



STALLIONS
WRESTLING

2024 - 2025 Stallions Wrestling



Stallions Wrestling Club Mission

- To be a non-profit organization offering all participants, whether new or experienced, a **comprehensive and inclusive opportunity to learn the fundamentals and values of wrestling in a fun and supportive environment**
- To ensure **all wrestlers have the opportunity to compete and grow**, in practice and through scheduled events, **under the guidance of qualified coaches**
- To provide **financial support to the Chaska and Chanhassen high school** wrestling program.

Stallions Wrestling Club Values

Respect

Discipline

Determination

Work Ethic

Fun

Meet the Coaches



Cabe Miller

Cabe Miller is returning to the Stallions Youth Wrestling program for his third year as head coach in 2024. Prior to coming back to the Stallions, Cabe spent 13 years as an assistant to the StormHawks high school wrestling team. Cabe is a Stormhawk Alumni, graduating in 2007. He was a state qualifier and is in the top 10 on the All-Time Wins list with 125 career wins.



Josh Berg

Josh returns this year as the assistant coach for the Stallions program. Josh is a 2012 Graduate of Pewaukee, WI High School where he was a four-time state qualifier and a one-time state place winner. In his high school career, Josh amassed 156 career wins.

As a 2017 Graduate of St Cloud State, he was a five-year member of the wrestling team where he was team captain and member of two national championship teams.



Brenden Olveson

Brenden joins the Stallions this year to lead our Monday "Ponies" program.

In high school, Olevson was a four-time state qualifier and two-time MSHSL state place winner taking sixth in 2015 & 2016...Olevson is also a Rumble on the Red Champion while wrestling at 152 pounds in the 2015-16 season. In addition, he is the winningest wrestler in Chaska/Chanhassen history posting a 211-36 career record.

He is also an assistant coach for the Stormhawks.

Meet the Board

Lucas Tollefson – President

Jason Callin – Immediate Past President

Fred Rodgers – Coaching & Competition Lead

Mike Hickey – Co-Competition Lead

Jon Miltimore – Co-Competition Lead

Kelly Miltimore – Volunteer Coordinator

Bob Biesterfeld – Communications

Clint Bitting – Fundraising

Amy Muhs – Apparel Coordinator

Vicki Tollefson – Treasurer

Samantha Fisher– Secretary

Ross Kennedy – At large

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!!!

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
 - 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) <new>
 - 2 points for “reversal”
 - 1 point for “escape”
 - 2-4 points awarded for exposing back to mat (near-fall) <new>
 - 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 will communicate on GROUPME which tournaments we will have coaches at.

- Register/pay @ entry (nominal fee - around \$10 - \$15 per wrestler)
- Go to weigh-ins (there is no “making weight”)
- Go to the stands, eat, kids warm up together.
- Announcer will call kids to “staging area” by grade.
 - Kids are grouped by age, grade, experience and ability (you can document all at registration ie. ability/experience)
 - **NOTE:** Parents can be @ both staging AND mat side wrestling.
- Kids are then taken in groups of 3-4 to a mat to wrestle
 - Pre-K and K, then 1st grade, 2nd and so on.
 - A coach or experienced parent will be there as well.
 - If your child is K-2, you will be in and out in a couple of hours
 - Tournaments usually last 4-6 hours start – finish
 - Typically each wrestler will receive a medal or trophy for finishing first through third or fourth.

Stallions Home Tournament



ALL-TROPHY TOURNAMENT + Girls Division

Chaska-Chanhassen Stallions Open Tournament

Sunday, December 15, 2024

Chanhassen High School

(2200 Lyman Blvd, Chanhassen, MN 55317)

Folk Style Tournament with Skill based Pairings

Eligibility: Pre-K through 6th grade, featuring a Girls division

Weigh-ins & Start Times:	Girls Division (All grades):	8:30-9:00 weigh-in/ 9:30-10:30 wrestling
	Pre-K and K:	9:30-10:00 weigh-in/ 10:30-11:30 wrestling
	1 st and 2 nd grade:	10:30-11:00 weigh-in/ 11:30-12:30 wrestling
	3 rd and 4 th grade:	11:30-12:00 weigh-in/ 12:30 – 1:30 wrestling
	5 th and 6 th grade:	12:30 – 1:00 weigh-in/ 1:30-2:30 wrestling



What is the opportunity to wrestle beyond practices?

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 [here](#) and will be communicated via GroupMe.

Stallions Competition Teams

K-3 and K-6 Competition Teams

- Six tournaments scheduled for K-6
- One tournament scheduled for K-3
- 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
- Team Region date TBD (K-6)
- State Tournament date is March 29-30 (K-6)

Wrestle-offs determine team lineup

- Will occur intermittently throughout the season during practice
- 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 in order to secure the spot for next tournament.
- Wrestlers must be at or under weight class for tournaments
- Fred Rodgers serves as competition lead and will guide this process through the season

Individual State Tournaments

MNUSA – March 13 – 16 (Rochester, MN)

STATE FOLKSTYLE QUALIFICATION REFERENCE GUIDE

	6U & 8U	10U & 12U	14U	16U	GIRLS
Needs 30 points accumulated from Qualifying Tournaments	YES	YES	NO	NO	NO
Must register and compete at Regions	NO	YES	YES	NO	NO
Must place top 4 in a Regional to qualify for State	NO	YES	YES	NO	NO

NYWA – March 27 – 30 (Rochester, MN)

- Place 1st or 2nd in districts to qualify for regions
- Place 1st through 3rd in regions to qualify for State (1st – 4th in Region 3 this year)
 - 4th through 6th place can wrestle in the State Invite tournament.

Supplemental Training Opportunities



Watertown



Eden Prairie HS

**Typically held
on Sunday –
Monday -
Wednesday**



Orono HS



St. Thomas Academy / Apple Valley HS

Fundraising and Sponsorships

Stallions are a 501c3 non-profit organization.

Funds raised go to growing the program, offsetting the cost of registration, funding scholarships and supporting the high school program.

- New wrestling mats in 2023
- New singlets in 2023
- Future need of new mats for Chaska Wrestling room

One Fundraising drive during the season (Card Sales)

- Corporate Sponsorships
- Individual charitable giving

There are many Benefits of Wrestling

PHYSICAL

- Agility and Quickness
- Balance (**Body Control**)
 - Coordination
 - **Flexibility**
 - **Core Strength**
 - **Endurance**
 - Explosiveness
- **Value of Practical Nutrition and Exercise**

MENTAL/EMOTIONAL

- Emotional Intelligence/Attitude
 - **Self-Confidence**
 - **Humility**
- Discipline/Accountability (self and team)
 - **Work vs Reward Ratio**
 - Overcoming Obstacles/Fears
 - Preparation
 - **Controlled Aggression**
 - **Exclusivity (the “few”)**

INTANGIBLE

- **Anyone can do it!**
- NO height or body shape requirements, 40 yd dash times, off-season commitments
 - Financial demands are tempered.
- The discipline and intensity prepares your child for life (in academics, work, family)
- It channels the aggressive child's tendencies, and cultivates the more passive child's.
- **It's a GREAT cross-trainer for ALL other sports!**

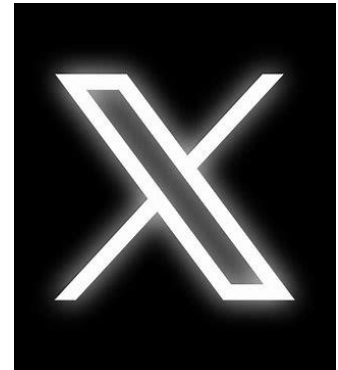
Follow and Contribute to the Stallions on Social Media!



@chaskastallionswrestling



Chaska / Chanhassen Youth Wrestling



@chaskastallions

GroupMe – Primary Communication Tool



All Club Communications



Tournaments – Trophies and Success Stories



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. Emails and mobile numbers are provided at

www.stallionswrestling.org

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