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rochford

A Grueling Season

The new and improved wrestling team dominated the mats this year more than ever before. The boys' hard work and time spent paid off as their record showed.

Two wrestlers, Mark Bertschinger (11) and Josh Friedt (12) earned their way to state after a grueling season. Josh, who currently holds the school's record for

most takedowns in a season, reached every wrestler's goal of one-hundred wins this year, wiped up the mats at state as he took first place. Wrestling was more popular with the fans this year with school spirit reaching an all time high. "This year has been a year of personal bests for both the team and the individuals," according to Nate Holmes (11).

By Kim Windhorst and Erin Brown

► Chad Helgemoe (12) squares off with a Faribault opponent. Chad won by pinning his man.

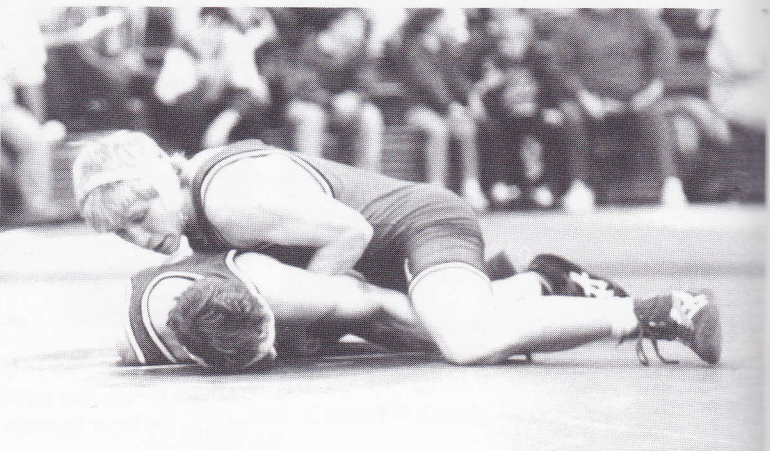
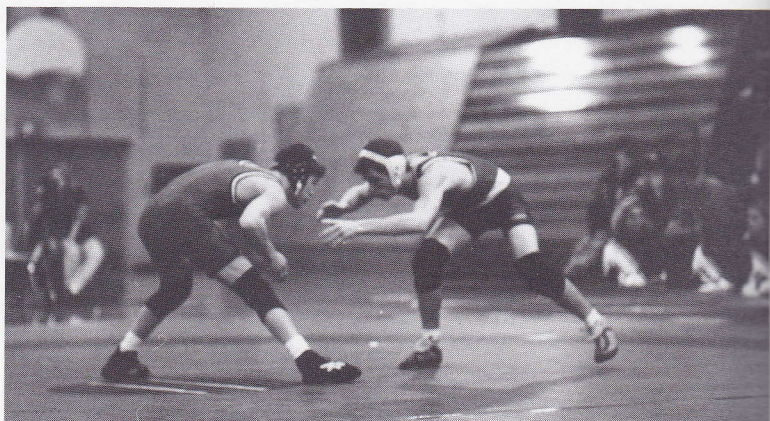
Photo by B. Albert

►▼ Wrestling. Front row: P. King, J. Friedt, S. Witter, S. Gauthier, M. Bertschinger, P. Priebe, V. Nguyen, C. Helgemoe, C. Snyder, J. Koch, N. Holmes, D. Scranton, and T. Povar. Row 2: Asst. Coach D. Burkman, T. Coyer, C. Bacon, J. Schneider, R. Erdmann, J. Su, K. Snyder, C. Muller, J. Eggert, J. Clarin, C. Helgemoe, J. Tostenson, J. Franken, J. Spencer, and Head Coach M. Kuisle. Back row: Asst. Coach J. Drews, D. Reynolds, D. Adler, B. Olson, K. Willson, B. VanOosbree, R. Lemmon, A. Dejardin, L. Lambrecht, D. Loes, J. Dominguez, and R. Hagen. Not pictured: Asst. Coach H. Wayne, M. Yunker, and J. Blakstad.

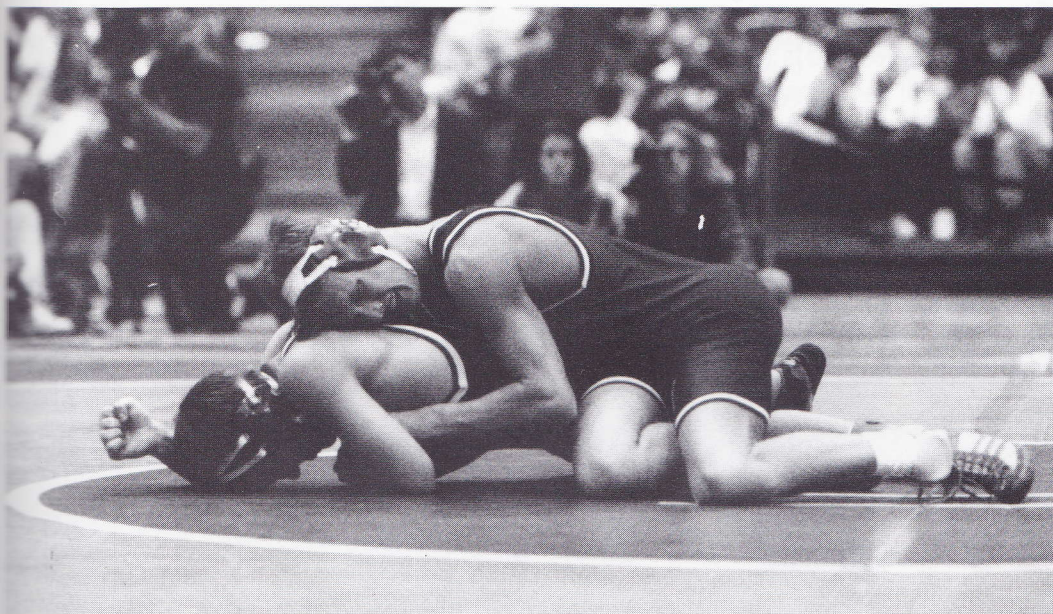
Photo by Elle's Photography

►▼ Mark Bertschinger (11) rides his opponent. He ended up winning by a tech-fall.

Photo by B. Albert

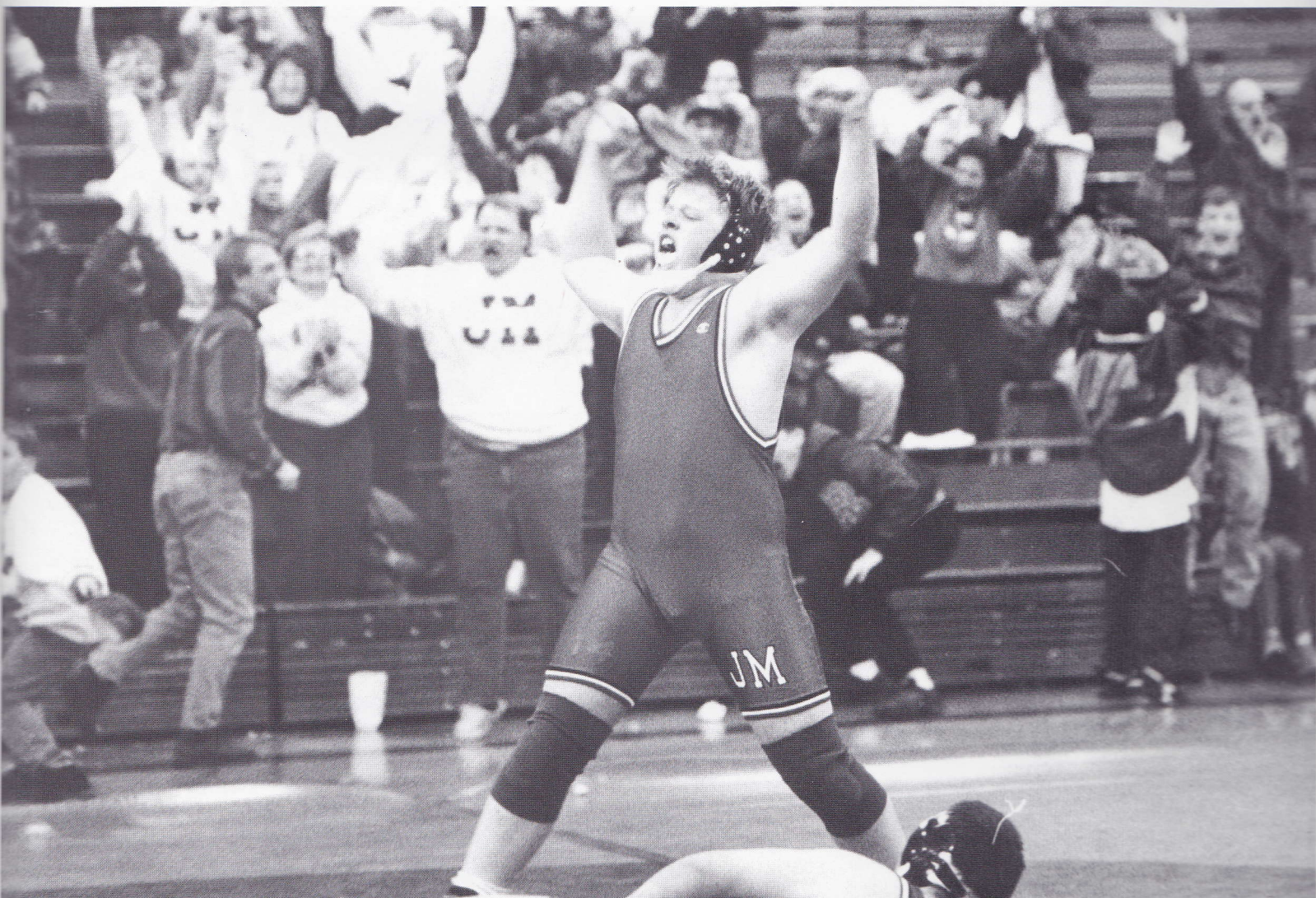


▼ Josh Friedt (12) is in control of Mike McConville from Osseo in the State Championship finals. Josh won 3-2 and finished his season at 39-0, and won the championship.
Photo by B. Albert

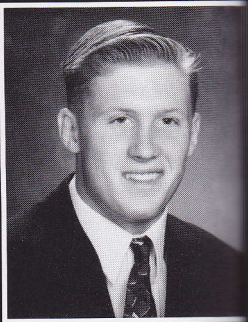


Wrestling

	JM	Opp.
Rochester Inv.	2nd	--
Goodhue	15	46
Harmony	53	17
Fairmont Inv.	1st	--
Austin	45	24
Owatonna	47	21
St. Paul Como	36	22
Mankato East	55	17
Hudson Inv.	1st	--
Mayo	44	22
Stewartville Inv.	4th	--
Faribault	33	33
Albert Lea	32	29
Winona	40	17
Mankato West	42	26
Wabasha	40	27
Hayfield	31	38
Dover Eyota	37	24
Northfield	34	25
Big Nine	4th	--



▲ Tripper Povar (9) celebrates after pinning his man to tie the score with Faribault who was ranked third in state at the time.
Photo by B. Albert



Josh Friedt

90-91 State Entrant

91-92 State Entrant

92-93 State 3rd Place at 125 lbs

93-94 State champion at 130 lbs