



UNI PANTHERS

Issue #3 - November/December 2006

Coach's Corner with Penrith

Dear Friends,

Our season is ready to break out of the gates with a flurry. Our first Open tournament was on Nov. 11 and we followed that up with another Open tournament on Nov. 18 in Omaha, Neb.

I want to thank everyone that came out to our wrestle-offs on Nov. 4. These matches give us a better understanding of where we are sitting and where we are going. Overall, I was pleased with the performance of our wrestlers. There is work to be done on physical and mental preparedness for matches.

Below is a release from Sandy Stevens. She has been an outstanding supporter of our program. I'm excited about the message and I'm hoping we can count on you to jump onboard.



Brad Penrith

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. Last year the Panthers tallied 44 pins.

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

"UNI has an unparalleled legacy of wrestling excellence," she said. "This is our chance to help bring the program back into the top five nationally, and all Panther wrestling fans can be involved.

"Any pledge amount, from \$1 on up, is welcome; however, if 25 others pledge \$50 a pin or if 50 people pledge \$25 a pin, I'll raise my pledge to \$75."

Stevens' late husband, Bob "Bear" Stevens, wrestled heavy-weight for the Panthers in the 1960s under legendary coach Bill Koll.

UNI head coach Brad Penrith said "Pledges for Pins" is a great opportunity to give back to the UNI wrestling program.

"The UNI wrestling program would like to thank Sandy Stevens for stepping up and encouraging others to financially help the Panthers," Penrith said. "This is a great way to help support the program and assist us in getting UNI wrestling back to the top of collegiate wrestling."

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 and return UNI to its former stature as one of the top wrestling schools in the country.

"Panther wrestlers will be showcasing their talent in the new McLeod Center, a first-rate facility," Stevens said. "We want to make it possible for those same wrestlers -- and future student-athletes -- to enjoy a first-class facility in the West gym for their practices."

Profile From the Past: Franc Freeman

BY DON FRAZIER

Take all the attributes of a wrestler, teacher, coach, writer, entrepreneur, hobbyist and family man -- combine them and you have the personification of our featured "Profile from the Past" for this issue -- Franc Freeman who wrestled for the Purple and Gold during the Bill Koll era of 1960-62.

Early in the interview, Freeman wanted it known that he preferred the name Franc (with the letter "C" pronounced like a "K") instead of his given name of Francis. So Franc it is.

Many wrestlers have an early exposure to wrestling through organized teaching and coaching. Not so with Franc. His introduction to the sport was "wrassling" with the neighborhood kids on the grass in the backyards. Some of these "kids" included Vince Garcia (placed 4th at 118 pounds at the University of Iowa), and his brothers Albert and George. Freeman had the unusual experience of later coaching against his brothers when he was at Bettendorf and Mel and Danny Freeman wrestled for Davenport West coached by Dick Coleson. Mel was state champion at 127 pounds in 1965.

Franc did not start his high school wrestling "career" until he was a junior in the Davenport High School system in 1956, when he placed second as a 120 pounder in Iowa High School state tournament as a member of the state championship team.

After graduating from high school, Franc entered the military service for two years, serving in the Navy and was sent to the Great Lakes Naval Training Center in North Chicago, Ill. It was there that Freeman gained more valuable experience, which better prepared him for his future wrestling years. Franc wrestled at the 137-pound weight and garnered 4th place at the National AAU tournament held in Pennsylvania in 1957.

Upon completing his Navy duty, Franc looked forward to continuing his education. His former Davenport coach, Jim Fox had attended Iowa State Teachers College (1942) and spoke well about the school -- its aca-

demie excellence and great wrestling program. So Freeman decided to give the school a "look". Franc recalls his first meeting with coach Koll with amusement.

"I hitch-hiked from Davenport to Cedar Falls, found the West Gym on campus, inquired as to where coach Koll's office was located, and finding it, knocked on the door. A voice behind the door said 'come in' and upon entering there was coach Koll, sitting on top of his desk -- legs crossed with that ever-present cigar in his mouth. What a sight!"

Asked about Franc's other memories of coach Koll, Freeman replied "Coach didn't like to lose -- he hadn't lost as a collegiate wrestler, and certainly didn't like to lose as a coach. It was on a 'western swing' when we were scheduled to wrestle at Colorado Mines and Wyoming in 1960. We lost our first match to Colorado Mines (which didn't set too well with coach Koll) but were expected to win the next match against Wyoming, spend the night in town, get plenty of rest and then drive back to Cedar Falls the next day. Well, we lost the match to Wyoming and Coach was so mad he loaded us in the two cars and proceeded to drive non-stop back to the Cedar Falls campus. And it was my misfortune to be in coach Koll's car -- cigar and all. Not a word was said the entire trip back. That was the longest, most terrible ride of my life."

"One last story about coach Koll," relates Franc. "We were practicing one day and Coach had called us into the 'circle' to show us a 'move'. As he started to describe and perform the technique on another wrestler, Coach became aware of the cigar in his mouth. So in one quick move (and he had plenty) the cigar (not lighted) was removed from his mouth and stuck into the open mouth of a very much surprised wrestler in the 'circle'."

During Franc's three years as a varsity wrestler, he had the distinction few others share of participating for "two schools" in Cedar Falls. During his first year as a sophomore (1959-60) the campus was called Iowa

Editor's Note: We hope you have enjoyed your first two issues of the Panther Wrestling Notebook.

In our last issue of the Notebook (Issue #2 – Fall 2006) we neglected to mention the parents of our feature UNI wrestler, Andrew Anderson. They are Eugene and Anne Anderson. Andrew also has two sisters, Katy and Abby. We apologize for the oversight.

Also our apologies to Coach Chuck Patten on misspelling his name in the Don Parker story. We must have been thinking of that other great Patton (George). Sorry Chuck.

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

Again, we ask your cooperation in supplying us with your e-mail address so future mailings may be sent via e-mail. Please address your e-mail address to either Jose DeAnda (jose.deanda@uni.edu) or Colin McDonough (colin.mcdonough@uni.edu) or call (319) 273-6341.

Thanks,
Don Frazier

Sincere Thanks for a Generous Gift

Perhaps by now you have received your Panthers Wrestling Club brochure and have had time to respond with your contribution to one of the five levels – Purple, Bronze, Silver, Gold or Platinum. These monies are very important in promoting the Panther Wrestling program – kids, collegiate and post-college all benefit.

This brochure was made possible through the generous gift of Bill Benskin, owner of The Printer Inc. (Des Moines)

Bill has a wrestling background, having wrestled in the Iowa High School program at Saydel where he was State Champion at 185 pounds in 1972. UNI has a current connection in Saydel where former Panther wrestler Jon Gavin (2001-04) is now head coach.

Bill Benskin continued his wrestling career at the University of Wisconsin, where he competed under to tutorage of Russ Hellickson.

Again, many thanks to Bill for his donation of the brochures and envelopes. It's very much appreciated.

“Trip of Faith” - My Roommate the Wrestler

BY KEN KLINGMAN

Occasionally people ask me how I grew so interested in the sport of wrestling. The first wrestling meet I ever attended was in the West Gym on the campus of the State College of Iowa in 1962. Furthermore it is possible that I would never have been interested in wrestling had it not been for a fellow named Bob.

Bob was my roommate in Rider Hall. I had known Bob Trautman in high school as we lived in nearby towns in northeast Iowa. I can remember a particular Friday football night taking snaps from center only to face Bob's menacing look at the middle linebacker position. But Bob's big sport was wrestling and he had come to college to wrestle for the great Bill Koll.

Before ever attending a wrestling meet Bob invited me to come to his wrestling practices. I'll never forget Bill Koll moving around the room with a short cigar in his mouth. It appeared that every wrestler's nightmare occurred when coach Koll would lay his cigar down and proceed to improve their technique. And how could I forget Bill Dotson. He became a national champion that year and it seemed to me that he owed a good deal of his success to my roommate

who took a major whipping most days as his workout partner at 137 pounds. And Jim Sanford amazed me with his uncanny ability to leverage himself out of any human knot into a winning position.

Bob Trautman went on to achieve Division II All-American status in 1964 finishing 4th in the nation that year. But along the way Bob also had a major impact on my view of life. When he invited me to attend a dorm Bible discussion I had no idea what I was getting into. But it was in that study that an entirely new relationship with God was begun for me.

Wrestling and growth in our spiritual lives go well together. The three weekly Bible discussion groups I am currently involved in with UNI wrestlers and coaches attest to that fact. I have my life-long buddy Bob Trautman to thank for getting me started in that direction.

Note: Ken Klingman is Pastor for Personal Discipleship at Trinity Bible Church in Cedar Falls and serves in a chaplain capacity to the UNI wrestling team. He has his B.A. in science education and M.A. in counseling from UNI.

“On the Whistle” with Bill Roths

BY BILL ROTHS

Even wonder what the official must do before the start of a meet or tournament?

The responsibilities of the official begin as soon as he gets to the site of the meet. Pre-meet responsibilities include going over health issues, (hair, nails, etc.) explanation of new rules, and answer any questions from the coaches or wrestlers as to any specific problems that they might have seen in previous meets. It is a great time to put to rest any concerns that the coaches or wrestlers might have in regards to how certain situations may be called. Most of the time, we are going to tell them how we might make a call, but it might be called differently by another official.

One of the big changes that officials are to make this year deals with the starting position of the offensive and defensive wrestlers in the top/bottom position. Now the official will have the bottom wrestler get set correctly – knees



behind the line and hands in front of the line, - and then have the offensive wrestler get in his position in the order of one or both knees down on the side of the wrestler, place his hand on the navel of the defensive wrestler, and finally place his palm behind the elbow of the wrestler. Before the official starts the period, he is being told this year to hold his whistle for a count, in order to make sure that both wrestlers are in a set position, and then blow the whistle to begin action. In prior years there was a concern that some officials were not checking the position of either wrestler very carefully, thus there were many incorrect starting positions, but there was no caution or penalty that was being called. This should be a good rule as long as it is enforced by all officials in a similar manner.

As I stated in the last newsletter, if you have any questions or concerns, please email me at roths0115@msn.com. I got an email from Mark Fox last week. Mark and I wrestled each other in high school and I hadn't seen or heard from him since then. What a great surprise!

UNI Grappler Profile: Senior Nick Baima

BY DON FRAZIER

There are many words that could be used to describe Nick Baima's wrestling prowess – determined, relentless, hard-nosed, dedicated – but the word that exemplifies his demeanor most is leadership.

Now entering his final year as

a Panther wrestler, three years (2004, 2005 and 2006) as a starter, this senior from Glen Ellyn, Ill. has already established himself as



Nick Baima

not only a formidable competitor, but as a person who his fellow team-mates look to for direction and advice, both on and off the mat. During his first several years (as a freshman and sophomore), because of his quiet nature, Nick helped lead the team in a subtle but positive way, offering suggestions and comments in an appropriate manner. "Last year I decided it was my time to step it up. So when I actually needed to tell the team something I just opened my mouth and said it. It just comes with the position of being older and having more experience. I look forward to it," relates Baima.

A native of Illinois, Nick has always been competitive since his youth. "My parents always encouraged me to play a bunch of sports when I was little. I was in soccer, swim team, football, basketball and baseball. I had fun playing soccer, but really wasn't big enough for football. From the eighth grade on my focus was on wrestling. Probably because I could experience more personal pride as a result of my achievements."

Entering Glenbard West High School in Glen Ellyn, Ill., Nick wrestled for Coach Bernie Bothroyd at the varsity level for four years. A state-place winner every year, he saw his fair share of weight classes, competing at 103 pounds as a freshman with a 42-6 record and 5th place in state, followed by a 43-2 record as a 119 pound sophomore with another 5th place finish at state. His junior year, wrestling at 130 pounds, Nick finished the season at 44-2, just "missing" the state championship by finishing 3rd. His final year, as

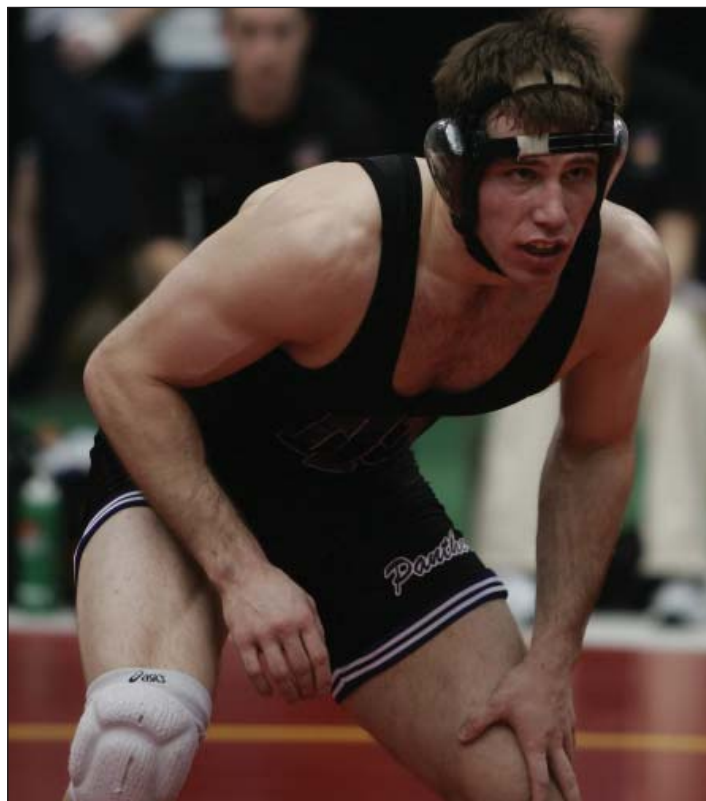
a senior, Baima achieved his fourth straight 40 plus wins, with a record of 44-2 at 145 pounds and 5th place in the state, for a combined high school record of 173-12. Nick was named Outstanding Wrestler four times while also receiving Athlete of the Year once ... and was a free-style All-American – all during his high school years.

Baima's prep experience, although very impressive, has everything to do with what drives him to be who he is now in the world of collegiate wrestling. "I was pretty disappointed with never winning a state title. I beat a lot of the kids who ended up winning state titles, and it upset me. That fueled my desire and determination to excel."

Why did Nick choose UNI? "I heard about the UNI program from my club coach, Ed Giese, back home. He and Coach Penrith were friends. I could tell that my coach (club) really supported Northern Iowa and I trusted in him that it would be the right place for me. I took a recruiting trip and really like him (Penrith). He was honest and I appreciated that. He put things straight forward and told me about his life and things that I don't feel other coaches really shared with me. I liked how honest he was and how he never hid anything from me."

Baima's early career at UNI though, started like most freshman wrestlers. Success was hard to come by during his red-shirt season. "It was definitely a big step (from high school). It was really hard. I didn't get too many take downs my whole freshman year. I was constantly getting beat on. I remember former coach (Derek) Mountsier would always wrestle with me for half an hour or hour after each practice. I think that had a lot to do with me improving and growing mentally. It was hard at times, but the coaches kept talking in my ear that they were expecting things – that is just the normal process. Even though I couldn't notice at times, they would tell me I was improving."

And improve he did! Baima stepped into a starting role at 157 pounds during the 2003-2004 season. During his first varsity season Coach Penrith had this to say about Baima, "We know he is tough. He's getting better and better each week. If you are going to wrestle him, you better be ready to go because he



has a humongous gas tank." While compiling a 26-15 record, Nick also won the Fort Dodge Open, UNI Open and placed fifth at the Nebraska-Omaha Open. With a second place finish at the West Regional, Nick advanced to the NCAA finals in St. Louis, MO.

The 2004-2005 season brought improved skills and new accomplishments for Nick who moved up to the 165 pound weight class. Posting an overall season record of 28-14, Baima claimed first place in the Harold-Nichols Open, along with fourth place at the Kaufman Brand Open and sixth at the Midlands. At the UNI Open Nick lost his first match of the tournament to Anthony Castillo of Illinois 7-5 in sudden-victory, and then came back to win six straight matches to capture third place.

Progressing through a 7-5 dual meet record, bad luck struck Baima several weeks before the West Regionals when he broke his right hand in practice, causing him to miss the last three dual meets. Fighting through the injury, Nick "recovered" in time to compete wearing a soft cast. "It did bother me," he said of the injury. "It was more frustrating than anything. When I did get to wrestle, I had to wear the cast and couldn't get a good grip. Then I started to

worry about how am I going to be as effective as I was? It showed in the Regionals. I didn't do too well there."

Baima finished third at the NCAA West Regionals, held in Fresno, CA., and claimed a wildcard berth to advance to his second NCAA National meet. Nick drew a tough first round opponent in Travis Paulson of Iowa State. Paulson was ranked #7 and prevailed with a 4-1 win. Nick then won his next two matches before losing again and being eliminated from the tournament.

Entering his third season of varsity competition (2005-2006), Nick settled in again at the 165 pound weight spot and proceeded to establish himself as one of the premier wrestlers at that weight class. Compiling a very impressive record of 34-5, a winning percentage of .872, Baima has moved into 10th place in UNI single-season leaders, while his 17 dual meet victories ties him with Rich Powers (1990-91) for sixth place (one season). During the 2005-2006 season, Baima reached a ranking of fifth in the nation (Division I) and posted a 6-3 record against NCAA national qualifiers at 165 pounds. Honors along the way at all the tournaments in which he competed included two second-place finishes at the Harold

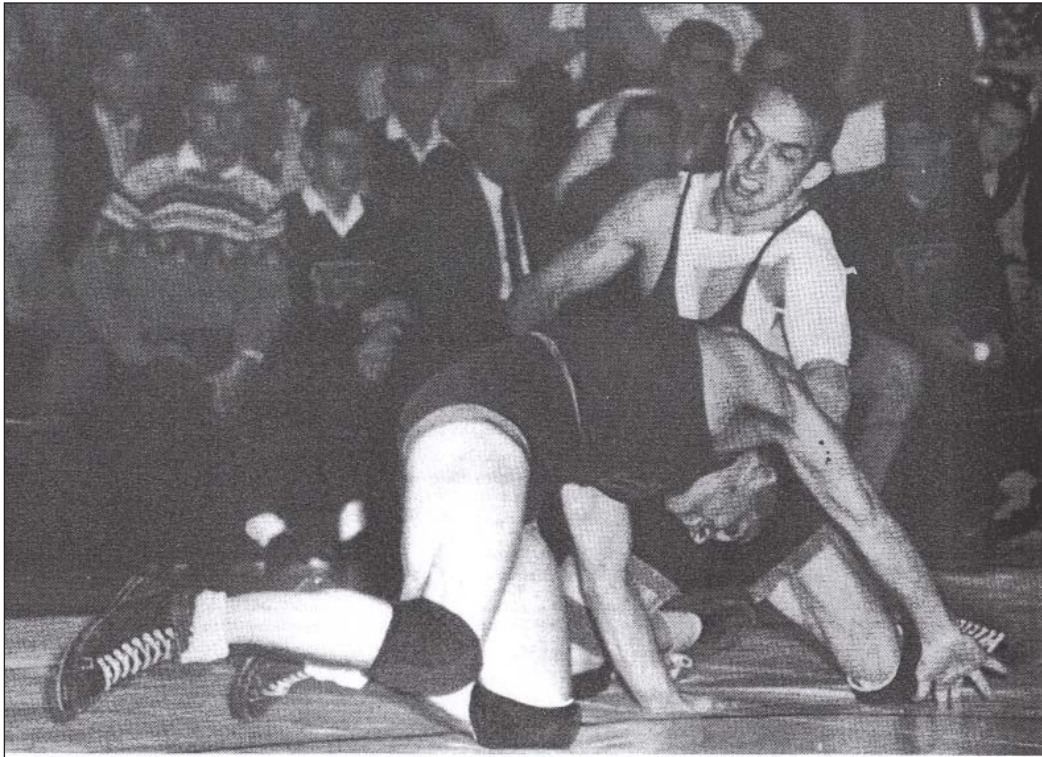
Continued – Profile From the Past: Franc Freeman

State Teachers College (ISTC) and then the name was changed to State College of Iowa (SCI) in 1961. During most of his collegiate wrestling career, Freeman would compete at 130, but when tournament time rolled around, coach Koll wanted Franc to “get down” to 123, which he was able to do. There were times though when he wrestled as high as 137 pounds.

As a sophomore starter (1959-60) Franc led the team with an impressive 8-1-2 record and was described in the media guide as “a crowd-pleaser who goes for the pin.” Early season honors found Franc winning the ISTC tourney and the 130-pound championship at the Minnesota Quad with a pin of Johnson from Minnesota in 5:02.

Freeman’s junior year (1960-61) showed improved performance as he posted an outstanding 11-1-0 dual meet record. Franc’s style that year was described as “fast and aggressive”, continuing to be a crowd-pleaser and leading the team with five pins. Winning individual honors at the North Central Conference Champion at 123 pounds, Franc also helped the team win the conference title, joined by four other Panthers as champions – Bill Dotson, Jerry Ray, Chuck Patten and Don Wilson. Franc then advanced to the NCAA Division I National tournament in Covallis, Ore., where he captured 4th place at 123 pounds. As a team SCI finished in a tie for 8th place with Franc’s All-America status and David Jensen’s 2nd place at 130 pounds contributing to that position.

Returning for his final year as a senior, Freeman continued his “winning ways” with an injury-shortened individual dual meet record of 5-2-0. Although torn knee cartilage plagued Franc most of the year, he managed to help the team get through a season described by coach Koll as “the strangest year I ever spent. I hope we never have another one like it. We never had the same lineup in dual meets.”



Koll also felt “the team wrestled the toughest schedule in the nation.”

The 1961-62 season started with a quadrangular meet in Minneapolis, Minn., which included the host team along with SCI, Iowa and South Dakota State. Winning his first match over Sherrill of SDSU with a pin in 2:26, Franc then met his well-known rival, Tom Huff of Iowa. Freeman prevailed with a decision, and then won the 130-pound championship with a 4-3 victory over Parker, also from Iowa.

Next came the AAU Regional tournament, held in Cedar Falls, where Franc captured 2nd place. Injuries soon set in and Freeman missed several dual meets before returning to the line-up in time to wrestler Iowa State and winning by decision.

The North Central Conference tournament that year was held in Brookings, S.D., and the Panthers not only won the team championship, but crowned six individual title winners as well, namely Dave Jensen, Franc Freeman, Bill Dotson, Jim Sanford, Don Wilson and Bob Stevens. Helping the team total were second place finishes by Wayne Cormaney and Wendell Williams.

Then it was on to the NCAA Division I National tournament held that year in Stillwater, Okla.

Freeman advanced to the 123-pound title match where he lost a tough 7-4 decision to Masaaki Hatta of Oklahoma State. With Franc’s strong second place at 123, and Bill Dotson also finishing second at 137, the SCI team captured the fifth-place position in the nation as a Division I school.

Franc mentioned that Hatta later returned to his native country in Japan, where he wrestled for and coached his country’s team for several years.

When asked about what differences Freeman sees when comparing present day college wrestling to the ‘old times’, he replied, “mainly it (the changes) has to do with more aggressiveness, less stalling and probably more ‘experience’ because the season is longer today. In those days the team didn’t wrestle as many matches compared to today – the season was just shorter.”

Freeman graduated in the spring of 1962 with a degree in Physical Education, and then started his illustrious career as a teacher and coach. After a two year stint at Billings West High School in Billings, Mont., where his team placed third in 1964, Franc moved back to the mid-west where he “settled in” for a long and distinguished future as a teacher of Business Education and of course, wrestling coach at Bettendorf High School in Bettendorf,

Iowa. During his 27 years of coaching, Freeman’s teams compiled a dual meet record of 250-72-7. In between victories, he managed to squeeze in a master’s degree from Northeast Missouri Teachers College (now Truman State University) in 1970.

Freeman’s emphasis on mental as well as physical toughness produced 131 state qualifiers, 68 state place winners and eight state champions.

Throughout the years his teams won three Little Six Conference titles, three Mississippi Valley titles, ten Mississippi Eight and MAC Conference championships and 10 district team titles. He earned Iowa Coach of the Year honors in 1975 and 1988, and served as President of the Iowa High School Wrestling and Officials Association in 1979. He was named District (8 states) Coach of the Year in 1989 and 1991, an honor he was also nominated for two other times.

His teams at Bettendorf qualified for the state dual meet tournament seven times, placing third or higher six times. His career was highlighted by the 1982 team which set a state tournament record of 167.5 points (10 place winners) en route to its second consecutive state title (1981 and 1982). This record was only recently broken by Lewis Central of Council Bluff in 2001 with 188 points.

In 1988, Freeman was inducted into the Iowa Wrestling Hall of Fame by former teammate and brother-in-law Bill Dotson (Two time All-American and National Champion who was also inducted into the Hall of Fame in 1995). Other honors for Franc include the Wrestling Coaches and Officials Hall of Fame in 1988, and National High School Hall of Fame (Stillwa-

continued on page 8

Continued – UNI Grappler Profile: Nick Baima

Nichols Open and Kaufman/Brand Open, where he was the only UNI wrestler to place. Baima received much deserved recognition at the prestigious Midlands Wrestling Championships where he claimed the 165-pound title with a 6-5 OT victory over Mike Poeta of Illinois, and received the tournament's Most Outstanding Wrestler Award.

As his successful season advanced, one week before the NCAA National Championships in Oklahoma City, Okla., bad luck struck Baima again when he broke his hand (this time his left hand), requiring him to wear a cast and handicapping his "wrestling style." Nick captured the 2006 West Regional 165-pound title in Laramie, Wyo., where he won both of his matches and earned the Outstanding Wrestler Award.

Nick entered the tournament as the Number Four seed, and scored a 4-2 decision over Stanford's Ray Black in the first round. But a pair of injuries forced him to default to his next two opponents, ending his season and denying him that elusive All-American status. Nick is even more determined now to close out his illustrious career as

a Panther grappler by topping his impressive first three years as this seasonal veteran is being counted upon to carry the team through a strong season ahead.

UNI head coach Brad Penrith said, "Nick has really grown here in all areas. He is a very smart person – very bright, and he has the heart of a lion. Nick is one of the hardest workers on the team, and it shows. He has had a couple of bad breaks at the end of the past two seasons, and it has kept him from earning all-America honors. This year (2006-2007) Nick will be as 'hungry' as ever. He has the talent to challenge for the national title at 165. He is as talented as any wrestler, and his intelligence allows him to outthink the opposition as well."

Baima excels in the classroom too. His scholastic credentials include a 3.60 GPA, and twice (2005 and 2006) has been selected to the National Wrestling Coaches Association All-Academic Team. He has a double major in Philosophy and Humanities, with a minor in History. Nick plans to use his education to teach at the college level.

Baima has an excellent rela-

tionship not only with teammates, but with the coaches as well. He credits his coaches in playing a vital role in his accomplishments during his career as a Panther.

"I enjoy wrestling for this team because each coach brings a different aspect to the sport. It's fun to have these different kinds of 'characters' around. Jose (DeAnda) has helped me and been the most influential throughout the years."

Nick's other practice room partner includes assistant coach Randy Pugh, an all-American, who gives Nick a good "workout."

Baima's efforts and accomplishments have also been recognized at the end-of-the-year banquets, when he has twice received honors as Ewoldt Scholarship Recipient (2005 and 2006); Lyle E. Schwarzenback Award (for exhibiting highest standards in citizenship, academics, practice and dedication) – (2005 and 2006); McCready/Steffensmeier Award (Leadership) – (2004); Most Valuable Wrestler (2006) and Most Courageous Award (2006).

Nick is the son of Patty Spence and Mike Baima, and has a brother Chris. His biggest influence has

been his parents for showing him how to work hard. He has a philosophy – "worrying is like a rocking chair; it gives you something to do, but doesn't get you anywhere" – it's a lesson he has learned best. In his spare time (if there is such a thing in his busy life) Nick likes to watch movies (including the old black and white ones), read any book he can get his hands on (favorite book is *The Catcher in the Rye*), listening to music and playing his guitar – or just relax by "hanging out with the guys."

When asked about his goals, Nick kept it simple by saying, "I want to be a good leader for my team, leading by example. The only way to do that is take care of what I need to do myself. Show them (team) how to compete, be intense, and wrestle the entire seven minutes."

You can be sure this accomplished senior leader of the Panthers will "leave nothing on the table." Regardless of the results – All-American or national champion. Nick Baima will compete hard, lead by example, and give his maximum effort in representing the 2006-2007 UNI wrestling squad.

Ed Ewoldt Scholarship

In the next several issues of the "Notebook" we will be featuring some of the scholarships that are awarded to the UNI wrestlers, to help them during their years in the varsity program. The first of our series will be the Ed Ewoldt Scholarship.

In January of 1992, UNI officials announced the establishment of the Ed Ewoldt Wrestling Scholarship; the first fully endowed scholarship in the history of the University's athletics program.

The scholarship was made possible by two \$120,000 gifts to the Northern Iowa Foundation by Ron Magruder of Orlando, Florida. Each year, beginning with the 1992-93 academic year, the Panther wrestling program has awarded a full scholarship from the interest generated by the gift.

Ewoldt began attending UNI, then known as Iowa State Teachers College, in 1948, and graduated in 1954, competing on

the wrestling team his last two years. He went on to teach and coach at West Central-Maynard (Iowa) High School from 1955-58, and then Wheaton (Ill.) Central High School, where he coached Magruder from 1959-1988.

"Ed has had a tremendous impact on my life," Magruder said, "and has helped me get where I am today. This is my way of thanking him for being a great teacher, mentor, and friend."

Magruder is the Chief Executive Officer of HOPS Restaurant in Tampa, Fl. He is a member of the Business Advisory Council at the University of Mississippi. He also is a Trustee at Buena Vista College and of the Culinary Institute of America.

Recipients of the Ed Ewoldt Scholarship from 1992 to present are as follows:

Ed Ewoldt Scholarship Recipients

2006 - Nick Baima
2005 - Nick Baima
2004 - Paul Hynek/Drew Kelly/Dustin Brewer
2003 - Jordan Holm
2002 - Paul Hynek/Jon Garvin/Jordan Holm
2001 - Paul Hynek/Drew Kelly/Dustin Brewer
2000 - Paul Hynek/Drew Kelly/Dustin Brewer
1999 - Tony Davis
1998 - Tony Weiland/Eric Keller/Ken Bigley/Keith Weber
1997 - Chris Bahr
1996 - Tony Weiland
1995 - Chris Bahn/Ryan Cummings
1994 - Justin Greenlee
1993 - Justin Greenlee
1992 - Justin Greenlee

Thank You For Your Support at Golf Outing

We would like to thank everyone who participated one way or another in the 2006 Panther Wrestling Golf Outing. This year's event was a great success and we are continuing to make it bigger and better every year. We would especially like to thank the following for sponsoring a hole.

- Jason Payne
- Krieger Collision Center
- Shultz Photography
- Mark and Gloria Hahn
- Bill Dawson
- Quaffers
- Lamb Construction
- Bill and Cathy Anson
- Rich Powers
- Kimble Insurance
- Mulligan's Brick Oven Grill and Pub
- Simpson's Furniture
- Federated Insurance Companies
- Sailor Mat Club
- The Landmark
- Holdiman Motor Company
- Cindy and Denny Mallicoat
- Don Frazier

Panthers Take to the Mat in Wrestle-Offs

The University of Northern Iowa wrestling team took to the mats in the West Gym on Nov. 4 and showed off this year's talented roster with its annual wrestle-offs.

UNI head coach Brad Penrith said his wrestlers needed the wrestle-offs to get ready for the season.

"It's a learning process and I felt like we needed this day so they could understand they need to get a better warm-up in," Penrith said. "That's why we do it, that's why we prepare for match conditions."

Penrith pointed to a few of his veterans who had good days and even some of the younger members of the Panther squad.

"I thought Moza (Fay), Nick (Baima), C.J. (Ettelson) and Kyle (Anson) all wrestled extremely well. They all came out with a game plan and executed it. They wrestled hard."

Anson and Fay picked up a pair of victories, while Baima and Ettelson each rolled to technical falls. At 125 pounds, Anson scored two falls with wins over Caleb Flores (4:30) and Mike Whisler (4:07). At 157 pounds, Fay tallied triumphs over Colby Goetsch (16-3) and Tyson Reiner (11-0).

At 165 pounds, Baima notched a 17-2 win over Jeff Bowman. At 141 pounds, Ettelson cruised to a 21-6 victory over Mike Zinnel.

Penrith said there is still room for improvement before the season gets underway next weekend.

"We still need to work on the edge of the mat," Penrith said. "We're not wrestling through it. They have to forget about the edge because it's not there anymore."

The Panthers open the season Nov. 11 at the Harold Nichols Open in Fort Dodge, Iowa. UNI will begin the home season on Nov. 21 in the McLeod Center against the Iowa Hawkeyes.

UNI Wrestle-Off Results

Moza Fay maj. dec. Colby Goetsch, 16-3
 Tyson Reiner dec. Jarion Beets, 3-2
 Alex Dolly maj. dec. Jeff Bowman, 10-1
 Caleb Flores dec. Grant Ruge, 3-2
 Justin Swafford dec. Charlie Ettelson, 7-3
 Benji Dolly dec. Corey Fitzpatrick, 7-6
 Dan Dunning dec. Scott Hazen, 5-2
 Tyler Rhodes dec. Mike Zimmerly, 3-1
 Kyle Anson pinned Caleb Flores, 4:30
 Moza Fay maj. dec. Tyson Reiner, 11-0
 Alex Dolly dec. Andy O'Loughlin, 5-0
 Mike Whisler pinned Grant Ruge, 6:36
 Nick Baima tech. fall Jeff Bowman, 17-2
 C.J. Ettelson tech. fall Mike Zinnel, 21-6
 Colby Goetsch maj. dec. Benji Dolly, 15-2
 Jarion Beets dec. Corey Fitzpatrick, 5-2
 Scott Hazen dec. Andy O'Loughlin, 7-5
 Kyle Anson pinned Mike Whisler, 4:07
 Andrew Anderson pinned Dan Dunning, 3:34

UNI's Individual Rankings

<u>Wrestler (Weight)</u>	<u>AWN</u>	<u>W.I.N.</u>	<u>NWCA</u>	<u>TWM</u>	<u>TRW</u>	<u>REV</u>	<u>USA</u>
Kyle Anson (125)	-	-	-	-	27	-	22
Brett Robbins (133)	-	-	-	-	-	-	26
C.J. Ettelson (141)	10	12	8	10	10	10	9
Moza Fay (157)	-	-	-	-	23	-	-
Nick Baima (165)	3	4	7	5	6	6	7
Alex Dolly (174)	-	-	-	-	-	-	22
Andrew Anderson (197)	-	-	-	-	-	-	28
Tyler Rhodes (HWT)	-	-	-	-	20	-	14

Key: AWN - Amateur Wrestling News; W.I.N. - W.I.N. Magazine; NWCA - Intermat/NWCA; TWM - The Wrestling Mall; TRW - The Wrestling Report; REV - RevWrestling.com; USA - Wrestling USA

NOTE: Rankings are as of Nov. 9, 2006

Continued – Profile From the Past: Franc Freeman

ter, Okla.) and the UNI Athletics Hall of Fame.

Freeman is the co-author of the book *Concepts in Coaching Wrestling*, along with several video tapes. Franc was owner and operator of the Freeman Tree Farm and Nursery in Bettendorf, which he sold in 2002. Franc said, “the tree farm not only served as a source of income but also as a ‘conditioning’ facility.” Occasionally he would take some of his wrestlers out to the farm where they would dig, ball and load 400 pound trees on trucks and then run back three and a half miles to town. Now we are not suggesting that Franc had a “mean” side to his “make-up” or that he possessed a Dr. Jekyll and Mr. Hyde personality because that would really be stretching a point. But he does have a kinder and gentler side also. For many years, even as a youth when he bought his first car with the proceeds, Franc has raised rabbits. During one of our phone conversations he was just getting ready to go out and care for

his rabbits – all 150 of them. (Now that’s kind and gentle.) Franc also displays the best of his show animals throughout the mid-west on some weekends.

Freeman retired from coaching at Bettendorf after 27 years (1991) and from teaching six years later. His wife, Sally, still teaches – she owns and operates a private pre-school. In September, she began her 40th year of teaching. They have been married for 44 years and their daughter, Kim, has followed her father’s footsteps by graduating from UNI and now teaches in Bettendorf. She and her husband, Bryan, are the parents of two children, Mitchell and Andrew.

It is interesting to note that Franc was part of a large wrestling-oriented ‘family.’ He wrestled and coached; his wife, Sally, was a cheerleader for Davenport West High School; his brothers Mel and Danny wrestled for Davenport West, where his sister, Sandy, was also a cheerleader;

and his daughter, Kim, served as his wrestling team manager at Bettendorf for four years. In addition, his son-in-law, Bryan, wrestled for Franc at Bettendorf, placing sixth at the state tournament at 167 pounds and later served as his assistant coach for several years. Now that’s a wrestling family.

After more than three decades as an athlete and coach, the name Franc Freeman has become synonymous with wrestling success. But more than that, Franc has shown the propensity to excel in many activities throughout his life. As mentioned in the first part of this article, whether it be wrestling, coaching, teaching, business, writing, hobbyist, or husband, father and grandfather – Franc Freeman, our “Profile from the Past” has made a huge impact on many people in his life, and brought honor to his school.

2006-07 UNI Mat Aides



Left to Right: Mary Widmer, Dana Ball, Kayla Christensen, Ashley Gottschalk, Molly Severson, Bridget Schlievert, Kthy Thilges, Ashley Duroe. Not pictured: Alana Amonson, Ashley Mollicone, Meegan Morningstar, Janel Miller

2006-07 UNI Wrestling Roster

Name	YR	WT	Hometown/High School/Last School
Andrew Anderson	SO	197	Sioux City, Iowa/East
Kyle Anson	R-FR	133	Iowa City, Iowa/City High
Nick Baima	SR	165	Glen Ellyn, Ill./Glenbard West
Dustin Bauman	FR	184/197	Stratford, Wis./Stratford
Jarion Beets	FR	157/165	Cedar Rapids, Iowa/Kennedy
Jeff Bowman	FR	165	Kansas City, Mo./Blue Springs
Alex Dolly	JR	174	Mishawaka, Ind./Mishawaka
Benji Dolly	FR	157/165	Mishawaka, Ind./Mishawaka
Dan Dunning	JR	184	Waterloo, Iowa/West
Clinton Eakins	R-FR	174	Eldon, Iowa/Cardinal
C.J. Ettelson	JR	141	Hudson, Iowa/Hudson
Charlie Ettelson	R-FR	141/149	Hudson, Iowa/Hudson
Moza Fay	SO	157	Anamosa, Iowa/Anamosa
Corey Fitzpatrick	FR	149	Rochelle Park, N.J./Hackensack
Caleb Flores	FR	125	Rosemead, Calif./Northview
Colby Geotsch	JR	149	Ankeny, Iowa/Ankeny
Scott Hazen	R-FR	174/184	Underwood, Iowa/Underwood
Trevor Kittleson	FR	157	St. Ansgar, Iowa/St. Ansgar
Riley Lindner	FR	165	Fort Dodge, Iowa/Fort Dodge
De'Andre Nunn	SO	184	New Lenox, Ill./Providence Catholic
Andy O'Loughlin	FR	174/184	Independence, Iowa/Independence
Ryan Osgood	SR	141	Mason City, Iowa/Mason City
Nick Pickerell	FR	141/149	Albia, Iowa/Albia
Seth Pugh	FR	149/157	Columbus Junction, Iowa/Columbus Junction
Tyson Reiner	R-FR	165	Mitchell, S.D./Mitchell
Tyler Rhodes	SR	Hwt	Mountain View, Wyo./Mountain View

Name	YR	WT	Hometown/High School/Last School
Brett Robbins	R-FR	133/141	Bloomington, Ill./Bloomington
Grant Ruge	FR	125	Fort Dodge, Iowa/Fort Dodge
Adam Snow	FR	125	Schaumburg, Ill./Schaumburg
Justin Swafford	JR	141	Mediapolis, Iowa/Mediapolis
Mike Whisler	FR	141	Centerville, Iowa/Centerville
Michael Zimmerly	R-FR	Hwt	Independence, Iowa/Independence
Curt Zinnel	SR	174	Humboldt, Iowa/Humboldt/Iowa Central
Mike Zinnel	JR	157	Humboldt, Iowa/Humboldt/Iowa Central

Head Coach: Brad Penrith (Iowa, 1988)

Assistants: Randy Pugh (UNI, 2000)

Jose DeAnda (Nebraska, 1999)

Tolly Thompson (Nebraska, 1997)

Sean Stender (UNI, 2005)



2006-07 UNI Wrestling Schedule

Date	Opponent	Time
Nov. 11	at Harold Nichols Open - Ft. Dodge	All Day
Nov. 18	at UNO Open - Omaha, Neb.	All Day
Nov. 21	Iowa	7 p.m.
Dec. 3	UNI Open	All Day
Dec. 8	at Wisconsin	7 p.m.
Dec. 17	at Iowa State (IPTV)	7 p.m.
Dec. 29-30	at Midlands - Evanston, Ill.	All Day
Jan. 7	Chattanooga	2 p.m.
Jan. 7	Oregon State	4 p.m.
Jan. 13-14	NWCA National Duals	All Day
Jan. 19	at Northern Colorado*	7 p.m.
Jan. 20	at Wyoming*	7 p.m.
Jan. 27	Oklahoma State	7 p.m.
Feb. 3	Eastern Illinois	2 p.m.
Feb. 4	Old Dominion	2 p.m.
Feb. 4	Northern Illinois	4 p.m.
Feb. 9	at Missouri	TBA
Feb. 16	at North Dakota State*	7 p.m.
Feb. 17	at South Dakota State*	3 p.m.
Mar. 3	NCAA West Regional	All Day
Mar. 15-17	at NCAA Championships^	All Day

* - indicates Western Wrestling Conference Match

^ - Auburn Hills, Mich.

All Times Subject to Change

2006-07 Panther Booster Meetings

Just a reminder - Panther Booster Meetings are held the first Wednesday of every month at 7 p.m. at Beck's on University in Waterloo.

It is a chance to met with coaches, wrestlers and UNI wrestling friends to learn about what's going on with the Panther squad.

Excellent food and drink are available if you should come hungry or thirsty.

Where: Beck's on University

Time: 7 PM

When: Wednesdays

December 6

January 3

February 7

February 28

April 4