



Home of the Huskies

# St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Wrestling Update

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## Upcoming Matches:

Feb. 19  
at Minnesota State  
7 p.m.



### 2009-10 SCSU Schedule

Date	Opponent	Time/Result
Nov. 8	Black/Red Classic	B 16, R 15
Nov. 14	at Northwestern	L, 17-12
Nov. 14	vs. Eastern Mich.	L, 25-24
Nov. 14	vs. North Central	W, 20-19
Nov. 21	at Cobber Open	No Team Scores
Dec. 5	at UW LaCrosse Duals	9 a.m.
	vs. UW-Stevens Points	W, 28-9
	vs. Loras	W, 48-0
	at UW-LaCrosse	W, 25-13
Dec. 12	HUSKY OPEN	No Team Scores
Dec. 29-30	Midlands Tournament	34th place
Jan. 9-10	NWCA Duals	7th place
Jan. 9	vs. SF State	W, 22-10
Jan. 9	vs. UN-Omaha	L, 27-12
Jan. 9	vs. Ft. Hays State	W, 23-13
Jan. 10	vs. UW-Parkside	L, 19-14
Jan. 10	vs. Augustana	W, 19-18
Jan. 15	UW-EAU CLAIRE	W, 35-12
Jan. 16	SW MINNESOTA	W, 37-9
Jan. 22	AUGUSTANA	L, 25-7
Jan. 23	UN-OMAHA	L, 34-9
Jan. 29	at MSU Moorhead	W, 35-6
Feb. 5	at Mary	W, 32-7
Feb. 6	at Northern State	W, 44-0
Feb. 11	ST. JOHN'S	W, 22-17
Feb. 14	UPPER IOWA	L, 21-15
Feb. 19	at Minnesota State	7 p.m.
Feb. 28	at Super Regional	TBA
Mar. 12-13	NCAA II Finals	TBA

For complete ticket information, please call 1-877-SCSUTIX or 320-308-2137.

### NEED INFO?

For information about SCSU Wrestling, please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The Wrestling Contact at SCSU for 2005-06 is Tom Nelson. You can contact him via email at [tcnelson@stcloudstate.edu](mailto:tcnelson@stcloudstate.edu)

### IMPORTANT NUMBERS:

Wrestling Office: 320-308-2996

### HUSKY HOME PAGE:

[www.StCloudState.edu/athletics](http://www.StCloudState.edu/athletics)

## 2009-10 SCSU Wrestling News

Release Date: Feb. 16, 2010

### HUSKIES HEADLINERS:

- The #9 St. Cloud State University wrestling team (13-7, 4-2 NSIC) will continue its 2009-10 season on Feb. 19 with a 7 p.m. match at #7 Minnesota State University in Mankato, Minn. (8-3, 3-2 NSIC). MSU most recently posted a 32-9 win over Northern State on Feb. 12.
- A win at Minnesota State would be the 100th career dual meet victory for SCSU coach Steve Costanzo. He is 99-51-2 in his 11-year college coaching career. In four seasons with the Huskies, Costanzo is 38-21..
- Last year, the Huskies suffered a 24-15 loss against Minnesota State in dual match action at Halenbeck Hall.
- SCSU seniors who were recognized this past Sunday on SCSU's 2010 Senior Day included Ted Saatzer, Jake Roberts and Adam Minnette.
- SCSU now owns a 13-7 dual match record (4-2 NSIC) in 2009-10. SCSU is ranked #9 in the nation at the DII level in the latest polls.
- SCSU gained a 22-17 win over cross-county rival St. John's (ranked #9 at the DIII level) on Feb. 11, in Halenbeck Hall. John Sundgren (fall at 157), Shamus O'Grady (174), Lucas Munkelwitz (197), Jake Kahnke (285) and Trent Herold (125) all collected wins for SCSU. In action against #3 Upper Iowa, SCSU took it to the limit in a 21-15 loss. SCSU gained wins in the match from Gabe Suarez (fall at 141), Sundgren (157), Derek Skala (184) and Munkelwitz (197).
- In the latest NCAA Division II Super Region #3 rankings, the Huskies gained a 3rd place rating with 43 points. Upper Iowa was 1st at 64 points and Augustana was 2nd at 61. SCSU wrestlers ranked in the region were as follows: Trent Herold (6th at 125), Shane McQuade (3rd at 133), Gabe Suarez (4th at 141), Jake Horn (6th at 149), John Sundgren (2nd at 157), Tad Merritt (2nd at 165), Shamus O'Grady (4th at 174), Derek Skala (2nd at 184), Lucas Munkelwitz (2nd at 197) and Jacob Kahnke (2nd at 285).
- Lucas Munkelwitz owns a 6th place national ranking at 197-pounds this winter. He is 26-6 this year for the Huskies.
- Derek Skala is 21-8 this year for SCSU, and he has moved up to the #3 spot in the NCAA DII ranking at 184-pounds.
- #8 John Sundgren owns a five-match win streak and is now 15-7 at 157-pounds this winter.
- SCSU's nationally ranked Tad Merritt (165) and Jacob Kahnke (285) were injury scratches this week, but look for both to be ready for the upcoming regional competition. Merritt is 21-4 this season, while Kahnke owns a 24-3 record for the Huskies.
- SCSU will be led on the mats this season by team captains junior **Gabe Suarez**, junior **Derek Skala**, junior **John Sundgren** and sophomore **Tad Merritt**.
- The Huskies finished the 2008-09 season with an 8-5 record and a 5-2 record against NSIC schools. SCSU placed second at the 2009 NCAA regional meet and 8th at the 2009 NCAA Division II championships.
- SCSU was ranked 9th in the latest DII national rankings. SCSU is tied for ninth with Nebraska-Kearney. Nebraska-Omaha maintained its #1 national ranking this week, while NSIC rivals Upper Iowa (3rd), Augustana (6th) and Minnesota State (7th) are also ranked in the top 10 this week.



**SCSU COACH STEVE COSTANZO:** Steve Costanzo is in his fourth season as the Husky head wrestling coach. Costanzo begins his 11th season overall as a college head coach. He has a career record of 99-51-2 while coaching 90 National Qualifiers, 37 All-Americans, 2 National Champions and 28 NWCA All-Academic recipients. His record at St. Cloud State now stands at 38-21. An All-American wrestler at Nebraska-Omaha (1996 graduate), Costanzo previously coached at Dana College from 1999 to 2006. Costanzo led Dana to a national title in 2006.



## 2009-10 St. Cloud State Wrestling Roster

Name	Year	Weight	Hometown	High School	Name	Year	Weight	Hometown	High School	Zach
Mitchell Altermatt	RsSo	165	Wabasso, Minn.	Wabasso/SDSU	Kurt Salmen	So	165	Dassel, Minn.	Dassel-Cokato H.S./	
Joe Andersen	RsSo	149/157	Bemidji, Minn.	Bemidji					Ridgewater C.C.	
Josh Antonneau	So	184/197	Hartland, Wis.	Arrowhead./UW Miw.	Chad Schultz	RsFY	141	Mauston, Wisc.	Mauston	
Mic Berg	FY	184/197	Inver GroveHgts.	Simley	Derek Skala	RsJr	174	Owatonna	Owatonna	
Chris Brassell	FY	285	Park Ridge, IL	Maine South	Zach Stewart	FY	125/133	Green Bay	Ashwaubenon	
Josh Conrath	RsFY	184/197	Waseca, Minn.	Waseca	Gabriel Suarez	RsJr	141	Las Vegas, NV	Cimarron-Memorial	
Michael Cullen	RsFY	157	Coon Rapids	Coon Rapids/UW-L	John Sundgren	RsJr	157	Blaine, Minn.	Blaine	
Adam Helgeson	RsSo	133/141	Sauk Centre	Sauk Centre	Jake Tabbert	RsSo	149	Inver Grove Hgts.	Simley	
Trent Herold	FY	125/133	East Bethel	St. Francis						
Jacob Horn	FY	149/157	St. Michael	SM-Albertville						
Joshua Joriman	RsFY	157	Lino Lakes	Centennial						
Jacob Kahnke	RsFY	197/285	Shakopee,	Prior Lake/Old Dom.						
Alex Kontz	RsFY	149	Canby, Minn.	Canby						
Chad Kubasch	RsJr	149/157	New Germany	Watertown-Mayer						
Brian Litch	RsSo	141	Plymouth	Wayzata/Nebraska						
Luke Mathe	RsFY	141	Plover, Wisc.	Stevens Point						
Shane McQuade	FY	125/133	Appleton, Wisc.	Appleton West						
Tad Merritt	RsSo	165	Canby, Minn.	Canby						
Adam Minette	RsSr	157	New Prague	New Prague						
Lucas Munkelwitz	RsSo	184/197	Forest Lake	Forest Lake						
Shamus O'Grady	RsFY	174	Coon Rapids	Coon Rapids						
Mathew Piersak	RsFY	149	Shoreview	Mounds View						
Mac Rivard	FY	149	Cedar, Minn.	St. Francis						
Jacob Roberts	RsSr	149	Jordan, Minn.	Scott West/Augsburg						
Erik Rogness	RsJr	197	Buffalo, Minn.	Buffalo						
Ted Saatzer	RsSr	197	Mound, Minn.	Mound - Westonka/ Ridgewater C.C.						

**Head Coach:** Steve Costanzo (Fourth Season)  
**Assistant Coach:** Matt Lowers (Third Season)  
**Graduate Assistant Coach:** Chris Heilman (Second Season)  
**Graduate Assistant Coach:** Cy Wainwright (First Season)  
**Volunteer Assistant Coach:** Jeremy Lang (Fourth Season)  
**Volunteer Assistant Coach:** John Peterson (Second Season)  
**Student Assistant Coach:** Brad Padgett (First Season)  
**Student Assistant Coach:** Josh Williams (First Season)

**2009-10 SCSU Honors:**  
**NSIC Wrestler of the Week** - Tad Merritt on Nov. 16, 2009  
**NSIC Wrestler of the Week** - John Sundgren on Dec. 8, 2009  
**John Oxtan Award (MVP at 2009 Husky Open)** - Tad Merritt - 165 pounds

## 2009-10 St. Cloud State Wrestling Results

Name	W/L Record	Dual W/L	Falls	Bison	Cobber	Dragon	Husky	Midlands	Ridgewater	Worth.	NC	Region	NCAA's
Andersen, Joe	7-2	2-1	1	NA	3rd	NA	NA	NA	NA	NA	NA		
Antonneau, Josh	11-7	0-1	3	DNP	5th	NA	DNP	NA	NA	NA	5th		
*Berg, Mic	22-10	0-0	6	3rd	4th	5th	4th	NA	3rd	2nd	2nd		
*Brassell, Chris	19-12	0-0	2	5th	3rd	DNP	4th	NA	2nd	4th	5th		
Conrath, Josh	6-5	0-0	1	NA	DNP	NA	DNP	NA	3rd	NA	NA		
Cullen, Michael	7-12	0-0	3	4th	DNP	NA	DNP	NA	DNP	DNP	DNP		
Ferguson, Calvin	0-2	0-0	0	NA	NA	NA	NA	NA	NA	NA	DNP		
Hanson, Westy	0-1	0-1	0	NA	NA	NA	NA	NA	NA	NA	NA		
Helgeson, Adam	8-7	0-0	1	6th	5th	NA	DNP	NA	NA	NA	NA		
Herold, Trent	12-15	8-12	2	NA	3rd	NA	DNP	NA	NA	NA	NA		
Horn, Jake D.	3-2	0-0	0	NA	NA	NA	NA	NA	NA	NA	DNP		
Horn, Jake R.	21-13	2-5	2	DNP	NA	3rd	DNP	NA	3rd	3rd	3rd		
Joriman, Josh	12-8	0-0	0	5th	5th	NA	DNP	NA	NA	NA	DNP		
Kahnke, Jacob	25-3	17-2	4	NA	1st	NA	3rd	NA	NA	NA	NA		
Kontz, Alex	6-9	0-4	0	NA	2nd	DNP	DNP	NA	NA	NA	NA		
Kubasch, Chad	8-10	0-0	0	DNP	DNP	NA	DNP	NA	NA	DNP	DNP		
Litch, Brian	3-4	0-0	2	NA	DNP	NA	DNP	NA	NA	NA	NA		
McQuade, Shane	16-12	10-10	5	NA	2nd	NA	2nd	NA	NA	NA	NA		
Merritt, Tad	21-4	11-2	11	NA	1st	NA	1st-OW	DNP	NA	NA	NA		
Minette, Adam	10-9	2-3	1	NA	DNP	NA	5th	NA	NA	5th	NA		
Munkelwitz, Luke	26-6	16-4	4	NA	1st	NA	1st	DNP	NA	NA	NA		
O'Grady, Shamus	16-11	12-7	4	NA	NA	NA	5th	DNP	NA	NA	NA		
Piersak, Matt	4-4	0-0	2	NA	NA	NA	DNP	NA	NA	NA	8th		
*Rivard, Mac	4-6	0-0	0	DNP	DNP	5th	NA	NA	NA	NA	NA		
Roberts, Jacob	7-7	3-4	0	NA	3rd	NA	DNP	NA	NA	NA	NA		
Rogness, Erik	13-7	0-0	1	NA	DNP	NA	DNP	NA	NA	3rd	4th		
Saatzer, Ted	3-10	1-2	1	DNP	DNP	NA	DNP	NA	NA	NA	DNP		
*Salmen, Kurt	10-8	0-0	4	NA	NA	6th	6th	NA	1st	NA	DNP		
Schultz, Chad	10-7	2-2	5	6th	NA	NA	4th	NA	NA	NA	NA		
Skala, Derek	21-8	12-4	5	NA	2nd	NA	2nd	DNP	NA	NA	NA		
*Stewart, Zach	18-7	0-0	0	5th	5th	1st	DNP	NA	NA	1st	2nd		
Suarez, Gabe	11-7	5-5	5	NA	DNP	NA	1st	DNP	NA	NA	NA		
Sundgren, John	15-7	11-7	8	NA	1st	NA	NA	NA	NA	NA	NA		
Tabbert, Jake	7-6	0-2	3	NA	1st	NA	DNP	NA	NA	NA	DNP		
<b>TOTALS</b>	<b>382-251</b>	<b>115-79</b>	<b>84</b>	<b>7</b>	<b>17</b>	<b>5</b>	<b>12</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>7</b>		
<b>WIN PERCENTAGE</b>	<b>0.603</b>	<b>0.592</b>											
* - Indicates - Wrestling Unattached											National Duals - 7th		
Dual Record: 13-7, 4-2 NSIC											NSIC		
DNP - Indicates - Did Not Place											Region		
NA - Indicates - Not Active											NCAA's		

