

Bonhomme Badger Wrestling Club



2009-10 Season

Registration has begun for the 2009-10 Season

Register on the website and pay using **PAYPAL ONLY**. If you have trouble with paypal please contact Joe Wier at wierjoseph@rockwood.k12.mo.us

-If spots are still available then we will open late registration on November 16-December 7, 2009 for a **\$25 late fee**. No registration after December 7.

Parent Meeting

We will have a **mandatory parent meeting** for all Bonhomme Parents at the Eureka site on November 5 at 6:30- 7:30pm. We will also hand out equipment that night for all wrestlers at that time so bring your wrestler along to the meeting. **Please bring your checkbook** for deposit checks for equipment and our AAU fundraiser. If you miss the meeting then it is your responsibility to find a way to pick up equipment and getting the checks to the appropriate parties.

Please submit the following at the meeting:

1. Copy of child's birth certificate (only needed if you did not turn one in last year)
2. **Sign a USA Wrestling Waiver from the site**-(2nd year or more wrestlers only planning on wrestling in the USA series in March)
<http://missouriusawrestling.org/USAWrestlingWaiver.pdf>

Fundraiser/AAU State

We will raise some money for the club by helping to host the AAU state event. When you register you will agree to help on the date in late February. We will try to coordinate your role at a time slot when your child is not wrestling. If you choose not to participate there is a \$100 buyout opportunity.

Practices-required twice a week

Practices will begin on Monday, November 9th. We will practice **TOGETHER AT EUREKA on Thursdays**. All wrestlers can choose which other night to attend. Wrestlers can attend ALL practices at their level of beginners or advanced!

MONDAY

6:00pm-8pm Advanced at Marquette

7pm-8pm Beginners at Marquette

TUESDAY

6:00pm-8pm Advanced at Eureka

7pm-8pm Beginners at Eureka

WEDNESDAY

6pm-7:30pm Beginners and Advanced at Lafayette

THURSDAY-mandatory all wrestlers team practice

6:00pm-8pm Advanced at Eureka

7pm-8pm Beginners at Eureka

Thursdays- ALL WRESTLERS at Eureka

*****Parents and wrestlers can choose which site to attend and can attend practices at all sites if desired.**

Bonhomme Wrestling Spirit

What can you say ten years from this date?
Maybe you went with the great ones to state.

Maybe you didn't, but gave your best shot.
Respect is earned and you've earned a lot.

Be proud of the goals that you set for yourself.
When you look at the records then on the shelf.

As time goes by the glory does fade,
But don't put your commitment to excellence in the shade.

A champion is made through work, sweat, and tears,
And a life is made by trials through the years.

To all of our wrestlers, be strong and courageous.
Have a positive attitude and make it contagious.

Our wrestlers are champions, second to none.
And best of all, we've had lots of fun!

Club Mission

The mission of the club is to provide a disciplined and enjoyable setting for children ages 6-15 years old to learn the great sport of wrestling and hopefully pursue wrestling in high school.

Registration Policy

Due to limited facilities, the club cannot effectively handle more than 150 boys in the program. Registration begins on September 1st. The club sincerely hopes that all the boys who register can be accepted. In the past **Bonhomme** has never had to limit registration. Should a limit become necessary, boys will have preference in the following order:

1. A returning team member
2. A sibling of a team member
3. A new boy in the Eureka or Marquette area by order of registration
4. A new boy by order of registration

Things provided with your Bonhomme Wrestling Club registration:

- Great Coaching at all Practices
- Entry Fees to 6 tournaments and registration online at www.bonhommewrestling.com
- Rental of a singlet -(\$50 deposit check required)
- Bonhomme gold T-shirt , Blue Hoodie, sling pack to keep
- Self-Confidence, Discipline, and Good Work Ethic
- AAU Wrestling Card-\$16
- USA Wrestling Card- \$30-(not for 1st year wrestlers)
- (If the club purchases a USA card, then a wrestler MUST compete for Bonhomme in the USA Wrestling District 8 Tournament in early March.)

On the first day of practice we will need a copy of the boy's birth certificate for new wrestlers. If the boy does not provide a copy, he will not be allowed to practice. This is due to insurance reasons.

Important Side Notes

- Please keep **non-wrestling children off of the wrestling mats.** We have had several problems with sibling getting injured before or after practice while “playing” on the mats.
- No one is allowed into the wrestling room with street shoes. Please remove your street shoes before walking on the mats. Parents must remove their shoes before stepping on the mats.

Wrestling Gear

The club will provide a wrestling singlet for rent, a hoodie, a t-shirt, and a sling pack. We expect proper care and maintenance of these articles by the parents and wrestlers. A deposit is required at registration for each set of gear. The deposit should be in the form of a check and will be held and returned or destroyed upon return of **CLEAN** equipment in good condition. The returns will be in April. The exact date will be announced at a later time.

Clothes: Wrestling shoes, headgear, Kenshield skin foam-protects a kid from skin infections, etc. are items that can be purchased at your local sporting goods store. Bonhomme Wrestling Club has a discount with *Johnny Mac's* if you mention Bonhomme Wrestling. **Headgear and shoes are a necessity to purchase!!**

The Wrestling Season

The wrestling season begins in mid-November and last through mid-February for beginners and late March for the advanced wrestlers. Due to the clubs large size (125 wrestlers) and in order to create an outstanding teaching environment, practices at each site are split based on experience levels. We currently have three practice sites. Eureka, Lafayette, and Marquette High Schools host practices for Bonhomme. Practices will run four days a week from M-TH at the various sites. Schedules for all practices sites will be available on the website. Elite wrestlers with two or more years of experience are encouraged to join the Purler Wrestling. Information is available through www.purlerwrestling.com. Practices for the academy are on Wednesdays at Marquette High School.

Club History

Welcome to one of the greatest wrestling clubs in the state of Missouri. **Bonhomme Badger Wrestling** was founded in 1976 by a group of dedicated parents of the Bonhomme Football Club (now Chesterfield Football). The original intent of the club was to produce better athletes for football through the discipline of wrestling. In the beginning, Bonhomme developed at a fast pace and was one of the elite wrestling clubs in the state within five years. In the past thirty years, Bonhomme Wrestling Club has won numerous state titles in AAU and USA Missouri Wrestling. Bonhomme has developed into one of the premier wrestling club in the St. Louis area. Bonhomme has prided itself on creating an organization that feeds many local high schools. Current Bonhomme wrestlers will feed schools such as: Marquette, Eureka, Parkway South, CBC, Whitfield, Wentzville, Zumwalt West, Hillsboro, Lafayette, Pacific, Rockwood Summit, Northwest and more. *We anticipate over 125 boys to participate in the program each year.*

Participation and Work Ethic

Club members are instructed at levels equal to their abilities. We have 2-3 major levels of participation in the club: Beginner, Advanced, and Elite. These different levels indicate years of experience and wrestling abilities of the club members. Wrestling is a sport that requires a tremendous amount of work and dedication to be successful. Just as in any other sport, wrestling is a skill that must be developed. There is simply no substitute for time on the mat to improve skills. The more a kid wrestles and drills techniques, the better he will be and the more fun he will have in the sport of wrestling. The primary emphasis is not to win every match, but to develop skills that lead to increased performance at all levels of competition. We work on the principle of muscle memory, which states that your body and muscles remember repetitive motions. The brain knowledge is the start, but in every sport, muscle and technique practice must occur to perfect the motion.

Mental Attitude

Wrestlers in our club need to maintain a positive attitude no matter what the outcome of a practice, meet, or tournament. The club strives to support positive attitudes by participation, encouragement, and peer influence. Sportsmanlike conduct on the part of everyone associated with the club is of the ultimate importance. Part of the reason for our success as a club is that we hold ourselves to higher standards as wrestlers, coaches, and parents. It is how you win or how you lose that demonstrates attitude and character

Code of Ethics

The Bonhomme Wrestling Club offers a valuable program to young men in the St. Louis area. A code of ethics has been developed to benefit all involved. Please read and abide by these points. Your actions affect the health and well being of the Bonhomme Wrestling Club. Your son, his teammates, and other young men will be influenced by your actions, therefore, strive to be a positive influence and conduct yourself in a sportsmanlike manner.

1. **Encourage your son and his teammates.** Get to know other team members as well as their families. Although wrestling teams are unusual, we are a team and should try to sit together and cheer together at the tournaments. Win or lose, find the positive side of the match.
2. **Only the persons with an AAU or USA coach's card can sit mat side at a tournament.** Parents that are not coaches should stay in the stands.
3. **Do not criticize your son or his coaches on or off the mat.** If you have some constructive suggestions or comments please speak with one of the coaches or your son directly. A positive parental role model is one of the most important parts in developing a successful youth wrestler. Win or lose, a parent should be a guiding and supporting light. Pick one good thing from each match and build on it with your son. We do not lose, we learn.
4. **Do not use words that malign or defame other competitors. This is, after all, only a little league sport.** There is security available and you may be asked to leave if you are not able to control yourself
5. **Alcohol is strictly prohibited in the presence of the boys.** Never attend practices or matches while intoxicated. You will be removed and further disciplinary actions may be taken.

The Coach's Role

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. They are also called upon in a host of other related activities, but most importantly, coaches should strive to create and maintain an environment in which the champion in every child can blossom. It is the coach's responsibility to provide opportunities for growth, achievement and excellence that can lead to success on and off the mat. A good wrestling coach is effective in preparing his wrestlers for the challenges of competition and is able to instill positive values such as goal setting and self-discipline, while maintaining a high degree of enjoyment and fulfillment for the wrestlers.

In addition, coaches must be perceptive, flexible and creative enough to address individual needs. In summary, the coach should be a person wrestlers trust, look up to, learn from, and rely on for support. This is certainly a tall order given personal limitations and other commitments most coaches face. It is more practical however, for these virtues to be present collectively within a coaching staff.

The Parent's Role

Wrestling can be relatively demanding, not only for the wrestler, but also for the parent. Wrestling clubs typically hold practice sessions two, and sometimes three times per week, in the evening, after the high school practice is over. Many open tournaments during the school wrestling season are held on Sundays, which may conflict with other family plans, but at a minimum require a good deal of preparation, driving and patience. Some tournaments are a good distance from home, and usually require an early start. There are other responsibilities as well, ranging from fund-raising activities to helping with tournaments or participating in other team activities. The parent's role, however, extends beyond such tasks. Matches and practice sessions offer new and unique learning opportunities for young athletes. Involved parents spot these opportunities and make the most of them.

Most importantly, kids need support and encouragement. They need to be able to stake claim to something positive about themselves that they can build from in developing self-confidence. Parents can facilitate this process by identifying and reinforcing strengths while helping their child to see past their weaknesses. Your positive reinforcement as a perceptive and caring parent can be the single most significant influence in your child's athletic development and personal growth. A famous Lao-tsu quote sums it up like this... "To see things in the seed, that is Genius."

Program Support

Registration fees do not provide the funds necessary to support our program. The balance comes from proceeds from the club tournaments and designated fund-raisers. Bonhomme, Lafayette, and Northwest wrestling clubs all host the AAU State event. **This event is one of the major fund-raisers for our club and a volunteer from each family will be required to work a portion of the event or pay the \$100 buy out fee.** Parental involvement is encouraged and needed. As with most organizations, there are always too many things to do and not enough people to do them, therefore, your help is very much appreciated.

Bonhomme is a **volunteer run entity**. We rely heavily on parent involvement in order to best reach all of the wrestlers. We encourage dads and moms to help at both practices and meets coaching kids. You will find that it is nearly impossible for a few coaches to sit mat side for 150 kids at the larger tournament events. We hope that parents will become involved enough to learn the ins and outs of sitting mat side. Two coaches are allowed in a corner and parents are encouraged to purchase a coaching card in November. The most important thing that a parent can do for a child is to keep score in a notebook and offer words of encouragement. We also have positions available in our board of directors for parents who would like to take a more active role in the club development.

The **Bonhomme Wrestling Club** is a non-profit organization. The Club welcomes any additional support from the business community. Should you know of a potential sponsor willing to donate items such as money, supplies, or raffle items, please contact the club president. We also will accept advertisements for this website. Check with our Webmaster for pricing information.

Wrestling Practice

Schedules: Practice schedules will be posted on the website. It is important that the boys be on time for every practice. The website will be updated if changes occur for practices throughout the season. If a school is closed due to inclement weather, practice that night will be canceled.

Hygiene: Funguses and bacteria can be transmitted from one individual to another. This happens all of the time in everyday life. Due to the close contact of wrestling, we highly recommend that the boys take a shower immediately after practice upon returning home. We mop the mats daily and encourage good hygiene. If a wrestler notices a rash, immediately notify a coach. No wrestler may compete or practice with an unidentified rash. Most rashes can be treated in a few days and are more of a nuisance than anything.

The Match Process

A match consists of three periods plus overtime if the match is tied at the end of the third period.

First Period- Start is from the standing or neutral position. Both wrestlers must attempt to stay inside the circle while on their feet and earn a takedown.

Second Period- Start is from either the referee's position or neutral position. Choice of position is decided by a coin toss. Winner chooses up, down, neutral, or he may defer to his opponent. If he chooses to defer, he will have the choice in the third period, assuming the match continues to the third period.

Third Period- Start is from either the referee's position or neutral position. The loser of the second period coin toss now has the choice of up, down, or neutral.

Overtime- A 30 second period begins in the neutral position. The first wrestler to score a point wins. If no points are scored, then a choice will be given to the wrestler who scored in the match first. He will choose top or bottom. The top wrestler must ride and the bottom wrestler must escape to win the match for 30 seconds.

Meets and Tournaments

Throughout the season there are tournaments in which wrestlers compete. A wrestler can participate in up to **6 tournaments** during the season that will be paid for by the club. **Tournament sign-ups will take place on the website and must be completed by the deadline listed on the site. Any tournaments that a wrestler attends above the six will be charged to the wrestler's family and must be paid for at the completion of the season. If a wrestler registers for a tournament but does not attend, it will count as one of the 6. We send a payment for all of our registered wrestlers...even if they do not show up! Most tournament entry fees cost around \$15-20.** There are beginner's tournaments and divisions for first year wrestlers throughout the season.

It is also important to keep track of whom your son wrestles and final scores. A notebook with each match listed would be sufficient. Include the name of the opponent, what club he wrestles for, win or loss, and the final score or pin. This information becomes important as we enter our boys in some of the larger events where they have a seeding meeting. Boys with better records and scores against similar opponents will earn the top spots in a bracket. This makes a wrestler's road to a medal a little easier. Also, there is a portion of the site that is dedicated to compiling the results information from tournaments. A wrestler or parent can enter the final results under the tournaments section of this website.

St. Louis Area Wrestling Information

There are two major wrestling governing bodies in the state of Missouri. The two organizations are **AAU (Amateur Athletic Union)** and **USA Wrestling**. AAU will sanction some of the local tournaments and some will be USA. Traditionally, wrestlers with more than one year of experience make the commitment to wrestle at the USA wrestling district tournament in early March. USA Wrestling is a strong organization and most elite wrestlers in the nation participate in USA wrestling. AAU wrestling is more of a local St. Louis organization with some ties to a national-Midwest branch. All wrestlers in the club will participate in the local AAU sanctioned events up to and included the AAU Missouri State Tournament in Mid-February. Wrestlers are placed in weight classes and there is a first year wrestler division at each level. After the AAU state event, all wrestlers with a USA card will train and compete in USA Districts.

Weight Management

In accordance to the policies of both the AAU and USA wrestling, the Bonhomme Wrestling Club does **NOT** support the practice of “dropping weight” in youth wrestling. The policy of our wrestling team has always been to encourage the development of skills coupled with a passion for the sport of wrestling. We feel that encouraging youth weight loss is a black eye for the sport and it will not be tolerated in our club environment. In short, whatever a wrestler weighs becomes his weight class.

2009-10 AAU Age Divisions and Weight Classes

AGES & WEIGHTS:

BANTAM (Born 2002 and after)

40, 45, 50, 55, 60, 65, 70, HWT

MIDGET (Born 2000-2001)

50, 55, 60, 65, 70, 75, 80, 85, 92, 100, 112, 125, HWT

NOVICE (Born 1998-1999)

55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 108, 119, 132, 148, HWT

SCHOOLBOY (Born July 1, 1996 thru December 31, 1997)

65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, HWT

CADET (Born 1994 thru June 30, 1996 and 8th Grade or Under)

88, 95, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, HWT

2009-10 USA Age Divisions & Weight Classes

(all ages are as of January 1st 2010)

8 & UNDER

40-45-50-55-60-65-70-75-80-85-90-100-115-130-145-160-175-190-205-220-235-250-275

10 & UNDER

50-55-60-65-70-75-80-85-90-95-100-110-120-130-150-170-190-210-230-250-275

12 & UNDER

60-65-70-75-80-85-90-95-100-105-110-115-120-125-130-135-140-150-165-175-190-205-235-275

14 & UNDER

70-75-80-85-90-95-100-105-110-115-120-125-130-135-140-145-150-155-165-175-190-205-235-275

Wrestling Information and Background: History and Fame

Wrestling has a fascinating history with deep roots in virtually every major culture on the planet. Evidence found throughout the world indicates that wrestling is without question the oldest sport ever practiced. Cave drawings and carvings located in France dating back fifteen thousand years show evidence of an early form of competitive wrestling.

Wrestling was later popular in Greek and Egyptian culture, and is prevalent in the architecture of many temples and tombs. Match results are recorded in Japan dating back to the year 22 BC. Wrestling was also a common element of Native American culture prior to the arrival of European settlers.

Although even the most accomplished wrestlers receive little if any public notoriety, quite a few famous people began their lifetime of achievement on the wrestling mat. A stroll through the National Wrestling Hall of Fame in Stillwater Oklahoma offers the surprising discovery that, many historical and current day prominent people were once wrestlers. A partial list includes:

U.S. Presidents -

George Washington, Zachary Taylor, William Taft, Theodore Roosevelt, Abraham Lincoln, Andrew Jackson, Ulysses S. Grant, and Chester A. Arthur.

Several well-known Congressmen, Senators, and other Statesmen/Military leaders

General Norman Schwarzkoph, Donald Rumsfeld, Major General Kenneth C. Leuer, Dennis Hastert-speaker of house, General Ronald Fogleman

Several Business Leaders

James Ravannack-, Michael Novogratz -Fortress Investment Group

Several Athletes in Pro Sports

Dan Dierdorf, Pat Day, Ricky Williams, Ray Lewis, Carlton Haselrig, Kurt Angle, Steven Neal, DeMarco Farr, Terrell Fletcher, Bo Jackson, Randall McDaniel, Warren Sapp, Jim Thorpe, Kyle Turley, Steve Klien,

Several Scientists

Benjamin Franklin and Nobel prize winner Dr. Norman Borlaug.

Several well known actors

Tom Cruise, Tony Danza, Kirk Douglas, Mario Lopez, Brad Pitt, William Baldwin, Kevin Short, and Robin Williams

9/11 Hero

Jeremy Glick, an ex-talented high school wrestler from PA, was on United Flight 93, which crashed in Pennsylvania, and he was part of the effort by brave passengers to attempt to take back the plane from their hijackers. Glick was the passenger who called his wife Lyzbeth from the plane, and told her that he and others were going to attack the hijackers who wielded knives and claimed to have a bomb.

Several well-known UFC Fighters

Matt Hughes, Randy Coutour



OFFICIALS' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1 Starting the Match	2 Stopping the Match	3 Time Out	4 Start Injury Clock	5 Start Blood Clock
6 Stop Blood/ Injury Clock	7 Neutral Position	8 Indicates No Control	9 Out-of-Bounds	
10 Indicates Wrestler in Control Left/Right Hand	11 Defer Choice	12 Potentially Dangerous Left/Right Hand	13 Stalemate	
14 Caution - False Start or Incorrect Starting Procedure	15 Stalling Left/Right Hand	16 Interlocking Hands or Grasping Clothing	17 Reversal	18 Technical Violation
19 Illegal Hold or Unnecessary Roughness	20 Near-Fall	21 Awarding Points Left/Right Hand	22 Unsportsmanlike Conduct Left/Right Hand	23 Flagrant Misconduct Left/Right Hand

Revised 2004

Bonhomme Wrestling Club
AAU Tournament Schedule 2009-10
BH CLUB SPONSORED AAU EVENTS

Date	Tournament Name	Tournament Location	<u>Registration deadline on www.bonhommewrestling.com to wrestle in the event</u>	Level
12/12/09	ABC Beginner's	ABC Boys Club	12/4	Beginner
12/13/09	Howell North	Howell North HS	12/4	Advanced
12/20/09	Officials Tourn	Lafayette High	12/11	Beg/Adv
1/10/10	Northwest	Northwest HS	1/4	Beg/Adv
1/17/10	OZARK AAU	Rockwood Summit-Beg Lindbergh-Adv	1/8	Beg/Adv
2/6/10	MO Challenge	Fort Zumwalt North	1/29	Advanced
2/7/10	MO Challenge	Fort Zumwalt North	1/29	Beginner
2/21/09	FOX	FOX HS	2/12	Beg/Adv
2/28/09	AAU STATE	Lafayette High	2/28	Beg/Adv

****Each wrestler can participate in up to six club paid tournaments. After six tournaments, a wrestler must pay on their own or reimburse the club for entry fees.**

Bonhomme Wrestling Club
USA Tournament Schedule 2009-10

Districts will be signed up for as a TEAM online

12/18-19 Mid-County Duals- Team tryouts 12/3

12/27 Granite City Tournament

1/2 Edwardsville Open

1/9 Fox USA

1/23 ABC USA

1/30 Timberwolves Extreme

2/27 USA ROOKIE STATE-ST. JOE

3/6 MO-USA DISTRICTS

3/13 MO-USA REGIONALS

3/26-28 MO-USA STATE Columbia

CHECK www.bonhommewrestling.com for updates to the USA schedule.

November

		<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
1	2	3 -Walk-in Registration 7-8pm Both Marquette and Eureka	4	5 -Parent Meeting at Eureka HS and --Equipment Handout in Wrestling Room 6:00-7:30pm	6	7
8	9 Marquette site 1 st MHS Practice Advanced 6-8pm Beginners 7-8pm	10 EHS Practice Advanced 6-8pm Beginners 7-8pm Last day registration \$25 late fee after date	11 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	12 - ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	13	14
15	16 MHS Practice Advanced 6-8pm Beginners 7-8pm	17 EHS Practice Advanced 6-8pm Beginners 7-8pm	18 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	19 -- ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	20	21
22	23 MHS Practice Advanced 6-8pm Beginners 7-8pm	24 EHS Practice Advanced 6-8pm Beginners 7-8pm	25 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	26 No practice- Happy Thanksgiving	27	28
29	30 MHS Practice Advanced 6-8pm Beginners 7-8pm					

2009

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 EHS Practice Advanced 6-8pm Beginners 7-8pm	2 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	3 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm -Mid-County Challenge Matches	4	5
6 Last day to register for 2009- 10 season	7 MHS Practice Advanced 6-8pm Beginners 7-8pm	8 EHS Practice Advanced 6-8pm Beginners 7-8pm	9 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	10 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	11	12 ABC Beg Tourn
13 FHN Tourn ADV	14 MHS Practice Advanced 6-8pm Beginners 7-8pm	15 EHS Practice Advanced 6-8pm Beginners 7-8pm	16 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	17 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	18 Mid-County Duals-Middle School USA	19 Mid-County Duals- Elementary USA
20 Officials Tourn ADV/BEG	21 MHS Practice Advanced 6-8pm Beginners 7-8pm	22 EHS Practice Advanced 6-8pm Beginners 7-8pm	23 No practice	24 No practice	25	26
27 GRANITE CITY USA	28 MHS Practice Advanced 6-8pm Beginners 7-8pm	29 EHS Practice Advanced 6-8pm Beginners 7-8pm	30 No practice	31 No practice	<div style="border: 2px solid black; padding: 5px; display: inline-block;"> 2009 </div>	

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2 EDWARDSVILLE USA
3	4 MHS Practice Advanced 6-8pm Beginners 7-8pm	5 EHS Practice Advanced 6-8pm Beginners 7-8pm	6 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	7 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	8	9 FOX USA
10 Northwest BEG/ADV Tourn	11 MHS Practice Advanced 6-8pm Beginners 7-8pm	12 EHS Practice Advanced 6-8pm Beginners 7-8pm	13 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	14 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	15	16
17 OZARK Beg- Rockwood Summit ADV-Lindbergh	18 MHS Practice Advanced 6-8pm Beginners 7-8pm	19 EHS Practice Advanced 6-8pm Beginners 7-8pm	20 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	21 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	22	23 ABC USA TOURN
24	25 MHS Practice Advanced 6-8pm Beginners 7-8pm	26 EHS Practice Advanced 6-8pm Beginners 7-8pm	27 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm	28 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm	29	30 TIMBERWOLVES EXTREME USA
31						

2010

February

		<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<p>1 MHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>2 EHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>3 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm</p>	<p>4 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm</p>	5	<p>6 MO CHALLENGE ADV</p>
<p>7 MO CHALLENGE BEG</p>	<p>8 MHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>9 EHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>10 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm</p>	<p>11 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm</p>	12	13
14	<p>15 MHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>16 EHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>17 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm</p>	<p>18 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm</p>	19	20
<p>21 Fox Tourn ADV/BEG</p>	<p>22 MHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>23 EHS Practice Advanced 6-8pm Beginners 7-8pm</p>	<p>24 LHS Practice ALL WRESTLERS WELCOME 6-7:30pm</p>	<p>25 ALL WRESTLERS EHS Practice Advanced 6-8pm Beginners 7-8pm Last practice for beginners and AAU only wrestlers</p>	26	<p>27 ROOKIE STATE USA</p>
<p>28 AAU STATE Tournament Beg/ADV</p>						<div data-bbox="1591 1344 1860 1481" data-label="Text"> <p>2010</p> </div>

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 At Marquette SITE All USA WRESTLERS Practice 6-8pm	2	3	4 At Marquette SITE All USA WRESTLERS Practice 6-8pm	5	6 USA Districts
7	8 At Marquette SITE All USA WRESTLERS Practice 6-8pm	9	10	11 At Marquette SITE All USA WRESTLERS Practice 6-8pm	12	13 USA Sectionals
14	15 At Marquette SITE All USA WRESTLERS Practice 6-8pm Spring Break	16 Spring Break	17 Spring Break	18 At Marquette SITE All USA WRESTLERS Practice 6-8pm Spring Break	19	20
21	22 At Marquette SITE All USA WRESTLERS Practice 6-8pm	23	24	25 At Marquette SITE All USA WRESTLERS Practice 6-8pm	26 USA STATE	27 USA STATE

THE BONHOMME WRESTLING BANQUET WILL BE HELD ON Sunday, April 11 at 5-7pm IN THE MARQUETTE COMMONS AT 5-7PM

The Banquet is **POTLUCK** and each family should **bring** something to the banquet. The club will provide sandwiches.

Last names A-M - Bring a Side dish (bring enough for 15 people)

Last names N-R Bring a dessert (bring enough for 15-20 people)

Last Names S-Z Bring Drinks- water, soda, Capri Suns (two-liters are fine with cups)-(bring enough for 15-20 people)

2010

Bonhomme Badger Wrestling State Champions

1980 cont

Mike Ewing

11&12

1981

Ron Wilhelm
Steve Fleischer
Greg Warren
Mike Ewing

9&10

9&10

11&12

13&14

Year **Name** **Division**

1976

Steve Sines 11&12

1977

Doug Hughes 10U

Todd Marple 11&12

Jim Belscher 11&12

Scott Vogt 13&14

Steve Sines 13&14

Mike Fleischer 13&14

1978

Chris Lack 8U

Mike Carr 8U

Mark Stisser 8U

Chris Tombs 9&10

Dave Parks 11&12

Mark Kehoe 13&14

Paul Mudd 13&14

Jim Roccia 13&14

Jeff Walker 13&14

1979

Ron Wilhelm 8U

Brady Westphal 9&10

Greg Warren 9&10

Chuck Laughter 11&12

Rob Peterson 13&14

1982

David Rahm 8U

Tom Wise 8U

Tim Curry 9&10

Kevin Bly 9&10

Doug Wilkinson 9&10

Chris Lack 11&12

Alex Rahm 11&12

David Boucher 11&12

Mark Stisser 11&12

Mike Carr 11&12

Jeff Causey 13&14

Mike Ewing 13&14

1983

Kevin Bly 10&11

Mike Allen 12&13

Chris Lack 12&13

Alex Rahm 12&13

Jason Sieber 12&13

Scott Solar 12&13

Scott Wright 12&13

David Boucher 12&13

1980

Kevin Bly 8U

Alex Rahm 9&10

Mark Stisser 9&10

Brandy Westphal 9&10

1984

Derek Weaver 7U

David Rahm 8&9

Steve Thieman 8&9

<i>1984 cont</i>	Craig Wasserman	8&9	<i>1987 cont</i>	Mike Yadon	10&11	
	Mike Lack	10&11		Mike Kreh	12&13	
	Jason Newton	10&11		Tracy Taylor	12&13	
	Steve Fleischer	12&13				
	Ron Wilhelm	12&13				
<i>1985</i>			<i>2000</i>	John Sumner	12U USA 80 lbs	
				Brandon Barger	15U USA 155lbs	
	Robert Rahm	7U	<i>2001</i>			
	Scott Schatzman	8&9		Brandon Weist	12U USA 100lbs	
	Tom Wise	10&11		Matt Lester (co-champs)	10U USA 65lbs	
	Peter Waldron	10&11		Nick Lester(co-champs)	10U USA 65lbs	
	Matt Sears	10&11		Trevor Weist	8U USA 85lbs	
	Mike Lack	12&13	<i>2002</i>			
	Jason Newton	12&13		Kendal Albert	12U USA 85lbs	
	Jeff Mattison	12&13		Wes Vilda	14U USA 175lbs	
	Jason Torreano	12&13				
	Kevin Bly	12&13				
	Mike Rahm	14U	<i>2003</i>			
Mike Parks	14U	Trevor Weist		10U USA 90lbs		
<i>1986</i>				Cody Compton	12U USA 85lbs	
	Robert Rahm	7U		Kendal Albert	14U USA 105lbs	
	Josh Carter	8&9		Brandon Weist	14U USA 135lbs	
	Scott Schatzman	8&9		<i>2004</i> (1st year AAU available)		
	Richard Bly	10&11			Ryan Mango	12U USA 75lbs
	David Rahm	10&11			Cody Compton	12U USA 100lbs
	David Sieber	10&11			Andrew Olejnik	12U USA 110lbs
	Mike Lack	12&13			Nick Lester	14U USA 85lbs
	Jason Newton	12&13			Michael Gagliano	14U USA 130lbs
	Rob Taylor	12&13			Brian Oeschner	14U USA 135lbs
	Mike Kreh	12&13			Alex Larson	Novice AAU 70lbs
	Jon Hirshberg	14U	Drake Houdashelt		Novice AAU 85lbs	
	<i>1987</i>				Trevor Weist	Novice AAU 108lbs
Josh Carter		8&9	Ryan Mango		Schoolboy AAU 75lbs	
Tim Reboulet		10&11	Bradly Wisdom	Schoolboy AAU 85lbs		
Scott Schatzman		10&11	Nick Lester	Schoolboy AAU 85lbs		
			Matt Lester	Schoolboy AAU 90lbs		

2004 cont

Cody Compton	Schoolboy AAU 100lbs
Greg Amos	Schoolboy AAU 105lbs
Stephen Doty	Schoolboy AAU 110lbs
Kendall Albert	Cadet AAU 112lbs
Brian Oeschner	Cadet AAU 135lbs

2008

Matt McClimens	12U USA 135lbs
Garrett Kloepfel	Bantam AAU 50lbs
David Olejnik	Bantam AAU 60lbs
Noah Robinson	Midget AAU 125lbs
Connor Kloepfel	Schoolboy AAU 65lbs
Luke Seiler	Schoolboy AAU 85lbs
Matt McClimens	Schoolboy AAU 135lbs
Nick Olejnik	Cadet AAU 112lbs
Forrest Obenhaus	Cadet AAU 135lbs

2005

Drake Houdashelt	12U USA 100lbs
Michael Kissell	12U USA 110lbs
Trevor Weist	12U USA 115lbs
Matt Lester	14U USA 105lbs
Cody Compton	14U USA 115 lbs
Greg Amos	14U USA 120lbs
Nick Lester	14U USA 100lbs
Stephen Doty	14U USA 135lbs
Matteo Perla	Midget AAU 100lbs
Alex Larson	Schoolboy AAU 75lbs
Ryan Mango	Schoolboy AAU 85lbs
Drake Houdashelt	Schoolboy AAU 100lbs
Greg Amos	Schoolboy AAU 125lbs
Ryan Banning	Cadet AAU 95lbs
Nick Lester	Cadet AAU 103lbs
Matt Lester	Cadet AAU 112lbs
Stephen Doty	Cadet AAU 130lbs

2009

Tyler Sullivan	Bantam AAU 45lbs
Alec Hagan	Midget AAU 65lbs
Kyran Hagan	Midget AAU 65lbs
Alex Wier	Novice AAU 75lbs
Zach Seiler	Novice AAU 132lbs
Austin Repp	Schoolboy AAU 125lbs
James Krischke	Cadet AAU 103 lbs
Matthew McClimens	Cadet AAU 152lbs

2006

Greg Amos	14U USA 135lbs
Ben Schroeder	Midget AAU 75lbs
Connor Kloepfel	Novice AAU 50lbs
Tyler Schlote	Schoolboy AAU 171lbs
Austin Adderly	Cadet AAU 75lbs
Greg Amos	Cadet AAU 140lbs

2007

Alex Wier	Midget AAU 60lbs
Zach Seiler	Midget AAU 100lbs
Seth Castleman	Novice AAU 65lbs
Luke Gentry	Schoolboy AAU 112lbs
John Schuler	Schoolboy AAU 125lbs
Zachary Bozich	Cadet AAU 103lbs

