

# Seaman Wrestling



**"Home of the Vikings"**

Topeka-Seaman High School

4850 Northwest Rochester Road Topeka, Kansas 66617 785.286.8300 pkelly@usd345.com

Individual Varsity Statistics as of Thursday, July 10, 2014

Wrestler	Primary Weight Class	Wins	Losses	Falls	Fastest Fall	TD
Dawson Podlena (9)	106	18	22	7	2:21	25
Khamin Crow (11)	113	37	11	24	32 sec.	37
Jaelynn Gay (11)	120	35	12	15	45 sec.	52
Cody Desch (10)	126	4	15	3	45 sec.	5
Matt Schlossman (9)	126	14	31	8	27 sec.	20
Spencer Fortney (10)	132	5	8	4	2:30	8
Kyle Fuller (10)	138	17	9	15	33 sec.	20
Michael Requejo (11)	138	7	18	2	2:00	6
Skylar Grant (12)	145	5	10	2	1:00	8
Daemeion Gay (11)	145	31	13	12	36 sec.	49
Mason Ray (10)	152	18	13	15	11 sec.	26
Colton Moranz (10)	152	0	2	0	--	1
Sam Mizell (12)	160	26	16	9	1:09	46
Shanon Dobbs (12)	170	16	20	9	38 sec.	19
Kyle Romick (12)	182	6	16	3	2:52	12
Reuben Juarez (9)	182	5	16	2	30 sec.	4
Bailey Kelly (10)	195	27	17	16	31 sec.	34
Garrett Streets (11)	220	11	26	4	1:24	12
Ian Hall (10)	285	7	7	6	31 sec.	5
Malcolm Mikkelsen (12)	285	25	10	8	20 sec.	16

Individual Sub-Varsity Statistics as of Thursday, July 10, 2014

Wgt	Wrestler	W	L	Wgt	Wrestler	W	L
113	Jarod Johnson	13	9	145	Gavin Steinhoff	19	1
113	Valeria Rivera	13	11	145	Colton Moranz	11	5
120	Kevin Moranz	18	10	145	Dawson Hinton	10	9
126	Spencer Fortney	8	2	152	Michael Latendresse	14	8
126	Cole Lucas	9	18	152	Jesse Heflin	14	9
126	Matt Schlossman	1	1	160	Antonio Trimble	7	5
132	James Streeter	18	11	170	Kyle Romick	4	0
138	Kyle Fuller	3	0	170	Shanon Dobbs	4	0
138	Michael Requejo	12	4	182	Reuben Juarez	12	1
145	Skyler Grant	17	2	285	Malcolm Mikkelsen	3	0

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## Varsity Capsule 2013-14

Event	Results	Highlights
Gardner-Edgerton Tournament	12 <sup>th</sup> place (out of 15 teams)	Four place winners, Khamin Crow makes the finals
Douglass Goodwill Invitational	8 <sup>th</sup> place (out of 12 teams)	Sam Mizell makes the finals. Four individual medalists.
Flatwater Fracas	16 <sup>th</sup> place (out of 32 teams)	Khamin Crow and Jaelynn Gay finished 7-0
Hutchinson Mixer	4 <sup>th</sup> place (out of 5 teams)	Ray and Mikkelsen make initial appearance in varsity line-up with solid 3-1 records on the day
Seaman Dual Tournament	TEAM CHAMPION (out of 6 teams)	Five on the All-Tournament team
Shawnee Heights Dual	43-33 win	Third straight win over our cross-town rivals
Bobcat Classic	14 <sup>th</sup> place (out of 35 teams)	Crow, Jaelynn Gay, and Kelly medalists
Gardner-Edgerton Dual	33-22 loss	Mason Ray records Seaman's only fall on the night
Emporia Dual Tournament	2 <sup>nd</sup> place (out of 6 teams)	Malcolm Mikkelsen and Jaelynn Gay make All-Tournament Team with 5-0 records
Chanute Tournament	Event cancelled	Event cancelled
Centennial League Tournament	4 <sup>th</sup> place (out of 10 teams)	Daemeion Gay League Champion. Four other finalists, nine total place-winners.
Seaman Duals II	Team Champion (out of 4 teams)	Five individuals earned 3-0 records
Regional Tournament	Team Champion (out of 8 teams)	Twelve State Qualifiers including; eight finalists and three champions
State Tournament	10 <sup>th</sup> place (out of 32 teams)	Six State Medalists, two semifinalists

## Junior Varsity Capsule 2013-14

Event	Results	Highlights
Emporia JV Invitational		13 of 16 wrestlers placing in the top 4. Won 31 of 46 matches, 22 of them by Fall!
Shawnee Heights JV Invitational	Runners-up (out of 15 teams)	Four individual champions
Council Grove Tournament	Cancelled	Cancelled
Seaman JV Tournament	5 <sup>th</sup> place (out of 8 teams)	Two individual champions
Shawnee Heights dual	19-5 individual match record	16-3 pin-pinned ratio
Wabaunsee Invitational	16 <sup>th</sup> place (out of 19 teams)	Requejo and Schlossman medalists for Seaman
Manhattan JV Dual	16-15 record	12-10 pin-pinned ratio
Holton JV Tournament	23-7 record in individual matches	16-6 pin-pinned ratio
Manhattan JV Tournament	19-13 record	Two champions, 11-6 pin-pinned ratio
Silver Lake JV Invitational	23-9 record	Two champions, 13-4 pin-pinned ratio
Burlington JV Invitational	43-12 record in individual matches	Seven champions, 24-2 pin-pinned ratio

## S u p e r l a t i v e s   2 0 1 3 - 1 4

Superlative	Time, Record, Criteria, etc.	Wrestler(s)
Most Wins	37	Khamin Crow
Fastest Fall	11 seconds	Mason Ray
Most Takedowns	52	Jaelynn Gay
All-City	Selected by city head coaches, based on the season's performance.	Six 1 <sup>st</sup> Team selections; Three 2 <sup>nd</sup> Team selections; Three HM selections
All-Centennial League	Awarded at the Centennial League tournament. Determined by top three finish.	FIRST TEAM – Dae Gay 2nd Team – Crow, Jae Gay, Mizell, Mikkelsen 3rd Team – Schlossman, Ray, Kelly
State Recognition	State qualifiers and medalists.	12 Qualifiers, 6 Medalists
Plato Award (Scholar-Athlete)	3.0 cumulative GPA or higher (Through the first semester of the current school year)	20 individuals earned the Plato distinction; 4 freshmen, 6 Sophomores, 6 Juniors, and 4 Seniors
Ironman	No scheduled practices, competitions, or other team functions missed for any reason.	Jaelynn Gay and Michael Requejo
Lettlemen	100 Power Rating Points, 10 Varsity Matches, Top 4 League Finish, State Qualifier, Senior, or Coaches Exception	19 individuals earned letters
The Golden Viking	Criteria; five or more varsity athletic letters through senior wrestling season and a cumulative GPA of 3.0 or higher (through 1 <sup>st</sup> sem senior year)	Sam Mizell
Power Rating Top 5	The Power Rating is made up of performance categories that have point values assigned to them. The Top 5 represents a sort of team MVP.	Khamin Crow, Jaelynn Gay, Daemeion Gay, Bailey Kelly, Sam Mizell

the RAY SMITH WRESTLERS of the WEEK 2013-14

# SEAMAN



Date	Varsity	Junior Varsity
December 7	Matt Schlossman (9) Ian Hall (10)	Antonio Trimble (9), Michael Requejo (11), Spencer Fortney (10), Michael Latendresse
December 14	Sam Mizell (12) Kyle Fuller (10)	James Streeter (11) Gavin Steinhoff (11) Reuben Juarez (9)
December 21	Jaelynn Gay (11) Khamin Crow (11) Dawson Podlena (9)	None – event cancelled
January 4	Michael Requejo (11), Mason Ray (10), Skylar Grant (12), Malcolm Mikkelsen (12)	None – no JV event scheduled
January 11	Jaelynn Gay (11) and Kyle Fuller (10)	Antonia Trimble (9), Jarod Johnson (9), Jesse Heflin (10)
January 18	Jaelynn Gay (11), Bailey Kelly (10), Khamin Crow (11)	Michael Requejo (11), Matt Schlossman (9), Colton Moranz (10), Jesse Heflin (10)
January 25	Dawson Podlena (9), Bailey Kelly (10) Jaelynn Gay (11), Shanon Dobbs (12), Malcolm Mikkelsen (12), Mason Ray (10)	Kevin Moranz (9), Kyle Romick (12), Colton Moranz (10), Skylar Grant (12), Gavin Steinhoff (11), Valeria Rivera (11)
January 26	None – event cancelled	James Streeter (11), Jesse Heflin (10), Reuben Juarez (9), Valeria Rivera (11)
February 8	Dawson Podlena (9), Khamin Crow (11), Jaelynn Gay (11), Matt Schlossman (9), Daemeion Gay (11), Mason Ray (10), Sam Mizell (12), Bailey Kelly (10), Malcolm Mikkelsen (12)	Cole Lucas (10), Jesse Heflin (10), Michael Latendresse (9)
February 12/15	Shanon Dobbs (12), Bailey Kelly (10), Michael Requejo (11), Malcolm Mikkelsen, Kyle Romick (12)	Dawson Hinton (9), Jarod Johnson (10), Reuben Juarez (9), Michael Latendresse (9), Spencer Fortney (10), Gavin Steinhoff (11)
February 22	Dawson Podlena (9), Khamin Crow (11), Jaelynn Gay (11), Matt Schlossman (9), Spencer Fortney (10), Michael Requejo (11), Daemeion Gay (11), Mason Ray (10), Sam Mizell (12), Shanon Dobbs (12), Bailey Kelly (10), Malcolm Mikkelsen (12)	<i>Ray Smith Class of 1964</i>
March 1	Khamin Crow (11), Jaelynn Gay (11), Daemeion Gay (11), Sam Mizell (12), Bailey Kelly (10), Malcolm Mikkelsen (12)	

## 2013-14 Seaman Wrestling Schedule Announcement

The Seaman Wrestling schedule has undergone numerous minor changes in the past few years. The 2013-14 schedule contains several significant changes that will help to make it even more competitive.

The Vikes hit the ground running at Gardner-Edgerton Invitational on opening weekend (Dec. 7). This tournament is as tough as it gets with powerful teams from MO, IA, NE, and OK in addition to some of the best Kansas has to offer.

The Douglass Goodwill Invitational is next on the schedule (Dec. 14). The team will be targeting this tournament as one to improve upon. Although a very tough tournament, Seaman struggled to a sixth-place finish at this event last year.

New this year is the Flatwater Fracas in Grand Island, NE. This two-day dual tournament has become a premiere event in Nebraska. It features teams from surrounding states and is held in a civic arena similar in size to Topeka's Expocentre.

After Christmas Break, the Vikes host the Seaman Duals/JV tournament on January 11. This is a fun and entertaining event. With the same teams returning, it will be a challenge to defend the title. We hope to see a good crowd for the Seaman Duals and for the next event on the schedule, when crosstown rival Shawnee Heights visits the Seaman gym on January 15.

Last year Seaman was the improbable winner of the stacked Bobcat Classic at Basehor-Linwood High School. The Vikes finished ahead of; Blue Springs (2013 State Champs in MO), St. James (2013 5A State Runners-up), Collinsville (2013 State Champs in OK), St. Thomas Aquinas (2013 5A Third-place team), and Junction City (2013 6A State Runners-up). With thirty-six teams entered there are always quality individuals to contend with in addition to the powerful teams. It is nice to be 'in the mix' in an event like this. Hopefully the guys are ready to rise to the challenge again this year!

A varsity-only dual at Gardner-Edgerton on January 23<sup>rd</sup> is next up. The Trailblazers have become a highly regarded in recent year. This year's squad will not disappoint. Two individuals have national credentials and another won a state title a year ago. The Seaman vs. G-E dual final score has been very close for the last several years with about an equal number victories for each team.

Emporia hosts their dual tournament on January 25<sup>th</sup>. This event features five duals with some of the better teams in 4A, 5A, and 6A.

The recently added Southeast Kansas Invitational in Chanute has proven to be a good addition to our schedule. The field of fifteen-teams includes several strong 4A teams, Mill Valley, Goddard, and Pittsburg from 5A and 6A Derby. This year's event will be held on February 1<sup>st</sup>. Seaman led the tournament for most of the day last year, before Derby (2013 third-place team) came on strong and captured the title.

One of the biggest wrinkles in the 2013-14 schedule takes place on February 8<sup>th</sup>. The Centennial League voted to move the date of the league tournament back one week. This forced us out of the Silver Lake Invitational and opened up the next weekend for the varsity athletes. Manhattan will play host to the league event this year... which means it is Seaman's turn in 2015!

The following week Manhattan comes to town for another new event on the schedule. A varsity-only dual with the Indians. Will be held on February 12<sup>th</sup>. The dual will be designated as our Senior Recognition night.

February 22<sup>nd</sup> is the date of the 2014 Regional tournament, with a site yet to be determined. The following Friday is when the State Tournament commences at Hartman Arena north of Wichita. Last year an already deep 5A field became even stronger after the September 20<sup>th</sup> count. It will be interesting to see if this year will bring any significant movement.

With the loss of one of the strongest senior classes in recent years, the Viking Wrestling program would expect to have a rebuilding year. However, hopes are high with seven returning State Qualifiers three returning State Place-winners. Several members of the program had productive off-seasons and look to make their mark in 2013-14...

Speaking of “Making their mark,” the theme for the 2013-14 season is “Make YOUR Mark!” in celebration of the 50<sup>th</sup> Anniversary of Ray Smith’s 1964 State Championship. Meant to inspire and motivate, this will be a constant refrain throughout the 2013-14 season

Date	Competition	Event Start Time
12-07-13	Gardner-Edgerton Tournament (V)	9:00 am
	Emporia Tourney (JV)	9:00 am
12-14-13	Douglass Tourney (V)	9:00 am
	Shawnee Heights Tourney (JV)	9:00 am
12-20-13	Council Grove Tourney (JV)	3:00 pm
12-20-13	Grand Island, NE Dual Tourney (V) (Flatwater Fracas)	10:00 am
12-21-13		
01-11-14	Seaman Varsity Dual/JV Tourney	9:00 am
01-15-14	S. Heights Dual (V/JV) @SEA	4:30 pm
01-17-14	Bobcat Classic @Basehor (V)	11:30 am
01-18-14		9:00 am
01-17-14	Wabaunsee Tourney (JV)	3:00 pm
01-18-14		10:00 am
01-22-14	Manhattan Dual (JV) @MAN	6:00 pm
01-23-14	Gardner-Edgerton Dual (V) @G-E	6:00 pm
01-24-14	Holton JV Tourney	3:00 pm
01-25-14	Emporia Dual Tourney (V)	9:00 am
01-31-14	Manhattan JV Tourney (JV)	4:00 pm
02-01-14	Chanute Tourney (V)	9:00 am
02-08-14	Centennial League Tourney (V) @MAN	9:00 am
	Silver Lake Tourney (JV)	8:00 am
02-12-14	Manhattan Dual (V) @SEA	6:00 pm
02-15-14	Burlington Tourney (JV)	9:00 am
02-22-14	Regional Tourney (V)	9:00 am
02-28-14	State Tournament (V)	TBA
		TBA
03-01-14		

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December 9, 2013

## **Slow start for the 2013-14 Seaman Wrestling team**

The first event of the 2013-14 wrestling season is in the books and the Vikes look to use their performance at the Gardner-Edgerton Invitational to evaluate and improve. Seaman finished in twelfth-place out of fifteen teams.

Seaman's four individual medalists included finalist Khamin Crow (113 pounds). Crow had two falls and a technical fall on his way to the finals, where he dropped a hard fought 4-1 decision. Daemeion Gay (152), Sam Mizell (160), and Ian Hall (285) were the other Vikes who earned a place on the awards stand. Gay won his first three matches to earn a spot in the semi-finals, but dropped his next two to finish in fourth-place. Mizell had a similar fate in his fourth-place performance; finishing 2-2 on the day. Hall had a solid performance for his first varsity start. He finished in sixth-place with a 2-2 record, winning both matches by fall.

Freshmen Dawson Podlena (106) and Matt Scholssman (132) were also making their initial performances in the varsity line-up. Both competed well throughout the competition. Podlena finished 1-3 and Scholssman went 2-3 with a fall and an overtime victory.

Jaelynn Gay (120) went 2-3, Cody Desch (126) was 1-3 on the day, Brandon Banks (138) finished 1-4, Skylar Grant (145) was 1-3. Shanon Dobbs (170) and Kyle Romick (182) both finished 1-3 and both won by fall. Garrett Streets (220) finished 1-3 in his first varsity competition. Seaman was open at 195 pounds.

The team closed the day with a less than flashy overall record of 21-35. However, considering a field that included several highly ranked state teams and nationally ranked Southeast Polk (IA), the record was not indicative of the effort of the Seaman participants. A closer analysis shows over half of the Seaman victories were by fall and the Vikes won two of the four overtime matches that the team was involved in.

Next up for the Seaman wrestlers is the Douglass Goodwill Invitational where the Vikes will look to improve on their sixth-place finish of a year ago in one of the longest running high school wrestling tournaments in Kansas.

### **2013 GARDNER-EDGERTON INVITATIONAL**

full results can be found at [Trackwrestling.com](http://Trackwrestling.com).

Click "Browse," "Tournaments," and "Search." Under the "Event Name" field type in "Gardner"

1. Southeast Polk 213.5
2. Omaha Skutt Catholic 179.5
3. St James Academy 147.5
4. Iowa City West 141.5
5. Platte County 125.5
6. Baldwin 110.5
7. Junction City 109.0
8. Manhattan 104.5
9. Gardner Edgerton 102.0
10. Olathe North 98.0
11. Dodge City 90.0
12. Topeka Seaman 88.5
13. Pittsburg 60.0
14. Shawnee Mission East 50.5
15. Lawrence Free State 39.0

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December 16, 2013

## Four medalists at Douglass; Mizell runner-up

Travel to this weekend's Douglass Goodwill Invitational meant an early morning departure and late night return, but getting the opportunity to see several strong teams that the Vikings would otherwise not see until state makes the long day worthwhile. The field included fellow 5A teams; Newton (ranked #7), Great Bend (ranked #10), and traditional 6A, now 5A, power Wichita Heights. Also included were other notables; Derby (#7 in 6A), Andover Central, Pratt and Augusta.

The Vikings finished with four medalists. Khamin Crow (113) lost a heartbreaker in the last seconds in the semifinals, but had little trouble prior or after in earning third-place. He finished the day 3-1 with three falls. Jaelynn Gay (120) finished in fourth-place with a 2-2 record. He lost a tight 2-1 match to the same opponent who beat him 10-0 earlier in the day. Kyle Fuller (138) also earned a fourth-place medal. He finished with a 3-2 record on the day. Sam Mizell (160) was Seaman's lone finalist. After two solid wins, he lost a hard fought 1-0 decision in the finals.

Also representing the Vikings at Douglass were; Dawson Podlena (1-2 at 106), Cody Desch (0-2 at 126), Matt Schlossman (0-2 at 132), Skylar Grant (1-2 at 145), Colton Morantz (0-2 at 152), Shanon Dobbs (2-2 at 170), Kyle Romick (1-2 at 182), Garrett Streets (1-2 at 220), and Ian Hall (1-2 at 285). Morantz went up a weight class and stepped in for State Runner-up Daemeion Gay, who was sidelined due to illness.

Next up for the Seaman wrestlers is the Flatwater Fracas, a two-day dual meet tournament in Grand Island, NE on December 20-21. The event includes over thirty teams from four states.

The Seaman JV team had a good showing on Saturday at the fifteen-team Shawnee Heights Invitational, finishing in second place with four individual champions. Gold Medalists included; James Streeter, Gavin Steinhoff, Michael Latendresse and Rueben Juarez.

### 2013 Douglass Goodwill Results

1	150.00	Derby High School
2	143.00	Andover Central
3	137.00	Augusta High School
4	129.00	Newton High School
5	105.00	Wichita Heights High School
6	90.50	Pratt High School
7	88.50	Great Bend High School
8	72.00	Topeka Seaman
9	34.50	Douglass High School
10	31.00	Goddard Eisenhower High School
11	27.00	Rose Hill High School
12	18.50	Wichita South High School

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December 21, 2013

## Crow, Jaelynn Gay shine at Flatwater Fracas

The Seaman wrestling team has seen some top competition in the early part of the season. The final event prior to Christmas break kept pace when the team traveled to Grand Island, NE to take part in the Flatwater Fracas. The dual tournament involved thirty-two team from four area states. The Vikes competed in seven duals over two days and ended with a 2-5 record.

Seaman opened pool action with a 51-21 victory over Bellevue East (Omaha, NE). Next up was a 54-18 loss to Grand Island; the 5-time defending Nebraska Class A State Champions. The Islanders won the tournament with a 7-0 record. Only one team scored more points against Grand Island than Seaman (Omaha North put up 24 points on GI). The Vikes bounced back with a 57-21 victory over Weld Central (CO) to finish 2-1 in their pool.

Nebraska City handed Seaman a 50-18 loss in the Vikes poorest performance of the event. The 2-2 record put Seaman in the round-robin pairing with teams vying for 13<sup>th</sup> – 16<sup>th</sup> place on Day 2.

In the placing round, Blair (NE) defeated Seaman 40-30, Omaha Burke followed with a 40-33 victory over Seaman, and the competition ended with a 45-22 loss to Syracuse (NE).

Individually, Seaman had several bright spots. Khamin Crow (113) finished the competition 7-0 with four falls. The junior is closing in on one-hundred career victories; he is currently twenty wins shy of the Century Club. Also going 7-0 was Jaelynn Gay (120). The junior had three falls and is now 11-5 on the year. Kyle Fuller (138) recently entered the varsity line-up and has made an impact. The sophomore is 8-4 with seven falls. He went 5-2 at Flatwater. Ian Hall (285) had three falls and another win to finish 4-3. Also finishing 4-3 was Dawson Podlena (106). The freshman continues to improve with each match. Daemeion Gay (152) and Bailey Kelly (195) both picked up three wins at Flatwater. Kelly entered his initial competition of the season after a six-month recovery from shoulder surgery. He had two falls. All three of Gay's victories were by fall. Earning two wins were; Rueben Juarez (182), Kyle Romick (170), Sam Mizell (160), and Cody Desch (126). Juarez, a freshman, entered the line-up for the first time. Mizell fought through arguably the deepest weight class of the teams Seaman faced. Matt Schlossman (132), Michael Requejo (145), and Garrett Streets (220) each picked up a victory. Streets nearly won a second, but didn't have enough in an overtime loss to his Nebraska City opponent.

Next on the schedule is the second-annual Seaman Duals on January 11. Teams entered include; KC Turner, Shawnee Mission East, Royal Valley, Hays, Blue Valley Southwest, and Seaman. Competition begins at 9:15 am.

The JV event at Council Grove, scheduled for Friday, was cancelled due to the weather. They will also be in action next on January 11 at the Seaman JV tournament.

January 4, 2014

## Hutch Mixer offers opportunity for Seaman Wrestling team

Due to the pre-Christmas snow storm that swept through parts of the state, several wrestling events were cancelled. One of those was Emporia's Winter Wrestling Classic. In an effort to make up for that event a team involved in Emporia's tournament, Hutchinson, offered to set up a tournament of their own. Four teams responded to the offer and the event was held on Saturday at Hutchinson High School.

Seaman was fortunate enough to have competed on the snow-impaired weekend, but had several individuals with competition points available due to injury and illness. The Vikes entered eight individuals in the Hutchinson Mixer, a five round round-robin tournament. Teams involved included; Hutchinson, Emporia, Salina South, McPherson and Seaman.

The Vikings fared well in the event and, even with a skeleton crew, placed ahead of one other team. The rest of the field had full rosters entered. Seaman ended with a 14-14 record in individual matches and had a six-to-three advantage in 'falls for' to 'falls against.'

Seaman did not have any individuals with perfect records on the day, but had three with 3-1 records. Brandon Banks (138), Mason Ray (152), and Malcolm Mikkelsen (285) all had only one loss and three wins. Victories for Banks included a fall and a wild 18-16 match. Ray and Mikkelsen were entering the varsity line-up for the first time this season and both performed very well. Ray had two falls and an 8-2 win. His loss was by a close decision. Mikkelsen lost only 3-1 to his Hutch opponent, a highly ranked returning State Medalist. He earned a fall, a 4-2 win and a win by Ultimate Tie Breaker over his Emporia opponent, who had appeared in the 5A ranking for a time this season.

Bailey Kelly (195) continues to show progress after his long recovery from injury. He went 2-2 on the day with one fall and two losses by a combined three points. Daemeion Gay (145) went 2-1 on the day with two falls. He was making his initial appearance in the 145-pound weight class after competing at 152 prior to Christmas.

Also competing for the Vikes were; Michael Requejo (145), Skylar Grant (152), and Shanon Dobbs (170). Requejo stepped in to varsity events for his tenth match this season. Grant, a hard-nosed competitor who is always willing to compete; even out of his normal weight class, won a match and lost another at the buzzer. He was 1-3 on the day. Dobbs went 1-3, with one of his losses by a narrow 1-0 decision.

The Vikes will compete at home for the first time this season on Saturday when they host the Seaman Duals and JV Invitational. Action begins at 9:00 am.

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January 11, 2014

## Home team wins Seaman Duals title

With a tournament title at the 2014 Seaman Duals, the Viking wrestling team pushed their record past the .500 mark on the season. Seaman's unflattering 2-5 record is now a more respectable 7-5 with eight duals remaining on the schedule.

Seaman started the day with a 57-18 win over Royal Valley and followed that with a 53- 18 win over Shawnee Mission East. In round three the Vikings beat KC Turner 45-18. The most challenging match-up of the day happened in round four against Blue Valley Southwest. The Vikes prevailed 36-29 to set up the final match-up with Hays, where Seaman came out on top 43-28 to claim the team title with a 5-0 record on the day.

Individually, the Vikes had five with perfect 5-0 records on the day to earn a spot on the All-Tournament Team. Khamin Crow (113), Jaelynn Gay (120), Kyle Fuller (138), Daemeion Gay (145), and Sam Mizell (160) were Seaman's representatives. Heavyweight Malcolm Mikkelsen went 4-1. Going 3-2 were Dawson Podlena and Bailey Kelly. Finishing 2-3 on the day were; Matt Schlossman (132), Mason Ray (152), Shanon Dobbs (170), Rueben Juarez (182), and Garrett Streets (220). Cody Desch (126) went 1-4.

The Vikes also hosted a JV tournament on Saturday. Winning individual titles were Brandon Banks (138) and Skylar Grant (145). Jared Johnson (113) was also a finalist. The team finished in fifth-place with seven top-four placewinners.

Next up for the Vikings is a home dual with crosstown rival Shawnee Heights. Actions begins with the JV dual at 4:30 pm, followed by Varsity at 6:00 pm.

### 2014 Seaman Duals Final Standings

(Complete event information can be found at [Trackwrestling.com](http://Trackwrestling.com) under "Seaman Duals")

- 1st Place - Seaman High School (5-0)
- 2nd Place - Blue Valley Southwest (4-1)
- 3rd Place – Hays (3-2)
- 4th Place - KC Turner (2-3)
- 5th Place - Royal Valley (1-4)
- 6th Place - Shawnee Mission East (0-5)

#### Round 1

Seaman High School defeated Royal Valley 57-18.  
Blue Valley Southwest defeated Hays 37-33.  
KC Turner defeated Shawnee Mission East 40-27.

Blue Valley SW defeated Shawnee Mission E 54-18.

#### Round 2

Seaman High School defeated Shawnee Mission East 53-18.  
Hays defeated KC Turner 42-39.  
Blue Valley Southwest defeated Royal Valley 41-24.

Seaman High School defeated Blue Valley Southwest 36-29.

Hays defeated Shawnee Mission East 57-19.  
KC Turner defeated Royal Valley 42-33.

#### Round 3

Seaman High School defeated KC Turner 45-18.  
Hays defeated Royal Valley 53-18.

#### Round 5

Seaman High School defeated Hays 43-28.  
Blue Valley Southwest defeated KC Turner 42-31.  
Royal Valley

# Seaman Wrestling



"Home of the Vikings"

Topeka-Seaman High School

4850 Northwest Rochester Road Topeka, Kansas 66617 785.286.8300 pkelly@usd345.com

January 15, 2014

## Seaman holds off Heights for a 43-33 victory

On paper it looked like it would be another close dual with crosstown rival Shawnee Heights and the actual event didn't disappoint. With a narrow 8-6 advantage in matches won and an even closer 6-5 advantage in falls for to falls against, the Vikings won the matches that they had to for a ten-point victory for the home team. The win pushes Seaman's dual record to 8-5 on the year.

Earning falls for Seaman were; freshman Dawson Podlena (106), junior Khamin Crow (113), sophomore Kyle Fuller (138), junior Daemeion Gay (145), sophomore Mason Ray (152), and sophomore Bailey Kelly (195). Junior Jaelynn Gay (120) won by major decision and senior Sam Mizell (160) won a hard fought decision. Freshman Matt Schlossman (132) was Seaman's only loss by a margin other than by fall. He lost by an 8-4 decision in a match that saw him coming on strong at the end.

The junior varsity competition preceded the varsity event. Seaman had a dominating performance there, going 19-5 in total matches with a 16-3 advantage in falls for to falls against.

The dual is part of a busy week for the Vikings. On Friday the team will be split between the Bobcat Classic and the Wabaunsee Invitational; both two-day tournaments.

106	Dawson Podlena (Seaman) won by pin over Isaiah Anguiano (Shawnee Heights) 2:21.	6.00	0
113	Khamin Crow (Seaman) won by pin over Peyton Reynolds (Shawnee Heights) 0:40.	6.00	0
120	Jaelynn Gay (Seaman) won by major decision over Trevor Wathke (Shawnee Heights) 11-0.	4.00	0
126	Andrew Miller (Shawnee Heights) won by pin over Cody Desch (Seaman) 3:04.	0	6.00
132	Dylan Flesher (Shawnee Heights) won by decision over Matthew Schlossman (Seaman) 8-4.	0	3.00
138	Kyle Fuller (Seaman) won by pin over Antonio Gonzales (Shawnee Heights) 0:59.	6.00	0
145	Daemeion Gay (Seaman) won by pin over Khris Steenbock (Shawnee Heights) 1:57.	6.00	0
152	Mason Ray (Seaman) won by pin over Damon Ward (Shawnee Heights) 1:42.	6.00	0
160	Sam Mizell (Seaman) won by decision over Blake Younger (Shawnee Heights) 7-3.	3.00	0
170	Carter Hall (Shawnee Heights) won by pin over Shanon Dobbs (Seaman) 2:41.	0	6.00
182	Brett Yeagley (Shawnee Heights) won by pin over Rueben Juarez (Seaman) 1:15.	0	6.00
195	Bailey Kelly (Seaman) won by pin over Mitchell Thurber (Shawnee Heights) 0:38.	6.00	0
220	Cameron Hicks (Shawnee Heights) won by pin over Garrett Streets (Seaman) 3:55.	0	6.00
285	Tyson Toelkes (Shawnee Heights) won by pin over Malcolm Mikkelsen (Seaman) 1:50.	0	6.00

**Dual Meet Score 43.0 33.0**

# Seaman Wrestling



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January 18, 2014

## Vikings net three medalists at Bobcat

Basehor-Linwood High School has hosted the Bobcat Classic for the past fourteen years, during that time it has become one of the premiere wrestling events in the state each season. This year thirty-five schools representing five states participated. The individual weight classes were deep, with many state ranked entries and even a few who are nationally ranked.

This Vikings finished in fourteenth-place with three medalists, not the outcome of a year ago when Seaman claimed the team title, but a respectable finish. Junior Khamin Crow equaled his pre-tournament seed when he finished in fourth-place at 113 pounds. He went 5-2 with four falls. Crow now has a team-leading twenty-four wins and sixteen falls on the season and is only nine wins away from his 100<sup>th</sup> career win. Sophomore Bailey Kelly (195) finished 3-2 with one fall in his fifth-place showing. He was the only Viking to make the semi-finals. Jaelynn Gay (junior, 120 pounds) finished in seventh-place. He went 3-2 with one fall to push his season wins total to twenty. Three other Seaman wrestlers qualified for the second day of competition, but fell one victory shy of placing. Kyle Fuller (sophomore, 138 pounds) finished with a 3-2 record. After dropping his first round match, he recorded three straight falls on the backside before bowing out in his fifth match. Daemeion Gay (junior, 145 pounds) went 2-2, making the quarterfinals before dropping his next two matches. Senior Heavyweight Malcolm Mikkelsen finished 1-2 after a bye and a win put him in the quarterfinals. Dawson Podlena (freshman, 106 pounds), Mason Ray (sophomore, 152 pounds), and Sam Mizell (senior, 160 pounds) also represented the Vikings at the Bobcat Classic. Overall, the Vikings went 18-17 in individual matches and recorder ten fall to our opponent's six.

Seaman also sent a portion of the team to Wabaunsee for a two-day invitational this weekend. The Vikings won two medals from this event, which is made up of mostly varsity-level competition. Junior Michael Requejo (138 pounds) finished in fifth-place with a 3-2 record. Freshman Matt Schlossman (132 pounds) left with a 3-3 record and a sixth-place medal.

The Vikings have a busy week ahead. The junior varsity competes on Wednesday (Manhattan dual) and Friday (Holton invitational) and the varsity is in action on Thursday (Gardner-Edgerton dual) and Saturday (Emporia dual tournament).

2014 Bobcat Classic						
1.	St. James Academy	209.0	13. Junction City	82.5	26. Blue Valley	43.0
2.	Goddard	198.5	14. Topeka Seaman	75.0	27. Riley County	35.5
3.	Collinsville	182.0	15. Tonganoxie	69.0	28. Olathe North	34.0
4.	Smithville	155.0	16. Columbus	68.0	29. Atchison	33.0
5.	Platte County	122.5	17. Fort Scott	64.0	30. Santa Fe Trail	28.0
6.	Lansing	116.0	18. Rossville	61.0	31. Paola	26.0
7.	St. Thomas Aquinas	115.0	19. Glenwood	60.0	32. Piper	22.0
8.	Blue Springs	108.0	19. Turner	60.0	32. Royal Valley	22.0
9.	Mountain Range	98.5	21. Andale	59.0	34. Clay Center	19.0
10.	Prairie View	87.0	22. Bonner Springs	58.0	35. Olathe South	18.0
11.	Basehor-Linwood	85.5	23. Chapman	54.5		
12.	Baldwin	83.0	24. ACCHS	50.0		
			25. Pittsburg	47.5		

# Seaman Wrestling



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January 22, 2014

## Seaman Wrestling hits academic mark

Each year the Seaman Wrestling team sets a goal of earning a 3.0 or higher GPA and strives to reach the Cum Laude level (3.75 GPA) with its top 14 individuals (as a parallel to the fourteen weight classes in high school wrestling). This year's team earned impressive numbers in reaching both goals! The team's cumulative GPA came in at 3.16 and the top fourteen individuals registered a cumulative GPA of 3.91.

The top fourteen will be recognized with "Gold Standard" certificates at the end-of-season banquet. The group will also be recognized on a permanent academic display in the wrestling practice room.

This year's group is made up of seven individuals with perfect 4.0 GPAs and the first set of brothers (Colton and Kevin Moranz) since Matt and Steven Cooksley earned the recognition during the 2008-09 season. The sophomore class has the most representatives (5) on the team. This year marks the third year in a row that the team has earned the award and the fourth time in the six-year history of the recognition.

Seniors Sam Mizell and Malcolm Mikkelsen are in contention to be recognized as First Team All-Academic team members. This honor, along with a team recognition that the Vikings will also be vying for, is sponsored by the Kansas Wrestling Coaches Association (KWCA). Criteria for selection to the Senior-only First Team includes; A .500 or better record and a GPA of 3.5 or higher. Last year Seaman placed three on the team for only the second time since the award was established in 1988.

2014 GOLD STANDARD TEAM\*

First	Last	Grade
Spencer	Fortney	10
Bailey	Kelly	10
Michael	Latendresse	9
Malcolm	Mikkelsen	12
Sam	Mizell	12
Kevin	Moranz	9
Colton	Moranz	10
Dawson	Podlena	9
Mason	Ray	10
Kyle	Romick	12
Matthew	Schlossman	9
Gavin	Steinhoff	11
James	Streeter	11
Garrett	Streets	11

Seaman Wrestling GOLD STANDARD Teams (est. 2009)

2008-09 <b>3.82 GPA</b>	2009-10 <b>3.82 GPA</b>	2010-11 <b>3.96 GPA</b>
2011-12 <b>3.9 GPA</b>	2012-13 <b>3.88 GPA</b>	2013-14 <b>3.91 GPA</b>



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January 23, 2014

## Trailblazers down Vikings in dual

For the past several seasons, the Seaman vs. Gardner-Edgerton dual has been decided by a narrow margin. With eight matches decided by regular decision and only three falls, this year's match-up held true. The Vikes led the sixth-ranked Trailblazers (6A) early on, but Gardner came up big when they needed to and prevailed 33-22.

The Vikings were looking for some padding early with the upper-middle weights for G-E being occupied by; a two-time defending State Champion and University of Nebraska recruit (170 pounds), a State Runner-up and USAW 16 and under National Champion (182), and a returning State Champion (195 pounds). The teams traded wins in the first four matches (Dawson Podlena – 106 and Jaelynn Gay – 120 both won by decision), but Gardner was able to put three wins in a row on the board from 126 - 138. The Vikes stormed back with three in a row of their own; a win by major decision from Daemeion Gay (145), a fall from Mason Ray (152) and a decision from Sam Mizell (160). The middle-uppers netted two falls and a decision for Gardner. Seaman found themselves down by eight heading in to the final two matches. A loss by fall at 220 put it out of reach for the Vikes. Malcolm Mikkelsen (285) ended the night on a wining note with an overtime victory.

106 Dawson Podlena (Seaman) won by decision over Tanner Ewbank (Gardner Edgerton High School) 3-0.	0	3.00
113 Jacob Bonham (Gardner Edgerton High School) won by decision over Khamin Crow (Seaman) 7-4.	3.00	0
120 Jaelynn Gay (Seaman) won by decision over Hunter Skeens (Gardner Edgerton High School) 11-8.	0	3.00
126 TJ Burger (Gardner Edgerton High School) won by decision over Matthew Schlossman (Seaman) 9-2.	3.00	0
132 Jake Hills (Gardner Edgerton High School) won by decision over Brandon Banks (Seaman) 6-1.	3.00	0
138 Tyler Norton (Gardner Edgerton High School) won by decision over Kyle Fuller (Seaman) 10-9.	3.00	0
145 Daemeion Gay (Seaman) won by major decision over Tyler Ewbank (Gardner Edgerton High School) 12-0.	0	4.00
152 Mason Ray (Seaman) won by pin over Zach Norton (Gardner Edgerton High School) 4:33.	0	6.00
160 Sam Mizell (Seaman) won by decision over Dustin Carstens (Gardner Edgerton High School) 8-6.	0	3.00
170 Dustin Williams (Gardner Edgerton High School) won by pin over Shanon Dobbs (Seaman) 3:13.	6.00	0
182 Emilio Fowler (Gardner Edgerton High School) won by pin over Rueben Juarez (Seaman) 3:24.	6.00	0
195 Seth Pesek (Gardner Edgerton High School) won by decision over Bailey Kelly (Seaman) 7-3.	3.00	0
220 Andrew Sprague (Gardner Edgerton High School) won by pin over Garrett Streets (Seaman) 5:22.	6.00	0
285 Malcolm Mikkelsen (Seaman) won in sudden victory 1 over Hunter Mulford (Gardner Edgerton High School) 3-1.	0	3.00

**Dual Meet Score 33.0 22.0**

# Seaman Wrestling



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January 25, 2014

## Strong showing at Winter Duals

Jaelynn Gay and Malcolm Mikkelsen make All-Tournament Team

For the past few years the grind of the early to mid-January schedule has caused a bit of a performance lag at the Winter Duals, held this year at Emporia High School. This year was different. The Vikings tied for second-place with a 3-2 record in a field of six quality teams. The showing pushed the Viking's season record to 11-8.

### SEAMAN 38 WASHBURN RURAL 31

Seaman opened the day with a tight 38-31 victory over City and Centennial League foe Washburn Rural. The Viking earned fall points from; Khamin Crow (113), Jaelynn Gay (120), Brandon Banks (132), and Mason Ray (152). Daemeion Gay (145) and Malcolm Mikkelsen recorded a major decisions and Sam Mizell (160) and Bailey Kelly (195) won by decision to round out the eight individual victories for the Vikings.

### PRAIRIE VIEW 39 SEAMAN 30

Prairie View jumped out early on the Vikings and had built enough of a lead to hold off the late surge by Seaman's upper weights. Seaman was only able to garner five wins against the #4 ranked Buffalos (4A), but all of those wins were by fall. Jaelynn Gay (120), Shanon Dobbs (170), Bailey Kelly (195), Garrett Streets (220), and Malcolm Mikkelsen (285) were the winners by fall for Seaman. In a feature match, Khamin Crow (ranked #4 in 5A) led for much of the match before his #2 ranked opponent tied the match with time running out in regulation. The match ended in overtime with Crow falling by a 7-5 score.

### JUNCTION CITY 41 SEAMAN 31

The #2 ranked Bluejays (6A) used the strength of eight individual victories to hold off the Vikings for a ten-point win. Winning by fall for Seaman were; Dawson Podlena (106), Brandon Banks (132) and Malcolm Mikkelsen (285). Jaelynn Gay (120) won by major decision and Daemeion Gay (145) won by decision. Bailey Kelly (195) won by forfeit. Khamin Crow was again involved in a high-profile match-up. This time it was against a #1 ranked opponent. In another valiant effort, Crow fell 5-3.

### SEAMAN 34 EMPORIA 33

In a most improbable outcome, the Vikings defeated perennial power Emporia by virtue of the ninth tiebreaking criteria after each team won seven individual matches and each had four six-point team score victories (Seaman recorded four falls, Emporia had three falls and a win by forfeit). Going that far down the list of criteria is almost unheard of, but what makes the outcome truly remarkable is how the opening match of the dual ended... Dawson Podlena and his opponent were knotted 1-1 after regulation, then no takedown occurred in the first overtime period. With the score still tied after the two thirty-second overtime periods, the Ultimate Tie Breaker (UTB) period would have to decide the match. By virtue of being the first to score in regulation, Podlena's opponent would get choice of positions; he chose down. Podlena would have to ride his opponent out or score backpoints to win (approximately 93% of UTB matches are won by the opponent in the down position). Within the thirty-second period Podlena not only

scored backpoints, but held his opponent down and secured the fall with only a few ticks remaining on the clock for the win! The 195 pound weight class featured two returning state medalists in Bailey Kelly and his Emporia foe, who is currently ranked #2 in 5A. That match also came down to Ultimate Tie Breaker, with Kelly's opponent escaping for the win. Individual wins for the Vikes came from; Podlena (fall), Crow (fall), Jae Gay (fall), Dae Gay (decision), Ray (fall), Dobbs (decision), and Mikkelsen (decision).

#### SEAMAN 49 VALLEY CENTER 16

Seaman ended the day with one of the most convincing wins in the tournament on the strength of five falls, a forfeit, a major decision and three decisions. Winning by fall were; Mason Ray (152), Sam Mizell (160), Shanon Dobbs (170), Reuben Juarez (182), and Bailey Kelly (195). Malcolm Mikkelsen won by major decision. Khamin Crow (113), Jaelynn Gay (120), and Garrett Streets (220) won by decision and Daemeion Gay won by forfeit.

Going a perfect 5-0 on the day were Jaelynn Gay (120) and Malcolm Mikkelsen (285). They were both recognized on the All-Tournament Team for their efforts.

The Vikings will travel to Chanute next Saturday for the Southeast Kansas Invitational. Action begins at 9:00 am.

# Seaman Wrestling



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January 31, 2014

## Six medalists at Manhattan JV Invitational

SEK Invitational at Chanute - Weather-related cancellation for varsity

With the varsity wrestlers on the sidelines due to snow and ice issues throughout the state late Friday night in to early Saturday morning, the JV is in the spotlight this week with their Friday competition in Manhattan.

Seaman left Manhattan with six medalists and a pair of champions in Skyler Grant (145) and Reuben Juarez (182). Grant remains undefeated on JV at 12-0. In the finals he met teammate Gavin Steinhoff, who was also undefeated on JV coming in to the match. Grant prevailed in a tight contest by a 9-5 margin. Steinhoff is now 12-1 on the season. Juarez won the title with a 3-0 record on the day. He won all three matches by fall; including one in only nine-seconds. Juarez, who has spent time in the varsity line-up, is 8-1 on the year in JV action.

Valeria Rivera (113) continues to improve with each competition. She finished in third-place with a 3-1 record. Her wins included two major decisions and a fall. She improves to 10-9 on the season. James Streeter (132) also finished with a 3-1 record on the day to improve to 13-9 on the season. Jesse Heflin recorded two falls on his way to a third-place finish. His record now stands at 8-6 for the season.

Others participating at Manhattan, but falling short of placing included; Jarod Johnson (113), Kevin Moranz (120), Cole Lucas (126), Colton Moranz (145), and Dawson Hinton (145).

The junior varsity wrestlers will be in action next at the Silver Lake Invitational on Saturday, while the varsity will be on the road at the Centennial League tournament in Manhattan; also on Saturday.

# Seaman Wrestling



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February 8, 2014

## Nine medalists help Vikings to 4<sup>th</sup> place league finish

The Centennial League tournament is one of the marquee events on the Seaman Wrestling schedule each year. Having a strong finish sets the stage for the final stretch of the season. The Vikings came in to this year's event with a few more question marks than usual and left with the confidence to continue to build in the final weeks leading up to the state tournament. The Vikings finished 23-17 in total matches on the day to push their overall season wins:losses past the .500 mark for the first time this season; they are now 247-245 in total matches wrestled this season. The team's sixteen falls in just under thirty-eight minutes was the best of the ten league schools and the Vikes finished with a 16:6 pin to pinned ratio on the day.

All of the nine medalists either met or exceeded their pre-tournament seeds. Most notable were; Dawson Podlena (106), Jaelynn Gay (120), and Matt Schlossman (126). Gay came into the semi-finals from the fourth-seed, where he pinned his top-seeded opponent from Washburn Rural to make the finals. Podlena and Schlossman, both freshman, were unseeded in their weight classes and both found their way to the medal stand. Schlossman lost his opening round match before reeling off three victories in a row to finish in third-place. Podlena finished in fourth-place.

Seaman put five in the finals, with Daemeion Gay (145) the only Viking to claim an individual title. Khamin Crow (113), Jaelynn Gay (120), Sam Mizell (160), and Malcolm Mikkelsen (285) were all runners-up. Crow made the finals for the second year in a row. Mikkelsen continues to improve with each match after taking up the sport only a year ago.

Mason Ray (152) and Bailey Kelly (195) both finished in third place to round out the Viking place-winners. Kelly also finished in third-place at last year's Centennial League tournament.

This year's team race was competitive. Junction City led from start to finish, but until the final rounds Manhattan, Washburn Rural and Seaman were all in contention for a second-place finish. Seaman ended in fourth-place; 26.5 away from Manhattan's second-place finish and only 3.5 points from third-place Washburn Rural.

Austin Tillman (195, Topeka High) and Tyson Toelkes (285, Shawnee Heights) shared the Outstanding Wrestler award, Mason Wallace (120, Manhattan) was named Newcomer of the Year, and Manhattan's Robert Gonzales was voted league Coach of the Year.

The Vikings turn around and compete in a dual quad event on Wednesday. They will be taking on Manhattan, Mill Valley, and Paola in an event that was originally scheduled as a single dual with Manhattan, but was expanded due to the weather-related cancellations of a week ago. Seaman's five seniors will be honored prior to the final round of competition on Wednesday.

### 2014 CENTENNIAL LEAGUE FINAL STANDINGS

1.	JUNCTION CITY	196.5
2.	MANHATTAN	179.5
3.	WASHBURN RURAL	156.5
4.	<b>SEAMAN</b>	<b>153.0</b>
5.	EMPORIA	108.0
6.	SHAWNEE HEIGHTS	104.0
7.	TOPEKA HIGH	36.0
8.	TOPEKA WEST	29.0
9.	HIGHLAND PARK	25.5
10.	HAYDEN	12.0

# Seaman Wrestling



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February 12, 2014

## Victory over Manhattan highlights 3-0 night at Seaman Duals II

The scheduled single dual with Manhattan was expanded to include Paola and Mill Valley due to the recent weather-related cancellations. The teams were looking to get a few more matches in before next week's regional tournament. The night proved productive for the home team. The Vikings went 3-0 and pushed their season dual wins total to a school record fourteen on the season; finishing 14-8 on the year. Seaman beat Manhattan 33-25, Mill Valley 60-12 and Poala by a 39-26 margin. Seaman had five individuals who were a perfect 3-0 on the night; Khamin Crow, Deameion Gay, Shanon Dobbs, Bailey Kelly, and Malcolm Mikkelsen. Kelly finished with two falls on the night. The Vikings now have 143 falls on the season (17 shy of their season goal) and 273 wins (87 away from the team goal).

Crow is now just two wins shy of becoming the first junior in Seaman Wrestling history to reach 100 career victories. If all goes well, he will join the five others in Seaman's Century Club during next week's Regional at Leavenworth. Current members of the Century Club include; Bryant Guillen (2013), Cole Schreiner (2011), Thadd Taylor (2006), Cody Wasson (2005), and Travis Heimer (1993).

### SEAMAN 33 MANHATTAN 25

Manhattan, ranked #4 in 6A, visited Seaman fresh off a runner-up performance at the Centennial League tournament on Saturday. The dual was 'a tale of two duals,' with the first half dominated by the Indians while the second half went in the Viking's favor. Each team won seven individual matches. The difference was the falls. Seaman had two, Manhattan one. Seaman's ability to hold off Manhattan's powerful lower and middle weights made the difference.

106	Alex Martinez (Manhattan) won by decision over Dawson Podlena (Seaman) 9-4.	0	3.00
113	Khamin Crow (Seaman) won by decision over Parrion Taylor (Manhattan) 4-1.	3.00	0
120	Mason Wallace (Manhattan) won by decision over Jaelynn Gay (Seaman) 7-2.	0	3.00
126	Devin Norris (Manhattan) won by major decision over Matthew Schlossman (Seaman) 8- 0	0	4.00
132	Kian Clemens (Manhattan) won by pin over Spencer Fortney (Seaman) 1:13.	0	6.00
138	Kendrick Rivera (Manhattan) won by decision over Michael Requejo (Seaman) 6-4.	0	3.00
145	Daemeion Gay (Seaman) won by decision over Erich Sanchez (Manhattan) 2-1.	3.00	0
152	Michael Leeper (Manhattan) won by decision over Mason Ray (Seaman) 7-2.	0	3.00
160	Austin Chauncey (Manhattan) won by decision over Sam Mizell (Seaman) 3-0.	0	3.00
170	Shanon Dobbs (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
182	Kyle Romick (Seaman) won by pin over Max Dandaneau (Manhattan) 4:46.	6.00	0
195	Bailey Kelly (Seaman) won by pin over Anthony Renteria (Manhattan) 0:54.	6.00	0
220	Garrett Streets (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
285	Malcolm Mikkelsen (Seaman) won by decision over Eldon Picou (Manhattan) 13-7.	3.00	0
<b>Dual Meet Score</b>			<b>33.0    25.0</b>

**SEAMAN 60 MILL VALLEY 12**

#4 ranked Mill Valley (5A) decided to rest the majority of their starters for the event. The result was sixty points on the board for the Vikes that included six falls.

106	Dawson Podlena (Seaman) won by decision over Dylan Gowin (Mill Valley) 3-2.	3.00	0
113	Khamin Crow (Seaman) won by pin over Grant Roach (Mill Valley) 0:57.	6.00	0
120	Jaelynn Gay (Seaman) won by pin over Austin Crocker (Mill Valley) 2:00.	6.00	0
126	Ryan Anderson (Mill Valley) won by major decision over Matthew Schlossman (Seaman) 10-1.	0	4.00
132	Spencer Fortney (Seaman) won by pin over Logan Marx (Mill Valley) 5:09.	6.00	0
138	Michael Requejo (Seaman) won by pin over Talon Hilmes (Mill Valley) 5:58.	6.00	0
145	Daemeion Gay (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
152	Mason Ray (Seaman) won by pin over Laker Gatton (Mill Valley) 1:02.	6.00	0
160	Sam Mizell (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
170	Shanon Dobbs (Seaman) won by decision over Nathan Anderson (Mill Valley) 2-0.	3.00	0
182	Regan Wright (Mill Valley) won by tech fall over Kyle Romick (Seaman) 0:00 15-0.	0	5.00
195	Bailey Kelly (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
220	Alec Derritt (Mill Valley) won by decision over Garrett Streets (Seaman) 4-1.	0	3.00
285	Malcolm Mikkelsen (Seaman) won by pin over Sebastian Uriarte (Mill Valley) 4:30.	6.00	0
<b>Dual Meet Score</b>			<b>60.0 12.0</b>

**SEAMAN 39 PAOLA 26**

A slow start resulted in the Vikes playing catch-up until late in their dual with Paola. Dobbs came up big with a fall to turn the tide for Seaman.

106	Tyler Flood (Paola Panthers) won by pin over Dawson Podlena (Seaman) 1:37.	0	6.00
113	Khamin Crow (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
120	Jaelynn Gay (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
126	Keith Peuser (Paola Panthers) won by disqualification over Matthew Schlossman (Seaman) .	0	6.00
132	Chase Holub (Paola Panthers) won by decision over Spencer Fortney (Seaman) 11-10.	0	3.00
138	Michael Requejo (Seaman) won by major decision over Adam Cline (Paola Panthers) 17-6.	4.00	0
145	Daemeion Gay (Seaman) won by tech fall over Keaton Barnes (Paola Panthers) 5:33 15-0.	5.00	0
152	Connor Patton (Paola Panthers) won by decision over Mason Ray (Seaman) 8-6.	0	3.00
160	Sam Mizell (Seaman) won by decision over Ashton Poage (Paola Panthers) 5-1.	3.00	0
170	Shanon Dobbs (Seaman) won by pin over Chase Patton (Paola Panthers) 3:15.	6.00	0
182	Derek Weaver (Paola Panthers) won by pin over Kyle Romick (Seaman) 1:35.	0	6.00
195	Bailey Kelly (Seaman) won by pin over Dunkan Watrous (Paola Panthers) 5:48.	6.00	0
220	Brennan Haley (Paola Panthers) won by decision over Garrett Streets (Seaman) 7-1.	0	3.00
285	Malcolm Mikkelsen (Seaman) won by forfeit over Unknown (Unattached) .	6.00	0
Flagrant Misconduct at 126			- 3.000
Unsportsmanlike Conduct at 126			- 1.000
<b>Dual Meet Score</b>			<b>39.0 26.0</b>

# Seaman Wrestling



**"Home of the Vikings"**

Topeka-Seaman High School  
4850 Northwest Rochester Road Topeka, Kansas 66617 785.286.8300 pkelly@usd345.com

February 15, 2014

JV shines in final competition of 2013-14 season



The Seaman JV wrestling team wrapped up their 2013-14 season on Saturday at the Burlington invitational.

The Vikings entered fourteen wrestlers and returned with fourteen top-three finishes; including seven champions. Winning titles were Jarod Johnson (113), Spencer Fortney (132), Dawson Hinton (145B), Gavin Steinhoff (145A), Michael Latendresse (152), Shanon Dobbs (170) and Reuben Juarez (182). Runners-up finishers included Kevin Moranz (120), James Streeter (132) and Skyler Grant (145A). Third-place finishers were Valeria Rivera (113), Cole Lucas (126), Michael Requejo (138) and Jesse Heflin (152).

This is a Round-Robin tournament that emphasizes winning by pins, and pin they did! The Vikings finished 43-12 on the day and recorded an incredible twenty-four falls, while only being pinned twice on the day! This was tops for the tournament field of twenty-five teams. In a hypothetical team score (since none was kept), the Vikings would have prevailed over 4A power Holton by a 184-150 margin.

A look back at the season shows a 217-113 tally in individual matches. An impressive 66% of the wins were by falls.

2013-14 Team Leaders:

Reuben Juarez and Jarod Johnson - Falls (12)

Gavin Steinhoff - Wins (19)

Michael Latendresse - Takedowns (23)

James Streeter - Escapes (13)

Valeria Rivera - Reversals (26), 2-pt Nearfalls (12) & 3-pt Nearfalls (14)

With the performance of the JV team, the program has reason to be excited about the future. With the club state series only weeks away there will be plenty of opportunities for continued improvement.

# Seaman Wrestling



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February 22, 2014



## Seaman wins Regional; Three individual champs and twelve state qualifiers Crow becomes Seaman's first junior to reach 100 wins

At its core, the Regional wrestling tournament is about getting individual qualifiers to the state tournament. This year Seaman had an added incentive of competing for a Regional team title. With Lansing, Emporia, and Leavenworth in the mix it would take a few break-out performances to get the job done.

On the strength of twelve state qualifiers, including eight finalists and three individual champions, the Vikings came through in a tight team race that saw the Vikings lead from wire to wire.

Winning Regional titles were; Khamin Crow (113), Mason Ray (152), and Sam Mizell (160). Crow opened the day with a fall and notched his one-hundredth career victory with a fall in the semifinals. He recorded win #101 by injury default in the finals. He enters the state tournament with a team leading thirty-four wins and twenty-two falls on the season. Ray, only a sophomore, added a second Regional title to his resume by pinning all three of his opponents in the first minute of each match; including a team season-best eleven-second fall in the semi-finals. Mizell reached the finals with a fall and a major decision. In the finals he earned a decision over his Emporia opponent that beat him last month. Mizell was also a Regional champion a year ago.

Also making the finals were; Dawson Podlena (106), Jaelynn Gay (120), Daemeion Gay (145), Shanon Dobbs (170), and Bailey Kelly (195). Podlena earned a fall and a hard-fought decision before falling by decision to his undefeated opponent in the finals. Jaelynn Gay earned a fall and a major decision on his way to the finals, where

he dropped a major decision to a returning state medalist. Daemeion Gay won by decision in the semifinals and lost by Technical Fall to a returning State Champion in the finals. Dobbs won by fall in the opening round and by an overtime nail-biter in the semifinals before losing by fall in the finals. Kelly won by fall in the opening round and then earned a decision in the semifinals over an opponent who beat him earlier this year. In the finals he dropped a decision to a returning State medalist.

Matt Schlossman (126) and Malcolm Mikkelsen (285) both placed third. Schlossman earned a dramatic fall in his consolation-finals match over an opponent who pinned him just two weeks ago. Mikkelsen rode his opponent out to earn a victory in Ultimate Tiebreaker in the consolation-finals. Spencer Fortney (132) and Michael Requejo (138) both punched their ticket to state with fourth-place Regional showings. Both Fortney and Requejo made their way into the starting line-up only weeks ago.

The 5A State tournament gets underway at Hartman Arena in Park City at 10:00 am on Friday, February 28. Action can be followed live on Trackwrestling.com. Information on a livestream feed was unavailable at the time of this release.

### 2014 Leavenworth 5A Regional

- |                         |       |
|-------------------------|-------|
| 1. TOPEKA-SEAMAN        | 192.0 |
| 2. Lansing              | 178.0 |
| 3. Emporia              | 160.0 |
| 4. Leavenworth          | 128.0 |
| 5. Tec=Shawnee Heights  | 94.0  |
| 6. Topeka-Highland Park | 53.5  |
| 7. Topeka-West          | 48.0  |
| 8. KC-Washington        | 15.0  |

### First round State Tournament Pairings – "One Opportunity at a Time!"

	106 pounds  DAWSON PODLENA vs Lane Glover (Goddard)		113 pounds  KHAMIN CROW vs Mustafa Adbi (KC Shagle)		120 pounds  JAELYNN GAY vs Allen Heberly (Salina South)
	126 pounds  MATT SCHLOSSMAN vs Adam Pelfrey (Blue Valley SW)		132 pounds  SPENCER FORTNEY vs Braden Holle (Valley Center)		138 pounds  MICHAEL REQUEJO vs Tyler Dickman (Mill Valley)
	145 pounds  DAEMEION GAY vs Jacob Smith (KC Turner)		152 pounds  MASON RAY vs Easton Ryser (Salina Central)		160 pounds  SAM MIZELL vs Terrance Blount (KC Shagle)
	170 pounds  SHANON DOBBS vs Javon Bembry (Wichita Heights)		195 pounds  BAILEY KELLY vs Cole Hoover (Salina South)		285 pounds  MALCOLM MIKKELSEN vs Bennett Powers (Kapaun Mt. Carmel)

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March 1, 2014



## Top 10 State finish and six individual medalists for third year in a row

Without the services of 'guaranteed' state tournament points from Bryant Guillen and a group of accomplished veterans from the past few years, this year's season finale contained a little more drama than the last few 5A State Tournaments for the Seaman Vikings. In the end, the team surprisingly kept pace with those high-profile teams and returned with a tenth-place finish in the team standings and a Seaman record-tying six individual state medals (the 2005, 2012, and 2013 teams also brought home six individual medals).

With only Jaelynn Gay (120) and Sam Mizell (160) in the semifinals on Friday night to guarantee themselves a medal with a top-six finish, the Vikings would have to have an outstanding Saturday morning in order to bring home more hardware. The 'Backside Boys' came through with a 10-3 record over the course of first two rounds Saturday morning; including a perfect 4-0 record for those that remained for the 'heartbreak round' (winners medal, losers fall one match shy).

2014 State Medalists include; Khamin Crow (6<sup>th</sup> place at 113 pounds), Jaelynn Gay (5<sup>th</sup> place at 120 pounds), Daemeion Gay (6<sup>th</sup> place at 145 pounds), Sam Mizell (5<sup>th</sup> place at 160), Bailey Kelly (6<sup>th</sup> place at 195 pounds), and Malcolm Mikkelsen (6<sup>th</sup> place at 285 pounds).

Crow capped off his junior year with his third state medal after finishing in sixth-place a year ago and in third-place in 2012 when he competed for Silver Lake. He ends the year with a team-leading thirty-seven victories and 104 career wins. He also led the team in fall this season with twenty-four. He went 3-3 at this year's State tournament and pulled out an overtime win to make his way in to the medal round.

Jaelynn Gay continued to make strides through the final weeks of the season. The undersized 120 pounder finished the year with a State semifinals appearance and thirty-five wins after netting only three win two seasons ago and twenty-eight victories a year ago.

Daemeion Gay had a minor, but unfortunate ankle injury that occurred in his final match. While earning an escape during the second period, Gay turned his ankle. Gay was leading 3-0 at the time of the injury, but quickly fell behind due to his limited mobility. After an injury time-out, the decision was made a short time later to end the match prematurely. The junior finished the year with thirty-one victories and his second State medal after an appearance in the State Final last season.

If Jaelynn and Daemeion are able to stay the course, they are on pace to become the first brothers from Seaman (they are twins) to earn one hundred career victories during their senior seasons in 2014-15.

This season Sam Mizell made his third straight appearance in the State tournament. The consistent performer for the Vikes was seeking his first State medal, but on paper the probability was not in his favor in a deep 160-pound weight class. Mizell used a last-second snap-down takedown in the quarter finals to punch his ticket to the semifinals and a well-deserved guaranteed top-six finish. The powerful senior ran in to stiff competition all season and finished with twenty-six victories and nine falls.

Sophomore Bailey Kelly began the 2013-14 season with a 3-4 record at his first competition back after coming off shoulder surgery rehab that kept him off the mat and gridiron for seven months. His long road back ended with a twenty-seven win season and his second State medal. He need wins over two highly regarded opponents to earn his way to the medal round on Saturday.

Malcolm Mikkelsen rose from a first-year junior varsity competitor to a second-year State medalist in only a year! Many of his competitors have had years of kids club, middle school and high school experience behind them, but the senior became proficient at a few moves and used his athleticism to pull him through. He finished with twenty-five wins on the season.

Freshman Dawson Podlena (106) made it to Saturday with a victory on the backside on Friday night, but fell in the first round on Saturday to finish 1-2 at his first State tournament. He ends the season with eighteen victories.

Matt Schlossman (126) went 0-2 at State during his first trip to Park City. Only a freshman, he won fourteen varsity matches and sacrificed for the team by moving down a weight class in order to make the line-up stronger. The bright and talented Schlossman performed double duty on Friday morning of State. He is a member of the Seaman Jazz Ensemble #1 that was selected as the top Jazz Ensemble in the state and was invited to perform at Century II in downtown Wichita prior to the first session of State wrestling. Arrangements were made with Band Director, Mr. Cary Stahly and Matt's parents to transport him to and from both events. Matt weighed in, performed with the Jazz Band and returned to Hartman Arena in time for Opening Ceremonies.

Spencer Fortney (132) showed great promise during his first season as a wrestler last season. This year the sophomore established himself in the varsity line-up late in the season and earned a trip to the State tournament with a top-four Regional performance. He finished the season with five varsity wins and motivation to pick up where he left off next season. He went 0-2 at State.

Michael Requejo (138) began the season in a back-up role, but was determined to make his way in to the varsity line-up. When the opportunity presented itself, the junior made the most of it and put together

seven wins and qualified for the State tournament. He went 0-2 at State, losing his second match in overtime.

Sophomore Mason Ray (152) earned his second Regional title this year to qualify for the State tournament. After leading in the opening round, he was caught and pinned. He turned around and won by fall in his first match on the backside before bowing out in a hard-fought decision the next round. Ray earned eighteen victories this season after a late start due to a back injury that kept him out of much of football season and the first part of the wrestling season.

Shanon Dobbs (170) capped his senior year off with a 1-2 performance at State in his first full season in the varsity line-up. The Regional Runner-up transferred from ACCHS (Effingham) for his final two years of high school.

As a team Seaman finished with nine falls at State, ranking only behind team champion Saint James (11) and Bishop Carroll and Kapaun Mt. Carmel (10). That effort brings the season total to 167 falls to achieve the season goal of 160. The team also had twenty-one wins at State to push the season total to 322, also meeting a pre-season goal of 320. Fifty-two percent of the wins by the 2013-14 team came via the fall to match the 50% or better percentage of the last four seasons. The top percentage remains 63% during the 2011-12 season.

With many opportunities for improvement during the off-season, the 2014-15 season already looks bright for the Vikings... the 2015 State tournament begins in only 363 days!

#### 2014 5A STATE WRESTLING RESULTS

1.	Lenexa-St. James	180.5	17.	Andover	49
2.	Goddard	117.5	18.	Maize South	48.5
3.	Wichita Kapaun	101	19.	Emporia	47.5
4.	Arkansas City	100	20.	Pittsburg	38
5.	Wichita Bishop Carroll	91	21.	Wichita Heights	31
6.	Shawnee-Mill Valley	88.5	22.	Valley Center	24.5
7.	Newton OP-St. Thomas	85.5	23.	Leavenworth	19.5
8.	Aquinas	83.5	24.	Salina-South	13
9.	Wichita West	72.5	25.	KC-Turner	11
<b>10.</b>	<b>TOPEKA-SEAMAN</b>	<b>70.5</b>	26.	Liberal	4
11.	Lansing	66	26.	Topeka-West	4
12.	Shawnee Heights	65	28.	Goddard Eisenhower	3
13.	Hays	60	29.	KC-Washington	1
14.	Great Bend	59.5	30.	KC-fl Schlagle	0
15.	Salina-Central	59	30.	KC-JC Harmon	0
16.	OP-Blue Valley SW	53	30.	Topeka-Highland Park	0

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March 9, 2014

## Seaman puts six on First-Team All-City

The 2013-14 All-City Wrestling Team was announced today. Seaman has six individuals selected as First-Team recipients; the most of any of the other six city schools. Washburn Rural was next with four First-Teamers. Shawnee Heights put two on the First-Team. Topeka High and Topeka West both had one on the First-Team.

Khamin Crow (Junior, 113), Jaelynn Gay (Junior, 120), Matt Schlossman (Freshman, 126), Daemeion Gay (Junior, 145), Mason Ray (Sophomore, 152), and Sam Mizell (Senior, 160) made the First-Team for Seaman. Michael Requejo (Junior, 138) and Bailey Kelly (Sophomore, 195) were named to the Second-Team. Dawson Podlena (Freshman, 106), Spencer Fortney (Sophomore, 132), and Shanon Dobbs (Senior, 170) received Honorable Mention recognition.

With four State Qualifiers and two State Medalists, the 195-pound weight class was the deepest in the city this season. The seven city schools combined for a total of ten state medals; including a State Runner-up and a State Champion.

Erich Singer (Topeka High) was named 2014 City Wrestling Coach of the Year.

Weight Class	First Team	School	Second Team	School	Seaman Honorable Mention
106	Zach Campbell	Topeka West	Jay Maxwell	W. Rural	Dawson Podlena (106) Spencer Fortney (132) Shanon Dobbs (170)
113	<b>Khamin Crow</b>	<b>Seaman</b>	Nick Frakes	W. Rural	
120	<b>Jaelynn Gay</b>	<b>Seaman</b>	Johnny Thomas	T. High	
126	<b>Matt Schlossman</b>	<b>Seaman</b>	Andrew Miller	S. Heights	
132	Josh Garrett	W. Rural	Jared Scrinopskie	Topeka West	
138	Trent Miles	W. Rural	<b>Michael Requejo</b>	<b>Seaman</b>	
145	<b>Daemeion Gay</b>	<b>Seaman</b>	Elijah Miller	H. Park	
152	<b>Mason Ray</b>	<b>Seaman</b>	Daniel Dunnaway	W. Rural	
160	<b>Sam Mizell</b>	<b>Seaman</b>	Blake Younger	S. Heights	
170	Carter Hall	S. Heights	Nathan Mikoleit	W. Rural	
182	Aaron Davis	W. Rural	Brett Yeagley	S. Heights	
195	Austin Tillman	Topeka High	<b>Bailey Kelly</b>	<b>Seaman</b>	
220	Jacob Namchek	W. Rural	Cameron Hicks	S. Heights	
285	Tyson Toelkes	S. Heights	<b>Malcolm Mikkelsen</b>	<b>Seaman</b>	

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March 12, 2014

## Dietz named KWCA Administrator of the Year

Seaman High School Athletic Director Brad Dietz has been named 2013-14 Administrator of the

Year by the Kansas Wrestling Coaches Association (KWCA) organization.

Dietz has been supportive of providing opportunities to not only Seaman High School athletes, but also to wrestlers area-wide and state-wide through his support of USA Wrestling/Kansas (USAWKS) club activities such as the Capital City Challenge tournament and the Sunflower State Games.

During recent years Seaman High School has hosted Centennial League and Regional tournaments and two years ago began its own "Seaman Duals" tournament. The leadership of Mr. Dietz has ensured that Seaman is a good host and the events are well run.

Due to weather-related cancellations this season, Mr. Dietz was interested in expanding a late season dual, creating a multiple-dual event to recover some of the

competition points that were lost. This provided opportunities to not only Seaman, but also to the three other teams that were invited.

Wrestling is a sport that requires a lot out of a school's Athletic Director, including conducting early morning weigh-ins and paperwork compliance for certification. Mr. Dietz is always on time for weigh-ins and patient with the kids who may not always be as punctual. He recognizes that the work he does ultimately benefits the student-athletes in the program.

Mr. Dietz was instrumental in securing two new competition mats for the Seaman program this year. After seeing the proposal through from start to finish, the mats arrived before the first competition. With a purchase as big as this, there was a lot more involved than simply placing an order. Mr. Dietz made sure the i's were dotted and t's were crossed.

The KWCA has made an honorable selection in naming Seaman's Brad Dietz "2013-14 Administrator of the Year."



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March 12, 2014

## Stanley named KWCA Contributor of the Year

The name 'Mark Stanley' has become associated with everything wrestling in the state of Kansas. For his efforts, the Kansas Wrestling Coaches Association (KWCA) is honored to recognize him as its 2013-14 Contributor of the Year.

Mark's work with wrestling in the state spans all age groups and events from local kids tournaments to high school tournaments to the Kansas Kids State tournament. His efforts to lead and manage the recently completed NAIA national tournament cannot be understated. His organizational skills, technical expertise and creativity have been the backbone of the way he operates.

Mark is the long-time Junior Vikings Club Director and member of the USA Wrestling-Kansas Board of Directors. For years he has been instrumental in the bidding process to retain Topeka as the site of the Kid's State tournament and in turn helping to run one of the premiere sporting events on the calendar each year in Topeka.

Mark has also served as Commissioner for the wrestling portion of the Sunflower State Games for several years. He has shepherded the growth of this event to record entry numbers for the past three years in a row.

On a more local level, Mark helped develop the TOP City Summer Wrestling League and has facilitated Freestyle/Greco-Roman training opportunities in Topeka.

For his tireless efforts in the name of Kansas wrestling, the KWCA is proud to recognize Topeka's Mark Stanley as its 2013-14 Contributor of the Year!

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March 12, 2014

## Seaman wrestling earns top 5A academic award Mizell and Mikkelsen named to senior-only First-Team

It became apparent shortly after grades were posted from the first semester of the 2013-14 school year that the Seaman wrestling program had something special in regard to the classroom performance of the team. At that time it was discovered that the team's top fourteen individuals carried an average 3.91 Grade Point Average (GPA).

The Kansas Wrestling Coaches Association (KWCA) awards team recognition each year based on the average GPA of each team's entries into the Regional tournament. This year Seaman has been declared 'KWCA 5A Academic State Champions' after earning the highest cumulative GPA of all 5A schools with a 3.52 GPA. Seaman also won the award during the 2011-12 season.

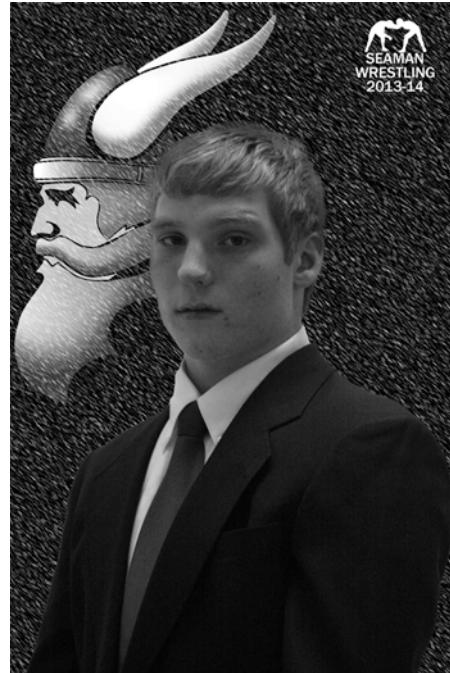
Representing Seaman at the 2014 Regional tournament were; Dawson Podlena, Khamin Crow, Jaelynn Gay, Matt Schlossman, Spencer Fortney, Michael Requejo, Daemeion Gay, Mason Ray, Sam Mizell, Shanon Dobbs, Kyle Romick, Bailey Kelly, Garrett Streets, and Malcolm Mikkelsen.

Additionally, Sam Mizell and Malcolm Mikkelsen have been named First Team All-Academic selections. The senior-only award is based on a GPA of 3.5 or higher and a .500 or better record given fifteen or more varsity matches. Seaman now has twenty-two First-Team All-Academic selections. The award dates back to the 1987-88 season.

Malcolm Mikkelsen



Sam Mizell



2013-14 Kansas Wrestling Coaches Association (KWCA) First Team All-Academic

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