



2006-07 WRESTLING
CENTRAL COLLEGE
PRESSBOOK





Founded –1853

Enrollment – 1,606

Affiliation – Reformed Church in America

President – Dr. David Roe

Membership – Iowa Intercollegiate Athletic Conference, National Collegiate Athletic Association, Division III

Founded in 1853, Central College is a four-year coeducational liberal arts college of the Reformed Church in America. Located 40 miles southeast of Des Moines, Central offers its 1,606 students learning opportunities not only on the Pella campus, but on branch campuses in London and Colchester, England; Merida, Yucatan, Mexico; Leiden, the Netherlands; and Carmarthen, Wales; and at study centers in Granada, Spain; Paris, France; and Vienna, Austria.

Central is a member of the National Collegiate Athletic Association, Division III, and the Iowa Intercollegiate Athletic Conference. Men compete in baseball, football, basketball, tennis, golf, wrestling, soccer, track and cross country while women compete in tennis, golf, track, softball, volleyball, cross country, soccer and basketball. Rugby is offered at the club level.

The A. N. Kuyper Athletics Complex

The A.N. Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), Ron and Joyce Schipper Stadium (1977), the cross country course (2005) the baseball and softball fields (1978), Ryerson Golf Practice Range (2002), tennis courts (1992), soccer field (2005) and the Ron Schipper Fitness Center (1999). The complex also includes practice and intramural softball diamonds and football fields. Golf meets are held at the Bos Landen Golf Resort, two miles southwest of the campus on Highway T-15.

Directory

Sports Information Director	Larry Happel
Office	(641) 628-5278
Home	(641) 628-2754
Cell	(641) 780-6118
Fax	(641) 628-5340
E-mail	sportsinfo@central.edu
Central athletics Web page	www.central.edu/athletics



ATHLETICS DEPT. STAFF

Athletics director	Al Dorenkamp
Special assistant to the athletics director	John Edwards
Director of intramurals and special events	Adam Stevens
Assistant dir. of intramurals	Dan Mason
Athletics office manager	Jeffy Schuring
Athletics secretary	Becky Cook
Head athletic trainer	Leslie Duinink
Assistant athletic trainer	Greg Gilmore
Assistant athletic trainer	Chris Viesselman
Athletic training education program director	John Roslien
Strength and conditioning/ Ron Schipper Fitness Center coordinator	Jake Anderson
Sports information director	Larry Happel

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Dennis Doyle, associate professor of communication studies
 Dr. Edmond Willis, professor of psychology
 Dr. Lori Witt, assistant professor of history

COACHING STAFF

Baseball	Adam Stevens
Assistant baseball	John Jaeger
Assistant baseball	Wade Van Vark
Basketball--Men's	Mike Boschee
Assistant basketball	Nic Nelson
Assistant basketball	Joe Steinkamp
Assistant basketball	Phil Hemming
Basketball--Women's	Natalie Nacic
Assistant basketball	Jerry Nikkel
Assistant basketball	Bret Grier
Cross country--Men's/women's	TBA
Assistant cross country	Stephen Fyfe
Assistant cross country	Jay Rhoten
Football	Jeff McMartin
Assistant football	Jeff Bollard—tight ends
Assistant football	Don De Waard—defensive coordinator/linebackers
Assistant football	Reid Evans—offensive line
Assistant football	Eric Jones--defensive line
Assistant football	Matt Paulsen—defensive backs
Assistant football	David Roe—kickers/punters
Assistant football	Jeff Sanger—stingers

Assistant football	Kevin Sanger—receivers
Assistant football	Jerry Southmayd—running backs
Assistant football	Travis Sterling—player development

Golf--Men's

Assistant golf	Charlie Estabrook
Assistant golf	Tom Linton
Assistant golf	Clint Brown

Golf--Women's

Jodee Schaben

Soccer--Men's

Assistant soccer	Garry Laidlaw
Assistant soccer	John Milligan
Assistant soccer	Tyre Holfetz
Assistant soccer	Chris Leyh

Soccer--Women's

Assistant soccer	Rick Burns
Assistant soccer	Kathryn Burns
Assistant soccer	Russell Goodman

Softball

Associate head softball	George Wares
Assistant softball	Alicia O'Brien
Assistant softball	Steph Anderson

Tennis--Men's/women's

Assistant women's tennis	Doug Stursma
Assistant women's tennis	Rod Braun
Assistant men's tennis	Tait Smock

Track and field--Men's/women's

Associate track and field	Kevin Sanger
Assistant track and field	Guy Mosher
Assistant track and field	Stephen Fyfe
Assistant track and field	Bryan George
Assistant track and field	Mike Marcinkowski
Assistant track and field	Eric Pingel
Assistant track and field	Jay Rhoten

Volleyball

Assistant volleyball	Kent Clayberg
Assistant volleyball	Emilio Mendoza
Assistant volleyball	Catie Brand
Assistant volleyball	Sunny Eighmy

Wrestling

Assistant wrestling	Eric Reed
Assistant wrestling	Kevin Azinger
Assistant wrestling	Rex Gray
Volunteer assistant	Matt Diehl

HEAD COACH DIRECTORY

(All phone numbers are 641 area code)

Name	Sport	E-mail	Office phone
Boschee, Mike	Men's basketball	boscheem@central.edu	628-5225
Burns, Rick	Women's soccer	burnsr@central.edu	628-5224
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Estabrook, Charlie	Men's golf	estabrookc@central.edu	628-7694
Laidlaw, Garry	Men's soccer	laidlawg@central.edu	628-5789
McMartin, Jeff	Football	mcmartinj@central.edu	628-7609
Nacic, Natalie	Women's basketball	nakicn@central.edu	628-7652
Reed, Eric	Wrestling	reede@central.edu	628-5422
Sanger, Kevin	Men's and women's track and field	sangerk@central.edu	628-7603
Schaben, Jodee	Women's golf	schabenj@central.edu	628-5591
Stevens, Adam	Baseball	stevensa@central.edu	628-5396
Stursma, Doug	Men's tennis	stursmad@central.edu	628-5194
Wares, George	Softball	waresg@central.edu	628-5195
TBA	Men's and women's cross country		

Fax numbers

Athletics department (641) 628-5356

Sports information office (641) 628-5340

Wrestling

2006-07 schedule

Date	Opponent	Location	Time
Nov. 11	Alumni meet (exhibition)	Pella	5 p.m.
Nov. 15	Truman St. (Mo.), Morningside	Pella	4 p.m.
Nov. 18	Augsburg Inv.	Minneapolis, Minn.	9 a.m.
Nov. 29	Coe	Pella	7 p.m.
Dec. 2	Simpson Inv.	Indianola	9 a.m.
Dec. 7	Augustana (Ill.) North Central (Ill.)	Rock Island, Ill.	6 p.m.
Dec. 9	Mike McCready Open	Fayette	9 a.m.
Dec. 19	*Desert Duals	Las Vegas, Nev.	9 a.m.+
Jan. 5-6	Cornell Inv.	Mt. Vernon	TBA
Jan. 13	Central Inv.	Pella	9 a.m.
Jan. 20	*Central Duals Augustana (Ill.) MacMurray (Ill.) William Penn Dubuque (Simpson, Wartburg also competing)	Pella	9 a.m.
Jan. 24	Wartburg	Waverly	7 p.m.
Jan. 27	*Iowa Conference Duals Buena Vista Cornell Luther Loras	Pella	8:30 a.m.
Feb. 3	Briar Cliff Inv.	Sioux City	9 a.m.
Feb. 7	Simpson	Indianola	7 p.m.
Feb. 15	Iowa Conference Tournament	Dubuque	10 a.m.
March 3-4	NCAA Division III Tournament	TBA	TBA

+(Mountain Standard Time)

*pairings and schedule TBA

WRESTLING QUICK FACTS

2004-05 dual record: 2-15

Iowa Conference finish: ninth place

NCAA Div. III finish: none

Starters lost: 4 (141-Nate Forsythe, 165 - Ross Patton; 184 - Josh Houston; 197 - Josh Porter)

Starters returning: 3 (149 - Ryan DeVriendt; 174 - Adam Foreman; 285 - Mark Trullinger)

Letterwinners lost/returning: 5/3

Eric Reed

Head coach

Eric Reed is in his third year as head wrestling coach at Central College.

Reed, a former Central assistant, previously served two years as the head wrestling coach and director of wellness at

Wabash College (Ind.), where he helped rebuild the program. Despite a roster with no seniors in 2003-04, Reed's Little Giants placed second at the Division III Midwest Regional, their highest team finish in 17 years, while posting a 9-8 dual meet record. His teams have compiled a 6-29 record in two seasons of rebuilding at Central.

A graduate of the Univ. of Wis.-La Crosse where he competed under former Central head coach Greg Lonning, Reed was a two-time Division III all-American, placing fifth at 150 pounds in 1992 as a sophomore. He was runner-up his senior season at 167 pounds. Reed was a two-time conference champion. The Eagles posted a 54-16 record during his career and Reed accumulated a 107-24-1 career record. He earned a master's degree from Wis.-La Crosse in 2000.

As an assistant coach at his alma mater from 1997-2000, Reed helped coach seven all-American wrestlers, including one national champion. The Eagles won three conference titles during his three years as assistant.

The Oskaloosa native spent two years as an assistant at Central from 2000-02. He was also an instructor in the exercise science department and served as coordinator in the federal Talent Search program on campus. While at Central, he continued his own wrestling career, competing for the Hawkeye Wrestling Club with former University of Iowa coach Dan Gable.

Kevin Azinger

Assistant coach

Kevin Azinger is in his 14th year as a member of the Central wrestling coaching staff.

A 1986 Central graduate, Azinger served for three seasons as an assistant before becoming head coach in 1989, holding that post for eight years and then returning as an assistant coach in 2004. He also has assisted with the wrestling program at Pella High School.

Azinger compiled a 98-54-3 record as Central's head coach, guiding the Dutch to three top-10 team finishes at the NCAA Division III tourney as well as the 1992 Iowa Conference championship, posting a 21-2-1 dual meet record that year.

He earned all-America honors while competing at Central, finishing third at the NCAA tourney at 150 pounds in 1986, racking up a school record 49 wins that season and a career mark of 109-36-2. Azinger was the 1985-86 team co-captain and the squad's MVP.

A former regional representative on the board of directors of the National Wrestling Coaches Association, Azinger is employed by Pella Corporation.

Rex Gray

Assistant coach

Rex Gray is in his third year as an assistant wrestling coach at Central. A 2004 Central graduate, Gray was a three-time letterwinner in football for the Dutch and a two-time wrestling letterwinner. Gray is an Osceola native and a Clarke High School graduate. He works for ING in Des Moines.

Matt Diehl

Assistant coach

Matt Diehl is in his 15th season as a member of the Central staff, now a volunteer assistant after serving as the program's head coach from 1996-2004.

A former all-American for the Dutch, Diehl is a 1987 Central graduate. He received a master's degree in exercise and sport science at the Univ. of Wis.-La Crosse, where he also spent a year as assistant coach. He compiled a 36-76-1 head coaching record at Central.

Prior to returning to Central in 1991, Diehl was head coach at Iowa Falls High School for two years and was a junior high coach in Audubon for two years.

Diehl, an Osceola native, was a two-time NCAA Division III qualifier at 118 pounds, earning all-America honors and winning an Iowa Conference title in 1987, helping the Dutch place eighth in the nation.

Student assistant

Tyler Cordts

Student manager

Lawrenza Bishop

2005-06 Central College results

Dual meet record: 2-15

Date	Opponent	Location	Result
Nov. 7	Truman St. (Mo.)	Kirksville, Mo.	L, 40-12
Nov. 15	Morningside	Sioux City	L, 34-6
Nov. 19	Augsburg Inv.	Minneapolis, Minn.	no team scores
Nov. 30	Coe	Cedar Rapids	L, 48-6
Dec. 3	Simpson Inv.	Indianola	12th of 14 teams
Dec. 8	Luther	Pella	L, 45-8
Dec. 10	Upper Iowa Open	Fayette	no team scores
Dec. 19	Desert Duals	Las Vegas, Nev.	
	Lakeland (Wis.)	Las Vegas, Nev.	L, 31-12
	Apprentice (Va.)	Las Vegas, Nev.	L, 30-12
	Ohio Northern	Las Vegas, Nev.	L, 39-6
	Menlo (Calif.)	Las Vegas, Nev.	W, 30-16
Jan. 7	Cornell Inv.	Mt. Vernon	tie, 14th of 17 teams
Jan. 11	Buena Vista	Storm Lake	L, 47-3
Jan. 14	Central Inv.	Pella	no team scores
Jan. 18	Loras	Dubuque	L, 46-3
Jan. 21	Central Duals	Pella	
	Augustana (Ill.)	Pella	L, 40-3
	St. John's (Minn.)	Pella	L, 39-15
	MacMurray (Ill.)	Pella	W, 39-24
Jan. 28	Iowa Conference Duals	Waverly	
	Wartburg	Waverly	L, 54-0
	Cornell	Waverly	L, 43-6
	Dubuque	Waverly	L, 44-4
Feb. 3-4	Wheaton Inv.	Wheaton, Ill.	25th of 30 teams
Feb. 8	Simpson	Pella	L, 39-6
Feb. 16	Iowa Conference tournament	Pella	9th

2005-06 individual records and results

Wt.	Name	Record	Tournament finishes, honors
125	Gary Zima	0-2	
125	Tyler Cordts	0-2	
133	Nate Forsythe	0-9	
149	Ryan DeVriendt	14-20	3rd, Gold Pool, Augsburg Open; 8th, Iowa Conference
157	Jon Clayberg	3-8	
165	Robert Baxter	6-21	
165	Ross Patton	14-14	2nd, Central Inv., 6th, Iowa Conference
174	Adam Foreman	6-17	
	Chris Starr	0-2	
184	Josh Houston	3-10	7th, Gold Pool, Augsburg Open
184	Matt Scott	1-20	
197	Josh Porter	28-14	5th, Gold Pool, Augsburg Open; 2nd, Simpson Open; 1st, Central Inv.; 7th, Iowa Conference
197	Ty Wheeler	1-4	
285	Brett Morris	6-11	
285	Mark Trullinger	5-15	8th, Iowa Conference

2005-06 tournament standings

Pete Willson Wheaton Invitational at Wheaton, Ill.

Feb. 3-4, 2006

1. Truman State (Mo.) 134.5; 2. tie, Heidelberg (Ohio), Wis.-La Crosse, Wis.-Parkside 128; 5. Indianapolis (Ind.) 97.5;
6. Ohio Northern 76.5; 7. Olivet (Mich.) 69.5; 8. Wis.-Whitewater 59; 9. Wabash (Ind.) 47.5; 10. Messiah (Pa.) 47.

Also: 25. Central 11.5. (30 teams total)

Iowa Conference tournament at Pella

Feb. 16, 2006

1. Wartburg 208; 2. Luther 131; 3. Loras 115; 4. Coe 101; 5. Simpson 94.5; 6. Dubuque 94; 7. Buena Vista 88.5; 8. Cornell 71.5; 9. Central 21.

Central's Individual Iowa Conference placewinners

149-Ryan DeVriendt, 8th
165-Ross Patton, 6th
197-Josh Porter, 7th
285-Mark Trullinger, 8th

2006-07 team awards

Most Valuable Wrestler Award - Josh Porter

Most Improved Wrestler Award - Robert Baxter

Most Valuable Freshman Award - Adam Foreman

2005-06 captains - Ryan De Vriendt, Josh Porter

School records

Most wins, season - Kevin Azinger, 49, 1985-86

Most wins, career - (tie)123, Jon McGovern, 1988-92, Jeremy Hendricks, 1998-2002

Highest winning percentage, season - .958, Jon McGovern, 1991-92 (46-2)

Most pins, season - 21, Jon McGovern, 1991-92

Most falls (pins and tech. falls), season - 24, Jon McGovern, 1991-92

Most pins, career - Steve Paris, 47, 1971-73

Fastest pin, dual - Bill Plein, :23, 1976-77

Fastest pin, tourney - Dave Daughton, :15, Cornell Invitational, 1980

Most near falls, season - Kevin Azinger, 78, 1985-86

Most takedowns, season - Kevin Azinger, 210, 1985-86

Most reversals, season - Tim Hackel, 57, 1986-87

Most points, dual - Dave Smith, 37, 1981

Most points, tourney - Bill Plein, 23, 1977-78

100 victory club

Jeremy Hendricks	123	1998-2002
Jon McGovern	123	1988-92
Chad Beck	113	1987-91
Kelly McGovern	111	1982-86
Bruce Kuennen	110	1989-93
Kevin Azinger	109	1982-86
Dale Lawrence	108	1981-85
Duane Lawrence	106	1981-85
Bryant Hancock	104	1980-84

Most wins, season - 22 (5 losses), 1990-91

Most consecutive wins - 20, Jan. 12, 1991-Jan. 11, 1992

Highest winning percentage (minimum 10 matches) - .895, 1991-92, (21-2-1)

Most pins, season - 123, 1985-86

Most match wins, season - 314, 1985-86

Season records

Year	Record	NCAA finish	Coach
1966-67	0-13		Jim Danks
1967-68	6-5		Jim Danks
1968-69	6-9		Jim Danks
1969-70	4-9-1		Jim Danks
1970-71	11-5		Lowell Bauer
1971-72	4-6-1	52nd	Steve Bancroft
1972-73	0-8-1		Norm Ryerson
1973-74	4-6-1	45th	Norm Ryerson
1974-75	6-8-2		Norm Ryerson
1975-76	10-9-1		Norm Ryerson
1976-77	13-4	71st	Norm Ryerson
1977-78	14-3	42nd	Norm Ryerson
1978-79	7-4-1	48th	Ralph Manning
1979-80	7-1-1	35th	Ralph Manning
1980-81	7-3	21st	Ralph Manning
1981-82	6-3-2	68th	Ron Johnson
1982-83	8-2	48th	Ron Johnson
1983-84	9-2-1	15th	Ron Johnson
1984-85	9-0	2nd	Ron Johnson
1985-86	12-3	8th	Ron Johnson
1986-87	8-6	8th	Greg Lonning

Central's Iowa Conference team championships

1984	1989	1985	1992
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Past Iowa Conference champions

1948	Wartburg
1949	Wartburg
1950	Wartburg
1951	Wartburg
1952	St. Ambrose
1953	Luther
1954	Luther, Wartburg
1955-59	No tournament
1960	Upper Iowa, Wartburg
1961	Luther
1962	Luther
1963	Luther
1964	Luther
1965	Luther
1966	Luther
1967	Luther
1968	Upper Iowa
1969	Upper Iowa
1970	Upper Iowa
1971	Upper Iowa
1972	Upper Iowa
1973	Upper Iowa
1974	Wartburg
1975	Luther
1976	Wartburg
1977	Wartburg
1978	Wartburg
1979	Luther

Year	Record	NCAA finish	Coach
1987-88	8-7	45th	Greg Lonning
1988-89	8-1	5th	Greg Lonning
1989-90	12-8	7th	Kevin Azinger
1990-91	22-5	4th	Kevin Azinger
1991-92	21-2-1	6th	Kevin Azinger
1992-93	11-7	11th	Kevin Azinger
1993-94	14-7-2	20th	Kevin Azinger
1994-95	11-5	24th	Kevin Azinger
1995-96	6-7	45th	Kevin Azinger
1996-97	2-13	33rd	Kevin Azinger
1997-98	1-16		Matt Diehl
1998-99	3-12	35th	Matt Diehl
1999-00	5-10-1		Matt Diehl
2000-01	12-8	43rd	Matt Diehl
2001-02	5-12	22nd	Matt Diehl
2002-03	6-16	28th(tie)	Matt Diehl
2003-04	9-14	31st (tie)	Matt Diehl
2004-05	4-14		Eric Reed
2005-06	2-15		Eric Reed

Iowa Conference champions in **bold**

1980	Buena Vista
1981	Buena Vista
1982	Buena Vista
1983	Buena Vista
1984	Central
1985	Central
1986	Buena Vista
1987	Buena Vista
1988	Buena Vista
1989	Central
1990	Buena Vista
1991	Simpson
1992	Central
1993	Wartburg
1994	Wartburg
1995	Wartburg
1996	Wartburg
1997	Wartburg
1998	Wartburg
1999	Wartburg
2000	Wartburg
2001	Wartburg
2002	Wartburg
2003	Wartburg
2004	Wartburg
2005	Wartburg
2006	Wartburg

Iowa conference championships in **bold**

Central's Iowa Conference MVPs

1973 - Steve Paris 1986 - Kelly McGovern 1992 - Jon McGovern

Central's team MVPs

1969 - Mark Furlane	1982 - Todd Staats	1995 - Brian Reece
1970 - Bill Jewett	1983 - Scot Storjohann	1996 - Brent Dunlap, Brent Lawrenson
1971 - Tony Wilson	1984 - Bryant Hancock	1997 - Greg Breeding
1972 - John Burt	1985 - Duane Lawrence	1998 - Jim Rotert, Ben Schulte
1973 - Steve Paris	1986 - Kevin Azinger	1999 - Ryan Cunningham
1974 - Tim Ettleson	1987 - Tim Hackel	2000 - Jeremy Hendricks
1975 - Wayne McDaniel	1988 - Chris Hoffman	2001 - Dmitry Tarasov
1976 - Kevin Braner	1989 - Eric Stewart	2002 - Jeremy Hendricks
1977 - Tom Smalley	1990 - Steve Weers	2003 - Dustin Roland
1978 - Bill Plein	1991 - Chad Beck	2004 - Kevin Owens
1979 - Tom Plein	1992 - Jon McGovern	2005 - Ryan DeVriendt
1980 - Bill Plein	1993 - Bruce Kuennen	2006 - Josh Porter
1981 - Tom Plein	1994 - Chad Jensen	

Central's All-America honorees

Year	Name	Wt.	Place	Year	Name	Wt.	Place
1981	Stacy Bandy	190	4th		Jon McGovern	158	4th
1984	Bryant Hancock	118	7th		Joe Stutting	167	3rd
	Murray Anderson	126	7th	1991	Chad Beck	126	1st
	Kelly McGovern	158	7th		Jon McGovern	126	1st
	Dale Lawrence	190	7th	1992	Brad Kreiner	150	8th
1985	Ed Ergenbright	134	3rd		Joel Marsden	158	7th
	Duane Lawrence	177	5th		Jon McGovern	167	1st
	Dale Lawrence	190	2nd		Bruce Kuennen	177	3rd
	Scot Storjohann	Hwt.	2nd	1993	Brian Reece	118	4th
1986	Tim Hackel	126	2nd		Bruce Kuennen	177	2nd
	Kevin Azinger	150	3rd	1994	Dan Gabrielson	126	2nd
	Kelly McGovern	158	5th	1995	Dan Gabrielson	134	5th
1987	Matt Diehl	118	7th	1996	Brent Lawrenson	158	8th
	Tim Hackel	126	1st	1997	Greg Breeding	142	6th
	Paul Veak	134	5th	1999	Ryan Cunningham	125	8th
	Jay McGovern	167	7th	2001	Dmitry Tarasov	157	8th
1988	Chris Hoffman	118	7th	2002	Jeremy Hendricks	125	6th
1989	Chris Hoffman	118	5th		Dustin Roland	157	7th
	Chad Beck	126	4th	2003	Dustin Roland	157	6th
	Eric Stewart	158	2nd	2004	Kevin Owens	141	8th
	Scot Dierks	Hwt	2nd		National champions in bold		
1990	Steve Weers	150	5th				

National Wrestling Coaches Association Scholar All-America team

1968	1992	2001
Chris Hoffman	Lynn Silver	Jeremy Hendricks
	Brad Kreiner	
1989	1996	2005
Chris Hoffman	Brent Dunlap	Peter Howard
Shaun Van Wyk		

2006-07 roster

Name	Wt.	Yr.	Hometown/High school
Tyrone Callender	125	Fr.	Clarksville, Tenn./Kenwood
Nick Johnson	133	Fr.	San Antonio, Texas/James Madison
Andy Ohnemus	141	Sr.	Indianola, Iowa/Southeast Warren
Nick Wordes	149	Fr.	Buckingham, Iowa/North Tama
***Ryan DeVriendt	157	Sr.	Sherrard, Ill./Sherrard
Griffin Holden	165	Fr.	Bettendorf, Iowa/Pleasant Valley
Kevin Yeoman	165	Fr.	San Antonio, Texas/Judson
*Adam Foreman	174	So.	Fairfield, Iowa/Fairfield
Jim Maher	174	Jr.	Iowa City, Iowa/City
Josh Stutting	174-184	Fr.	Clintonville, Wis./Clintonville
Jess Welu	184	Fr.	Dubuque, Iowa/Hempstead
Max Davis	197	Fr.	Des Moines, Iowa/Roosevelt
Trexor Hixon	197	Fr.	Iowa City, Iowa/City
Nathan Stueve	285	Sr.	Martensdale, Iowa/Martensdale-St. Mary's
***Mark Trullinger	285	Sr.	Mt. Ayr, Iowa/Mt. Ayr

*letters earned

Outlook

An infusion of new talent has raised the enthusiasm level in the Central College wrestling room.

There are many skills the newcomers will need to develop but there's also a necessary skill coach Eric Reed must master: patience.

"We're still a couple of years away from being really competitive," Reed said. "But if we bring in another recruiting class like this one, or even better, we can be pretty tough."

That doesn't mean the Dutch won't see progress in 2006-07. Last year's club struggled through a 2-15 campaign, finishing ninth in the Iowa Conference tournament. Central was forced to forfeit the first three weight classes because injuries exposed a lack of depth. With 15 wrestlers on the roster depth remains a concern, but the Dutch appear to have legitimate options at every weight.

New faces are everywhere Just three letterwinners return, led by senior Ryan DeVriendt, who was eighth in the league at 149 pounds, but he's sidelined by a hand injury until December. And senior 285-pounder Mark Trullinger is spending the fall semester at Central's international study center in Mexico.

125

The Dutch are going from having a void at 125 to the weight becoming a team strength, said Reed. Tyrone Callender is a highly regarded freshman from Clarksville, Tenn.

"I think Tyrone will be pretty tough," Reed said. "He was a state qualifier in high school and he's really been working hard. He's a pretty aggressive kid and once he adjusts to the college style of wrestling, I think he'll do well."

133

Nick Johnson, a freshman from San Antonio, Texas, probably could go at 125 but is in a better position to make the move to 133 than Callender.

"Nick grew a little bit over the summer and I think 125 would be a tough (weight) cut for him now," Reed said. "He's a strong kid who is pretty physical and aggressive. He's also very eager to learn and is already asking a lot of questions of the coaches about ways to get better."

141

Senior Andy Ohnemus returns to the squad after a year's absence and provides a veteran presence. He was 3-11 in 2004-05 at 133 pounds.

"Andy's gotten bigger," Reed said. "He's a lot different wrestler than he was two years ago. He's more focused and working harder. He could be one of our top guys by the end of the year."

149

DeVriendt is moving up to 157 pounds, leaving 149 to freshman Nick Wordes, a North Tama High School grad. Reed said Wordes is a raw talent.

"He just started wrestling a couple years ago," Reed said. "But he's been working hard. He'll take some lumps but will

learn a lot and is very eager to learn. His attitude has been a pleasant surprise."

157

DeVriendt, a team co-captain as a junior, is spending 6-8 weeks on the sidelines because of injury. After a fast start last year, he posted a 14-20 record.

"I think 157 might be a better weight for him," Reed said. "Dropping to 149 has taken its toll on him. By staying at 157, I'm hoping he can go harder longer and be strong at the end of the season."

165

The Dutch actually have two options at 165, but Reed expects freshman Griffin Holden to get the nod over freshman Kevin Yeoman.

Holden, a Pleasant Valley High School grad, was a two-time state tourney qualifier.

"He's a good, solid kid," Reed said. "He maybe could go at 157 pounds, but he'll be competitive at 165. He just needs to get stronger."

174

Sophomore Adam Foreman is back after a rookie year of hard lessons on the mat en route to a 6-17 record. Reed is anticipating big improvement, but isn't sure if Foreman will remain at 174 pounds or bump up to 184.

"He has a good attitude and is a hard worker," Reed said. "Things started clicking for him by the end of last year and he's gotten a lot stronger."

Reed also likes freshman Josh Stutting of Clintonville, Wis. Stutting could wind up at 184 as well.

"Josh has gotten a lot better in the last month," Reed said. "He's been working hard."

Junior Jim Maher will also compete at 174 pounds.

184

Foreman or Stutting could be the 184-pounder but freshman Jess Welu of Dubuque is getting a look as well. He wrestled at 215 pounds in high school to help fill a void but is better suited for a lower weight.

"He's a good, solid, physical kid," Reed said. "He's surprised us quite a bit."

"All three of those guys are fairly close and I would feel comfortable putting any of them out there. And they'll give each other good workout partners."

197

Freshman Max Davis, a Des Moines Roosevelt grad, will eventually be joined at 197 pounds by freshman Trevor Hixon of Iowa City, a member of the football team.

"Max (Davis) had a pretty successful senior year," Reed said. "He's got some things to work on but he's got a good attitude. The thing I like is that he doesn't care who he's going against, he'll go out and fight."

Hixon is a bit of an unknown, Reed said.

"I've only seen him in the weight room and know that he's very strong," he said. "But I've talked to the football coaches and they've been impressed with him. He won't be a pushover."

285

With Trullinger off campus until late December, the job falls to senior Nathan Stueve, who hasn't competed in recent years because of health problems.

"He's a big, strong kid but I haven't seen him on the mat yet," Reed said.

Trullinger was 5-15 last year and finished eighth in the Iowa Conference. But Reed has been impressed with Trullinger's persistence the past three seasons.

"Every year he's done better than the previous year," Reed said.

The schedule

The non-conference schedule is again highlighted by the Desert Duals Dec. 19 in Las Vegas, Nev. The Dutch will also play host to the Central Invitational Jan. 13, followed by the Central Duals Jan. 20.

The Iowa Conference remains the nation's dominant NCAA Division III league, making a quick climb in the standings a formidable assignment.

"As long as we stay healthy, we'll be all right, but it's going to be tough to move up this year," Reed said. "If we could get about three years of recruiting classes like this one, we'd be fine."

