



UUV Wrestling Newsletter

"Utah Wrestling at Its Finest"



October 2014

Wolverine Intra-Squad Match Hosted on Wednesday, October 29

The young Utah Valley Wolverine wrestling team will be taking the mat for the first time for the 2014-2015 campaign at the UUV Activity Center at 6:30 PM on Wednesday, October 29. This will be a great tune-up for the 15 top wrestlers who will be traveling to the Clarion Open in Pennsylvania.

For many of the wrestlers, this will be their first time wearing a UUV uniform. There will definitely be a different look with 18 new faces from a year ago. Some great match-ups will be on hand as the coaching staff tries to get a good look at who will be this year's starters. This will also be a great opportunity for fans to see some of their favorites and to see some of the young talent which will be rising through the ranks in the near future.

One change that will be obvious this year is the depth UUV has at heavyweight. The mach will be featuring three solid heavyweights in Adam Fager, Dustin Dennison and Jordan Karst. Adam is a 2x NCAA Qualifier and is currently ranked #10 in the nation. Dustin was a starter three years ago and will red-shirt after returning from an LDS Mission. Jordan is an up and coming talent who has a great future with the Wolverines.

Other returning starters will be 2x NCAA Qualifier, Jade Rauser, Jr., who is moving up to 133 this year. Chasen Tolbert, Jr., a past 2x starter is moving down to 125 this season. Trevor Willson, So., Ethan Smith, Sr., and Derek Thomas, Jr., will all be returning starters with high expectations this season.

Look for a battle at 141 this season as three very tough UUV grapplers will be battling for the top spot. Derek Malan, Sr., Bracken Nipko, So., and Jed Mellen, Fr., will all see starting time this year. Nipko and Mellen are also qualified to go down to 133 this year if needed. Malan was a starter three years ago before an injury left him sidelined for the past two years. Nipko saw starting time last year at 125 and showed he can compete with the top wrestlers in the country. Mellen, a top Utah talent and 3x state Utah champ from Payson was 4th in the Open Nationals last year and is expected to do great things over the next four years.

Come enjoy the evening and meet this year's team.

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Quote:

*"We, as a wrestling community,
better remember it is more
than one individual that makes
a winner."*

-Dan Gable

Coach's Corner with
Volunteer Assistant
Coach Ethen Loffhouse:

Mentality and mental toughness are two of the most powerful things a wrestler can possess. Through these two things anything is possible and any barrier can be breached.

Wrestling is a unique sport in the aspect that you must be on your "A" game 100% of the time, every time you step on the mat because there are no excuses; it is either your arm getting raised or your opponents.

Let's face it, nobody is ever on their "A" game 100% of the time but it is your job to believe you are and train your mind that it does not matter how you feel and this comes from your mentality and toughness you create in yourself. It is often the case that you see guys who are not the better technical wrestler win a match by sheer toughness and mentality. The will of a wrestler to succeed, will define their career.

The mindset of being the best and never satisfied also carries over into your life outside of a wrestler. The mentality and toughness that wrestling teaches you will benefit you for the rest of your life. The sport of wrestling creates a man that is loyal to his family and willing to do whatever it takes to get whatever goals you set for yourself. Mentality and mindset are more than just winning a wrestling matches, it is a lifestyle to make you achieve the most out of yourself in all aspects of life.

Athlete Spotlight: Bracken Nipko

Bracken Nipko hails from Pleasant View, Utah as a graduate from Weber High School. He is a redshirt sophomore that after battling injury last year has returned to the mats this year with a visible fire and determination to excel in competition. Bracken is one of our leaders who you can always expect to see early in the morning getting extra workouts in or one of the last athletes to leave the practice room. Bracken is also an exceptional student that finds a way to excel in the classroom despite his busy schedule that comes as result of being a collegiate athlete. We are fortunate to have men of Bracken's caliber leading our team both on and off the mat.

How did you decide to get into the sport of wrestling?

My dad started me wrestling when I was six years old.

Why did you decide to wrestle in college?

After my sophomore year in high school, I set a goal to wrestle in college. My dad and uncle also wrestled in college, and it was something that I really wanted to do.

What has been the best thing about your college wrestling experience?

I've really enjoyed getting to know my teammates better. I've also enjoyed seeing some of the improvements that I have been able to make in my wrestling.

What has been the hardest thing that you've overcome as a college wrestler?

After I came back from my mission, it was tough getting back into shape. It was also tough staying positive because I was getting my butt kicked in practice every day.

What is one thing that most people don't know about you?

I killed a bear when I was twelve years old.

What is your major, and what would you like to do after you have graduated?

I am studying business. I'm not sure what I want to do with it yet. I plan on getting my MBA after I graduate and going on from there.

Utah Valley University Hosts Utah Wrestling Hall of Fame Banquet

The state of Utah has produced a large number of great wrestlers and coaches that have produced significant results in the sport of wrestling. One way that the wrestling community has of honoring these individuals and their efforts is through the annual Utah Wrestling Hall of Fame banquet. The Hall of Fame banquet was started by the Utah Amateur Wrestling Foundation, and USA Wrestling Utah now helps to organize and run the banquet.

The banquet helps to serve several different purposes. First and foremost, the banquet is an opportunity for the state of Utah to recognize those individuals that have dedicated a significant part of their lives to the great sport of wrestling, whether it is through competition, coaching, officiating, or another general supporting role. The top young talent in the state of Utah is also recognized at the banquet. There will be a variety of awards presented at the banquet to these young individuals. The banquet also serves to help the Utah Valley University wrestling team to raise money to continue to support and expand their program. Utah Valley University is the only university in the state of Utah that fields an NCAA division I wrestling program. Finally, the banquet also provides wrestling fans, families, and supporters to gather together, socialize, and have an enjoyable evening.

This year's class of hall of fame inductees are some of Utah's finest. They are:

Davie Swenson: Davie was a longtime Mt. Crest wrestling coach who led his teams to Four State Championships, (4) state runner ups, and (8) 3rd place finishes.

Luke Loffhouse: Luke had a very successful prep career in Utah becoming a 3x state champion. He continued his success in college resulting in a 5th place finish at the NCAA tournament and All-American status his senior year at Iowa. He is currently the strength coach for the Hawkeye wrestling team.

Jody Warren: Jody was a great wrestling coach and mentor to many young men. He coached at Weber High School and had 27 state champions as well as a team that went undefeated and won the state championship.

Bob Broughton: Bob placed 4th at the 1965 NCAA tournament at Heavyweight and earned All-American honors for Utah State University. After graduation at Utah State he signed to play football in the CFL.

For more information on the Utah Wrestling Hall of Fame banquet, please visit <http://wrestleutah.com>.

Or purchase tickets at <http://fs24.formsite.com/USAWrestlingUtah/form10/index.html>.

Schedule

Date	Opponent / Event	Location	Time / Result
10/29/14	Intrasquad Dual	Orem, Utah	6:30 p.m. MT
11/02/14	at Clarion Open	Clarion, Pennsylvania	All Day
11/08/14	at Mesa Open (non-starters)	Mesa, Colorado	All Day
11/14/14	vs. Iowa State	Boise, Idaho	3:00 p.m. MT
	at Boise State	Boise, Idaho	5:00 p.m. MT
11/21/14	at Arizona State	Tempe, Arizona	7:00 p.m. MT
11/22/14	at Grand Canyon	Phoenix, Arizona	7:00 p.m. MT
12/05/14	at Cliff Keen Las Vegas Invitational	Las Vegas, Nevada	All Day
12/06/14	at Cliff Keen Las Vegas Invitational	Las Vegas, Nevada	All Day
12/21/14	at Reno Tournament of Champions	Reno, Nevada	All Day
01/10/15	UVU Open	Orem, Utah	All Day
01/17/15	vs. Wyoming *	Orem, Utah	7:00 p.m. MT
01/23/15	vs. Air Force *	Orem, Utah	7:00 p.m. MT
01/30/15	vs. Oregon State	Orem, Utah	7:00 p.m. MT
01/31/15	vs. Stanford	Orem, Utah	3:30 p.m. MT
02/06/15	at South Dakota State *	Brookings, South Dakota	6:00 p.m. MT
02/07/15	at North Dakota State *	Fargo, North Dakota	6:00 p.m. MT
02/14/15	vs. Northern Colorado *	Orem, Utah	7:00 p.m. MT
03/07/15	at NCAA West Regional/WWC Championships	Fargo, North Dakota	All Day
03/19/15	at NCAA Championships	St. Louis, Missouri	All Day
03/20/15	at NCAA Championships	St. Louis, Missouri	All Day
03/21/15	at NCAA Championships	St. Louis, Missouri	All Day



Roster

NAME	Wt.	Yr.-Exp.	Hometown/High School/Last College
<u>Logan Addis</u>	157	JR-2V	Cottonwood, Arizona/Mingus Union HS
<u>Aryton Almberg</u>	197	FR-RS	Ely, Nevada/White Pine HS
<u>DJ Argyle</u>	149	FR-HS	Orem, Utah/Timpanogos HS
<u>Logan Blackwood</u>	197	FR-HS	Boise, Idaho/Centennial HS
<u>Jesse Christensen</u>	165	Fr-HS	Pleasant Grove, Utah/ Pleasant Grove HS
<u>Dustin Dennison</u>	HWT	SO-1V	Pleasant Grove, Utah/Pleasant Grove HS
<u>Bryson Echols</u>	174/184	FR-HS	Tucson, Arizona/Sabino HS
<u>Adam Fager</u>	HWT	SR-3V	Layton, Utah/Layton HS
<u>Abel Gomez</u>	184	SO-1V	Las Vegas, Nevada/Rancho HS
<u>Cole Hamai</u>	149	FR-HS	Washington, Missouri/Washington HS
<u>Koleton Hardy</u>	149/157	FR-RS	Brigham City, Utah/Box Elder HS
<u>Dalton Harmon</u>	165	FR-HS	Nephi, Utah/Juab HS
<u>Jared Harris</u>	149	SO-1V	Springville, Utah/Springville HS
<u>Brayden Humpherys</u>	141/149	SO-TR	Layton, Utah/Layton HS/Colorado Mesa
<u>Jordan Karst</u>	HWT	FR-RS	Las Vegas, Nevada/Centennial HS
<u>Raider Lofthouse</u>	157	FR-HS	Avon, Utah/Mountain Crest HS
<u>Derek Malan</u>	133/141	SR-1V	Ogden, Utah/Weber HS
<u>Jarod Maynes</u>	133	SO-1V	Liberty Lake, Washington/Central Valley HS
<u>Jed Mellen</u>	133/141	FR-RS	Payson, Utah/Payson HS
<u>Bracken Nipko</u>	141	SO-1V	Pleasant View, Utah/Weber HS
<u>Matthew Ontiveros</u>	141	FR-HS	Fresno, California/Central HS
<u>Jade Rauser</u>	125	JR-2V	Townsend, Montana/Broadwater HS
<u>Tyler Scott</u>	125	FR-HS	Klamath Falls, Oregon/Henley HS
<u>Ethan Smith</u>	174	SR-3V	Midway, Utah/Wasatch HS/Purdue
<u>Will Sumner</u>	184	FR-HS	Penn Valley, California/Nevada Union HS
<u>Michael Suwyn</u>	157	FR-HS	Phoenix, Arizona/Mountain Ridge HS
<u>Ross Taylor</u>	184	JR-RS	Newcastle, Utah/Enterprise HS/Western Wyoming CC
<u>Josh Temple</u>	125	FR-HS	Ridgecrest, California/Green Valley HS
<u>Derek Thomas</u>	197	JR-2V	Layton, Utah/Layton HS
<u>Blake Thompson</u>	184	FR-HS	Clovis, California/ Clovis HS
<u>Chasen Tolbert</u>	133	JR-2V	Delta, Utah/Delta HS/Colorado Mesa
<u>Steve Westover</u>	174/184	FR-HS	Pleasant Grove, Utah/Pleasant Grove HS
<u>Trevor Willson</u>	149	SO-1V	Tucson, Arizona/Ironwood Ridge HS/Arizona State

Coaches

Greg Williams - Head Coach

Erkin Tadzhimetov - Associate Head Coach

Justin Ruiz - Assistant Coach

Ethen Lofthouse - Volunteer Assistant

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