



ORONO

Spartans



2023 WRESTLING PROGRAM



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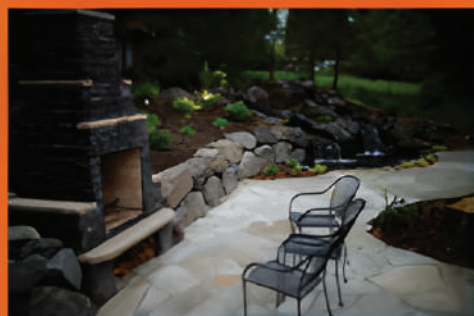


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'22/'23 ORONO WRESTLING SCHEDULE

Monday, November 14, 2022	6:00 PM	Parent Meeting (Sports Night) Orono High School
Monday, November 21, 2022	3:00 PM	Start of Practice Orono Wrestling Room
Saturday, December 3, 2022	All Day	STMA V & JV Invitational STMA High School
Thursday, December 8, 2022	5:00 PM	New Prague & TBD New Prague High School
Saturday, December 10, 2022	All Day	Andover V & JV Invitational Andover High School
Thursday, December 15, 2022	5:00 PM	Hopkins & Buffalo Hopkins High School
Friday, December 16, 2022	3:00 PM	Glencoe Dual Tournament Glencoe High School
Thursday, December 29, 2022	All Day	Bi-State Classic LaCrosse, WI
Friday, December 30, 2022	All Day	Bi-State Classic LaCrosse, WI
Thursday, January 5, 2023	5:00 PM	Waconia & TBD Waconia High School
Saturday, January 7, 2023	8:00 AM	Buffalo V & JV Invitational Buffalo High School
Thursday, January 12, 2023	5:00 PM	Chaska/Chan & Burnsville Orono High School
Saturday, January 14, 2023	8:00 AM	Mustang Duals & JV Invite Mounds View High School
Thursday, January 19, 2023	5:00 PM	BSM, Irondale & Anoka Orono High School
Saturday, January 21, 2023	All Day	Eastridge V & JV Invitational East Ridge High School
Saturday, January 28, 2023	All Day	Orono V & JV Invitational Orono High School
Thursday, February 2, 2023	5:00 PM	Rockford & Howard Lake/Waverly/Winsted Rockford High School
Thursday, February 9, 2023	5:00 PM	Eden Prairie & Edina Eden Prairie High School
Friday, February 10, 2023	2:00 PM	Mound Westonka Invitational Mound High School
Saturday, February 11, 2023	All Day	MS & JV Tournament Dassel Cokato H.S.
Thursday, February 16, 2023	5:00 PM	Team Sections TBD - Host is High Seed
Saturday, February 18, 2023	3 & 5 PM	Team Sections (Final 4) Glencoe High School
Friday, February 24, 2023	5:00 PM	Individual Sections St. Peter High School
Saturday, February 25, 2023	11:00 AM	Individual Sections St. Peter High School
Thursday, March 2, 2023	All Day	Individual State Tournament Xcel Energy Center (St. Paul)
Friday, March 3, 2023	All Day	Individual State Tournament Xcel Energy Center (St. Paul)
Saturday, March 4, 2023	All Day	Individual State Tournament Xcel Energy Center (St. Paul)
Friday, March 17, 2023	6:00 PM	End of Year Banquet Hamel Community Center



GET TO KNOW YOUR COACHES



HEAD COACH JOE MCPHERSON

S I N C E 2 0 1 1

Hometown: Ralston, NE

High School Alma Mater: Ralston High School '96

College Alma Mater: University of Nebraska Omaha '00

Family Members: Wife (Kathryn), Children - Morgan & Brady

Previous Wrestling Experience: Wrestled since I was 5 years old through my senior year in HS.

Previous Coaching Experience:

- State Entrants: 43
- Individual State Champs: 3
- Section Team Championships: 1
- Section Coach of the Year: 3
- State Coach of the Year: 1
- All Conference: 10
- All State: 8

Most Memorable Wrestling Season – Why? Senior year of high school – I placed 3rd in State and our team finished 5th.

Most Memorable Coach Experience – Why? Winning the team section tournament in 2020 and taking our wrestling team to state for the first time in school history.

Name a “Role Model” coach that you admire – Why? My dad & high school wrestling/football coach. They both taught me that regardless of talent you can always work hard and no one is ever going to just give you something. You have to work hard for what you want, not only in sports but life.

Hobbies: Watching my kids in their activities, Coaching, Hunting & Golf.

Favorite saying or quote: “The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur” - **Vince Lombardi**

HEAD COACH JOE MCPHERSON CONT.

YEARLY BREAKDOWN

YEAR	ACCOLADES
2011-2012	(2) State Entrants: Jackson & Gavin
2012-2013	(2) State Entrants: Charlie & Zach All-Conference: Jackson Striggow
2013-2014	(3) State Entrants: Charlie (6th), Jackson (5th) & Jonny All-Conference: Charlie Schmid & Jackson Striggow All-State: Charlie Schmid & Jackson Striggow
2014-2015	Section 5AA Coach of the Year Section 5AA Runner Up (3) State Entrants: Jackson (1st), Bobby & Jonny All-Conference: Jackson Striggow All-State: Jackson Striggow
2015-2016	State Entrants: Bobby (5th), Marcus & Jonny All-Conference: Bobby Striggow All-State: Bobby Striggow
2016-2017	(4) State Entrants: Bobby (2nd), Lukas, Danny & Henry All-Conference: Bobby Striggow All-State: Bobby Striggow
2017-2018	2017-18 Section 5AA Coach of the Year Section 5AA Runner Up (5) State Entrants: Bobby (1st), Danny, Blaine, Nick & Noah All-Conference: Bobby Striggow & Danny Striggow Academic All-State: Bobby Striggow All-State: Bobby Striggow
2018-2019	Section 5AA Runner Up (7) State Entrants: Danny (1st), Nick, Noah, Jacob, Henry, Shea & David All-Conference: Danny Striggow All-State: Danny Striggow
2019-2020	State Class AA Coach of the Year Section 5AA Coach of the Year Section 5AA Team Champions Team State Entrant – 1st in School History All-Tournament Team: David Wilfert (5) State Entrants: Danny (2nd), Jacob, Shea, David & Johnny Gold Academic State Team Award Academic All-State: Danny Striggow All-State: Danny Striggow
2020-21	(9) State Entrants: Mason, Blake, Eli, Matt, Oliver, Noah, David, Johnny & Shea Silver Academic State Team Award All-Conference: David Wilfert



GET TO KNOW YOUR COACHES



ASSISTANT COACH JACKSON STRIGGOW

Hometown: Medina, MN **High School Alma Mater:** Orono High School

College Alma Mater: University of Michigan, **Family Members:** Mom (Michelle), Dad (Jeff), Brothers (Bobby & Danny), Sister (Hannah).

Previous Wrestling Experience: Wrestler at University of Michigan.

Previous Coaching Experience: Worked at Michigan Wrestling Camps .

Most Memorable Wrestling Season – Why? My senior year of college because it was the most recent and I was unable to finish it due to COVID-19.

Most Memorable Coach Experience – Why? Working with my brothers at Michigan Wrestling Camps – I saw Dan go from getting beat up by a 125 pounder to working out with Adam Coon and Mason Parris in two short years!

Name a “Role Model” coach that you admire – Why? Sergei Beloglazov, he is arguably the greatest wrestler of all time but as a coach he does not favor the guys with the most accolades, instead the guys that show up every day and work hard are the ones that get his attention.

Hobbies: Hunting & Fishing, **Favorite saying or quote:** “I swear it upon Zeus an outstanding runner cannot be the equal of an average wrestler” -**Socrates**



COACH TEX OSTVIG

Hometown: Maple Plain, MN **High School Alma Mater:** Orono High School '84

College Alma Mater: University of Minnesota, **Family Members:** Wife (Donna) Children (Tessa '13, Ellie '16, Marcus '18, Lexi Orono Senior '21)

Previous Wrestling Experience: Orono MS/HS, University of Minnesota, Olympic Trials

Previous Coaching Experience: Minnehaha Academy (5 seasons), Centennial High School (6 seasons), Orono 1991-Present (Youth/HS)

Most Memorable Wrestling Season – Why? Watching Orono compete in the 2015 Section Championships when Orono was seeded #6 / Orono 2020 Section Champions and State Tournament Team

Most Memorable Coach Experience – Why? I was a guest Coach at the Olympic Training Center, coached the US Junior World Greco Team Vs Team Sweden and supporting the 1st Orono team to go to the State Tournament.

Name a “Role Model” coach that you admire – Why? Kelly Shaughnessy (My past Orono wrestling coach) As an athlete at Orono, he taught me to put the time and work needed to make my own success. Later I was privileged to be his Assistant coach for Orono for 10 years, where he taught me as a coach.

Hobbies: Collecting Sports Quotes, Camping, Hiking, Fishing, Spending time Up North

Favorite saying or quote: “If my future begins at my next thought, it might as well be positive and powerful”



COACH PETE KEDING

Hometown: Maple Plain, MN **High School Alma Mater:** Orono High School '04

College Alma Mater: Hennepin Tech '06, **Family Members:** Father (John), Mother (Patti), Brother (Andy), Niece/Nephew (Lucy, Ben, Nolan)

Previous Wrestling Experience: In 2003 Set the Record for Fastest Fall in the State of Minnesota at 145lbs, Captain of the 2004 Orono Wrestling Team

Previous Coaching Experience: **2005:** Delano Varsity Assistant Coach, **2012-2016:** Robbinsdale Armstrong Varsity Assistant Coach, **2019-Present:** Orono

Varsity Assistant Coach

Most Memorable Wrestling Season – Why? Orono Wrestling 2001-2002 we went from being winless in dual meet competition to above .500 record. It's the biggest turnaround in Orono Wrestling History. It means a lot to be a part of that team and have those great memories with my teammates.

Most Memorable Coach Experience – Why? Coaching against Totino-Grace in the dual meet to send us to State

Name a "Role Model" coach that you admire – Why? Former Orono Athletic Director and Orono Football Head Coach Steve Fedie, he is the only football coach that believed in me, as a young athlete all I needed was one coach to believe in me.

Hobbies: Hunting & Fishing, **Favorite saying or quote:** "Heroes get Remembered, but Legends Never Die" - The Sandlot



ASSISTANT COACH CHARLIE SCHMID



GET TO KNOW YOUR TEAM

Wt Class	Name	GR	W/L	Actual Wt
Lower Wt.	Harrison Sparks (JV - 74 lbs)	7	0 - 0	
106 odd	Brett Kiecker	9	0 - 0	
	Chas Doughty (JV)	7	0 - 0	
	Grant Fedie (JV)	7	0 - 0	
113 even				
120 odd	Alec Peterson	8	0 - 0	
126 even	Tamer Abukhadra	11	0 - 0	
132 odd				
138 even	Jack Eugster	11	0 - 0	
	Javonte Wilson (JV)	11	0 - 0	
145 odd	Solomon Rothbauer (JV)	9	0 - 0	
	Tate Kracht (JV)	9	0 - 0	
152 even				
160 odd	Mason Pankonin	11	0 - 0	
	Frankie Stevenson	10	0 - 0	
	Carter Lease (JV)	9	0 - 0	
170 even	Devin Pearce	11	0 - 0	
	John Paul Stack (JV)	12	0 - 0	
	Carsen Winterhalter (JV)	12	0 - 0	
182 odd	Max Hultmann	11	0 - 0	
195 even	Sam Hultmann (JV)	9	0 - 0	
220 odd	Brady McPherson	11	0 - 0	
	Hugo Holmes	12	0 - 0	
	James Foley (JV)	8	0 - 0	
285 even	Eric Narvaez (JV)	9	0 - 0	
	Nash Erstad (JV)	9	0 - 0	
Injured / Not Wrestling				

Student Managers: Linnea Jensen, Katelyn Fix & Ashley vanBuren



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ORONO STATE PLACE WINNERS

YEAR	NAME	POSITION
2020	Danny Striggow	2nd
2019	Danny Striggow	1st
2018	Bobby Striggow	1st
2017	Bobby Striggow	2nd
2016	Bobby Striggow	5th
2015	Jackson Striggow	1st
2014	Jackson Striggow	5th
2014	Charlie Schmid	6th
2010	Ryan Arne	4th
2009	Ryan Arne	5th
2009	Joey Falde	5th
2008	Ryan Arne	6th
2007	Joe Slaughter	6th
1979	Mike Arne	1st
1979	Brian Arne	2nd
1977	Alan Eisinger	1st
1976	Larry Johnson	3rd



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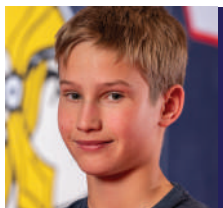
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"Good luck this season, Brady!
We're so proud of you! Love Mom and Dad"

"We wish you a great first season of wrestling.
We look forward to watching you give your best.
We love you."



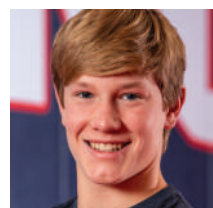
GRANT FEDIE
WEIGHT CLASS 106

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BRADY MCPHERSON
WEIGHT CLASS 220

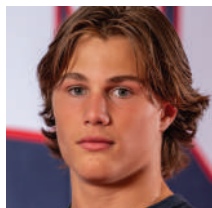
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TATE KRACHT
WEIGHT CLASS 145

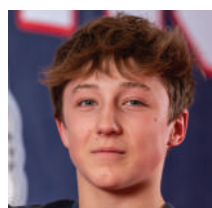
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Good Luck Pal



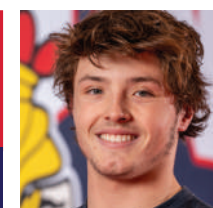
FRANKIE STEVENSON
WEIGHT CLASS 160

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BRET KIECKER
WEIGHT CLASS 195

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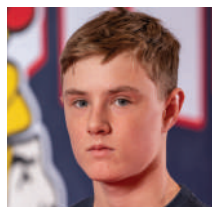
DEVIN PEARCE
WEIGHT CLASS 195

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NASH ERSTAD
WEIGHT CLASS 285

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ALEC PETERSON
WEIGHT CLASS 120

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A dark blue background featuring a faint, stylized graphic of a hand holding a star. The hand is rendered in a lighter blue, almost white, outline style, with the fingers curled around a five-pointed star. The overall tone is appreciative and celebratory.

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THIS YEAR!

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