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Good Luck in the '95-'96 Season!

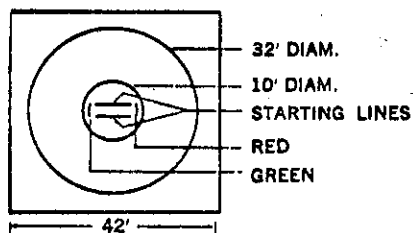
CHUCK WESTBY
922-2193

Wrestling has been around longer than anybody knows for sure - probably since the first two men contested for leftovers! As a sport, it is mentioned as early as 3000 B.C. in Egypt and Babylonia and in the works of classical writers Homer and Virgil.

The first collegiate meet, however, did not take place until 1900 between Yale and Penn. Some 40 years later in Appleton, Milwaukee Washington edged our Green Bay West for the first Wisconsin state high school championship!

High school wrestling looks a little different today than it did in the "good old days", but there are still the same thrills and excitement. It's a beautiful sport to watch, requiring both mental and physical agility to be a winner.

In every wrestling meet, there are twelve weight classifications that team members enter for competition. To wrestle in a weight category, the athlete cannot weigh more than the following amounts: 103, 112, 119, 125, 130, 140, 145, 152, 160, 171, 189, 275 and unlimited (minimum 175 pounds). To insure each wrestler qualifies to compete in the respective divisions, there is a weigh-in held before each meet. It is conducted 1/2 to three hours before the meet. If an athlete goes over his entered weight class, he forfeits the match.



The wrestling area is composed of cushioned mats and can be either circular or square in shape. It must have additional mat protection around the edges.

A match is 6 minutes long and divided into three equal periods. Each wrestler is given either a green or red ankle band so he may be identified during the match. The first period is started in a neutral position; the wrestlers face each other in a standing position on opposite sides of the starting circle. At the beginning of the second period one wrestler (determined by a flip) will have four options: to be on his feet, top position, bottom position or to defer his choice until the 3rd period.

At the referee's signal, each period is started and the wrestlers try to win in two ways: pin or decision. The quickest and most dramatic way is the fall or the pin: a wrestler holds his opponent's shoulder to the mat continuously for 2 seconds. If neither wrestler scores a pin during the 3 periods, a decision is given to the wrestler with the most individual match points. A tie results in sudden death overtime. 2:00 is put on the clock and the first wrestler to score a take down is the winner. If no one scores a take down at the end of 2:00, then a flip of the coin and the winner chooses top or bottom. The wrestler to escape or keep the wrestler down for a 30 second period wins the match.

There are several ways to earn match points worth one, two or three points:

- TAKEDOWN** - an opponent is brought to the mat and controlled from a neutral or standing position. Two points.
- ESCAPE** - a wrestler breaks away from the opponent's control into a neutral or standing position. One point.
- REVERSAL** - a wrestler reverses his opponent and gains control . . . in one continuous maneuver. Two points.
- NEAR FALL** - a wrestler almost gets a pin; his opponent's shoulders are momentarily held with 4" or less of the mat; or one shoulder is touching the mat and the other is held at an angle of 45° or less to the mat. Two points. Or, if either situation occurs continuously for 5 seconds. Three points.

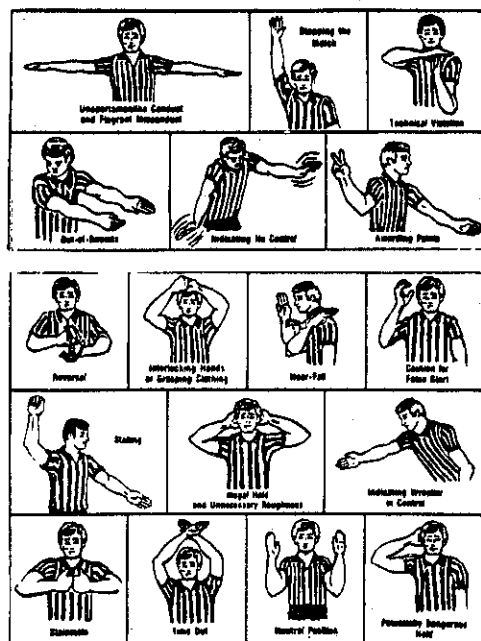
There are three common infractions that can cost a wrestler points:

- STALLING** - this is a matter of not trying for a takedown or escape or simply not wrestling aggressively. After a warning, continued stalling gives the opponent one point.
- ILLEGAL HOLDS** - there are several specific holds that are dangerous or punishing to a wrestler. These are known to all competitors and anyone using them loses one point to his opponent.

TECHNICAL VIOLATIONS - there are a number of situations or actions that can cost a wrestler one point: delaying a match; intentionally going off the mat; clasping hands around the opponent's body or legs while in a position of control.

Team Points	
Pin	6 Pts.
Sup.	5 Pts. (12-15)
Maj	4 Pts. (8-11)
Dec	3 Pts. (0-7)
Draw	2 Pts.

**OFFICIAL WRESTLING SIGNALS
HIGH SCHOOL AND COLLEGE**



Fondy Wrestling

**Tell 'em we're coming...
And we're taking 'em down!**



1995-1996 Wrestling Season

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Howler



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**Proud supporters of
 Fond du Lac Wrestlers
 and Fond du Lac Wrestling Club**

Thanks!

Fond du Lac Wrestling Club, Inc.

Mission: To promote the sport of wrestling by encouraging and providing opportunities for youth, through participation in wrestling at all levels.

OFFICERS

PresidentTom Eigenbrodt
 Vice-PresidentTom Wehner
 SecretaryJoanne Coldren
 TreasurerJudy Leonhard

HONORARY MEMBERS

Larry Marchionda ... Joe Pentek
 Greg WinklerCurt Lock
 Brad BillmanJim Flasch
 Ed BradyKevin Sabel

BOARD OF DIRECTORS

Barb Roloff	Leo Bonner
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Dale Braatz	Chris Tzakais
George Silcock	Dave Gustin
Chad Kovacs	Kevin Sabel
Randy Alexander	

The Fighting Cardinals wish to thank everyone involved with the Wrestling Club for providing us with the proper programs and equipment that enabled our team to be able to compete at this high level. Without you it could not be done. Thanks!!

**Back
 the
 Cardinals!**

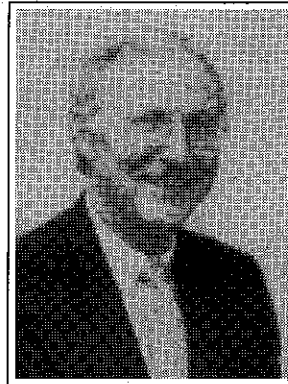
*The youth
 appreciate it
 and need
 our support.*



Administration

Michael J. Homes, Ph.D., Superintendent

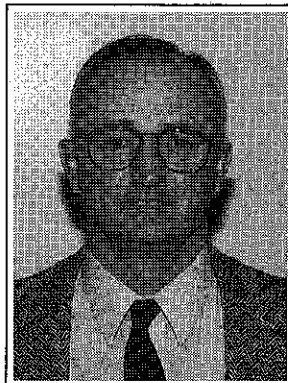
Student participation in extracurricular activities is an important part of a school district's total educational program. Being part of a team provides students with opportunities to learn new skills, apply skills learned in other situations, be leaders, develop friendships, and establish positive attitudes which are important now and in the future. Wrestling, as an inter-scholastic sport, provides all of the opportunities listed above and some unique challenges as well. In one sense, wrestling is an individualized sport as people of all sizes and weights have equal opportunity for success. On the other hand, it takes everyone working together for a team to have a successful season on a competitive level. Finally, wrestling is just plain exciting to watch. I'm looking forward to seeing our Cardinal wrestlers in action this year. I hope you are, too.



Mike Donnelly, Principal

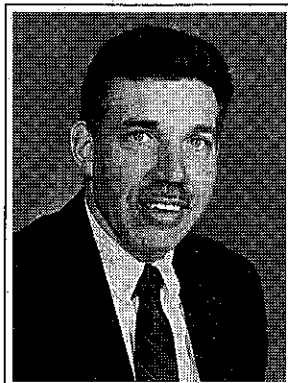
All of us at Goodrich High School extend our appreciation for your support of our athletic teams and athletes. Athletic competition helps to expand young people's experiences and prepares them to accept challenges in life. In every sport it takes both physical and mental preparation to have an opportunity for success. Each individual sport offers a unique experience which helps to develop the special talents of those who compete and participate. We are proud of the efforts of all of our athletic teams and those young people who are willing to put forth the effort to improve themselves. We extend to them our wishes for continued success.

Our wrestling team has represented the Cardinal and White in a manner that has brought a great deal of pride to this school and community. We enjoy watching them compete as a team and sincerely hope you enjoy the time you spend watching our young people participate in athletics.



Jim Steinberg, Coordinator of Physical Education and Athletics

Adult life is a series of challenges or competitions. Students choosing to participate in interscholastic athletics have the opportunity to be better prepared to succeed in adult life. Student-athletes, with guidance from their coaches, prepare for challenges or competitions during daily practice sessions. This preparation includes learning mental and physical discipline, setting of realistic objectives to reach a goal and loyalty to a group of people called a team. Student-athletes are provided opportunities in games, meets and matches to test themselves to see how well they have prepared for adult life. High school sports fans are reminded that high school athletes are preparing for more than a pin or a win. Learning to succeed in adult life is more of an important goal for athletes at this level of competition.

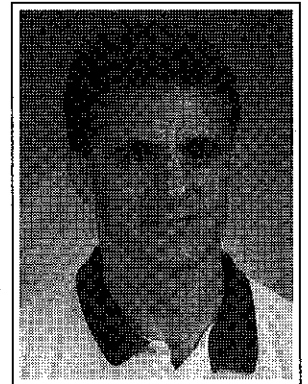


Meet the Goodrich Coaches

Larry Marchionda, Head Coach

Larry attended Penn Yan Academy in Penn Yan New York, where he accumulated a 97-4 high school record. His senior year in high school Larry was unbeaten and pinned every opponent. He attended Winona State University where he earned his Bachelor and Master of Science Degree. He was a 1968 Olympic Regional Champion and a finalist in the 1968 Olympic Trials at Ames, Iowa. He has won several Wisconsin State AAU and USA Freestyle and Greco Roman Championships.

Larry is beginning his 30th year as a head wrestling coach 28th for the Cardinals. He has compiled a dual meet record of 294-53. His team has won 84 tournaments, 14 Regionals, 8 Sectionals and one State Championship in 1991. His team has qualified for the WIAA State Team Tournament twice. Larry was inducted into the WISCONSIN WRESTLING HALL OF FAME in 1983. He was named Conference Coach of the Year in 1980, 88, 90, 91, 92 and 93. Wisconsin Coach of the Year in 1988, 91, and 93. Larry was also named to WHO'S WHO AMONG UNITED STATE WRESTLING COACHES in 1988.



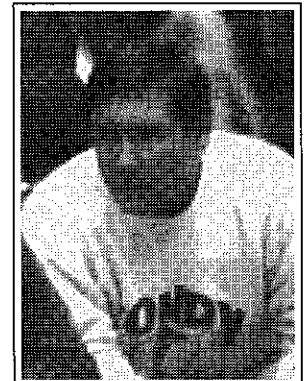
Ed Brady, Assistant Coach

Mr. Brady graduated from Pulaski High School where he was a WIAA STATE CHAMPION Class A. His record was 28-1. Mr. Brady attended the University of Wisconsin at Whitewater and graduated with a Bachelor of Science Degree in Education.

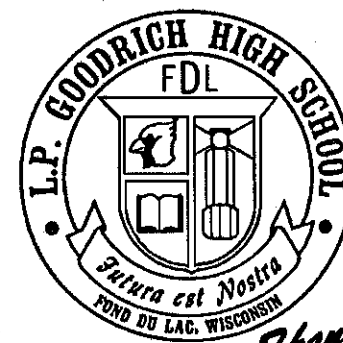
At Whitewater Ed won the NCAA Division III National Championship with a 35-0 record.

Presently, Ed teaches math at Sabish and Goodrich. He also coaches football and track.

This is Ed's fifth year as Assistant Coach.



Reach Out and Touch the Future of Goodrich High School Graduates!



Support the Lowell P. Goodrich High School Scholarship Program.

We need your help to make the program a self-sustaining scholarship foundation that will provide financial support to Goodrich graduates for decades to come.

All donations are tax deductible.

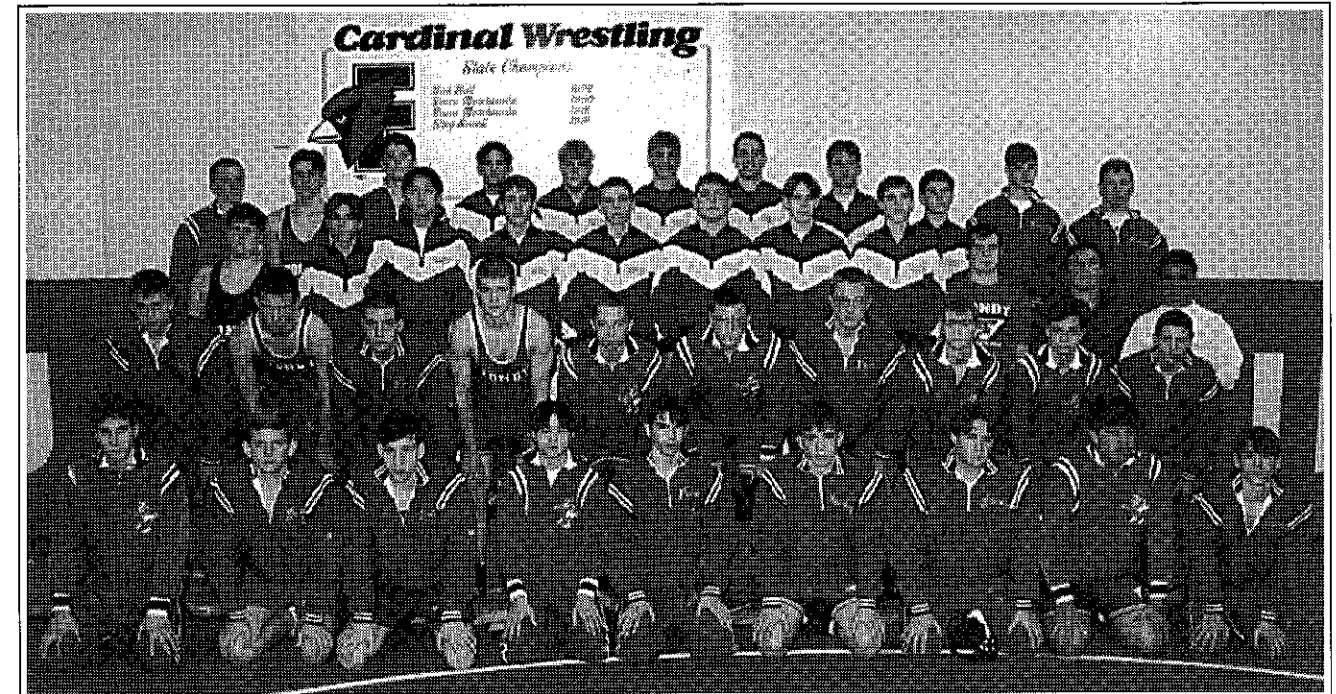
We invite individuals, businesses, industries and service organizations to contact us at 929-2707 for a detailed explanation of the Goodrich High School Scholarship program.

Thanks
Goodrich High School Scholarship Committee

1995-96 Wrestling Schedule

DATE	DAY	OPPONENT	LOCATION
December 8	Friday	Kaukauna	Home
14	Thursday	Appleton West	Away
15	Friday	West Allis Classic	Away
16	Saturday	West Allis Classic	Away
21	Thursday	Oshkosh West (Alumni Night)	Home
29	Friday	Bi-State Classic	Away
30	Saturday	Bi-State Classic	Away
January 4	Thursday	Neenah	Away
6	Saturday	Fond du Lac Invitational	Home
11	Thursday	Kimberly (Junior High Night)	Home
13	Saturday	Two Rivers J.V.	Away
18	Thursday	Appleton East	Away
20	Saturday	Appleton West J.V.	Away
23	Tuesday	Appleton North	Away
26	Friday	Oshkosh North (Kids Night)	Home
27	Saturday	Pulaski Invitational	Away
27	Saturday	Manitowoc Varsity Reserve	Away
February 3	Saturday	FVA Conference	Kimberly
10	Saturday	WIAA Regional	Home
13	Tuesday	WIAA Team Sectional	Home
17	Saturday	WIAA Sectional	Manty
22	Thursday	WIAA State	Madison
23	Friday	WIAA State	Madison
24	Saturday	WIAA State	Madison
March 1	Friday	WIAA Team State	West Allis
2	Saturday	WIAA Team State	West Allis

1995-96 Fondy Cardinals



GOODRICH WRESTLING - Kneeling left: Kevin Pitzen, Josh Mueller, Travis Brooks, Ikuhiro Yanagawa, Mark Blazer, Nick Ohlrich, Allen Renderman, Gabe Munoz and Aaron Blazer. Row 2: Rob Unger, Jeff Gudex, Jason Blank, Chris Reitemeier, Reid Fauska, Ken Schimmel, Jason Cords, Aimee McNab, Ryan Braatz and Curt Schaefer. Row 3: Travis Nikson, Mike Treleven, Keita Yanagawa, Scott Gustin, Jeremy Barthels, Doug Murphy, Brandon McNab, Justin Baker, Coach Ed Brady and Coach Larry Marchionda. Row 4: Kevin Conger, Neil Deering, Dave Stangel, Andy Quackenboss, Steve Westphal, Chris St. Peter, Joe Albert, Kirk Stangel, Scott Hopper, Tad Wehner and Coach Chad Kovacs.

Alumni Contributors

John & Heidi Bowman

Nick & Fabraisi Bell

Gerald Sabel

Mick Burroughs

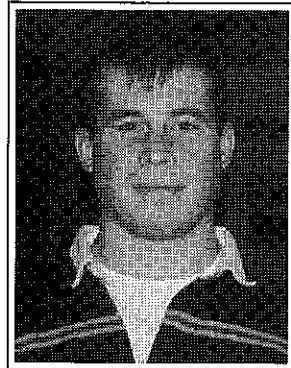
A special thanks
to

John & Heidi Bowman

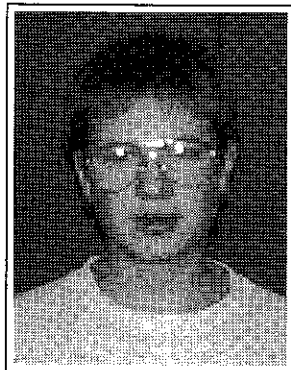
for their generosity
and support of
the Fondy Cardinal
wrestling team.

John was a 1976 state runner-up and was awarded a scholarship to the University of Illinois. He is recently married and residing in California.

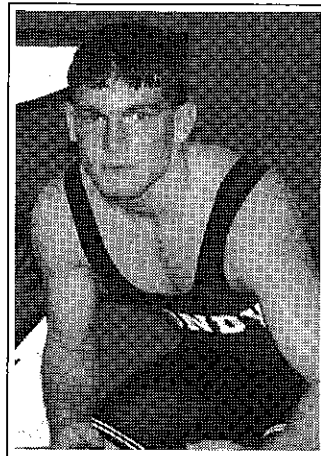
1995-96 Sensational Seniors



CHAD KOVACS
Assistant Coach

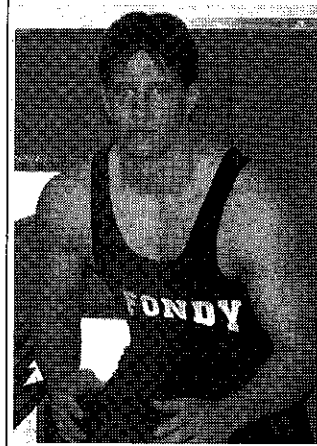


JEFF LAMERS
Manager

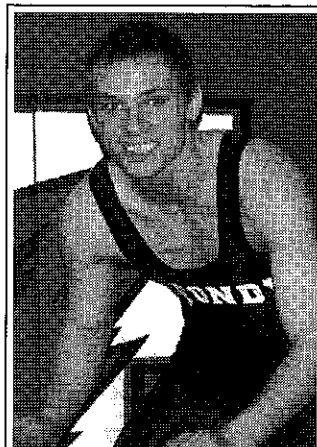


DOUG MURPHY
Senior

Record, Varsity	19-9	1995
Record J.V.	24-4	1994
1st Kewaskum		1994
1st Appleton West		1994
1st Manitowoc		1994
2nd Fond du Lac Invitational		1995
3rd Fox Valley Association		1995
2nd WIAA Regional		1995
3rd WIAA Sectional		1995

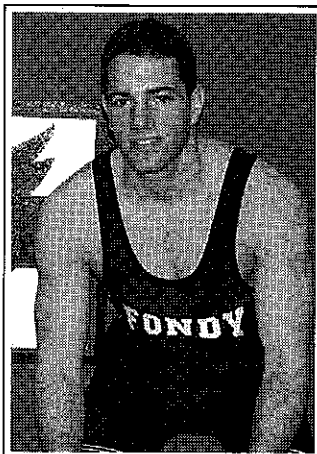


JOE ALBERT
Senior



JEREMY BARTHLES
Senior

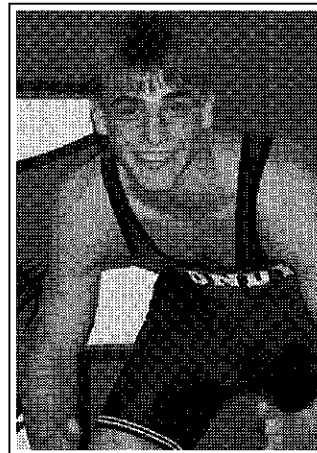
Varsity Record	18-3	1994
Varsity Record	33-10	1993
4th Fox Valley Association		1993
1st Fox Valley Association		1994
1st WIAA Regional		1993
2nd WIAA Regional		1994
2nd Badger State		1993
1st West Allis Classic		1993
3rd WIAA Sectional		1994
1st WWF State Freestyle		1994
1st WWF State Folkstyle		1994
National Cadet Team		1993
1994-95 Season- Fought Cancer		



CHRIS ST. PETER
Senior

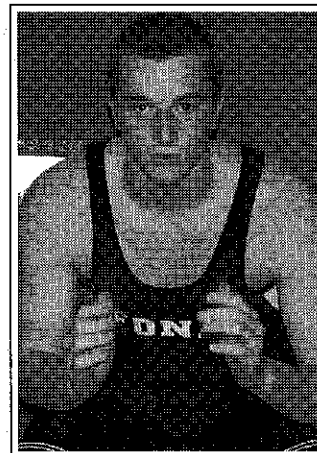
Record, Varsity	30-7	1995
Record, Varsity	16-15	1994
3rd Fox Valley Association		1994
Wisconsin Junior		
National Team		1994
2nd West Allis Classic		1994
2nd Fond du Lac Inv.		1995
4th Pulaski Invitational		1995
1st Fox Valley Association		1995
1st WIAA Regional		1995
3rd WIAA Sectional		1995
Wisconsin Junior		
National Team		1995

1995-96 Sensational Seniors

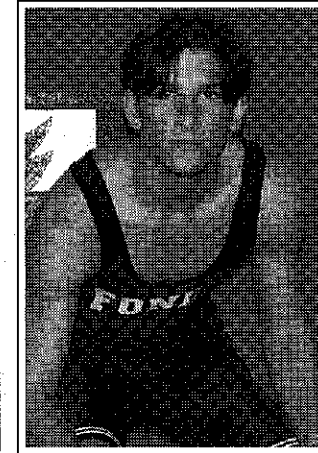


MIKE ROLOFF
Senior

Record, Varsity	31-6	1995
Record, Varsity	38-5	1993
Record, Varsity	4-1	1994
2 Fox Valley Association		1993
1st WIAA Regional		1993
1st WIAA Sectional		1993
5th WIAA State		1993
1st State Freestyle		4 Times
1st State Folkstyle		2 Times
1st State Greco Roman		1 Time
1st National Greco Roman		
2nd National Freestyle		
Injured 1993-94 Season		
2nd West Allis Classic		1994
3rd Bi State Classic		1994
3rd Pulaski Invitational		1995
1st Fox Valley Association		1995
1st WIAA Regional		1995
2nd WIAA Sectional		1995
4th WIAA State		1995
(2X State Place Finisher)		

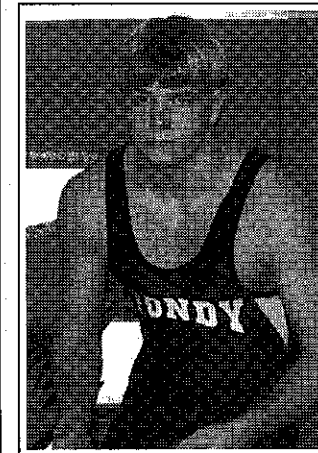


KEVIN CONGER
Senior



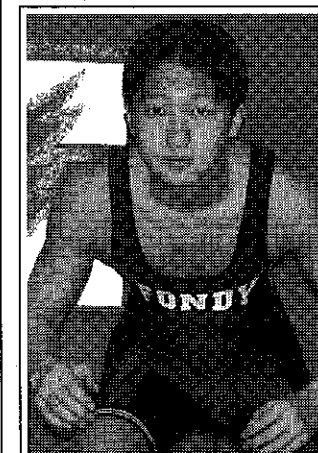
ANDY QUACKENBOSS
Senior

Record, J.V.	21-1	1995
Record, Varsity	6-5	1994
Record, J.V.	14-3	1994
2nd Kewaskum		1994
3rd Appleton West		1994
1st Kewaskum J.V.		1995
2nd Appleton J.V.		1995
1st Manitowoc J.V.		1995



STEVE WESTPHAL
Senior

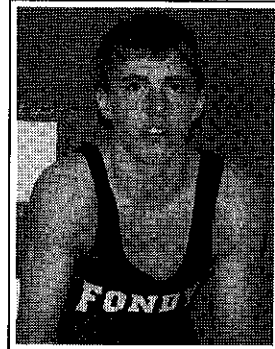
Varsity Record	15-14	1995
Varsity Record	10-12	1994
8th Pulaski Invitational		1994
5th Fox Valley Association		1994
2nd Fond du Lac Inv.		1995
4th WIAA Regional		1995



KEITA YANAGAWA
Senior

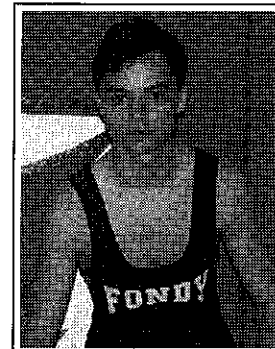
Varsity Record	23-11	1994
4th Fox Valley Association		1994
4th West Allis Classic		1993
5th Badger State		1993
2nd Pulaski Invitational		1994
3rd WIAA Regional		1994
4th WIAA Sectional		1994
(WIAA Year of Ineligibility)		
		1995

Other Studs on Varsity Team



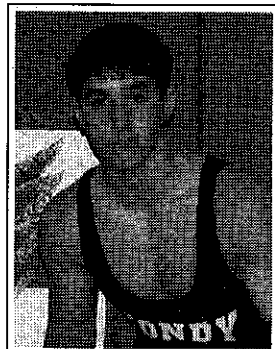
JUSTIN BAKER
Sophomore

Varsity Record	37-7	1995
3rd West Allis Classic		1994
2nd BI-State		1994
3rd WIAA Regional		1995
2nd WIAA Sectional		1995
WIAA State Qualifier		1995



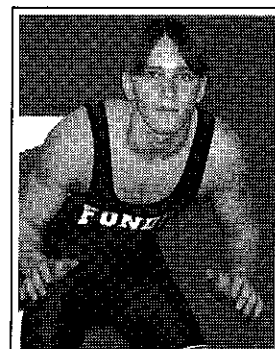
RYAN BRAATZ
Sophomore

Varsity Record	30-7	1995
Varsity Record	32-9	1994
1st Fox Valley Assoc.		1994
5th Badger State		1993
4th Pulaski Inv.		1994
1st WIAA Regional		1994
1st WIAA Sectional		1994
2nd WIAA State		1994
WWF National Greco		1995
WWF National Freestyle		1995
2nd West Allis Classic		1994
1st BI-State Classic		1995
1st Fond du Lac Inv.		1995
2nd Pulaski Inv.		1995
2nd Fox Valley Assoc.		1995
1st WIAA Regional		1995
1st WIAA Sectional		1995
Cadet World Team, Hungary		1995
Cadet National Greco Champ		1995



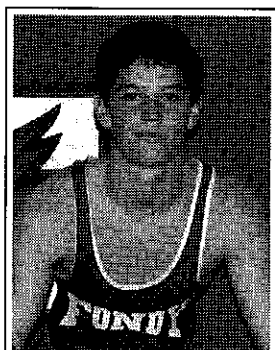
SCOTT GUSTIN
Sophomore

Varsity Record	30-7	1995
USA Wrestling National		
Greco Roman Champion		1994
USA Wrestling National		
Freestyle Champion		1994
3rd West Allis Classic		1994
1st Fond du Lac Inv.		1995
1st Fox Valley Association		1995
1st WIAA Regional		1995
4th WIAA Sectional		1995



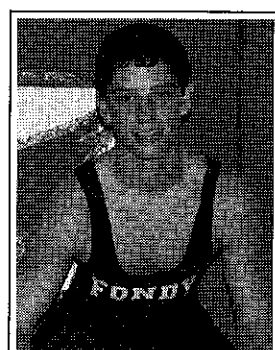
BRANDON McNAB
Junior

Varsity Record	30-7	1995
Varsity Record	32-9	1994
1st Fox Valley Assoc.		1994
5th Badger State		1993
4th Pulaski Inv.		1994
1st WIAA Regional		1994
1st WIAA Sectional		1994
2nd WIAA State		1994
WWF National Greco		1995
WWF National Freestyle		1995
2nd West Allis Classic		1994
1st BI-State Classic		1995
1st Fond du Lac Inv.		1995
2nd Pulaski Inv.		1995
2nd Fox Valley Assoc.		1995
1st WIAA Regional		1995
1st WIAA Sectional		1995
Cadet World Team, Hungary		1995
Cadet National Greco Champ		1995



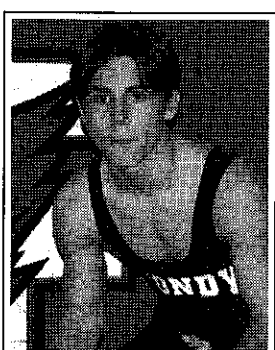
DAVE STANGEL
Junior

Junior Varsity Record	13-1	
Varsity Record	6-1	1995
1st Fond du Lac Inv.		1995
1st Kewaskum J.V.		1995
1st Two Rivers J.V.		1995



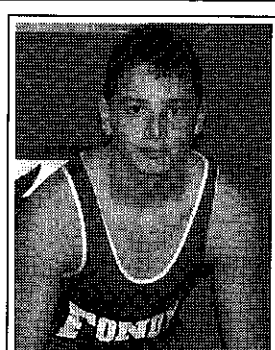
KIRK STANGEL
Junior

Varsity Record	24-6	1995
Varsity Record	8-4	1994
4th Fox Valley Assoc.		1994
2nd WIAA Regional		1994
3rd WIAA Sectional		1994
1st Fond du Lac Inv.		1995
2nd West Allis Classic		1994
2nd FVA Conference		1995
3rd WIAA Regional		1995
3rd WIAA Sectional		1995



MIKE TRELEVEN
Sophomore

Varsity Record	29-2	1995
1st Kewaskum J.V.		1995
1st Manitowoc J.V.		1995
2nd Two Rivers J.V.		1995
2nd Appleton J.V.		1995



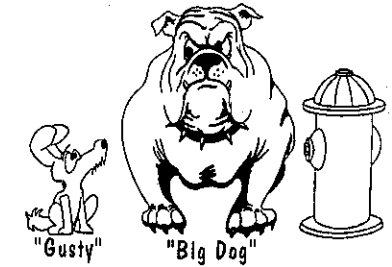
TAD WEHNER
Junior

Junior Varsity	29-2	1995
1st Kewaskum J.V.		1995
1st Manitowoc J.V.		1995
2nd Two Rivers J.V.		1995
2nd Appleton J.V.		1995

**West Allis Team
State or Bust!**

Good Luck!

Barthels & Roloff Families



**THE LITTLE DOG IS ALWAYS
A HYDRANT BEHIND!**

Good Luck Guys!

*Good Luck
Wrestlers!*

**Dale & Cheryl
Braatz**

*Good Luck Fondy!
We're Behind You.*

**Fond du Lac
Wrestling Club**

**Go Get 'em Cards!
Good Luck
Wrestling Team**

Tom Eigenbrodt Family

- Have a Great Season -

PIN 'EM!

John & Sallie St. Peter

**Good Luck
Fondy!**

**John, Judy, Jim & Brad
Leonhard**

**Go Guys Go
Hips Down!**

Tom & Kay Wehner

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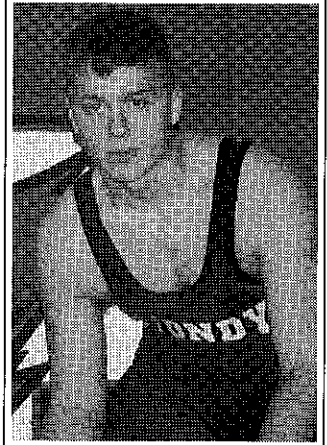
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PAUL R. HOLLRITH
President

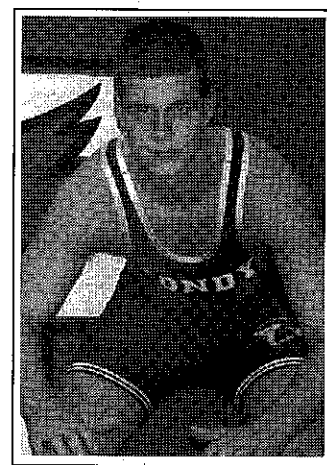
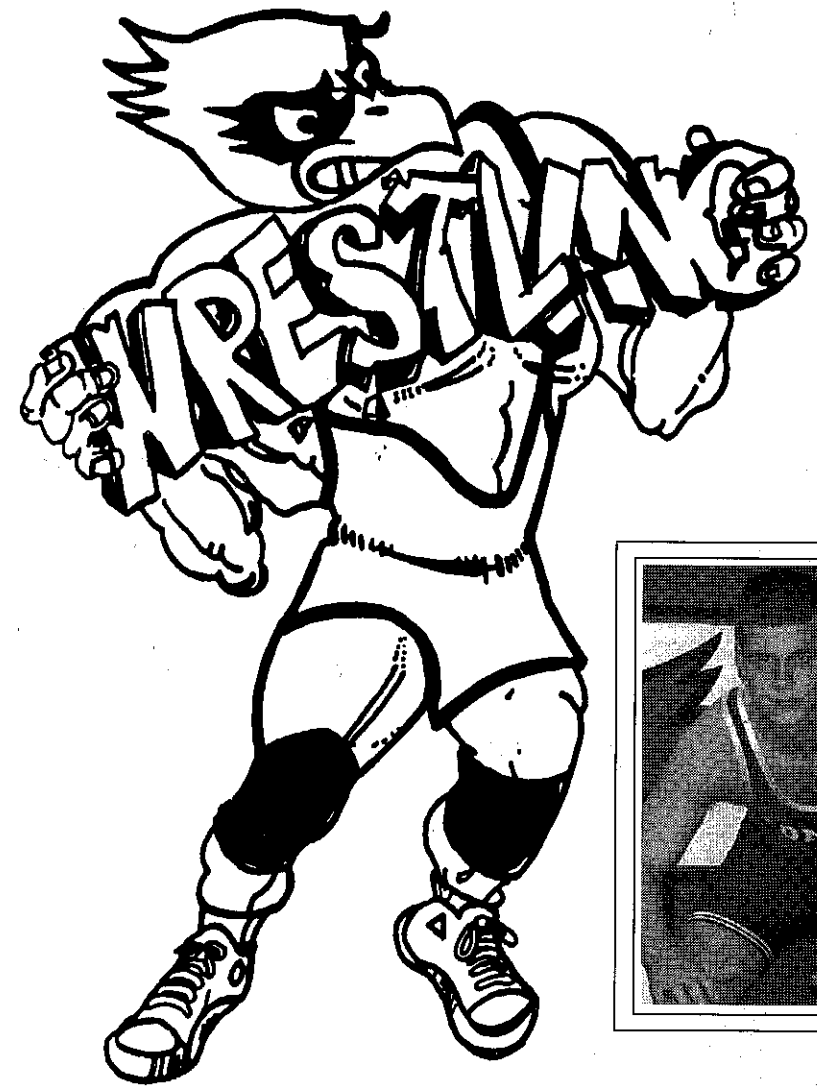
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Leading the JV Team



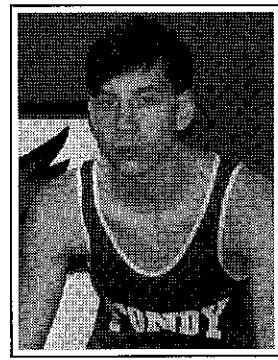
BOB UNGER
Junior

Varsity Record	1-2	1995
Junior Varsity	19-4	1995
2nd Kewaskum J.V.		1995
2nd Two Rivers J.V.		1995
3rd Appleton J.V.		1995



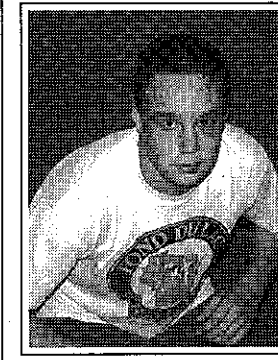
CHRIS REITEMEIER
Sophomore

Joining the Cardinal Team



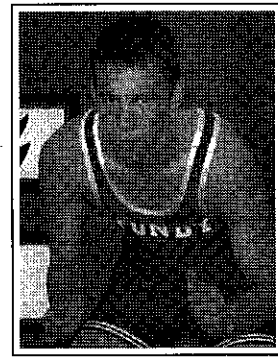
TRAVIS BROOKS
Junior

Junior Varsity	7-15	1995
3rd Kewaskum J.V.		1995

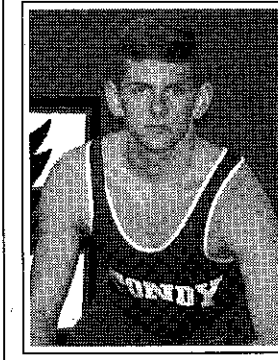


JASON BURROUGHS
Junior

Varsity Record	5-4	1995
Junior Varsity	18-8	1995
2nd Kewaskum J.V.		1995
3rd Two Rivers J.V.		1995
1st Appleton J.V.		1995
1st Manitowoc Reserve		1995

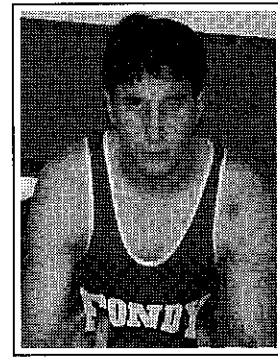


JEFF GUDEX
Sophomore

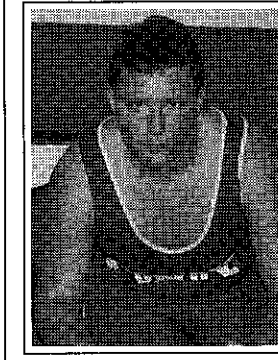


JOSH MUELLER
Junior

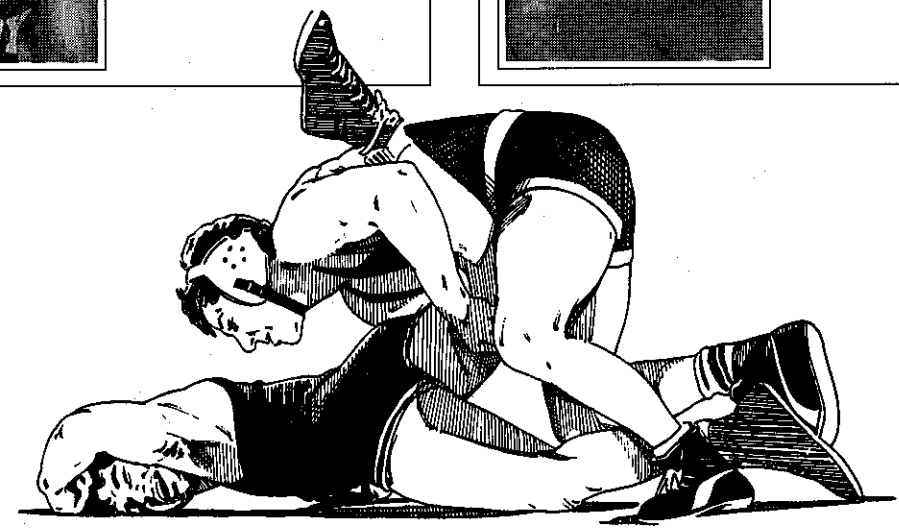
Junior Varsity	9-15	1995
3rd Kewaskum J.V.		1995



KEVIN PITZEN
Junior



KEN SCHIMMEL
Sophomore



Fox Valley Association Conference

APPLETON NORTH

Appleton North High School
Enrollment: 1357 - Div. I
Colors: Navy, Silver, Metallic Gold
Nickname: Lightning
Boys' Coach: Bryan Haecker
Girls' Coach: Darwin Eastman

APPLETON EAST

Appleton East High School
Enrollment: 1358 - Div. I
Colors: Scarlet, White & Blue
Nickname: Patriots
Boys' Coach: Ron Parker
Girls' Coach: Greg Paton

APPLETON WEST

Appleton West High School
Enrollment: 1358 - Div. I
Colors: Orange & Blue
Nickname: Terrors
Boys' Coach: Greg Hartjes
Girls' Coach: Tom La Fountain

NEENAH

Neenah High School
Enrollment: 1979 - Div. I
Colors: Red & White
Nickname: Rockets
Boys' Coach: Tom Hopfensperger
Girls' Coach: George Scherck

Fox Valley Association Code of Sportsmanship

The Fox Valley Association believes that sportsmanship is important for participants and spectators alike. The member schools of the Fox Valley Association therefore pledge themselves to encourage positive displays of sportsmanship at all co-curricular activities. The following principles have been adopted to reflect this strong belief:

1. Interscholastic competition exists for its educational value. Although winning is important, the prime objective is to appreciate the educational and athletic development of our young people.
2. Spectators and participants are all guests at this educational experience and have a responsibility to uphold the ideals of good manners and sportsmanship.
3. We recognize that game officials do their best to make quick, fair, and unbiased decisions and should be treated with respect and authority.
4. Every competitor is worthy of our respect and should be treated with courtesy.
5. A true competitor is humble in victory and steadfast in defeat.

GUIDELINES

1. All Fox Valley Association schools are tobacco free schools. Smoking is not permitted in the school building, on school grounds or on the premises during any activity.
2. Consumption of alcohol/drugs prior to entering a contest or possession/consumption of alcohol/drugs during a contest is prohibited.
3. The use of noise makers, projectiles (including balls) and confetti is prohibited.
4. Harassment of officials or members of participating schools is prohibited.
5. Only authorized cheerleaders will be permitted on the floor/field to lead the cheers.
6. All participants and spectators should refrain from the use of inappropriate language.
7. All cheers should be meant to be in support of your team, they should not be used to ridicule or antagonize the other team.
8. Participants and spectators should respect school property, kicking, or stomping of bleachers is prohibited.



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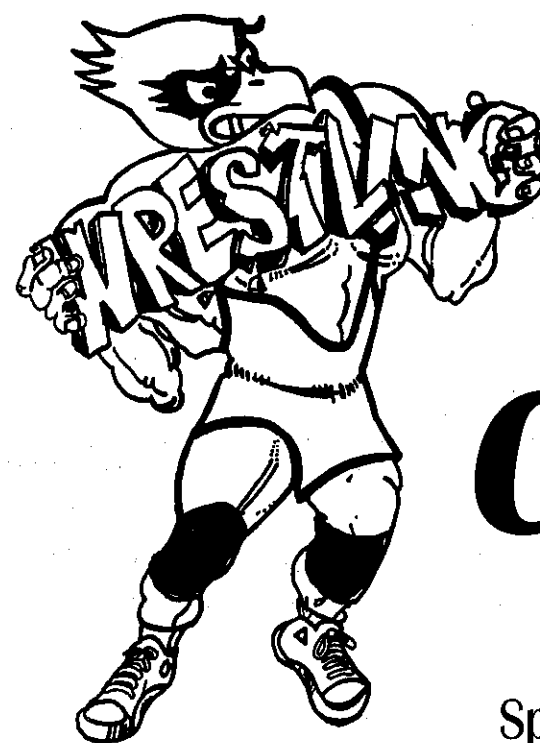
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CONFERENCE CHAMPIONS (72)

Gerald Sabel	70
Karl Kaufman	71
Mike Fero	71
Dan Schingen	73
Bill Voight	74
Nick Bell	74, 75, 76
Mike Wells	74
Jeff Borgen	75
Jeff Mooney	75
Ron Mueller	76
Dan Jozefowski	76
Doug Bell	77, 78
John Bowman	77, 78, 79
Gary Clausius	80
Mark Peterson	80
Mark Flanders	80
Mike Marx	80
Dave Hanrahan	80
Joe Warner	80
Lonnie Preissner	81
Mike McDermott	81
Joe Toney	83
Pat Schommer	83
Brian Peterson	83, 84
D. Petersom	85, 86, 87, 88
Mike Furnner	85
Jeff Berry	88
Brian Dobrinski	88, 89
Steve Schommer	88
Bruce Welnetz	88
Dave Stahmann	88
Court Gifford	89, 90, 91, 92
Ryan Haus	89
Jim Toth	89
Dave Munoz	89, 90
Rocco Marchionda	90, 91
Scott Flasch	90, 91
Tasso Politopoulos	91
Greg Sewall	91
Steve Welnetz	91
Ryan Welnetz	91
Brent Ryland	91, 92, 93
Zach Bond	92, 93
Tim Kloke	93
Jeremy Barthels	94
Yoshi Yanagawa	94
Brandon McNab	94, 95
Justin Baker	95
Scott Gustin	95
Chris St. Peter	95
Mike Roloff	95

WIAA SECTIONAL CHAMPS (41)

Nick Bell	74, 75, 76
Ron Mueller	76
John Bowman	77
Gary Clausius	80
Mike Marx	80
Matt Wells	82
Brian Peterson	83, 84
Glenn Berry	85
Mike Furner	85
Dan Mueller	85
Steve Schommer	85
Damian LaCroix	87
Mike McDowell	87
Dale Stahmann	88
Darrin Peterson	88
Bruce Welnetz	88

Dave Hayes	88
Jim Toth	89
Dave Munz	89, 90
Rocco Marchionda	90, 91
Court Gifford	90, 91, 92
Tasso Politopoulos	91
Greg Sewall	91
Scott Flasch	91
Steve Welnetz	91
Ryan Welnetz	91
Rick Ellison	92
Mike Roloff	93
Tim Kloke	93
Peter Ringhand	93
Brandon McNab	94
Yoshi Yanagawa	94
Brandon McNab	95

SECTIONAL CHAMPIONSHIPS 1984, 1985, 1987, 1989, 1990, 1991, 1992, 1993

WIAA REGIONAL CHAMPS (87)

Rick Fink	69
Benito DeLeon	69
John Rauls	69
Mike Fero	70
Karl Kaufman	71
Brad Billman	71
Gerald Sabel	71
Bill Voight	73
Brian Billman	73
Tom Thomma	73
Nick Bell	74, 75, 76
Bob Olson	74
Mike Wells	74
Jeff Borgen	74, 75
Ron Mueller	75, 76
John Bowman	77, 78
Brian O'Loughlin	77
Norm Waldschmidt	77
Doug Bell	78, 79
John Hildebrand	78
Gary Clausius	79
Gary Nehring	79
Mike McDermott	80, 81
Mark Flanders	80
Mike Marx	80
Lonnie Preissner	80, 81
Joe Toney	81
Dave Schmidt	81
Dave Hanrahan	81
Tim Faris	82
Matt Wells	82, 83
Rock Abig	82
Brian Peterson	82, 83, 84
Pat Schommer	83
Glenn Berry	85
Dan Mueller	85
Mike Furner	85
Mike McDowell	85
Dave Hayes	87, 88
Duane Benson	87
Jeff Berry	88
Darrin Peterson	88
Bruce Welnetz	88
Brian Dobrinski	89
Court Gifford	89, 90, 91, 92
Dave Munoz	89, 90
Rocco Marchionda	90, 91
Scott Flasch	90

Cardinal Wrestling Hall of Fame cont'd.

Greg Sewall	91
Steve Welnetz	91
Ryan Welnetz	91
Zach Bond	91
Tasso Politopoulos	91
Rick Ellison	92
Don Jaroch	92
Mike Roloff	93
Tim Kloke	93
Chad Kovacs	93
Peter Ringhand	93
Dan Schneider	93
Jerry Barthels	93
Brandon McNab	94
Tyler Wehner	94
Jason Feudner	94
Justin Baker	95
Scott Gustin	95
Brandon McNab	95
Mike Roloff	95
Chris St. Peter	95

CARDINAL DUAL RECORD

Wins	294
Losses	53
Ties	1

REGIONAL CHAMPIONSHIPS (14)

1974, 1976, 1979, 1982, 1983, 1985, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1995

STATE CHAMPIONSHIPS (1)

1991

CONFERENCE CHAMPIONSHIPS (11)

1980, 1984, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995

WIAA STATE QUALIFIERS (73)

Mike Wells	74
Nick Bell	74, 75, 76
Ron Mueller	76
John Bowman	77, 78
Brian O'Loughlin	76
Doug Bell	78
John Hildebrand	78
John Krug	79
Gary Clausius	79
Mitch Riske	79
Mike McDermott	79
Mike Marx	80
Lonnie Preissner	81
Matt Wells	82, 83
Pat Schommer	83
Ty Toriello	83, 84
Brian Peterson	83, 84
Dan Mueller	85
Mike Furner	85
Glenn Berry	85
Darrin Peterson	85, 86, 87
Steve Schommer	87
Todd Schmitz	87
Damian LaCroix	87
Mike McDowell	87
Jeff Berry	88
Rick Schuppe	88
Bruce Welnetz	88
Dave Hayes	88
Dale Stahmann	88
Brian Dobrinski	89

Jim Toth	89
Mike Christiansen	89
Dave Munoz	89, 90
Rocco Marchionda	89, 90, 91
Greg Sewall	90, 91
Court Gifford	90, 91, 92
Scott Flasch	91
Ryan Welnetz	91
Tasso Politopoulos	91
Ruben Munoz	91
Steve Welnetz	91
Rick Ellison	92
Tim Kloke	92, 93
Don Jaroch	92
Zach Bond	92, 93
Brent Ryland	92, 93
Nick Bonnell	92
Mike Roloff	93
Jeremy Barthels	93
Peter Ringhand	93
Brandon McNab	94, 95
Yoshi Yanagawa	94
Jason Feudner	94
Justin Baker	95
Mike Roloff	95

WIAA STATE PLACE WINNERS (34)

Nick Bell	1st
John Bowman	2nd
Mike Marx	4th
Pat Schommer	2nd
Matt Wells	3rd, 3rd
Brian Peterson	6th, 2nd
Dan Mueller	6th
Darrin Peterson	3rd
Steve Schommer	6th
Damian LaCroix	6th
Todd Schmitz	3rd
Rick Schuppe	2nd
Dale Stahmann	2nd
Bruce Welnetz	4th
Brian Dobrinski	3rd
Rocco Marchionda	5th
Rocco Marchionda	1st
Rocco Marchionda	1st
Greg Sewall	1st
Scott Flasch	4th
Court Gifford	4th, 5th
Ryan Welnetz	5th
Tasso Politopoulos	6th
Tim Kloke	4th, 2nd
Zach Bond	4th, 2nd
Brent Ryland	2nd
Mike Roloff	5th
Peter Ringhand	4th
Brandon McNab	2nd
Mike Roloff	4th

WRESTLING FAMILY HONOR ROLL

Petersons (Mark, Brian, Darrin)	245
Giffords (Court)	134
Bells (Nick, Doug)	133
Schommers (Pat, Steve)	131
Marchionda (Rocco)	112
Billmans (Brad, Brian)	110
Wells (Mike, Matt, Tim)	109
Muellers (Ron Dan)	101

Cheerleaders

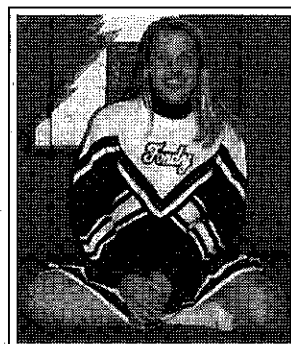
Varsity



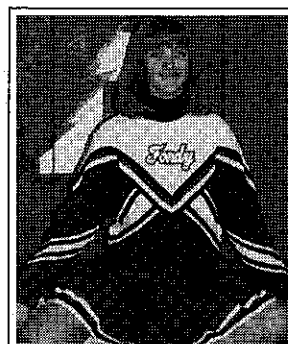
JOANNE COLDREN
Advisor



Jenny Gau



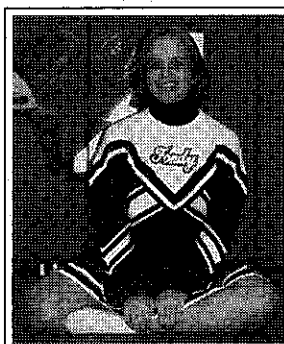
Amberly Greeno



Sara Merriman

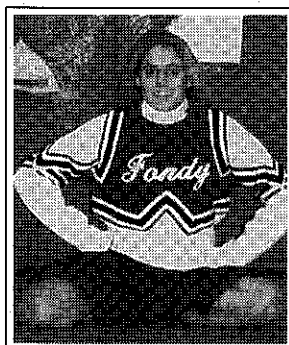


Jenny Simon

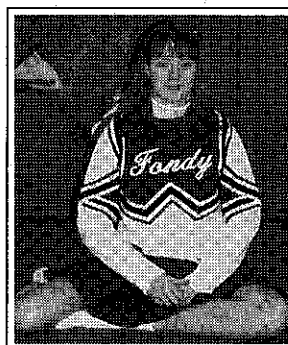


Sarah Vollmer

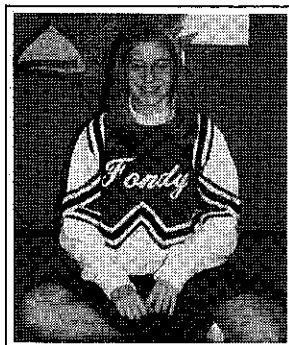
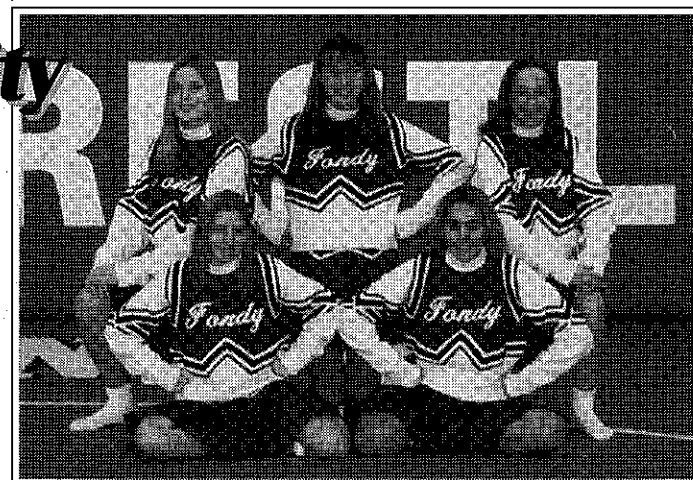
Junior Varsity



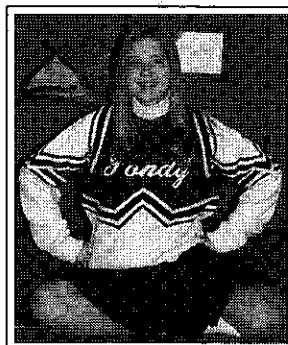
Kathryn Blatz



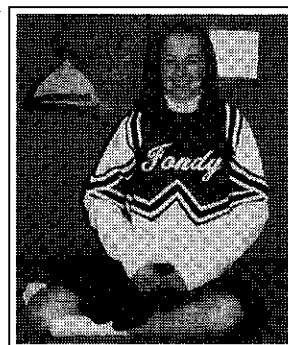
Katie Hatcher



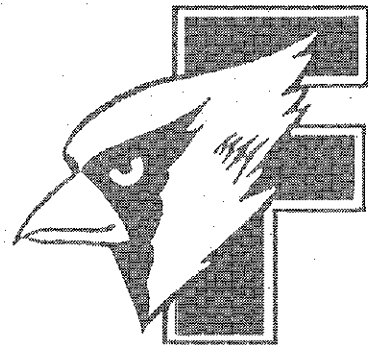
Melissa Merwin



Nicole Simon



Tanya Willett



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Goal of the Mighty Mite Wrestling Program:

"To provide another alternative for elementary grade children to receive the benefits of an organized activity."

Emphasis:

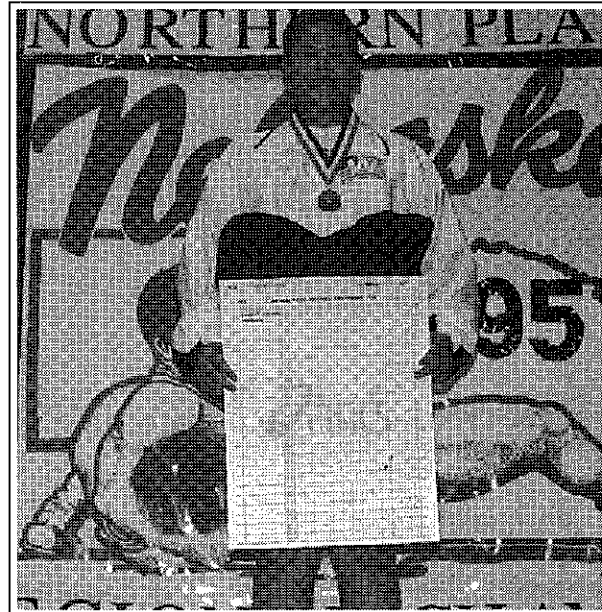
The emphasis of the program is put on participation, sportsmanship, physical fitness, basic wrestling fundamentals and FUN.

Who Can Participate:

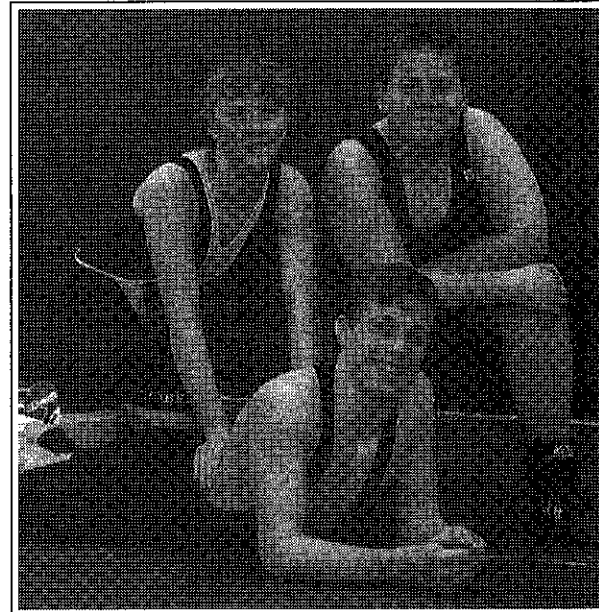
Any child that is a 4th, 5th or 6th grade student in the Fond du Lac school system is invited to join.

Registration:

Wednesday, February 14 from 6:00-8:00 p.m. in the Goodrich Gym Lobby



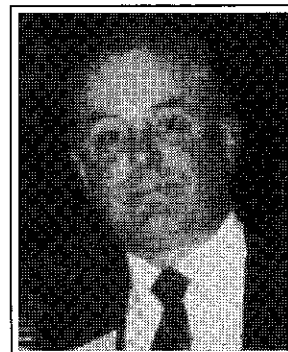
Brad Leonhard
1995 Northern Plains
12 and Under Heavyweight Champ



Fond du Lac's Brad Casetta Jr. (bottom) won Freestyle and Folkstyle state youth wrestling titles last year while running his season record to 46-0. Also winning state titles from the Fond du Lac club were Aimee McNab in the girls Freestyle and Brad Leonhard in the boys Freestyle.

Coordinator: Don Peterson

Don has been actively involved with wrestling programs at all levels for over a decade. Don and his wife, Helen, became involved as parents and have remained committed to Fond du Lac Wrestling long after their sons have finished. He has served as President, Youth Director, Tournament Director and now oversees the Mighty Mite Program. The Peterson family is the top wrestling family in Fond du Lac history with over 245 victories.



Here's How...

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Level I – Rascals • Geared to K-1st grade skill level

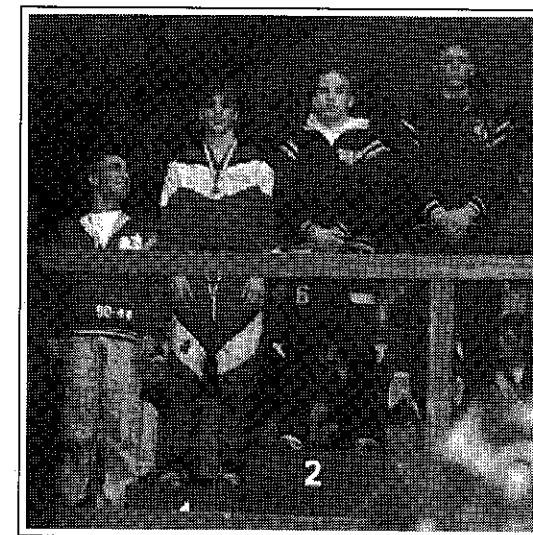
Level II – Toughies • Geared to 2nd and 3rd grade skill level

Level III – Barracudas • Geared to 4th grade skill level

Level IV – Mat Rats • Geared to 5th grade skill level

Objectives:

- To develop a positive self image.
- To demonstrate good sportsmanship.
- To develop an understanding of the importance of regular attendance.
- To have fun while developing basic skills.
- To develop an understanding of rules, procedure, and scoring.
- To develop emotional control and a sense of fair play.
- To promote and develop self-esteem and discipline.
- To have fun while progressively developing techniques.
- To develop sportsmanship and self control.
- To develop an understanding of Freestyle and Greco Roman.



Mike Roloff
4th at WAA State Tournament

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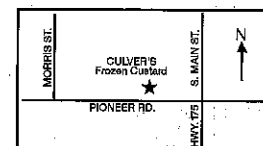
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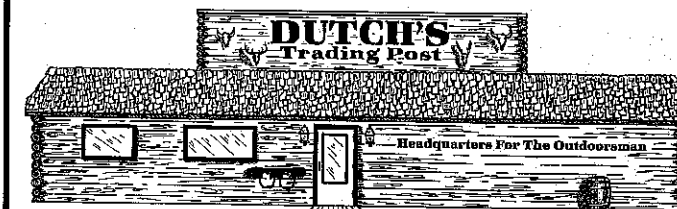
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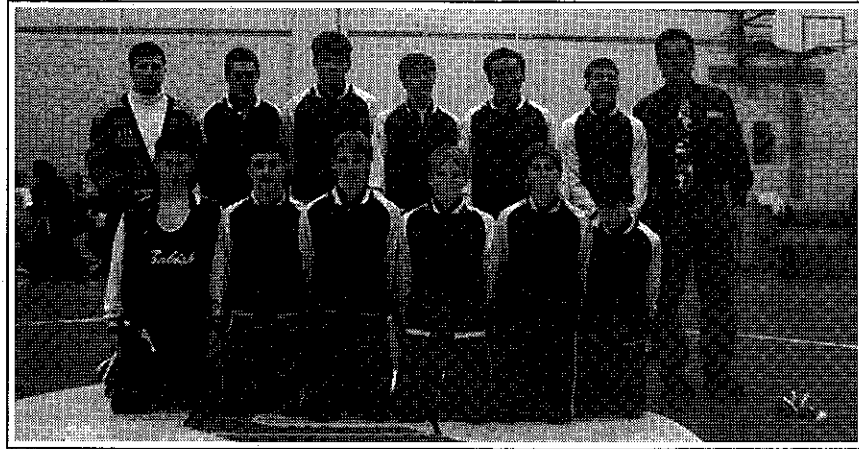
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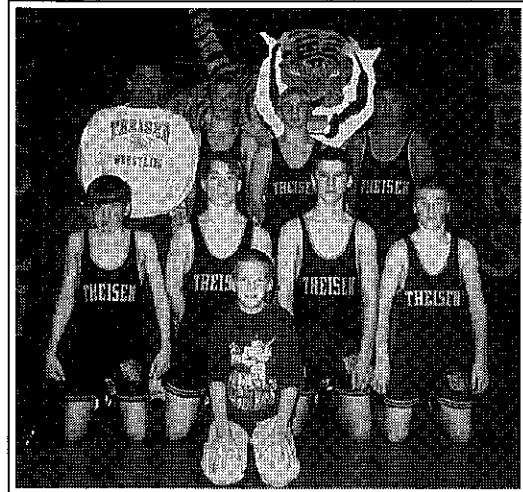
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1995-96 Junior High Teams



The Sabish Bears



Theisen Tigers

Front: Joe O'Connor.
2nd Row: Travis Seaton,
Chad Ramaker, Joe Kelliher,
Mark Nelson. Back Row:
Coach Billman, B.J. Streeter,
Andy Grinnell, Philip Morse.



Woodworth Wildcats

Coach Greg Winkler
Members of the Team:
Eric Thomma, Chris Leonhardt,
Steve Abitz, Carl Hackbarth,
Tim McEvoy, Joe Hopper, Mike
Ward, Stuart Danor, Josh Kaul,
Tom Bohlman, Steve Hahn,
Ryan Will, Ryan Gjertson,
Cory Rottman, Jon Sanborn

Guess Who!

Match these baby snapshots to the correct senior stud shots!

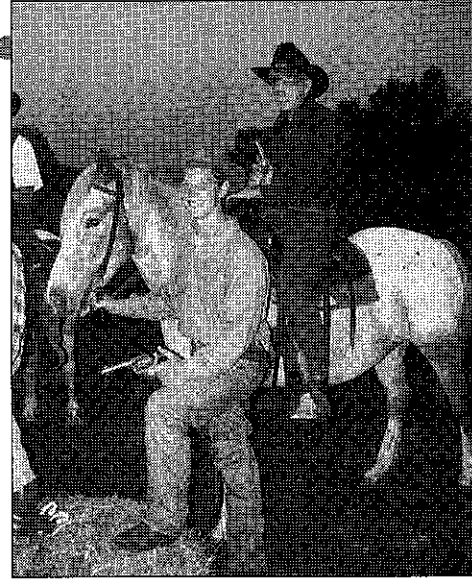
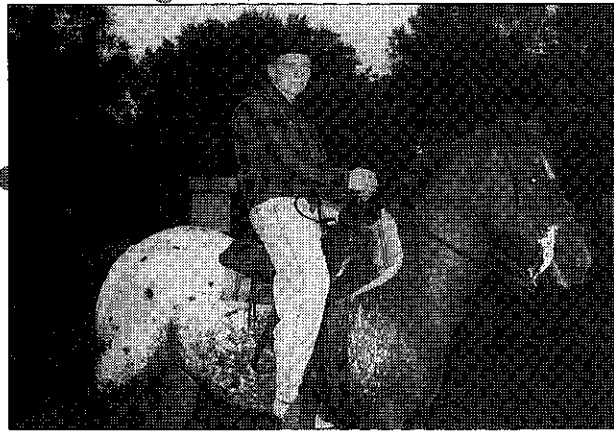
The baby snapshots are: A (boy in plaid shirt), B (boy in dark shirt), C (boy in dark shirt), D (boy in striped shirt), E (boy with blonde hair), F (boy in patterned shirt), G (boy in dark shirt). The senior portraits are: A (boy with dark hair), B (boy with dark hair), C (boy with dark hair), D (boy with dark hair), E (boy with blonde hair), F (boy with dark hair), G (boy with dark hair).

A: Chris St. Peter B: Doug Murphy C: Mike Roloff D: Andy Gusskenbos E: Steve Westfahl F: Jeremy Barthele G: Joe Albert

Few are born with it...
 Even Fewer know what to do with it...
 Fondy Wrestling Builds it...

Character

And all of you guys have character!
 Use it, show it, and you'll be
 recognized because of it
 for the rest of your lives!
 Good Luck this year.
 Go hard, have no regrets and
 remember no matter what
 happens on the mat, I'm so
 very proud of all of you!
 Love,
 Miss Jo



Wt	NAME	1st Period		2nd Period		3rd Period		Rd Time		Time of Fall		IND. SCORE		TEAM SCORE	
		Home	Visitors	Home	Visitors	Home	Visitors	Home	Visitors	H	V	Home	Visitors		
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
LBS.		TD 22222	NF 2222	TD 22222	NF 2222	TD 22222	NF 2222	Pts	Pts						
		ES 11111	NF 3333	ES 11111	NF 3333	ES 11111	NF 3333								
		RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	RE 22222	PNW 112 disq	Total	Total						
		T	T	T	T	T	T								
														TOTAL	

