Neenah	10.5	8	18.5
4. Hortonville	7.5	7	14.5
5. Oshkosh West	7.5	6	13.5
6. Oshkosh North	7.5	4	11.5
7. Fond du Lac	4.5	5	9.5
8. Appleton North	3	3	6
9. Appleton West	1.5	2	3.5
10. Appleton East	0	1	1

FVA DUAL Results

12/5	Fond du Lac 18	vs.	Oshkosh North	57	L	0-1
12/12	Fond du Lac 27	@	Hortonville	49	L	0-2
12/19	Fond du Lac 52	vs.	Appleton West	27	W	1-2
1/2	Fond du Lac 12	@	Kimberly	61	L	1-3
1/9	Fond du Lac 30	@	Oshkosh West	50	L	1-4
1/16	Fond du Lac 18	vs.	Neenah	59	L	1-5
	Fond du Lac 12	vs.	Kaukauna	59	L	1-6
1/23	Fond du Lac 58	@	Appleton East	14	W	2-6
1/30	Fond du Lac 41	vs.	Appleton North	31	W	3-6

Conference Dual Record: **3-6**

Overall Dual Record: **4-10**

All-Conference Awards

1st Team

Josiah Streblow 160

2nd Team

Issac Ortegon 152

Joe Schmitz 285

HM

Tristan Lakey 138

Jon Vanna 170

Sectional Qualifiers

Logan Schmitz 113

Tristan Lakey 138

Issac Ortegon 145

Josiah Streblow 160

Nick Waldo 182

Joe Schmitz 285

State Qualifiers

Issac Ortegon 145 -6th

Josiah Streblow 160 -DNP

Varsity Tournament Results

- 12/14 **Devils Duals @ WI Dells** *8th out of 16 teams in Consolation Bracket*
Fond du Lac 12 vs. Stoughton 67 L
Fond du Lac 39 vs. Cumberland 36 W
Fond du Lac 30 vs. Iowa-Grant 43 L
Fond du Lac 36 vs. Lomira 42 L
Fond du Lac 24 vs. Northwestern 52 L
152 Issac Ortegon 5-0, 160 Josiah Streblow 4-1
- 12/21 **Fond du Lac Cardinal Invitational** 14th place out of 24 teams
138 Tristan Lakey 5th, 152 Issac Ortegon 3rd, 160 Josiah Streblow 7th, 285 Joe Schmitz 7th
- 12/27-12/28 **Oshkosh On The Water** 43rd place out of 67 teams
152 Issac Ortegon 2nd
- 1/11 **Cutler Classic** 9th place out of 17 teams
113 Logan Schmitz 8th, 138 Tristan Lakey 7th, 152 Issac Ortegon 3rd, 160 Josiah Streblow 3rd, 182 Nick Waldo 7th, 285 Joe Schmitz 3rd
- 1/18 **Highlander Invitational - Homestead** 11th out of 27 teams
152 Issac Ortegon 1st, 160 Josiah Streblow 2nd, 285 Joe Schmitz 7th
- 2/2 **FVA Conference Tournament @ FHS** 6th out of 10 teams
106 Joe Herrera 4th, 138 Tristan Lakey 3rd, 152 Issac Ortegon 2nd, 160 Josiah Streblow 2nd, 170 Jon Vanna 3rd, 285 Joe Schmitz 2nd
- 2/9 **WIAA Regional Tournament @ Slinger** 7th out of 8 teams
113 Logan Schmitz 5th, 138 Tristan Lakey 4th, 145 Issac Ortegon 2nd, 160 Josiah Streblow 1st, 182 Nick Waldo 4th, 285 Joe Schmitz 2nd
- 2/16 **WIAA Sectional Tournament @ Oshkosh North** 8th out of 14 teams
113 Logan Schmitz DNP, 138 Tristan Lakey DNP, 145 Issac Ortegon 1st,

160 Josiah Streblow 1st, 182 Nick Waldo DNP, 285 Joe Schmitz 4th

2/21-2/23 WIAA Individual State Tournament

145 Issac Ortegon 6th, 160 Josiah Streblow DNP

Fond du Lac Girl's Wrestling

Aimee McNabb 1998

Stephany Ingersol 2008-2010

Tiffany Masters 2008-2010 Varsity 7-11

Aaliyah Llanos 2018-2019 JV 0-6 Varsity 3-4

Varsity Season/Career Records

Name	9	10	11	12	Total
Jon Vanna	4-22	3-8	0-1	14-13	21-44
Forsberg, Tristan	JV	JV	7-10		7-10
Lakey, Tristan	20-11	32-13	26-13		78-37
Ortegon, Issac	29-11	35-7	39-9		103-29
Schmitz, Joe	7-17	21-18	29-15		57-50
Streblow, Josiah	20-21	33-15	34-11		87-47
Roberts, Evan			1-5		1-5
Waldo, Nick	JV	1-3 / JV	16-18		17-21
Herrera, Joe	7-9		13-20		20-29
Chase, Kaidden		1-3			1-3
Santana, Dante	8-9	9-24			17-33
Rauch, Xavier	4-9	6-4			10-13
Javier, David	2-3				2-3
Mendoza, Dallas	2-12				2-12
Schmitz, Logan	15-24				15-24
Schneider, Brody	1-4				1-4
Theisen, Zach	1-4				1-4

Team Awards

Most Falls - Josiah Streblow 26

Most Wins - Issac Ortegon 39

Most Takedowns - Issac Ortegon 98

Most Reversals - Tristan Lakey 20

Most Escapes - Logan Schmitz 46

100 WIN CLUB - Issac Ortegon

Cardinal Award - Logan Schmitz

Most Improved Wrestler - Nick Waldo

Coaches Choice Award - Jon Vanna

Most Valuable Wrestler - Joe Schmitz

TEAM FIRST Awards - Tristan Forsberg, Xavier Rauch, Zach Theisen

2019-2020 Wrestlers of the Week

Week 1 - **Skipped** (Following Oshkosh North)

***A lot of rust and much work to do!

Week 2 - **Logan Schmitz** (Following Devils Duals)

***Hardest worker in practice, came back from strep and losing 7 pounds to wrestle, still bumped up to 120 for the tournament, didn't get pinned and was the reason we defeated Cumberland.

Week 3/4 - **Issac Ortegon** (Following FDL Cardinal Invite and OTW)

***Finished 3rd at Cardinal Invite and 2nd at OTW, mentally prepared for every match, ranked a well-earned 3rd in state.

Week 5 - **David Javier** (Following Cutler Classic)

***Leveled up, started to become aggressive and wrestle tough. A good number of his team ran over to watch his JV match because it was such a noticeable, exciting shift in energy!

Week 6 - **Tristan Lakey** (Following Double Duals)

***Our lone survivor in making it undefeated through the gauntlet of Neenah & Kaukauna.

Week 7 - **Nick Waldo/Issac Ortegon** (Following Appleton East/Highlander Inv.)

***Nick could have easily taken an easy win by forfeit at 182, but he asked his coaches if he could bump up and wrestle at 195. Not only did he bump up, but he got the pin! Issac won his second Highlander Invite and defeated a tough Isaac Riddle in the final (for the second time this year). He was voted as the tournament's Most Outstanding Wrestler.

Week 8 - **Joe Schmitz and Jon Vanna** (Following Appleton North)

***Joe stepped up to wrestle the best match of his career against #10 ranked Wes King of Appleton North for an OT victory giving our team the chance to win the dual. He also came to support his team at the Oakfield Tournament, even though he didn't have to be there! Jon, the last match of the night at Appleton North, wrestled smart when calls weren't going his way and emotions were high to defeat his opponent and solidify our team victory. Jon then wrestled at the Oakfield Tournament, taking third place with four pins!

Week 9 - **Evan Roberts** (Following Conference Tournament)

***Evan is a junior who is out for wrestling for his first season. He has a contagious passion for the sport and is always willing to put the team first. This week he worked hard to make weight for the 106 pound weight class just in case our other 106 pounder was unable to make weight. There was no guarantee that he would wrestle. He just did it because it would help the team perform better at the Conference Tournament, if it came down to it.

Week 10 - **Josiah Streblow & Logan Schmitz** (Following Regionals)

***Spending just over 6 minutes total on the mat, Josiah pinned his way through the bracket to a Regional title. Previously vexed by Oshkosh North's Carly Ochoa, Logan dominated his 5th place match against her to not only keep his Sectional hopes alive but also to end her career!

Week 11 - **Issac Ortegon & Josiah Streblow** (Following Sectionals)

***Issac bounced back from a tough regional loss by dominating Neenah's Drake Hayward 10-4, after a close win to West Bend East's Jordan Ward (7-5), to win the Sectional. Whereas Josiah got revenge over West Bend East's Crosby Schlosser (11-7) to not only qualify for State, but to win the Sectional bracket.

Week 12 - **Issac Ortegon** (State)

***Winning two matches by two or less, Issac wrestled smart to find his way on the podium!

Fond du Lac Cardinal Wrestling

Individual Records

2019-2020

<u>Weight</u>	<u>Wrestler</u>	<u>Grade</u>	<u>FVA</u>	<u>Reg</u>	<u>Sect</u>	<u>State</u>
106	Joe Herrera	11	4th	DNP		
	<i>2-3 @ Devils Duals</i>					
	<i>DNP at Fondy Cardinal Invite</i>					
	<i>DNP at Lourdes OTW Classic</i>					
	<i>11th at Highlander Invite</i>					
	<i>6th at Oakfield Invite</i>					
113	Evan Roberts	11				
	<i>7th at Devils Duals JV Tournament</i>					
	<i>6th at Cardinal JV Invite</i>					
	<i>4th at Cutler JV Classic</i>					
	<i>11th at Oakfield Invite</i>					
	<i>4th at FVA JV Conference</i>					
113	Dallas Mendoza	9	DNP	DNP		
	<i>1-4 @ Devils Duals</i>					
	<i>2nd at Cardinal JV Invite</i>					
	<i>3rd at Cutler JV Classic</i>					
	<i>1st at FVA JV Conference</i>					
113/120	Logan Schmitz	9	DNP	5th	DNP	
	<i>1-4 @ Devils Duals</i>					
	<i>DNP at Fondy Cardinal Invite</i>					
	<i>8th at Cutler Classic</i>					
	<i>12th at Highlander Invite</i>					
	<i>5th at Oakfield Invite</i>					
126	Dante Santana	10	DNP	DNP		
	<i>3-2 @ Devils Duals</i>					
	<i>DNP at Fondy Cardinal Invite</i>					
	<i>DNP at Cutler Classic</i>					
	<i>16th at Highlander Invite</i>					
	<i>7th at Oakfield Invite</i>					
132	Alberto Vazquez	12				
	<i>1st at Kimberly JV Tournament</i>					
	<i>3rd at Devils Duals JV Tournament</i>					

132	Tristan Forsberg	11					DNP
	<i>5th at Cardinal JV Invite</i>						
	<i>2nd at Kimberly JV Tournament</i>						
	<i>3-2 @ Devils Duals</i>						
	<i>DNP at Fondy Cardinal Invite</i>						
	<i>4th at FVA JV Conference</i>						
138	Tristan Lakey	11		3rd	4th		DNP
	<i>1-4 @ Devils Duals</i>						
	<i>5th at Fondy Cardinal Invite</i>						
	<i>DNP at Lourdes OTW Classic</i>						
	<i>7th at Cutler Classic</i>						
	<i>9th at Highlander Invite</i>						
138	Xavier Rauch	10					DNP
	<i>3rd at Kimberly JV Tournament</i>						
	<i>7th at Cardinal JV Invite</i>						
	<i>2nd at Cutler JV Classic</i>						
	<i>12th at Highlander Invite</i>						
138/145	Quinton Enfeldt	9					
	<i>8th at Devils Duals JV Tournament</i>						
	<i>8th at Cardinal JV Invite</i>						
	<i>2nd at Cutler JV Classic</i>						
	<i>4th at FVA JV Conference</i>						
138/145	Issac Ortegon	11		2nd	2nd	1st	6th
	<i>5-0 @ Devils Duals</i>						
	<i>3rd at Fondy Cardinal Invite</i>						
	<i>2nd at Lourdes OTW Classic</i>						
	<i>3rd at Cutler Classic</i>						
	<i>1st at Highlander Invite (Most Valuable Wrestler)</i>						
145/152	Zach Theisen	9					
	<i>3rd at Kimberly JV Tournament</i>						
	<i>8th at Devils Duals JV Tournament</i>						
	<i>8th at Cardinal JV Invite</i>						
	<i>6th at Oakfield Invite</i>						
	<i>7th at FVA JV Conference</i>						
160	Brody Schneider	9					
	<i>5th at Devils Duals JV Tournament</i>						
	<i>6th at Cardinal JV Invite</i>						
	<i>8th at Oakfield Invite</i>						
152/160	Josiah Streblow	11		2nd	1st	1st	DNP

160/170	Jon Vanna	12	3rd	6th	
170	Koltin Smith	9			
182	Kaiden Chase	10			
170	Nick Waldo	11	DNP	4th	DNP
285	David Javier	9			
285	Joe Schmitz	11	2nd	2nd	4th

Fond du Lac Cardinal Wrestling

Mat Stats - Top 10

Most Wins

1. Issac Ortegon	39
2. Josiah Streblow	34
3. Joe Schmitz	29
4. Tristan Lakey	26
5. Nick Waldo	16
6. Jon Vanna	14
7. Logan Schmitz	15
8. Joe Herrera	13
9. Dante Santana	9
10. Tristan Forsberg	7

Most Near Fall Points

1. Issac Ortegon	72
2. Tristan Lakey	65
3. Josiah Streblow	56
4. Jon Vanna	43
5. Joe Herrera	35
6. Nick Waldo	26
/Logan Schmitz	26
7. Joe Schmitz	21
8. Tristan Forsberg	13
9. Xavier Rauch	11

Most Pins (Team Total 164)

1. Josiah Streblow	26
2. Joe Schmitz	22
3. Tristan Lakey	20
4. Issac Ortegon	16
5. Jon Vanna	12
6. Nick Waldo	8
7. Joe Herrera	6
8. Xavier Rauch	5
9. Logan Schmitz	4
/Dante Santana	4

Most Reversals

1. Tristan Lakey	20
2. Joe Schmitz	18
3. Josiah Streblow	14
4. Issac Ortegon	13
/Logan Schmitz	13
5. Joe Herrera	11
6. Nick Waldo	8
7. Xavier Rauch	6
8. Jon Vanna	3

Most Takedowns

1. Issac Ortegon	98
2. Tristan Lakey	50
3. Josiah Streblow	48
4. Jon Vanna	34
5. Nick Waldo	28
6. Joe Schmitz	23
7. Logan Schmitz	21
8. Joe Herrera	19
9. Dante Santana	10
10. Tristan Forsberg	7
/Brody Schneider	7
/Dallas Mendoza	7

Most Escapes

1. Logan Schmitz	46
2. Nick Waldo	38
3. Issac Ortegon	37
4. Dante Santana	24
5. Jon Vanna	23
6. Tristan Lakey	20
7. Joe Herrera	17
8. Josiah Streblow	14
9. Dallas Mendoza	12
10. Joe Schmitz	9
/Dallas Mendoza	9

AWARD DESCRIPTIONS

Cardinal Award - Logan Schmitz

The Cardinal Award is earned by the wrestler who consistently lives the core values of a Fond du Lac Cardinal Athlete: Respect, Dedication, Attitude, and Leadership.

Logan Schmitz lives these values to the highest level. The freshman year of wrestling is always the most challenging and offers every possible reason to give up, testing one's will at every turn. Although Logan came upon these obstacles like everyone else, he faced them with a stubbornness and determination uncommon among freshmen. In the beginning of the year, he often bounced back and forth between two weight classes, giving up a weight advantage to do what was best for the team. He wrestled his best every second of every match as well as during practice, giving up only two pins this season. We can always count on Logan to lead by example, fight for every point and position, and be an all-around great teammate. This level of determination was rewarded at Regionals when he defeated Oshkosh North for 5th place, keeping him in position to advance to Sectionals. To cap off a great season, he was the only wrestler that could be nominated for the Academic All-State Team. To be eligible, a wrestler has to maintain a GPA over a 3.5 (Logan currently has a 3.9) and have qualified for Sectionals. We look forward to seeing Logan triple down on all of these attributes as he heads into his sophomore season.

Coaches Award - Jon Vanna

The Coaches Award is awarded by the coaching staff to the wrestler who demonstrates the most leadership, team spirit, and sportsmanship over the course of the season.

Jon Vanna rejoined our team this year with a renewed desire to be the best leader he could be for the team. It takes a strong person to come back, but it takes an even stronger person to return and be one of the best leaders a team could be lucky to have. Before the season even started, we could tell that Jon was going to be the guy we needed to lead our team (only seven returning wrestlers and a host of others new to the sport). His passion for the sport and his excitement for the trajectory of our program was contagious and played a huge role in keeping many of these new teammates excited and invested in our team. His passion for the sport and acceptance of a leadership role was rewarded not only with the respect of his teammates and

coaches, but also with his rapid growth and some vital wins he earned for the team (including a big win against Appleton North for his final dual meet match and a 3rd place finish at Conference). We wish Jon the best for his future plans and hope to see his continued involvement as a leader in our program.

Most Improved - Nick Waldo

The Most Improved award goes to the wrestler who has displayed the most improvement from the last season to the end of the current season, or in some cases from the beginning of the current season to its conclusion.

Nick Waldo is the guy who proves that hard work and a consistent, disciplined attitude leads to huge gains. Last year, Nick wrestled mainly at the JV level with a record of 1-3 on the varsity. However, he stepped up into a permanent varsity spot this year at 182, and he delivered. With a consistent plan for good nutrition and strength training in the off season, he poured himself into improvement in the practice room as one of our most coachable wrestlers. Doing all the right things led him to near a .500 record while advancing to the Sectional tournament, where he discovered that he is most definitely state qualifier material. We look forward to Nick's continued development and another amazing season next year.

Most Valuable Wrestler - Joey Schmitz

The Most Valuable Wrestler award is determined by the wrestlers on the team. This is a person who the team believes to be vital to their chemistry, but more importantly a member of the team who serves to be a role model of the highest level of excellence.

Joey Schmitz has clearly earned the respect of his team in earning this award. The work he put in was evident and often the talk of practice, particularly when he had the lucky privilege of his high level practice partners (volunteer coaches Ryan Jacobs and Donte Johnson). With their help and his continued work to slow the match down, he added 8 wins from his previous year's total, finished second at Conference, and advanced to Sectionals for a second year running. He is one of the first people to jump in to help and get things done as well as organizing others on a task. Our very own Kung Fu Panda, Joe makes sure to have a fun time even while working hard. We look forward to seeing Joe continue to develop his leadership skills and take another big leap as a senior.

Team First - Xavier Rauch, Zach Theisen, and Tristan Forsberg

The Team First Award is earned by those wrestlers on the team who consistently put the needs of the team and program above their own. Being the first to help set up or clean up for an event, speaking well of the program and those in it by word of mouth and media, and volunteering much of their time to fundraising events, these teammates are what allow the program to operate at a high level. The more people there are in this category, the more the program-wide success and enjoyment will continue to grow.

Xavier Rauch, Zach Theisen, and Tristan Forsberg are three guys who go over and above when the program needs them. Recently, our club has taken on a big undertaking with running concessions at 12 or more events at Lambeau Field. The time and manpower needed for this is extensive, but the benefits for our program far outweigh the cost. These three young men understand that need and have jumped in wholeheartedly to help when we are most desperate for volunteers. Without their help, this past season would have been extremely difficult to manage. They also serve as great communicators of the benefits of our program and are always the most dependable when it comes to running our hosted events. We are so thankful to have these three in our program and are excited to see what the next few years brings for them.

THANK YOU!

Volunteers

Without the help of our volunteers this season, we would not have been able to purchase new uniforms program-wide, three more mats for the high school, and pay for our day-to-day operational needs, not to mention the running of our hosted events. Words aren't enough for the time and energy spent to accomplish these program needs and goals, Thank you so much to everyone who has freely given their time to help further our program and set us up for years to come!

Managers

Jaanika Rosenthal, Sydney Kolstad, Jordan Jakubicz, and Norah Walker. Your daily efforts to support our program are often unseen and a thankless job, and you each have done so much to simply make things work. Few see how much goes into preparing for practice, each meet (home or away), tournaments; updating statistics and records; keeping track of gear and supplies;

keeping our room clean and safe; and being another pillar of support for the team. The sacrifices each of you makes is not at all unnoticed, and hopefully offers you much in return for how you approach and go about your future endeavors. Thank you for everything you do.

Coaches

Steve Rosencrans, TJ Williams, and Aaron Lakey. What a ride this is each year! So much time, effort, and thought goes into everything we do, and this happens throughout the year, not just through the season. You give up time with your families and, often at a moment's notice, jump to each task needed without the thought of a complaint. We do this because we love it and we want the kids to have the best experience possible, finding both success in the sport and in their growth into strong, young adults. Thank you for not only what you do in the program, but also thank you for being such great friends, mentors, and advocates for the sport as we represent Fond du Lac High School.