



IOWA STATE WRESTLING

2009-10 SCHEDULE

November

Nov. 12 South Dakota State 7 p.m.

Nov. 14 Harold Nichols/Cyclone Open All Day

Nov. 21 at Omaha Open All Day

December

Dec. 6 Iowa% 6 p.m.

Dec. 19 at Northern Iowa 2 p.m.

Dec. 29-30 at Midlands Championships All Day
(Evanston, Ill.)

January

Jan. 3 at Minnesota 2 p.m.

Jan. 9-10 at National Duals All Day
(Cedar Falls, Iowa)

Jan. 16 Illinois 7 p.m.

Jan. 22 at Oklahoma* 7 p.m.

Jan. 24 at Oklahoma State* 2 p.m.

Jan. 31 at Cornell 1 p.m.

February

Feb. 7 at Arizona State TBA

Feb. 14 Missouri* 2 p.m.

Feb. 21 Nebraska* 2 p.m.

March

March 6 at Big 12 Championships All Day
(Lincoln, Neb.)

March 18-20 at NCAA Championships All Day
(Omaha, Neb.)

Home Matches In Bold

All Times Central

All Home Matches at Hilton Coliseum

** denotes Big 12 Conference Opponent*

% denotes Hy-Vee Cy-Hawk Series

Iowa State Opens 2009-10 Campaign with Jackrabbits

NO. 2 IOWA STATE (0-0) VS SOUTH DAKOTA STATE (0-0)



Dual One: South Dakota State
Thurs., Nov. 12; 7 p.m. CST
Ames, Iowa • Hilton Coliseum



Live Video and Stats available at cyclones.com

NO. 2 IOWA STATE AT THE HAROLD NICHOLS/CYCLONE OPEN

Sat., Nov. 14; All Day
Ames, Iowa • Lied Recreation Center

Cyclone Notebook

- Iowa State's matchup with South Dakota State Nov. 12 marks the beginning of Kevin Jackson's ISU coaching career.
- The Cyclones are 79-12-1 in season openers since 1916. ISU has won 12 straight season-opening duals since 1996.
- Last season, Iowa State notched seven individual titles at the Harold Nichols/Cyclone Open.
- ISU is currently ranked 2/2 in the InterMat and *W.I.N. Magazine* polls, respectively.
- The Cyclones are coming off a third-place showing at last year's NCAA Championships.
- Iowa State returns four grapplers who earned All-America honors in at the 2009 NCAA Championships: Nick Gallick (141), Jon Reader (165), Jake Varner (197) and David Zabriskie (HWT). ISU 133-pounder Nick Fanthorpe was an All-American in 2008.
- ISU won a third-straight Big 12 Conference Wrestling Championship last season. The Cyclones had never won a consecutive trio of league titles. Iowa State tied for first with Nebraska with 70 points. Nick Fanthorpe (133) and David Zabriskie (HWT) notched their second conference individual titles.

NO. 2/2 IOWA STATE CYCLONES

Probable Starters

Weight	Ranking	Name	Year	Hometown	2008-09 Overall/Dual Record
125		Dallas Collier	Fr.	Aiea, Hawaii	
133	5/8	Nick Fanthorpe	Sr.	Naperville, Ill.	21-6/10-3
OR		Ben Cash	Fr.	Prole, Iowa	
141	2/1	Nick Gallick	Sr.	Tucson, Ariz.	35-5/14-3
149	9/9	Mitch Mueller	Sr.	Iowa City, Iowa	24-9/12-4
157		Nate Carr, Jr.	Jr.	Gray, Ga.	13-6/1-0
165	5/5	Jon Reader	Jr.	Davison, Mich.	30-8/14-4
174	12/20	Duke Burk	Sr.	Peoria, Ill.	19-9/8-4
184		Joe Curran	Sr.	Elk Point, S.D.	4-2/1-0
197	1/1	Jake Varner	Sr.	Bakersfield, Calif.	31-2/17-0
HWT	5/5	David Zabriskie	Sr.	Branchville, N.J.	34-4/16-1

Rankings: InterMat (10/26/09), *W.I.N. Magazine* (10/5/09)

Head Coach: Kevin Jackson

Assistant Coaches: Chris Bono and Yero Washington

Volunteer Coach: Nate Gallick

Director of Operations: Molly Donnelly

CYCLONES ON THE WEB

All Iowa State home wrestling matches are broadcast on the Clone Zone as well as select road matches and special features are available on the 2009-10 Cyclone wrestling squad. Fans can also access statistics, results and dual recaps at cyclones.com.



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Head Coach Kevin Jackson



Former Olympic gold medalist and two-time World Champion Kevin Jackson was named Iowa State's head wrestling coach on May 1, 2009

Jackson captured gold medals at the 1992 Olympic Games in Barcelona, Spain and at the World Championships in both 1991 (Varna, Bulgaria) and 1995 (Atlanta). He is one of just five wrestlers in U.S. history with three career world-level titles. Jackson is a member of the FILA International Wrestling Hall of Fame, the United States National Wrestling Hall of Fame (as a distinguished member) and the Iowa State University Athletics Hall of Fame (2007 inductee).

Jackson served eight years (2001-08) as the National Freestyle Coach for USA Wrestling. His 2001 freestyle team won the World Cup, the 2003 team placed second and the 2006 squad finished third at that meet.

As a college wrestler, he attended Louisiana State and earned All-America honors three times before the school dropped the sport. He transferred to Iowa State for his senior year and captained the Cyclones' last NCAA championship team (1987), earning another All-America award with a NCAA runner-up finish and registering a 30-3-1 record.

After college, Jackson won two Pan American Games titles and was a member of World Championship teams for the United States in both 1993 and 1995. He won three U.S. National Titles and placed second five times. Jackson also became the first American to win the prestigious Takhti Cup (1998) in Tehran, Iran.

Jackson's success earned him a number of major awards, including the 1995 John Smith Award as National Freestyle Wrestler of the Year, 1992 Amateur Wrestling News Man of the Year and 1991 USA Wrestling and USOC Wrestler of the Year.

Iowa State vs. South Dakota State Series Notes

- ISU leads in the all-time series against South Dakota State, 8-0.
- Iowa State last defeated SDSU Dec. 11, 1976 in Lincoln, Neb., 37-9.

Scouting South Dakota State

- The Jackrabbits are coming off a 9-11-1 season in 2008-09.
- South Dakota State returns one NCAA qualifier in 197-pounder Tyler Sorenson.
- The Jack's Sorenson suffered two close defeats at the NCAA Championships. The senior hailing from Garretson, S.D. dropped matches by identical scores of 6-4 to Michigan's Tyrel Todd and Pat Bradshaw of Edinboro, respectively.
- Sorenson is only the second wrestler in SDSU history to qualify in Division I.
- SDSU is set to dual with ISU Nov. 12 and then compete in the Harold Nichols/Cyclone Open Nov. 14.

SOUTH DAKOTA STATE JACKRABBITS

Probable Starters

Weight	Ranking	Name	Year	Hometown	2008-09 Overall Record
125		Aaron Pickrel	RFr.	Watertown, S.D.	
133		TBD			
141		Dustin Walraven	So.	Huron, S.D.	22-19/10-10
149		Nick Hagar	Fr.	Tomahawk, Wis.	
157		Weston Blasius	Sr.	Kimball, S.D.	8-25/7-10
OR		Nick Flynn	So.	Lansing, Kan.	10-19/3-12
165		Weston Ginther	So.	Lemmon, S.D.	8-25/4-15
174		Scott Elliott	So.	Derby, Kan.	27-7/9-2
184		David Michaud	Jr.	Pine Ridge, S.D.	0-2/0-2
197	11/11	Tyler Sorenson	Sr.	Garretson, S.D.	14-4/12-1
HWT		Jeremy Swier	Sr.	Colton, S.D.	6-9/2-3

Head Coach: Jason Liles

Assistant Coaches: Nate Hansen, Chad Lamer and Zack Schafer

Rankings: Intermat (10/26/09), *W.I.N. Magazine* (10/05/09)

ISU Wrestlers Ignite 2009-10 Campaign at Intrasquad Dual

- The Iowa State wrestling team showed off what it learned thus far from new head coach Kevin Jackson at the Cardinal and Gold Intrasquad dual on the floor of the Lied Recreation Center on ISU's campus Oct. 30.
- Senior Joe Curran went head-to-head with returning NCAA qualifier Jerome Ward at 184 pounds and came away with a 7-5 decision in sudden victory.
- Two-time All-American Cyclone Jon Reader notched 10 takedowns en route to a 23-9 major decision of ISU sophomore Mike Finch.
- Three-time NCAA finalist and U.S. World Team member Jake Varner muscled his way to an 8-4 win by decision against Cyclone heavyweight Eric Thompson.
- ISU's Mitch Mueller, a three-time NCAA qualifier, turned away freshman Trent Weatherman by decision, with a point for riding time, 5-4.
- At 174 pounds, senior Iowa Stater Duke Burk turned away redshirt freshman Chris Spangler by a score of 3-2.
- Cyclone junior Nate Carr Jr. fought off sophomore teammate Andrew Sorenson with a 5-4 decision.
- ISU redshirt freshman Trevor Dearden tallied the only pin of the night when he stuck true freshman Dallas Collier in 1:55 at 125 pounds.

ALL-TIME SERIES

IOWA STATE VS. SOUTH DAKOTA STATE

Feb. 15, 1952	South Dakota State	W, 27-2
Jan. 29, 1953	at South Dakota State	W, 23-3
Feb. 12, 1955	at South Dakota State	W, 27-2
Jan. 18, 1957	South Dakota State	W, 39-0
Jan. 14, 1961	South Dakota State	W, 24-6
Jan. 20, 1962	at South Dakota State	W, 22-5
Feb. 9, 1974	vs. South Dakota State*	W, 23-15
Dec. 11, 1976	vs. South Dakota State*	W, 37-9

* denotes Mankato, Minn.

denotes Lincoln, Neb.

INTERMAT POLL

10/26/09

Rank	School	Total Points
1.	Iowa	95.5
2.	Iowa State	80.5
3.	Ohio State	69
4.	Cornell	67.5
5.	Minnesota	63
6.	Oklahoma State	55
7.	Nebraska	51
8.	Missouri	47.5
9.	Boise State	46
10.	Maryland	45.5
11.	Wisconsin	44.5
12.	Edinboro	41
13.	Central Michigan	39.5
14.	Penn State	31.5
15.	Indiana	27.5
16.	American	27
17.	Arizona State	25.5
18.	Oklahoma	24.5
19.	Lehigh	21
20.	Virginia	21
21.	Michigan State	21
22.	Harvard	20
23.	Cal Poly	19.5
24.	Penn	18.5
25.	Duke	18

W.I.N. MAGAZINE

TOURNAMENT POWER INDEX (TPI)

10/05/09

Rank	School	Top 8	Total Points
1.	Iowa	7	90
2.	Iowa State	5	70
3.	Cornell	4	53
4.	Ohio State	4	52
5.	Minnesota	3	50
6.	Maryland	3	44
7.	Central Mich.	3	41
8.	Nebraska	2	40
9.	Boise State	4	38.5
10.	Missouri	3	36.5
11T	Arizona State	2	29.5
11T	Wisconsin	2	29.5
13.	Penn State	3	28.5
14.	Indiana	2	26
15T	Edinboro	1	24.5
15T	Harvard	2	24.5
17T	Oklahoma St.	1	24
17T	Oklahoma	3	24
17T	Virginia	2	24
20.	American	2	23.5
21.	Kent State	3	23
22.	Michigan St.	1	21
23.	Virginia Tech	2	20
24T	Bloomsburg	1	17.5
24T	Duke	1	17.5
24T	Wyoming	1	17.5

Four Cyclones Invited to NWCA All-Star Classic

- Four Iowa State wrestlers will sport cardinal and gold singlets in the 44th Annual NWCA All-Star Classic in Fullerton, Calif. on the campus of Cal State-Fullerton in Titan Gym Nov. 22. at 2 p.m. Cyclones Nick Gallick (141), Jon Reader (165), Jake Varner (197) and David Zabriskie (HWT) are set to compete.
- Iowa State has had 69 participants in the NWCA All-Star Classic since its inception in 1967. The total ranks third behind Oklahoma State (81) and Iowa (74).
- The last time four ISU wrestlers competed in the event was 1992, when Erik Akin (118 pounds), Torrae Jackson (150 pounds), Steve Hamilton (167 pounds) and Matt Johnson (177 pounds) represented the Cyclones.

Varner Competes at World Wrestling Championships

- ISU's three-time NCAA finalist Jake Varner went 2-1 in his first World Wrestling Championships. Varner received a draw in the first round of action and then proceeded to edge Hungary's Daniel Ligeti 1-2, 2-0, 1-0. He then blanked Takao Isokawa of Japan 1-0, 1-0 to advance to the 96-kg quarterfinals. Varner was dropped in quarterfinal action by 2007 World silver medalist Saeid Abrahimi of Iran in straight matches, 0-1, 0-1.

2008-09 OVERALL DUAL STATS

Weight	Name	Wins	Losses	Major Decisions	Technical Falls	Pins
133	Nick Fanthorpe	10	3	4	3	2
141	Nick Gallick	14	3	3	0	1
149	Mitch Mueller	12	4	0	1	0
149	Dalton Jensen	0	2	0	0	0
157	Nate Carr Jr.	1	0	0	0	0
165	Jon Reader	14	4	7	2	1
174	Duke Burk	8	4	2	0	2
174	Andrew Sorenson	1	3	0	0	0
184	Jerome Ward	12	6	0	0	0
197	Jake Varner	17	0	5	0	6
197	Joe Curran	1	0	0	0	0
HWT	David Zabriskie	16	1	1	0	2
HWT	Kyle Simonson	0	1	0	0	0
Team Totals		106	31	22	6	14
Opponents		42	133	6	1	3

2008-09 DUAL STATS

Weight	Name	Takedowns	Two-Point NF	Three-Point NF	Reversals	Escapes
133	Nick Fanthorpe	53	4	5	3	45
141	Nick Gallick	25	1	3	3	14
149	Mitch Mueller	42	4	2	3	21
149	Dalton Jensen	0	0	0	1	4
157	Nate Carr Jr.	3	0	1	0	0
165	Jon Reader	41	7	9	8	12
174	Duke Burk	34	2	0	2	11
174	Andrew Sorenson	0	0	0	0	9
184	Jerome Ward	23	0	0	2	19
197	Jake Varner	50	3	2	0	12
197	Joe Curran	2	1	0	0	1
HWT	David Zabriskie	29	1	1	0	25
HWT	Kyle Simonson	0	0	0	0	0
Team Totals		302	23	23	22	173
Opponent		105	6	4	16	336