



UNI PANTHERS

Issue #1 - Summer 2006

Profile From the Past: Keith Young

BY DON FRAZIER

How can you improve on a career that includes three NCAA and three National AAU titles during your college wrestling years? Achieving that perfect accomplishment is our featured Profile from the Past – Iowa State Teachers College wrestler Keith Young. During his three years of competition at ISTC (1949-51), Young won all six titles at the 145-147 pound weight class. At that time freshmen were not permitted to wrestle at the college level.

Young is one of only two wrestlers in Panther history to go undefeated during their entire college career, the other being Bill Koll (1946-48).

Under the direction of Coach Dave "Mac" McCuskey, the Panthers compiled a three-year record (1949-51) of 29-1 while Young was a member of the squad. In his first college wrestling match, he defeated the defending Big Ten champion Ken Marlin of Illinois by a 17-6 margin.

"I never scored that many points again," Young said with a chuckle.

In that season, the team compiled a 9-0 dual record. Young remembered his first match with Lowell Lang, a former Waterloo West High School athlete who was competing for Cornell College of Mt. Vernon, Iowa. Lang was a three-time NCAA and four-time AAU champion at 136 pounds, but wrestled up at 145 to challenge Young.

"Coach Mac looked me in the eye and said 'You can beat this guy'. He was right, because I did win, but only

after dancing around on one leg for a minute when Lang got in deep on a single leg," Young recalled.

Young remembers the team amusement the trip the team made to Oklahoma in 1949.

"We were scheduled to wrestle Oklahoma Tech (Lawton, Okla.). The crowd was all decked out in their cowboy outfits, complete with boots and hats, which didn't bother us, but when we were introduced as Iowa State College with no mention of "Teachers" it made us a little hot-under-the-collar. So we took our frustration out on their team, defeating them, 32-0."

The next night, ISTC beat Oklahoma, 22-6.

Other highlights in 1949, when ISTC finished second at the NCAA level, was Young's first NCAA title after defeating Don Anderson of Michigan State, 3-2. He also claimed his first National AAU tournament title at Coe College in Cedar Rapids, Iowa with a victory over Newt Copple.

The 1950 season was a banner year, not only for Young individually, but also for the team. With the Panthers achieving another perfect 10-0 season and the NCAA championship held in Cedar Falls, Young won his second consecutive NCAA title at 145 pounds.

It was during a semifinal match of the NCAA tournament that Young



encountered the toughest match of his college career.

"I had to lose considerable weight before the match and had done a lot of running. My opponent, Jim Maury of Penn State, rode my ankles and I had trouble getting away. But I won by a referee's decision," Young said.

Young then went on to defeat Charles Moreno of Purdue in the finals, 5-2.

The National AAU tournament followed at Hofstra College in Hempstead, N.Y., where Young captured the 145-pound crown with a pin over Ken Hunte of Syracuse University. The Panthers claimed the team title and

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Wrestlers Put Faith to Work in Inner-City

BY PASTOR KEN KLINGMAN

Nick Baima and Moza Fay wanted to put their Christian faith into practice. In a discussion with Pastor Ken Klingman they voiced their interest in participating in a short mission trip where they could be of help to people who do not live with the privileges they experience.



Nick Baima

So in late June, Baima, Fay and Pastor Klingman headed for inner-city Chicago. Teaming up with Breaking Ground Ministries (www.breakingground.net) the four-day trip started with a Thursday night meeting in an abandoned factory given to this organization by the city of Chicago. About 25 ex-offenders and former drug dealers gathered to encourage one another to stay clean and work hard in their new jobs.



Moza Fay

The remainder of the weekend was spent landscaping and laying sod at a newly constructed apartment building. Baima, who grew up in the western suburbs of Chicago, said that he was always careful not to drive into that part of the city. Now, last year's Outstanding Wrestler of the Midlands tournament was working alongside men whose lives have been restored from lives of crime by their newly found faith.

The three men were invited to stay with the family who lead the Breaking Ground organization. This family with their seven children, aged two to 15, thought the two wrestlers were the greatest and after their long work-day, these athletes spent several hours playing with the kids and talking to them about making good life choices. It was a pleasant surprise to learn that these kids' grandfather, Fred Loffredo, wrestled at ISTC (now UNI) from 1953 to 1954.

The weekend concluded on Sunday morning with the trio from Cedar Falls attending an African-American church service. The three men agreed they had never heard more beautiful and spirited singing. They returned to Iowa enthusiastic that they had been able to invest a bit of themselves in such a strategic way. Fay summed it all up when he said that he wanted to return to Chicago and continue to be a part of seeing changed lives.

UNI Joins Western Wrestling Conference

Eight intercollegiate institutions, including the University of Northern Iowa, have announced the formation of the Western Wrestling Conference (WWC). The NCAA Division I wrestling-only alliance will begin competition in the 2006-07 season.

Charter members of the Western Wrestling Conference will include: the United States Air Force Academy, Fresno State University, North Dakota State University, the University of Northern Colorado, the University of Northern Iowa, South Dakota State University, Utah Valley State College and the University of Wyoming.

Members of the WWC

- Air Force Academy Falcons
- Fresno State University Bulldogs
- North Dakota State University Bison
- South Dakota State University Jackrabbits
- University of Northern Colorado Bears
- University of Northern Iowa Panthers
- University of Wyoming Cowboys
- Utah Valley State College Wolverines

"We are happy with this new conference affiliation for our wrestling program," UNI Director of Athletics Rick Hartzell said. "At UNI, we strive to have a national top-10 program and

we think this league affiliation will continue to allow us to have a strong wrestling program that can reach those lofty aspirations."

With league members spread out over seven states and three time zones, schools will only be required to compete against five league schools in dual action to be eligible for the regular season conference championship. Schools will be encouraged to schedule as many conference schools as

possible.

Four of the members currently compete in the NCAA West Regional and they include Air Force and Fresno

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Editor's Note: We hope you enjoy this issue of the UNI Wrestling Notebook. Much of the material included in this issue is from newspapers in the Cedar Valley area and is familiar to you. However, since our mailing list is nationwide, perhaps it will be 'news' to others.

Please mark your calendars on Sept. 23, 2006, for the annual Panther Wrestling Club golf outing. This year's event will take place at Pheasant Ridge Golf Course in Cedar Falls. Look for more information in the next UNI Wrestling Notebook.

We would ask that you please send your email address so future mailing can also be sent via email. Please send your email address to either Jose DeAnda (Jose.DeAnda@uni.edu) or Colin McDonough (Colin.McDonough@uni.edu).

Your comments on the information in the newsletter or any suggestions and ideas for stories in the future are welcome. Please direct comments or suggestions to Jose DeAnda (jose.deanda@uni.edu) or Colin McDonough (colin.mcdonough@uni.edu) or call 319-273-6341.

Thanks,
Don Frazier

Continued – UNI Joins WWC

State, UNI and Wyoming. Northern Colorado, North Dakota State, South Dakota State and Utah Valley State are transitioning their programs to the Division I level. UNC, NDSU, SDSU will be eligible for the NCAA Championships in 2006-07, while UVSC will be eligible for the postseason in 2009-10.

The 2007 NCAA West Regional will still serve as the NCAA qualifying tournament and will be hosted by the University of Northern Iowa. The goal of the league is to replace the West Regional with the conference tournament, which would then serve as the NCAA qualifier.

The WWC will submit its application for formal recognition to the NCAA. The WWC plans to recognize student-athletes on both a weekly and full-season basis. Individual awards will include Wrestler of the Week; All-Conference teams; an Academic All-Conference team; and Wrestler, Newcomer and Coach of the Year awards. The league will also crown a team champion following the conclusion of the regular season conference competition and the postseason tournament.

The governance of the Western Wrestling Conference will remain primarily with the member institutions. Scheduling of contests, assignment of officials and certain media relations functions will remain with member institutions.

Colonel William Walker of the United States Air Force Academy will serve as the Conference Commissioner, while Colin McDonough of UNI will serve as the WWC Media Relations Director.

"This is a very important alliance between quality institutions," Walker said. "We think that it will strengthen our programs and provide a better experience for our student-athletes."

The conference affiliation is also expected to generate much interest within the eight schools' substantial alumni base, which numbers nearly 800,000 combined.

NOTE: On June 15, 2006, Fresno State Athletics Director Thomas Boeh announced that effective July 1, 2006, the university will discontinue the intercollegiate wrestling program.

UNI's Tolly Thompson to Represent U.S. at World Championships

University of Northern Iowa assistant wrestling coach Tolly Thompson will represent the United States for the second straight season at the World Championships after taking first-place honors at the 2006 U.S. World Team Trials in Sioux City, Iowa.

Thompson earned his spot on the U.S. team after defeating Steve Mocco in their best-of-three championship match. Thompson won the first round 1-0, 1-0. Thompson then secured his second straight U.S. title with a pin of Mocco at the 1:59 mark of their second match.



Tolly Thompson

"There is nothing better than winning," Thompson said. "The bottom line is competition and winning. My job is to win a world title and develop the young guys around the (UNI wrestling) room."

The 2006 World Championships will take place on Sept. 26-Oct. 2 in Guangzhou, China. Thompson took home a bronze medal at last year's Worlds in Budapest, Hungary.

Former UNI assistant wrestling coach Dylan Long took fifth-place honors at 66kg.

UNI head coach Brad Penrith said the exploits of his assistant coaches at the U.S. World Team Trials is great for the UNI wrestling program.

"It shows what type of talent we have in the UNI wrestling room," Penrith said. "This is great for our student-athletes because they are training day-in and day-out with some of the best in the world."

Thompson Receives 2005 USA Wrestling John Smith Award

Tolly Thompson (Cedar Falls, Iowa/Sunkist Kids) has been named the winner of the 2005 John Smith Award as the Freestyle Wrestler of the Year by USA Wrestling. It is the first time that Thompson has won this prestigious award.

Thompson is an assistant wrestling coach at the University of Northern Iowa.

Thompson won a bronze medal at 120 kg/264.5 pounds at the World Championships of Wrestling in Budapest, Hungary on Sept. 28. He was one of two U.S. medalists at the World meet and helped lead the U.S. to an eighth-place finish in the standings.

He opened the World Championships with a loss to Turkey's Aydin Polatci. When Polatci qualified for the gold-medal finals, Thompson became eligible for the wrestleback rounds.

After waiting nearly six hours after his first-round loss, Thompson won three straight matches to claim his first World medal. He capped his impressive effort with a 1-0, 1-0 win over 1997 World champion Kuramagomed Kuramagomedov of Russia in the bronze-medal match.

In his first round repechage (wrestleback) match, Thompson defeated Vadim Tasoev of Ukraine, 3-1, 4-1. In Thompson's second repechage match, he domi-

nated Rares Chintoan of Romania. Thompson scored seven points on the Romanian before earning the fall only 47 seconds into the first period.

Thompson claimed the No. 1 position on Freestyle Team USA by capturing the World Team Trials in June, defeating Steve Mocco of the New York AC in the championship finals in Ames, Iowa. He also won his second career U.S. Nationals title in Las Vegas in May, pinning Mocco in the championship match.

He had a successful season in international tournaments, including a gold medal at the Dave Schultz Memorial International in Colorado Springs, Colo. Thompson won silver medals at the Cerro Pelado International in Cuba and the Super Cup in Russia. He added a bronze medal at the 2005 World Cup.

Thompson has been a nationally-ranked wrestler in freestyle for a decade. He placed second in the 2004 U.S. Olympic Team Trials, and was also second in the 2003 World Team Trials.

Thompson competed at the Univ. of Nebraska, where he was a 1995 NCAA champion, and placed third at the NCAA Championships in 1996 and 1997. He was a star at Janesville (Iowa) High School, where he placed second in the state championships twice as a prep athlete.

Brett Robbins Named FILA Junior Greco-Roman Wrestler of Month

The USA Wrestling Greco-Roman National Team has created a series of new awards recognizing outstanding achievements within in Greco-Roman wrestling community.

UNI freshman Brett Robbins (Bloomington, Ill.) was named the FILA Junior Greco-Roman Wrestler of the Month in June.

Robbins won the gold medal at 132 pounds at the FILA Junior World Team Trials in Colorado Springs,



Brett Robbins

Colo., June 9-10. He had a powerful aggressive style in winning the Championship Series against 2006 FILA Junior Nationals champion Shawn Jones. Robbins dropped the first period of the first match before coming back to launch and pin Jones. Robbins swept the second match 7-0, 6-3. Earlier in the day, Robbins won two other bouts to capture the Challenge Tournament, beating Jake Swenson of the Minnesota Storm, 7-0, 5-0 in the semifinals and Christopher Iorio of the Sachem WC, 5-0, 8-0 in the finals.

Robbins attends UNI and was redshirted for the 2005-06 season. Robbins was a two-time Junior Nationals champion in Greco-Roman. He was also a 2004 state champion at Bloomington High School.

UNI Wrestling Recruiting Class Ranked 17th in Nation

The University of Northern Iowa's 2006 wrestling recruiting class has been ranked No. 17 in the nation according to InterMat's Division I Recruiting Class Rankings. InterMat is one of the nation's foremost leaders in college wrestling coverage.

Jason Bryant of InterMat said the Panthers top recruits consisting of Caleb Flores (Calif.) and Montell Marion (Iowa) put the Panthers amongst the nation's best.

"UNI (Head coach) Brad Penrith continues to recruit well from around the nation. A handful of ranked seniors give this group some promise. The three above all have solid credentials and that's bolstered by the addition of six in-state wrestlers including state champ Nate Pickerell of Centerville."

2006-07 UNI SIGNEE BIOS

Dustin Bauman (184/197 lbs.) posted an overall record of 112-17 at Arrowhead High School in Edgar, Wis. Bauman went 40-1 as a senior and placed second in the state after captured both the regional and sectional titles. Bauman was a Greco-Roman all-American in the summer of 2005. As a junior, Bauman was a regional and sectional champion before placing third in the state.

Jarion Beets (157/165 lbs.) tallied a mark of 31-4 as a senior at Cedar Rapids Kennedy High School. Beets was a state qualifier in the 3A 160-pound weight class in 2006.

Jeffrey Bowman (165/174/184 lbs.) was crowned a Missouri state wrestling champion after posting a mark of 46-2 as a senior at Blue Springs High School in Kansas City, Mo.

Benji Dolly (157/165 lbs.) placed third in the state of Indiana as a senior at Mishawaka High School in Mishawaka, Ind. Dolly went 44-2 as a senior. Dolly's brother Alex is also a member of the UNI wrestling team.

Corey Fitzpatrick (149 lbs.) will join the Panther wrestling team after a prep career at Hackensack High School. Fitzpatrick hails from Rochelle Park, N.J.

Caleb Flores (125/133 lbs.) posted a career record of 226-17 at 119 pounds in high school. Flores became the 14th wrestler in the state of California to place four times at the state meet. Flores took second place in 2006, third in 2004, sixth in 2003 and seventh in 2005. Flores is a five-time freestyle state champion in California. He placed third at the 2005 Junior Nationals. He was a 5 counties champion in 2006. Flores was a three-time division champion, three-time masters champion and a three-time junior dual team member. Flores was the Viking of the Year award winner in 2003, 2004, 2005 and 2006. Flores is ranked No. 10 in the nation at 119 pounds by the Amateur Wrestling News, No. 11 by InterMat and No. 13 by W.I.N. Magazine.

Bobby Harris (133/141 lbs.) was a four-year wrestler at Roland-Story

High School in Story City, Iowa. Harris posted a career mark of 79-39, including a 20-4 mark as a senior.

Trevor Kittleson (157 lbs.) took home the 1A 145-pound state title as a senior at St. Ansgar High School in St. Ansgar, Iowa. Kittleson was a perfect 44-0 as a senior. Kittleson tallied 14 letters as a four-sport student-athlete as a prep.

Riley Lindner (165 lbs.) was a four-time state qualifier at Fort Dodge High School. Lindner was a two-time state placer as he gained a third-place finish as both a junior and a senior in the 160-pound weight class. Lindner posted a career mark of 117-19 as a prep wrestler.

Montell Marion (125/133 lbs.) won his second straight state championship (Class 3A - 130 lbs.) after posting a perfect 36-0 record as a senior at Des Moines Roosevelt High School. Marion won the 119-pound state title as a junior at W.D.M. Valley HS. Marion capped his prep career with a mark of 151-7, including a 74-1 record his final two seasons. Marion placed 8th at the 2005 Junior Nationals and is rated as the No. 115 recruit in the nation according to InterMat. Marion is rated as the No. 6 senior at 119 pounds by Wrestling USA magazine. Marion is ranked No. 14 in the nation at 130 pounds by W.I.N. Magazine. Marion posted season records of 39-3, 38-3 and 38-1 at West Des Moines Valley High School.

Andy O'Loughlin (174/184 lbs.) captured his first state championship by taking the Class 2A 171-pound title. O'Loughlin finished off his senior campaign with a record of 48-1. O'Loughlin is a three-time state placer from Independence High School. O'Loughlin placed sixth in the state as a sophomore and fourth in the state as a junior. O'Loughlin tallied a career record of

142-33. O'Loughlin carries a 3.2 GPA and earned his team's Iron Man Award as a junior.

Nick Pickerall (141/149 lbs.) capped off back-to-back state championships with the Class 2A 135-pound title for Centerville High School. Pickerall won the 130-pound 2A state title as a junior for the Albia Blue Demons. Pickerall's career record is 166-9 and includes a second-place finish as a freshman, a third-place finish as a sophomore and two state championships. Pickerall is the No. 12-ranked senior in his weight class according to Wrestling USA magazine.

Seth Pugh (149/157 lbs.) secured the 2A 145-pound state championship with a perfect 47-0 record as a senior at Columbus Junction High School. Pugh also placed fifth in the state as junior after going 42-2. Pugh is the cousin of current UNI assistant coach Randy Pugh.

Grant Ruge (125 lbs.) was a four-time state qualifier and three-time state placer at Fort Dodge High School. Ruge placed seventh as a sophomore, fifth as a junior and sixth as a senior. Ruge posted a career mark of 125-26 as a prep wrestler.

Adam Snow (125 lbs.) was a three-time state qualifier at Schaumburg High School in Schaumburg, Ill. Snow compiled a career record of 129-30 as a four-year varsity wrestler. Snow placed fourth in the state as a junior and sixth in the state as a senior. Snow was a conference and regional champion as a junior and a senior.

Mike Zinnel (157 lbs.) will be a junior for the Panthers in 2006-07. Zinnel is the younger brother of current UNI wrestler Curt Zinnel. Mike also comes to UNI via Humboldt, Iowa and Iowa Central Community College.

InterMat's 2006 Recruiting Class Rankings

1. Lehigh
 2. Oklahoma State
 3. Penn State
 4. Boise State
 5. Oklahoma
 6. Minnesota
 7. Arizona State
 8. Cornell
 9. Nebraska
 10. Old Dominion
 11. Iowa
 12. Michigan
 13. Maryland
 14. Missouri
 15. Fresno State
 16. N.C. State
 17. UNI
 18. Indiana
 19. Bucknell
 20. North Carolina
 21. Lock Haven
 22. Virginia
 23. Liberty
 24. Rutgers
 25. Ohio State
 26. Edinboro
 27. Harvard
 28. Delaware State
 29. Purdue
 30. Wisconsin
- Honorable Mention (alphabetical): Bloomsburg, Cal Poly, Central Michigan, Columbia, Iowa State, Northern Illinois, North Dakota State, Oregon, Penn, Rider, Virginia Tech

2006 UNI Wrestling Recruiting Class

Name (Hometown/High School) - Projected Weight Class

- Dustin Bauman (Edgar, Wis./Arrowhead HS) - 184/197 lbs.
- Jarion Beets (Cedar Rapids, Iowa/Kennedy HS) - 157/165 lbs.
- Jeffrey Bowman (Kansas City, Mo./Blue Springs HS) - 165/174/184 lbs.
- Benji Dolly (Mishawaka, Ind./Mishawaka HS) - 157/165 lbs.
- Corey Fitzpatrick (Rochelle Park, N.J./Hackensack HS) - 149 lbs.
- Caleb Flores (Covina, Calif./Northview HS) - 125/133 lbs.
- Bobby Harris (Story City, Iowa/Roland-Story HS) - 133/141 lbs.
- Trevor Kittleson (St. Ansgar, Iowa/St. Ansgar HS) - 157 lbs.
- Montell Marion (West Des Moines, Iowa/Roosevelt HS) - 125/133 lbs.
- Andy O'Loughlin (Independence, Iowa/Independence HS) - 174/184 lbs.
- Nick Pickerall (Albia, Iowa/Albia HS) - 141/149 lbs.
- Seth Pugh (Columbus Junction, Iowa/Columbus Junction HS) - 149/157 lbs.
- Grant Ruge (Fort Dodge, Iowa/Fort Dodge HS) - 125 lbs.
- Riley Lindner (Fort Dodge, Iowa/Fort Dodge HS) - 165 lbs.
- Adam Snow (Schaumburg, Ill./Schaumburg HS) - 125 lbs.
- Mike Zinnel (Humboldt, Iowa/Humboldt HS/Iowa Central CC) - 157 - lbs.

Panther Wrestlers Earn All-Academic Accolades; Baima Takes Individual Honor

The University of Northern Iowa wrestling team earned a spot on the 2005-06 National Wrestling Coaches Association All-Academic Division I Top 30.

UNI is ranked No. 11 in the nation with its team grade point average (GPA). UNI recorded a team GPA of 2.992.

UNI is the only university in the state of Iowa to make the NWCA All-Academic Division I Top 30. Last season, UNI was ranked No. 17 in the nation in team GPA.

In addition, junior Nick Baima (Glen Ellyn, Ill.) was selected to the NWCA Division I All-Academic Team. Baima is majoring in Philosophy/Humanities and holds a 3.60 GPA. He is also a three-time national qualifier. Baima posted a mark of 34-5 at the 165-pound weight class in the 2005-06 season.

Team rankings are selected by taking the average GPA of each team's starting ten wrestlers along with two backups that wrestled in at least one varsity match.

NWCA All-Academic Top Teams

1. Brown
2. Duke
3. Princeton
4. Duquesne
5. Northwestern
6. Michigan
7. Central Michigan
8. Oklahoma
9. Drexel
10. American
11. UNI
12. Oklahoma State
13. Slippery Rock
14. Lehigh
15. Illinois

“On the Whistle” with Bill Roths

BY BILL ROTHS

Many wrestling fans that attended both college and high school meets or tournament this past year might have questioned how the out of bounds calls were made.

The mat has been extended tremendously in the past two years in college, but it has not been changed in high school. In college, a supporting point of ONE or both wrestlers constitutes being in bounds. This can mean that only one hand or as little as one toe being in-bounds can constitute points being scored. This is completely different than high school, and this is mainly due to the size of the mats and the gym sizes not allowing the college rule to enter into the federation rules. So as you are all trying to help the official make the call, please remember that some rules are still different and hopefully the referee is knowledgeable of both sets of rules.

The other main rule change last

year also dealt with near-falls and falls being called differently than in past years. Prior to this past year, near-fall points and falls could only be earned by having the supporting points being inbounds, but the rules changed and you could now earn near-fall points and/or also have a fall with only one supporting point in-bounds.

Both of these rules changes were accepted by the coaches and the officials as it kept the action moving.

Editor's Note – Bill was kind enough to write this article on several of the rule changes and interpretations that took place last year. Bill and his family have moved from the New Hampton area to Cedar Falls where he is currently vice president of residential real estate at the Community National Bank in Waterloo. Bill is a valued booster of the UNI wrestling program. We welcome the Roths to this area and appreciate their support.



Continued – Profile From the Past: Keith Young

Young received the tournament Outstanding Wrestler Award.

The 1950 Iowa State Teachers College wrestling team was perhaps the most successful squad in school history. Not only was it NCAA and AAU national champions, but seven of its ten wrestlers earned All-America status. Champions Young (145), Bill Nelson (155), Bill Smith (165); second place Floyd Oglesby (136), Fred Stocker (Hwt); third place Frank Altman (121); and fourth place Luverne Klar (128).

Even more significant was the fact that for many years, including the 1950 squad, All-America status was achieved only by placing in the top four, not the top eight places by today's standards.

The year of 1951 brought the challenge of whether Young could three-peat as the national champion at both NCAA and AAU levels at the 147-pound weight class. (The weight class had changed from previous years). The answer was a resounding “yes”. After a third-straight undefeated dual season, Young won his third straight NCAA title at 147 pounds with a 5-3 win over Don Frey of Penn State.

As in the previous two years, Young competed at the National AAU tournament held at the West Gym in Cedar Falls. He came away with the 147-pound title, defeating fellow teammate Bill Weick in a referee's decision. At that time, more than one member from the same team was permitted to wrestling in the same weight class.

Young remembers this match as his second toughest. He wrestled with a separated shoulder, greatly limiting his upper-body movements. His opponent, Weick, went on to become a two-time NCAA champion in 1952 and 1955 at

157 pounds for ISTC.

Post career honors for Young included his induction into the Helms Foundation Hall of Fame (1946), held at Cornell University, the National Wrestling Hall of Fame (1979) in Stillwater, Okla., the Iowa Hall of Fame (1979) in Cresco, Iowa and the UNI Athletics Hall of Fame in Cedar Falls, Iowa.

When asked about his relationship with Coach Dave McCuskey, Young replied with a smile on his face.

“He was very protective of his wrestlers—wanting to make sure we behaved ourselves and didn't get into trouble. As an example, several years during Christmas break, all of the wrestlers were housed in the old stadium hall dorm room. Coach stayed right with us; we weren't about to get out of line.”

McCuskey coached the Panthers for 20 years, compiling an overall record of 102-31-7 (.754). He moved on to the University of Iowa in 1953 where he coached for another 19 years. McCuskey was also inducted into the National Wrestling Hall of Fame.

Young was asked what differences he saw in college wrestling as it is today from the years he was in school.

“For one thing,” he replied, “our season was shorter, as we wrestled from October to late March or early April. We wrestled three three-minute periods and more time was spent riding your opponent. You were awarded up to two points for riding time (one point for each minute, up to a maximum of two points). The near-fall or pin was different also. You were given two points for a near-fall, unlike the two or three today, and you had to keep your oppo-

nent's shoulder on the mat for a full two seconds to be awarded a fall.”

Following his highly successful college wrestling years, Young embarked on his teaching and coaching—wrestling, as you can imagine—at Blue Earth, Minn., from 1952-54. Former ISTC teammate Gene Lybbert succeeded Young at Blue Earth. Young then moved on to Osage, Iowa for one year (1955) and finally to Cedar Falls High School where he spent a very successful 28-year coaching career while teaching driver education. Several highlights of this span included the 103-pound high school champion during five of six years while at the three different schools, three-time state champion Kim Rhoades (Cedar Falls), two-time state champion Dave Nicol (Cedar Falls) who continued on to wrestled at UNI (1970-71, 1973) and state champion Cedar Falls High School in 1968 and 1976.

“Perhaps one of my biggest success stories, though,” related Young, “was Curtis Cooper, a Cedar Falls wrestler, who won only four matches during the entire season up until state tournament time. Cooper finished the season claiming second place at the state tournament.”

Along with coaching, Young started as a wrestling official while at Blue Earth and continued as a referee until retiring in 1985. During those years, he officiated at both the high school level (for \$2.00 per match) and the college level. He worked four JUCO, five Division II and eight Division I national tournaments.

Young was born on a farm near Algona, Iowa. He attended Algona High School where he played football. Due

to World War II, the high school had not had a wrestling coach for three years. In 1947, Leon “Champ” Martin began his successful career at Algona HS. Young wrestling only his senior year (1947) and calls himself a late bloomer. He did not qualify for the state tournament, but was urged by coach Martin who had wrestled at ISTC for three years to attend ISTC. There were no scholarships at that time, instead a tuition exemption was given, amounting to \$33.00 per quarter.

As the saying goes “behind every successful man is a successful woman”, Young was fortunate to marry his college sweetheart Marilyn Nystuen in 1950 and they are the proud parents of five talented children – Scott, Kim, Deb, Mark and Randy.

Young's hobbies (many he shares with wife Marilyn) include gardening, reading, billiards, fishing and traveling, especially since all their grandchildren are busy with school activities.

Young and his wife have been able to stay in touch with former teammates over the years.

“We old cronies get together each year during Nationals and swap stories. I don't believe we have missed a year since 1990. Husbands, wives and older kids really enjoy the camaraderie and opportunity to reminisce about the good old days. Some of the regulars include Bill Nelson, Clyde Bean, Glenn Salzbrenner, Bill Smith, Lowell Cook, Gerald Leeman and Gene Lybbert along with others from time to time. We really have a fun time,” said Young and echoed by Marilyn.

Throughout the many years that star-athletes have represented the Panthers, whether it be Iowa State Teach-

“Catch a Rising Star” - UNI Sophomore Moza Fay

BY DON FRAZIER

Being called upon to wrestle at three different weights during the 2005-2006 wrestling season didn't seem to affect the performance of this redshirt freshman from Anamosa.

Moza Fay wrestled matches at 157, 165, and 174 pounds throughout the season, to fill-in where needed, and ended up with an overall 30-8 record. His dual meet record was a perfect 9-0 and helped the Panthers to 40 team points. His six pins ranked second on the squad.

In addition to his success in dual meet action, Fay also captured first-place honors at the Mike McCready Open (Dec.10) and the Brand Open (Jan.26). He tallied second-place honors at the UNI Open (Dec.4) and placed fourth at the NCAA West Regional in the 174-pound weight class.

Fay began his wrestling career in a tournament while in first grade.

“I had no idea what I was doing (on the mat) and really got beat up. My total experience with wrestling at that point was rolling around on the

living room floor with my father,” relates Fay. “But I got the bug and soon started learning the sport from every source



Moza Fay

I could find, including youth clubs, freestyle tournaments and traveling to Lisbon twice a week for workouts because of their great wrestling tradition. My father never pushed me in the sport (wrestling) but was always there to support and encourage me.”

Fay entered high school varsity level as a freshman at Anamosa and lettered all four years. Wrestling in the Tri-Rivers Conference, he was a three-time conference champion, four-time state qualifier, two-time state champion (with perfect 41-0 record his senior year) and compiled an overall high school record of 143-16. His two state championships rank high in his favorite sport memories. Fay was coached by Ron Timm. Other accomplishments during his high school included being a freestyle

all-American, and a two-time national qualifier in freestyle competition.

When asked why he chose to wrestle at UNI, Fay was quick to reply.

“There were several reasons why I wanted to become a Panther (he was also recruited by Wartburg, Upper Iowa and Iowa). First, I knew quite a few of the Iowa guys on the team, having competed at many tournaments and state events with them, and I was impressed. I had also heard about the rich wrestling tradition and great academics which appealed to me.

“But the most influential reason why I chose UNI was the professional way I was recruited by coach Penrith. Coach spent considerable time talking with my parents and me about the responsibilities of being a student-athlete, about dividing my time spent in the sport, and my time spent in the classroom – with the ultimate goal of graduating and going on to a career. He really got to know my parents well, and made sure that no questions were left unanswered. There is little doubt in my mind that I

would not be a Panther today if it wasn't for coach Penrith.”

Fay was a great “catch” at recruiting time since he was a top-200 recruit when he graduated from Anamosa.

While experiencing a great season in 2005-2006, Fay realizes there is still plenty of work to do. His mindset as he approaches each match is to pin his opponent.

“I feel my strength, at this point, is when I'm in the top position and in control. Naturally, I'm always looking for an opportunity to turn my opponent and get the fall. In many of my matches I had plenty of riding time. You can't pin them when you're on your feet or on the bottom,” Fay commented.

Despite all his success, Fay feels there is still room for improvement; eliminating mistakes by listening to his coaches and getting stronger and quicker by spending more time in the weight room and running. In the wrestling room, Moza works out with several different partners.

“If I want to get beat up, I square off with Nick Baima,” Fay said with a smile. “If I want somebody closer to my

size, I usually work out with the Ettelson brothers; C.J. (141) or Charlie (149).”

Fay is positioned to wrestle at 157 pounds for the 2006-07 season.

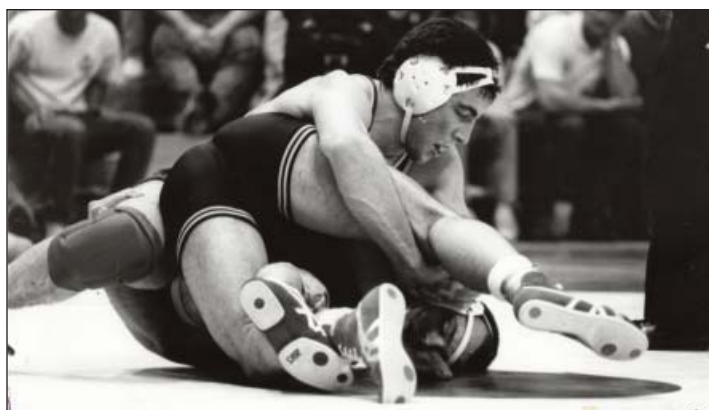
His faith is a large part of not only his wrestling, but more importantly his outlook on life.

“I would not be where I am today without the Lord.”

Fay's goals are like any other wrestler; to become an All-American, a national champion and to graduate from college. He realizes the key to these goals are basically two things: dedication and hard work.

“Listening to my coaches is important to me. This need applies to today, but also goes back several years ago. One of my coaches said to me ‘Don't just think about doing it, if it's right just do it!’”

Fay feels that philosophy applies not only to his life but to his wrestling career. Do not think about it, just do it. It is quite evident that Moza has already begun to put that theory into action as a UNI Panther. We wish him continued success.



Former UNI wrestler Rich Powers has been named principal at Cedar Falls High School.

Former UNI Grappler Powers Named Principal

A former University of Northern Iowa All-America wrestler will be the next principal at Cedar Falls High School.

Previously, Powers served as an assistant principal in Palatine, Ill. At Palatine, he was responsible for the building and grounds as well as student activities.

The former UNI wrestler was a three-time All-America performer for

the Panthers, while compiling a career mark of 134-25-1.

Powers is tied for the all-time lead in career victories at UNI with 134. He ranks second on the all-time pin list with 54. He placed 5th in 1990, 4th in 1991 and 5th in 1992 - all at the 177-pound weight class.

Powers earned both his bachelor's degree (1992) and master's degree (1994) from UNI.

Dan Gable Museum Coming to Waterloo

Excerpt from Waterloo Courier

The Dan Gable International Wrestling Institute and Museum is coming to the Cedar Valley.

Executive Director Mike Chapman, Dan Gable, and Waterloo mayor Tim Hurley made the announcement.

The museum that started at Newton, Iowa will be moved to this area and is the first thing in Gable's native town of Waterloo that will bear Gable's name.

The museum will be a 21,000 square-foot facility that will chronicle the sport of wrestling.

The museum will hold more than 350 books on wrestling, including one published in 1727, thousands of artifacts, dozens of display cases, and a wrestling ring.

The facility at 303 Jefferson Street, Waterloo, will offer periodic appearances by Gable, and a series of sponsored events to continue attracting visitors and residents to the museum on a regular basis.

Plans now are to start work on the remodeling in June, and a target of Nov. 1, 2006, has been set for opening in Waterloo. A grand opening will be determined at a later date.

Museum Features

- Artwork of Jacob wrestling the angel of the Lord
- Artwork of the first Olympics in ancient Greece
- Artwork of Abe Lincoln as a wrestler in 1831
- Olympic history from 1986 to the present
- Collegiate wrestling history from 1928 to present
- Sullivan Award and Dan Hodge Trophy
- Dan Gable's Olympic uniform and shoes
- Wrestling cards dating back to 1887
- A Cael Sanderson display area
- The Dean Rockwell Library and Research Center
- The Glen Brand Wrestling Hall of Fame of Iowa
- The George Tragos/Lou Thesz Professional Wrestling Hall of Fame
- Terry Brands' World Championship Gold Medal
- A video room
- An extensive gift shop
- Flags of 136 nations are featured in the Olympic pavilion
- Bill Smith's 1952 Olympic Gold Medal

2005-06 UNI Wrestling Statistics/Results

3/20/06

Points							MD	TF	Pin	Quick
Wt.	Wrestler	Overall	Duals	Career	C. Duals	UNI-OP	W-L	W-L	W-L	Pin
125	Tony Pretto	2-4	--	2-4	--	--	1-1	--	0-1	--
125	Gabe Rostermundt	0-1	--	0-1	--	--	--	--	--	--
125	Seth Wright	16-16	8-9	16-16	8-9	34-30	2-3	0-1	3-1	0:27
133	Chris Helgeson	29-17	10-8	80-65	31-30	40-30	3-4	1-1	5-1	0:49
141	C.J. Ettelson	30-12	10-5	52-24	15-11	44-19	2-2	4-0	13-1	0:29
149	Colby Goetsch	10-16	3-8	18-22	3-8	13-28	5-3	2-1	--	--
149	Ryan Osgood	12-14	2-4	27-31	5-9	6-13	2-3	--	0-1	--
149	Justin Swafford	12-8	2-2	20-16	3-4	9-8	1-2	--	3-0	2:31
157	Chris Bitetto	24-14	9-5	59-49	23-24	31-16	5-2	1-0	1-0	3:10
157	Moza Fay	30-8	9-0	30-8	9-0	40-0	8-0	2-0	6-3	2:01
165	Nick Baima	34-5	17-1	88-34	30-14	70-3	8-0	5-0	4-0	1:20
174	Alex Dolly	5-3	0-1	20-21	2-10	0-3	--	--	--	--
174	Curt Zinnel	10-13	3-7	10-13	3-7	14-31	2-2	--	0-3	--
184	Dan Dunning	11-19	3-10	20-29	5-12	14-36	2-0	--	1-4	5:44
184	De'Andre Nunn	15-14	2-3	15-14	2-3	6-18	3-2	--	1-7	2:24
197	Andrew Anderson	16-24	3-11	16-24	3-11	9-39	1-2	0-1	3-4	1:52
197	Jeff Knoll	8-13	1-3	14-22	4-6	3-14	1-1	--	0-1	--
HWT	Tyler Rhodes	23-16	11-7	23-16	11-7	39-27	1-0	--	4-6	2:00
HWT	Michael Shedek	--	--	20-36	9-21	--	--	--	--	--

2005-06 Dual Schedule (8-8-2)

Date	Opponent	Time/Results
Dec. 2	Minnesota	L, 31-6
Dec. 8	@ Iowa	L, 25-11
Dec. 10	Wisconsin (IPTV)	L, 19-16
Dec. 17	@ Old Dominion	W, 34-6
Dec. 18	@ Virginia Tech	W, 37-7
Jan. 5	vs. Army	T, 19-19
	@ Oklahoma State	L, 35-6
Jan. 14	Central Michigan	L, 23-9
Jan. 14	Cornell	L, 19-15
Jan. 22	Iowa State	L, 24-15
Jan. 28	@ Chattanooga	W, 19-18
	vs. Cumberland	Cancelled
Feb. 4	@ Eastern Illinois	W, 38-15
	vs. Wyoming	W, 23-19
Feb. 5	@ Northern Illinois	T, 16-16
Feb. 13	Missouri	L, 26-10
Feb. 17	South Dakota State	W, 36-9
	Northern Colorado	W, 36-9
Feb. 18	North Dakota State	W, 26-15

All Times are Central

TOURNAMENT RESULTS

Nov. 12 - HAROLD NICHOLS OPEN

133 - Chris Helgeson, 3rd; 141 - C.J. Ettelson, 4th;
157 - Moza Fay, 3rd; 165 - Nick Baima, 2nd

Nov. 19 - KAUFMAN/BRAND OPEN

165 - Nick Baima, 2nd

Dec. 4 - UNI OPEN

133 - Chris Helgeson, 4th; 141 - C.J. Ettelson, 2nd; 157 - Moza Fay, 2nd;
157 - Chris Bitetto, 4th; 174 - Curt Zinnel, 4th; 174 - Alex Dolly, 5th;
197 - Andrew Anderson, 6th; 184 - De'Andre Nunn, 4th
HWT - Tyler Rhodes, 4th

Dec. 10 - MIKE MCCREADY OPEN

157 - MOZA FAY, 1st; 184 - De'Andre Nunn - 3rd

Dec. 29-30 - MIDLANDS

125 - Seth Wright, 6th; 141 - C.J. Ettelson, 3rd;
157 - NICK BAIMA, 1ST; 197 - Andrew Anderson, 5th

Jan. 20 - BRAND OPEN

157 - MOZA FAY, 1st

March 5 - NCAA WEST REGIONAL

125 - SETH WRIGHT, 1st; 133 - CHRIS HELGESON, 1st
141 - C.J. ETTELSON, 1st; 149 - Ryan Osgood, 2nd;
157 - Chris Bitetto, 2nd; 165 - NICK BAIMA, 1st;
174 - Moza Fay, 4th; 184 - Dan Dunning, 3rd;
197 - Andrew Anderson, 3rd; 285 - Tyler Rhodes, 3rd