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## 2010 IOWA CONFERENCE WRESTLING CHAMPIONSHIP PREVIEW

**CEDAR RAPIDS, IOWA . . .** The 2009 Iowa Intercollegiate Athletic Conference (IIAC) Wrestling Championship is Tuesday, February 16, at Buena Vista University in Storm Lake, Iowa. Matches begin at 10:00 a.m. in the Regents Center Gymnasium with the finals set for 7:05 p.m. following the Grand March at 6:30 p.m.

Iowa Public Television (IPTV) will televise the Championship finals on tape-delay across the state beginning at 4:00 p.m. Sunday, February 21. **Tim Johnson** will provide the play-by-play with legendary University of Iowa wrestling coach **Dan Gable** providing analysis. For local IPTV stations, visit IPTV's web site at [www.iptv.org](http://www.iptv.org).

**National Polls:** Five Iowa Conference schools and 21 individuals are ranked in the latest National Wrestling Coaches Association/Brute-Adidas poll released February 9. Ranked teams are Wartburg (2nd), Coe (3rd), Cornell (8th), Luther (12th), and Dubuque (20th).

All 10 weight classes have at least one ranked Iowa Conference wrestler, including eight weights with at least two wrestlers. Three IIAC wrestlers each are ranked at 125 pounds, 165 pounds and heavyweight. Wartburg has wrestlers ranked at nine of 10 weights with the lone exception being at 174. Coe has five ranked wrestlers, Cornell, Dubuque and Luther have two apiece, and Buena Vista has one.

**2009 IIAC Championship Recap:** Wartburg won its 17th straight Iowa Conference title last season at Regents Center Gymnasium in Decorah, crowning five individual champions. The Knights, who had eight finalists, won the title with 187 points. Luther edged Coe, 138-137, in a close battle for second place – clinching the position with **Alec Bonander's** championship match victory at 197 pounds. He was Luther's only IIAC Champion with three other Norse wrestlers making the finals. The Kohawks won two individual titles. Cornell captured one title (**Kyle Kehrli** at 174) and finished fourth with 123 points to post the school's highest point total at the Championships and equal the school's top place finish. With a championship at 165 pounds, Dubuque's **Josh Terrell** captured the first title by a UD wrestler since **Troy Armstrong** captured the 134-pound title in 1990. The Spartans' fifth-place finish was their best since placing fourth in 1987.

There are five returning Iowa Conference Champions in the field. Coe's **Clayton Rush** (125), Terrell (165), and Wartburg's **John Helgersen** (heavyweight) will all attempt to defend their titles from a year ago, while Wartburg's **Matt Kelly** will attempt to recapture the 141-pound title he won in 2008 after competing at 133 last year and Coe's **Tyler Burkle** will look to capture the title at 184 after Iowa Conference and NCAA titles at 165 in 2008.

Sixteen of the Conference's 33 national qualifiers, and 12 of 20 All-Americans – including 2009 National Champion **Evan Brown** of Dubuque – from 2009 return to their teams' rosters in 2010. Cornell's **Nick Nothern** (133) is looking for his fourth trip to nationals. A two-time All-American, Nothern was last year's national runner-up at 133 pounds after posting a sixth-place finish in 2008. Rush, Kelly, Terrell, Burkle, Brown, Luther's **Nic Barclay**, and Coe's **Rob Kramer** are each looking for their third trip to nationals. Rush, Kelly, Terrell, Burkle, and Kramer are two-time All-Americans, while Burkle (165 in 2008) and Brown (174 in 2009) each have a National Championship to their credit. A total of five returning national qualifiers are on Coe's list of probable wrestlers for the 2010 Championships, while Wartburg and Luther list four apiece. Cornell and Dubuque have two returning national qualifiers, while Simpson has one listed.

Thirty-three IIAC wrestlers will qualify for the NCAA Championship field of 160, the top-three in each weight class and three wildcards to be selected by the coaches following the meet. The 2010 NCAA Division III Wrestling Championships will be hosted by Cornell College, Coe College, and the Iowa Intercollegiate Athletic Conference at the U.S. Cellular Center in Cedar Rapids March 5-6.

A class-by-class preview follows with each school's probable line-up. Championship brackets will be posted on the Iowa Conference Web site (<http://www.iowaconference.com>) Tuesday morning and the Web site will be updated with results throughout the day.

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## 125-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Austin Mogg, Fr. (29-9)	Coe's <b>Clayton Rush</b> , last year's IIAC Champion and an NCAA runner-up in 2008 as a freshman, is the top-ranked wrestler at 125 pounds. He has spent one of two ranked wrestlers at 125 pounds. Rush has spent most of this year ranked second in the nation. Wartburg's <b>Mark Kist</b> , last year's IIAC runner-up and a third-place finisher at nationals, has been ranked in the top-2 all season long with a short stint at No. 1. Buena Vista's <b>Austin Mogg</b> entered the national rankings in early December and has steadily climbed to as high as sixth, but was ranked seventh in the most recent rankings. Cornell's <b>Tim Hood</b> has also been ranked at points during the season. Luther's <b>Jayson Swanson</b> placed third a year ago and was a national qualifier.
Central	Justin Marx, Jr. (14-16)	
Coe	Clayton Rush, Jr. (25-2)	
Cornell	Tim Hood, So. (20-14)	
Dubuque	Ryan Lessner, Sr. (3-9)	
Loras	Pat Pfantz, So. (19-13)	
Luther	Jayson Swanson, Jr. (13-6)	
Simpson	--OPEN--	
Wartburg	Mark Kist, Jr. (16-2)	

## 133-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Aaron Davenport, Fr. (9-20)	The Iowa Conference swept the top four places on the nationals podium at this weight last year, but only one of this year's listed probables has IIAC Championship experience. Cornell's <b>Nick Nothern</b> , last year's NCAA runner-up, is currently ranked eighth nationally after opening the year in the top spot. Wartburg's <b>Sean White</b> is ranked fifth, with teammate <b>Matt Kelly</b> , now at 141 pounds, seeing some time in the 133 rankings.
Central	Jon Mendoza, So. (3-3)	
Coe	Drew Hinschberger, So. (17-8)	
Cornell	Nick Nothern, Sr. (19-6)	
Dubuque	Derek Smith, Fr. (6-13)	
Loras	Brendan Murphy, Jr. (2-12)	
Luther	Ryan Capouch, Fr. (11-13)	
Simpson	Jeff Sand, Fr. (18-20)	
Wartburg	Sean White, Sr. (25-7)	

## 141-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Tim Vore, Fr. (4-24)	Of the three potential wrestlers at this weight for Wartburg, <b>Matt Kelly</b> has the longest resume. Kelly, the IIAC Champion and All-American at 141 in 2008 and an All-American at 133 in 2009, has seen time and has been ranked at both weights during the course of the season. He is currently ranked eighth--the only Iowa Conference wrestler currently ranked at 141. Teammate <b>Chris Sandy</b> was ranked for much of the middle portion of the season, while 2009 All-American <b>Kevin Donahue</b> of Cornell has also been ranked, even spending time at No. 1. Luther's <b>Kevin Bokoski</b> was fourth at this weight a year ago, while Simpson's <b>Caleb Brus</b> appeared at the 2008 Championships, placing sixth.
Central	Josh Atwell, So. (21-7)	
Coe	Chris LeClere, Fr. (16-6)	
Cornell	Kevin Donahue, Jr. (28-7)	
Dubuque	Mark Schultz, Jr. (6-7) OR Emilio Colecio, Fr. (0-1)	
Loras	Matt Holmes, Fr. (16-12)	
Luther	Kevin Bokoski, Jr. (20-10)	
Simpson	Caleb Brus, Jr. (23-10)	
Wartburg	Matt Kelly, Sr. (9-4) OR Chris Sandy, Sr. (23-5) OR Kalen Lenz, Sr. (18-5)	

## 149-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Codey Schultz, Jr. (3-13)	Seventh-ranked <b>Jason Pyle</b> of Luther, a 2009 All-American, has been ranked all season, rising to as high as No. 2 before settling into his current position. Wartburg's <b>Jacob Groth</b> , at No. 6, is currently the highest-ranked IIAC wrestler at the weight, but he will have a test to make it out of his own wrestling room as teammate <b>T.J. Moen</b> has also spent time in the rankings, peaking at No. 10. Coe's <b>Mark Carey</b> placed fourth a year ago and Dubuque's <b>Anderson Sainci</b> competed in both the 2007 and 2009 Championships, placing ninth and seventh, respectively.
Central	Joe Atwell, Fr. (20-12)	
Coe	Mark Carey, Sr. (21-6)	
Cornell	Jacob Schwebke, So. (25-14)	
Dubuque	Anderson Sainci, Sr. (4-3) OR A.J. Knoll, Fr. (11-5)	
Loras	Chris Gansen, So. (8-11)	
Luther	Jason Pyle, Jr. (21-4)	
Simpson	Kasey Green, Fr. (5-25)	
Wartburg	Jacob Groth, Jr. (18-7) OR T.J. Moen, Jr. (28-8)	

## 157-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Lucas Harm, Fr. (1-23)	While there are five wrestlers with previous IIAC Championship experience listed at this weight, Cornell's <b>Nicholas Loughlin</b> – currently ranked No. 2 nationally – is not one of them. Loughlin enters the Championship with a 29-2 record and has steadily risen in the rankings since debuting in early December. Wartburg's <b>Adam Weber</b> , the 2007 IIAC runner-up at 149 pounds, is ranked sixth. Coe's <b>Dale Handley</b> has also been ranked during the course of the season. Central's <b>Zach Beekman</b> (9th at 149), Loras' <b>Mitch Gansen</b> (8th at 149), Luther's <b>Lance Serbousek</b> (5th at 165), and Simpson's <b>Wade Dowling</b> (9th at 184) each competed in last year's Iowa Conference Championships.
Central	Zach Beekman, So. (10-18)	
Coe	Dale Handley, So. (12-10)	
Cornell	Nicholas Loughlin, So. (29-2)	
Dubuque	Ryan Warcynski, Fr. (13-12) OR Justin Cedano, So. (4-5)	
Loras	Mitch Gansen, So. (9-12)	
Luther	Lance Serbousek, Jr. (19-6)	
Simpson	Wade Dowling, Sr. (22-17)	
Wartburg	Adam Weber, Jr. (23-7)	

## 165-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Roman Villegas, So. (13-18)	Two-time All-American <b>Josh Terrell</b> of Dubuque is the defending IIAC Champion at this weight, but with a No. 4 national ranking, he currently ranks third among the three IIAC wrestlers in the national rankings. Wartburg's <b>Carrington Banks</b> is the top-ranked wrestler nationally, settling in at 165 after appearing the rankings at both 157 and 174. <b>Nick LeClere</b> of Coe is currently second. Terrell was third in the IIAC and fourth at the national meet at 157 pounds in 2008 before bumping up to 165 pounds last year where he finished sixth at the NCAA meet. <b>Alex Riniker</b> of Cornell (7th at 149 in 2007) and <b>Roman Villegas</b> of Buena Vista (8th at 165 last year) also have Iowa Conference Championship experience.
Central	--OPEN--	
Coe	Nick LeClere, So. (25-2)	
Cornell	Alex Riniker, Sr. (17-15)	
Dubuque	Josh Terrell, Sr. (18-5)	
Loras	Kile Beaver, Jr. (4-11)	
Luther	Adam Rave, So. (3-11)	
Simpson	Cory Stratton, Fr. (12-11)	
Wartburg	Carrington Banks, Jr. (19-2)	

## 174-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Nate Tool, Fr. (18-14)	Despite being the defending NCAA Champion and the current top-ranked wrestler at 174 pounds, <b>Evan Brown</b> of Dubuque will be looking for his first Iowa Conference title. The only IIAC wrestler currently ranked at the weight, Brown has finished third and second, respectively, the past two years. Coe's <b>Seth Rehn</b> , third at 184 and an NCAA qualifier last season, has also spent time ranked, as has Wartburg's <b>Dylan Azinger</b> . Both were ranked as high as seventh. Simpson's <b>Jordy Ammons</b> and Loras' <b>Matt Dickman</b> both have IIAC Championship experience. Ammons placed eighth at 174 each of the past two years, while Dickman was ninth at 174 a year ago.
Central	Ivan Gaeta, So. (13-6)	
Coe	Seth Rehn, Jr. (19-11)	
Cornell	Joe Hambleton, So. (23-13)	
Dubuque	Evan Brown, Sr. (25-2)	
Loras	Matt Dickman, So. (5-14)	
Luther	Dale Lewis, Fr. (9-15) OR Quincy Voris, So. (2-5)	
Simpson	Jordy Ammons, Jr. (15-20)	
Wartburg	Dylan Azinger, So. (28-8)	

## 184-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Tyler Winkleman, Sr. (13-16)	There is a wealth of experience at this weight, led by top-ranked <b>Tyler Burkle</b> of Coe. Burkle, the 2008 National Champion and a 2009 All-American at 165 pounds, jumps up two weight classes for this year's Championship. Wartburg's <b>Todd Becker</b> is sixth in the most recent national rankings but is competing in his first IIAC Championship, while Cornell's <b>Andrew Roberts</b> , fifth in the IIAC at 197 last season, has also been ranked this season. Luther's <b>Nic Barclay</b> , last year's runner-up at 184 and a third-place finisher in 2008, will be looking to make one more step up the podium this year. Burkle and Simpson's <b>Curtis Barber</b> will both be competing in their fourth IIAC Championship. Barber placed third at 149 in 2007, fourth at 149 in 2008, and seventh at 165 in 2009, qualifying for nationals as a freshman. Buena Vista's <b>Tyler Winkleman</b> (5th at 184 in 2008) and Dubuque's <b>Jacob Durbin</b> (6th at 184 in 2009) also have IIAC Championship experience.
Central	Keith Rush, Fr. (15-8)	
Coe	Tyler Burkle, Sr. (29-2)	
Cornell	Andrew Roberts, So. (21-16)	
Dubuque	Jacob Durbin, Jr. (9-8)	
Loras	Josh Kirkland, Fr. (17-14)	
Luther	Nic Barclay, Sr. (11-7)	
Simpson	Curtis Barber, Sr. (16-20)	
Wartburg	Todd Becker, Fr. (23-8)	

## 197-Pounds

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Brian Broll, Fr. (26-10)	Wartburg's <b>Byron Tate</b> is currently the highest-rated IIAC wrestler at this weight at fifth, but sixth-ranked <b>Rob Kramer</b> of Coe will be competing in his fourth IIAC meet, placing third each of the past two seasons after debuting with a fourth-place finish as a freshman in 2007. Kramer has used the IIAC meet as a springboard to the next level, earning All-America honors twice—in 2008 (fourth) and 2009 (fifth). Cornell's <b>Robert Widmer</b> and Loras' <b>Alex Grafft</b> will each be competing in their third IIAC Championship. Widmer placed fifth at both 197 (2008) and heavyweight (2009), while Grafft took seventh in 2008 and sixth in 2009, both at 197 pounds. Simpson's <b>Trent VanDorin</b> also has Iowa Conference Championship experience, placing sixth at 184 in 2008.
Central	Holden Blythe, Fr. (9-4)	
Coe	Rob Kramer, Sr. (27-6)	
Cornell	Robert Widmer, Jr. (18-12)	
Dubuque	Sam Johnson, Fr. (14-13)	
Loras	Alex Grafft, Jr. (7-11)	
Luther	Jack Steinberg, Fr. (13-18)	
Simpson	Ryan Haworth, So. (1-10) OR Trent VanDorin, Jr. (9-8)	
Wartburg	Byron Tate, So. (31-6)	

## Heavyweight

School	Wrestler, Yr. (2009-10 Record)	Preview
Buena Vista	Mark Frye, Fr. (4-16)	This weight currently has three IIAC wrestlers in the national rankings. Wartburg's <b>John Helgerson</b> , the defending IIAC Champion and a third-place finisher at the NCAA meet, is currently ranked fourth, followed by Coe's <b>Mitch Sander</b> (fifth) and Luther's <b>Allyn Plattner</b> (sixth). Helgerson beat Plattner, 5-4, in last year's IIAC final, while Sander took fourth. Sander was also an All-American last year, placing seventh. Loras' <b>Jeremy Klein</b> took fifth at heavyweight in 2008. Simpson's <b>Sam Collora</b> could compete in his fourth IIAC Championship. His best previous finish was eighth at 197 pounds in both 2008 and 2009.
Central	Jacob Crawford, Fr. (13-13)	
Coe	Mitch Sander, Sr. (22-2)	
Cornell	Wyatt Bauman, Fr. (12-25)	
Dubuque	Chris Schiewe, Sr. (6-3)	
Loras	Jeremy Klein, Jr. (18-14)	
Luther	Allyn Plattner, Sr. (12-2)	
Simpson	Sam Collora, Sr. (8-25) OR Taylor Stroud, Jr. (5-2)	
Wartburg	John Helgerson, Jr. (22-4)	