

# Fond du Lac High School Wrestling



**2020-2021**

YOU'VE GOT WHAT IT TAKES,  
BUT IT IS GOING TO TAKE EVERYTHING YOU'VE GOT.

Stay updated on:

[www.fonddulacwrestling.com](http://www.fonddulacwrestling.com)

Or follow **fondywrestling** on Instagram!



**2020-2021 Fond du Lac Wrestling**  
**Accomplishments/Schedule of Events**

Summer 2020 & Fall 2020

Covid-19 really limited our program in what we could accomplish during this time period. However, there were some coaching changes at the high school level made. Coach Williams took a job in another district, leading to Coach Bixby stepping in as the Head JV Coach, while Coach Rosencrans stepped back from his previous Varsity Assistant role allowing for Coach Jacobs to join the coaching staff. Our youth program elected to run sessions out of TNT (as Riverside was not an option) twice per week, finding success in numbers and growth during the challenging time.

Winter 2020-2021

The Marines donated a new EZ Flex mat to Fond du Lac High School, giving us two new competition mats that are now kept in the gym. Our one piece mat in the mat hoist is a little aged and will be used for big events when needed. The WIAA restricted competitions during this time; however, we were able to maintain a roster of 25 wrestlers (ending the previous year with 16) and picked up three female wrestlers to the ranks.

The WIAA limited Sectional Qualifiers to two from each Regional and State Qualifiers to two from the Sectionals, making it much more difficult to qualify for the state series events this year. Issac Ortegon (152) and Joe Schmitz (285) both won their Regional brackets to advance to Sectionals while Dante Santana (120) and Logan Schmitz (126) came up short as they took 3rd place (Sectional Alternates).

Spring 2020

Record Boards for the HS Wrestling Room were ordered and delivered (they should be hung up at some point in the summer months. Due to another teaching job offer, Coach Halter resigned from the position as Head Wrestling Coach. Dante Santana, Logan Schmitz, Rachel Cook, Brayden Eigenbrodt, and David Javier were nominated for Academic All State.

**2021 Fond du Lac Wrestling Program Members**  
**High School**

<b>Coaches</b>	<b>Managers</b>	<b>Volunteer Coaches</b>	<b>Head Table</b>
Matt Halter	Sydney Kolstad	Jaanika Rosenthal	Sue Heitzman
Bob Bixby	Alexia Henning	Jacob Petrie	Luke Meihack (Announcer)
Aaron Lakey		Jon Vanna	Eric Ciha (Scorebook)
Ryan Jacobs		Jason Toshner	Pete Feldner
Steve Rosencrans			Amy Wempner (Photos)

**Middle Schools**

<b>Sabish</b>	<b>Theisen</b>	<b>Woodworth</b>
Ryan Jacobs	Aaron Lakey	Bob Bixby
	Jason Zinn	
	Mark Henschel	

**Wrestling Club Coaches**

Peter Feldner	Brent Schneider	Mark Henschel
David Vande Avond	Charlie Osborn	Brett Koch
		Sean Twohig

**Wrestling Board**

Peter Feldner - President	Matt Halter - HS Head Coach	Ryan Haus - Tournaments
Vice President - Amanda McEssey	Bob Bixby - HS Coach	Eric Schroeder - WLA
Sarah Kelnhofer - Secretary	Aaron Lakey - HS Coach	Sue Heitzman - FHS Teacher
Mark Henschel - Treasurer	Tim Evers - MS Coach	Matt Ortegon - Parent
Dave Hopper - Sponsor		Jessica Braun - Parent

**2020-2021 TEAM RESULTS**  
**Fox Valley Association Conference Final Results**

	<b>Record</b>
1. Kaukauna	6-0
2. Kimberly	5-2
3. Oshkosh West	5-2
4. Hortonville	4-3
5. Appleton North	4-4
6. Neenah	3-3
<b>7. Fond du Lac</b>	<b>4-5</b>
8. Appleton West	3-4
9. Appleton East	2-6
10. Oshkosh North	0-7

**FVA DUAL Results**

12/5	Fond du Lac 10	vs.	Kimberly	64	L	0-1
12/12	Fond du Lac 39	@	Appleton West	27	W	1-1
12/19	Fond du Lac 39	vs.	Appleton East	30	W	2-1
12/29	Fond du Lac 6	vs	Kaukauna	72	L	2-2
1/7	Fond du Lac 12	vs.	Oshkosh West	61	L	2-3
	Fond du Lac 18	vs.	Appleton North	54	L	2-4
	Fond du Lac 19	vs.	Hortonville	57	L	2-5
1/14	Fond du Lac 45	@	Appleton East	27	W	3-5
	Fond du Lac 40	vs.	Menasha	37	W	4-5
	Fond du Lac 54	vs.	Oshkosh North	16	W	5-5

Conference Dual Record: **4-5**

Overall Dual Record: **5-5**

**All-Conference Awards**

*1st Team*

*2nd Team*

*HM*

Issac Ortegon 152

Joe Schmitz 285

**Sectional Qualifiers**

Issac Ortegon 145

Joe Schmitz 285

**State Qualifiers**

## Varsity Tournament Results

- 12/30      **Holiday High School Classic @ WI Dells**  
126 Dante Santana 0-2, 132 Paige Hansen 0-3, 132 Logan Schmitz 0-2,  
145 Xavier Rauch 0-2, 145 Diondre Clapper 0-2, 152 Issac Ortegon 5-3  
170 Armond Wempner 0-2, 182 Nick Waldo 0-2
- 1/7         **FVA Quad @ Appleton North HS** *4th out of 4 teams*  
*106 Joe Herrera 4th, 138 Tristan Lakey 3rd, 152 Issac Ortegon 2nd,*  
*160 Josiah Streblow 2nd, 170 Jon Vanna 3rd, 285 Joe Schmitz 2nd*
- 1/14       **FDL Quad @ Fond du Lac HS** *1st out of 4 teams*  
*106 Joe Herrera 4th, 138 Tristan Lakey 3rd, 152 Issac Ortegon 2nd,*  
*160 Josiah Streblow 2nd, 170 Jon Vanna 3rd, 285 Joe Schmitz 2nd*
- 1/23       **Winter Fiesta Tournament @ WI Dells**  
160 Issac Ortegon 4-0
- 1/30       **WIAA Regional Tournament @ West Bend West** *6th out of 7 teams*  
*120 Dante Santana 3rd, 126 Logan Schmitz 3rd, 132 Rachel Cook DNP*  
*152 Issac Ortegon 1st, 160 Brayden Eigenbrodt 5th,*  
*170 Armond Wempner 6th, 182 Nick Waldo 5th, 195 Brody Schneider 6th,*  
*220 Sam Brunke 4th, 285 Joe Schmitz 1st*
- 2/6         **WIAA Sectional Tournament @ Hartford Union**  
*152 Issac Ortegon 4th, 285 Joe Schmitz 6th*
- 2/13       **WIAA Individual State Tournament @ Kaukauna HS**  
No Qualifiers this year.

## Fond du Lac Girl's Wrestling

Aimee McNabb	1998				
Stephany Ingersol	2008-2010				
Tiffany Masters	2008-2010			Varsity	7-11
Aaliyah Llanos	2018-2019	JV	0-6	Varsity	3-4
Paulina Lopez	2020-2021	JV	1-5	Varsity	0-0
Rachel Cook	2020-2021	JV	0-1	Varsity	2-8
Paige Hansen	2020-2021	JV	1-6	Varsity	0-0

## Team Awards

Most Falls - Joe Schmitz 11                      Most Wins - Issac Ortegon 23  
Most Takedowns - Issac Ortegon 38      Most Reversals - Armond Wempner 7  
Most Escapes - Nick Waldo 25

Cardinal Award - Rachel Cook      Most Improved Wrestler - Dante Santana  
Coaches Award - Logan Schmitz      Most Valuable Wrestler - Issac Ortegon

TEAM FIRST Awards - Brody Schneider and Brayden Eigenbrodt

Fightingest Fight - Sam Brunke      Most Valuable Reserve - David Javier

### Varsity Season/Career Records

Name	9	10	11	12	Total
Esqueda, Jose	7-9		13-20	2-2	22-31
Forsberg, Tristan	JV	JV	7-10	1-3	8-13
Lakey, Tristan	20-11	32-13	26-13	1-1	79-38
Ortegon, Issac	29-11	35-7	39-9	23-6	126-33
Schmitz, Joe	7-17	21-18	29-15	14-4	71-54
Waldo, Nick	JV	1-3 / JV	16-18	8-6	25-27
Clapper, Diondre	JV		JV		0-0
Florea, Mason			JV		0-0
Santana, Dante	8-9	9-24	6-11		23-44
Rauch, Xavier	4-9	6-4	3-6		13-19
Wempner, Armond			5-8		5-8
Lopez, Paulina			JV		0-0
Cook, Rachel		2-8			2-8
Eigenbrodt, Brayden		4-6			4-6
George, Max	JV	JV			0-0
Javier, David	2-3	1-1 / JV			3-4
Mendoza, Dallas	2-12				2-12
Schmitz, Logan	15-24	7-9			22-33
Schneider, Brody	1-4	3-9			4-13
Theisen, Zach	1-4 / JV	0-1 / JV			1-5
Brunke, Sam	5-8				5-8
Esqueda, Eric	1-0 / JV				1-0
Hansen, Paige	JV				0-0

Narten, Garrett	JV				0-0
-----------------	----	--	--	--	-----

### 2020-2021 Wrestlers of the Week

#### Week 1 - **Sam Brunke** (Following Kimberly)

\*\*\*Sam wrestled his first JV match at 220 against Kimberly and wrestled hard each match against a tough conference opponent to go 1-1. Nice work, Sam!

#### Week 2 - **Dante Santana** (Following Appleton West)

\*\*\*Dante sealed off our win with a 17 second pin, his quickest pin to date!

#### Week 3 - **Rachel Cook & David Javier** (Following Appleton East)

\*\*\*Rachel (in reality a 132 pounder) wrestled varsity at 138 in a match that had the entire gym on the edge of their seats, throwing the Appleton East opponent all over the place--Judo-style--and ending on a head throw that was nearly lights out (unfortunately she lost 18-11, but her opponent might have had a hard time understanding how he left the mat the winner!). David (230) wrestled a varsity exhibition match to start off the dual earning his first varsity win w/ a quick 1st period pin!

#### Week 5 - **Nick Waldo** (Following Kaukauna)

\*\*\*Nick wrestled one of the best matches of his career to hold a state-ranked opponent, Griffen Bekish, to a 9-5 minor decision. It was a great display of wrestling in smart position and in a disciplined manner for six full minutes against a talented opponent.

#### Week 6 - **Zach Theisen** (Following Appleton North Quad)

\*\*\*This week Zach not only found success by going undefeated at the JV Quad at Oshkosh West, but he also stepped it up as a leader taking more ownership in the JV practice.

#### Week 7 - **Dante Santana/Rachel Cook/Sam Brunke** (Following Fond du Lac Quad)

\*\*\*Dante spent all week preparing for his rematch against Appleton East, a match he had previously lost 10-3 to Taye Derrico. Watching video with the coach, practicing some slight adjustments in classrooms and the school hallway, and focusing on drilling repetitions of these changes in practice daily led Dante to one of the most anticipated matches of the quad meet. Although losing 7-4 this time around, he was only down by one point with little time left and took a chance at the end making it quite the exciting match and teaching us all how important it can be to prepare for each match adequately and execute the game plan when the time comes. Rachel had also prepared for her rematch with Appleton East's Milan Sanders, who previously defeated her in an 18-11 stunner earlier this season. This time she was prepared to finish her throws in scoring position and even recorded this win as her second pin of the day! Going 2-1 on the day, Sam came in with a clutch pin to help our team stay in it to win it against Menasha, pushing our team to a 5-5 dual meet record this season!

#### Week 8 - **Issac O./Joe S./Logan S./Dante S./Sam B.** (Following Regionals)

\*\*\*Issac and Joe began their state series run with Regional titles, wrestling well from start to finish as disciplined and knowledgeable wrestlers should. They were ready for each opponent and had their minds in the right place all day long. Dante and Logan both dropped down a weight class for the first time all season, prepared all week by watching video, and wrestled a tough tournament to place third (which in any normal year would have had them qualifying for Sectionals and this year will make them Sectional Alternates). Sam also wrestled a strong tournament against a tough group of upperclassmen to finish 4th (which also would have made him a Sectional Qualifier in the past).

**Fond du Lac Cardinal Wrestling**

**Individual Records**

**2020-2021**

<b><u>Weight</u></b>	<b><u>Wrestler</u></b>	<b><u>Grade</u></b>	<b><u>FVA</u></b>	<b><u>Reg</u></b>	<b><u>Sect</u></b>	<b><u>State</u></b>
120/126	Dante Santana	11		3rd	-	-
126/132/138	Logan Schmitz	10		3rd	-	-
132/138	Rachel Cook	10		DNP	-	-
152/160	Issac Ortegon	12		1st	4th	-
152/160	Brayden Eigenbrodt	10		6th	-	-
170	Armond Wempner	11		6th	-	-
182/195	Brody Schneider	10		6th	-	-
182/195	Nick Waldo	12		5th	-	-
220	Sam Brunke	9		4th	-	-
285	Joe Schmitz	12		1st	6th	-

## Fond du Lac Cardinal Wrestling

### Mat Stats - Top 10

#### Most Wins

1. Issac Ortegon	23
2. Joe Schmitz	14
3. Nick Waldo	8
4. Logan Schmitz	7
5. Dante Santana	6
6. Armond Wempner	5
7. Brody Schneider	3
8. Xavier Rauch	3
9. Rachel Cook	2
10. Jose Esqueda	2

#### Most Near Fall Points

1. Issac Ortegon	20
2. Dante Santana	11
3. Rachel Cook	9
4. Joe Schmitz	6
5. Brayden Eigenbrodt	5
/Armond Wempner	5
/Xavier Rauch	5
/Jose Esqueda	5
6. Logan Schmitz	4

#### Most Pins (Team Total 42)

1. Joe Schmitz	11
2. Issac Ortegon	11
3. Dante Santana	6
4. Sam Brunke	3
/Logan Schmitz	3
/Brayden Eigenbrodt	3
5. Rachel Cook	2
/Armond Wempner	2

#### Most Reversals

1. Armond Wempner	7
/Issac Ortegon	7
2. Brayden Eigenbrodt	4
3. Dante Santana	3
/Joe Schmitz	3
/Nick Waldo	3
/Xavier Rauch	3

#### Most Takedowns

1. Issac Ortegon	38
2. Joe Schmitz	14
3. Brayden Eigenbrodt	12
4. Logan Schmitz	11
5. Sam Brunke	10
6. Nick Waldo	9
7. Dante Santana	8
8. Armond Wempner	6
9. Jose Esqueda	5
10. Rachel Cook	4
/Brody Schneider	4

#### Most Escapes

1. Nick Waldo	25
2. Logan Schmitz	20
3. Armond Wempner	9
4. Dante Santana	6
5. Rachel Cook	5
6. Joe Schmitz	4
/Xavier Rauch	4
7. Brayden Eigenbrodt	3
/Tristan Lakey	3

## **AWARD DESCRIPTIONS**

### **Cardinal Award - Rachel Cook**

*The Cardinal Award is earned by the wrestler who consistently lives the core values of a Fond du Lac Cardinal Athlete: Respect, Dedication, Attitude, and Leadership.*

Rachel Cook is really something special. A Judo competitor at heart, she came out for wrestling this season more so due to a lack of opportunity in the Judo community during the pandemic. And were we happy to have her! We went from having zero female wrestlers the previous season to having three who were passionate about the sport. Not only did she make every practice, while still making it a priority to fit in her own workouts, training for other sports and maintaining a 4.0 GPA, she worked her way onto the varsity lineup early in the season. Her competitive attitude was evident as she lost a few close matches early on, went back to the drawing board, put in the time to make some adjustments, and found herself winning two of her three matches in our last multi-dual of the season. Always respectful, always wanting to work and improve, always upbeat and positive, and always a phenomenal role model for those around her, she was a priceless asset and addition to the team this year.

### **Coaches Award - Logan Schmitz**

*The Coaches Award is awarded by the coaching staff to the wrestler who demonstrates the most leadership, team spirit, and sportsmanship over the course of the season.*

Returning from a freshman year in which he had competed at Sectionals, Logan Schmitz was ready to get after it for his sophomore season (with about a 20-pound increase in weight class). Not only did he move up a few weight classes in a year's time, but he was more than willing to shuffle weight classes throughout the season for the good of the team: between 132 and 138 for the beginning of the season and down to 126 for the post-season series. Missing only one practice this season (for the most justified of reasons...), Logan always leads by example, spending every moment of practice to improve his own ability while also working with his partners to develop theirs. He has maintained over a 3.8 GPA and was nominated for the second year in a row for Academic All State Honors. We certainly look forward to Logan's development as a leader in the program over the next couple of years.

### **Most Improved - Dante Santana**

*The Most Improved award goes to the wrestler who has displayed the most improvement from the last season to the end of the current season, or in some cases from the beginning of the current season to its conclusion.*

Dante Santana is more than enough proof that an athlete can make huge strides in all-around athleticism and wrestling ability from not only freshman year to junior year, but also from week to week. Coming off a sophomore varsity season with a record of 9-28, Dante was just beginning to get into his stride and become comfortable at the varsity level. Working hard during each practice wasn't enough. He needed to do more, and he found the answer through video preparation and making small adjustments for individual matchups. Early this season he was pushed to improve by a matchup with Appleton East's Taye Derrico, who had a smooth ankle pick. Watching the previous film, working through some simple adjustments (even in the hallway of the English pod!), and spending all week drilling these changes, he brought a 6-point deficit down to a 1-point deficit in the rematch. His season concluded with a well-wrestled Regional tournament, placing third (which would have normally qualified him for Sectionals). Improvement comes at a cost that we have to be willing to pay each and every day. Dante truly embodies this understanding and his teammates have a strong role model in him that they can follow on the road to daily improvement through focused, targeted preparation. We look forward to his continued development and another amazing season next year.

### **Most Valuable Wrestler - Issac Ortegon**

*The Most Valuable Wrestler award is determined by the wrestlers on the team. This is a person who the team believes to be vital to their chemistry, but more importantly a member of the team who serves to be a role model of the highest level of excellence.*

Issac Ortegon has clearly earned the respect of his team in earning this award. His level of commitment and passion in the sport of wrestling goes without saying. He has spent an incalculable amount of time year-round in gyms around the state and across the country wrestling at a level we all aspire towards. However, the best part about Issac really came about this year as he stepped up to the plate, during a covid-focused year, to lead his team to a 5-5 dual meet record season with a positive attitude. Balancing having fun with holding teammates accountable is not always an easy line to maintain, but Issac handled this with ease this season.

Although the end of his season did not bring the result we all wanted, he set the bar high in the work ethic category and has made a lasting impact on not only the program but also his teammates. We wish him the best of luck and will be cheering for him as he extends his wrestling career up to the collegiate level.

### **Team First - Brayden Eigenbrodt and Brody Schneider**

*The Team First Award is earned by those wrestlers on the team who consistently put the needs of the team and program above their own. Being the first to help set up or clean up for an event, speaking well of the program and those in it by word of mouth and media, and volunteering much of their time to fundraising events, these teammates are what allow the program to operate at a high level. The more people there are in this category, the more the program-wide success and enjoyment will continue to grow.*

Both Brayden and Brody went over and above the call of duty this year to make our lineup “work” during this bizarre season. Brayden, unfortunately, shared the same weight as Issac, putting him in a bit of a bind, but he was always willing to move up or down in weight based on what was best for the team and for his practice partner. Brody, weighing under 180, wrestled up at 195 all season to fill our empty spot in the bigger weights. Although a challenge, it made him a better wrestler overall, and he competed at his best during the end of the season! We never know what each year will bring and we need team players like these every year to answer the call and do what is necessary for the team and program to find success.

### **Fightingest Fight - Sam Brunke**

*The Fightingest Fight Award, created by Coach Marchionda, is in memory of Greg Barness and Rick Abig. Greg, a previous assistant coach in the program and teacher at Goodrich H.S., was diagnosed with cancer during his first year coaching. Undergoing chemotherapy throughout the season, he never missed a single practice, a day of school, or any of the team road trips. Rick wrestled 285 for the Cardinals. During his senior season at the Fondy Invite, he had his two front teeth knocked out in his finals match but went on to win the match anyway, earning the Outstanding Wrestler Award for the tournament. Both exemplified the commitment required to succeed at a high level and live life to the fullest.*

We all knew something was special about Sam Brunke right away at our first dual meet against Kimberly where he went 1-1 on JV with a noticeable fire and passion. He was voted that week's Wrestler of the Week by the varsity team and was quickly bumped up to the varsity lineup for the rest of the season. We could always count on Sam to wrestle consistently and with an unstoppable enthusiasm and hunger to win, as he came up big for the team in a number of matches, especially against Appleton North and Menasha. Taking 4th at Regionals, he would have qualified for Sectionals during any non-Covid year, and we look forward to seeing him keep that hunger and veracity in the years to come.

### **Most Valuable Reserve - David Javier**

*The Most Valuable Reserve Award, created by coaches Ciha and Kovacs, is in memory of Pat Landowski and Jim Zimmer. These two wrestlers lived the team's values to their best and improved every day without the guarantee of a varsity spot.*

After his second year of wrestling and being part of the program, it's clear that David is the best teammate a team could want. He is the most reliable member of the team, never missing a practice, a meet, or a chance to improve, and he is one of the most positive, forward-moving competitors in the sport. Nothing rattles him and he is always prepared, ready, and willing to serve where necessary. David earned the chance to wrestle two varsity matches this year, and one of the highlights of the season was seeing him win his first varsity match at our home meet! His work ethic and desire to perform at a high level will certainly lead him to continual growth and assured success in the next couple of seasons ahead!

## **THANK YOU!**

### **U.S. Marine Corps**

Thank you to the Marine Corps for their continued support of our program. Not only have you helped run aspects of our pre-season practices and in-season scrimmage in the past, this year you came in big with the purchase of a new EZ-Flex competition mat for the Fieldhouse and delivered it to us. What's more? You provided athletic shirts for each of our wrestlers of the week throughout this season. Thank you for everything you have done for us! We are proud to be partnered with you and are proud to have sent some strong recruits to your ranks!

### **Volunteers**

Without the help of our volunteers this season, we would not have been able to purchase new uniforms program-wide, three more mats for the high school, and pay for our day-to-day operational needs, not to mention the running of our hosted events. Words aren't enough for the time and energy spent to accomplish these program needs and goals, Thank you so much to everyone who has freely given their time to help further our program and set us up for years to come!

### **Managers**

Sydney Kolstad and Alexia Henning. Your daily efforts to support our program are often unseen and a thankless job, and you each have done so much to simply make things work. Few see how much goes into preparing for practice, each meet (home or away), tournaments; updating statistics and records; keeping track of gear and supplies; keeping our room clean and safe; and being another pillar of support for the team. The sacrifices each of you makes is not at all unnoticed, and hopefully offers you much in return for how you approach and go about your future endeavors. Thank you for everything you do.

### **Coaches**

Bob Bixby, Aaron Lakey, Ryan Jacobs, Steve Rosencrans, Jaanika Rosenthal, and our alumni who have jumped in throughout the season. What a ride this is each year, and especially this one! So much time, effort, and thought goes into everything we do, and this happens throughout the year, not just through the season. You give up time with your families and, often at a moment's notice, jump to each task needed without the thought of a complaint. We do this because we love it, and we want the kids to have the best experience possible, finding both

success in the sport and in their growth into strong, young adults. Thank you for not only what you do in the program, but also thank you for being such great friends, mentors, and advocates for the sport as we represent Fond du Lac High School.