

On a cold winter day in March, over 100 wrestlers and a stand-full of fans gathered for what would be an unforgettable tournament – the 1st Annual Mental Aerobics Wrestling Championships (MAWC) Invitational. The air was filled with excitement, positive energy and plain old love – wrestling and wrestler love. Mental Aerobics (MA) knows no state borders, school colors, team names, etc... it bleeds wrestling as all wrestling warriors do.

During the tournament we had state champs from Class A wrestling champs from Class AA and AAA. We had wrestlers who had never wrestled at state and state champs from different states. There were back-flip contests started by wrestlers, a silent auction and there were the best fans – filled with the most positive energy. It was a “BARN-BURNER.”

The Mental Aerobics Wrestling Championship Invitational is different from other tournaments because in order to wrestle in the tournament, you must apply and then be personally invited to participate. There are no divisions by class, no rankings, and all applicants are considered, regardless of state record (although that does help). The MAWC Invitational offers the best wrestling by the best wrestlers in Minnesota and surrounding states. You do not have to be a state champ to be in our tournament but you must have a champion's passion for wrestling.

The Invitational has been a dream of founders Nick Severson, (two-time national champion for NDSU and coach) and Jim Richardson (2005 Police and Fire World Gold Medalist and coach).

Another important difference between the MAWC and other tournaments is that the proceeds of this tournament go to a wrestler in need and you help us decide who that is. The primary goal is to give back to the wrestling community/family.

As part of the MAWC Invitational, we look for input from people like you to help us find those in need and last year JD Pesch did just that. Pesch is Head Wrestling Coach at LeSueur-Henderson and recipient of the MN/USA Wrestling Rodney Wickern Coach of the year award. JD informed us about the situation of one of his wrestler's family – the Eldred and Sara Bach family. JD's passion and dedication to this family was a major factor in our decision. We

nable excitement in the air and emotions on our sleeves, we set off to buy school supplies and clothes for the six Bach children who are still in school. We charged into Target where we filled over ten shopping carts but we didn't stop there! Next, we pummelled the local Famous Footwear and Kohl's, finishing the day at the downtown Holiday Inn for a pool side pizza party (fifteen large pizzas

21st at the RCTC Regional Center in Rochester, MN. If you are interested in wrestling in this tournament and see Nick or Jim, let them know, as they will be handing out applications all year long. Information will be posted on our web site (www.mentalaerobics.us) and other well-known wrestling sites. As last year, the MA recipe will be posted on The Guillotine Forum to be talked about.

Input from the family to make this tournament better will be noted.

On an ending note, last year's MAWC Invitational exceeded all expectations and we see no limits. It was a brutal tournament and in one day gave us stories for a life-time. We will contact any wrestlers we can with hopes of making this tournament one that the whole wrestling family can be proud of. We are looking for sponsors and door prizes when the time comes. Also a huge wrestler "Thanks" to the folks at The CLASH, SEMWREC, and the Rochester Sports Commission for all the support on getting this beast in the front door. Visit the web page at www.mentalaerobics.us as we will be updating information as we get it.

Mental Aerobics Wrestling Championships

Kids Wrestling for Kids in Need

gone within minutes!) To see the smiles, on not only the children faces, but also on Eldred Sr.'s face was truly priceless. The day was victorious with a touch-fall!

While sitting around the pool listening to the children laugh and splash, we were able to really evaluate the impact of the MAWC contribution. Was it worth it? Did we pick the right family? Will we do the tournament again? Nick, Jim and JD discussed the impact and it was determined that indeed the answer to all of the questions posed was – yes. Yes, it was more than worth the time. Yes it was for the perfect family, and Yes, we will definitely have the 2nd MAWC Invitational.

Preparation for the first MAWC Invitational came together in the last period, with seconds left and in a scramble. But we finished as champs – rookie champs that is – who are always looking for tips to improve our tournament. Numerous volunteers showed up to save the day and gave us the edge we needed to pull this day off! Wrestlers from South Dakota, Minnesota and Wisconsin arrived and challenged each other as never seen before.

As with any tournament, the “gold medal” most sought-after by all of the wrestlers is the outstanding wrestler award. The 2008 MAWC Invitational Outstanding Wrestler Award, determined by the officials (THE OFFICIAL'S O.W. AWARD), went to Eric Yngsdal of Byron. Yngsdal's ability to beat wrestlers like Derek Schreiner from Wayzata and Joshua Wiseman of Champlin Park with Tyler Kivel of Scott West placing third gave the Byron freak the edge over such wrestlers as Drew Lexvold of Kenyon, (2008 National Champ in Fargo this past summer) who pinned state champ Ben Morgan. (Results, photos, and highlights from the 2008 MAWC Invitational can be seen on our web site www.mentalaerobics.us.)

Kudos to the Officials. Not only are they the top Minnesota officials, they are also the kindest. The Official's also donated to the Bach family, giving Eldred Jr. their donation directly.

As you may have heard, Minnesota officials are lacking in numbers, so if you are interested in becoming one of these fine people, please feel free to contact one of these men or the MAWC and we will send you in the right direction. Great Minnesota wrestling needs great officials – it is a must for the family. Please consider doing it.

This year we have slated the freak-fest for Saturday, March



Tournament Officials: Bill Olson, Jeff Schultz, Rod Frost, Mike Roff, Jerry Rieker, and Paul Fishbauger with 2008 MAWC Outstanding Wrestler Eric Yngsdal (Byron, MN - 140 pounds).



Front: Dana and Robin Bach, Ellie, Henry and Ted Pesch. Sitting: Paula and JD Pesch, Kim, Jennifer and Eldred Sr. Bach. Standing: Angie and Nick Severson, Wyatt, Jim, Darcy and Sydney Richardson, Jade Severson (Pretty little one!), Richard Bach, Charlie Pesch and James Bach. Not Pictured: Ruby Severson, Zach Pesch, Ann and Eldred Jr. Bach.

were informed about how the community pulled together for the Bach's – but they still were in need and we knew we could help.

Why the Bach Family? The Bach family is made up of a proud group of eight children with all but one living at home during the 2007-08 school year. It was Eldred Jr.'s senior year, and yes, he is a wrestler. That fall his father, Eldred Sr., became ill with a severe heart condition that eventually took him down for the count and put him in the hospital. The mother, Sara, supported their family the best she could running the family business, but times were tough. The whistle was finally blown and Eldred Sr. was to be dismissed from the hospital but Sara didn't come and get him that day. Instead, that night while waiting for Sara, he received a phone call that his wife had suffered a heart attack and passed away. This happened three weeks before the 1st Annual MAWC Invitational.

On a warm sunny day in August, all of us met for what would turn out to be one of the most memorable days ever. With unimagin-

WRESTLING- A BOY'S FIRST BOOK

Read this age-appropriate story to your little guy and teach him, in a structured but enjoyable way, the lessons that every good wrestler needs to know.

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Joe Busch
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Serving Wrestlers and Friends in Minnesota

MWO Youth Open

Saturday, February 14th, 2009

Mound-Westonka High School
5905 Sunnyfield Rd
Mound, MN

Pre-Kindergarten-6th Grade

Registration Fee: \$10

4-man brackets w/true 2nd

Weigh-ins: 8:00 to 9:00 a.m.
Wrestling starts at 9:30

Admission: only \$1 for adults!

Great concessions available all day!

RCW Elementary Tournament

Friday, January 23, 2009

Sacred Heart Elementary School
Sacred Heart, MN

Weigh-ins: 3:15-5:15 pm, Wrestling at 5:30

For: Wrestlers in grades K-6th

Entry Fee: \$8.00 per entrant
Checks payable to "RCW Mat Club"

Grouping By Grades: K, 1, 2, 3, 4, 5, 6;
Grades may be paired if needed.

Awards: Trophies 1st-2nd, Medals 3rd-4th

Contact: Brandon Howard: (H) 320-329-3897, (W) 320-905-2008; Scott Fransen: (W) 320-523-2722, (H) 320-329-3227;
Bill Adams: wadams@rcw.k12.mn.us

Full concessions will be available.

We will try to accommodate all wrestlers. If you are traveling a greater distance and will have problems getting here for weigh-ins please contact one of the above.

BOLD Youth Tournament

Sponsored by The Bird Island Lions & BOLD Mat Club

Saturday, January 10, 2009

BOLD Olivia Campus - Olivia, MN

Wrestlers K-6th • Four-man round-robin brackets matched by grade and weight

Awards: Trophies 1st-4th

Food: Concessions Available

Set-up: 8:00-10:00 am for the workers

Weigh-ins: 8:30-10am, Wrestle at 10:15am

Entry Fee: \$8.00

Admission: \$2 Adult, \$1 Student, 6th grade and under free

*** Not responsible for lost items ***

For more information contact
Greg Steffel 320-522-0259
Dean Erickson 320-365-3427
Cal Marwede 320-365-4708

2008-2009

Adrian Youth Tournaments

Adrian High School, Adrian, MN

**Adrian Kids Open
Wrestling Classic**
Sunday, January 11, 2009
Grades PreK-8th • Weigh-ins: 11:00-12:30 pm

Adrian Battle of the Teams
Sunday, February 15, 2009
Grades PreK-6th • Weigh-ins: 11:00-Noon
Divisions A & B

Adrian NYWA Qualifier
Saturday, March 21, 2009
Grades PreK-8th • Weigh-ins: 9:00-10:00 am
Info: Doug Bullerman 507-370-1590 or 507-483-2585

Mark your calendar now!