

2025 - 2026



STALLIONS
WRESTLING

Building Champions. On and Off the Mat.

MISSION

- Offer all participants – new or experienced – a **comprehensive and inclusive opportunity to learn the fundamentals and values of wrestling in a fun, supportive environment.**
- Ensure **every wrestler can compete and grow** in practice and through scheduled events **under the guidance of qualified coaches.**
- Provide **financial support to the Chaska and Chanhassen high school wrestling program.**



VALUES

RESPECT

Whether on the mat, in school, at home, or in the community, we teach our athletes to demonstrate respect first and foremost.

DISCIPLINE

Wrestling teaches a disciplined approach like no other sport that can carry into all other phases of life. We strive not to just teach kids to wrestle, but to teach them to be wrestlers.

DETERMINATION

The best wrestlers are often the most determined wrestlers. Those that will go back to the mat, again and again, regardless of result with the determination to line up across from the person they are wrestling with the goal of victory.

WORK ETHIC

Wrestling teaches a work ethic that carries through all phases of life.

FUN

Above all, we strive to teach and instill these values in a fun environment that engages the hearts, bodies and minds of children in a way that makes them want to come back to the mat season after season.



MEET THE COACHES



JOSH BERG

Stallions Head Coach

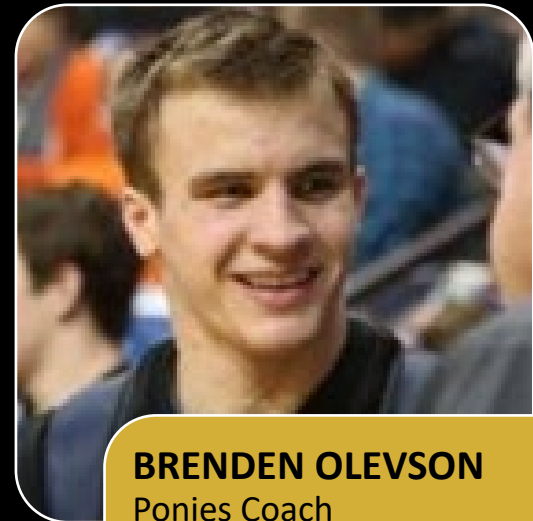
- 4x state qualifier & place winner
- 156 HS wins
- St. Cloud State '17 team captain
- Member of two national championship teams
- Returning as Head Coach after 3 years as Assistant Coach.



CLAYTON JENNISSEN

Stallions Assistant Coach

- 3x state place winner
- St. Cloud State 3x team captain
- 3x NCAA national qualifier
- NCAA All-American
- Mentored youth at the Rum River Wrestling Club, Woodbury High School, and at JRobinson Wrestling Camps.



BRENDEN OLEVSON

Ponies Coach

- 4x state qualifier
- 2x MSHSL place winner ('15, '16)
- Rumble on the Red Champion
- Program record: 211–36
- Second year leading the Ponies program
- Current Stormhawks Assistant Coach

MEET THE BOARD

Lucas Tollefson – President

Jason Callin – Immediate Past President

Fred Rodgers – Girls Competition Coordinator

Mike Hickey – Competition Lead

Kelly Miltimore – Volunteer Coordinator

Bob Biesterfeld – Middle School Director

James Iversen – Communications

Clint Bitting – Fundraising

Kate Cosgrove – Stallions Apparel Coordinator

Amy Muhs – Stormhawks Apparel Coordinator

Vicki Tollefson – Treasurer

Samantha Fisher – Secretary

Pat Neunsinger – High School Liaison

Erik Rogness – Stormhawks Head Wrestling Coach

Kelly Loosbrock – Facilities Coordinator

Board Members are all great resources to help you get to know the sport and to answer any questions!!!



PROGRAM OVERVIEW

We strongly encourage:

- 1) Show up to practice as often as possible
- 2) Compete at Open Events

Yet...involvement is an individual choice.

Some kids only practice, others wrestle 75+ matches/year

We believe, with the right mindset, competing will enhance your experience and love for the sport over time.

All open tournaments in MN and surrounding area listed on The Guillotine website and will be communicated via GroupMe.



WHAT IS A WRESTLING MATCH?

Typical Folkstyle Match

- **Three, 1-minute periods (Can be 1:30 or 2:00 depending on age)**
 - Period 1: Both kids start on their feet (neutral)
 - Period 2: Flip coin for choice (up, down , neutral or defer)
 - Period 3: Other child gets choice
- **Scoring**
 - 3 points for a takedown (top control)
 - 2 points for “reversal”
 - 1 point for “escape”
 - 2-4 points awarded for exposing back to mat (near-fall)
 - Match ends early with pin (shoulders on mat), technical fall (15-point lead), or time expiration.

Ask Questions! It's much more fun when you know what is going on! We promise, you'll get it!



OPEN TOURNAMENTS – HOW THEY WORK

On any given weekend during the season, there are many “open tournaments” around the metro area and outstate that wrestlers can attend.

- We communicate which events have coaches via GroupMe.
- Register/pay at entry (~\$10–\$15).
- Weigh-ins (no 'making weight'), warm-up together, then stage by grade.
- Kids are grouped by age/grade/experience/ability; parents may be at staging and matside.
- Typically, each wrestler will receive a medal or trophy for finishing first through third or fourth.
- Events usually last 4–6 hours (shorter for younger kids).



STALLIONS HOME TOURNAMENT

**SAVE THE DATE:
SUNDAY, DECEMBER 14TH**

- Free Admission for Stallions wrestlers
- Great tournament for first-timers
- This is your main opportunity to get your volunteer hours in



COMPETITION TEAMS (K-3 & K-6)

- Weight Classes: 45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 130, and HWT
- We will bring wrestlers at each weight + alternates.
- Team tournaments are a full day commitment
- Wrestle-offs determine team lineup

WRESTLE-OFFS

- Can only wrestle off for one weight class at a time
- No parent coaching in the wrestling room during wrestle offs
- If wrestler "A" wins the first wrestle off, Wrestler "B" needs to win 2 matches against wrestler "A" during the next cycle of wrestle offs to secure the spot for next tournament.
- Wrestlers must be at or under weight class for tournaments



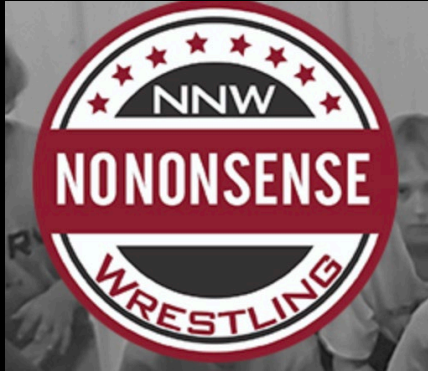
INDIVIDUAL STATE TOURNAMENTS



- MN/USA — Rochester, MN (dates announced in-season)
 - Earn points at each MN/USA Qualifier
 - Some age groups also compete at Regional Qualifier
- NYWA — Rochester, MN (dates announced in-season)
 - Place 1st-2nd in districts to reach regions
 - Place 1st-3rd in regions to reach State
 - 4th-6th may qualify for State Invite



SUPPLEMENTAL TRAINING OPPORTUNITIES



Watertown

Practices are
typically held
Sunday
Monday
Wednesday



Eden Prairie



Apple Valley & Inver Grove Heights



Orono

FUNDRAISING & SPONSORSHIPS

The Stallions are a 501(c)(3). Funds raised support program growth, scholarships, and high school program needs.

Recent investments include new mats, singlets, and Chaska room mats to start our new Middle School program.

Fundraising comes from

- One in-season fundraising drive (coupon card sales)
- Corporate sponsorships
- Individual giving





Our club continues to grow rapidly with registrations more than doubling over the past four years. 80% of the kids that participated last year are back again for this season and we have added over 45 new wrestlers this season.

Stallions Wrestling is a community as much as it is a club or a team. There are many parents that have been involved with the program for years that will serve to welcome new families, help them understand the sport, how to approach open tournaments and to make sure that trying wrestling isn't "scary" for the first time.

If you have any questions, feel free to reach out to any of the board members.



**We look forward to the upcoming season!
Welcome to the Stallions!**