

BRAVE BRAWLERS



2022

2023

BRAVES WRESTLING

SHOOTING FOR 3

WRESTLING MANUAL

BRAVE BRAWLERS

2022-2023 WRESTLING SCHEDULE

DATE		DAY	OPPONENT	LOCATION	TIME
November	28	Monday	1 st practice	Home	3:40 pm
	30	Wed	Parent Meeting	Home	5:30 pm
December	9-10	Fri/Sat	Mining City Duals Boys Varsity	Butte	10:00 am
	9-10	Fri/Sat	George Wild Boys JV	Kellogg, ID	4pm/9am
	10	Saturday	Flathead Girls Invite	Flathead	10:00 am
	16-17	Fri/Sat	Tri-State Boys Varsity	CDA, ID	9:00 am
	16-17	Fri/Sat	CMR Holiday JV Boys	Great Falls, MT	9:00 am
	17	Fri/Sat	Holiday Girls Invite	Great Falls, MT	9:00 am
January	3	Tue	Big Sky/Hellgate (Boys and Girls)	Hellgate	3pm/6pm
	6-7	Fri/Sat	Ronan Tourney JV (Boys and Girls)	Ronan	10:00 am
	6-7	Fri/Sat	Pacific NW Classic (Boys)	Spokane, WA	4pm/9am
	13-14	Fri/Sat	Rocky Mtn. Classic Boys Varsity	Missoula	11:00 am
	14	Saturday	Hellgate Girls Tourney	Hellgate	10:00 am
	14	Saturday	John Fisher JV	Missoula	9:00 am
	19	Thursday	Glacier Girls Dual	Home	6:00 pm
	19	Thursday	Glacier Boys Dual	Home	7:00 pm
	21	Saturday	AA Boys Duals	Great Falls	9:00 am
	21	Saturday	Van Tuinstra Duals Boys JV	Timberlake, ID	10:00 am
	21	Saturday	Fergus Girls Invite	Lewiston, MT	10:00 am
	27	Friday	Helena Capital/ Helena (Boys and Girls)	Helena	3/5 pm
	28	Saturday	Sentinel/Butte Duals (Boys and Girls)	Home	12pm/2 pm
February	3-4	Fri/Sat	Divisional Boys Tourney	Butte	4pm/11a m
	3-4	Fri/Sat	Girls Divisional Tourney	Butte	4pm/11a m
	10	Thur-Sat	Girls State	Billings	10:00 am
	11	Fri-Sat	Boys State	Billings	9:00 am
	28	Tuesday	Awards Night	FHS-AUD	6:00 pm

BRAVE BRAWLERS

COACHING STAFF

FIRST	LAST NAME	CELL #	EMAIL
Jeff	Thompson	406-249-8809	thompsonj@sd5.k12.mt.us
Amber	Downing	406-890-3388	adowning84@gmail.com
Dallas	Stuker		
Marc	Nadeau		
Shonn	Roberts		
Sully	Sullivan		
Patrick	Neal		
Kevin	Wilmot		
Gaige	Winter		
AJ	Burnham		
Lennie	Zalesky		

BRAVE BRAWLERS

WRESTLING STAFF

The 2023 Flathead Boy's wrestling team returns a lot of firepower from last year's state championship team. The Braves will be led by 2022 Hall of Fame coach Jeff Thompson. The Braves have one of the most experienced coaching staffs in the state. Coach Thompson has won eight boys state championships and has had four national ranked teams at the Flathead Wrestling helm. The Braves wrestling staff are ready for gearing up for the 2022-23 year and getting back on the mats.

Coach Thompson has led the Braves to a 3rd place trophy in 2003, a state championship in 2004, and a runner-up finish in 2005, 2020. The Braves have won state championships in 2006, 2007, 2008, 2017, 2018, 2021, and 2022. The Braves wrestling staff is looking to continue the winning tradition for the 2023 season with adding more hardware to the trophy case. Most of these wrestlers have been training since last year's state tournament. These wrestlers just love to work out and push to get better. It's a wrestling culture here at Flathead," states Coach Thompson. Jeff Thompson, a former 3x state champion for Great Falls High School (Class of 1991) and high school All-American, wrestled at the University of Minnesota where he was an All-Big Ten Conference wrestler and a member of the 1994 #1 ranked dual meet team in the country. Thompson previously was the co-head coach at Pacific Lutheran University. Coach Thompson was a Regional National Coach of the year in 2008 and 2004. Coach Thompson enjoys biking and hiking in his free time. Coach Thompson was also an Ironman Finisher in 2016 and is a Business Teacher at Flathead High School. He is married to Dr. Carrie Thompson, a Genetics Director at Logan Heath Center.

Coach Thompson's (Boys) Record at Flathead High School:

Year	Record	State Placers	State Finalist	State Champs	State Place
2001	12-6	7	2	0	6th
2002	12-4	8	3	1	6 th
2003	15-3	11	3	1	3rd
2004	16-3	15	8	1	1 st (38 th USA)
2005	17-1	12	6	2	2 nd
2006	17-1	17	7	0	1 st
2007	17-1	18	9	3	1 st (21 st USA)
2008	20-0	19	10	5	1 st (9 th USA)
2017	19-2	11	3	0	1st
2018	22-2	15	5	3	1 st (#37 USA)
2019	20-4	6	1	0	7 th
2020	24-4	10	3	0	2nd
2021	14-0	12	4	1	1st
2022	17-0	14	5	1	1st
Overall	247-31 (90%)	164	66	18	

The Braves have assembled one of the best coaching staffs in the state. They are:

DALLAS STUKER

Coach Stuker has been a consistent staple on the Braves wrestling coach. Coach Stuker has been a Montana Assistant Coach of the year (MCA) eight times. Stuker was a very well-rounded student-athlete from Helena Capital High School and graduated in 1998 where he competed in football, wrestling, and legion baseball. He was a 3X State placer in wrestling for Capital and was a state runner-up while in high school. He went on to play football and baseball at the collegiate level for the University of Mary in Bismarck, North Dakota. He was a contributing factor for helping Payton Hume sign with the University of Mary for wrestling last year. He was twice named NAIA Academic All-American. He began coaching at Flathead High School in 2003 as a football coach and a Kalispell Middle School wrestling coach. Dallas is an assistant principle for Kalispell Middle School.

SHONN ROBERTS

Coach Roberts is in his 1st year as a coach for the Braves. Coach Roberts was a 3X State Champion for Columbia Falls High School and an All-American at the University of Providence. Coach Roberts is an elite technician and a great asset to our program.

MARC NADEAU

Coach Nadeau is in his 6th year as a coach for the Braves. Coach Nadeau wrestled for his dad at Oshkosh West High School in Wisconsin. After graduating from high school, Coach Nadeau then went into US Army Special Forces for four years. Coach Nadeau graduated from the University of Colorado, where he became a wrestling coach at Fairview High School in Boulder. Coach Nadeau was also an Assistant Wrestling Coach/Teacher at Columbia Falls High School for seven years before coming to Flathead. Coach Nadeau

coached the Bigfork Wrestling Club for 10 years. Coach Nadeau is an English teacher at the VoAg. Center for the school district. Coach Nadeau was voted Montana Assistant Wrestling Coach of the Year four times.

SULLY SULLIVAN

Coach Sullivan will be coaching both the girls and the boys this wrestling season. Coach Sully is a year around coach for the program and gives his heart and soul to these wrestlers. He is a former University of Montana wrestler and Whitefish Assistant Coach from 1998-2016. Coach Sully was voted Montana Assistant Wrestling Coach of the Year for the boys three times and for the girls this season.

KEVIN WILMOT

Coach Wilmot is a former All-American for the University of Wisconsin. He has spent the last several years as a volunteer wrestling coach for the Braves. Coach Wilmot is a great technician and his passion for the sport is contagious. Dr. Wilmot is a chiropractor and owns Northern Lights Chiropractic in Kalispell. Coach Wilmot is such an asset to this Braves wrestling team. Coach Wilmot was a keynote speaker at the MCA Clinic this last summer and won his first assistant coach of the year award this last season.

LENNIE ZALESKY

Coach Zalesky is entering his 1st season as a Braves wrestling coach. Coach Zalesky was the former Big 12 Conference Head Coach at the University of California Baptist. Coach Zalesky was also an assistant coach at the University of Iowa and as a wrestler was a 3X Big Ten Champion and a 2X NCAA Finalist for the University of Iowa.

AJ BURNHAM

Coach Burnham is in his 2nd year with the Brave Brawlers. Coach Burnham works with the upper weights and has really pushed them into that next level. Coach Neal finished out his wrestling career at the University of Providence where he was a 2X NAIA national qualifier. Coach Burnham is a PE and Business teacher at Flathead High School.

PATRICK NEAL

Coach Neal was a 3X Idaho State Placer before he went to Missouri Valley College for two years. Coach Neal finished out his wrestling career at the University of Providence where he was a 2X NAIA national qualifier. He was an assistant wrestling coach at Corvallis High School for 5 years before coming to Flathead. Coach Neal is a PE/Health teacher at Kalispell Middle School and also a co-head coach of Kalispell Middle School wrestling.

AMBER DOWNING

This is Coach Downing's 4th year coaching the girls on the Flathead wrestling team. She has won 2X MCA Coach of the Year award this last season bringing home her 2nd state championship with our girls' team. She grew up wrestling Freestyle and Greco in East Helena and managed for the Helena High School wrestling team. Since getting back on the mats as a coach in 2013 she has lead several dual teams for Montana Elite and Team Montana at a variety of Regional and National level tournaments. Coach Downing has worked as Coordinator of the Montana Intensive Wrestling Camp since 2014, during which time the event has grown to see record setting attendance and coaching. The Montana Women's Chair position has continually been supported by Coach Downing since 2015 with her even traveling to Women's Nationals as an assistant coach. Downing is also part of the coaching staff for the Montana Cadet and Junior Team.

GAIGE WINTER

Coach Winter is in his 2nd year coaching the Braves. Coach Winter was a Montana state placer and won the Western States Regional in freestyle his senior year. Coach Winter will be focused on the heavyweights in practice and will be a fantastic workout partner with the team. Coach Winter will also be an assistant coach of the Flathead Valley Wrestling Club.

BRAVE BRAWLERS

FLATHEAD WRESTLING PHILOSOPHY

CULTURE: We remember those who have gone before us and how their work and their generosity has allowed the Flathead Wrestling Team to be what it is today. The Program is bigger than us.

CHARACTER: We seek improvement not only in ourselves but also in others. We elevate those around us through our tireless grit and recognize our roles to uphold the standards and reputation of the program, both on and off the mat.

COMMITMENT: We strive every day to get a little bit better. It is easy to be great for a week. It is much harder to be great for a season.

WHERE DREAMS COME TRUE: Our goal, as a team, is to help each other achieve their goals, which in the end will help us achieve ours. We work hard to build up all of our teammates and enjoy the ride together.

OUR LIFE IS LIKE WRESTLING: There is more to our lives than wrestling but the things we learn through wrestling are life experiences: Building a strong work ethic, how to deal with frustration, losing, goal setting, and injuries. We learn to deal with the challenges of balancing life, school, and athletics.

DOUBLE- WIN ATTITUDE: We don't compare ourselves to others (Win or Lose) but we focus on putting in our best performance each time we step on the mat. We will focus on what we have control of.

THE JOURNEY: We take in the moment of each practice, match, and build upon becoming the best we can be. Each practice will be a learning tool not only for the sport of wrestling, but for the sport of life.

EXCITING: Our Flathead Wrestling philosophy is to put on a show in competition. Our match philosophy is to take the challenge of a risk if it is there and not to be scared to open up. We wrestle hard for six minutes and try to wear down our opponents. This means being on the offense by moving and pushing our opponents, and running back to the center when we go out of bounds. This is what the fans come to watch!

NEVER SATISFIED: We as Wrestlers, live for this year and not in the past and what teams in the past have accomplished. We will focus on dominating and constant improvement each day (Improve 1% each day). We will also make practice and each day not only a learning experience but also fun.

CLASS: We are confident but never cocky. Our wrestlers know that they are going to win but don't show it. We as FHS wrestlers, act the same way on the mat whether we win or lose. We respect our coaches, teammates, and opponents. Brave Brawler class is basically to be comfortable about yourself.

BRAVE BRAWLERS

PRACTICE SCHEDULE

NOVEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
Off	31 3:45 Open Mat	1 3:45 Open Mat	2 3:45 Open Mat	3 Off	4 3:45 Open Mat	5
6 Off	7 3:45 Open Mat	8 3:45 Open Mat	9 3:45 Open Mat	10 3:45 pm Open Mat	11 MTWC Mini-Camp	12 MTWC Mini Camp
13 MTWC Camp	14 3:40 Open Mat	15 3:40 Open Mat	16 3:40 Open Mat	17 3:40 Open Mat	18 3:40 Open Mat	19 Off
20 Off	21 3:40 Open Mat	22 3:40 Open Mat	23 9am Open Mat	24 Off	25 Off	26 Off
27 Off	28 3:40 DAY #1 Practice	29 3:40 Practice	30 1:45 Girls/3:40 Practice/5:30pm Parent Meeting in Aud.	1 3:40 Practice	2 6:30am Boys Practice 3:30 Pics 4:30-5:30pm Girls/ Boys Lift	3 9:00 am Boys Practice 10:15am Girls

DECEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
4 Off	5 3:40 Practice	6 3:40 Practice	7 1:45 Girls /3:40 Practice:	8 3:40 Practice	9 MCD/ George Wild	10 MD/George Wild/ Flathead Girls Invite
11	12 3:40 Practice	13 3:40 Practice	14 1:45 Girls /3:40 Practice	15 3:40 Practice	16 Tri-State/ CMR	17 Tri-State/ CMR
18 Off	19 WT Certification	20 Practice	21 Practice	22 Off	23 Off	24 Off
25 Off	26 9am Practice	27 9am Practice	28 3:40 Practice	29 9am Practice	30 9am Practice	31

JANUARY

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2 9am Practice	3 @ Big Sky/Hellgate	4 1:45 Girls /3:40 Practice	5 3:45 JV Practice	6 Ronan JV tourney 1:00 PNWC	7 Ronan JV 9:00am PNWC
8	9 3:40-Practice	10 3:40 Practice	11 1:45 Girls /3:40 Practice	12 3:40 Practice	13 Rocky Mtn	14 Rocky Mtn/ John Fisher JV/ Girls Hellgate
15	16 3:40pm Practice	17 3:40 Practice	18 1:45 Girls /3:40 Practice	19 Glacier Home	20 Practice/Travel Day	21 AA Duals/ Van Tuinstra JV/ Lewiston Girls
22	23 3:40pm Practice	24 Div. Team Picked	25 1:45 Girls /3:40 Practice	26 3:40pm Practice	27 @ HC/High 3:30/5:30pm	28 Sentinel/Butte Home
29	30	31				

FEBRUARY

SUN	MON	TUE	WED	THUR	FRI	SAT
	3:40 Practice	31 3:40 Practice	1 1:45 Girls /3:40 Practice	2 3:40 Practice	3 Divisionals @ Butte	4 Divisionals @ Butte
5	6 3:40 Practice	7 3:40 Practice	8 Leave for State	9 State	10 State	11 State

BRAVE BRAWLERS

MOTELS

LEAVING	RETURNING	DESTINATION	HOTEL	PHONE NUMBER
Sat, Dec 10, 2022	Sat, Dec 10, 2022	Kellogg, ID	FairBridge Inn-Kellogg, ID	208-297-6382
Thur, Dec 8, 2022	Sat, Dec 10, 2022	Butte Civic	Best Western Plus-Butte	406-494-3500
Sat, Dec 17, 2022	Sun, Dec 18, 2022	CDA	Super 8 by Wyndham, CDA	208-449-0149
Fri, Dec 16, 2022	Sun, Dec 18, 2022	Great Falls	Wyndham/Wingate	406-454-3000
Fri, Jan 6, 2023	Sun, Jan 7, 2023	Spokane	Ramada by Wyndham	509-828-4861
Sat, Jan 14, 2023	Sun, Jan 15, 2023	Missoula	Best Western Grant Creek	406-829-7228
Fri Jan 20 2023	Sat Jan 21, 2023	Great Falls	Comfort Inn & Suites	406-455-6672
Sat, Feb 4, 2023	Sun, Feb 4, 2023	Butte	Best Western Grant Creek	406-829-7228
Wed, Feb 9 , 2023	Thurs, Feb 10, 2023	Butte	Comfort Inn & Suites	406-455-1000
Friday, Feb 10, 2023	Sun, Feb 12, 2023	Billings	Best Western Grant Creek	406-829-7228

BRAVE BRAWLERS

EXPECTATIONS

1. Give 100% /100% of the time!
2. Believe in the Flathead Wrestling Culture.
3. All team members must be in good academic standing carrying five classes and passing all subjects for the spring and fall semester.
4. There will be no homework done at practice. You need to plan your time accordingly and do homework after practice or in school.
5. Respect the bus and keep it clean. We will clean the bus every time we make a stop and use appropriate behavior on bus trips.
6. Regular attendance, good citizenship, and good effort are expected of every team member. If you are unexcused from practice you will not be competing that week in competition.
7. Team members must attend all practices and matches unless excused by the Coaching Staff beforehand.
8. Team members have to make weight that they challenged for in wrestle-offs, or the weight they declared to wrestle at for the week/competition.
9. Team members must ride the team bus to a competition or they can't compete.
10. Athletes must exhibit good sportsmanship and not have any flagrant misconduct or unsportsmanlike behavior calls during competition or practice.
11. All team members are to abstain from vaping, smoking, chewing tobacco, drinking alcoholic beverages, and the use of any unauthorized drugs.
12. Athletes will be placed in matches according to ability of the individual, and the needs of the team will be given first consideration. The coaching staff will make the final decision in this matter.
13. Athletes are responsible for the use, care, and return of all equipment issued to them. The athlete must pay for any lost equipment.
14. You must make weight no less than 50% of the time at the weight that you will be wrestling at the divisional and state tournament.
15. No Hazing. This can only hurt a championship team.
16. You must be at practice and ready to work out from 3:40 –5:25 pm. If you are not working at practice—you will be sent home for the day.
17. We as coaches will be selecting the line-up for each competition. If we feel the need for a wrestle-off for a varsity spot, the wrestle-offs held on Tuesday.
 - For the wrestle-off, you will make weight Tuesday at Practice; scratch weight +3 pounds in a Singlet.
 - There will only be one match for each wrestle-off.

A wrestler who cannot abide by the team rules/expectations will be removed from the team.

BRAVE BRAWLERS

THE LETTERING SYSTEM

To earn a varsity letter, each wrestler must meet the following criteria:

1. Each wrestler must earn a minimum total of 40 Team Points while competing at either the junior varsity or varsity level. Naturally the higher the level, the easier it will be to obtain a letter. Points are given on the following basis:

Varsity:

Fall	6
Technical Fall	5
Major (Decision of 8-15 Pts)	4
Decision	3
Loss by Decision (Under 8 Pts.)	1

Junior Varsity:

Fall or Technical Fall	4
Major	3
Decision	2

2. If the TEAM wins the State Championships, all team members will earn a varsity letter if they meet requirements #3, #4 and #5.
3. For any award to be earned, the athlete must adhere to all team rules and regulations.
4. To receive a letter, you need to put in volunteer time with the Middle School or FVWC Wrestling Teams. (Help keep up the Tradition!!!)
5. For any award to be earned, the athlete must complete the season! The season is not completed until the conclusion of the State Tournament.
6. All seniors who finish the season will receive a Varsity Letter.
7. All Managers who complete the entire season will receive a Varsity Letter.
8. Any Wrestler that wrestles at Divisionals will letter regardless of points.

BRAVE BRAWLERS

BRAVE WRESTLING RECRUITING

For your son to be eligible to play and or receive athletic scholarship money they must be cleared by the NCAA clearing house. For NCAA eligibility a student's Grade Point Average (GPA) is factored in with his SAT or ACT scores. The higher the GPA the lower the SAT or ACT score needed for eligibility. The GPA is calculated by using core courses only: math, social studies, English, science, and foreign languages (if taken).

The core course requirements for NCAA Division I and II is 16.

The breakdown is:

- 4 years English
- 3 years math
- 2 years social sciences
- 2 years natural/physical science (all are lab courses)
- 5 additional courses:
 - at least 1 year in English, Math or natural/physical science; AND 4 years of additional courses in any of the above areas, foreign language, or no doctrinal religion/philosophy.

In order to start this process, **see your counselor as soon as possible. If you have any questions, please feel free to contact me any time.*

STEPS

1. Take the PSAT test during the fall of your Sophomore year for practice
2. Retake the PSAT tests during the fall of your Junior year for scholarship money, and practice for the SAT.
3. Take both the SAT (www.collegeboard.com) and ACT (www.act.org) tests during the spring of your Junior year. Check the web sites for dates and sites.
4. Register with the NCAA Clearinghouse during the spring of your junior year or the fall of your senior year. See your counselor immediately and visit www.ncaaclearinghouse.net.
5. Focus on the ACT or SAT which ever one you did the best on. Take the ACT or SAT as many times as you can to get your best score. There are free web sites that you can practice for the test. www.number2.com Check with your counselor

Helpful Tips for Players with Aspirations and Goals to Wrestling in College

FRESHMAN YEAR: FOCUS ON ACADEMIC PERFORMANCE AND TIME MANAGEMENT SKILLS

1. Take challenging academic courses (Foreign Language, Medical Detectives, etc...)
2. Take Academic Foundations (PE) both semesters
3. Participate in multiple sports. Play Football, Soccer, or run Cross Country in the Fall!!!!
4. Participate in as many other school activities as you can manage including school clubs, choir, band, orchestra, student Special Olympics, drama, etc.
5. Enhance your leadership skills in every way possible. Consider student council.
6. Participate in civic duty and community volunteer opportunities
7. Become involved in off-season programs during the winter, spring and summer seasons.
8. Wrestle Freestyle/ Greco in the Spring
9. Go to Montana Intensive (MTWC) and another wrestling camp in the Summer

SOPHOMORE YEAR: FOCUS ON ACADEMIC PERFORMANCE

1. Take the PACT test
2. Stay involved!
3. Continue to participate in multiple sports
4. Continue to participate in other school activities and clubs
5. Commit to Early Bird Strength and Conditioning
6. Gather information on your top 5 colleges of interest
7. Work on becoming a student of the sport of wrestling by watching Flowrestling Matches, documentaries, and going to even a college match
8. Wrestle at Folkstyle Nationals or Virginia Beach and Western Regionals.
9. Go to MTWC, Western Duals, and Junior Nationals Wrestling Camps/ Tournament.

JUNIOR YEAR: FOCUS ON ACADEMIC PERFORMANCE

1. Retake the PACT test for scholarships and to practice for the ACT test.
2. Take both the SAT and ACT tests in the spring.
3. Meet with counselors to stay on track academically.
4. Wrestle in Pre-Season Western States and Pre-Season Nationals.
5. Continue to participate in other school activities and clubs.
6. Develop an athletic and academic resume.
7. Intensify your commitment to lifting and your overall strength and conditioning development
8. Make copies of individual video for college coaches. Make a HIGHLIGHT VIDEO!
9. Begin to contact college coaches with the help of the wrestling coaches.
10. Schedule visits to your top 3 colleges of interest.
11. Register with the NCAA Clearinghouse during the spring.
12. Wrestle Freestyle/ Greco in the Spring.
13. Wrestle at Folkstyle Nationals or Virginia Beach and Western Regionals.
14. Go to MTWC, Western States, and Jr. Nationals.

SENIOR YEAR: FOCUS ON ACADEMIC PERFORMANCE

1. Register for the NCAA Clearinghouse immediately during the fall.
2. Retake the SAT and/or ACT tests to improve your scores for scholarships.
3. Wrestle in Super 32 and Pre-Season Nationals.
4. Obtain copies of your transcripts from the counseling office.
5. Complete all college applications before the 2nd semester begins.
Obtain 3 letters of recommendations from teachers, coaches, and professionals that you know. Give them your resume and provide envelopes for them to seal a letter of recommendation for you. Give them a date that you want to pick it up or have them mail it for you.
7. Wrestle in Senior Nationals in March
8. Wrestle in Western Regionals in May
Help Coach/ Wrestle at the MTWC
- 9.

BRAVE BRAWLERS

GOALS

To Build the Flathead Way Culture.

To Attack Our Opponents through an Aggressive Style of Wrestling.

To Attack the Re-Attack.

To Dominate the Bottom.

To Put On A Show!

To Keep Building the Flathead Wrestling Tradition.

To Have Class!!

To Work Hard To Achieve Our Goals.

To Win the AA Duals!

To Have No Regrets At The End Of The Season!

To Not Lose Any Athletes Due To Grades Or Discipline.

To Peak at the State Championships

To Win State Championship Matches.

To be AA State Champions.

BRAVE BRAWLERS

YEAR LONG GOALS

What is your main goal for this season? (Write this goal down in the space below or on a separate sheet of paper and put it somewhere that you can see every day during the season—Mirror--Fridge) (State Champion)

List your goals in the categories below at the certain dates.

	DIVISIONALS 2023	STATE 2023
WRESTLING		
ACADEMICS		

Describe what you think you need to do achieve these goals.

	DIVISIONALS 2023	STATE 2023
WRESTLING		
ACADEMICS		

List your strengths and weaknesses in your wrestling and conditioning:

	STRENGTH	WEAKNESS (Work-on):
On-Feet		
Offense		
Defense		
On-Mat		
Top		
Bottom		

	STRENGTH	WEAKNESS (Work-on):
Weight		
Running		
Live Wrestling		

Please take your time filling out these forms. People who have goals and write them down are 95% more successful than those who don't.

BRAVE BRAWLERS

TO BECOME A STATE CHAMPION

Get yourself in top physical condition. (Live, Sprints, Circuit-Training)

Be able to get away from anyone you wrestle in less than 30 seconds.

Know how to execute all moves taught in program.

Pick *Three Moves* that you like the best in each area (Feet, Top, and Bottom) and concentrate on perfecting those three moves in live wrestling.

Drill each of those moves 1000 times to perfection.

Be able to execute those three moves in a match on anybody.

Perfect two of the following to make yourself a weapon:

- Tie-ups
- Throws
- Pinning Combinations
- Counter attacks

Maintain a Positive Winning Attitude. (Believe always: “I will dominate my Opponents”)

Lose Weight Wisely.

BRAVE BRAWLERS

THE WARM-UP

Run 5-10 minutes or until you break a sweat.

Stretch the body from the neck down to the ankles.

Grab a partner and drill on your feet (3 and 3) at a very light speed for 5-7 minutes.

Start to pick up the speed until are hard drilling.

Hard drill for 5 minutes on your feet.

Roll around on the mat for 5 minutes.

Drill on the mat for 5 minutes.

Hard wrestle @ 80% for 7-10 minutes.

Jog and bounce around for another 3-5 minutes.

Start warming-up again about 3 matches before yours.
This can include bouncing around and stretching.

COOL DOWN

Jog in place/ jump rope for 3-5 minutes.

Stretch for 3 minutes from your neck to your toes.

Critique your last match in your mind.

BRAVE BRAWLERS

TECHNIQUE

2022-23 MAIN FOCUS **Control, Tie, Set-up, and Pace**

Positioning-Positioning-Positioning- Always going forward and keep your feet moving. Be the most aggressive and attack.

MASTER GOAL

- Hand Fighting
- High C's
- Doubles
- Stonewall Defense
- Leg Rides
- Tilts
- Changeover
- Mat Returns

TIE-UPS FOCUS AREAS

- Hand fighting and fakes
- Underhooks: 16-3 Move Ratio with Underhook

FEET OFFENSE - (MASTER ALL FIVE) (LOOK FOR HALF ON TAKEDOWN)

- Double
- High C
- Swing Single Leg
- Low Level Single
- Short Offense

***OPTIONAL FEET MOVES TO LEARN - (PICK 2 TO MASTER)**

- Duck-under
- Fireman's
- Inside Trip
- Head and Arm
- Lat Drop
- Knee Tap
- Ankle Pick

Top Wrestling - Be Aggressive on top and allows apply pressure and move feet
Spiro, Chop, and Iowa Ride to all

CRADLES - FOUR RULES

- Lock grip towards the head
- Take opponent over slow and steady.
- Never let go of the grip
- When in doubt bridge
 - Tight Waist far ankle Cradle
 - Cross face Cradle
 - Michigan Ride Nearside Cradle

- Leg Ride Cradle
- Front Head Lock to Cradle
- Shock Cradle from stand-up

LEG-RIDES

- Cradle
- Turk
- Power half
- Double leg ride
- Steiner tilt

ARM BAR, TILTS, AND WRIST RIDE SERIES

- Turks
- Arm Bar
- Chop Wrist
- Cheap Tilts

BOTTOM-(STAY MOBILE, KEEP A WIDE BASE, HEAD AND CHEST UP, REPLACE HANDS WITH YOUR HIPS, CRAW AND KNEE SLIDE)

- Change over
- Knee Slide (Same side as Opponent)
- Stand-up (To shot transition)
- Swisher Stand-up
- Spiro Ride Stand-up
- Tri-pod Stand-up (To Knee Slide)
- Short Sit Stand-up
- Switch
- Tumble-out
- Hip Heist

SHORT OFFENSE- SNAP DOWN TO: (BOTH SIDES)

- Cross-Arm Block
- Front Head (Get opponent to head and elbow)
- Front Head to Cradle
- Knee Tap
- Brands
- Ankle Pick

DEFENSE- (FROM FEET) (STONEWALL)

- Sprawl, Stuff, Square, Spin, Score
- Hips: Weapons of Mass Destruction
- Cross-Face (To Head and Arm)
- Sprawl to Laces
- Crotch Throw
- Scramble to not give up Takedown
- Far Ankle Scramble Defense: Grab and Lift and Roll
- Head and Arm counter
- Passover from High C

OTHER AREAS OF IMPORTANCE

- Peak Out from underneath
- Drag from underneath
- Bridging off Back

BRAVE BRAWLERS

WEEKLY DIET AND WEEKLY WORKOUT PLAN

DRINK A TON OF WATER UNTIL THE DAY BEFORE WEIGH-INS

MORNING WORKOUT

- Run for 15-20 minutes
- Early Bird Strength and Conditioning

BREAKFAST

- Peanut Butter Toast
- Jam
- Banana
- chocolate milk

SNACK

- Banana
- Nutrition bar

LUNCH

- Turkey or chicken sandwich on Wheat with Lettuce, Tomato, and Vegetables
- Yogurt
- Fruit

PRACTICE

- Protein shake or chocolate milk

DINNER

- Meat Spaghetti with Red Sauce
- 16 oz. WATER
- Vegetables
- 1 Slice of Wheat Bread or Fruit

7:00 PM

- 20-minute run or bike if needed

SNACK

- Slim Fast and/or Nutrition Bar

NOTES

- Only weigh yourself after practice and in the morning.
- The night before weigh-ins you should be within 2 pounds of your weight.
- If you are 2 pounds over, you should cut all liquids out and check weight an hour and half before weigh-ins the next morning.
- If you are one pound over, eat a Nutrition Bar and a banana or drink a Slimfast.
- Get 8-9 hours of sleep a night to help avoid feeling tired and getting sick!
- If you are about one pound over the morning of weigh-ins, get on your sweats, beanie, and long sleeve shirt to run and bike to break a sweat. It usually takes 20-30 minutes to lose one pound through sweat.
- Do not eat the morning of weigh-ins until after you check your weight.

BRAVE BRAWLERS

WEIGHT REGIMEN

BEING IN WRESTLING DOES NOT MEAN YOU NEED TO CUT WEIGHT!

- Why: It takes away from our philosophy of having **fun**! We focus on learning technique, the principles of success, and let our opponents worry about their weight.
- In some cases, you will have to lose a few pounds, and we want you to do it right.
- Even if you don't need to lose weight, a proper diet will give you that extra edge!

PRE-SEASON

LOWER YOUR BODY FAT BY:

- Running 20-30 minutes 3-4 days a week.
- Watching your **FAT** intake.
- Working out at least once a day 6 days a week.
- Limiting weight loss to 1-2 pounds per week
- Setting weight goals – Weekly/ Reward your success
- Not saying or thinking that you are on a diet! Instead say and think, "I'm a healthy eater"
- Eating 4-5 smaller meals a day.
- Eating larger meals in the morning.
- Reducing soda and red meat intake.
- Increasing carbohydrate and protein intake.
- Listening to your body – eat only when your body (not your mind) is hungry.
- Drinking **eight to ten** glasses of water a day.

IN SEASON

(Four rules for success in losing weight)

KEY: Keep your metabolism going throughout the day so you don't have to worry about quantities of food consumed.

- Eating what you want.
- Eating when your body is hungry.
- Stopping when you're full.
- Listening to your body.

The Golden Nutrition Rule--

You want to be in a Negative Energy Balance

(Eat 3500 Kcal. less/ or exercise 3500 Kcal. more, to lose **one** pound of fat.)

RULES OF THUMB

- Grazing throughout the day- Eat 6-7 smaller meals a day.

- Don't miss breakfast- Eat a high Protein/Carbohydrate breakfast. (Peanut butter Toast, Chocolate Milk, and a Banana.)
- Eating most of your calories for breakfast and gradually decrease to Dinner
- If you are having a hard cut, drink Slim Fast Shakes vs. a meal.
- Avoiding soda
- Avoiding excess red meat
- Avoiding excess sodium
- Eating a protein rich lunch- (Ham and cheese sandwich, Greek yogurt, banana, Powerbar, and lots of Water.)
- Eating a variety of foods (Don't forget the vegetables)
- Doing a cardiovascular workout in the morning to keep your metabolism going throughout the day.
- Taking a multiple Vitamin daily
- Drinking 8-12 glasses of water a day. Carry a water bottle all day long.

Weight control - You can't do it on your diet alone!

AFTER WEIGH-IN

- Drinking 16 oz Power Aid, Hammer Fizz, or Gatorade (Slowly).
- Eat 1 Nutritional Bar (Hammer Bar)\
- Have 1 packet of Energy Gels (Hammer Gel)
- Eat 1 piece of Fruit (Bananas are great!!)
- Potato Chips
- Drinking some Coffee or Tea an hour to 30 minutes before the match
- Eat a light sandwich is also good after weigh-ins.

TOURNAMENT FOOD PACK LIST

Gatorade, Power Aid, or Propel (64 oz)

Three sandwiches

Fruit (Bananas, Oranges and Apples)

Water (Drink until urine is clear)

Granola, Power, or Multigrain bars

More Water

INFORMATION TO KEEP IN MIND

Diet should be close to:

55% Carbohydrates

20% Protein

25% Fat

One Pound of Weight. =3500 calories

BRAVE BRAWLERS

HOW CAN I GAIN WEIGHT?

CHOW, BABY:

You need to add 24-27 calories per pound of your current body weight. At 140 pounds, you'll need to eat between 3,360 and 3,780 calories per day.

AVOID GARBAGE CALORIES:

Don't wolf everything down you can fit into your mouth. Fatty, sugary foods take your valuable real estate in your stomach, leaving less room for the high-nutrient meals that can power up your workouts and help you build muscle.

DRINK MORE:

Down 1 quart of fluid for every 1,000 calories of food you eat each day. Drink high calories fluids like chocolate milk, and protein shakes.

DON'T MESS UP YOUR MAIN MEAL:

The single most important meal is the one immediately following your workout. That's when your muscles desperately need both protein and carbohydrates. A banana, hammer gel, and chocolate milk is a great post workout meal.

PAY ATTENTION TO ALL THE OTHER MEALS, TOO:

To build muscle and keep it, your body need a constant store of nutrients. This can only be done by eating five to six meals and snacks a day-nutrient rich food, not the stuff that slides down the vending machine when you press *JUNK*. Breakfast is the second most important meal because you are coming off an eight hour fast.

JUICE UP YOUR WORKOUTS:

Drink water during your workout for extra hydration.

CONSIDER CREATINE AND PROTEIN SHAKES:

Only creatine and protein have been shown by a solid body of research to help the body gain a few pounds of solid muscle. Take 2-3 doses of protein/creatine supplements a day during the off-season with heavy lifting. Only take a protein supplement during the season one to two times a day. Make sure one of the supplements is taken directly after working out. Always take your supplement with a source of carbohydrate, such as chocolate milk, juice, or an energy drink. This will raise your blood glucose level, which increases your insulin level. Creatine is absorbed into your muscle faster when your insulin level is higher. Please don't take it in a weight fluctuating or a high dehydrating sport or activity.

“It is not what you do once in a while, it's what you do day in and day out that makes the difference.”

BRAVE BRAWLERS

RETURNING STATE PLACERS

BOYS: 12 RETURNING STATE PLACERS FROM 2022

Cade Troupe	152	Senior	6 th
Gabe Lake	160	Senior	2 nd
Noah Poe-Hatten	182	Senior	2 nd
Forest Howell	HWT	Senior	5 th
Davin Naldrett	113	Junior	3 rd
Logan Stansberry	132	Junior	6 th (2021)
Raenan Allumbaugh	138	Junior	5 th
Lakoda Wieczorek	152	Junior	4 th
Anders Thompson	170	Junior	2 nd
Sawyer Troupe	205	Junior	5 th
Diesel Thompson	120	Sophomore	6 th
Aiden Downing	126	Sophomore	4 th

GIRLS: 6 RETURNING STATE PLACERS FROM 2022

Lily McMahon	Senior	2 nd
Trinity Boivin	Senior	6 th (2021)
Boston Howell	Junior	5 th
Lucie Libby	Junior	5 th
Mckenna McCarthy	Junior	5 th (2021)
Alivia Rinehart	Sophomore	5 th

PLACERS LOST FROM LAST YEAR'S SQUAD

*Mason Doran, Asher Kemppainen, Fin Nadeau, and Chase Youso.
Isabella Arriaga, Lily Conover, Hania Halverson, and Alliyah Stevens.*

BRAVE BRAWLERS

STATE CHAMPS - TEAM

BOYS TEAM	YEAR	TEAM	YEAR
Missoula	1962	Billings Skyview	1993
Missoula	1963	Billings West	1994
Missoula	1964	Butte	1995
Sentinel	1965	Billings Skyview	1996
Sentinel	1966	Butte	1997
Sentinel	1967	Billings Skyview	1998
Sentinel	1968	Great Falls High	1999
Sentinel	1969	Butte	2000
Great Falls	1970	Billings Skyview	2001
CM Russell	1971	Billings Skyview	2002
Great Falls	1972	Butte	2003
Flathead	1973	Flathead	2004
Billings West	1974	Billings Skyview	2005
CM Russell	1975	Flathead	2006
CM Russell	1976	Flathead	2007
CM Russell	1977	Flathead	2008
Hellgate	1978	Flathead	2009
CM Russell	1979	Flathead	2010
Butte	1980	Bozeman	2011
Butte	1981	Glacier	2012
Butte	1982	Great Falls High	2013
Butte	1983	Great Falls High	2014
Butte	1984	Great Falls High	2015
Butte	1985	Billings Senior	2016
Butte	1986	Flathead	2017
Butte	1987	Flathead	2018
Butte	1988	Bozeman	2019
Butte	1989	Great Falls High	2020
Butte	1990	Flathead	2021
Butte	1991	Flathead	2022
Butte	1992		
GIRLS TEAM	YEAR	TEAM	YEAR
Flathead	2021	Flathead	2022

BRAVE BRAWLERS

STATE CHAMPS - INDIVIDUAL

YEAR	NAME	YEAR	NAME
1956	Jack Sanders	1990	Ashley Keltner
1958	Bill Lee	1993	Mike Ballard
1958	Jim Miller	1993	Steve Balla
1959	Jim Miller	1996	Trent Gardner
1961	Bill Olson	1998	Corbin Eystad
1961	Vic Green	2000	Eric Richeson
1962	Vic Green	2002	Tyler O'Meyer
1962	John Lee	2003	Tiger Harris
1963	Allen Johnson	2004	Tiger Harris
1963	John Lee	2005	Brandon Hoffenbacker
1964	Bernie Olson	2005	TC Decker
1966	Rich Jacobson	2007	Shawn Lau
1967	Roger Fincher	2007	Bryce Stacy
1970	Bill Carr	2007	Brian Ham
1970	Dan Fischer	2008	Brian Ham
1971	Jim Mann	2008	Tanner Beaman
1971	Bruce Ewing	2008	David Lau
1973	Dave Crone	2008	Tyler Wells
1973	Bruce Hawk	2008	Luke Fischer
1973	Wayne Hall	2009	Shawn Lau
1973	Don Clapper	2009	Bryce Stacy
1973	Bruce Ewing	2009	Ryan Thiel
1980	Derek Tyree	2010	Bryce Stacy
1982	Jeff Anderson	2010	Shawn Lau
1982	Greg Pisk	2010	Caleb Allen-Schmidt
1986	Burke Tyree	2012	Larry Francis
1986	Jim Poe	2015	Trae Vasquez
1987	Burke Tyree	2016	Trae Vasquez
1987	TJ Campbell	2018	Payton Hume
1987	Tim Minghini	2018	Tucker Nadeau
1988	Burke Tyree	2018	Michael Lee
1989	Ashley Keltner	2021	Ethan Freund
1989	Dan Troupe	2022	Fin Nadeau

BRAVE BRAWLERS

FLATHEAD WRESTLING RECORDS

CATEGORY	RECORD	NAME	YEAR
SEASON WINS	48	Brendan Barnes	2018
	48	Tucker Nadeau	2018
	47	Cade Troupe	2020
	45	Brendan Barnes	2020
	45	Tanner Russell	2019
	44	Tanner Beaman	2008
	44	Payton Hume	2018
	44	Asher Kemppainen	2020
	44	Fin Nadeau	2020
	43	David Lau	2008
	42	Luke Fischer	2008
	42	Noah Poe-Hatten	2020
	42	Zaybin Stewart	2020
	41	Brian Ham	2008
	41	Tyler Thomas	2008
	40	Shawn Lau	2007
	40	Tucker Nadeau	2017
	40	Tyler Wells	2008
	39	Brian Ham	2005
	39	Mikey Kuehne	2005
	38	Brendan Barnes	2019
	38	Matt Gash-Gilder	2017
	38	Tiger Harris	2003
	38	Payton Hume	2017
	38	Michael Lee	2017
	38	Fin Nadeau	2019
	38	Chris Thompson	2005
PINS	36	Tanner Russell	2019
	35	Cade Troupe	2020
	31	Shawn Lau	2009
	30	Larry Johnson	2004

PINS CONTINUED	29	Tyler Thomas	2008
	28	Devin Eystad	2002
	28	Michael Lee	2018
	28	Michael Lee	2017
	28	Chris Thompson	2005
	27	Caleb Allen-Schmid	2008
	27	Brendan Barnes	2018
	27	Payton Hume	2017
	27	Shawn Lau	2007
	26	Garett Rieke	2018
CONSECUTIVE WINS	74	Burke Tyree	1986-1988
	64	Trae Vasquez	2015-2016
	50	Tucker Nadeau	2018
	26	Luke Fischer	2008
	25	Tyler O'Meyer	2001
	24	Cade Troupe	2020
	19	Fin Nadeau	2020
	18	Mikey Kuehne	2005
	17	Brendan Barnes	2018
	17	Ethan Freund	2021
	15	Brendan Barnes	2020
	15	Shawn Lau	2007
	15	Tanner Russell	2020
	15	Chase Youso	2021
CAREER WINS	155	Tanner Russell	2016-2020
	154	Payton Hume	2015-2018
	151	Brendan Barnes	2016-2020
	138	Brian Ham	2005-2008
	138	Tucker Nadeau	2015-2018
	137	Shawn Lau	2007-2011
	132	David Lau	2005-2008
	126	Tyler Wells	2005-2008
	118	Burke Tyree	1985-88
	117	Devin Eystad	2001-2004
	115	Paxton Boyce	2016-2020
	113	Luke Fischer	2005-2008

CAREER WINS CONTINUED	113	Brandon Mitchell	2002-2005
	111	Mikey Kuehne	2003-2006
	110	Scott Cassel	2003-2006
	108	TC Decker	2005-2008
DIVISIONAL TITLES	4	Shawn Lau	2007, 2008, 2009,2010
	3	Devin Eystad	2002, 2003, 2004
	3	Mikey Kuehne	2004, 2005, 2006
	3	Fin Nadeau	2019, 2020, 2021
	3	Bryce Stacy	2008, 2009, 2010
	3	Trae Vasquez	2015, 2016, 2017
	2	Brendan Barnes	2019, 2020
	2	Luke Fischer	2007, 2008
	2	Brian Ham	2006, 2008
	2	Tiger Harris	2003, 2004
	2	Payton Hume	2017, 2018
	2	David Lau	2007, 2008
	2	Michael Lee	2017, 2018
	2	Zach Lorenz	2002, 2003
	2	Tucker Nadeau	2017, 2018
	2	Eric Richeson	2000, 2001
	2	Hunter Rush	2016, 2017
	2	Tanner Russell	2018, 2019
	2	Cade Troupe	2020, 2021
	2	Tyler Wells	2007, 2008
	2	Austin Zapata	2005, 2007
STATE TITLES	3	Shawn Lau	2007, 2009, 2010
	3	Burke Tyree	1986, 1987,1988
	2	Bruce Ewing	1971, 1973
	2	Vic Green	1961, 1962
	2	Brian Ham	2007, 2008
	2	Tiger Harris	2003, 2004
	2	Ashley Keltner	1989, 1990
	2	John Lee	1962, 1963
	2	Jim Miller	1958, 1959
	2	Bryce Stacy	2008, 2010
	2	Trae Vasquez	2015, 2016

TAKEDOWNS	202	Greg Thompson	2004
	161	Mikey Kuehne	2005
	133	Trae Vasquez	2016
	131	Tucker Nadeau	2017
	126	Mikey Kuehne	2006
	126	Greg Thompson	2003
	124	Tucker Nadeau	2018
	116	Tyler Wells	2008
	115	Mikey Kuehne	2004
	111	Jeff Tafoya	2003

THE MAN IN THE ARENA

by Theodore Roosevelt
(From a speech delivered in Paris in 1910)

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by the dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions and spends himself in a worthy cause; who at the best, knows in the end the triumph of high achievement, and who, at worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat.