

KENOWA HILLS WRESTLING 2019-2020



“MAKE EVERYONE BETTER”



KENOWA HILLS WRESTLING 2019-2020



[HTTPS://YOUTU.BE/EQFEX34UYTE](https://youtu.be/eqfex34uyte)



1967
to
2020
54 YEARS



2019-2020

Team

23 Letter Winners

13 First Year Wrestlers

6 Girls Team Members

11 Dual Meet Wins

3 Regional Qualifiers



Coaching Staff

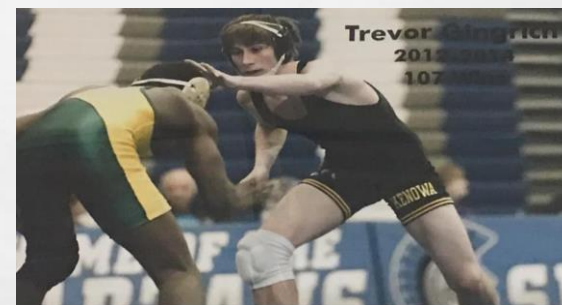
Tom Bennett – HS Head Coach

Elijah Troost – HS Asst Coach

Ben Cartwright – MS Head Coach

Spencer Munn – HS Vol. Asst Coach

Trevor Gingrich – HS Vol. Asst Coach



Guest Speaker

NICK MAY

2019



CHOOSE YOUR 2020-2021 TEAM

- **KEY TO OUR SUCCESS IS IN THE NUMBERS....24 WRESTLERS THIS SEASON**
- **13 FIRST YEAR WRESTLERS ARE NOW 2ND YEAR WRESTLERS!**
- **23 OF YOU ARE RETURNING!**
- **4 INCOMING MS WRESTLERS: GILES ANSMITS, JAKE JONKER, WILLIAM LANDERO & EUGENE BARRIENTES**
- **IF EVERYONE GETS JUST “1” PERSON TO JOIN YOU...WE WILL HAVE “52” WRESTLERS ON THE TEAM!**
- **WHY WOULDN'T YOU ENCOURAGE THOSE CLOSEST TO YOU TO TRY IT? WHO DO YOU THINK CAN BENEFIT FROM WRESTLING?**
- **EVERYONE CAN WRESTLE...IT DOES NOT REQUIRE YOU TO BE A CERTAIN HEIGHT, WEIGHT, EXPERIENCE LEVEL, ETC....WE ALL COME FROM DIFFERENT BACKGROUNDS AND MAY WANT TO GET SOMETHING DIFFERENT OUT OF IT!**
- **EVERYONE IS WELCOME! EVERYONE IS ENCOURAGED! EVERYONE CAN GET WHAT THEY WANT OUT OF IT!**
- **WRESTLING IS FUN...YES IT'S HARD WORK...BUT IT BUILDS CHARACTER, CONFIDENCE, TOUGHNESS & SELF-ESTEEM**

2020 SEASON SUMMARY

Grade	First	Last	Record	Pins	Forfeits	Techs	Major	Decision	Team Points	Career
Freshman	Xavier	Black	3-8	0	3	0	0	0	18	3
Freshman	Van	Bruin	7-24	2	3	1	1	0	39	7
Freshman	Shawn	Hall	1-19	0	1	0	0	0	6	1
Freshman	Aiden	Kilbourn	8-13	5	3	0	0	2	54	8
Freshman	Erick	Mayorga	0-5	0	0	0	0	0	0	0
Freshman	Gabe	McCloskey	17-14	11	2	0	0	4	90	17
Freshman	Kayden	Smith	23-20	14	4	0	1	4	124	23
Freshman	Mason	Viveros	10-6	8	1	0	0	1	57	10
Sophomore	Shofi	Alom	10-20	9	1	0	0	0	60	10
Sophomore	Ashlynn	Andree	1-14	0	0	0	0	1	3	1
Sophomore	Jasmin	Doubllestein	7-22	3	3	0	0	1	39	7
Sophomore	Alexis	Gerth	1-20	0	1	0	0	0	6	1
Sophomore	Aisia	Jennings	3-20	1	1	0	0	1	15	3
Sophomore	Natalie	McCune	2-28	0	0	0	1	1	7	2
Sophomore	Nate	Moe	39-7	25	4	5	2	3	216	60
Sophomore	Trey	Monroe	11-25	5	6	0	0	0	66	11
Sophomore	Jackson	Pinkelman	21-7	12	6	3	0	0	123	32
Sophomore	Kaia	Schenk	0-1	0	0	0	0	0	0	0
Junior	Dominic	Cordes	27-18	10	6	0	3	8	132	37
Junior	Jeremy	Herzog	0-1	0	0	0	0	0	0	14
Junior	Breyden	Link	10-28	2	7	1	0	0	59	10
Junior	Tanner	Pickel	1-17	0	1	0	0	0	6	1
Junior	Cadin	Rose	27-8	18	5	0	1	3	151	42
Senior	Francisco	Landro	29-12	14	3	1	3	8	143	64

INDIVIDUAL TOURNAMENTS

KENT COUNTY CHAMPIONSHIPS

- **ALEXIS GERTH – 2ND**
- **NATE MOE – 3RD**
- **NATALIE MCCUNE – 4TH**
- **JASMIN DOUBBLESTEIN – 4TH**
- **CADIN ROSE – 5TH**

HOPKINS INVITATIONAL

- **NATE MOE – 1ST**
- **CADIN ROSE – 3RD**
- **FRANCISCO LANDERO – 3RD**
- **SHOFI ALOM – 4TH**
- **GABE MCCLOSKEY – 4TH**
- **JACKSON PINKELMAN – 5TH**
- **KAYDEN SMITH - 5TH**
- **DOM CORDES – 5TH**
- **AIDEN KILBOURN – 5TH**

INDIVIDUAL TOURNAMENTS

OK CONFERENCE CHAMPIONSHIP

- **NATE MOE – 2ND**
- **JACKSON PINKELMAN – 2ND**
- **CADIN ROSE – 2ND**
- **AIDEN KILBOURN – 3RD**
- **FRANCISCO LANDERO – 3RD**
- **DOM CORDES – 3RD**
- **MASON VIVEROS – 4TH**
- **KAYDEN SMITH – 4TH**

D2 INDIVIDUAL DISTRICTS

- **NATE MOE – 2ND**
- **MASON VIVEROS – 3RD**
- **DOM CORDES – 4TH**

TEAM RECORD (11-13 REG., 0-1 POST)

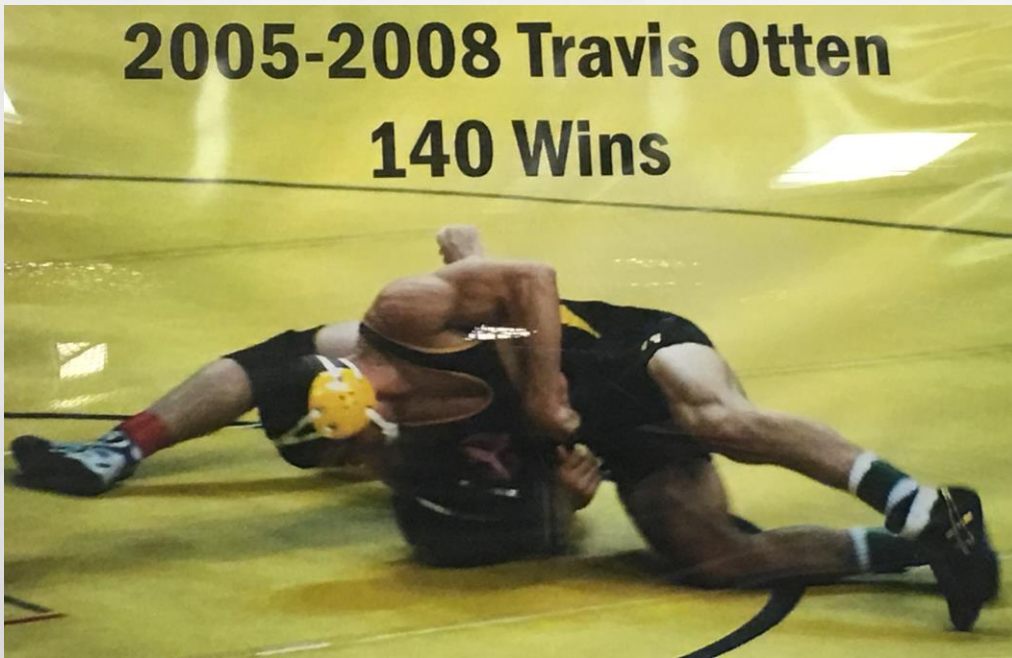
Win	Score	Loss	Score
Kenowa	44	Mona Shores	21
Kenowa	42	Muskegon	27
Kenowa	54	Otsego	30
Kenowa	60	Ottawa	12
Kenowa	49	Sparta B	24
Kenowa	48	Portage Central	36
Kenowa	67	Lee	12
Kenowa	41	Spring Lake	38
Kenowa	45	GR Union	35
Kenowa	57	West Catholic	16
Kenowa	48	Catholic Central	33

Win	Score	Loss	Score
Coopersville	60	Kenowa	23
Sparta	66	Kenowa	15
Portage North	41	Kenowa	35
Portage Central	42	Kenowa	40
Sparta	60	Kenowa	17
Rockford B	43	Kenowa	27
Belding	58	Kenowa	21
Jenison*	54	Kenowa	20
Allendale*	57	Kenowa	20
Reeth Puffer**	68	Kenowa	5
Belding	40	Kenowa	34
Linden*	52	Kenowa	21
Fruitport	45	Kenowa	30
FH Northern	58	Kenowa	9

100 WINS CLUB

Most Wins

2005-2008 Travis Otten
140 Wins



- STEVE GLIDE
- KEN EACKER
- ERIC BECKMANN
- SCOTT BECKMANN
- MASHAL FOSTER
- DAVEY THAYER
- ADAM RASCH
- MATT RACALLA
- MARK RACALLA
- LUKE BOERSMA
- TRAVIS OTTEN
- ADAM CARTWRIGHT
- DAN CARTWRIGHT
- ROB KUZMICZ
- DAN POINDEXTER
- CODY NICKS
- BEN CARTWRIGHT
- JACOB WILLIAMS
- DEVIN BISARD
- TREVOR GINGRICH
- BRODY NEESON
- JIMMY SMITH
- NICK MAY

INDIVIDUAL STAT LEADERS

SCHOOL RECORD BEST WINNING % (SEASON)

1	Tim Corner	44-2 96%	1973
2	Brock Neeson	50-3 94%	2011
3	Dave Longcore	37-3 93%	1976
3	Luke Boersma	41-3 93%	2006
5	Adam Cartwright	39-4 91%	2007

INDIVIDUAL STAT LEADERS

MOST TAKEDOWNS (SEASON)

1	Francisco Landero	73	2020
2	Nate Moe	64	2020
3	Jackson Pinkelman	38	2020
4	Cadin Rose	36	2020
5	Dom Cordes	35	2020

SCHOOL RECORDS

1	Dan Poindexter	122	2011
2	Matt Racalla	100	2004
2	Hipolito Martinez	100	2011
4	W.G. Ogden	91	2006
5	Luke Boersma	85	2006
5	Travis Otten	85	2008

Van Bruin 25, Kayden Smith 25, Gabe McCloskey 17, Aiden Kilbourn 14, Mason Viveros 13, Trey Monroe 10

INDIVIDUAL STAT LEADERS

MOST TAKEDOWNS (CAREER)

1	Francisco Landero	134	2020
2	Nate Moe	112	2022
3	Cadin Rose	61	2021
4	Dom Cordes	52	2021
5	Jackson Pinkelman	45	2022

SCHOOL RECORDS

1	Travis Otten	253	2008
2	Matt Racalla	238	2004
3	Adam Cartwright	221	2008
4	Dan Poindexter	212	2011
5	Luke Boersma	209	2006

INDIVIDUAL STAT LEADERS

MOST TEAM POINTS (SEASON)

1	Nate Moe	216	2020
2	Cadin Rose	151	2020
3	Francisco Landero	143	2020
4	Dom Cordes	132	2020
5	Kayden Smith	124	2020

SCHOOL RECORDS

1	Brock Neeson	254	2011
2	Jason Christensen	251	2009
3	Devin Bisard	233	2012
4	Dan Poindexter	232	2011
5	Devin Bisard	219	2013

INDIVIDUAL STAT LEADERS

MOST WINS (SEASON)

1	Nate Moe	39	2020
2	Francisco Landero	29	2020
3	Dom Cordes	27	2020
3	Cadin Rose	27	2020
5	Kayden Smith	23	2020

SCHOOL RECORDS

1	Brock Neeson	50	2011
2	Dan Poindexter	45	2011
3	Tim Corner	44	1973
3	Steve Gilde	44	1973
5	Adam Cartwright	43	2008
5	Jason Christensen	43	2009

INDIVIDUAL STAT LEADERS

MOST WINS (CAREER)

1	Francisco Landero	64	2020
2	Nate Moe	59	2022
3	Cadin Rose	42	2021
4	Dom Cordes	37	2021
5	Jackson Pinkelman	32	2022

SCHOOL RECORDS

1	Travis Otten	140	2008
2	Steve Gilde	134	1975
3	Mashal Foster	133	1995
3	Adam Cartwright	133	2008
5	Dan Poindexter	122	2011

INDIVIDUAL STAT LEADERS

MOST PINS (SEASON)

1	Nate Moe	25	2020
2	Cadin Rose	18	2020
3	Francisco Landero	14	2020
3	Kayden Smith	14	2020
5	Jackson Pinkelman	12	2020

SCHOOL RECORDS

1	Jason Christensen	36	2009
2	Scott Nicks	32	2009
3	Adam Cartwright	30	2007
3	Brock Neeson	30	2011
5	Jason Christensen	29	2008

INDIVIDUAL STAT LEADERS

MOST PINS (CAREER)

1	Nate Moe	41	2022
2	Francisco Landero	31	2020
3	Cadin Rose	27	2021
4	Dom Cordes	14	2021
4	Jackson Pinkelman	14	2022
4	Kayden Smith	14	2023

SCHOOL RECORDS

1	Travis Otten	92	2008
2	Jason Christensen	86	2009
3	Adam Cartwright	81	2008
4	Mark Racalla	71	2004
5	Dan Poindexter	61	2011

INDIVIDUAL STAT LEADERS

MOST WINS (BY FRESHMAN)

1	Devin Bisard	40	2012
2	Trevor Gingrich	34	2012
3	Travis Otten	32	2005
4	Ben Cartwright	29	2011
4	Jacob Williams	29	2011

MOST PINS (BY FRESHMAN)

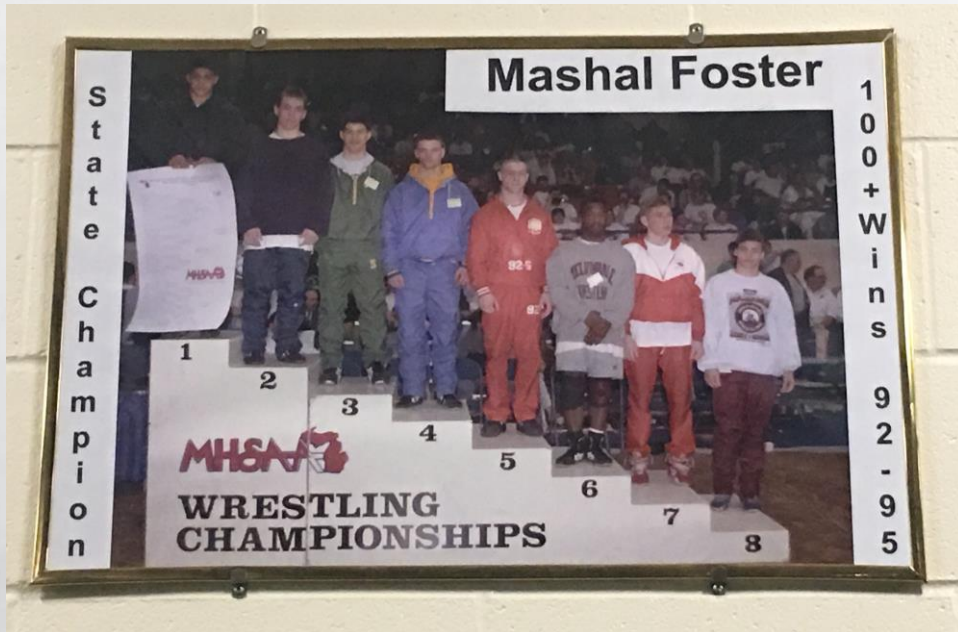
1	Devin Bisard	23	2012
2	Travis Otten	21	2005
3	Jacob Williams	18	2011
4	Ben Cartwright	17	2011
5	Adam Cartwright	16	2005
5	Dan Cartwright	16	2006

Kayden Smith 23 Wins & 14 Pins - 2020

ALL-STATE CLUB

State Champ

1994



- TIM CORNER-1973-2ND
- JACK BRIGGS-1974-4TH
- STEVE GILDE-1974-2ND
- DAVE HILL-1975-4TH
- DAVE HILL-1976-5TH
- ERIC BECKMAN-1991-5TH
- FRED ERICKSON-1991-8TH
- ERIC BECKMAN-1992-3RD
- MASHAL FOSTER-1992-8TH
- MASHAL FOSTER-1993-2ND
- MASHAL FOSTER-1994-1ST
- MASHAL FOSTER-1995-3RD
- MICAH FOSTER-1996-3RD
- MIKE MIKULA-1998-8TH
- W.G. OGDEN-2001-7TH
- W.G. OGDEN-2002-6TH
- LUKE BOERSMA-2006-7TH
- **WHO'S NEXT? - 2021**

Team Captains

Nate Moe

Cadin Rose

Francisco Landero



1st Ever Girls Team

Aisia Jennings

Natalie McCune

Ashlynn Andree

Kaia Schenk

Jasmin Doublestein

Alexis Girth



119 Total Matches!

Senior Tribute

Francisco Landero



Scholastic Leaders

SHOFI ALOM

FRANCISCO LANDERO

NATALIE MCCUNE

JACKSON PINKELMAN



Regional Qualifiers

Nate Moe

Dom Cordes

Mason Viveros



Most Valuable Freshman

Kayden Smith



Most Improved

Dom Cordes



MVP

NATE MOE

**SOPHOMORE
TEAM CAPTAIN
REGIONAL QUALIFIER
216 TEAM POINTS
59 CAREER WINS
39 SEASON WINS
36 WINS FOR BONUS POINTS**



OFF-SEASON PLANS

- **LIFTING 3X A WEEK (INCLUDE SQUATS)**
- **PLAY ANOTHER SPORT THAT CHALLENGES YOUR STRENGTH, LUNG CAPACITY AND MENTAL TOUGHNESS (I.E. FOOTBALL, CROSS-COUNTRY, RUGBY, TRACK & FIELD, SOCCER, SWIMMING, TENNIS, BOXING)-COMPETE**
- **OPEN MATS, CLUB OR AREA TRAINING CENTERS (KENOWA, NORTHVIEW, COOPERSVILLE, ROCKFORD, ETC.)**
- **CROSS TRAIN (I.E. 5K RUN, 5TH/3RD RIVER BANK RUN, CANNONBURGH HILLS, CROSS-FIT, KETTLE BELLS, PULL-UPS, JUMP ROPE)**
- **200 PUSH-UPS AND 200 SIT-UPS EVERY DAY**
- **COMPETE (MYWA, NUWAY, USA-FREESTYLE, AAU, LOCAL, REGIONAL AND NATIONAL INDIVIDUAL EVENTS AND DUAL TEAM EVENTS)**
- **CAMPS & CLINICS (BASED ON YOUR BUDGET)**
- **TRAINING CENTERS: “THE CENTER” WITH TP; “TOP STEP” WITH JJ JOHNSON; ETC.**
- **INDIVIDUAL LESSONS (FINE TUNE YOUR TECHNIQUE)**
- **DRILL SESSIONS WITH LIKE MINDED PARTNERS**
- **WATCH TECHNIQUE VIDEOS**

OFF-SEASON PLANS

• CAMPS

- **JEFF JORDAN STATE CHAMP CAMP**
- **[HTTP://JORDANTRAINED.COM](http://jordantrained.com)**
- **XTREME KICK-OFF CAMP**
- **[WWW.MICHIGANUSAUNITED.COM](http://www.michiganusaunited.com)**

• TRAINING

- **“THE CENTER” – COOPERSVILLE SUN/THUR 7-8:30**
- **“TOP STEP” M/W-ROCKFORD; THUR-LOWELL 6-8**
- **OPEN MATS – KENOWA-M /NORTHVIEW-TH 6-7:30**
- **INDIVIDUAL LESSONS/DRILL SESSIONS (WED)**

• COMPETITIONS

- **USA FREESTYLE**
- **WAAAM/MYWA/NUWAY**
- **BARN BRAWL**
- **GRAPPLER FALL CLASSIC**
- **OHIO TOURNAMENT OF CHAMPS**

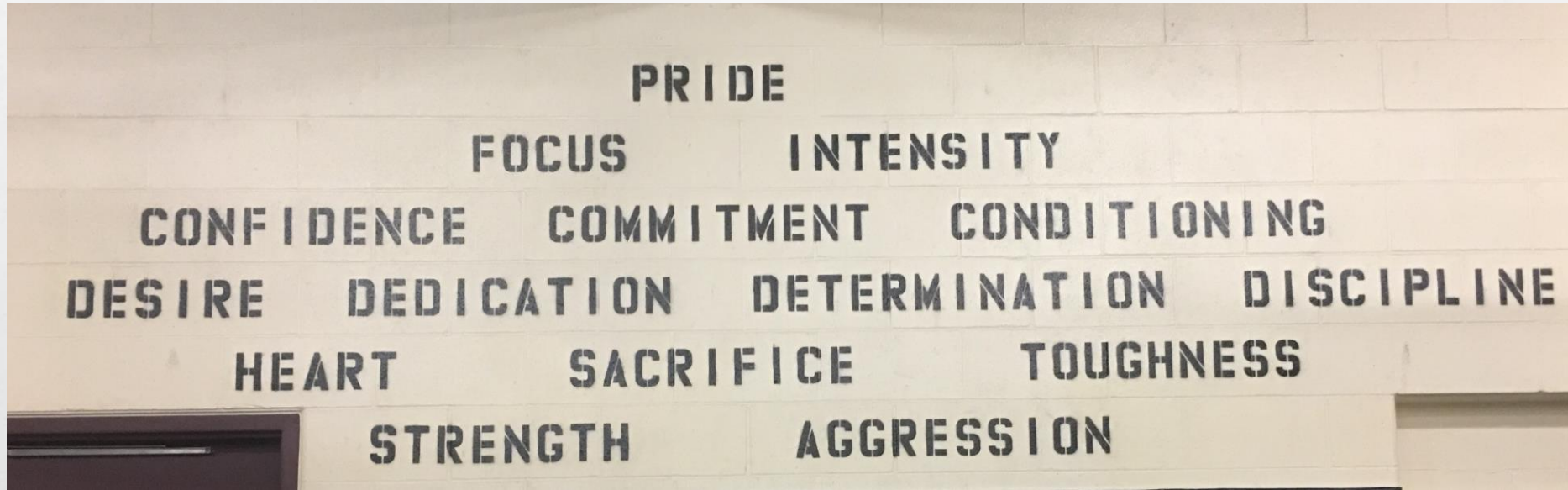
• TEAM BUILDING

- **PICNIC/COOKOUT**
- **FUNDRAISER EVENTS**
- **“I DID IT” 1,000 TAKEDOWNS CLUB T-SHIRT**

CHANGE I CAN'T TO "I CAN..."

- **I CAN'T BECAUSE I'M PLAYING "XYZ" ...**
- **I CAN'T BECAUSE WE ARE ON VACATION**
- **I CAN'T BECAUSE I HAVE TO WORK**
- **I CAN'T AFFORD IT**
- **I CAN'T BECAUSE I DON'T HAVE A RIDE**
- **I CAN DO CROSS-TRAINING WORKOUTS**
- **I CAN EXERCISE ON THE BEACH...**
- **I CAN FIND 1 HOUR OUT OF 24-HRS IN A DAY**
- **I CAN GET A PART-TIME JOB OR FUNDRAISE**
- **I CAN CALL A FRIEND, FAMILY, TEAMMATE, COACH, RIDE MY BIKE OR JOG/WALK**

SET YOUR 2020-21 GOALS TODAY



EXPECT GREATNESS