



PACKER WRESTLING 2011-2012

Establishing a winning tradition since 1961

January 2012

Volume 1

Issue 2

Midseason report

Midseason poll

Ben Imdieke
Assistant Coach

Poll published January 19th.

103 lbs

Jesse Shearer - 3rd

113 lbs

Jordan Shearer - 1st

120 lbs

Trevor Kringlie - 1st

126 lbs

Kolin Kragnes - 3rd

132 lbs

Weston Dobler - 4th

138 lbs

Angelo Shepherd - 1st

160 lbs

Shelby Schultz - 3rd

170 lbs

Miles Scholl - 3rd

182 lbs

Preston Lehmann - 1st

195 lbs

Drew Johnson - 5th

State Team Rankings

1. West Fargo

2. Bismarck High

3. Williston

4. TMCHS

5. Bismarck Century

National ranking

The Packers turned some heads on a national level in early December. They cracked the Amateur Wrestling News prep top-40 poll December 13th at No. 40. Junior Preston Lehmann (182 lbs) is ranked No. 11 in the AWN poll.

As far as our wrestling so far this season. I feel we have competed hard against the hardest competition we can find in the region. We have dominated in tournaments where we expected and struggled in others.

We won our first two, the Dan Unruh Invitational in Wahpeton and the Sertoma in Grand Forks, in dominating fashion. Kids wrestled tough and expected each other to take care of business. At the Christmas tournament in Rochester, MN and the Rumble on the Red, we had some ups and downs.

When we get in tough tournaments like those, we have stressed getting mentally ready to have to wrestle every match. We must expect every single competitor to be very tough and we have to wrestle six hard minutes to win. They had some highs and lows, but that is why we go to these tournaments, to push us mentally and physically for the ultimate goal in February

I believe the hard work showed at the Bismarck Rotary. They wrestled top notch, almost bringing home the title without two starters. Every single kid competed. The rest of the state knows that if they want to beat or stay in a match with a West Fargo kid, they will need to wrestle at the best of their ability for six minutes.

We pride ourselves on outwork-



Sophomore Kyle Kragnes (145 lbs) looks to finish a single leg takedown against his Grand Forks Central opponent Alex Randle on Jan. 3rd. Kragnes won the match 8-3 and West Fargo won the dual 60-12. Photo by Kayleigh Omang

ing our competition. We know that anyone can wrestle solid for two to four minutes, but we are the only ones willing to put the work in to be on top of our game six-plus minutes. This is something we say routinely in practice and want the kids to truly believe.

We are dealing with a few injuries right now, seems like everyone is just about back to full strength. Lets get excited, we down the home stretch of the season. Time to dedicate each one of us to helping these boys reach their personal and team goals. I get so pumped just thinking about the possibilities.

Coach's Corner

Note from Packers Assistant
Coach Ben Imdieke

Dear Parents,

One thing I would like to ask of our parents is to always be positive with your sons. We as coaches are continually pushing and working with them. We at times can come across as negative, because we expect so much out of them. We coaches can also be very positive.

But when these boys go home, having positive reinforcement at home can go a long ways. Just to know that your parents are interested and willing to help in anyway can be very rewarding. Saying things like: How was practice? What did you learn? Get any takedowns today? Did you work harder than the competition today? Was it fun? Hard work pays off!!!!

We have also had a few guys get a bacterial (impetigo)

or ring worm (fungal) skin infection. We must be showering after each practice and event.

If anyone has any spots that could possibly be one of these, a visit to the doctor is needed ASAP. When they see a medical professional, the wrestler must get a skin sheet that needs to be filled out by the MD. Just ask a coach, we have them. They do make some anti-fungal/bacterial soaps specific for wrestlers.

This website has it all (shampoo/soaps and pre-activity protection).--
<http://www.jrwrestling.com/wrestling-hygiene.html>

If there are ever questions or concerns, please email me or one of the coaches. Communication is key.

Thanks,
Ben



Sophomore Weston Dobler (132 lbs) gains back points against his Valley City opponent Jackson Lemmus on Nov. 29th. Dobler won the match 14-3 and West Fargo won the dual 41-29. Photo by Katie Savage

Season results

Team dual record: 6-0

Dan Unruh Invitational @ Wahpeton top finishers:

113 lbs: Jordan Shearer - 1st place
120 lbs: Trevor Kringlie - 1st place
132 lbs: Weston Dobler - 1st place
182 lbs: Preston Lehmann - 1st place
Team finish: First place

Sertoma Dual Tournament @ Grand Forks

1st Round:
WEST FARGO 54,
JAMESTOWN 11
Quarterfinals
WEST FARGO 54,
GF RED RIVER 12
Semi-finals
WEST FARGO 53,
VALLEY CITY 16
Championship
WEST FARGO 52,
PERHAM 19

Minnesota Christmas Tournament @ Rochester, MN

113 lbs: Jordan Shearer - 2nd place
138 lbs: Angelo Shepherd - 7th place
182 lbs: Preston Lehmann - 2nd place
Team finish: Sixth Place

Rumble on the Red @ FargoDome

106 lbs. - Jesse Shearer - 8th place
113 lbs: Jordan Shearer - 1st place
120 lbs: Trevor Kringlie - 1st place
126 lbs: Kollin Kragnes - 8th place
132 lbs: Weston Dobler - 8th place
138 lbs: Angelo Shepherd - 4th place
182 lbs: Preston Lehmann - 1st place

Wrestling resources

Here are links a couple things I posted on the wall in the wrestling room. These articles are very good and really are what we preach everyday.

<http://theguillotine.com/wp/?p=4638>

<http://theguillotine.com/wp/?p=4249>

Packers home duals are now webcast live at www.webcast50.com. There are past duals archived on the site as well. If you are unable to attend, check us out online.



Upcoming schedule

DAY	DATE	OPPONENT	TIME	SITE/FACILITY
Fri-Sat	Jan 20-21	Grand Forks Duals	TBA	@ GF Red River HS
Thur	Jan 26	Grand Forks Red River (jv/Var)	6:00-7:00	@ GF Red River HS
Sat	Jan 28	Aberdeen Tournament	10:00	@ Aberdeen Central HS
Sat	Jan 28	Davies JV Invitational	TBA	@ Davies HS
Thur	Feb 2	Fargo North	6:00-7:00	@ Fargo North HS
Fri	Feb 3	Wahpeton	6:00-7:00	H West Fargo HS
Fri	Feb 10	JV EDC Tournament	5:00	@ Devils Lake HS
Sat	Feb 11	Var EDC Tournament	10:00	@ Devils Lake HS
Thur-Sat	Feb 16-18	State Tournament	TBA	@ Bismarck Civic Center