

Wempen not focused on 4 state titles (yet)

Written by Jim Ecker

Friday, 11 January 2013 00:11 -

Matt Wempen won a state wrestling title for the Linn-Mar Lions last season as a freshman, which means he has a chance to become only the 22nd four-time champion in state history.

He'd rather not think about it.

"I have to concentrate on being a two-time state champion before I do a fourth," he remarked Thursday night. "I'm going to take it one year at a time."

Wrestling is a tough, brutal sport that requires year-round dedication. And no matter how hard you work, there's the constant risk of injury.

Wempen suffered a hand injury Dec. 8 in the Five Seasons Duals and did not return to action for four weeks. He was ranked No.1 at 113 pounds when the season began, but slipped to No.2 behind Kaz Onoo of Mason City after losing to Onoo on the day he got hurt.

Nobody has to tell Wempen about the fragile nature of his sport and how hard it is to stay on top.

"I worked just as hard over the summer as I did going into freshman year. I worked even harder," he said.

The first state title was great. Now he wants a second helping.

"I have to look at it like that never happened," he said. "I have to look at it as a new year.

"Everyone is equal, and so I just have to stay hungry and want it just as much as I did. I know

Wempen not focused on 4 state titles (yet)

Written by Jim Ecker

Friday, 11 January 2013 00:11 -

for sure it's not going to be handed to me."

Wempen compiled a flashy 52-2 record as a freshman. He's lost only once this season, but doesn't want it to happen again.

Wempen had just one match Thursday night in a Mississippi Valley Conference double-dual at Linn-Mar. He received a forfeit against Hempstead, then collected a 16-1 technical fall in 3:01 against freshman Kyle Briggs of Jefferson.

Linn-Mar drubbed Hempstead, 72-4, and topped Jefferson 50-15. The J-Hawks knocked off Hempstead to begin the night, 55-9.

Wempen went straight to the practice room after the meet for more work. He knows what it took to become a state champion and wants to enjoy the same feeling in Des Moines next month.

"You definitely stay hungry for it," he said. "If you look at all the people that you wrestled to get there, it's a great feeling.

"So that's why I'm staying hungry and not just settling with one (title). I'm looking at this year and that's what my goal is."

Jay Borschell was a four-time state champion for Linn-Mar from 2002 through 2005. Matt McDonough was a three-time champ for the Lions from 2006-2008, so Wempen has a chance to join some of the elite wrestlers in school history.

"It's never even mentioned," said Linn-Mar Coach Doug Streicher. "You have to take it year by year and match by match. It's not something we've ever discussed."

Wempen not focused on 4 state titles (yet)

Written by Jim Ecker

Friday, 11 January 2013 00:11 -

Wempen made a triumphant return to the lineup at the Linn-Mar tournament last Saturday and looked good Thursday night. Streicher said Wempen is a harder worker with good technique.

"He's got pretty much the whole package," the coach said.

Wempen missed only three events due to his hand injury, thanks to the holiday break.

"I'm feeling good now," he said. "I was able to keep my conditioning level up, so it wasn't that big of a deal coming back. I still worked hard. I did what I could. And I'm feeling good now."

The third-ranked Lions won 11 of 14 matches against Jefferson. Shea Hartzler (138), Joel Northrup (145) and Andrew Holladay (182) collected pins. Wempen and Dakota Digmann contributed technical falls and Damon Griffin (126) had a major decision.

Josh Allen (170) and Dale Deaton (285) had falls for Jefferson in the meet against Linn-Mar.

JEFFERSON 55, HEMPSTEAD 9

138 - Callahan (DH) dec. Kester, 6-2.
145 - Ware (CRJ) pinned Haas, 0:36.
152 - Pape (DH) dec. Dreckman, 4-3.
160 - Sedlacek (CRJ) pinned Frost, 3:02.
170 - J.Allen (CRJ) dec. Daack, 7-5.
182 - D.Allen (CRJ) won by forfeit.
195 - Kuehl (CRJ) pinned Wissing, 1:20.
220 - Deaton (CRJ) won by forfeit.
285 - No match.
106 - Baker (CRJ) pinned Mohr, 1:51.
113 - Briggs (CRJ) won by forfeit.
120 - Rashed (CRJ) pinned Hishikawa, 1:03.
126 - Hensel (CRJ) major dec. Williams, 15-2.
132 - Duccini (DH) dec. Kester, 6-2.

LINN-MAR 72, HEMPSTEAD 4

145 - Northrup (LM) pinned Haas, 1:13.

Wempen not focused on 4 state titles (yet)

Written by Jim Ecker

Friday, 11 January 2013 00:11 -

152 - McCulloh (LM) dec. Pape, 9-6.
160 - Digmann (LM) pinned Rang, 0:35.
170 - Daack (DH) major dec. Snitselaar, 11-2.
182 - Holladay (LM) won by forfeit.
195 - Nowak (LM) pinned Wissing, 1:05.
220 - Overdyk (LM) won by forfeit.
285 - McFarland (LM) won by forfeit.
106 - Ajram (LM) pinned Mohr, 1:06.
113 - Wempen (LM) won by forfeit.
120 - A.Jeffery (LM) pinned Hishakawa, 3:40.
126 - Griffin (LM) pinned Williams, 3:40.
132 - M.Jeffery (LM) dec. Duccini, 10-4.
138 - Hartzler (LM) pinned Callahan, 3:11.

LINN-MAR 50, JEFFERSON 15

152 - Dreckman (CRJ) dec. McCulloh, 7-5.
160 - Digmann (LM) tech fall Sedlacek, 16-0 (2:59).
170 - J.Allen (CRJ) pinned Oberbroecklin, 1:47.
182 - Holladay (LM) pinned D.Allen, 3:02.
195 - Nowak (LM) dec. Kuehl, 6-3.
220 - Overdyk (LM) won by forfeit.
285 - Deaton (CRJ) pinned McFarland, 1:15.
106 - Ajram (LM) dec. Baker, 2-1.
113 - Wempen (LM) tech fall Briggs, 16-1 (3:01).
120 - A.Jeffery (LM) dec. Rashed, 7-2.
126 - Griffin (LM) major dec. Hensel, 11-3.
132 - M.Jeffery (LM) dec. Moncivais, 9-6.
138 - Hartzler (LM) pinned Kester, 3:08.
145 - Northrup (LM) pinned Ware, 3:23.