



Middle School Program Overview

Coaches

CABE MILLER

Cabe Miller will be the Head Coach of the new Stormhawks Middle School Program.

Cabe led the Stallions Youth Wrestling program as the head coach from 2022-2025. For the 13 years prior, Cabe was an assistant coach for the Stormhawk High School program.

Cabe is a Stormhawk Alumni, graduating in 2008. He was a state qualifier and is still in the top 10 on the All-Time Stormhawk Wins list with 125 career wins.



GARRETT SOUTH

Garrett South, an accomplished Iowa wrestler from Cumberland (CAM HS), holds one of Luther College's premier wrestling records: 127–32 with 58 pins. A four-time NCAA Division III national qualifier, South earned All-America honors three times and became the 2005 national champion at 165 lbs. He captured three Iowa Conference titles, earned Outstanding Wrestler honors, and was instrumental in Luther's best-ever NCAA team finishes. A multi-year NWCA Scholar All-American and CoSIDA Academic All-America, South was recognized as the Iowa Conference Male Scholar-Athlete of the Year and earned an NCAA Postgraduate Scholarship. He was inducted into the NWCA D-III Hall of Fame in 2013. He served as an assistant wrestling coach at Simpson College from 2008 through 2014.

Garrett currently resides in Chaska with his wife, Annie. He is the Director of Digital Solutions for a group of John Deere dealerships with 38 locations in the upper midwest.



Practice Schedule

- Middle School Season will run November 17 through February 7 (DCL JV Jamboree).
- Monday – Thursday @ Chaska Wrestling Room from 4:00-5:30
 - Lower Level adjacent to auxiliary gym
- Wrestlers can transition to Stallions Late Season practices or HS(7th/8th) practices post-season.
- Wrestlers can take activity bus from MS to Chaska High School
 - Bus 22 from CMSW/CMSE
 - Bus 9 from Pioneer Ridge

Competition

- Wrestlers will have the opportunity to compete in several events through the season. Bus transportation provided for away competitions.
- 7th & 8th Graders:
 - MNGWL 9th grade and under
 - JV Invite Tournaments (Weekends)
 - NYWA Regional and State Tournaments (Individual & Team, post-season)
 - MNUSA Qualifier, Regional and State Tournaments (Individual, post-season)
 - Beginner Bash tournaments arranged with local middle school programs
- 6th Graders:
 - Able to participate in all 'opens', MNUSA, NYWA and other regional events. Able to compete with Stallions competition team.

Additional Information

- 7th & 8th Graders:
 - Need a sports physical form
 - Wrestlers will weight certify on November 25th
 - Wrestlers will be provided singlets and warmups (to be returned at end of season)
 - Schedule is available on Stallions website (*Teams, Stormhawks, Schedule*)
 - Communication via weekly updates and GroupMe. *Link will be emailed.*
 - Expect our 7th and 8th graders to actively engage in the HS fundraising activities.