

## Best 2008 High School

# ALL-CLASS RANKINGS



By Dan Fickel,  
National Editor

2007 Cadet Freestyle Nationals - 130 lbs. Joshua Franklin (Indiana) scoring points with a gut wrench on David Tucker (Michigan). Franklin decided Tucker; 5-0, 4-2. Photo by Charles T. Bennett.



**E**ditor's Note: Here are rankings of the Nation's Best 2008 High School Wrestlers as of 11-27-07. These rankings represent wrestlers regardless of year in school. Six factors were considered in determining these rankings. They include: (1) accomplishments at the state high school championships (folkstyle) (2) National Junior Freestyle and Greco-Roman success (3) Cadet National Placement (4) performances at prestigious high school tournaments (5) information from coaches and parents (6) state from which nominees hail. Weights are projected and subject to change. An update will be forthcoming. Please send credentials, projected weights for this season, and color head-shot photos of any listed or deserving wrestlers to: Dan Fickel, *Wrestling USA Magazine*, 10757 Woodrun Drive, Strongsville, OH; 44136. E-mail: dfickel@netlink.net

### 103

1. Mark Rappo, 12, (Council Rock South, PA)
2. Hunter Stieber, 9, (Monroeville, OH)
3. Jesse Thielke, 9, (Germantown, WI)
4. Gus Sako, 9, (St. Edward, OH)
5. Sean Boylan, 10, (St. Mark's, DE)
6. Max Nowry, 12, (Wheeling, IL)
7. Ryan Mango, 11, (Whitfield School, MO)
8. A.J. Valles, 10, (Selma, CA)
9. Cody Pack, 10, (Quincy, CA)
10. Frank Martellotti, 10, (Shady Side Academy, PA)
11. Sharky Slyter, 11, (Paola, KS)
12. Joe Colon, 11, (Clear Lake, IA)
13. Simon Rice, 11, (Central Dauphin, PA)
14. A.J. Schopp, 10, (Tyrone, PA)
15. Nick Burnham, 11, (Black Hills, WA)
16. Nico Megaludis, 9, (Franklin Regional, PA)
17. Cody Ruggirello, 10, (Valley Central, NY)
18. Devin Carter, 10, (Christiansburg, VA)
19. Eric Devos, 8, (Apple Valley, MN)
20. Jerry Huff, 10, (Broomfield, CO)
21. Cameron Throckmorton, 9, (Southwestern, PA)
22. Rob Deutsch, 9, (Cherry Hill, NJ)
23. Johnni DiJulius, 9, (Walsh Jesuit, OH)
24. Dustin Stodola, 11, (Schuyler, NE)
25. Zach Cottle, 11, (Omaha Skutt, NE)
26. Tyler Stokes, 11, (Gardner-Edgerton, KS)
27. Steven Keith, 11, (Shoreham-Wading River, NY)
28. Drew Fleming, 10, (Mayer Lutheran, MN)
29. Tommy Sicialano, 10, (Newberg, OR)
- 30T. Sean Trampe, 12, (Ord, NE)
- 30T. Alex Kostenborder, 11, (Sprague, OR)
- 30T. Frank Goodwin, 10, (Mount St. Joseph, MD)

### 112

1. David Taylor, 11, (St. Paris Graham, OH)
2. Sam White, 11, (Massillon Perry, OH)
3. B.J. Futrell, 12, (Chicago Mt. Carmel, IL)
4. Alan Waters, 10, (Park Hill, MO)
5. Jamie Clark, 10, (St. Edward, OH)
6. Shane Young, 11, (Penn Trafford, PA)
7. David Thorn, 11, (St. Michael-Albert-ville, MN)
8. Steve Mitcheff, 12, (Elyria, OH)
9. Camden Eppert, 11, (Anderson- Highland, IN)
10. Gilbert Camacho, 11, (Washington-Union, CA)
11. Jesse Delgado, 10, (Gilroy, CA)
12. Willie Gunter, 12, (Midwest City, OK)
13. Sean Boyle, 11, (Blair Academy, NJ)

14. Nick Schenk, 10, (McDonogh, MD)
15. Frank Cagnina, 10, (Queen of Peace, NJ)
16. Dylan Ness, 10, (Bloomington-Kennedy, MN)
17. Jerome Robinson, 10, (St. Ignatius, OH)
18. George Ivanov, 12, (Lewis Central, IA)
19. Tyler Cox, 11, (Campbell County, WY)
20. Efrain Aguilar, 10, (Graham-Kapowsin, WA)
21. Mitchell Port, 10, (Bellefonte, PA)
22. Casey Lanave, 9, (Chenango Forks, NY)
23. Sean Dolan, 10, (St. Mark's, DE)
24. Keith Surber, 10, (O'Fallon, IL)
25. Simon Kitzis, 10, (Wyoming Seminary, PA)
26. Cam Tessari, 9, (Monroeville, OH)
27. Kyle Waldo, 11, (Rockford, MI)
28. Jarrod Patterson, 11, (Cushing, OK)
29. Shane Gentry, 11, (Colonial Forge, VA)
- 30T. Schuyler Swanton, 12, (Springstead, FL)
- 30T. Chad Thornack, 11, (San Jacinto, CA)
- 30T. Ryak Finch, 10, (Safford, AZ)
- 30T. Jacob Kaufman, 10, (Newberg, OR)

### 119

1. Logan Stieber, 10, (Monroeville, OH)
2. Andrew Long, 12, (Creston, IA)
3. Chris Villalonga, 10, (Blair Academy, NJ)
4. Jon Morrison, 11, (Carl Sandburg, IL)
5. Ben Sergent, 12, (Troy Christian, OH)
6. Eric Spjut, 11, (The Woodlands, TX)
7. Thomas Williams, 12, (South Hills, CA)
8. Patrick Hunter, 12, (St. Benedicts, NJ)
9. Kegan Handlovic, 12, (Easton, PA)
10. Mitchell Lofstedt, 12, (Roseburg, OR)
11. Ladd Rupp, 11, (Perry, OK)
12. Ryan Jauch, 12, (Crystal Lake Central, IL)
13. Justin Forrest, 12, (Raymore-Peculiar, MO)
14. Cody Garbrandt, 10, (Claymont, OH)
15. Kyle Dake, 11, (Lansing, NY)
16. Brock LiVorio, 12, (Kiski Prep, PA)
17. Troy Opfer, 12, (Sandusky St. Mary, OH)
18. Joe Langel, 12, (Howell, NJ)

2007 Cadet Freestyle Nationals - 84 lbs. Cody Phillips (Indiana) working a double leg takedown on Nick Clobes (Minnesota). Phillips decisioned Clobes; 1-0, 1-0. Photo by Charles T. Bennett.



19. Zach Neibert, 11, (St. Paris Graham, OH)
20. Michael Garafolo, 11, (Colonial Forge, VA)
21. Justin Solberg, 12, (Wahpeton, ND)
22. Nico Cortese, 12, (Hempfield, PA)
23. Bret Baumbach, 11, (Lewis Central, IA)
24. Josh Harper, 11, (Mishawaka, IN)
25. Bobby Wunnicke, 12, (Dodgeville, WI)
26. Bob Dabal, 12, (North Bergen, NJ)
27. David Klingsheim, 11, (Liberty-Brentwood, CA)
28. Nick Trizzino, 12, (Bettendorf, IA)
29. Angel Garcia, 12, (San Dimas, CA)
- 30T. Steven West, 12, (Oak Mountain, AL)
- 30T. Bart Reiter, 11, (Don Bosco, IA)
- 30T. Corey Mock, 11, (Chapel Hill, NC)
- 30T. Ryan Stahl, 10, (Elkhart Memorial, IN)

### 125

1. Nate Moore, 12, (Iowa City West, IA)
2. Eric Grajales, 11, (Brandon, FL)
3. Jordan Oliver, 12, (Easton, PA)
4. Brian Owen, 12, (University, WA)
5. Tony Ramos, 11, (Glenbard North, IL)
6. Ian Paddock, 11, (Warsaw, NY)
7. Matt McDonough, 12, (Linn-Mar, IA)
8. Joe Trause, 12, (Bergen Catholic, NJ)
9. Josh Kindig, 10, (Blue Mountain, PA)
10. Scotti Sentes, 12, (Riverdale, FL)
11. Destin McCauley, 9, (Apple Valley, MN)
12. Mac Bailey, 11, (Oak Park, MO)
13. Alex Bridgeford, 11, (Omaha Burke, NE)
14. Louis Trujillo, 10, (Rio Rancho, NM)

15. Nick Lester, 11, (Eureka, MO)
16. Caleb Vallotton, 12, (Foothill/Palo Cedro, CA)
17. Jeremy Goree, 11, (Tulsa East Central, OK)
18. Cole Von Ohlen, 12, (Jackson County Central, MN)
19. Kyle Bradley, 11, (Francis Howell Central, MO)
20. Derek Steeley, 11, (Broken Arrow, OK)
21. Nicky Gordon, 11, (Wyoming Seminary, PA)
22. Bradley Wisdom, 11, (Farmington, MO)
23. Ellis Coleman, 11, (Oak Park-River Forest, IL)
24. Chris Albright, 12, (Red Lion, PA)
25. Pete Rendini, 11, (Dundee, MI)
26. RaVaughn Perkins, 10, (Omaha North, NE)
27. Tyler Sackett, 12, (Omaha Skutt, NE)
28. Drew Partain, 12, (Broken Arrow, OK)
29. Bryan Pearsall, 12, (Warwick, PA)
- 30T. Jeremiah Edwards, 12, (Lawrence North, IN)
- 30T. Andrew Williams, 11, (Tabb, VA)
- 30T. Jacob Creed, 11, (Ragsdale, NC)
- 30T. Tucker Armstrong, 10, (St. Paris Graham, OH)

### 130

1. Tyler Graff, 12, (Loveland, CO)
2. Mark Weber, 12, (Goodrich, MI)
3. Jarrod Garnett, 12, (Caravel Academy, DE)
4. Mark Ballweg, 12, (Waverly-Shell Rock, IA)
5. Eric Galka, 12, (Hobart, IN)
6. Dylan Alton, 10, (Central Mountain, PA)
7. Brad Squire, 10, (Wadsworth, OH)
8. Ryan Fields, 12, (Lakota West, OH)
9. Daniel Kolodzik, 12, (Miami Valley, OH)
10. Lillashawn Coleman, 12, (Oak Park-River Forest, IL)
11. Colin Pearce, 12, (Kearney, MO)
12. Max Ortega, 11, (Rio Rancho, NM)
13. Kyle Lang, 11, (Brecksville, OH)
14. Josh Dzievia, 10, (Pennsbury, PA)
15. David Mang, 12, (Bradley Central, TN)
16. Dylan Carew, 11, (Iowa City West, IA)
17. Derek Garcia, 10, (Sedro-Woolley, WA)
18. Tom Kelliher, 12, (Apple Valley, MN)
19. Dalton Harper, 12, (Chesterfield, SC)
20. Jordan Shields, 12, (Burrell, PA)
21. Jimmy Chase, 11, (Glenbard North, IL)
22. Chad Frankhouser, 12, (Indian Valley, PA)
23. Nick Sulzer, 10, (St. Edward, OH)
24. Anthony Luma, 11, (Egg Harbor Twp., NJ)
25. Jeremy Sandoval, 11, (Colleyville Heri-tage, TX)
26. Brian Stephens, 11, (St. Paris Graham, OH)
27. Steve Dutton, 10, (Hauppauge, NY)
28. Adam Heimer, 11, (Lincoln-Way Central, IL)
29. Kyle West, 11, (Oak Ridge, CA)
- 30T. Tyler Kottas, 12, (Omaha Skutt, NE)
- 30T. Bryan Mejstrick, 11, (Howells, NE)
- 30T. Cameron Kelly, 11, (Clovis, CA)
- 30T. Brandon Wilbourn, 10, (Francis Howell Central, MO)
- 30T. Jeremy Davenport, 9, (Sallisaw, OK)

### 135

1. Collin Palmer, 11, (St. Edward, OH)
2. Colin Johnston, 12, (Canon-McMillan, PA)
3. Andrew Alton, 10, (Cent. Mountain, PA)
4. Nick Hucke, 12, (Arrowhead, WI)
5. R.J. Pena, 11, (Sprague, OR)
6. Ken Courts, 9, (Central Dauphin, PA)

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2007 Cadet Freestyle Nationals - 152 lbs. Cameron Vlahos (Indiana) trying to come out the back door on Corey Lockwood (Missouri). Vlahos decisioned Lockwood; 1-4, 6-0, 1-0. Photo by Charles T. Bennett.

7. Ben Morgan, 10, (Catoosa, OK)
8. Matt Bryan, 12, (Broken Arrow, OK)
9. Tyler Caldwell, 11, (Crater, OR)
10. Bobby Ward, 12, (Nazareth, PA)
11. Lee Munster, 10, (Grant, IL)
12. Nick Moore, 10, (Iowa City West, IA)
13. Marshall Koethe, 12, (Akron-Westfield, IA)
14. Tico Baez, 12, (South Dade, FL)
15. Joe Pantaleo, 12, (Colonial Forge, VA)
16. Josh Kratovil, 12, (Lincoln-Way Central, IL)
17. Jacob Earp, 12, (Watauga, NC)
18. Carson Fields, 12, (Parkview, GA)
19. Chase Skonieczny, 12, (Walsh Jesuit, OH)
20. Mike Nevinger, 11, (Letchworth, NY)
21. Dusty Walraven, 12, (Huron, SD)
22. Shane Strumwasser, 12, (Massapequa, NY)
23. Kendall Albert, 12, (Peachtree Ridge, GA)
24. Keaton Thompson, 12, (Vestavia Hills, AL)
25. Quinton Cottle, 12, (Omaha Skutt, NE)
26. Joey Wolfrum, 12, (Fort Zumwalt W., MO)
27. Taylor Crane, 12, (Rock Bridge, MO)
28. Randall Watts, 12, (El Diamante, CA)
29. Derek Schreiner, 12, (Wayzata, MN)
- 30T. Bobby Shanor, 12, (Moorhead, NC)
- 30T. Jeff Bybee, 12, (Illinois Valley Cent., IL)
- 30T. Bobby Barnhisel, 11, (Fenwick, IL)
- 30T. Joseph Parra, 11, (Barberton, OH)
- 30T. Hank Stinson, 10, (Eastern, NJ)

**140**

1. Jason Chamberlain, 12, (Springville, UT)
2. Craig Wilson, 12, (Farmington, MO)
3. Trevor Melde, 12, (Delbarton, NJ)
4. Seth Easter, 12, (Nitro, WV)
5. Marshall Peppelman, 10, (Central Dau-phin, PA)
6. C.J. Napier, 11, (Columbus, KS)
7. Jon Burns, 12, (Cardinal Gibbons, NC)

8. Matt Mincey, 12, (Apple Valley, MN)
9. Dylan Joiner, 12, (Oak Park, MO)
10. Cole Schmidt, 12, (New Glarus, WI)
11. Aldon Isenberg, 12, (Gardner-Edgerton, KS)
12. Richie Spicel, 12, (Brunswick, OH)
13. Pete Yates, 12, (Salem, GA)
14. Kendrick Sanders, 11, (South Dade, FL)
15. Zachary Clemente, 11, (LaSalle Institute, NY)
16. Jared Hatley, 12, (Torrington, WY)
17. Derek St. John, 11, (Iowa City West, IA)
18. Alec Hoffman, 12, (Davenport North, IA)
19. Aaron Sulzer, 12, (Holy Name, OH)
20. Ryan Kemmerer, 11, (Upper Perkiomen, PA)
21. John Guzzo, 9, (Blair Academy, NJ)
22. Greg Amos, 10, (Wentzville Holt, MO)
23. Tony Valek, 12, (Scott West, MN)
24. Matt Brown, 12, (Cypress, UT)
25. Justin Koren, 12, (Cary, NC)
26. Tanner Eitel, 10, (Bishop Lynch, TX)
27. Jonah Cruz, 11, (Bakersfield, CA)
28. David Watts, 12, (El Diamante, CA)
29. Trey Bertram, 12, (Hastings, MN)
- 30T. Theran Goodale, 12, (Osage, IA)
- 30T. Jacob Morris, 11, (Oregon City, OR)
- 30T. Matt Stephens, 9, (St. Paris Graham, OH)

**145**

1. Michael Mangrum, 12, (Auburn Riverside, WA)
2. Jacob Dietchler, 12, (Anoka, MN)
3. Tony Jameson, 12, (Austintown-Fitch, OH)
4. Walt Peppelman, 12, (Central Dauphin, PA)

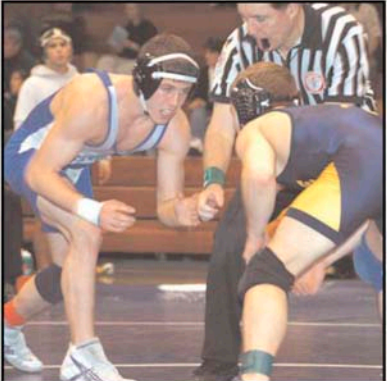
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**COMPETE ON A HIGHER LEVEL  
ON AND OFF THE MATS**

5. Ben Jordan, 12, (St. Paris Graham, OH)
6. Torey Stewart, 12, (Jackson County Central, MN)
7. Don Vinson, 12, (Whitney Point, NY)
8. Brandon Rolnick, 10, (Lawrenceville, NJ)
9. Vince Ramos, 12, (Glenbard North, IL)
10. David Habat, 10, (St. Ignatius, OH)
11. Brock Gutches, 11, (Crater, OR)
12. Zac Toal, 11, (Troy Christian, OH)
13. Kalvin York, 11, (Belleville, WI)
14. Mallie Shuster, 12, (Big Spring, PA)
15. Jim Duffy, 12, (Neuqua Valley, IL)
16. Cody Compton, 11, (North County, MO)
17. Jesse Dong, 12, (Westerville North, OH)
18. Joshua Wiseman, 12, (Champlin Park, MN)
19. Zac Cibula, 12, (Luxemburg-Casco, WI)
20. Tony Dallago, 11, (Central Dauphin, PA)
21. James Fleming, 11, (West Mifflin, PA)
22. Travis Rasmussen, 12, (Bakersfield, CA)
23. Joe Booth, 12, (Luhi, NY)
24. Dirk Cowburn, 10, (Coudersport, PA)
25. Ryan Konz, 12, (Franklin, TN)
26. Geoff Doss, 12, (Los Gatos, CA)
27. Tyler Sheridan, 11, (De La Salle, CA)
28. Ron Majerus, 12, (Mexico, NY)
29. Andrew Gasber, 11, (St. Edward, OH)
- 30T. Rich Dehnz, 12, (Palmetto Ridge, FL)
- 30T. Brendon Parker-Risk, 12, (Cary, NC)
- 30T. Jim Sheptock, 11, (Northampton, PA)
- 30T. Jamal Lyons, 10, (Erie Prep, PA)

### 152

1. Mario Mason, 12, (Blair Academy, NJ)
2. Andrew Howe, 12, (Hanover Central, IN)
3. Alex Meade, 12, (Caesar Rodney, DE)
4. Jacob Salazar, 12, (Wasatch, UT)

5. Coby Boyd, 12, (St. Paris Graham, OH)
6. Jedd Moore, 12, (Marion Pleasant, OH)
7. Nick Menditto, 12, (Ocean Township, NJ)
8. Dallas Bailey, 11, (Catoosa, OK)
9. Anthony Meza, 12, (Vista, CA)
10. Austin Meys, 11, (Shenendehowa, NY)
11. Keith Hynson, 12, (William Penn, DE)
12. Steve Bosak, 12, (State College, PA)
13. Kyle Detmer, 11, (Bishop Carroll, KS)
14. Chris Urquizo, 11, (Merced, CA)
15. Joey Sheridan, 11, (Tulsa Union, OK)
16. Vinny Maraj, 12, (Yucca Valley, CA)
17. Chase Cuthbertson, 12, (Scottsboro, AL)
18. Steve Zimmerman, 12, (Chicago St. Rita, IL)
19. Trent Weatherman, 11, (Ballard, IA)
20. Preston Kieffer, 10, (Eastern, NJ)
21. Shane Milam, 11, (McDonogh, MD)
22. Zach Mastro, 12, (Palmetto Ridge, FL)
23. Ray Hall, 12, (Oak Park, MO)
24. James Cook, 10, (Clovis West, CA)
25. Ronnie Tetreault, 12, (Ludlow, MA)
26. Michael Moreno, 10, (Urbandale, IA)
27. Kirk Tank, 12, (Oak Harbor, OH)
28. Ryan Black, 12, (Warrensburg, NY)
29. George Bancroft, 12, (Jupiter Christian, FL)
- 30T. Dustin Deckard, 12, (Pennsville, NJ)
- 30T. Trey Edmonds, 12, (Damonte Ranch, NV)
- 30T. Craig Kelliher, 11, (Apple Valley, MN)
- 30T. Taylor Meeks, 10, (Orting, WA)
- 30T. Victor Ascencio, 9, (McCaskey, PA)

### 160

1. Jason Welch, 12, (Las Lomas, CA)
2. Conrad Polz, 12, (Carl Sandburg, IL)
3. Eric Cubberly, 12, (Pemberville Eastwood, OH)
4. Scott Winston, 12, (Jackson Memorial, NJ)
5. Bryan Boume, 12, (Spencerport, NY)
6. Alec Ortiz, 11, (Newberg, OR)
7. Eric Jones, 12, (Auburn Riverside, WA)
8. Eric Starks, 12, (Battle Ground, WA)
9. Travis Rutt, 12, (Jackson Cty. Central, MN)
10. Johnny Koepp, 12, (Bishop Lynch, TX)
11. Tyler Koehn, 12, (Pittsburg, KS)
12. Steve Wilson, 12, (Marion Pleasant, OH)
13. Jared King, 12, (Great Bridge, VA)
14. Josh Condon, 12, (Harrison, GA)
15. Sam Rakes, 12, (Christiansburg, VA)
16. Kyle Cuthbertson, 12, (Scottsboro, AL)
17. Brian Reynolds, 12, (Prov. Catholic, IL)
18. Ethen Loffhouse, 11, (Mountain Crest, UT)
19. Clarence Neely, 12, (Blue Springs, MO)
20. Jared Kusar, 12, (CVCA, OH)
21. Riley Kilroy, 10, (Padua, OH)
22. Tom Davies, 11, (Canton, SD)
23. Evan Knight, 10, (Urbandale, IA)
24. Danny Tolbert, 12, (Red Bank, TN)
25. Kaleb Evans, 12, (Orient-Macksburg, IA)
26. Alex Ortman, 12, (Bedford, MI)
27. Jon Fausey, 11, (Line Mountain, PA)
28. Ben Proviser, 11, (Stevens Point, WI)
29. Kramer Whitelaw, 12, (McDonogh, MD)
- 30T. Jeremy Garvin, 12, (Iowa City West, IA)
- 30T. Ryan LeBlanc, 11, (Morrisville-Eaton, NY)
- 30T. Dan Seidenberg, 11, (Raritan, NJ)
- 30T. Matt Dwyer, 10, (Hononegah, IL)



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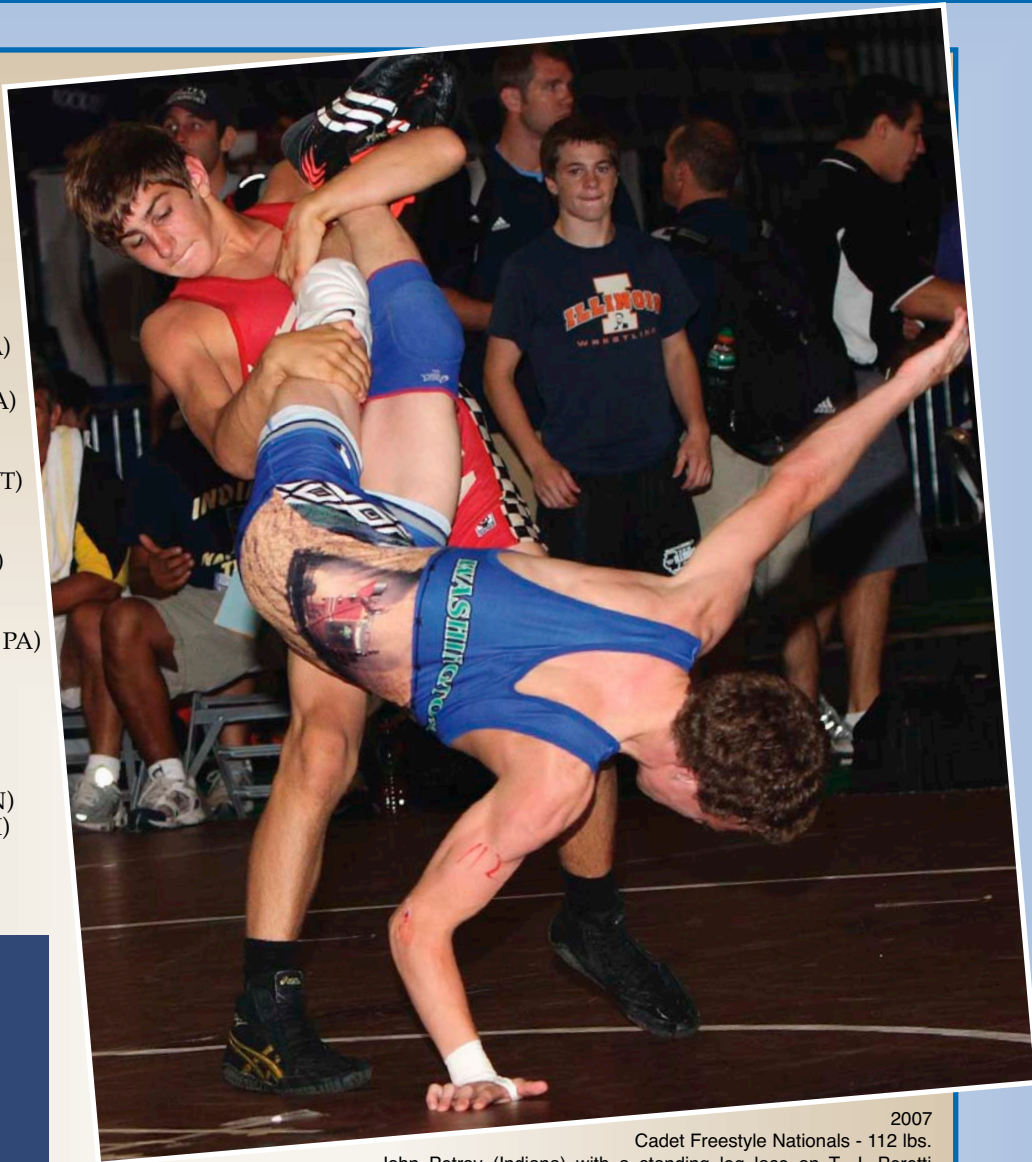
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### 171

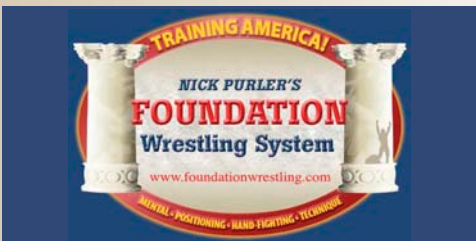
1. Quentin Wright, 12, (Bald Eagle Area, PA)
2. Brian Roddy, 12, (St. Edward, OH)
3. Grant Gambrell, 12, (Iowa City West, IA)
4. Cody Yohn, 12, (Alamosa, CO)
5. Jordan Blanton, 12, (Richmond-Burt, IL)
6. Ben Bennett, 12, (Rockford, MI)
7. Hunter Meys, 12, (Shenendehowa, NY)
8. Chris Phillips, 9, (Monroeville, OH)
9. Corey Peltier, 12, (Blair Academy, NJ)
10. Dylan Wrage, 12, (Waverly-Shell Rock, IA)
11. Brendan Ard, 11, (Watchung Hills, NJ)
12. Andrew Clement, 11, (Christiansburg, VA)
13. Ryan DesRoches, 12, (Chattaroy Riverside, WA)
14. Robert Hamlin, 12, (Mount Mansfield, VT)
15. Boaz Beard, 11, (Goddard, KS)
16. Ty Vinson, 12, (Great Falls, MT)
17. Nick Mills, 11, (University School, OH)
18. Lance Bryson, 12, (Upper Gallatin, PA)
19. Jacob Burge, 12, (Mason, MI)
20. Edward Ruth, 11, (Susquehanna Twp., PA)
21. Tito Pica, 12, (De La Salle, CA)
22. Ryan Kocer, 12, (Wagner, SD)
23. Derrick Adams, 12, (Oologah, OK)
24. Dan Rinaldi, 12, (Lodi, NJ)
25. Keith Witt, 12, (Oak Harbor, OH)
26. Cooper Samuels, 12, (Floyd Central, IN)
27. Don Medina, 12, (Espanola Valley, NM)
28. Scott Boner, 12, (Douglas, WY)
29. Ryan Konrath, 12, (Jimtown, IN)



2007

Cadet Freestyle Nationals - 112 lbs.

John Petrov (Indiana) with a standing leg lacer on T. J. Peretti (Washington). Petrov decided Peretti; 6-0, 3-1. Photo by Charles T. Bennett.



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#### PILLAR #1 MENTAL

It has often been said that wrestling is 90% mental, but only a handful have taken the time or figured out how to teach their wrestlers to perform. I have diagnosed THREE areas / obstacles that hinder the performance of all wrestlers and will share with you my strategies on how to clear these hurdles. These skills are taught and provided in booklet format for wrestlers to study and coaches to use with their athletes.

#### PILLAR #2 POSITIONING

If you've ever watched high-level NCAA or Olympic wrestling, you have probably noticed how low-scoring the matches are. This is because of each wrestler's SOLID positioning skills. You will learn the 5 key 'power positions' and the drills to teach them. Big matches are won with Positioning. Always have been... always will be.

#### PILLAR #3 HAND-FIGHTING

Being aggressive in wrestling means attacking your opponent's wrestling stance...not shooting. At Foundation Wrestling, we do this 5 ways: PUSH / PULL / HIT / PICK / PASS. You will learn how to 'wear-and-tear' on your opponent with our hand-fighting skills and also learn how to implement hand-fighting into your workout rooms.

#### PILLAR #4 TECHNIQUE

The FOUNDATION SYSTEM to the technical side of wrestling revolves around CORE techniques in CORE areas of wrestling. I have done all the leg-work and provide you with a recipe of WHAT TO DRILL, HOW TO DRILL, and HOW TO TEACH IT. For example, there are many moves, but only a few that will work at an NCAA level. I will focus you on the BEST ways to score from a front head-lock, or a cross wrist position, etc. You will have a recipe of 'what' to do from the common positions in wrestling.



- 30T. Andy Symborski, 12, (Crown Point, IN)
- 30T. Cory Beaver, 12, (Littlestown, PA)
- 30T. Mario Gonzalez, 11, (West Aurora, IL)
- 30T. Sam Upham, 10, (East Marshall/GMG, IA)

### 189

1. Ryland Geiger, 12, (Scappoose, OR)
2. Chris Perry, 11, (Stillwater, OK)
3. Brent Haynes, 12, (Oak Park, MO)
4. Hunter Collins, 12, (Gilroy, CA)
5. Romero Cotton, 12, (Hutchinson, KS)
6. Louis Bland, 12, (Central Catholic, CA)
7. Eric Schmidtke, 12, (Aberdeen, WA)
8. Cody Magrum, 12, (Oak Harbor, OH)
9. Andy Thomas, 12, (Parkersburg, WV)
10. Josh Ihnen, 12, (Sheldon/South O'Brien, IA)
11. Vinny Ranauto, 12, (Caravel Academy, DE)
12. Zac Bennett, 11, (Westmont Hilltop, PA)
13. Nate Eachus, 12, (Hazleton, PA)
14. Max Huntley, 11, (Colonial Forge, VA)
15. Mac Mancuso, 11, (Holy Spirit, NJ)
16. Jonathan Becker, 11, (Bergen Catholic, NJ)
17. Scott Elliott, 12, (Arkansas City, KS)

18. Jake Kahnke, 12, (Prior Lake, MN)
19. L.J. Helbig, 12, (Mason, MI)
20. Joe Budi, 12, (Kaukauna, WI)
21. Andrew Tumlin, 11, (Harrison, OH)
22. Zack Benzio, 11, (Connellsville, PA)
23. Brandon Palik, 11, (Saucon Valley, PA)
24. Matt Wilps, 12, (Chartiers Valley, PA)
25. Nate Schiedel, 12, (Mumford, NY)
26. Anthony Clinton, 12, (Davie County, NC)
27. Jeremy Foster, 12, (Pemberville Eastwood, OH)
28. Ryan Loder, 11, (Granite Bay, CA)
29. Tyler Smith, 12, (Belvidere, NJ)
- 30T. Mike Salopek, 12, (Norwin, PA)
- 30T. Alfonso Hernandez, 12, (Blackfoot, ID)
- 30T. Reid Chivers, 11, (Lakeside, WA)
- 30T. Anthony Campalattano, 9, (Bound Brook, NJ)
- 30T. Michael McMullen, 10, (Wyoming Seminary, PA)

## 215

1. Tyrell Fortune, 12, (Parkrose, OR)
2. Rudi Burtschi, 12, (Oakdale, CA)
3. Travis Pettingill, 12, (Kearsley, MI)
4. Marcell Dubose, 12, (Highland Park, MI)
5. Adam Cogar, 12, (Barberton, OH)
6. Dillon Heesch, 12, (Southeast Webster, IA)
7. Joey McMullen, 11, (Wyoming Sem., PA)
8. Ben Aplan, 12, (Downers Grove, IL)
9. Tyson Yoder, 12, (Weatherford, OK)
10. Glen Carson, 11, (Southern, NJ)
11. George Malone, 12, (Riley, IN)
12. Kyle Caylor, 10, (Wichita Northwest, KS)
13. Andrew Wilson, 12, (East Anchorage, AK)
14. Byron Tate, 12, (Clinton, IA)
15. Matt Fisher, 12, (Sandusky Perkins, OH)
16. Jacob Scharbrough, 12, (Weiser, ID)
17. Joe Bach, 12, (Liberal, KS)
18. Stryker Lane, 11, (Nucla, CO)
19. Jesse Boyden, 12, (Brearley, NJ)
20. Jordan Enck, 12, (Manheim Central, PA)
21. Ken Altarec, 11, (LaSalle, NY)
22. Matt Gibson, 12, (Jesse Bethel, CA)
23. Josh Boger, 12, (Coalinga, CA)
24. Orlando Scales, 11, (Elder, OH)
25. Tony Nelson, 11, (Cambridge-Isanti, MN)
26. Pat Brinkman, 10, (New Ulm, MN)
27. Tyler Rasho, 12, (Uniontown Lake, OH)
28. Brian Schoene, 10, (Bakersfield, CA)
29. Cody Dauphin, 10, (El Reno, OK)
- 30T. Oney Snyder, 12, (Hillsboro, OH)
- 30T. Roger McCovey, 11, (Del Norte, CA)
- 30T. Josh Davis, 10, (Freehold, NJ)

## 285

1. Eric Thompson, 12, (Waverly-Sh. Rock, IA)
2. Garrett Goebel, 12, (Montini, IL)
3. Elijah Madison, 12, (Oak Park, MO)
4. Sam Mares, 12, (Champlin Park, MN)
5. Bubba Owens, 12, (Tillamook, OR)

6. Atticus Disney, 12, (Andover Central, KS)
7. Riley Reiff, 12, (Parkston, SD)
8. John Hiles, 12, (Columbus DeSales, OH)
9. Steve Andrus, 12, (Manhattan, KS)
10. Dustin Frederick, 12, (Ausable Valley, NY)
11. Ronald Coleman, 10, (Omaha North, NE)
12. Nick Cook, 12, (Farquier, VA)
13. Paul Snyder, 12, (Mt. Pleasant, PA)
14. Jonathen Zamora, 12, (Clovis, CA)
15. Chico Adams, 12, (Perry Meridian, IN)
16. Ziad Haddad, 12, (Bethlehem Catholic, PA)
17. Justin Haines, 12, (Connellsville, PA)
18. Trent Smith, 12, (Rancho Buena Vista, CA)
19. Randy Colling, 12, (Pioneer, NY)
20. Adam Walls, 11, (St. Paris Graham, OH)
21. Dustin Meloche, 12, (Oviedo, FL)
22. Jake Bruns, 12, (Fargo South, ND)
23. Duane Zlatnik, 12, (Rossville, KS)
24. Ryan Jackson, 12, (Brookville, VA)
25. Andrew Miller, 11, (Bassett, VA)
26. Joe Arthur, 11, (Bloomington North, IN)
27. Toby Erickson, 11, (Helena, MT)
28. Evan Craig, 10, (Abington Heights, PA)
29. Tim Saucedo, 12, (Northridge, CO)
- 30T. Matt Fairbrother, 12, (Murray, UT)
- 30T. Chris McMullin, 11, (Willard, MO)
- 30T. Ben Buzzelli, 10, (Wadsworth, OH)

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