

December, 2011

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# THE HUSKY VOICE

St. Cloud State University Wrestling Newsletter

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# DIGGING FOR GOLD

# 2011-2012



# D-II NWCA National

Despite injuries that kept out two starters, and one that limited another, the St. Cloud State wrestling team couldn't be stopped Saturday and Sunday at the NWCA/Cliff Keen National Duals in Springfield, Ill.

The No. 3-ranked Huskies won their first national duals title after beating No. 1 ranked Newberry (S.C.) 23-12 in the Division II championship match. St. Cloud State beat No. 2 ranked Upper Iowa in the semifinals 22-13.

St. Cloud State wrestled the entire tournament without one of their key starters Shamus O'Grady a 2x returning All-American at 174. The week prior at Grand Canyon Duals down in Phoenix Arizona O'Grady sustained an injury after pinning Victor Carazo of Grand Canyon University. The Huskies also had 157-pound starter and returning All-American Jacob Dalton Horn not wrestle in the semi's and finals match up because of a knee injury that occurred in Saturdays quarterfinals match. In addition, 184-pound All-American Derek

Skala wrestled his final 2 matches with a collar bone injury.

"We battled through some adversity during the two days," SCSU head coach Steve Costanzo said. "We had guys injured and we hope to get them back soon. We just did the best we could. There's nothing like wrestling in that atmosphere. I was really excited because we hadn't done this before. It was a big step for our program."

St. Cloud State's previous best finish at the NWCA Duals was third last season. But winning an NCAA title at the end of the season is the ultimate goal.

"It's cool and memorable to get this title, but to get that first NCAA title for our school is what we're striving for the most," said 197-pounder Lucas Munkelwitz, who went 3-0 at the duals and was named the NSIC wrestler of the week for his efforts. "That's what people will look back on years from now if we won an NCAA title. But this is a great accomplishment and I couldn't be happier that we did it."

All-American 165-pound wrestler Tad Merritt said this is the closest team he's been apart of in his five years at St. Cloud State. "This was a huge steppingstone for our program," Merritt said. "Having two starters out and another one beat up, that was tough. But we wrestled through it. We wanted to bring it home and that was our mentality. It all came together for us. "The real test for us will be in March, at the end of the year. That's what we're shooting for. Hopefully we'll be healthy by that time."

Costanzo guided his previous school, Dana, to an NAIA NWCA Duals title in 2006. But said this one might have meant more.

"Each time you accomplish a new goal, that sets expectations for the future," Costanzo said. "Our three seniors — Merritt, Skala and Munkelwitz — really stepped up. Those guys were the foundation of our team over the weekend. We had 15 guys who all contributed. Everybody was engaged in what we were doing."



# Duals Champions

## First Round Match

#3 St. Cloud State 47 vs Truman 6

- 125 Eric Forde over Daniel Karlskin Pin 2:40
- 133 Zach Stewart over Forfeit
- 141 Matt Leibforth over James Maus Dec 3-1
- 149 Ryan Maus over Josh Howk Pin 4:47
- 157 Jacob Horn over Devon Fenstermaker Dec 10-3
- 165 Tad Merritt over Joshua Wells Pin 3:27
- 174 Kurt Salmen over Zach Hayes TF 16-0
- 184 Derek Skala over Gary Janesko Pin 2:06
- 197 Michael Berg over Warren Galloway Pin 2:51
- 285 Jake Kahnke over Joel Geders Pin 0:47

## Semifinals Match

#3 St. Cloud State 22, Upper Iowa 13

- 125 Kyle Pedretti over Eric Forde Dec 3-2
- 133 Trevor Franklin over Zach Stewart Dec 4-1
- 141 Jay Hildreth over Blake Hilmer Dec 9-3
- 149 Josh Howk over Jordan Rinken Dec 5-3
- 157 Winston Robbins over Matt Leibforth Maj 13-2
- 165 Blake Sorensen over Dan Dick Dec 2-0
- 174 Tad Merritt over Wade Gobin Pin 4:35
- 184 Derek Skala over Mitch Schultz Dec 10-4
- 197 Lucas Munkelwitz over Carl Broghammer Dec 6-2
- 285 Jake Kahnke over Luke Stika Maj 11-0

## Quarterfinals Match

#3 St. Cloud State 26 vs Central Oklahoma 15

- 125 Dylan Wright over Ryan Brooks 3-2
- 133 Dustin Reed over Andrew Pokorny Dec 7-5
- 141 Jay Hildreth over Casy Rowell Dec 4-3
- 149 Josh Howk over Ky Corley Pin 1:41
- 157 Cory Dauphin over Jacob Horn injury default
- 165 Tad Merritt over Chris Watson TF 17-2
- 174 Kelly Henderson over Kurt Salmen Dec 2-1
- 184 Tanner Keck over Derek Skala Dec 6-4
- 197 Lucas Munkelwitz over Jarrett Edison Dec 4-2
- 285 Jake Kahnke over Cody Dauphin Pin 4:01

## Finals Match

#3 St. Cloud State 23, #1 Newberry 12

- 125 Dylan Wright over John McDonald Dec 9-4
- 133 Andy Pokorny over Matt Oliver Pin 0:38
- 141 William Young over Jay Hildreth Dec 11-4
- 149 Deral Brown over Matt Leibforth Dec 3-0
- 157 Taylor Knapp over Josh Howk Dec 13-7
- 165 Tad Merritt over Sean Byrnes Maj 12-1
- 174 Travis Sheehy over Kurt Salmen Dec 6-23
- 184 Derek Skala over Mitch Brown OT 4-2
- 197 Lucas Munkelwitz over John Reed Dec 6-0
- 285 Jake Kahnke over Jake Elkins Maj 19-8



## Luke Munkelwitz Named NSIC Wrestler of The Week

### PHOTO ALBUM



RsSr Luke Munkelwitz  
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St. Cloud State University senior wrestler **Lucas Munkelwitz (Forest Lake, Minn./Forest Lake H.S.)** has been named the Northern Sun Intercollegiate Conference wrestler of the week on Jan. 9. Munkelwitz earned the honors for his performance at the recent 2012 NWCA Division II Duals in Springfield, Ill. On Jan. 7-8.

Munkelwitz went undefeated in three matches to help guide the No. 3 Huskies to a first place finish at the 2012 NWCA Division II Duals. Munkelwitz opened his weekend in Illinois with a solid 9-0 major decision over Jarrett Edison in the Huskies' 29-10 win over No. 7 Central Oklahoma.

Munkelwitz continued the tournament in the semi-finals with a huge 6-2 victory over No. 1 ranked Carl Broghammer of Upper Iowa.

Munkelwitz' victory helped the Huskies gain a 22-13 win over the No. 2 ranked Peacocks. In the championship match, Munkelwitz charted a 6-0 victory over John Reed at 197-pounds adding to the 23-12 win over No. 1 ranked Newberry College (S.C.).

He is 6-0 in action over the past two weekends for the Huskies, which includes victories over #1 Newberry, #2 Upper Iowa, #5 Grand Canyon, #7 Central Oklahoma and #18 Colorado Mesa.



## Tad Merritt Named NSIC Wrestler of The Week

The Northern Sun Intercollegiate Conference named No. 1 ranked senior Tad Merritt (Canby) at 165-pounds as the Wrestler of the Week Tuesday morning.

Merritt had an impressive Saturday pinning all four of his opponents in the 165-pound division at the Grand Canon Duals in Phoenix, Arizona to earn his second NSIC Player of the Week honors this season.

He won his first match in two minutes and 32 seconds against Bronson Gerl of California Baptist, which was the first Husky pin of the day. Merritt then recorded a pin in 2:18 against No. 4 Dylan Granard of Colorado Mesa. His fastest pin of the day came against Josh Shields of Mercyhurst, the 2009 NCAA DII National Champion in just 55 seconds. Merritt finished the day with a pin in 5:49 against Justin Martin of Grand Canyon. He is now 13-2 this season.

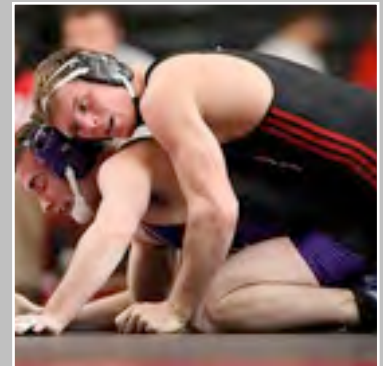
Merritt was also named St. Cloud States Wolters Kluwer Male Student-Athlete of the Month for the month of December. The criteria for this nomination is based on three categories: athletic performance, academic performance, and community involvement.



## PHOTO ALBUM



RsSr Tad Merritt  
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## Grand Canyon Duals

The No. 3 ranked St. Cloud State Huskies put on an impressive showing down in Phoenix Arizona at the Grand Canyon Duals going 4-0 on the weekend in dual meet action and improving to 7-0 on the season. All four teams the Husky Wrestlers faced were ranked in their respective divisions.

After a full day of great wrestling action the St. Cloud State wrestling team made a house visit to an old friend Greg Ganyo where they filled up on some good homemade food, enjoyed the outdoor pool/hot tub, a nice little fire pit, and of course watched the ball drop as they brought in the new year together.

St. Cloud State 31 vs California Baptist 14

125 Jimmy Martinez def. **Eric Forde** 5-0  
133 Alex Anunication def. **Zach Stewart** 13-5  
141 **Jay Hildreth** def. Bradford Gerl 6-5  
149 Dylan Cataline def. **Josh Howk** 10-2  
157 Chris Santana def. **Jacob D. Horn** 16-9  
165 **Tad Merritt** def. Bronson Gerl Fall 2:32  
174 **Shamus O'Grady** def. C.J. Knowland 12-1  
184 **Derek Skala** def. Kyle Mathews Fall 1:31  
197 **Luke Munkelwitz** def. David Dill Fall 4:26  
Hwt **Jacob Kahnke** def Zach Merrill Fall 3:32

St Cloud State 48, 8th Ranked Mercyhurst 0

125 **Dylan Wright** def. Ryan Bohince 12-1  
133 **Andy Pokorny** def. Kody Young 15-6  
141 **Jay Hildreth** def. Levi Smeltzer Fall 4:10  
149 **Josh Howk** def. Michael Griffith Fall :53  
157 **Jacob D. Horn** def. Jordan Shields 6-0  
165 **Tad Merritt** def. Josh SHields Fall :55  
174 **Shamus O'Grady** def. August Mizia 7-2  
184 **Derek Skala** def. Pat Carter 18-5  
197 **Mic Berg** def. Chaz Sheaffer Fall :43  
Hwt **Jacob Kahnke** def. Fred Hale Fall 3:22

St. Cloud State 33, 18th Ranked Colorado Mesa 6

125 **Eric Forde** def. Park Overmiller 13-2  
133 Tyler Nelson def. **Zach Stewart** 13-6  
141 James Martinez def. **Matt Leibforth** 7-1  
149 **Josh Howk** def. Trevor Donarski Fall 2:49  
157 **Jacob D. Horn** def. Jon Gappmaier 14-1  
165 **Tad Merritt** def. Dylan Granard Fall 2:13  
174 **Kurt Salmen** def. Zak Sloten 3-2  
184 **Derek Skala** def. Nick Petersen 17-3  
197 **Luke Munkelwitz** def. Jordan Passehl 7-2  
Hwt **Caleb White** def. Paco Retana 6-4

St. Cloud State 42, 5th Ranked Grand Canyon 9

125 Kyle McCrite def. **Dylan Wright** 8-3  
133 **Andy Pokorny** def. Lino Estrada Fall :54  
141 **Jay Hildreth** def. David Makara Forfeit  
149 Bobby Ward def. **Josh Howk** Fall 1:21  
157 **Jacob D. Horn** def. Ted Bristol 6-1  
165 **Tad Merritt** def. Justin Martin Fall 5:49  
174 **Shamus O'Grady** def. Victor Carazo Fall 3:49  
184 **Derek Skala** def. Brett Sanchez Fall 6:48  
197 **Luke Munkelwitz** def. Celic Bell 4-1  
Hwt **Jacob Kahnke** def. Eric Fan Fall 1:19

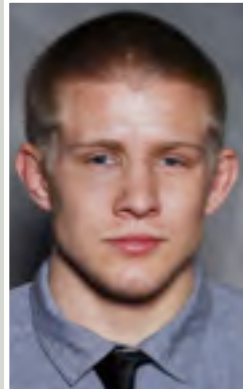


## Ridgewater Open

The St. Cloud State Husky Wrestling Team competed at the Ridgewater Open Tournament January 7th in Willmar MN. 8 of the 15 wrestlers that represented the St. Cloud State wrestling team came home with top 4 finishes.



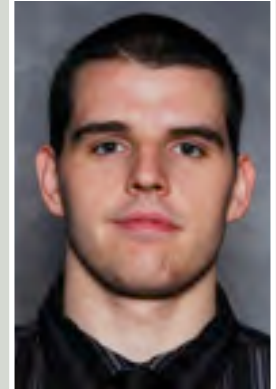
Matt Nelson



Jack Barnes



Trey Griffin



Chris Brassell

Matt Nelson won the 141 pound division with a perfect 3-0 record for the day

Jared Kust placed 2nd at 141 pounds going 2-1 on the day

Brady Johnshoy placed 4th at 149 pounds going 2-2 on the day

Clint Poster placed 2nd at 157 pounds going 3-1 on the day

Jack Barnes won the 174 pound division with a perfect 4-0 record for the day

Trey Griffin won the 184 pound division posting a perfect 3-0 record

Chris Brassell won the 197 pound division with a perfect 4-0 record

Shaun Little placed 2nd at Hwt. going 2-1 on the day



# St. Cloud State – Wrestling Military Appreciation Night

*Show military ID for FREE admission.*

**Thursday, Feb. 2nd, 2012**  
**SCSU vs. St. John's**  
**7:00 p.m.**



\* Honoring the military, the Huskies will be competing in camouflage singlets with the SCSU logo on the front and the American flag in the shape of the State of Minnesota on the back. Singlets will be auctioned off following competition with proceeds going to a non-profit military charity.

\* St. Cloud State ROTC Color Guard will present the flag during the National Anthem.

\* The first 100 fans through the door will receive a free stainless steel water bottle.



\* T-Shirts thrown into the crowd for each Takedown a Husky wrestler gets during the competition.

\* Two former Husky wrestlers currently serving in the military will be honored during intermission.

## Schedule

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
<b>Nov 4 (Fri)</b>	<b>Black/Red Classic</b>	<b>Home</b>	<b>7 p.m.</b>
Nov 6 (Sun)	at Daktronics Open	Brookings, SD	9 a.m.
Nov 13 (Sun)	at Harold Nichols Open	Ames, IA	9 a.m.
Nov 19 (Sat)	at Finn Grineker Open	Moorhead, MN	9 a.m.
Dec 3 (Sat)	at La Crosse Duals	La Crosse, WI	<a href="#">SC 49, Waldorf 0</a> <a href="#">SC 29, UWSP 9</a> <a href="#">SC 29, UWL 7</a>
<b>Dec 10 (Sat)</b>	<b>Holiday Inn/Husky Open</b>	<b>Home</b>	9 a.m.
Dec. 31 (Sat)	at Grand Canyon Duals Cal Baptist (9 a.m.) Colorado Mesa (11 a.m.) Mercyhurst (1 p.m.) Grand Canyon (5 p.m.)	Phoenix, AZ	9 a.m.
Jan 7-8 (Sat/Sun)	at NWCA National Duals	Springfield, IL	TBA
Jan 13 (Fri)	at Northern State*	Aberdeen, SD	7 p.m.
Jan 14 (Sat)	at University of Mary*	Bismarck, ND	2 p.m.
<b>Jan. 18 (Wed)</b>	<b>UW-Eau Claire</b> <i>(please note this match was originally scheduled for Feb. 7)</i>	<b>Home</b>	<b>7:30 p.m.,</b>
Jan 20 (Fri)	at Concordia College	Moorhead, MN	7 p.m.
Jan 21 (Sat)	at MSU, Moorhead*	Moorhead, MN	2 p.m.
<b>Jan 27 (Fri)</b>	<b>Augustana College*</b>	<b>Home</b>	<b>7 p.m.</b>
Jan 28 (Sat)	vs. Southwest Minnesota State*	Canby, MN	7 p.m.
<b>Feb 2 (Thur)</b>	<b>St. Johns University</b>	<b>Home</b>	<b>7 p.m.</b>
<b>Feb12 (Sun)</b>	<b>Upper Iowa*</b>	<b>Home</b>	<b>2 p.m.</b>
Feb 16 (Thur)	at Minnesota State*	Mankato, MN	7 p.m.
<b>Feb 26 (Sun)</b>	<b>Regional Championships</b>	<b>Home</b>	<b>10 a.m.</b>
Mar 9-10 (Fri/Sat)	NCAA Championships	Pueblo, Colo.	TBA

# Head Wrestling Coach

Steve Costanzo will begin his 6th season as head coach at St. Cloud State in 2011-12. He is the 13th coach in the history of the St. Cloud State University wrestling program, which dates back to 1949-50.

Costanzo begins his 13th season overall as a college head coach. He has a career record of 119-53-2 while coaching 106 National Qualifiers, 47 All-Americans, 3 National Champions and 46 NWCA All-Academic recipients. His overall record at SCSU currently stands at 58-23

In 2010-11, SCSU enjoyed one of its best seasons in team history. The Huskies placed second in the nation at the 2011 NCAA Division II championships, won the 2011 NCAA Division II Super Region #3 title and set a team record with a 19-2 dual meet record in 2010-11. Coach Costanzo was named the 2011 NCAA Division II Coach of the Year and senior wrestler John Sundgren won a national title at 157-pounds for the Huskies. Costanzo was also named the 2011 NSIC Coach of the Year.

The second place national finish was the highest national tournament finish for the Huskies in team history, and the Huskies also posted a solid third place finish at the elite NWCA National Duals in 2011.

In 2009-10, SCSU posted a 14-7 overall record and placed 7th in the nation at the NCAA Division II championships. At the 2010 NCAA Super Regional, the Huskies placed 2nd and SCSU also placed third in the NSIC race at 5-2 in 2009-10. SCSU advanced eight grapplers to the NCAA finals in 2010, and they also saw four of those athletes earn All-

American status in 2010. This marked SCSU's best national finish since 1983.

In 2008-09, Costanzo's Huskies finished their campaign with an 8-5 (5-2 NSIC) mark. The Huskies also advanced eight wrestlers to the NCAA Division II Championships and they saw three of those wrestlers earn All-American status. At the 2009 NCAA Division II Championships, SCSU placed 8th as a team.

In 2006, Costanzo led Dana College to the NAIA National Championship (with a tourney record 193 points) and a NWCA National Duals Championship. His squads while at Dana College won Great Plains Athletic Conference titles in 2003, 2004, 2005 and 2006. In addition, his teams claimed Regional Championships in 2001, 2002, 2005 and 2006. The Vikings finished with top 10 finishes at the NAIA National Championships in 2004, 2005 and 2006.

Costanzo's student-athletes have enjoyed success off the mat as well. In the last four seasons, his wrestling teams have recorded top-20 grade point averages nationally - as recorded by the NAIA and NCAA Division II National Wrestling Coaches Association. In 2005-06, while at Dana College, his team finished in 2nd place with a team grade point average of a 3.175. In 2006-07, his SCSU wrestler's finished in 14th place with a GPA of 3.029. In 2007-08, the Huskies finished in 8th place with a GPA of 3.219. In 2008-09, the Huskies finished in 19th place. During the 2009-10 campaign, the SCSU Huskies finished **2nd in the nation** among DII teams with a team GPA of 3.354. In 2010-11, SCSU ranked 12th in the nation with a team GPA of 3.154.

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In 2003, Costanzo was credited with the NAIA Robert Bubb Coaching Excellence Award which

epitomizes the qualities and characteristics of a role model and mentor for developing young student-athletes.

In 2005, he served as the NWCA All-Star team coach at Oklahoma State University. Costanzo received the NWCA and NAIA Coach of the Year honors in 2006, and gained NAIA Regional Coach of the Year accolades in 2005 and 2006.

Costanzo was a three-time NCAA Division II All-American and two-time North Central Conference champion for the University of Nebraska-Omaha. He placed seventh in 1993,

third in 1994 and third in 1995 at the NCAA Championships. Costanzo was named native Nebraskan Collegiate Wrestler of the Year in 1994.

He currently ranks as high as seventh on UNO's all-time win list with 133 career victories as a collegiate wrestler. For his wrestling accomplishments as a student-athlete, Costanzo was inducted into the 2006 NSWCA - Nebraska Scholastic Wrestling Coaches Association Hall of Fame.

A native of Bennington, Nebraska, Costanzo has a bachelor's degree in Physical Education from the University of Nebraska at Omaha and a master's degree in Health, Physical Education, and Recreation from Emporia State University. He and his wife Nancy have five children: Cassandra, Sam, Katie, Brock and Lacey.