



UVU Wrestling Newsletter



"Utah Wrestling at Its Finest"

November 2007

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A foursome takes a break in action to be photographed with UV Coaches, wrestlers and Olympic champion Rulan Gardner. The Utah Valley wrestling program has hosted a summer golf tournament and the Utah Hall of Fame Banquet. Details will be forthcoming in the December.

UVU Wrestlers Start Open Workouts

This year's UVU wrestling team is full of new faces. With Ben Kjar, Billy Green, and Gerhart Vuksinick red-shirting last year, the addition of Utah products Jeb Clark, Flint Ray, Wade Eldredge, Jeff Newby, Casen Eldredge, and Logan Wilson is going to give Utah Valley wrestling fans plenty to cheer about over the next few years. Returning seniors Marc Fenwick and Sam Allen will help lead the way.

In addition to these great Utah wrestlers, the Wolverines added 2x state champion Avery Gardner (Centennial HS, Boise, Idaho), 2x state finalist and 1x champion Brad Darrington (Shelley HS, Shelley, Idaho), and Zach Williams a 2x runner-up in Nevada to help make a big impact for this season and for the years to come.

Annual Green/Gold Intra-squad Wrestling Match

The 5th annual Wolverine Green/Gold Intra-squad Wrestling Match will be held in the UVU Shurian Center Gym Monday, October 29th at 7:00 pm.

The Theme is Family Night. The First 300 people who show up will get a free Poster. After the match, the wrestlers will be available to autograph the posters for the families. This is a great opportunity to see the whole team in action. There are many new faces this year. Check out the UVU Athletic Website for more information on the team.

Special Events

- Annual Green/Gold Match
-see Article on pg. 1
- UVU High School Clinics
-See Article on pg. 2

Special Stories

- UV Wrestlers Start Practices
-See Article on pg. 1
- UV Wrestler of the Month
-See Article on pg. 2
- Wrestlers Give Time
-See Article on pg. 3

November UVU Schedule

- 3rd Eastern Michigan Open
- 10th Cowboy Open
- 17th Jack Hancock Duals
- 18th Northern Colorado Open
- 30th Cliff Keen Las Vegas Invite

Quote of the Month

"Practice is the effort that makes winning possible."

~ Anonymous



Coach's Corner

To start preparing for the weight you are going to wrestle during the season, you should start hydrating early. Many wrestlers wait until the season starts to begin their weight cutting. With hydration rules for high schools and colleges in place, it is very important for wrestlers to start increasing their water intake drastically. Two quartz (64 oz.) minimum to up to a gallon for larger wrestlers should be consumed daily to get a body ready for weight loss without affecting hvdration neactively.

Marc Fenwick: UVU Wrestler of the Month

This month the Wolverine wrestling team wants to recognize Marc Fenwick. Marc has spent a great deal of time preparing for this, his senior year of competition. After surprising everyone last year with a great season, despite wrestling up two weights from his normal competitive weight, Marc is establishing himself as one of the leaders of the team.



He has taken the lead in running optional practices for the wrestlers this fall and has spent many hour coming up with ideas to help promote wrestling here at Utah Valley.

Marc was a two-time state placer in high school for Viewmont High School in Utah. He signed a scholarship to wrestle for Western Wyoming Jr. College and started for them for two years around an LDS Mission. After taking a year off to attend school at the University of Utah and help Coach Williams with the Elite Wrestling Club, Marc decided to come to Utah Valley to compete for Coach Williams, his old club coach, at the Division 1 level. Not only has he done great on the mat, but also has done well in the classroom, earning conference academic honors as well as the Utah Valley Student-Athlete of the month award last year.

Marc will graduate in Business this year.



UVU Holds High School Clinics

This fall, the UVU wrestling team has been conducting fall wrestling clinics for high schools around the state. These clinics are free of charge and are being held this Saturday at Mt. View and Juan Diego from 10 a.m.-noon. Clinics already held have been at Altamont, Springville, Dixie, North Sevier, Logan, Weber, and San Juan high schools.

If anyone is interested in having the college wrestlers help with clinics and camps, they should contact UVU coaches at 801-863-7141 or a 801-319-7293 or email the program.

Utah Valley Wrestling is dedicated to helping the state of Utah in wrestling in all styles and at all levels. The programs look forward to working with the youth and eventually expect to graduate many wrestlers from the college program that have a desire to coach.

Several of the wrestlers also help Coach Williams run Tuesday and Thursday clinics at various locations through the fall for all ages. For further information, contact Coach Williams at UVU.

UVU 07-08 Schedule

The following is the tentative wrestling schedule:

October

29th Green-Gold Intrasquad **UVU 7:00 PM**

November

3rd Eastern Michigan Open Ipsilanti, MI
10th Cowboy Open Laramie, WY
17th Jack Hancock Duals Golden, CO
18th Northern Colorado Open Greeley, CO
30th Cliff Keen Las Vegas Invite Las Vegas, NV

December

1st Cliff Keen Las Vegas Invite Las Vegas, NV
15th UC Davis Davis, CA
19th Reno Tourn. of Champions Reno, NV

January

3rd **South Dakota State** **UVU 7:00 PM**
5th Lone Star Duals Arlington, TX
12th **UVU Open** **UVU 9:00 AM**
25th USAFA & School of Mines Col. Springs, CO
26th Tracy Borah Duals Gunnison, CO
28th **North Dakota State** **UVU 7:00 PM**

February

8th Univ. of Wyoming Laramie, WY
9th Northern Colorado Greeley, CO
15th **Mesa State** **UVU 4:30 PM**
18th **Portland State** **UVU 7:00 PM**



Your 2007-2008 UVU Wrestlers



Jeb Clark, a red-shirt this year, reads to Mrs. Stephens' second grade class at Freedom Elementary.

UV Wrestlers Give Time at Schools

Several members of the wrestling team at Utah Valley are taking time out of their busy schedules to volunteer at **Freedom Elementary** School in Highland to help 2nd and 6th graders with reading and math. Mrs. Stephens' 2nd grade class actually gets the wrestlers stay and play with them at recess.

Some of the wrestlers are also providing tutorial services for **Telos Academy**, the school associated with Telos Residential Treatment Center for high school aged boys. They are currently helping in various subjects including math, science, and organizational skills.

NAME	Wt.	Yr. Exp.	Hometown (High School)
Benjamin Kjar	125	RS-FR	Centerville, UT (Viewmont HS)
Logan Wilson	125	FR	Spanish Fork, UT (Spanish Fork HS)
Flint Ray	133	RS-FR	Roy, UT (Roy HS)
Avery Garner	133	FR	Boise, ID (Centennial HS)
Justin Morrill	141	SO	Logan, UT (Mountain Crest HS)
Jeff Newby	141	SO	Brigham City (Box Elder HS)
Nathan Gardner	141	RS-FR	O'Fallon, IL (O'Fallon Township HS)
Dustin Howa	141	JR	Carbon, UT (Carbon HS)
Sam Allen	149	SR	Kaysville, UT (Davis HS)
Joel Polkowske	149	FR	La Jara, CO (Centauri HS)
Andrew Guzman	149	FR	Plain City, FL (Plant City HS)
Jacob Sheridan	149	SO	Manassa, CO (Centauri HS)
Wade Eldredge	157	FR	Millard, UT (Millard HS)
Nate Kearsley	157	SR	Aloha, OR (Century HS)
<u>Gerhart Vuksinick</u>	165	RS-FR	Pleasant Grove, UT (Pleasant Grove HS)
Cory Dodge	165	FR	Vancouver, WA (Evergreen HS)
Skyler Robertson	165	FR	Bountiful, UT (Bountiful HS)
Jeb Clark	174	SO	Spanish Fork, UT (Spanish Fork HS)
Ramsey Nijem	174	RS-FR	Mill Creek, WA (Henry M. Jackson HS)
Mark Fenwick	174	SR	Centerville, UT (Viewmont HS)
Casen Eldredge	184	RS-FR	Millard, UT (Millard HS)
Mark Dennis	184	SO	Layton, UT (Northridge HS)
Brad Darrington	184	FR	Shelley, ID (Shelley HS)
Levi Gruwell	184	FR	Luling, LA (Hahnville HS)
Mark Dodge	197	RS-FR	Vancouver, WA (Heritage HS)
Nick Galbraith	197	FR	Clearfield, UT (Fremont HS)
Zach Williams	197	FR	Las Vegas, NV (Las Vegas HS)
Billy Green	HWT	SO	Ogden, UT (Fremont HS)
Josh Larsen	HWT	FR	West Valley, UT (Hunter HS)



For questions, comments or to unsubscribe, please e-mail us at: williagr@uvsc.edu
For more information about UVU wrestling, go to <http://wolverinegreen.cstv.com>