



Great Plains Athletic Conference

BRIAR CLIFF CONCORDIA DAKOTA WESLEYAN DANA DOANE DORDT HASTINGS MIDLAND LUTHERAN
MORNINGSIDE MOUNT MARTY NEBRASKA WESLEYAN NORTHWESTERN SIOUX FALLS

Corey Westra, Commissioner

4016 Kateri Way

Sioux City, Iowa, 51106

Phone: 712.226.4722 Fax: 303-374-5868 Cell: 712.226-4722

E-Mail: corey.westra@gpacsports.com

TO: Select Nebraska, South Dakota & Iowa Media

FR: Corey Westra, GPAC Commissioner

RE: 2009 GPAC Wrestling All-Conference Team

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2009 GPAC Wrestling All-Conference Teams Announced

(Sioux City, Iowa) – The Great Plains Athletic Conference (GPAC) is proud to announce the 2009 Wrestling All-Conference Teams. The GPAC is in their third year of wrestling as an official conference sport.

Dana's Ryan Tuzon, at 165 pounds, is the GPAC/Hauff Mid-America Sports Wrestler-of-the-Year, while Dana Head Coach Beau Vest has been named the GPAC/Hauff Mid-America Sports Coach-of-the-Year. Tuzon went 6-0 in conference matches this season and was the GPAC tournament champion at 165 pounds. Clayden McKim from Dana was named the GPAC Championships Outstanding Wrestler after winning the 125 pound weight class.

The GPAC Wrestling All-Conference Teams consist of a first and second team of 12 members each and six honorable mention selections.

2009 GPAC Wrestling All-Conference First Team

Name	School	Weight Class	Year	Hometown
Clayden McKim	Dana	125	Freshman	Omaha, Neb.
Chris Utesch	Morningside	133	Senior	Akron, Iowa
Adam Manz	Dana	141	Junior	Council Bluffs, Iowa
Levi Price	Northwestern	149	Senior	Cannon Falls, Minn.
Jeremy Garvin	Briar Cliff	157	Freshman	Iowa City, Iowa
Ryan Tuzon	Dana	165	Junior	Maui, Hawaii
Tom Eaton	Northwestern	174	Senior	Cedar Rapids, Iowa
Joe Lockett	Morningside	184	Junior	Bellevue, Neb.
Nic Leather	Northwestern	197	Freshman	Atwater, Minn.
Jon Wilbourne	Dana	HWT	Junior	Lake Stevens, Wash.
Ben Knight	Morningside	149	Sophomore	Sergeant Bluff, Iowa
Andrew Hare	Hastings	141	Senior	Skiatook, Oklahoma

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2009 GPAC Wrestling All-Conference Second Team

Name	School	Weight Class	Year	Hometown
Sam Vice	Briar Cliff	125	Sophomore	Omaha, Neb.
Ty Costa	Dana	133	Sophomore	Ceres, Calif.
Julian Gunnels	Briar Cliff	133	Senior	Kansas City, Missouri
Jordan Harer	Dakota Wesleyan	141	Junior	Gettysburg, S.D.
Claudel Noel	Northwestern	157	Senior	Port St. Lucie, Florida
Sammy Johnson	Briar Cliff	165	Freshman	Baltimore, Maryland
Josh Ghobadpoor	Dana	174	Junior	Dahlonega, Georgia
Jameon Rush	Hastings	174	Sophomore	Clay Center, Kan.
Zach Andersen	Morningside	184	Senior	Parkersburg, Iowa
Mikie Keating	Dana	197	Freshman	Ponca City, Oklahoma
Brandon Hudiburgh	Hastings	HWT	Sophomore	Grand Island, Neb.
Drew Smith	Morningside	141	Sophomore	Milburn, Neb.

GPAC/Hauff Mid-America Sports Wrestler-of-the-Year: Ryan Tuzon, Dana

GPAC/Hauff Mid-America Sports Coach-of-the-Year: Beau Vest, Dana

2009 GPAC Wrestling Honorable Mention

Name	School	Weight Class	Year	Hometown
Chris Strand	Sioux Falls	125	Junior	Brandon, S.D.
Danny Hutcheson	Dakota Wesleyan	149	Sophomore	Elk Point, S.D.
Koln Fink	Sioux Falls	157	Junior	Harrisburg, S.D.
Cole Spree	Northwestern	184	Senior	Parkersburg, Iowa
Cole Wilson	Morningside	197	Senior	Oakland, Iowa
Weston Frahm	Morningside	174	Senior	Plainview, Neb.

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