



Home of the Huskies

# St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Wrestling Update

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## Upcoming Matches:



### SEASON FINALE

14-7 Overall  
5-2 NSIC/3rd  
2nd Regional  
7th in the Nation!

### 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	7th

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: Season Final Release

### HUSKIES HEADLINERS:

- The St. Cloud State University wrestling team (14-7, 5-2 NSIC/3rd) captured 7th place at the 2010 NCAA Division II wrestling championships on March 12-13, in Omaha, Neb. This marks the Huskies best NCAA finish since capturing 7th place in 1983. This also marked the best finish for the Huskies at the NCAA tournament since Steve Costanzo took over as head coach in 2006-07. This marked the 8th time since 1975 that SCSU has charted a top-10 place at the NCAA championships.
- The 7th place finish is the best ever for the Huskies at the NCAA DII level. 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.
- The Huskies qualified 8 wrestlers for the NCAA championships in 2010. SCSU wrestlers earning All-America status at the meet were Jacob Kahnke (4th place at 285), Tad Merritt (5th place at 165), Shamus O'Grady (6th place at 174) and Gabe Suarez (8th place at 141). This marked the first All-America finish for Kahnke, O'Grady and Suarez, while Merritt is now a two-time All-America award winner for the Huskies. The four All-Americans ties a team record for the Huskies, as SCSU also brought home four NCAA All-America honors in 1983 and 1975.
- 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.
- Jacob Kahnke was 30-7 and Lucas Munkelwitz was 30-9 to lead the Huskies in wins this season. Tad Merritt was 28-7 and Derek Skala was 26-10 this season. Merritt led the club with 16 pins, which was one of his team record of 17 falls set in 2008-09.
- SCSU finished with 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 who returned to nationals for the third consecutive season included Suarez, John Sundgren (157) and Skala. SCSU wrestlers qualifying for the second consecutive season were Munkelwitz and Merritt, while O'Grady, Shane McQuade (133) and Kahnke are all make their first trip to nationals for SCSU.
- SCSU wrestlers earning NWCA All-Academic honors in 2009-10 were John Sundgren (1st), Joe Anderson (HM), Westy Hanson (HM), Jacob Horn (HM), Josh Joriman (HM), Alex Kontz (HM), Adam Minnette (HM), Erik Rogness (HM). As a team, SCSU ranked 2nd in nation on the NWCA All-Academic list behind national leader Truman State. SCSU's average GPA was 3.354!



**SCSU COACH STEVE COSTANZO:** Steve Costanzo finished his fourth season as the Husky head wrestling coach. Costanzo ended his 11th season overall as a college head coach in 2009-10. He has a career record of 100-51-2 while coaching 98 National Qualifiers, 41 All-Americans, 2 National Champions and 36 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
Mitchell Altermatt	RsSo	165	Wabasso, Minn.	Wabasso/SDSU
Joe Andersen	RsSo	149/157	Bemidji, Minn.	Bemidji
Josh Antonneau	So	184/197	Hartland, Wis.	Arrowhead./UW Miw.
Mic Berg	FY	184/197	Inver Grove Hgts.	Simley
Chris Brassell	FY	285	Park Ridge, IL	Maine South
Josh Conrath	RsFY	184/197	Waseca, Minn.	Waseca
Michael Cullen	RsFY	157	Coon Rapids	Coon Rapids/UW-L
Adam Helgeson	RsSo	133/141	Sauk Centre	Sauk Centre
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.

Name	Year	Weight	Hometown	High School
Kurt Salmen	So	165	Dassel, Minn.	Dassel-Cokato H.S./ Ridgewater C.C.
Chad Schultz	RsFY	141	Mauston, Wisc.	Mauston
Derek Skala	RsJr	174	Owatonna	Owatonna
Zach Stewart	FY	125/133	Green Bay	Ashwaubenon
Gabriel Suarez	RsJr	141	Las Vegas, NV	Cimarron-Memorial
John Sundgren	RsJr	157	Blaine, Minn.	Blaine
Jake Tabbert	RsSo	149	Inver Grove Hgts.	Simley

**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 Oxtan 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)

**NCAA All-Americans:** Jacob Kahnke (285 - 4th), Tad Merritt (165 - 5th), Shamus O'Grady (174 - 6th), Gabe Suarez (141 - 8th)  
**NWCA Division II All-Academic:** John Sundgren (1st team), Joe Anderson (HM), Westy Hanson (HM), Jacob Horn (HM), Josh Joriman (HM), Alex Kontz (HM), Adam Minnette (HM), Erik Rogness (HM)

### TEAM HONORS:

**2009 Midlands Tournament:** 34th Place  
**2010 NWCA Duals:** 7th Place  
**NSIC:** 3rd Place  
**NCAA Regional:** 2nd Place  
**NCAA Championships:** 7th Place  
**Overall Record:** 14-7  
**NSIC Record:** 5-2

### MORE TEAM NOTES:

- In the last 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.
- SCSU were led on the mats this season by team captains junior **Gabe Suarez**, junior **Derek Skala**, junior **John Sundgren** and sophomore **Tad Merritt**.
- 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.
- Tad Merritt was named the NSIC wrestler of the week on Nov. 16, 2009. John Sundgren earned the NSIC weekly award on Dec. 8, 2009 and Shamus O'Grady was the wrestler of the week on Feb. 23, 2010.
- Tad Merritt was the John Oxtan Award winner (MVP) at the 2009 Husky Open.
- At the 2010 NWCA National Duals, the Huskies captured 7th place, and the Huskies placed 34th at the elite Midlands Tournament in Evanston, Ill. in 2009.

# GO HUSKIES!

