



May 2011

UVU Wrestling Newsletter

"Utah Wrestling at Its Finest"



Issue 3, Volume 2

Utah Valley Wrestling Team Earns First All-American as Ben Kjar Places Fourth

Ben Kjar, a senior 125 pounder, was UVU's first wrestler to earn All-America honors as he placed fourth at the NCAA Tournament March 17-19 in Philadelphia. Ben went into the tournament unseeded even though he was ranked in the top twelve all season.

After a first round win over Hofstra's Steve Bonanno 5-2, Kjar was up against the #4 seed and undefeated James Nicholson of Old Dominion, a returning All-American. In a tight contest, Kjar never gave up control and won 2-1, with the only takedown in the match coming toward the end of the second period.

Kjar's quarterfinal match was against two-time All-American, Zach Sanders of Minnesota. Kjar had lost a close 2-0 match to Sanders earlier in the year. After a scoreless first period, Ben was able to escape quickly and went on the attack right away. He took Sanders down midway through the second period only to give up a quick escape to lead 3-1. Kjar wasn't done, however, as he attacked the legs again and finished the shot with two seconds left on the clock and a 5-1 lead. In the third period, Sanders escaped and pressed the action, attempting to take Ben down. Kjar was called for stalling twice as he placed it safe and earned a berth into the semi-finals and a place on the podium with an exciting 5-3 win.

Unfortunately, Ben drew the undefeated #1 seed in Anthony Robles from Arizona State in the semi-finals. Robles had not had a close match the entire season and would go on to be the meet's outstanding wrestler. Ben gave him a great match, though, losing 4-2 in a tough battle. Ben came back to defeat the #7 seed, Ryan Mango of Stanford 3-1 in the consolation semi-finals, again scoring the only takedown of the match in the second period.

Kjar lost in his third place match to finish fourth. It was a great tournament for him and a historical one for the Utah Valley wrestling program. Kjar will go down in history as the first ever UVU All-American.

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Quote:

You have to expect things of yourself before you can do them.

Michael Jordan

UVU Top Ten in NCAA Academics Again

Utah Valley's wrestling team garnered their third straight top ten All-Academic finish, having a team GPA of 3.134. Each year in May the NCAA announces the top 30 academic programs. UVU has finished 6th, 9th and 9th respectively over those three years.

This year the team had four individual Academic All-Americans. Seniors Flint Ray, Ben Kjar, Justin Morrill and Sophomore Josh Wilson all made the Academic All-American Team.

The Wolverines have now had 10 Academic All-Americans over the past three years. This is Ray's and Morrill's third time earning this honor and Kjar's second while Wilson is earning the honor for the first time.

Harvard was the top school this year followed closely by American University, then Columbia, SDSU, Old Dominion, Princeton, Chattanooga, Nebraska, Utah Valley and Cornell rounding out the top ten.

The final result is determined by calculating the ten starter's GPA and credits at the end of the year in addition to two other wrestlers who started during the year.

UVU Has Its Best Recruiting Class

As the Wolverine wrestling team continues to make strides on the mat, they are also having some success off the mat. With some key spring signings to go along with the eight fall signings, UVU is looking good for the future. The fall recruiting class was ranked #17 in the country while the full year was recently ranked #16 in the country.

By weight class:

125 Pounds: Montana's **Jade Rauser**, currently the top ranked 119 lb. senior in the country and was undefeated through high school as a four-time state champion. He is also an All-American several times over.

133 Pounds: Montana's **Val Rauser**, ranked #6 in the country at 130 lbs. and a three-time state champion. Utah's **Cody Hone** who is a four-time state finalist and two-time state champion.

141/149 Pounds: **Chris Mayolo** from Washington is a state champion and was a double placer and two-time All-American at the Jr National Championships in Fargo.

149/157 Pounds: Nevada's **Napoleon Anicette** is a three-time state champion, missing a fourth because of a school change rule his sophomore year. Utah's **Jake Falk**, who was a state champion, a three-time finalist and four-time state placer and a national All-American.

157/165 Pounds: **Logan Addis** from Arizona is a three-time state champion and national All-American.

165 Pounds: Alabama's **Chase Cuthbertson** was a 5x State Champion and an NHSCA All-American.

174 Pounds: **Kyle Cuthbertson** was also a 5x State Champion and was a USA and NHSCA All-American. Both he and Chase were ranked throughout high school, but served LDS missions before beginning their college careers.

184 Pounds: Utah's **Derek Thomas**, a 2x State Champion and an NHSCA All-American this year at the Senior HS Nationals.

197 Pounds: **Brian Chamberlain** is a 2x State Champion from Washington who just placed third at the Senior HS Nationals.

This is a great group of talented student-athletes and we welcome them to our Wolverine Family.

The program also has a couple of more Utah recruits walking on as well as a couple from out of state, but they can't be named until they are enrolled in school.

UVU 2011 Final Records

Ben Kjar Sr. (125)	30-8	NCAA 4 th Place All-American, Academic AA
Flint Ray Sr. (133)	25-4	2x WWC Champion, Academic AA
Justin Morrill Sr. (141)	23-11	NCAA Qualifier
Wyatt Ray So. (141)	13-6	2 nd Cowboy Open
Avery Gardner Fr. (141)	20-15	
Josh Wilson Fr. (157)	20-10	Academic All-American
Abner Cook Fr. (157)	15-8	3 rd Cowboy Open
Richard Winger So. (157)	2-10	
Jeb Clark Sr. (165)	17-14	8 th Southern Scuffle
Brad Darrington Jr. (174)	20-12	True 2 nd WWC
Casen Eldredge So. (184)	3-13	
Trevor Rupp Fr. (197)	7-13	
Eric McAllister So. (Hwt)	7-4	4 th Cowboy Open
Colby Christensen RS (125)	16-6	Cowboy Open Champion
Derek Malan RS (133)	15-11	4 th UVU Open
Logan Wilson RS (141)	17-13	
Glenn Terrano So. (141)	8-8	
Sam Mecham RS (141)	14-14	
Monte Schmalhaus (174)	15-10	1 st UVU Open
Phillip Sorenson RS (197)	7-11	

UVU Wrestling Annual Golf Tournament

Tuesday, September 13, 2011

Location: Fox Hollow Golf Course

Time: 8:00 AM Check-in

9:00 AM Tee Time

Cost: \$75 or \$300 for a team

Sponsors:

Hole Sponsor \$500

Event Sponsor \$2500

Awards and Prizes (Contact UVU Coaches)

Come join us for some fun and help raise money for our assistant coaches. The funds will go to help hire club coaches Ben Kjar and Justin Ruiz.

Wolverines Camps and Clinics

Utah Valley wrestlers and coaches are available to run camps and clinics throughout the spring and summer months. The main goal of the camps and clinics is to help programs with techniques that will help wrestlers compete at the top level. Several members of the team and coaching staff have already been hired to run clinics through the spring in Layton, Salt Lake, Orem. If you are interested in having a group of Utah Valley's top wrestlers and/or coaches come to your program to run a clinic, please contact us at **801-319-7293** (you can be specific about who you want to be involved). A list of the summer camp schedule where staff and team are scheduled is below:

June 6-10 UVU Individual Camp @ North Summit greg.williams@uvu.edu	Coalville, UT
June 15-16 Vernal Camp erkint@uvu.edu	Vernal, UT
June 13-17 Western Regional Training Camp greg.williams@uvu.edu	UVU
July 5-9 UVU Technique, Team & Intensive Camp greg.williams@uvu.edu	UVU
July 11-13 Utah Cadet/Junior Training Camp craig@telosrtc.com	Camp Williams
July 18-22 Altamont Camp greg.williams@uvu.edu	Altamont, UT

*Clinics available most weekends.