

MD CARE

- Walk-In & Full Service Medical Care
- Adults & Children
- Sports Medicine, Back Pain
- On-Site X-Rays
- General Physicals, School Exams, Vaccinations

Quality ~ Convenience
Days ~ Evenings ~ Weekends

4729 Cty. Rd. 101
Minnetonka, MN

Northeast Corner of Hwy. 7 & 101
located in Westwind Plaza

952-974-3200



Huber FUNERAL HOMES & CREMATION SERVICES

SERVING THE
WEST METRO
SINCE 1950

FULL CREMATION & FUNERAL
SERVICES AVAILABLE AT
ALL 3 LOCATIONS

EXCELSIOR MOUND
952-474-9595 952-472-1716

EDEN PRAIRIE
952-949-4970

PAUL@HUBERFUNERALHOMESOFMN.COM

Welcome to Minnetonka High School Wrestling 2005-2006



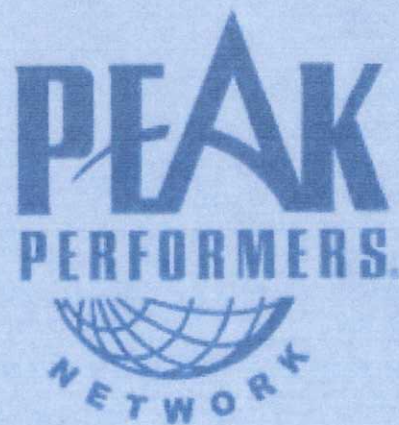
Photo by Kemmetmueller Photography

Thank you for Supporting Minnetonka
Wrestling. Enjoy the meet!

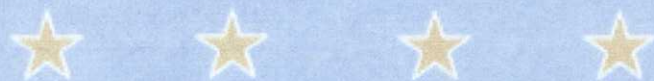


Minnetonka Wrestlers

www.reardan.org/MinnetonkaWrestling/



Good Luck Minnetonka Wrestlers
from Peak Performers Network



Peak Performers Network brings you America's leading
speakers on success and professional development,
such as Brian Tracy and Jack Canfield, every 60 days.

PPN members have access to the most comprehensive and
cost-effective educational series available.

ALL EVENTS 6:30 - 9:30 PM - MINNEAPOLIS CONVENTION CENTER

CALL FOR INFORMATION & SPECIAL STUDENT PRICING



952.345.3333

www.ppnlive.com



Meet Our Coaches...



Jeff Lamphere - Head Coach

Jeff graduated from Cooper High School in 1970, then graduated from the University of Minnesota in 1975 with a double major in Physical Education and Health Education and later received a Masters in Health Science from Mankato State University. He is currently teaching Health Education at Wayzata High School. Jeff won two MN State H.S. wrestling titles, in 1969 and 1970. Jeff was a NCAA Division 1 All-American at the U of M. He

also placed 4th in Freestyle and 5th in Greco Roman Senior National Championships. He was inducted into the Minnesota Wrestling Hall of fame in 2005. Jeff is starting his 30th year of coaching and his high school coaching record (22 years) is currently 253-156. Jeff coached one year at Golden Valley Lutheran College, five years at Frazee High School, eleven years at Wayzata High School, six years at Minnetonka Middle School West and is starting his 7th year at Minnetonka High School. He is married to Brenda and has two wonderful children, Sarah (24) and Paul (22).

Jim Nunn - Head Coach

Jim is in his 22nd year of coaching with a coaching record of 245-177- 2 and in his 7th year at Minnetonka. Previously he has coached at Brooklyn Center, Prior Lake, Blake/Breck and De la Salle. Jim coached Brooklyn Center to the 1997-98 State High School Tournament as a team entrant. He wrestled at Concordia College-St. Paul for two seasons, and began coaching at De la Salle during college. Jim is currently teaching Physical Education at Excelsior Elementary and is also the head baseball coach for Minnetonka High School. He is married to Zibby Tully-Nunn, with three boys, Jimmer (13), Timmy (10), and Matthew (5).



Tom Sims - Assistant Coach

Tom graduated from Austin High School in Austin, Minnesota in 1972. He graduated from Mankato State University in 1977 with a Bachelors Degree in Accounting. He wrestled for Mankato State in 1973 and 1974 and has been in public accounting for 29 years. He is a licensed CPA by the State of Minnesota. Tom has been assistant coaching with Minnetonka High School

wrestling since 1997, and has been officially on staff since 1999. Tom has been married to Patty since 1982 with three great kids, Trent (23), Jaime (19), and CC (18).

Boyer

BUILDING CORPORATION

- * Remodeling
- * Design
- * Building
- * Since 1948

(952) 475-2097

www.boyerbuilding.com

Beacon Bank

Supports

Minnetonka Wrestlers

Go Skippers!



www.beaconbank.com

Shorewood
19765 Hwy Seven
(952) 474-7309

Excelsior
409 Second St
(952) 474-2307
Member FDIC

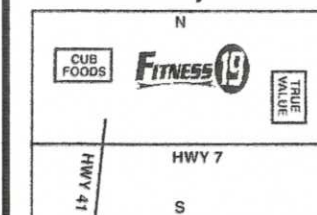
The Minnetonka Wrestling Team and Coaches would like to thank these participating sponsors for their support!

Beacon Bank
Boyer Building Corporation
Cold Stone Creamery
Fitness 19
Fresh Seasons Market
Huber Funeral Homes
Kemmetmueller Photography
MD Care
Minnetonka Outdoors
NovaCare
Peak Performers
Schmidt Andrus Insurance
The UPS Store
Tonka Cycle and Ski
Town Dental
Wagner's Greenhouses
Weber's Westdale Florist

Thank you to Dr. William Knopp for his contribution to managing our weight certificates, Corey O'Bannon for creating the program, Marty Hawk for creating our logo, Pennie Reed/ZinPro for printing our program and Dayton Reardan for creating and managing our website.



- The Best Fitness Equipment
- Non Intimidating Family Friendly Environment
- Convenience-We Are Close To Your Home
- \$19 Month To Month Memberships
- No Long Term Contracts
- World Class Personal Trainers At Affordable Rates
- Supervised "Kids Room" While You Work Out
- Affordability-Mention This Ad For A Discount



Shorewood Village

Highway 7 & 41
(Next to Cub Foods)

952-380-9919



Chris Johnson D.D.S.
David Harvieux D.D.S.

425 Second Street, Excelsior
952-474-6133
407 City Hall Plaza, Chaska
952-448-3077



- Over 400 Different Perennials
- Several Varieties of Shrubs and Shrub Roses
- Everything One Needs For The Garden

Minneapolis 6024 Penn Ave. So. **612-922-6901**
Hugo 4860 Frenchman Rd. **651-653-8863**
www.wagners.biz



Quality Rehab Close to Home

Providing Athletic Training
Services to more than 30 High Schools
and Organizations.

Zibby Tully-Nunn and Jody Boyd,
Athletic Trainers

Minnetonka Clinic

Call (952) 933-7501 to schedule an
Injury Evaluation.

Individual Match Scoring Information

Escape = 1 point

down = 2 Points

Reversal = 2 points

Nearfall (count of 2-4) = 2 points

Nearfall (count of 5 or longer) = 3 points

Penalty Points: First Offense = 1 match point

Second Offense = 1 match point

Third Offense = 2 match points

Fourth Offense = disqualification

Stalling Points: First Offense = verbal warning

Second Offense = 1 match point

Third Offense = 1 match point

Fourth Offense = 2 match points

Fifth Offense = Disqualification

False Start: First Offense = Verbal Warning

Second Offense = Verbal Warning

Third Offense = 1 match point

Fourth Offense = 1 match point

Fifth Offense = Disqualification

Team Scoring from Individual Matches

Decision: Winning by 7 or less points = 3 team points

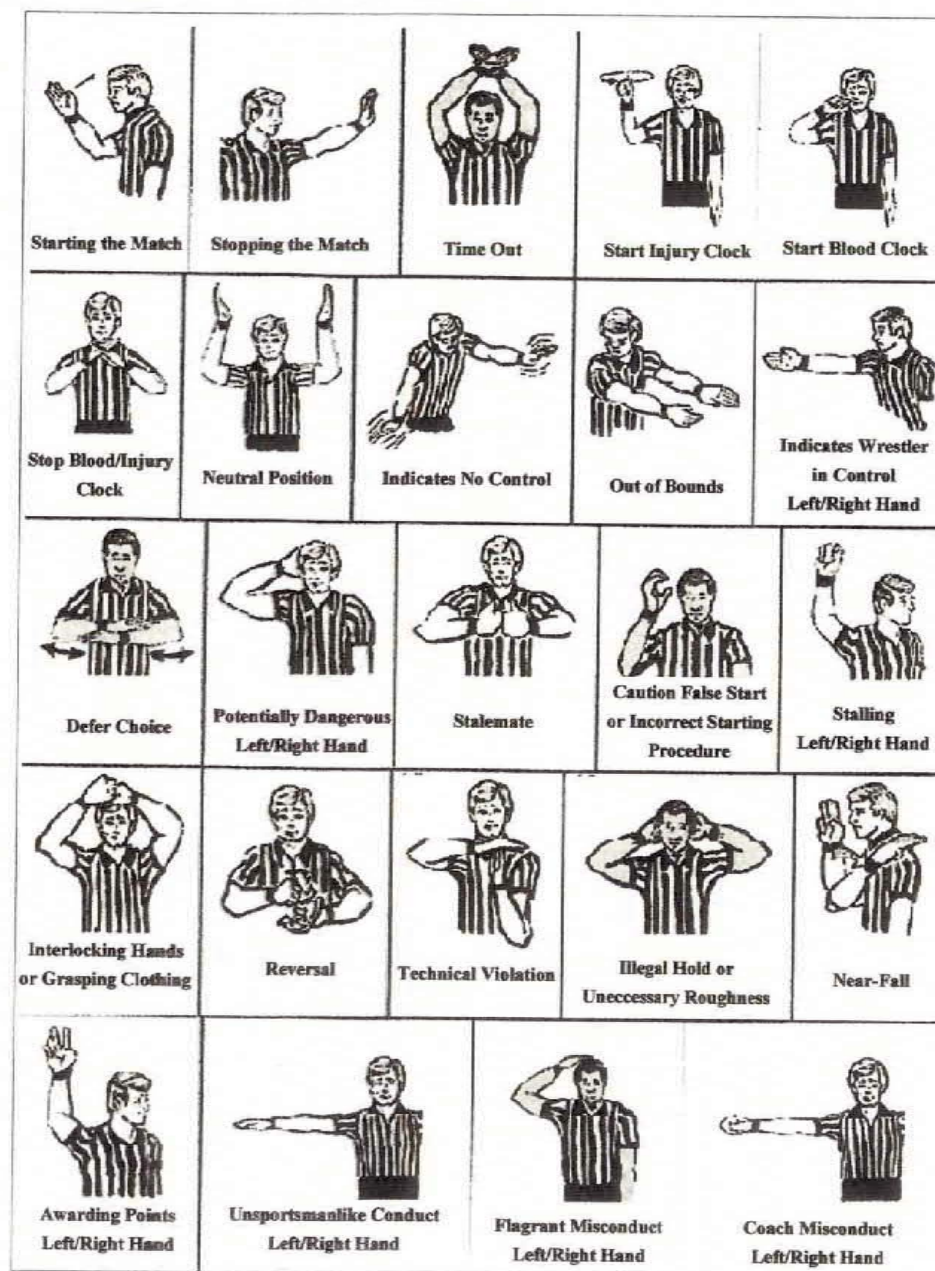
Major Decision: Winning by 8-14 points = 4 team points

Technical Fall: having 15 points more than your opponent
(match is stopped) = 5 team points

Fall: Any part of both shoulders or shoulder blades touching the mat
for the count of two = 6 team points

Disqualification, Default or Forfeit = 6 team points

Officials' Wrestling Signals



**We are Proud to Support
Minnetonka Wrestling!**

The UPS Store

- * UPS Shipping
- * Packaging Service
- * Printing, Copying, Finishing
- * Fax, Private Mailbox Rental
- * Freight

Highway 7 & 101, Minnetonka

952-935-9824

www.theupsstore.com



19905 W Hwy 7 Shorewood

952-470-8800

- Live Bait • Fishing Tackle
- Reel Repair • Guide Service
- Dry Ice • Gifts • Clothing
- Ice House Rentals

www.minnetonkaoutdoors.com

**FRESH SEASONSTM
MARKET**

A Fresh Approach To Value

14400 Excelsior Boulevard
Minnetonka, MN 55345
Phone: 952.938.5555
Fax: 952.746.5305
www.freshseasons.com



Phone: 952.938.5347



True happiness and...

\$1 off

A "Love It" or "Gotta Have It" Creation

Offer Expires 2-28-06. Limit One Coupon per Visit. Not Valid With Any Other Offer. Valid at Minnetonka Store only.

7-Hi 17740 Highway 7
Minnetonka * (952) 746-5950



**Good Luck
Wrestlers!**



18336 Minnetonka Blvd.
Deephaven, MN 55391
(952) 473-2142
www.k-photography.com

**Proudly Serving
Minnetonka Sports
and
Minnetonka Families**



Phone 952-935-2134
800-203-5672

Fax 952-933-3480

15310 Minnetonka Blvd.
Minnetonka, MN 55345
www.weberswestdale.com

**Schmidt Andrus
Insurance**

*Serving all your insurance
needs in the Western
Suburbs for over 40 years!*

**Highway 7 & 101
Minnetonka**

952-474-5435

2005-2006 Varsity Wrestling Schedule

Dec. 2,3	Wahpeton, ND	Away	6:00 pm
Dec. 6	St. Croix Lutheran/Benilde/North	SCL	5:00 pm
Dec. 9	St. Paul Central/Brooklyn Ctr	Home	5:00 pm
Dec. 10	Chaska Invite	Away	9:00 am
Dec. 15	Buffalo/Shakopee	Buffalo	5:00 pm
Dec. 22	Willmar/Hutchinson	Willmar	5:00 pm
Jan. 5	Chaska/Lakeville North	Chaska	5:00 pm
Jan. 7	Hopkins Invite	Away	10:00 am
	Brooklyn Center Invite	Away	9:00 am
Jan. 13	Prior Lake/Northfield	Prior Lake	6/7:30 pm
Jan. 20	Orono Invitation (Varisty Tourn)	Away	TBA*
Jan. 21	Eden Prairie Invite	Away	TBA*
Jan. 26	Hopkins	Away	6/7:00 pm
Jan. 28	Kennedy Duals	Kennedy	TBA*
Feb. 3	Armstrong/Osseo	Home	5:00 pm
Feb. 9	Wayzata/Mpls SW	Wayzata	5:00 pm
Feb. 10	Patrick Henry/Orono	Home	5:00 pm
Feb. 11	Tonka Dual Tournament	Home	9:00 am
Feb. 18	Section 2AAA Team	Willmar	TBA*
Feb. 24, 25	Section 2AAA Individual	TBA	TBA*

2005-2006 Junior Varsity Wrestling Schedule

Dec. 6	St. Croix Lutheran/Benilde/North	SCL	5:00 pm
Dec. 9	St. Paul Central/Brooklyn Center	Home	5:00 pm
Dec. 10	Chaska Invite	Away	9:00 am
Dec. 15	Buffalo/Shakopee	Buffalo	5:00 pm
Jan. 5	Chaska and Lakeville North	Chaska	5:00 pm
Jan. 7	Hopkins Invite	Away	10:00 am
	Brooklyn Ctr Invite(Varsity Tourn)	Away	9:00 am
Jan. 13	Prior Lake/Northfield	Prior Lake	6/7:30 pm
Jan. 21	Eden Prairie Invite	Away	TBA*
Jan. 26	Hopkins	Away	6/7:00 pm
Jan. 28	Kennedy JV Individaul	Kennedy	TBA*
Feb. 3	Armstrong/Orono/Osseo	Home	5:00 pm
Feb. 9	Wayzata/Mpls SW	Wayzata	5:00 pm
Feb. 10	Patrick Henry	Home	5:00 pm

*To Be Announced

And Our Captains



Tyson Barrett

Tyson started wrestling in elementary school with Coach Lamphere. In eighth grade he fell in love with wrestling and started doing extra things outside of the season to improve his strengths and wrestling skills. He was All-Conference Honorable Mention in 2003, placed second in Sections 2AAA and was a state tournament entry. Tyson won All-Conference Honors in 2004 and was third in the sections 2AAA. Tyson won "Most Improved Wrestler" for Minnetonka High School three consecutive years, 2002-2004. Tyson as an overall GPA of 3.3, plans on attending college and will determine if he will continue to wrestle after this season. He enjoys fishing, hunting, camping and spending time with his family.

Adam Hawk

Adam started wrestling in sixth grade and was a three year letter winner in 2002, 2003, and 2004. He was All-Conference in 2004 and has set a goal to win sections and place in the state tournament. Adam plans on attending college and if the college he chooses has a wrestling program, he will wrestle. He enjoys music, poetry, spending time with his younger brothers, lifting weights and long walks on the beach with his friends.



Leslie Kiang

Leslie started wrestling in seventh grade and lettered at the high school in eighth grade and is a four year letter winner. He qualified for the ninth grade state tournament and plans on attending college and may wrestle in Division 3 or 2. His goals this year are to win his weight in sections and win All Conference Honors. He enjoys working out and helping his parents with their family restaurants.

Neal Kotzian

Neal has been wrestling since fourth grade starting in the Eden Prairie Youth Club. He started in Freestyle and has done that almost every year. In high school, he has won All-Conference or All-Conference Honorable Mention every year. His freshman year he placed eighth in the ninth grade state tournament. His sophomore year he placed 5th at Freestyle State. This year as a captain Neal hopes to lead his team to section championship victory. As an individual, he is on pace to break 100 career wins this year. Next year Neal plans to attend either the Carlson School of Business at the University of Minnesota or the University of Wisconsin, Madison. Neal has on overall GPA of 3.79 and has earned an academic letter from MHS as well as lettering in Wrestling.

