

The Whizzer

VOLUME 3, ISSUE 2

Ellsworth Wrestling Newsletter

OCTOBER 2022

The Whizzer is a quarterly publication from the Ellsworth Wrestling Association and wrestling coaches for our wrestlers, parents and fans. If you have any questions or have an idea for a feature story, email ellsworthwrestling1958@gmail.com.

**COUNTDOWN TO THE
2022-23 SEASON**

31 8 48 7
DAYS HOURS MINUTES SECONDS

Let's Get Ready to Wrestle!

Registration is open.

School's back in session, the leaves are falling and the days are getting colder. That can only mean one thing, wrestling season is upon us! With that, registration for K-5 youth is now open. To register, go to ellsworthwrestling.com.

Registration for middle school and high school registration is also open. Registration is facilitated through the school district's website under Panther Athletics: ellsworth.k12.wi.us/page/panther-athletics. In order to practice, middle school and high school wrestlers must have a current physical/alternate year card on file with the office and have paid the required athletics fee. All middle school and high school athletes must register, enter contact and medical information and agree to the athletic code. To register and submit the contract, do the following:

1. Go to Panther Athletics and click on 'Registration'
2. Click on the 'Athletic Team Registration'
3. Choose Family Account, High School or Middle School Registration
4. Enter athlete information
5. Upload Physical Forms (forms can also be handed in paper form to the school office.)
6. Read through the Athletic Code & if you agree, click the box, sign and submit.

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Ellsworth Wrestling Golf Tournament

Highly contested 5-way tie!

The 7th annual Ellsworth Wrestling golf fundraiser took place Saturday, May 21st. Despite being a bit chilly, it was a great day to be out on the course supporting our wrestlers. The tournament raised over \$4,000 for our program and was a highly contested event. In the end, 5 teams tied with a score of -4! The team of Jake Flett, Dave Aune, Steve Flaa, and Mark Matzek held the tie breaker and were crowned champions. Thank you to all our sponsors and participants!



PARENT GET TOGETHER

You're Invited!

Let's kick the season off in style and get to know each other! All parents and guardians of youth, middle school, and high school wrestlers are invited.

There will be appetizers and a cash bar.

Date: November 5th, 2022 **Time:** 6:00 PM

Location: The Ridgetop, W10516 US Hwy 10, Prescott, WI

Coaches' Corner

Stuhl Brothers Camp

The last week of June we welcomed back 4X state champion Sam Stuhl and 3X state place winner Charlie Stuhl to run a youth camp. 25 youth wrestlers attended this camp and learned from our recent graduates who are starting varsity wrestlers at Augsburg University.



Some of the youth wrestlers with the Stuhl Brothers



Youth at Stuhl Brothers Camp



Augsburg Camp

This past June wrestlers in grades 7-12 had the opportunity to attend Augsburg University Wrestling Team Camp. 12 wrestlers traveled with Coach Matzek to Augsburg and combined forces with Ironsdale, MN to make the team of Ironsworth. On average, wrestlers were able to get 10-12 varsity level matches and the team placed 3rd out of 14 teams, only dropping 2 duals all week long. Captains Louie Jahnke and Anthony Madsen led our team and were undefeated on the week in their matches!



Team Ironsworth at Augsburg University

MAT TALK 101

Wrestling relies on several different skills for success. One of the most important skills is lifting. Lifting is used in a wide variety of moves and a successful lift requires more than arm strength. Some key points to focus on when lifting are:

- Squeeze the opponent to your body using your arms.
- Lower your hips into and under the opponent's center of gravity.
- Lift primarily with the legs, not the arms.

Takedowns are most effective when a wrestler can lift their opponent so they are unable to defend by enacting any counters.



2022-23 High School Wrestling Schedule

Stay up to date and subscribe to the iCal or RSS feed.

- 12/1 @ Amery, Somerset (V/JV)
- 12/3 Ellsworth Invite (V/JV)
- 12/8 vs Faribault, MN & Boyceville (V/JV)
- 12/10 @ Chanhassen (V/JV)
- 12/17 @ FCLMC Holiday Tournament (Harmony, MN) (V)
- 12/22 @ Stanley-Boyd Holiday Scramble (V/JV)
- 12/29,12/30 @ Northern Badger, River Falls (V/JV)
- 1/5 @ Lakeville North, Prior Lake (V/JV)
- 1/7 @ Cannon Falls Tournament (V)
- 1/7 @ Challenge Series (JV)
- 1/12 vs Baldwin-Woodville, Osceola (V/JV)
- 1/13 @ Boyceville JV Tournament
- 1/19 @ SCC, Prescott
- 1/21 @ East Ridge Ruckus Tournament (V/JV)
- 1/28 @ Rochester Century Tournament (V/JV)
- 2/2 @ Hastings, Eagan
- 2/11 Regionals
- 2/14 Team Sectionals
- 2/18 Individual Sectionals
- 2/23, 2/24, 2/25 Individual State
- 3/4 Team State

EWA BOARD MEETING

When: Tuesday, Oct. 25th at 6:30 pm

Place: EWA President's Garage

YOUTH SEASON BEGINS

When: November 6th

SEE WEBSITE FOR REGISTRATION

MIDDLE SCHOOL SEASON BEGINS

When: November 14th

SEE WEBSITE FOR REGISTRATION

HIGH SCHOOL SEASON BEGINS

When: November 14th

SEE WEBSITE FOR REGISTRATION