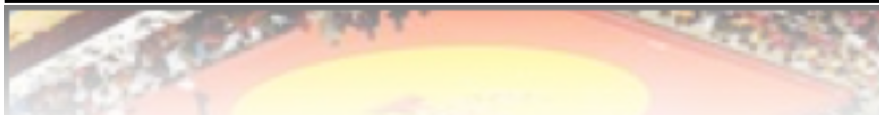




WRESTLING REPORT

The Iowa State Wrestling Season Begins!



Cyclones,

I speak for the coaches and the entire team when I say we were truly excited about this seasons competition starting and wow what a great start we had. In front of 2,528 fans, the Cyclones opened up with a dominating 43-3 win over SDSU. We scored bonus points in 8 out of the 9 matches won and racked up 29 take downs. It was obvious that our training and wrestling tactics are paying off. We are leaving it all on the mat and putting points on the board. Some of the dual standouts were returning Sr. All-American John Reader and Sr. All-American Dave Zabriskie, both finishing their matches by way of pin. Overall the dual was a great start and let our guys shake some of the dust off before Saturday's competition.

Coaches Corner



My staff, athletes, and I are energized and excited about the season! Our first few competitions have given us more insight and a chance to see first hand the skills and techniques that we are trying to embed into our wrestlers. Everything else is a process in which we will continue to build for our next events. In my first few months serving as your head wrestling coach, I have been overwhelmed with the support and excitement that surrounds our Iowa State Wrestling program. The excitement for the 2009-10 season is evident, as we have recently broken the previous season ticket sales record. I am excited that our fans are buying into our program at record levels. Thanks to all of you that are season ticket holders! For those that are not, there is still time to buy tickets and support our wrestling program. I hope to see you all in the stands in Hilton as we take the mat against Iowa on December 6th!

Go Cyclones!
Kevin Jackson



Finishing off our first weekend of competition was the Cyclone open. There were 270 total participants entered with some weight classes having full 32 man brackets. I would say it was one of the toughest Cyclone opens that I've personally attended. Even still, the Cyclones had 7 individual champions and many other place winners. Cyclone champions were, Andrew Long, Mitch Mueller, Andrew Sorenson, Jon Reader, Duke Burk, Jake Varner and Dave Zabriskie.

Overall it was a great weekend for the Cyclones. We did a lot of things right and have made huge strides in the right direction. That said, we also were able to see some of the areas we need to work on and will continue to work on those areas. Starting today its back to work getting ready for the Omaha open this weekend and the Iowa meet December 6th.

For those of you who are not aware, we also have 4 Cyclones that have been selected to

wrestle in the All-Star meet next weekend in California. Wrestling in the All-Star meet are Sr. Nick Gallick, Jr. John Reader, Sr. Jake Varner and Sr. Dave Zabriskie.

Other good news for you Cyclone fans is that Trent and Travis Paulson both won their matches in the USA vs. RUS dual meet. I believe you can watch the video of this on www.themat.com and follow their training blogs on www.cyclonewrestlingclub.com.

If you would like to see more detailed results from this weekend, I have attached a few links below.

Also, remember to sign up and become a member of the Cyclone Wrestling Club!

Thanks and Go Cyclones,

Nate Gallick



Additional Links:

http://www.cyclones.com/ViewArticle.dbml?SPSID=46632&SPID=4248&ATCLID=204833978&DB_OEM_ID=10700

http://www.cyclones.com/ViewArticle.dbml?SPSID=46632&SPID=4248&ATCLID=204832460&DB_OEM_ID=10700

