



Home of the Huskies

# St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Wrestling Update

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## Upcoming Matches:



**March 12-13**  
NCAA DII  
Championships  
Omaha, Neb.

### 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	W, 32-7
Feb. 28	at Super Regional	2nd
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: March 8, 2010

### HUSKIES HEADLINERS:

- The #5 St. Cloud State University wrestling team (14-7, 5-2 NSIC/3rd) will travel to the 2010 NCAA Division II championships in Omaha, Neb. on March 12-13. The Huskies have qualified eight wrestlers for the national meet, and they will be looking to improve upon their 8th place finish at the nationals in 2009.
- SCSU coach Steve Costanzo won his 100th career match with a 32-7 dual victory at rival Minnesota State on Feb. 19, in Mankato. He is 100-51-2 in his 11-year college coaching career. In four seasons with the Huskies, Costanzo is 39-21.
- The Huskies placed second at the 2010 regional in Aberdeen, S.D. with 108.5 points on Feb. 28. Augustana won the meet with 120.5 points, while Upper Iowa (95), Minnesota State (84.5), MSU Moorhead (73), SW Minnesota (53.5), Northern State (46.5) and Mary (43) completed the field.
- SCSU junior Derek Skala won first place honors in regional action at 184-pounds. Second placers at the regional for SCSU were John Sundgren at 157, Tad Merritt at 165, Shamus O'Grady at 174, Lucas Munkelwitz at 187 and Jacob Kahnke at 285. Shane McQuade (133) and Gabe Suarez (141) both earned third place finishes at the regional. All of these SCSU place winners qualified for the NCAA nationals.
- SCSU now owns a 14-7 dual match record (5-2 NSIC) in 2009-10. This marks the second most wins in a season for the Huskies. The top win total was 15-2, which was set by the Huskies in 1964-65.
- SCSU wrestlers returning to nationals for the third consecutive season include Suarez, Sundgren and Skala. SCSU wrestlers qualifying for the second consecutive season are Munkelwitz and Merritt, while O'Grady, McQuade and Kahnke are all make their first trip to nationals for SCSU.
- In the latest NCAA Division II national rankings, SCSU was ranked #5 (best so far in 2009-10). Derek Skala was ranked #2 at 184-pounds, while Tad Merritt was ranked #4 at 165-pounds. SCSU's Lucas Munkelwitz (197) and Jacob Kahnke (285) were also ranked fifth in the national polls this week. Shamus O'Grady also moved into the national polls with a 6th place ranking at 174.
- Lucas Munkelwitz is 29-7 this year for the Huskies at 197-pounds. Munkelwitz leads SCSU in wins this season. Of note, the team record of 38 wins in a season is held by 4 different SCSU wrestlers (Tad Merritt, Dustin Darveaux, Gene Hanneman and Andy Reigstad).
- Jacob Kahnke owns a 27-5 record this season for SCSU at 285-pounds.
- 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**.
- Derek Skala is 25-8 this season at 184-pounds. Shane McQuade is 20-13 at 133-pounds this season.
- At the 2009 NCAA championships, Derek Skala earned All-America honors with a 7th place finish at 174-pounds, while Tad Merritt was 3rd at 165-pounds. Of note, John Sundgren earned All-America honors at 157-pounds in 2008 with an 8th place ending.
- As the Huskies look ahead to the upcoming NCAA nationals, which will take place on the campus of Nebraska-Omaha, SCSU's best-ever finish at the NCAA DII level was a seventh place finish in 1983. SCSU placed eighth at the nationals in 2009, 1986 and 1976. SCSU also placed third at nationals during the 1963 and 1965 seasons as an NAIA affiliate.



**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 100-51-2 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 39-21. An All-American wrestler at Nebraska-Omaha (1996 graduate), Costanza previously coached at Dana College from 1999 to 2006. Costanza 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  
**NSIC Wrestler of the Week** - Shamus O'Grady on Feb. 23, 2010  
**John Oxtom Award (MVP at 2009 Husky Open)** - Tad Merritt - 165 pounds  
**Regional Champion:** Derek Skala at 184-pounds  
**NCAA Qualifiers:** Shane McQuade (133), Gabe Suarez (141), John Sundgren (157), Tad Merritt (165), Shamus O'Grady (174), Derek Skala (184), Lucas Munkelwitz (197) and Jacob Kahnke (285)

## 2009-10 St. Cloud State Wrestling Results

Name	Year	Class	W/L Record	Dual W/L	Falls	Bison	Cobber	Dragon	Husky	Midlands	Ridgewater	Worth.	NC	Region		
Altermatt, Mitch	RsSo	165	0-0	0-0	0	NA	NA	NA	NA	NA	NA	NA	NA	NA		
Andersen, Joe	RsSo	157/165	7-2	2-1	1	NA	3rd	NA	NA	NA	NA	NA	NA	NA		
Antonneau, Josh	So	197	11-7	0-1	3	DNP	5th	NA	DNP	NA	NA	NA	5th	NA		
*Berg, Mic	Fr	184	22-10	0-0	6	3rd	4th	5th	4th	NA	3rd	2nd	2nd	NA		
*Brassell, Chris	Fr	285	19-12	0-0	2	5th	3rd	DNP	4th	NA	2nd	4th	5th	NA		
Conrath, Josh	RsFr	197	6-5	0-0	1	NA	DNP	NA	DNP	NA	3rd	NA	NA	NA		
Cullen, Michael	RsFr	157	7-12	0-0	3	4th	DNP	NA	DNP	NA	DNP	DNP	DNP	NA		
Ferguson, Calvin	RsFr	184	0-2	0-0	0	NA	NA	NA	NA	NA	NA	NA	DNP	NA		
Hanson, Westy	RsJr	133/141	0-1	0-1	0	NA	NA	NA	NA	NA	NA	NA	NA	NA		
Herold, Trent	Fr	125	12-19	8-13	2	NA	3rd	NA	DNP	NA	NA	NA	NA	6th		
Horn, Jake D.	RsSo	149	3-2	0-0	0	NA	NA	NA	NA	NA	NA	NA	DNP	NA		
Horn, Jake R.	Fr	149	22-14	3-5	3	DNP	NA	3rd	DNP	NA	3rd	3rd	3rd	DNP		
Joriman, Josh	RsFr	157	12-8	0-0	0	5th	5th	NA	DNP	NA	NA	NA	DNP	NA		
Kahnke, Jacob	RsFr	285	27-5	17-3	4	NA	1st	NA	3rd	NA	NA	NA	NA	2nd		
Kontz, Alex	RsFr	149	6-9	0-4	0	NA	2nd	DNP	DNP	NA	NA	NA	NA	NA		
Kubasch, Chad	RsJr	157	8-10	0-0	0	DNP	DNP	NA	DNP	NA	NA	DNP	DNP	NA		
McQuade, Shane	Fr	133	20-13	11-10	5	NA	2nd	NA	2nd	NA	NA	NA	NA	3rd		
Merritt, Tad	RsSo	165	24-5	12-2	13	NA	1st	NA	1st-OW	DNP	NA	NA	NA	2nd		
Minette, Adam	RsSr	157/165	10-9	2-3	1	NA	DNP	NA	5th	NA	NA	5th	NA	NA		
Munkelwitz, Luke	RsSo	197	29-7	17-4	4	NA	1st	NA	1st	DNP	NA	NA	NA	2nd		
O'Grady, Shamus	RsFr	174	19-12	13-7	4	NA	NA	NA	5th	DNP	NA	NA	NA	2nd		
Piersak, Matt	RsFr	157	4-4	0-0	2	NA	NA	NA	DNP	NA	NA	NA	8th	NA		
Roberts, Jacob	RsSr	149	7-7	3-4	0	NA	3rd	NA	DNP	NA	NA	NA	NA	NA		
Rogness, Erik	RsJr	197	13-7	0-0	1	NA	DNP	NA	DNP	NA	NA	3rd	4th	NA		
Saatzer, Ted	RsSr	184/197	3-10	1-2	1	DNP	DNP	NA	DNP	NA	NA	NA	DNP	NA		
*Salmen, Kurt	So	165/174	10-8	0-0	4	NA	NA	6th	6th	NA	1st	NA	DNP	NA		
Schultz, Chad	RsFr	141	10-7	2-2	5	6th	NA	NA	4th	NA	NA	NA	NA	NA		
Skala, Derek	RsJr	184	25-8	13-4	5	NA	2nd	NA	2nd	DNP	NA	NA	NA	1st		
*Stewart, Zach	Fr	125	18-7	0-0	0	5th	5th	1st	DNP	NA	NA	1st	2nd	NA		
Suarez, Gabe	RsJr	141	15-8	6-5	6	NA	DNP	NA	1st	DNP	NA	NA	NA	3rd		
Sundgren, John	RsJr	157	18-8	12-7	10	NA	1st	NA	NA	NA	NA	NA	NA	2nd		
Tabbert, Jake	RsSo	149	7-6	0-2	3	NA	1st	NA	DNP	NA	NA	NA	DNP	NA		
<b>TOTALS</b>			<b>394-247</b>	<b>123-81</b>	<b>87</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>9</b>		
<b>WIN PERCENTAGE</b>			0.614	0.602												
* - Indicates - Wrestling Unattached													Dual Record: 14-7, 5-2 NSIC		National Duals - 7th	
DNP - Indicates - Did Not Place															NSIC - 3rd	
NA - Indicates - Not Active															Region - 2nd	
															NCAA's	

