

River Falls Wrestling



WANTED

Wanted all middle school students who are ready for a challenge and great opportunity to become a Wildcat Wrestler. Practices start mid December.

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- Get all updates and late developments
- Volunteer to help
- Look at the calendar
- Come to some matches and bring some friends
- Great Photographs

SEASON PREVIEW - WILDCATS RETURN 16

Coaches Brady Cudd and Joe Cudd will work to improve last year's team marks (11-6 overall / 4-2 in the Big Rivers conference) with the return of 16 experienced upper classmen on the high school roster. The co-head coaches and cousins will embark on their second season together as the leadership for the River Falls Wrestling Wildcats.

The Wildcats graduated four leaders this spring. Cam Loomis will put on the purple garb for the Whitewater Warhawks, Josh Kinneman and Austin Johnson are going to be roommates in at RCTC Rochester Community & Technical College, and Peter Wolf will work his way south to Iowa State. We all hope to see them if they can make it back for some of this year's great events.

The team returns two state qualifiers this season. Senior Logan Cudd returns to best his 119 lb 3rd place finish in his third berth at the WIAA state Folkstyle tournament this February and improve upon his 42-3 record from last season. Junior Tyson Bystrom (189 lb / 28-14 last season) has also worked hard this spring / summer to prepare for a dominating season and his second run in the state tournament.

Returning seniors this season also include the strong and steady Nick Johnson (285lb), the always-exciting Michael Wolff (125 lb) and 2009 Northern Badger runner up and most-improved wrestler from last season - Matt Linehan (215 lb). Adam Figi (aka Ankle Pick Figi) will again challenge all competitors to try and stop him (and his ankle pick) this season.

The Junior class of 2012 also includes the (great) surprise Dakota Anderson. Dakota displayed the absolute heart of a lion and was mere moments from victory and multiple upsets last season - but not for some more experience beyond his first year in the sport. Josh Croes, Josh Hudson, Riley Larson (sectional qualifier), Briar Tepp and Elliott Weishaar will undoubtedly become very familiar to our great fans as they return for another great and exciting season with the Wildcat wrestling team.

Last year's freshmen have of course, a solid year of high school experience under their belt. The sophomore class of 2013 will see even better things from sectional-qualifiers Nathan Kinneman and Erik Dartsch. Justin Kelm and Ryan Tierney grew and developed as wrestlers and young men - right in front of our eyes last season and will work to make a big impact on this team.



Logan Cudd on the podium after earning 3rd Place at during the WIAA State Tournament

The team managers are often the unsung heroes; they are critical to the success and organization of this team. We are fortunate to see seniors - Paige Giske, Taylor DeLamater, and junior Sophia Johnson again this year.

The real wildcards will be not only how much the upper classmen improve but how much of an impact the incoming 8 very-experienced freshmen will make in the training room and ultimately on the JV and possible varsity matches. A couple of names may sound familiar as they are the younger siblings of current and recent Wildcats. Winston Bystrom (Tyson) and Zack Radkey-Pechacek (Jake) will hope to contribute as freshmen.

YOUTH CLINIC & PRE-SEASON REGISTRATION

On Saturday, October 30, 2010 from 10:30 AM to 12:00 PM the board will host a Youth Pre-Season Wrestling Clinic and Open Registration Opportunity. The location will be at Kevin Black's Victory School of Wrestling, located at 125 North Main Street (see the [website](#) for additional details).

Last season we learned that while youth parents still need details on the program, clarification of expectations and help filling in the blanks, the youth group of wrestlers or

potential wrestlers need their own time. Many kids are hesitant to actually register because they just have no idea what to expect. They usually have no concept, a misconception or a different idea of what the amateur wrestling sport can do for them as an individual. This short clinic will help them understand and have a good taste of the sport prior to any commitment. Even after this clinic in October, (kids) will still have almost 3 months to attend three high school meets free, possibly attend and observe the Northern Badger Wrestling Classic and think about signing up

before practices actually start on January 20, 2011. Rather than having the youth group try to wade through our parent information meeting in November, we felt it was better to have a hand's on clinic and registration opportunity just for youth (Pre-K through 5th grade). You will meet the coaching staff and youth director. We will have handouts and all the information related to the season at hand. This is not a drop-off event. As the kids are attending the clinic, the parents will spend time with the director, the wrestling board and other key individuals.

Wrestling in the Summer Winning in the Winter



The pinnacle and culminating event for summer wrestling is the Greco-Roman and Freestyle National Championships held at the Fargodome in Fargo, North Dakota

It is a more than a repeated cliché in the wrestling circles throughout the country. It is the path that some choose for their spring and summer activities. The "boys of summer" usually refers to those that dawn the ball caps and cleats on the diamond; however, some wrestlers have aspirations of earning the coveted USA Wrestling - All American status in the traditional Folkstyle or in the international styles of Greco-Roman or Freestyle competition.

For the sake of those that are unaware, there is an entire wrestling season that starts in April and ends at the end of July. Competitors and fans see many familiar faces from the WIAA Wisconsin state Folkstyle tournament, but more often, they see many extremely good wrestlers from throughout the region and throughout the country.

The keystone events for area wrestlers include

the ASICS / Vaughn Junior & Cadet Folkstyle Championships held at the University of Northern Iowa (April 1-3). As the wrestlers adjust their wrestling style from Folkstyle to freestyle, the next step usually includes the Wisconsin Wrestling Federation Freestyle and Greco-Roman state tournament held in Wisconsin Rapids (April 24-25).

For an extremely select few, they may be selected by the Wisconsin state coaches and directors to participate with the Wisconsin National team for the national duals tournament. The team selection is weighted by individual performance at the state freestyle and Greco-Roman tournament held in Wisconsin Rapids. This team consists of only 22 select members to take on other states in a dual meet format in both Greco-Roman and Freestyle formats. This year's national tournament was held in Oklahoma City, Oklahoma June 24-28.

The next goal for most is to earn a berth and a spot with the national team at the "grand daddy" tournament in Fargo (July 17-24). This is THE individual National Championships for both Greco and Freestyle for the entire country. Wisconsin is allotted 51 cadets and 45 junior wrestlers per style with a maximum of four wrestlers per weight class. The only spot that is guaranteed is that of the champion at that weight in the State Greco/Freestyle Tournament. The other spots per weight class are determined at the training camp (held right here in River Falls). Once in Fargo, it can be overwhelming (fans and wrestlers alike) with some individual brackets having more than 80 wrestlers vying for the top spot. Overall, there is usually over 3,500 wrestlers and 23+ mats at this awesome event. Upsets are routine and competition is the best of the best from at least 46 states. This is undoubtedly the toughest tournament in the country.

Figi in National Duals - Six Others Make Wisconsin National Team



Wisconsin National Team Members and River Falls high school wrestling teammates: Tyson Bystrom, Briar Tepp, Adam Figi, Nathan Kinneman, Logan Cudd and Matt Linehan. Missing: Cam Loomis.

Officials from the Wisconsin Wrestling Federation selected River Falls High School Junior - Adam Figi to be a part of the ultra-elite Wisconsin State team to compete at 160 lbs in the Junior Freestyle category in Oklahoma City, Oklahoma from June 24-28. Much of this decision had to do with Adam's dominating performance in Wisconsin Rapids in April, winning all of his seven matches to take the Wisconsin State 160 lb junior division championship. This spring and summer, Figi has continually trained and continually improved under the tutelage of Kevin Black and Victory School of Wrestling in River Falls.

In addition, six other members of the High School Wrestling team earned a spot to compete in Fargo. Logan Cudd (130 lb), and Cam Loomis (152 lb) both earned a spot on

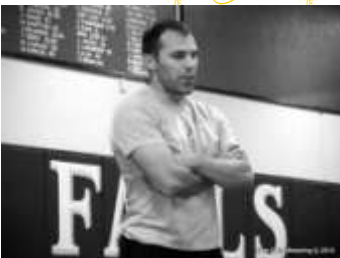
the Wisconsin team as part of the 37-man contingent in the Junior Greco-Roman competition. In cadet freestyle competition, Nathan Kinneman (112 lb) and Briar Tepp (112 lb) were part of Wisconsin's 53-man roster for the cadet freestyle tournament. In the junior freestyle tournament, Tyson Bystrom (189 lb) and Matt Linehan (215 lb) were part of the 44-man roster for Wisconsin. Without any question, anyone participating in this tournament in each of the two styles will see the best competition of their career. There is often huge excitement and anticipation as state champions from one state take on very similar adversaries with similar pedigrees from other states. Forty-six states (including Alaska and Hawaii) - each selects its own best to beat the best from the other states. For context, there were 859 junior wrestlers in the Greco-roman competition, 948 wrestlers in

the cadet freestyle tournament, and 1,060 wrestlers in the junior freestyle tournament. Cudd and Linehan will be seniors; Bystrom and Tepp will be juniors and Kinneman will be a sophomore this season. See more details and results at www.RiverFallsWrestling.org.



Adam Figi with Wisconsin Greco Roman Junior National Championship Team

Kevin Black - Named USA Wrestling Women's Coach of the Year



Kevin Black, 2010 USA Wrestling Women's Coach of the Year

In June, USA Wrestling - named Kevin Black the 2009 Women's Coach of the Year. USA Wrestling (formerly known as the United States Wrestling Federation and as the United States Wrestling Association) is the organization that currently governs freestyle wrestling and Greco-Roman wrestling in the United States. USA Wrestling is also the official representative to the United States Olympic Committee (USOC) and to the International Federation of Associated Wrestling Styles (FILA) and is considered the national governing body of the sport. Since graduating River Falls High School in 1998, Kevin continued and concluded his successful

wrestling career with the Wisconsin Badgers. Starting in 2003, his coaching pedigree started and he has been continually developing wrestlers of all abilities - ever since. This journey has literally allowed him to work with elite athletes, coaches and programs from all over the country and in various parts of the world. This prestigious award was granted to Kevin after many years of hard work, dedication and an ever-pressing persistence to continually learn, critically analyze and develop his coaching skills with both men and women wrestlers. Kevin is the owner and head coach of Victory School of Wrestling in River Falls, Wisconsin. Wrestlers of all

abilities come to Victory to train and complement the efforts of their own high school and middle school wrestling coaches and their folkstyle programs. They gain confidence and knowledge not only from elite coaching but primarily from the experience they gain with non-fellow-teammate partners from other schools and other towns. A lot of athletes get complacent with their normal training partners and know their partners too well; therefore, one of the many benefits of "spring and summer" wrestling include working with a different coach but most importantly working effectively with different and highly skilled training partners.

Brandvold wins Big 10 Championship & 6th Place at NCAA D1 Tournament

Former River Falls Wrestling standout, 2006 alumni and graduate Trevor Brandvold continues his ascendancy into the highest ranks of college wrestling as he continues his progression for the Wisconsin Badgers wrestling team.

In March, he won the big 10 championships which was followed by a great showing at the NCAA D1 tournament with All American and 6th place at the podium.

Big 10 Championship

On Sunday, March 7, 2010 Trevor Brandvold won the Big 10 Championship for the Wisconsin Badgers. The Junior Trevor Brandvold faced Sonny Yohn of Minnesota in the 197 lbs. championship. Brandvold scored the first points of the match with a reversal in the second period. After securing riding time, Brandvold allowed Yohn to escape. With a 3-1 decision, Brandvold joined teammate Andrew Howe (165 lbs) as Big Ten Champion and NCAA qualifier. All told, two Wisconsin Badgers finished third, another placed fourth and two finished fifth. The Badgers automatically qualified six wrestlers at the Division 1 NCAA tournament.

NCAA Division 1 Tournament

Trevor Brandvold took 6th place at NCAA D1 tournament. Trevor followed up his Big Ten Championship performance with a 6th place finish at the NCAA D1 Championships. The No. 5 seed - Brandvold finished in sixth place at 197 lbs., at the 2010 NCAA Division I Wrestling Championships with a 7-0 loss to No. 6 Eric Lapotsky of Oklahoma. Lapotsky earned a takedown with 2:04 remaining in the first period, then added two nearfall points at the very end to lead 4-0. The second period started in neutral but Lapotsky extended his lead to 6-0 with a takedown with 40 seconds left. Brandvold then started down in third period but was unable to score. Riding time made it a 7-0 final for Lapotsky. Trevor Brandvold is the third D1 All-American wrestler that graduated from River Falls along with former Badgers Tony and Kevin Black.

Upcoming

With his final season upcoming this winter, we all hope for a good healthy season and of course, we are all excited to see Trevor make his final run for the top of the podium for the Badgers and for head coach Barry Davis.



Trevor Brandvold on the award podium after earning 6th Place at the NCAA Division 1 Tournament this March.

River Falls Wrestling Hosted Tournaments this Season

River Falls is a wrestling town. We have a fantastic history and a program that produces very fine student athletes. The River Falls Wrestling Club believes that it should proactively engage and produce quality tournaments for local and area wrestling fans. Our city and our high school is a spectacular venue for fans. The school is wheelchair friendly, grandparent friendly, little kid friendly and especially camera friendly. Access to all areas of the gym is extremely easy. The concession area has plenty of room to relax. The parking is plentiful even at high capacity. There are plenty of hotel rooms in town and in the area. There are many great places to dine when visiting.

Northern Badger Wrestling Classic

Tue and Wed, December 28 and 29, 2010

All RF middle school wrestlers and non-participating high school wrestlers are expected to help during this event. While helping, it is eye opening for many athletes to see this very high-level tournament. To think that they will soon wrestle in this very tournament in the next year or two - is sometimes a bit overwhelming. Every kid in this tournament was likely in a middle school program, where they had good influences and goals to strive for. For those that have yet to see a very large tournament, this is an extremely good experience right here in River Falls. According to David Black - tournament director - The 26th Annual Northern Badger Wrestling tournament will truly be awesome! Last year's tournament was a gigantic success and a great boost for the athletes, coaches,

fans and our wonderful community. I am personally grateful to our own club, parents and volunteers. These people truly produce this event to be the colossal tournament that it is.

Middle School Tournament

Friday, February 4, 2011

As of 04-15-2010, this event is still tentatively scheduled. We host a middle school tournament on Friday night February 4. This is a great event for all 6, 7 and 8th grade wrestlers from the area. Last season we had 135+ area wrestlers competing. Competition is great and the atmosphere is electric. Note: all RF varsity wrestlers are expected to help setup and work this event. Set up starts at approximately 3:30 PM and wrestling starts at 4:30 PM. For the first part of the event, the varsity high school team will work the tables, do the set up and help throughout. The varsity team wrestling in the Big Rivers-Dunn St. Croix conference tournament in the morning are asked to leave at around 8:00 to get a good night sleep and to focus on their championships in the morning. The high school junior varsity wrestlers will be in Menomonie Friday night for their own JV conference tournament.

Varsity BR-DSC Conference Tournament

Saturday, February 5, 2011

The high school varsity team hosts the 12-team Big Rivers-Dunn St. Croix conference-wrestling tournament at the River Falls High School. Big Rivers teams include Chippewa Falls, Eau Claire Memorial, Eau Claire North, Hudson, Menomonie, Rice Lake, and River

Falls. The Dunn-St. Croix teams include Boyceville, Glenwood City, Mondovi, Saint Croix Central (Hammond), and Spring Valley/Elmwood.

Super Open Youth Tournament

Sunday, February 6, 2011

Every year we host a super youth tournament for pre-K through 8th grade wrestlers from throughout the area. All high school wrestlers are expected to help at this event as table workers and as referees. This year David Black will conduct a ½ hour referee clinic to better prepare the officials. Wrestling should wrap up around 2:30 PM with clean up thereafter. All high school wrestlers are expected to help assist with this event and clean up / tear down.

Kids Folkstyle Regional Tournament

Saturday, March 12, 2011

For fans, this is a great event to see some fantastic future varsity contenders. We expect all RF high school wrestlers to help at this tournament (including setup, table workers and clean up) and give back to those that seek to be in your shoes some day. Take time to talk and listen to these kids. They need the positive reinforcement that you can uniquely give. This is a qualifier for the WWF Kids Folkstyle State tournament to be held two weeks later in March at the Alliant Energy Center in Madison. The top two place winners in each age and weight classes qualify for the state tournament.

Note: we need volunteers for all of these events. See the webpage for volunteer sign-up.

Make a point to get to a few tournaments this season.



River Falls High School Wrestling Mats

River Falls Wrestling



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All About the Numbers

Our Wrestling program is no different from any other volunteer-run organization: the more hands that help, the better the program will run. When compared to the Football, Soccer, and Basketball programs, we are a relatively small organization - making it essential for every family to participate in some way, especially at our home tournaments. We pride ourselves in NOT having "mandatory volunteering" as part of the athlete's participation in the program. We encourage volunteers but the decision to help is always up to you.

Calling All Volunteers

Our club could not survive and flourish without the help of our dedicated families. Our club has grown not only in numbers - but in strength as well. We truly need volunteers - whether they are parents, alumni or fans. Wrestling is as much an individual sport as it is a family-involved sport. The home events above do not happen automatically. Every event requires the help of dozens of dedicated volunteers.

Your Invitation

For all parents, this is your official invitation to help. We found that unless folks are asked outright, people would not step forward to volunteer. We truly understand that you are busy; many have children in different activities and the ever-present conflicting schedules. We all work and we all have the same 24 hours in a day.

Specific Needs

We need your help with our tournaments. The typical tournament tasks include setting up ahead of the tournament, registration & admissions, cashier, weigh-ins, concessions, score-keepers, clock managers, table runners, clean up and many others miscellaneous tasks. Note:

RiverFallsWrestling.Org

Schedule and Event Summaries - High School & Middle School

| RIVER FALLS WRESTLING 2010-2011 | Date | High School Event | Location ** |
|--|---------------------------------|--|------------------------|
| | December 3 Thursday | Dual Meet: Eau Claire North | River Falls HS |
| | December 4 Saturday | Ellsworth Invitational Tournament | Ellsworth HS |
| | December 9 Thursday | Dual Meet: Chippewa Falls | Chippewa Falls HS |
| | December 11 Saturday | Duals in the Dells Tournament | Wisconsin Dells |
| | December 16 Thursday | Dual Meet: Hudson | River Falls HS |
| | December 28 & 29 | Northern Badger Wrestling Classic | River Falls HS |
| | January 6 Thursday | Dual Meet: Eau Claire Memorial | Eau Claire Memorial HS |
| | January 13 Thursday | Dual Meet: Menomonie | River Falls HS |
| | January 15 Saturday | Stillwater Invitational Tournament | Stillwater, MN |
| | January 22 Saturday | Eastview Invitational Tournament | Apple Valley, MN |
| | February 4 Friday | JV Conference Tournament | Menomonie MS |
| | February 4, Friday | River Falls Middle School Tournament * | River Falls HS |
| | February 5 Saturday | Varsity Conference Tournament | River Falls, HS |
| | February 6, Sunday | River Falls Youth Open Tournament * | River Falls HS |
| February 12 Saturday | Regional Tournament | New Richmond HS | |
| February 19 Saturday | Sectional Tournament | Marshfield HS | |
| February 24 & 25 | Individual State Tournament | Madison, WI | |
| March 12, Saturday | WWF Youth Regional Tournament * | River Falls HS | |
| www.RiverFallsWrestling.org | | * Wrestlers Required to Help | ** Subject to Change |

| RIVER FALLS WRESTLING 2010-2011 | Date | Middle School Event | Location ** |
|---------------------------------|--|--------------------------------------|------------------------|
| | January 8, Saturday | Baldwin-Woodville Tournament | Baldwin HS |
| | January 11, Tuesday | Dual Meet: Ellsworth | Ellsworth MS |
| | January 14, Friday | Dual Meet: Hudson | Hudson MS |
| | January 18, Tuesday | Dual Meet: Baldwin | River Falls MS |
| | January 21, Friday | Dual Meet: Ellsworth | Ellsworth HS |
| | January 28, Friday | St. Croix Central Tournament | Saint Croix Central HS |
| | February 4, Friday | River Falls Middle School Tournament | River Falls HS |
| | February 6, Sunday | River Falls Youth Open Tournament * | River Falls HS |
| | February 7, Monday | Dual Meet: Somerset | Somerset HS |
| | February 10, Thursday | Dual Meet: New Richmond | New Richmond MS |
| | March 12, Saturday | WWF Youth Regional Tournament * | River Falls HS |
| | www.RiverFallsWrestling.org | | * Open Tournament |