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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 32nd year of coaching and his high school coaching record (24 years) is currently 300-180-4. 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 9th year at Minnetonka High School. He is married to Brenda and has two wonderful children, Sarah (26) and Paul (24).

Jim Nunn - Head Coach



Jim is in his 24th year of coaching with a coaching record of 294-207-2 and in his 9th 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 (15), Timmy (12), and Matthew (7).

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 31 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 (25), Jaime (21), and CC (20).

MEET OUR CAPTAINS...

Colton Gleason



Colton is a junior at Minnetonka High School. He started wrestling in first grade and has been wrestling for the MHS team since seventh grade. While lettering four times, Colton has earned three All-Conference and one All-Conference Honorable Mention awards. As a seventh grader he was awarded Rookie of the Year. In ninth grade he was awarded Most Dedicated after missing most of the season due to a knee injury. As a sophomore he was awarded Most Valuable Varsity Wrestler. Colton has 116 varsity wins entering the season and his goals are to place in the top three in the State and help lead his team to the State tournament. Colton also plays baseball and football at MHS.

Andrew Hanske



Andrew is a senior, joined wrestling in sixth grade and has lettered the last four years. He was named the Most Improved Varsity wrestler last year, and has a total varsity record of 65-22, having wrestled in all the weight classes between 160 and heavyweight. Andrew played defensive end on the Varsity Football team for two years and was Captain in the 2007 season. In the spring Andrew plays rugby for Minnetonka and has been on the Minnesota State Rugby team for two years. He was selected to try out for the U19 National Rugby Team. Andrew has been on the A honor roll all of High School and is an AP and IB scholar. He was on the Homecoming Royalty Court and is a member of service groups such as: the National Honor Society, Tonka Leadership Challenge and Senior Leaders. Andrew is looking to attend college out of state. His first choice is Dartmouth College in Hanover, New Hampshire.

Chris O'Bannon



Chris is a senior, started wrestling in fifth grade and has lettered Varsity for Minnetonka High School since ninth grade. Chris has volunteer coached wrestling at Minnetonka Middle School East in the Fall Wrestling Program and for the Spring Wrestling Club at the Minnetonka Elementary schools since ninth grade. Chris has been on the Earth Club committee for two years and is the leader of Earth Club this year. Chris played football his freshman year and was the Minnetonka Football mascot his junior year and provided "play by play" commentary for two Minnetonka Football away games. Chris is a member of the Tonka Leadership Challenge and the Senior Leadership program and also has volunteered as a classroom assistant at Groveland Elementary School for the past two years. Chris' favorite hobby is playing guitar, both acoustic and electric. Chris is planning to attend college, possibly out state, but is undecided about which college at this time.

MEET OUR GRADE LEADERS...



Pictured left to right: Andrew Zachariason, James Schechter, Ben Cox

We are providing additional leadership at the grade level to help support and lead wrestlers throughout the season. **Andrew Zachariason** is our ninth grade leader, he has wrestled since fourth grade and started wrestling JV and Varsity in eighth grade. Andrew has volunteered helping with the elementary wrestling program and also played football in ninth grade. **James Schechter** is our eleventh grade leader and has been wrestling since seventh grade. James enjoys wrestling varsity in the heavy weight position, he holds a 3.25 GPA and has also played varsity on the offensive line for Minnetonka football. **Ben Cox** is our tenth grade leader and has been wrestling for the high school since 7th grade. He started wrestling when he was in Kindergarten. Ben has competed at the state and national level with USA wrestling. He is involved with Fellowship of Christian Athletes, Tonka Leadership Challenge, and "It's Your Choice" the anti drug and alcohol program.



Senior Wrestlers Class of 2008

Left to right: John Pickard, Andrew Hanske,
Chris O'Bannon
Not Pictured: Sean Tkachuk



Sophomore Wrestlers Class of 2010

Top row, left to right: Connor Stehlik, James Hanske,
Billy May, Kurtis Reardan, Ben Cox, Ian Miller, Austin
Miller
Bottom row, left to right: Blake Martin, Zak Kruger,
Ben McGinn, Tyler Flemming, Alex Tyre
Not Pictured: Drew Murphy

Junior Wrestlers Class of 2009

Top row, left to right: Colton Gleason, James Schechter,
Rob Horn, Sam Alakija, Chad Patterson
Bottom row, left to right: Robb Miller, Garret McCall,
Sam Timonen, Jeff Hoopes
Not Pictured: Nick Libbey, Casey Maxwell, Nate Hawk



Freshman/Middle School Wrestlers Class of 2011, 2012, 2013

Top row, left to right: Alex Maxwell, Nic Schwiesthal,
Alex Sutton, Jake Jackson, Oscar Hipp, Andy
Zachariason, Zack Gabler
Bottom row, left to right: Wil Keogh, Brady Gleason,
Austin Norby, Jacob Dayton, Rahmi Jubara
Not Pictured: Ben Johnson, Wesley Wilmington,
Luke Maxwell, Grant Hartmann



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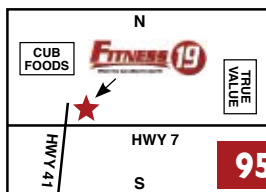
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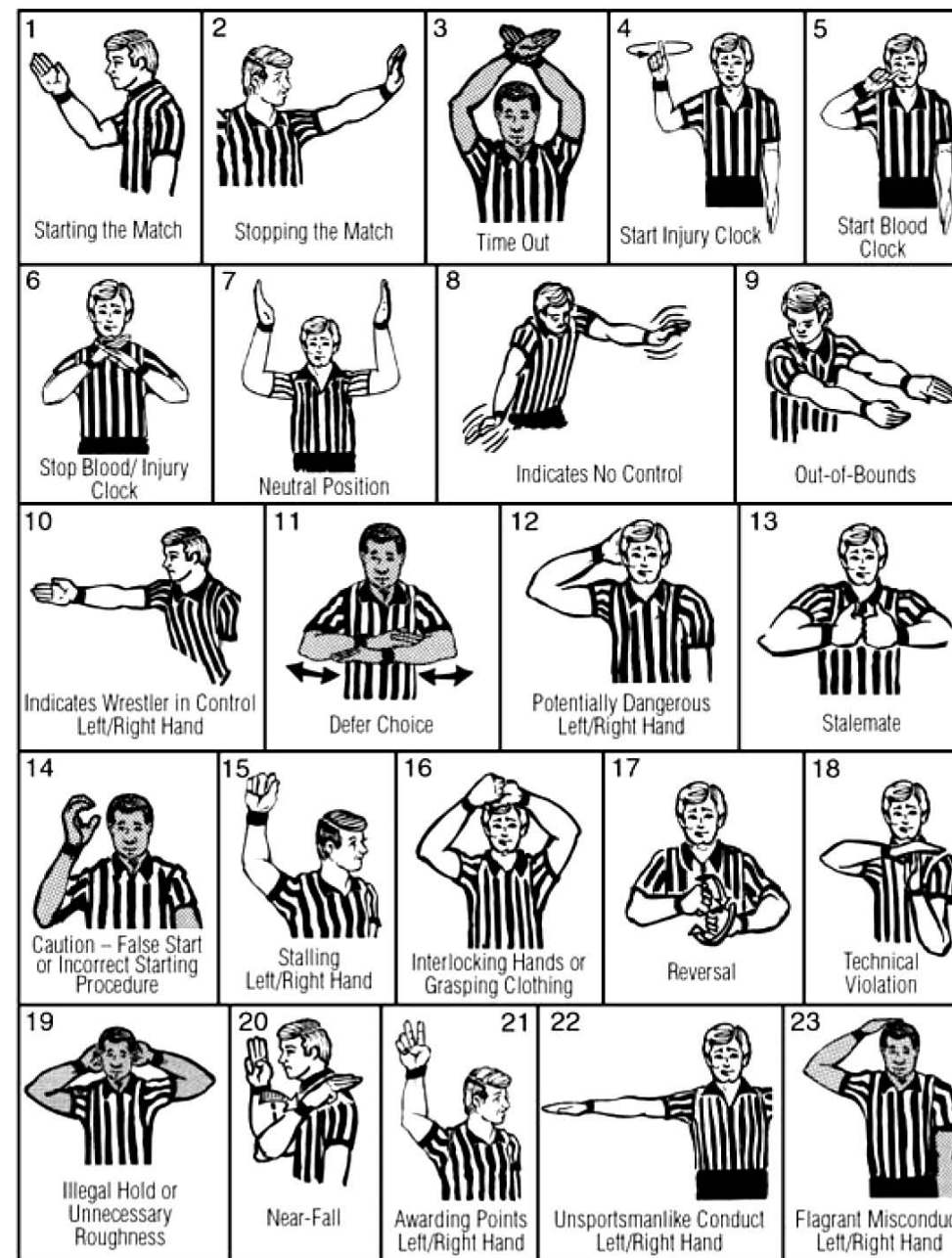
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Revised 2004

Individual Match Scoring Information

Escape = 1 point

Take 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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2007-08 Wrestling Schedule

Varsity

Nov	30	Wapheton, ND	Wapheton	6:00
Dec	1	Wapheton, ND	Wapheton	10:15
Dec	4	Benilde/St. Croix Lutheran/North	Benilde	5:00
Dec	7	Brooklyn Center/Mound/Washburn	Home	5:00
Dec	8	Chaska Invitational	Away	TBD*
Dec	14	Shakopee/Patrick Henry/Bufalo	Home	5:00
Dec	20	Glencoe-Silver Lake/Waconia	Away	4:30
Jan	5	Perham Invitational	Away	TBD*
Jan	5	Brooklyn Center Invitational	Away	9:00
Jan	10	Lakeville North/Eastview	Eastview	5:00
Jan	11	Eden Prairie/ Richfield/Southwest	Home	5:00
Jan	17	Wayzata/Armstrong	Wayzata	5:00
Jan	19	Eden Prairie Invitational	EP	TBD*
Jan	24	Hopkins	Hopkins	7:00
Jan	25	Orono Invitational	Orono	TBD*
Jan	26	Kennedy Dual Tournament	Kennedy	TBD*
Feb	7	Conference Tournament	Home	5:00
Feb	8	Robbinsdale/Cooper	Home	7:00
Feb	9	Tonka Duals	Home	9:00
Feb	16	Team Sections	Richfield	TBD*
Feb	22, 23	Individual Sections	Armstrong	TBD*

Junior Varsity

Dec	4	Benilde/St. Croix Lutheran/North	Benilde	5:00
Dec	7	Brooklyn Center/Mound/Washburn	Home	5:00
Dec	8	Chaska Invitational	Away	TBD*
Dec	14	Shakopee/Patrick Henry/Bufalo	Home	5:00
Dec	20	Glencoe-Silver Lake/Waconia/BOLD	Away	4:30
Jan	10	Lakeville North/Eastview	Eastview	5:00
Jan	11	Eden Prairie/ Richfield/Southwest	Home	5:00
Jan	17	Wayzata/Armstrong	Wayzata	5:00
Jan	19	Eden Prairie Invitational	EP	TBD*
Jan	24	Hopkins	Hopkins	6:00
Jan	26	Kennedy JV Individual	Kennedy	TBD*
Jan	31	Conference Tournament	Wayzata	4:00
Feb	8	Robbinsdale/Cooper	Home	6:00

*To Be Determined



Wrestling Managers

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

Wrestling managers are responsible for managing uniform and warm-up distribution, cleaning and mopping mats, keeping score, some statistician work, video taping meets and wrestlers, cleaning up after wrestlers and meets, assisting with bandaging and first aid and baking cookies! Our four managers do everything that is needed to assist the coaches and wrestlers throughout the season.



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Mom and Dad

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CAPTAIN CHRIS

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Lead the team and win,
win, win!
*Love, Mom, Dad and
CorMon*

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Grandpa Jim*

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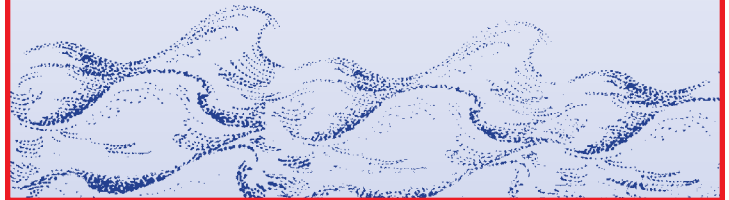
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