



UNI PANTHERS

Issue #5 - April/May 2007

Coach's Corner with Penrith

Dear Friends,

Another Panther wrestling season has come to an end and with it comes the conclusion of the collegiate wrestling careers of five seniors. The five seniors: Nick Baima, Colby Goetsch, Ryan Osgood, Tyler Rhodes and Curt Zinnel will truly be missed.



Brad Penrith

However, the cupboard is not bare and the future still looks very bright. We had four redshirt freshman qualify for the World Team Trials, which will take place in Colorado Springs in mid-May.

Andy O'Loughlin (3rd place), Dusty Bowman (3rd place - Greco), Caleb Flores (6th place) and Trevor Kittleson (8th place) all performed well at the FILA Junior Nationals and will have a shot at the World Team.

We will actually have six wrestlers associated with UNI competing for a spot on the World Team. Assistant coaches Sean Stender and Tolly Thompson will be busy this summer as they attempt to make a run at the World Team in Las Vegas this June.

The rest of our guys are getting ready for different level tournament throughout the summer. The coaching staff is busy solidifying the recruiting class as well. It has been a busy spring and we will use the summer to transition us to get ready for next year.

We are also in the planning stages for the annual UNI Golf Outing. We are looking at moving up the golf event to August or early September. We will keep you posted as the event becomes more solidified.

Brad

Profile From the Past: Rich Powers

BY DON FRAZIER

Webster's dictionary describes the word unorthodox as unusual or unconventional. That word, unorthodox was used many times in reference to the wrestling "style" of our Profile from the Past – Dr. Rich Powers (1988-92). Technically speaking, no one should wrestle the way Powers did, but clearly he did "something" correct, as he is recognized in UNI wrestling history, as one of the school's most successful wrestlers to wear the Purple and Gold.

A Harvard, Illinois native, Rich Power's wrestling "career" began in 6th grade when he participated in a school sponsored wrestling class. Then in the 7th grade, Rich was encouraged to really get involved in the sport by his teacher Tim Haak, and quite a start it was. A four year varsity wrestler for Marian Catholic High School in Woodstock, Ill., Powers compiled an overall record of 137-12. His high school coaches were Mike Garvey, John Derengo and Steve Patton. As a 132-pound freshman, Rich was 29-8. Moving up to 145 pounds as a sophomore, he placed third at state with a 34-4 record, and then went undefeated as a junior (36-0) and senior (38-0), Rich was state champion at 167 pounds both years. Powers was named the Illinois Outstanding Wrestler those two years, and was a Greco and Freestyle Gold Medalist at the 1985 and 86 Prairie State Games (similar to our Iowa games). Other accolades included outstanding wrestling recognition at the Richmond Burton Classic (1985) and Geneva Invitation and Sparten Invitationals in 1985 and 1986. During the summer of 1987, Rich competed in the Junior Nationals where he finished runner-up to Brad Knouse, an Iowa State recruit.

Powers not only excelled as a wrestler, but received All-Con-



Rich Powers

ference and All-Area honors in football as a linebacker, captaining his team to the state title his senior year. In addition, he was a two-year letterman in track, participating in discus, shot put, and 800 meter events.

With his high school "days" over, came the important decision – where to continue his education? One of the most highly recruited athletes, Rich received scholarship offers from many schools, including such notables as Iowa State, Notre Dame, Villanova, Wisconsin and Illinois. Fortunately for the UNI wrestling program, his selection was the Panthers. When asked why he chose UNI to further his academic and wrestling career, Rich mentioned "several" reasons. One was he really "connected" with the coaching staff – head coach Don Briggs and assistant Jim Miller; and the team members were friendly and made him feel "welcome". But of equal importance was the emphasis that UNI placed on academics and graduation. "I researched the graduation rates of the various schools I was considering, and found that UNI had the highest percent of graduation – that was very important to me and had a big influence on my decision."

Rich's first year in the UNI

wrestling program was certainly one of transition from high school to the college level. Receiving valuable instruction from the outstanding coaching staff of Briggs and Miller, and augmented later by the addition of All-American Joel Greenlee, Powers settled into the program at the 177-pound level. However he was not able to get in a full season of wrestling due to sustaining an injury during a "conditioning-exercise". "I was running the steps at the UNI-Dome, carrying 190-pounder Greg Herber on my back when I tripped coming down, and injured my ankle," recalls Powers. "Consequently that cut my season short."

The 1988-89 year brought Rich's first year as a varsity wrestler – and what a year it was! Vying for a starting position at 177, Powers quickly emerged as a crowd favorite. The wrestling sports media guide stated that "Powers burst on the scene to become an instant fan pleaser with his exciting, unorthodox style – and was involved in many high scoring matches." It was soon evident that Rich Powers was going to be something "special" in the history of UNI wrestling. Compiling an overall record of 25-9-1, with 18 of his wins coming by way of pins, technical falls, or major decisions, Powers quickly established himself as one of the premier wrestlers in the 177-pound weight class. Along with a dual meet record of 11-5-1, Rich captured 1st place honors at the Nebraska-Omaha and UNI Open tournaments. A note of interest regarding the UNI Open was a young wrestler from the University of Iowa by the name of Brad Penrith who won the 126-pound crown and was named the tournament's Outstanding Wrestler.

His freshman year, the monthly UNI Sports News again de-

Editor's Note: Please continue passing this information on to family and friends. We would encourage to send along email addresses for anyone interested in receiving the UNI Wrestling Notebook through email.

Please send your e-mail address to either Jose DeAnda (jose.deanda@uni.edu) or Colin McDonough (colin.mcdonough@uni.edu) or call (319) 273-6341.

We are publishing a lot of local information that many of you are aware of, but our publication reaches a nationwide audience and many of those individuals do not receive the information on a regular basis.

Your comments on the information in the newsletter or any suggestions and ideas for stories in the future are welcome.

Thanks,
Don Frazier

McDonough Named Wrestling SID of Year

The National Wrestling Media Association, the national professional organization for wrestling journalists, has named the recipients of its Annual Wrestling Journalist Awards. The NWMA has honored the top wrestling journalists in the following categories: Broadcaster of the Year, Print Journalist of the Year, Photographer of the Year, Publicist/SID of the Year, Publication of the Year and Web Page of the Year. Candidates were nominated by the NWMA members.

UNI's Colin McDonough was honored as the Wrestling Publicist/SID of the Year.

McDonough is the Associate Media Relations Director and wrestling contact at the University of Northern Iowa, a Division I school located in Cedar Falls, Iowa. As the primary wrestling contact at UNI, he writes weekly press releases, match summaries and handles media requests for the



Panther wrestling program. McDonough served as the media relations director of the NWCA/Cliff Keen National Duals in 2006 and 2007, an event in which UNI has hosted the past two years and will host in both 2008 and 2009 in the UNI-Dome. McDonough is also the Media Relations Director of the newly-formed Western Wrestling Conference, which schools include: UNI, Air Force, North Dakota

State, Northern Colorado, South Dakota State, Utah Valley State and Wyoming. He is in his second year at UNI after spending the previous six years at the University of Northern Colorado (Greeley, Colo.) where he served as the Bears' wrestling contact. McDonough is a native of Osceola, Iowa and a 1998 graduate of Northwest Missouri State with a bachelor's of science in journalism.

9 Panthers Earn All-WWC Honors

The Western Wrestling Conference has announced its inaugural All-Conference teams for the 2006-07 season. Individuals earned



their spots on the respective teams with their finish at the 2007 NCAA West Regional on March 3.

The University of Northern Iowa led the way with four first-team honorees. The University of Northern Colorado had three first-team members. Wyoming added two first-teamers and North Dakota State had one wrestler on the first team.

Overall, the Panthers landed nine wrestlers on the all-conference teams. First-teamers included 133-pounder Kyle Anson, 157-pounder Moza Fay, 165-pounder Nick Baima and 174-pounder Alex Dolly. Second-team members included 141-pounder C.J. Ettelson, 149-pounder Ryan Osgood, 184-pounder Danny Dunning and 197-pounder Andrew Anderson. Heavyweight Tyler Rhodes was the lone Panthers on the third team.

"On the Whistle" with Bill Roths

BY BILL ROTHS

As the season has drawn to an end, I am beginning to receive inquiries from the NCAA as to possible rules changes for the upcoming year. It appears that most of them will be very minor and most spectators will not notice any of them. It has been fun this past year to keep you informed as to the rules changes that we had this year, with the biggest rule change being the proper sequence that the offensive wrestler is to use. It has made a difference, and not given most of the wrestlers an undue advantage. It has caused some problems with some officials as they got more concerned about certain segments of the rule and not the rule itself. I saw a couple of matches this year in which it actually cost the wrestler a match, and it probably should have been averted by having the official adjust himself and take a "caution" himself. We are human and we do the best that we can, but sometimes it is best to admit a mistake, and make the necessary corrections.



For the first time since 1986, Mary and

I did not attend the NCAA Division I Tournament in Detroit. We certainly missed the excitement of the tournament, but we were able to enjoy most of it via takedownradio.com and ESPNU and ESPN. It was definitely great to see more live action and I hope that many people will email ESPN and thank them for the coverage that they provided. Of course they could not show all of the matches, but they did a good job of keeping us posted as to the action on the other mats.

With the tournament being in St. Louis next year, I would expect a much larger turnout of fans from the State of Iowa. I do have 75 rooms currently booked at the Holiday Inn. Select and they can be reserved by contacting me as soon as possible to get on the list. The social on Friday night will also be held there, too. My email address is roths0116@msn.com or my home phone is 319-266-1508, or my cell is 319-240-9411. I look forward to seeing a large crowd of Panther supporters in St. Louis.

I hope that this column has been interesting to you this past year, and any suggestions for improvements, will be accepted. I have enjoyed writing this and I look forward to hearing from you.

UNI Grappler Profile: Freshman Caleb Flores

BY DON FRAZIER

What could possibly be the reason a person would leave the balmy weather of the west coast (California) and come to the Midwest to participate in a sport where your opponents main “goal” is to dominate you (that’s wrestling in case you wondered). As you read this article on our featured UNI Panther wrestler Caleb Flores, it will be apparent why this person-able young athlete made that choice.



Caleb Flores

Caleb Flores, a freshman from Rosemead California, started his wrestling career when he was eight years old. His father was a wrestling coach at Rancho Cucamonga Middle School, but a job change moved them to Rosemead. During his younger years Caleb learned the “basics” and developed his wrestling skills and technique as a member of the Grapplers, a youth club. Competition consisted of many tournaments and training camps.

His interest and experience in wrestling lead Caleb to become a four-year starter for the Northview High School Vikings of Rosemead. His coaches through those years (2003-2006) were David Ochoa and Bobby Ballamy. California has several levels at which a wrestler must qualify before competing for a state championship – League, CIF (California Interscholastic Federation), and then Masters before going on to state. In 2003, as a 103-pound freshman, Caleb placed first in the league, third at CIF, fourth at Masters and then sixth at state. Wrestling again at 103

during his sophomore season, Flores progressed up the qualifying levels, capturing the League, CIF and Masters titles, while finishing third at state. Moving up several weights and now at 119 pounds, Caleb’s junior year (2005) as team captain found him again winning the League, CIF and Masters Championships and a seventh place finish at state. Team captain again his senior year and wrestling at 119 pounds, Flores capped his outstanding four years of varsity competition, with first place honors again at all three levels – League, CIF and Masters. Unfortunately the elusive state championship wasn’t in the cards as Caleb finished runner-up. However, he has used the fact that he was never a state champion as a motivation for his wrestling future. “I was so close to a state title, but never got one – and that has helped me to ‘never give up’ or quit. And because of that I was able to obtain a scholarship and the opportunity to now be a part of the UNI wrestling team,” relates Flores. “I feel it’s an honor to be able to wrestle in the state of Iowa.”

Caleb’s accomplishments during his high school years were many. His overall career record was 226-17, while being a five-time California freestyle champion. During the 2005 USA Cadet Junior Nationals, Flores captured third place and in 2006 was California five-county champion. All four of his high school years he was named Viking of the Year (team MVP). Caleb has achieved the high distinction of being one of only fourteen wrestlers in the state of California to place all four years while competing at the state tournament level. Although many moments highlight Caleb’s wrestling years, one comes to mind quickly. “I’m very proud that I was able

to help my team win three C.I.F. Conference championships.” Flores not only excelled in wrestling but was on the scholastic honor roll all four years while in high school.

Because of his high school wrestling accomplishments Flores received recognition in all of the national high school rankings – Amateur Wrestling News, Intermat and W.I.N. Magazine to mention a few. With recruiting time approaching and Coach Penrith looking to fortify his lower weights, Brad made the initial contact with the Flores family by letter and then followed up with phone conversations. Caleb recalls when he received his first correspondence from UNI that his father remarked “that’s a great school (UNI) and has an excellent wrestling tradition.”

Why did Flores choose UNI? He was also recruited by Pittsburg, Northern Illinois, and UC Davis. “I liked the way Coach Penrith answered all my questions and the emphasis he placed on academics. My dad knew of UNI and spoke well of the school. Then when I made my campus visit I was made to feel so much ‘at home’ by the coaches and wrestlers that I knew UNI was the place where I wanted to continue my schooling and wrestling.”

Joining the program in the fall of 2006, Flores settled in at the 125/133 pound weight class. It was decided he would red-shirt his first year so his wrestling time has been limited to several tournaments. In February, he won the 133-pound championship at the National Junior-Varsity Tournament held in Dubuque, Iowa. Flores also placed sixth at the recent Junior FILA tournament in Las Vegas.

He will be vying for a spot at the varsity level for the up-coming 2007-2008 season – likely at 125 pounds. Coach Penrith

describes Flores approach to wrestling “as technically solid, quick and explosive with a very competitive nature. He hates to lose, but learns for his losses. Caleb needs to get stronger – when he gets a ‘position’ he’s got to fight harder to keep it. That will come with time and practice. Caleb is a quick learner and a good listener.”

Visiting with former UNI wrestler Jeff Harrison (2002-2005) in the wrestling room recently, he remarked that he was working out with Flores and was very impressed with several of Caleb’s moves. “He’s got an excellent single-leg take down,” relates Harrison. “It’s kind of a mis-direction motion that catches you off-guard. He’s a scrambler and has a good crab-ride.” That’s high praise coming from a former Panther who registered 79 wins for UNI during his four years of representing the Purple and Gold.

An amusing incident happened last summer when Flores was helping with the UNI wrestling camps. It was very hot outside the UNI-Dome, but the question was asked of Caleb – “are you going to be able to cope with our cold and snowy weather here in the winter when you’re used to the California weather?” With a wink and twinkle in his eye, Flores replied “Oh I’m not going to worry about that at all. Coach Penrith told me about this big plastic bubble that covers the city in winter so you won’t get cold or snowed on.” Alex Dolly overheard the comment and said, “Coach used that same line on me when he was recruiting me also.” Later that day during a break in the camp, Coach Penrith was asked about the ‘big plastic bubble’ and was quick to reply, “the bubble has a crack in it right now so it won’t be available this winter.” On a serious note, Flores did make

Continued – Profile From the Past: Rich Powers

scribed Powers as “one of the most exciting and talented wrestlers to come along in a long time, freshman Rich Powers has quickly become a crowd favorite at UNI with his “reckless style”. However he has been extremely successful as well.”

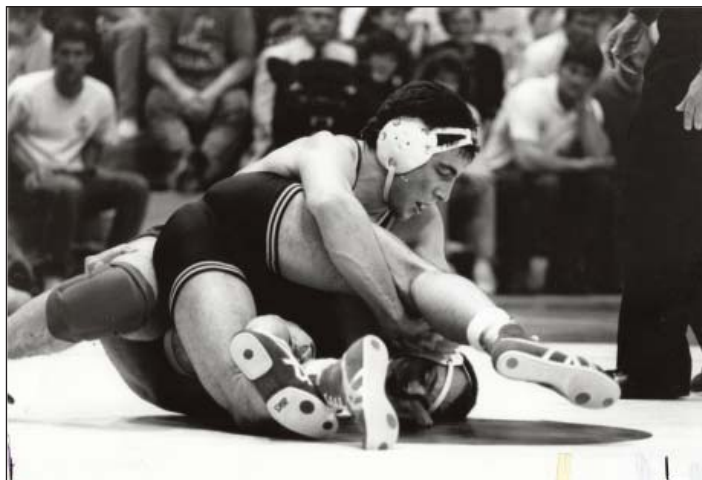
The 1988-89 West Regional tournament was held at Drake University in Des Moines, IA., where Powers captured first place with a 4-2 win over All-American Marty Molina of Eastern Illinois in the finals. Rich’s win helped the Panthers claim the Regional championship trophy with a point total of 116 points compared to second place Notre Dame with 68 ¼.

Qualifying for the National NCAA tournament by virtue of his Regional win, Rich traveled to Oklahoma City, Okla., to compete as the #11 seed at 177. Powers won his first match, a technical fall at 4:04 over Kevin Higgins of Baldwin-Wallace, who was the Division III National champion, before losing close matches (12-11 to Jim Grassley of Arizona State and 11-8 to Larry Kaifesh of Indiana) and was eliminated from competition. Joel Greenlee, representing the Panthers at heavy weight (285 lbs) reached the finals, winning four straight matches before losing to Carlton Haselrig of Pitt-Johnson by the narrowest of margins 1-0. The Panthers as a team finished the season with a 12-4 dual meet record (the West Regional title) and 14th place in the National NCAA with 30 ¾ points.

Powers was recognized for his exceptional first year of collegiate wrestling by being selected as a member of the Amateur Wrestling News Freshman All-American team.

Entering his sophomore year (1989-90), co-captain Rich Powers continued his stellar Panther wrestling performance with an overall record of 36-8, while winning titles at the UNI Open, Midwest Championship, and West Regional. Late in his dual meet season schedule, Powers sustained a concussion in his match against Corey Olson of Nebraska, causing him to miss the last two dual meets against Drake and Northern Illinois.

Back at “full strength” for the



West Regionals held that year at Charleston Ill., Powers won the 177-pound title in a big fashion with a technical fall and three pins, the last one at 2:23 over Joe Madonia of Northern Illinois. Rich was joined by six other teammates – Mark Schwab (118); Duane Martin (126); Steve Hartle (142); Gary Steffensmeier (150); Jamie Byrne (158); and Greg White (167) for a trip to the “big show”, the 1990 NCAA Championships at College Park MD.

Entering the tournament as the #6 seed, Powers won his first match, but then suffered a tough loss to Scott Brown of Bloomsberg 14-10. In the wrestle-back bracket, Powers reeled off four consecutive victories, including the quickest pin of the tournament, a 27 second fall over Oklahoma’s Kyle Scrimgeour, before losing his last match in the tournament. Capturing 5th place, Powers achieved his first All-American status. Also finishing as Panther All-Americans that year were Mark Schwab (6th at 118); Duane Martin (8th at 126) and Gary Steffensmeier (2nd at 150), while the team captured 11th place with 40 ½ points.

Finishing his second year, Powers 18 pins for the season moved him into a second-place tie for most pins in a single season (at that time behind only Kirk Myers – 21 pins (1981-82) and tied with Joel Greenlee – 18 pins (1988-89). Rich mentioned during his sophomore year he competed against a wrestler from Cal-Poly by the name of Charles Laddell, who he defeated in a dual meet by major decision. That name may be familiar to U-

imate Fighting fans, as Laddell is currently one of the weight champions.

The 1990-91 junior season for Rich Powers had the ear-marks of being another banner year. Coach Briggs was quoted as saying “another returning All-American Rich Powers is our man. His unorthodox style and tremendous talent should enable him to improve on last year’s team leader,” (Sports Media Guide 1990-91).

And a banner year it was, with Powers recording an overall record of 44-4 (.917). Included in those wins were championships at the Nebraska-Omaha Open (3-0); Northern Open (5-0) and UNI Open (4-0), with a third place finish at the Midlands Championships (5-1). Sandwiched in between this busy schedule, Rich Powers and his teammate Gary Steffensmeier were honored by their selection as participants in the National Wrestling Coaches Association All-Star meet in Philadelphia, Pa. Steffensmeier dropped a close 4-2 match to eventual national champion Matt Demaray of Wisconsin while Powers posted a 4-2 win over Iowa State’s Matt Johnson.

Come West Regional time, Rich was ready to defend his previous year’s title, which he easily did with two pins to reach the finals where he defeated Greg Gardner of Illinois State by a 13-3 major decision. Named Outstanding Wrestler of the tournament, Rich was joined by seven teammates to advance to the NCAA Championships – Burke Tyree (118); Mark Pustelnik (126); Scott Hassel (134); Steve Hartle (142); Gary Steffensmeier (150);

Curt Bennethum (158) and Dave Malecek (190). The Panther squad easily won the tournament outdistancing runner-up Notre Dame 113 ½ to 65, while Powers was named Outstanding Wrestler of the tournament.

The 1991 NCAA Championships were held in Iowa City, IA with 87 teams competing for top honors. Powers was able to win his first four matches, before trying to fight through a bout with the flu; he lost to Matt Johnson of Iowa State. Winning his next match against Larry Green of Michigan 7-2, Rich then wrestled for third/fourth place, losing to Bart Chelesvig of Iowa 11-4. Powers was joined by two other Panthers as All-Americans – Steve Hartle, 7th at 142, and Gary Steffensmeier, 4th at 150, while the team placed 11th with 37 points.

With one year remaining, two-time All-American Rich Powers returned for his senior year, continuing to wrestle at 177. Prospects for team success looked bright, with all eight national qualifiers returning, plus two promising new comers to the squad, Iowa transfer Brad Bruhl at 118 and Joel Greenlee’s “little” brother Justin (6’5” – 265 pounds) at heavyweight.

Opening the season in an impressive fashion, Powers claimed the Northern Open 177-pound crown with wins over #2 ranked Bart Chelesvig of Iowa in the semi-finals, and then #1 ranked Matt Johnson of Iowa State 5-4 in the championship match. Next came a phenomenal performance in the UNI Open where Rich pinned his way to the finals and then recorded a 30 second fall of Nebraska-Omaha’s Dan Radik for the 177 title.

The 1991-92 dual meet season started with a match against Iowa, and Powers faced a familiar opponent Bart Chelesvig, whom he decided 13-5. Then came the Midlands Championships, which he won with a perfect 5-0 record defeating Booker Benford (NCAA Div. II – Southern Illinois) who had won the previous three Midlands titles. Powers was again selected to participate in the ‘92 Coaches All-Star Classic, and was matched against another “foe” he had wrestled before – Matt Johnson of Iowa

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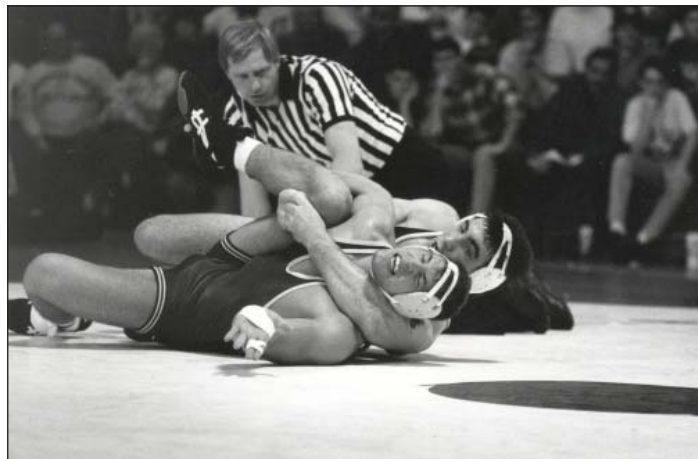
Continued – Profile From the Past: Rich Powers

State. Rich was leading in the third period when he sustained a concussion and was unable to finish. The injury caused him to miss several meets, resulting in a “short” year (only 33 matches). Completing the dual meet portion of the year, Powers was then ready to see if he could “four-peat” as the West Regional champ and advance to the NCAA Division I Championships. And repeat he did with two pins and then a 21-9 decision over J.J. McGrew of Notre Dame. Held in the West Gym in Cedar Falls, the Panthers ran away with the team championship, scoring 114 ½ points to runner-up Notre Dame (68 ¾). Powers received the tourney’s Outstanding Wrestler award for the second year, while Coach Don Briggs was honored as Coach of the Year, one of many such awards he received during his illustrious coaching career.

An interesting note connected to the Panther wrestling squad at tournament time (Regional and National) was the presence of legendary wrestling great Dave Schultz, who would help “coach” the team at the end of the year. Schultz was quoted as saying “I just like this team. I like the coaches. I guess I’m a glorified fan. Plus I like Cedar Falls – it’s a great town.” Schultz and Coach Don Briggs became friends when they met in 1986; Schultz was coaching the Goodwill Games while Briggs was coach of the Junior National Team.

It was then NCAA Division I tournament time. Powers was joined by eight other teammates – Brad Bruhl (118); Andy Showalter (126); Scott Hassel (134); Steve Hartle (142); Gary Steffensmeier (150); Jamie Byrne (158); Dave Malecek (190) and Justin Greenlee (HWT). The Panthers were one of 84 teams vying for top honors.

Rich won his first three matches in convincing fashion with a technical fall and two major decisions, before losing his semi-final match to Corey Olson of Nebraska. Splitting his next two wrestle-back matches, Power achieved his third All-American status with 5th place. Together with fourth-place All-American teammate Gary Steffensmeier, the Panthers finished their 1991-92 season as a top-ten team in the nation.



Throughout this article there has been another prominent name mentioned – Gary Steffensmeier. No disrespect intended to either one, but there has been reference in other publications to the “pair” as the “dynamic-duo” (and they didn’t mean Batman and Robin). Teammates for all four years (1988-92), perhaps very few other pairs of wrestlers have achieved the combined success of Powers and Steffensmeier for total numbers of victories – 249. With career records of 134-25-1 (Powers) and 115-29-3 (Steffensmeier), they certainly established the UNI wrestling squad along with their teammates as one of the premiere teams during their “reign” from 1988 to 1992.

Rich’s family was always very supportive of all his athletic activities and events, attending as many as possible. His mother, Roberta Powers still lives in Aurora, Ill., while his father, John, passed away when Rich was in third grade. John played football as a tight end for Notre Dame, and then professional football for five years – two years with the Minnesota Vikings and three years for the Pittsburgh Steelers. Rich has an older brother, John and a sister Phay, who were always there with “Mom” to lend support and encouragement.

Powers certainly has many lasting memories of his illustrious wrestling career. One that comes instantly to his mind was during the 1991-92 season when Rich pinned the returning All-American Robbie Hadden from Oklahoma State and helped his team win the dual meet 21-16.

Rich considered his toughest opponent to have been Corey Ol-

son from Nebraska, and felt that his (Powers) most effective moves were his cradles and throws. He had the highest respect for his coaches Briggs, Miller and Greenlee – they were not only his coaches but his friends and advocates. Wrestling was “an amazing experience and I wouldn’t do a thing differently,” relates Powers.

Rich graduated from UNI in 1992 with a BA in Technology Education. Before starting his master’s program at UNI, he spent a year at Illinois State University as an assistant wrestling coach (where he was followed by former teammate Gary Steffensmeier one year later). He earned his Masters in Education at UNI in 1994. While working on his degree he helped coach at Wartburg College with former coach Jim Miller who was then heading up the Wartburg program. Rich then started his teaching and coaching career at Rolling Meadows High School (Ill.) for two years before moving to Palatine Fremd High School for several years, serving as a teacher and wrestling coach. In 1997 Powers earned his Administration Certificate from National – Lewis University (Ill.). He moved to Palatine High School in 1998 as an Applied Technology Department Chair and then assistant principal.

In 2006 Powers completed his Doctorate in Education in Leadership at Loyola University – Chicago. In July of 2006 Dr. Rich Powers became Principle at Cedar Falls High School. “It’s an honor to be part of this community and system,” Powers said. “Cedar Falls has very high expectations for their schools and that is an exciting thing

to be part of. This is a great opportunity for myself and family. I have been very impressed with the staff and parents, and their commitment to the school.”

Powers and his wife Kristi have two children, Olivia, age 7, and John, age 2. Rich met his wife when they were both in college – Rich at UNI and Kristi at Iowa. His fellow teammate Dave Malecek played “cupid” by introducing them to each other. Kristi was from Osage, IA as was Dave.

Unorthodox or not, Rich Powers certainly ranks as one of the most outstanding wrestlers to ever represent the Purple and Gold. His numerous school records speak to that honor. During his four year career, the 134 total wins ranks as a tie for first; dual meet wins, sixth with 48; pins, as well as third with 54; and winning percentage (minimum of 50 wins) ranks fourth at .841 (134-25-1). Single season records (Division I since 1980-81) include tie for second in overall victories with 44 in 1990-91; dual meet victories – tie for sixth with 17 (1990-91); pins-tie for third with 19 (1991-92) and tie for fourth with 18 (1988-89); fourth with winning percentage of .917 (1990-91 at 44-4) and eighth at .879 (1988-89 at 29-4) (minimum of 20 wins).

Powers will always remember his wrestling coaches and teammates as an “extended family” and friends for life (even though they did give him a ribbing about being the only starter on the team from Illinois. “Wrestling has been a big part of my life” he relates. “It meant more to me than just wins and losses – it helped immensely in developing me as a person.” And that person, Dr. Rich Powers, our Profile from the Past, will also be remembered, not only because of his four years of phenomenal wrestling at UNI, a school which he identifies as having a “deep and rich tradition”, but as a person who has pursued a career in education to a high level and will certainly bring that tradition to the Cedar Falls community and schools.

Continued – UNI Grappler Profile: Caleb Flores

the remark later “that goals are more important than weather.”

Flores mentioned that one of the prime reasons he chose UNI was because of the friendliness of the other wrestlers – and the “family feeling”. It’s quite obvious that Caleb now adds to that feeling in the wrestling room. With a constant smile on his face (except when he’s on the mat) it’s very evident that the other wrestlers like being around Caleb. When practice is over, it’s not unusual to see Caleb “clowning around” with his teammates, - many of whom are much larger. As for workout partners, he usually stays with those his own size – Grant Ruge, Kyle Anson, Mike Whisler and Coach Jose DeAnda.

Coach Penrith remarked about the personal habits of

Flores. “He’s got a great personality – is very modest and polite with an excellent Christian upbringing. There is certainly no ego problem when it comes to Caleb. He’s a pleasure to have in the wrestling room.” He also participates in a weekly bible study class with other UNI wrestling members – conducted by Pastor Ken Klingman (team chaplin).

For recreation and relaxation, Flores likes hanging out with the guys and watching movies. His favorite movie is Braveheart and favorite song is Baby got Back. It seems that Caleb is really adapting to our Iowa weather. One of the highlights of this past winter was a snowmobiling trip with fellow teammates Trevor Kittleson (freshman – St. Ansgar, IA) and

Jeff Bowman (freshman – Kansas City, Mo.). “It was really fun getting out there in the cool breeze and letting it fly.

Caleb’s present plans are to major in Communications and Public Relations. Right now he is not sure what career he will pursue. All that is certain is his concentration on getting good grades and improving his wrestling skills.

Caleb’s parents are Elias and Anna Flores, who live in Rosemead, Calif., with their daughter Desi. Caleb’s brother, Elias III attends Lambuth University, Jackson, Tenn., where he is a member of the baseball team. Caleb was quick to say, “my mother and father have been the biggest influence on my life – they have always been there to support me.” Coach Penrith

also had very high praise for Caleb’s parents remarking, “I can honestly say that they are one of the most supportive families I’ve ever had the pleasure to work with. It’s quite evident they have done a great job in bringing up Caleb and teaching him the proper way to conduct his life. They have had a big influence and it shows in all his positive ways.”

What will the coming season and successive years in the UNI wrestling program hold for Caleb Flores? When you look at his ADD factor (Attitude, Determination and Dedication) there is every reason to believe that the future is not only bright for this personable young man, but also for UNI wrestling and what he will contribute to the program.

McCready-Steffensmeier Award

This is the third in our series of scholarship awards available to wrestlers in the UNI program. The McCready/Steffensmeier scholarship was established to recognize a Panther wrestler who showed the qualities of leadership.

The sponsors of this award are two former UNI wrestlers who certainly left their impressive mark on the school and sports during the years they represented the Purple and Gold.

Mike McCready wrestled for UNI at heavy weight in 1970, 71, and 72, with All-American honors in 1970 with third place (Div.II) and in 1972 when he was champion (Div.II) and third place (Div. I). He brought additional fame to himself and the school when he was a gold medalist in the 1975 Pan American games. Mike died in December of 1999.

Gary Steffensmeier was a four year starter for the Panthers from 1989 through 1992. A three-time All-American, Gary placed second at 150 in 1990, fourth in 1991, and fourth again in 1992, all at the Division I level. He also represented UNI in the 1991 NWCA All-Star Classic.

McCready-Steffensmeier Award Recipients

- 1998 - Nate Lorenz
- 1999 - Randy Pugh
- 2000 - Kyle Hansen
- 2001 - Mark Rial
- 2002 - Nate Lorenz
- 2003 - Hesston Johnson
- 2004 - Nick Baima
- 2005 - Jeff Harrison
- 2006 - Chris Helgeson
- 2007 - Colby Goetsch

Pledges for Pins

A new initiative by University of Northern Iowa wrestling fans could make the slap of the mat ring like a cash register for the Panther wrestling program.

“Pledges for Pins” invites supporters to promise a donation for every pin the team scores in the regular 2006-07 season. The Panthers finished the 2006-07 season with 48 pins, compared to 44 pins last season.

Sandy Stevens, UNI graduate and announcer at national and international wrestling events, has kicked off the campaign with a pledge of \$50 per pin.

Donors may specify a maximum number of pins for their contribution, Stevens said. Outright donations are also welcome. Contributors will be sent a statement at the end of the season.

Pledges or donations may be sent to Pledges for Pins, UNI Foundation, 205 Commons, Cedar Falls, Iowa 50614. Please include name, address, phone number, signature and amount of pledge per pin. All contributions are tax-deductible.

These funds will be used to make improvements to the University of Northern Iowa program.

Panther Wrestling News & Notes From Around the Mat

TWO FORMER UNI WRESTLING GREATS ENTER HALL OF FAME

Former Northern Iowa wrestling standouts Gene Lybbert and Don Parker are among the newest members of the Glen Brand Wrestling Hall of Fame of Iowa, class of 2007. The inductions were held April 14 in Waterloo.

This will be the sixth class of individuals inducted in the hall of fame. The hall of fame honors those individuals who have achieved greatness in the sport of wrestling and competed in the state of Iowa during their careers.

Lybbert was a two-time All-American for State Teachers College (now Northern Iowa), placing third at 130 pounds in 1951 and winning the NCAA title at the same weight class in 1952.

After college, Lybbert embarked on a remarkable coaching career at Blue Earth high school in Minnesota. During his four-year tenure, his teams won three consecutive state titles and were runners-up once. Retired and living in Cedar Falls, Lybbert is actively involved with the Northern Iowa wrestling program.

Parker was a two-time Division II national champion at 177 pounds, winning titles in 1966 & '67 at Northern Iowa. Parker earned All-American honors three times and posted a 65-16-3 career record. He was a Division I All-American in 1967, as well.

From 1973 through 1977 Parker was the head coach at Upper Iowa before taking over at the University Wisconsin-Eau Claire in '77. Parker has coached 12 All-Americans and 18 conference champions during his 30 years at UW-Eau Claire.

Parker was a state champion for North Fayette high school in West Union in 1963 at 165 pounds. He was paralyzed in a hunting accident in 1998, and still continues to coach, serving as an incredible testimony to wrestling's ability to provide support in overcoming adversity in life.

BILL DOTSON INDUCTED INTO DIVISION II WRESTLING HALL OF FAME

Former University of Northern Iowa standout wrestler Bill Dotson was inducted into the Division II Wrestling Hall of Fame on March 8 in Kearney, Neb.

Dotson is the only UNI wrestler to capture both a Division I and Division II individual championship. Dotson won the 137-pound championship at the 1963 Division I and Division II tournaments.

Dotson attended Waterloo East High School from 1955-1958. While at East High, he received 10 varsity letters. He lettered in football twice, receiving first-team all-conference honors as well as all-state honors as a quarterback. He lettered four times in wrestling, winning two state titles (1957 and 1958). He was undefeated for two years and

received all-conference honors three times. Dotson won three Big 6 Conference championships.

Bill began his illustrious wrestling career at East Waterloo High School. While there, he was a four-year letter winner, winning the Big 6 Conference championships three times. He won Iowa State Championships in both 1957 and 1958. Dotson also lettered in baseball four years as a catcher. He graduated in 1958.

Following his high school graduation, Bill enrolled at Iowa State Teacher's College in nearby Cedar Falls, Iowa. The school later changed its name to State College of Iowa and then to the University of Northern Iowa. At that time, athletes were only eligible to compete on their varsity team for three seasons. In Bill's first year of varsity competition, he was undefeated in duals and tournaments until he lost a second round match at the NCAA University Division Nationals.

The following year Bill again went undefeated in duals and tournaments before he lost the final match of the season, placing second in the 137 pound weight class at the NCAA University Division National Championships. As a senior in 1962-63, Bill completed a perfect undefeated season. He won a championship at the first ever NCAA College Division Nationals and then two weeks later won the NCAA University Division National Championship at the same 137 pound weight class. His overall collegiate record was 78-2-4, with both of his losses in the NCAA University Division (now called Division I) Nationals.

He was also a three-time North Central Conference Champion. A teammate of Bill's at both Waterloo East and State College of Iowa was Chuck Patten, the former coach at State College of Iowa and University of Northern Iowa, and a charter member of the Division II Wrestling Hall of Fame.

Dotson received the highest athletic award (Purple and Gold Award) from UNI in 1963.

Dotson received his master's degree in 1977 from Western State College in Gunnison, Colo. He then embarked on a very successful, 36-year coaching career. His first 14 years were spent coaching at the high school level in Iowa. Two of his high school wrestlers, Jim Miller and Mike McCready, went on to outstanding collegiate careers at the University of Northern Iowa and are current members of the Division II Wrestling Hall of Fame.

Following his high school coaching career, Dotson served as an assistant coach at Western State in 1977-78 under inaugural NCAA Division II Wrestling Hall of Fame inductee Tracy Borah.

His first collegiate head coaching position was at Northern Michigan University from 1978 to 1980. During those two years, he coached ten NCAA II All-Americans and one NCAA II National Champion and his 1980

team finished fifth in the NCAA II National Tournament. In the fall of 1980, he accepted the head coaching position at the University of New Mexico. He coached there for 19 years and produced five NCAA I All-Americans. He was twice selected as the Western Athletic Conference "Coach of the Year" in 1989 and 1999.

For 22 years Bill was one of the top collegiate wrestling officials in the country. He officiated numerous NCAA I and NCAA II National Championships. He co-authored the book Concepts of Coaching Wrestling and co-produced the video Wrestling Skills and Drills. He is currently a member of the East Waterloo High School Athletic Hall of Fame, the University of Northern Iowa Athletic Hall of Fame, the Iowa High School Wrestling Hall of Fame, and the Iowa Wrestling Hall of Fame.

Bill currently lives in Albuquerque, New Mexico. He is the father of three sons, Charlie, Scott and Chad, and one daughter, Stephanie.

FORMER UNI WRESTLER MIKE ALLEN HONORED BY NATIONAL WRESTLING HALL OF FAME

The National Wrestling Hall of Fame and Museum have announced its major award winners for its 2007 Honors Weekend Banquet and Induction Ceremony June 2, 2007 in Stillwater, Okla. Former University of Northern Iowa wrestler Mike Allen will receive the Lifetime Achievement for Officials award.

This award recognizes outstanding service as a wrestling or pairing official or judge. Inductees are honored in the Vince Zuaro Officials Room at the Museum.

Allen is considered one of the top college and high school wrestling referees in the nation. He has been a referee at 16 NCAA Div. I National Wrestling Championships, along with numerous major conference tournaments. Allen has been a wrestling referee for more than 26 years, also working on the high school level. Allen has worked 20 Iowa State High School Championships, as well as a number of national high school wrestling competitions. He was voted Iowa Wrestling Official of the Year in 1980, 1987 and 1992.

Allen was the first African-American in Iowa to officiate wrestling at any level, and the first African-American in Iowa to be selected to the Iowa State Officials Hall of Fame. He wrestled for Chuck Patten at University of Northern Iowa where he was the 1970 North Central Conference champion at 190 pounds.

He has also been a successful high school wrestling coach, and now serves as athletic director at his alma mater of Waterloo East High School.

More Panther Wrestling News & Notes

ATTENDANCE RANKS 9TH IN NATION

The UNI wrestling team ranks No. 9 in the nation in wrestling attendance with an average crowd of 1,602. UNI drew a season-high 5,831 for its dual with Iowa on Nov. 21 in the first wrestling event in the McLeod Center. UNI previously held dual meets in the West Gym.

UNI WINS WWC DUAL TITLE

UNI captured the first dual team title in Western Wrestling Conference history with a perfect 4-0 mark. UNI tallied road wins over South Dakota State (41-6), North Dakota State (31-9), Northern Colorado (27-18) and Wyoming (24-16).

PANTHERS EXTEND REGIONAL REIGN

The University of Northern Iowa wrestling

team captured his 22nd straight regional crown on March 3. UNI took home three individual titles from Kyle Anson (133), Moza Fay (157) and Nick Baima (165)

11 UNI GRAPPLERS NOTCH WWC ACADEMIC ACCOLADES

The Western Wrestling Conference has announced its inaugural All-Academic Team and Commissioner's Honor Roll for the 2006-07 season. This year's academic awards will honor 31 student-athletes from the seven conference schools.

To qualify for the All-Academic team, student-athletes had to secure a minimum 3.20 grade point average, be a starter or key reserve and be a sophomore or higher in academic standing. This year's WWC All-Academic

squad is comprised of 11 student-athletes.

UNI is represented by senior Nick Baima, senior Colby Goetsch, sophomore Andrew Anderson and redshirt freshman Kyle Anson and Charlie Ettelson on the WWC Academic team.

The Commissioner's Honor Roll recognizes student-athletes who have maintained a 3.0 grade point average. The Panthers had six grapplers named to the Commissioner's Honor Roll.

Dustin Bauman (3.39 GPA, Construction Management), Jarion Beets (3.00 GPA, Criminology), Clinton Eakins (3.20 GPA, Biology/Plant Bio Science), C.J. Ettelson (3.01 GPA, Marketing), Ryan Osgood (3.18 GPA, Criminology), Grant Ruge (3.27 GPA, Computer Science) all were named to the Commissioner's Honor Roll.

Baima, Fay Share Most Valuable Wrestler Honor at Banquet

Senior Nick Baima (Glen Ellyn, Ill.) and sophomore Moza Fay (Anamosa, Iowa) were named the Most Valuable Wrestlers at the banquet. Baima also captured the Lyle E. Schwarzenbach Award for academics. Fay was also given the Most Improved Award.

Senior Ryan Osgood (Mason City, Iowa) earned the Chuck Patten Award for leadership. Senior Colby Goetsch (Ankeny, Iowa) was awarded the McCready/Steffensmeier Award for leadership.

Junior Alex Dolly (Mishawaka, Ind.) was given the Most Courageous Award after returning from neck surgery last season. Dolly was a national qualifier in the 174-pound weight class.

Redshirt freshman Kyle Anson (Iowa City, Iowa) captured the Rookie Award. Anson went 25-10 for the Panthers this season and was also named the Western Wrestling Conference Freshman of the Year. Anson won the 133-pound title at the West Regional and qualified for the NCAA Championships.

True freshman Caleb Flores (Rosemead, Calif.) was given the Redshirt Award.

Mike Mixsell served as the emcee for the event - the 25th consecutive year he has served in that capacity.

2006-07 Award Winners

Redshirt Award - Caleb Flores

Rookie Award - Kyle Anson

Most Improved Award - Moza Fay

Most Courageous Award - Alex Dolly

McCready/Steffensmeier Award - Colby Goetsch

Lyle E. Schwarzenbach Award - Nick Baima

Chuck Patten Award - Ryan Osgood

Most Valuable Wrestler Award - Nick Baima/Moza Fay

UNI Sweeps WWC Awards

The Western Wrestling Conference has announced its inaugural award winners for the 2006-07 season and all three hail from the University of Northern Iowa. UNI's Brad Penrith was named Coach of Year, redshirt freshman Kyle Anson was named Freshman of the Year and senior Nick Baima was named Wrestler of the Year. The awards were voted on by the league's head coaches.

UNI's Penrith earned WWC Coach of the Year honors. Penrith is in his seventh season at UNI and led the Panthers to the regular season WWC title with a perfect 4-0 dual record. Penrith also guided the Panthers to their 22nd straight regional title and sent six wrestlers to the 2007 NCAA Wrestling Championships.

The Panthers' Anson (Iowa City, Iowa) was named WWC Freshman of the Year. Anson posted an overall record of 25-12 and was a perfect 6-0 against WWC opponents. Anson earned his first trip to nationals by winning the 133-pound title at the NCAA West Regional. Anson tallied eight wins this year against national qualifiers, including a 5-4 win over Old Dominion's Christian Staylor, an 8-2 win over Virginia's Eric Albright and two wins over Wyoming's Cory VomBaur (6-5, 9-4). He also scored wins over 125-pound qualifiers Nick Fanthorpe (Iowa State), Tyler Shinn (Oklahoma State), Patrick Castillo (Northern Illinois) and Charlie Falck (Iowa).

UNI's Baima (Glen Ellyn, Ill.) was named WWC Wrestler of the Year. Baima, 36-8 overall and 8-0 vs. WWC opponents, captured the 165-pound title at the West Regional and earned his fourth trip to the NCAA Championships. Baima earned the No. 5 seed at the NCAA Championships in the 165-pound bracket. He secured 11 wins over national qualifiers including: two over Johnny Galloway (Northern Illinois), Shawn Kitchner (Brown), Jason Kiessling (Maryland), Michael Cannon (American), Max Dean (Indiana), Dustin Noack (UC Davis), Michael Patrovich (Hofstra), Nick Puliano (Old Dominion) and Ryan Meyer (South Dakota State). Baima wrapped his UNI career with a mark of 124-42, which ranks No. 6 on the Panthers' all-time win list.