

The Whizzer

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Ellsworth Wrestling Newsletter

APRIL 2022

The Whizzer is a quarterly publication from the Ellsworth Wrestling Association and wrestling coaches for our wrestlers, parents and fans. If you have any questions or have an idea for a feature story, email ellsworthwrestling1958@gmail.com.



Class of 2022 Dion Welch, Tom Trainer, Dave Kastberg

2022 Kirby Symes Hall of Fame Banquet

Congratulations to the 8th class of inductees!

This April we celebrated the wrestling achievements of: Dion Welch, Tom Traynor, and Dave Kastberg and welcomed them, as the Class of 2022 inductees, to the Kirby Symes Hall of Fame. As always, it was a great evening full of laughs and memories.

This year's inductees join the following past inductees:

- 2014 - Kirby Symes
- 2015 - Lee Gross, Tom Glass, Bill Kind, Joe Kind
- 2016 - Rick Langer, Gary Langer, Ron Foley
- 2017 - Charlie Webster, Bruce Webster, Paul Frandsen, Bill Hamilton
- 2018 - Jack Radabaugh
- 2019 - Walt Anderson, Mark Melstrom, Mike Traynor
- 2020 - Dick Culver, Josh Erlandson, Keith Johnson, Jeremy Gunderson

WHAT'S INSIDE

Hall of Fame

Congratulations to the 8th class of inductees.

Page 1

Save the Date

Annual golf fundraiser and summer camp dates have been set.

Page 2

EWA Update

EWA scholarship available to graduating Seniors.

Page 2

Coaches' Corner

The High School, Middle School and Youth Program had a great year.

Page 3 - 5

Mat Talk 101

Overview of wrestling moves, terms and conditioning ideas.

Page 3

Upcoming Events

Lots of great off-mat activities coming up.

Page 4

Save the Date!

7th Annual Ellsworth Wrestling Golf Tournament

Dust off those clubs and shake off the winter rust in your golf swing! The 7th annual Ellsworth Wrestling golf fundraiser will take place Saturday, May 21st with a 2:30pm shotgun start. The format will be a 4-person scramble with 9 holes of golf, a cart, delicious food, and a chance to win prizes and raffles. All this for \$50 per golfer, plus \$10 cart rental/person! Keep an eye on your email for registration details.

If you're interested in sponsoring this great event, email markdmatzek@gmail.com to get started on creating your sponsorship board. There are three sponsorship levels to choose from:

- Panther \$500 - includes free 4-some with carts
- Purple \$250 - includes free 2-some with cart
- White \$100 - includes 1 free golf registration with cart

EWA Youth Camp

This year's youth camp features, Ellsworth Alumni and current Augsburg University varsity wrestlers,



Sam and Charlie Stuhl! Sam was a 4x State Champion and Charlie was a 2x State Finalist and 3x Placer. Camp will take place June 27th and June 28th in the Ellsworth High School wrestling room. A registration link coming soon!

Augsburg University Team Camp 7th-11th Grade

After much deliberation, we decided to attend camp at Augsburg University in Minneapolis on June 19th thru 23rd. You can register by clicking [here](#) or through the link located on our [website](#).

This camp is geared towards what our team needs to improve the most this summer. We will meet and ride together to camp. Register ASAP to hopefully get into the air conditioned dorms!

ELLSWORTH WRESTLING ASSOCIATION UPDATE

At the last meeting, we welcomed new members to the board. Current board members are: Ryan Bench - President, Lars Loberg - Vice President, Tara Lampman - Secretary, and Sheree Pechacek - Treasurer. Thank you Ken, Bridget, and Jackie for all that you have done for the Ellsworth wrestling program!

Following the elections we discussed the season's positives and negatives. Everyone agreed we had a great season. There was a lot of growth in our athletes and the weightlifting program has been

a success. One of the things we heard that needs to improve is communication. As a result, The Whizzer is coming out of retirement! We are also working through a few more ideas and look forward to sharing those soon Along with The Whizzer, the \$1,000 EWA scholarship is back. Fundraising went well this year and we are happy to be able to offer it again Details on how to apply will be communicated soon.

Check the upcoming events for our next meeting. Looking forward to seeing you there!

MAT TALK 101

If you're new to wrestling, and still learning all the terms, you might be wondering, "Why The Whizzer? In wrestling, an overhook, also called a whizzer, is a clinch hold that is used to control the opponent. It can be performed from any direction by putting an arm over the opponent's arm, and encircling the opponent's arm or upper body.

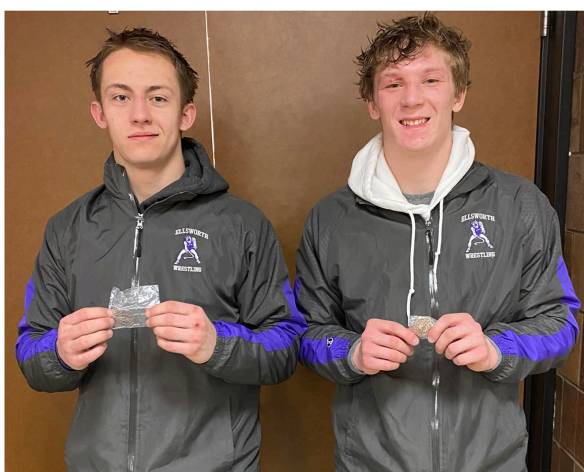
Greco/Freestyle is in full swing. If your athlete chose to sit this one out it's a great time to get into a workout routine for some off-season conditioning. Aerobic conditioning is vitally important in maintaining high-intensity efforts and recovery between matches. Swimming, walking, running, or cycling are all great spring and summer time activities that will help out when they hit the mat next.



Coaches' Corner

High School

I just finished my 17th year of coaching and I can't recall another year that was such a roller coaster. The season started off slow with the football season going longer than usual, then the entire roster was sick for a week, so we really didn't start the season until halfway through December. Then we had Tuesday duals, S-B was canceled because of a tornado in December...we just couldn't get into a rhythm. After Christmas we had success in Eau Claire then a week later we were



State Qualifiers Ivan Veenendall and Anthony Madsen

brought back to earth at The Clash. Then we had a couple of successful weeks going on a 4 dual meet win streak then came the East Ridge Ruckus where once again tough competition showed us what we needed to work on. Even though we had some tough times in January we were able to get into a training cycle. This

proved to be true when we beat SCC - my favorite team memory of the year. Going into the post-season the guys were ready. There is no way in December anyone thought we could have been one match away from winning the Regionals and in my mind 2nd in the team section. There was some heartache as usual at the individual sectional tournament, but Anthony and Ivan were able to qualify for state then at the state tournament Ivan was able to get Ellsworth back with a state tournament placer after a one year hiatus.

In summary, the season was a roller coaster. Kids were injured and sick. Coaches were sick. But I would take this season a hundred times over what we were all subjected to last year. This year was a season filled with team and individual growth. The hard work that was put in this year will pay dividends in the future.

- Coach Matzek

(Coaches' Corner continues on page 4)

Middle School

The Ellsworth Middle School wrestling season started in late November and wrapped up at the end of January. We finished the season with a group of 23 wrestlers and appreciated the help of our 4 stat/managers. Our team was very young with 10 sixth graders and 6 seventh graders. We will be sending seven wrestlers on to the high school next season, and we feel there are some who will be pushing for a varsity spot early next season.



Hunter Bench, Knox Hines, Parker Lampman

our team was dedicated to each other and supported each other well. Our team's winning percentage for the year. Our individual winning percentage across our team was 61%, with 68% of our wins earning bonus team points, which we were proud of considering our level of competition and for the challenges we face our wrestlers with often wrestling heavier and/or more experienced opponents.

Our schedule was once again challenging meeting up with traditionally strong Minnesota programs, we were pleased to once again compete with Hastings, MN for the first time in many years.. A highlight of the season, was

(Coaches' Corner continues on page 5)



Henry Penn, Jeremiah Johnson, Kaden Schilling, Dawson Quade, JD Minder
(not pictured: Amelia Birdsall)

The wrestlers developed nicely throughout the year. As the season progressed we became more confident and aggressive in our style. It is nice to hear the other coaches telling their wrestlers to watch out for the “Ellsworth Cradle” and to be ready for a battle. There were some very quality individual wins throughout the season as well as some earning their first wins! For the most part,

EWA BOARD MEETING
When: Monday, May 2nd at 6:00 pm
PLACE: TBD

GOLF TOURNAMENT
When: Saturday, May 21th at 2:30 pm
PLACE: ELLSWORTH COUNTRY CLUB

AUGSBURG 7TH-11TH GRADE CAMP
When: June 19th-23rd
SEE WEBSITE FOR REGISTRATION

EWA YOUTH CAMP
When: June 27th-28th
SEE WEBSITE FOR REGISTRATION

(Coaches' Corner: Middle School continued)

holding some middle school matches against Goodhue, MN ahead of our varsity dual with them just before Christmas. Unfortunately, the dual tournament we host annual was canceled due to severe weather.

We are excited to see the growth of our 6th and 7th graders returning next year as many of them have continued to get mat time through our freestyle and greco program and participating in area wrestling club(s). We wish our 8th graders moving on to high school the best of luck and encourage them to continue to give back to our middle school and youth programs like so many have done before them.

- Coaches Carson Huppert & Josh Erlandson



Youth Wrestling

We had a very good youth season with well over 50 kids going out in kindergarten thru 5th grade.



Youth wrestlers at the Glenwood City Reindeer Rumble.

We started doing youth duals with 2nd thru 5th graders which was very fun for the kids. Then to top it off we had 9 kids make it to youth state and 5 out of the 9 were place winners.



Youth practice

I look forward to seeing the kids at camp this summer and coaching them next season

- Coach Nick