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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 31st year of coaching and his high school coaching record (23 years) is currently 278-168-4. 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 8th year at Minnetonka High School. He is married to Brenda and has two wonderful children, Sarah (25) and Paul (23).

Jim Nunn - Head Coach



Jim is in his 23rd year of coaching with a coaching record of 272-195-2 and in his 8th 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 coaching JV baseball at Benilde. He is married to Zibby Tully-Nunn, with three boys, Jimmer (14), Timmy (11), and Matthew (6).

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 30 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 (24), Jaime (20), and CC (19).



MEET OUR CAPTAINS...

Jake McFarlin



Jake started wrestling in seventh grade and is a three-year letter winner, having wrestled in the 152, 160 and 171 weight classes. Jake was honored as the Most Dedicated JV Wrestler in his sophomore season and placed fourth at the Chaska Invitational as a junior. He has also earned two letters as a middle linebacker on the Minnetonka football team and plays catcher in the Minnetonka baseball program. At Minnetonka HS, Jake is active in the Tonka Leadership Challenge, Senior Leaders, Fellowship of Christian Athletes and the "It's Your Choice" anti drug and alcohol program. Jake plans to pursue mechanical engineering in college and is considering Iowa State University, the University of Minnesota and the University of North Dakota.

Eric Kotzian



Eric has been involved with wrestling since seventh grade. He participated in folkstyle wrestling at MMW and freestyle wrestling in the Eden Prairie Youth Club before joining the Minnetonka High School team. Eric qualified for Freestyle State twice and Junior Folkstyle State one time. He has lettered in wrestling since his freshman year. In his sophomore year at MHS, Eric was voted Most Improved JV Wrestler. Along with competing in wrestling, Eric has been a volunteer coach for the Minnetonka Youth Wrestling Clinic since seventh grade. Outside of wrestling, Eric has participated in a variety of leadership programs including: Senior Leaders, First Mate, Tonka Leadership Challenge, and Freshman Orientation Leader. Eric has an overall GPA of 3.3. He was nominated by teachers to be a member of the Minnetonka Honor Society. Next year, Eric plans to attend either the University of Minnesota or the University of Wisconsin-Eau Claire to major in Communications and minor in Business Administration.

Wesley Reardan



Wesley started wrestling in third grade and has been a member of the Minnetonka High School wrestling team since eighth grade. People enjoy watching Wesley wrestle because of his unusual style and interesting wrestling match-ups (tree vs hydrant). He lettered in eighth through eleventh grade and has 76 varsity wins going into his senior year. He has benefited from fantastic coaching along the way which has been one of his big motivators. His goals for his senior year include placing top six or better at the state tournament and winning 35 or more matches this season. Wesley plans to wrestle in college while pursuing his degree in computer science and electrical engineering.

Jason Goebel



Jason began his wrestling career during his sophomore year of high school. He wrestled in the 189 weight class in mostly JV and some varsity matches. At the end of the 2004-2005 season he was voted valuable JV wrestler. Starting the 2005-2006 season he wrestled mostly JV in the 215 weight class. As the season progressed he found himself in more and more varsity matches. At the end of the season Jason was voted most dedicated JV wrestler and elected as one of four captains. This year Jason plans to wrestle 215 and heavy weight. Jason also plays Middle Linebacker for the varsity football team at Minnetonka, and was a captain in the 2006 season. He plans to continue playing football in college as well as studying engineering or business.

Senior Wrestlers • Class of 2007



Pictured left to right: Eric Kotzian, Wesley Reardan, Jake McFarlin, Jason Goebel. Not pictured: Jackson Burns

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Junior Wrestlers • Class of 2008



Pictured left to right: Sean Tkachuk, Chris O'Bannon, Kyle Glenn, Anthony Foster, Nick Murphy, Andrew Hanske.
Not pictured: Alex Davis, Ben Manteuffel, Lance Nguyen

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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

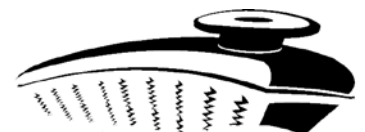
Decision: Winning by 7 or less points = 3 team points

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



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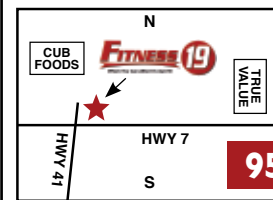


1 Starting the Match	2 Stopping the Match	3 Time Out	4 Start Injury Clock	5 Start Blood Clock
6 Stop Blood/ Injury Clock	7 Neutral Position	8 Indicates No Control	9 Out-of-Bounds	
10 Indicates Wrestler in Control Left/Right Hand	11 Defer Choice	12 Potentially Dangerous Left/Right Hand	13 Stalemate	
14 Caution - False Start or Incorrect Starting Procedure	15 Stalling Left/Right Hand	16 Interlocking Hands or Grasping Clothing	17 Reversal	18 Technical Violation
19 Illegal Hold or Unnecessary Roughness	20 Near-Fall	21 Awarding Points Left/Right Hand	22 Unsportsmanlike Conduct Left/Right Hand	23 Flagrant Misconduct Left/Right Hand

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Sophomore Wrestlers • Class of 2009



Pictured left to right: Garret McCall, Nate Hawk, Matt Reed, Jeff Hoopes, James Schechter, Casey Maxwell, Nick Libbey, Colton Gleason, Rob Miller, Chad Patterson, Rob Horn. Not pictured: Sam Alakija

Freshman Wrestlers • Class of 2010



Pictured left to right: Tyler Flemming, Chris Fleischauer, James Hanske, Andrew Borth, Ben McGinn, Zachary Kruger, Austin Miller, Ian Miller, Alex Altrichter, Andrew Zachariason, Jack Houlton, Alex Tyre, Bill May, Kurtis Reardan, Sam McClure, Connor Stehlik, Ben Cox. Not pictured: Frank Ambrosio, Jordan Sewell, Oscar Hipp

Wrestling Managers



Pictured left to right: Sam Jacobson, Carrie Reardan, Ali Miller, Regan Andress

TONKA WRESTLING WINS

Minnetonka, Haaken Midness, 1994, 120-34-2
 Minnetonka, Amir Alexander, 1995, 110-24-1
 Minnetonka, Nick Bauman, 109-40
 Minnetonka, Tyler McCall, 2005, 106-30
 Minnetonka, Tyson Barrett, 2006, 102-27
 Minnetonka, Neal Kotzian, 2006, 101-51
 Minnetonka, Wesley Reardan, 2007, 76-35
 Minnetonka, Elicaseth You, 90-36
 Minnetonka, Cha You, 89-11
 Minnetonka, Louie Lang, 2002, 87-46
 Minnetonka, Kyle Bauser, 2003, 85-59
 Minnetonka, Colton Gleason, 2009, 81-21
 Minnetonka, Andy Bodin, 2004, 81-47
 Minnetonka, Cary McLaughlin, 2005, 80-36
 Minnetonka, Brian Reishus, 2000, 79-54
 Minnetonka, Jason Kmetz, 76-51

Minnetonka, Dustin Michel, 2004, 76-52
 Minnetonka, Jeff Hohertz, 73-13
 Minnetonka, Dan Egesdal, 71-12-2
 Minnetonka, Cole Johnson, 71-24
 Minnetonka, Wade Scanlon, 70-9
 Minnetonka, Mike Quast, 69-21
 Minnetonka, Kevin Schmid, 68-16
 Minnetonka, Justin Michelson, 2003, 68-33
 Minnetonka, Jeff Seeger, 66-16-3
 Minnetonka, Andy Brokovich, 66-25
 Minnetonka, Tom Becker, 64-20-2
 Minnetonka, Zach Hohertz, 2005, 64-45
 Minnetonka, Bob Ramstad, 62-12
 Minnetonka, Dan Kidder, 60-11-1
 Minnetonka, Mark Hohertz, 60-16-2

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2006-07 Wrestling Schedule

Varsity

Dec 2	Wapeton, ND Invitational	Whapeton	TBD*
Dec 5	Benilde/St. Croix Lutheran/North	Home	5:00
Dec 8	Brooklyn Center/Waconia	Brooklyn Center	5:00
Dec 9	Chaska Invitational	Chaska	TBD
Dec 15	Buffalo/Shakopee	Home	5:00
Dec 19	Prior Lake/Mankato West/	Home	5:00
Jan 5	Hutchinson/Willmar/Chaska	Home	5:00
Jan 6	Hopkins Invitational	Hopkins	TBD
	Brooklyn Center Invitational	Brooklyn Center	TBD
Jan 12	Eden Prairie/MA/CA/Central	Home	5:00
Jan 18	vs Armstrong/Wayzata	Armstrong	5:00
Jan 20	Eden Prairie Invitational	Eden Prairie	TBD
Jan 25	Hopkins/Eastview/	Home	5:00
Jan 27	Bloomington Kennedy Duals	Kennedy	9:00
Feb 1	Mpls North/Edison/St Thomas Ac	Mpls North	5:00
Feb 6	Glencoe-Si/Patrick Henry/Rockford	Rockford	5:00
Feb 8	Conference Tournament	Hopkins	5:00
Feb 10	Minnetonka Duals	Home	9:00
Feb 17	Team Sections	New Ulm	TBD
Feb 23, 24	Individual Sections	Eden Prairie	TBD

Junior Varsity

Dec 5	Benilde/St. Croix Lutheran/North	Home	5:00
Dec 8	Brooklyn Center/St Paul Central	Brooklyn Center	TBD
Dec 9	Chaska Invitational	Chaska	TBD
Dec 15	Buffalo/Shakopee	Home	5:00
Jan 6	Hopkins Invitational	Hopkins	TBD
Dec 19	Prior Lake/Mankato West	Home	5:00
Jan 5	Hutchinson/Willmar/Chaska	Home	5:00
Jan 6	Hopkins Invitational	Hopkins	TBD
Jan 12	Eden Prairie/	Home	5:00
Jan 18	vs Armstrong/Wayzata	Armstrong	5:00
Jan 20	Eden Prairie Invitational	Eden Prairie	TBD
Jan 26	Hopkins/Eastview/	Home	5:00
Jan 27	Bloomington Kennedy Invitational	Kennedy	9:30
Feb 1	Conference JV Tournament	Armstrong	5:00
Feb 6	Glencoe-Si/Patrick Henry/Rockford	Rockford	5:00

*To Be Determined



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