

## NSIC Wrestler of the Year



**Travis Eggers**  
**165 lbs. Sr.**  
**Monona, Iowa**  
**MFL-MarMac HS**  
**Upper Iowa**

## NSIC Rookie of the Year



**Nate Herda**  
**149 lbs. R-Fr.**  
**Rock Rapids, Iowa**  
**Rock Rapids HS**  
**Augustana College**

## NSIC Coach of the Year



**Jason Reitmeier**  
**7th Season**  
**Augustana College**

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## NCAA Championships Team Scores

Place	Points	Team	All-Americans / National Champions
2	72	Augustana	6 / 1
t-3	67	Upper Iowa	4 / 1
6	52.5	Minnesota State	4 / 0
7	44.5	St. Cloud State	4 / 0
26	11.0	MSU Moorhead	1 / 0
29	4.5	Northern State	1 / 0
30	2.5	SMSU	0 / 0
t-36	0.5	U-Mary	0 / 0

## 2009-10 NSIC ALL-CONFERENCE FIRST TEAM

Name	Wt.	Yr.	School	Hometown
Tyler Mumbulo	125	Sr.	Upper Iowa	Bainbridge, N.Y.
Laramie Schaffer	133	Sr.	Augustana	Winterset, Iowa
Brady Schneeberger	141	Jr.	MSU Moorhead	Elbow Lake, Minn.
Nate Herda	149	Fr.	Augustana	Rock Rapids, Iowa
Marcus Edgington	157	So.	Augustana	Sioux City, Iowa
Travis Eggers	165	Sr.	Upper Iowa	Monona, Iowa
Mitch Norton	174	Sr.	Upper Iowa	Waverly, Iowa
Derek Skala	184	Jr.	St. Cloud State	Owatonna, Minn.
Ty Copsey	197	Jr.	Augustana	Glenwood, Iowa
Brady Wilson	285	Sr.	Minnesota State	Faribault, Minn.

## 2009-10 NSIC ALL-CONFERENCE SECOND TEAM

Name	Wt.	Yr.	School	Hometown
Andy Forstner	125	Jr.	Minnesota State	Madelia, Minn.
Kyle Pedretti	133	So.	Upper Iowa	Monona, Iowa
Jay Scherer	141	Jr.	Augustana	Columbus, Neb.
Gabe Suarez*	141	Jr.	St. Cloud State	Las Vegas, Nev.
Derek Bomstad	149	Jr.	MSU Moorhead	Hutchinson, Minn.
Travis Elg*	149	Sr.	Minnesota State	Mountain Lake, Minn.
John Sundgren	157	Jr.	St. Cloud State	Blaine, Minn.
Tad Merritt	165	So.	St. Cloud State	Canby, Minn.
Gavin Nelson*	165	Jr.	Augustana	Missouri Valley, Iowa
Shamus O'Grady	174	Fr.	St. Cloud State	Coon Rapids, Minn.
Aaron Norgren	184	So.	Minnesota State	Good Thunder, Minn.
Lucas Munkelwitz	197	So.	St. Cloud State	Forest Lake, Minn.
Matt Mueleners*	197	Fr.	Northern State	Young America, Minn.
Jake Kahnke	285	Fr.	St. Cloud State	Shakopee, Minn.

### NSIC All-Conference Criteria

The highest place-winner at the NCAA Regional Tournament from each weight class shall be named all-conference first team. The runner up will be named all-conference second team. \*Also, any wrestler that earns NCAA All-American honors will also be recognized as second team all-conference.

## 2010 NCAA ALL-AMERICANS

Augustana (6)	Northern State (1)
Jay Sherer (141lbs, JR., Augie) 1st	Matt Meuleners (197lbs, Fr., NSU) 8th
Tyler Copsey (197lbs, Jr., Augie) 2nd	
Nate Herda (149lbs, Fr., Augie) 4th	<b>St. Cloud State (4)</b>
Marcus Edgington (157lbs, Fr., Augie) 4th	Jake Kahnke (HWT, Fr., SCSU) 4th
Laramie Shaffer (133, Sr., Augie) 5th	Tad Merritt (165lbs, So., SCSU) 5th
Gavin Nelson (165lbs, Jr., Augie) 8th	Shamus O'Grady (174lbs, Fr., SCSU) 6th
	Gabriel Suarez (141lbs, Jr., SCSU) 8th
<b>Minnesota State (4)</b>	<b>Upper Iowa (4)</b>
Brady Wilson (HWT, Sr., MSU) 2nd	Travis Eggers (165lbs, Sr., UIU) 1st
Andy Forstner (125 lbs, Jr., MSU) 4th	Tyler Mumbulo (125lbs, Sr., UIU) 2nd
*Travis Elg (149lbs, Sr., MSU) 5th	Kyle Pedretti (133, So., UIU) 3rd
Aaron Norgren (184lbs, So., MSU) 7th	Mitch Norton (174lbs, Sr., UIU) 3rd
* Gorrarian Award Winner (most falls in the least time)	
<b>MSU Moorhead (1)</b>	
Derek Bomsted (149lbs, Jr., MSUM) 6th	

The NSIC is a 14-team, 17-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.



**NSIC WRESTLER OF THE YEAR**

**Travis Eggers (165 lbs. Sr., Monona, Iowa / MFL-MarMac HS)  
Upper Iowa University**

Travis Eggers was voted by the coaches as the NSIC Wrestler of the Year after he capped off an undefeated Division II and NSIC season en route to the 165 pound NCAA Division II National Championship. Eggers, 26-3 on the season, won three matches at the NCAA Super Region #3 Championships on his way to his first regional title. He was dominant in his three matches, which included a pair of major decision wins and a win by fall in the championship match. For his efforts, Eggers was voted by the coaches as the Outstanding Wrestler of the Meet. At the NCAA National Championships Eggers continued his run as he racked up four more victories including an 8-3 win in the National Championship match. In his career Eggers holds a 100-34 record, was a four-time NCAA Region Finalist, a four-time NCAA National Qualifier, a three-time NCAA All-American and National Semifinals and a two-time National Finalist. Eggers was also named the NSIC Wrestler of the Year in 2007-08 after finishing fourth in the Nation.



**NSIC ROOKIE OF THE YEAR**

**Nate Herda (149 lbs. R-Fr., Rock Rapids, Iowa / Rock Rapids HS)  
Augustana College**

Nate Herda was voted by the league coaches as the NSIC Rookie of the Year after winning the NCAA Super Region #3 Championship at 149 pounds. Herda then went 3-2 at the NCAA National Championship on his way to earning All-American status and a fourth place finish. He finished the season with 28-9 record, including five pins and a perfect 7-0 record in NSIC Dual action.



**NSIC COACH OF THE YEAR**  
**Jason Reitmeier (7th Season)**  
**Augustana College**

Jason Reitmeier was voted by his peers as the NSIC Coach of the Year after leading the Vikings to a 6-1 NSIC dual record, a NCAA Super Region #3 Team Title and a second place team finish at NCAA Division II National Championships. Earlier this season, Reitmeier was voted by his peers as the NCAA Super Region #3 Coach of Year. Reitmeier coached six All-Americans this season, including four top four finishers and a National Champion in Jay Sherer. This marks the second time in his seven years at Augustana that Reitmeier has been named a conference coach of the year and the second time he has led the Vikings to a second place national finish (2005).

**2009-10 NSIC WRESTLING  
PRE-SEASON COACHES'  
POLL**

- |                              |    |
|------------------------------|----|
| 1. Minnesota State           | 54 |
| 2. Augustana                 | 48 |
| 3. Upper Iowa                | 45 |
| St Cloud State               | 45 |
| 5. MSU Moorhead              | 18 |
| 6. Northern State            | 16 |
| 7. Southwest Minnesota State | 12 |
| 8. University of Mary        | 2  |
- Points were assigned from the top 5 individuals in each of the ten weight classes using the following point system:  
1st = 10, 2nd = 7, 3rd = 4, 4th = 2, 5th = 1.

**Northern Sun Intercollegiate Conference  
Wrestling Standings**

2009-10 Standings as of 3/1/10

	-----NSIC Matches-----						-----All Matches-----					
	W	L	Win %	MP	PF	PA	W	L	Win %	MP	PF	PA
#3 Upper Iowa\$	7	0	1.000	7	202	79	13	1	.929	14	411	162
#5 Augustana	6	1	.857	7	192	62	11	6	.647	17	433	210
#10 St. Cloud State	5	2	.714	7	202	75	14	7	.667	21	515	308
#9 Minnesota State	4	3	.571	7	155	120	9	4	.692	13	325	197
Northern State	3	4	.429	7	85	186	6	8	.429	14	240	335
MSU Moorhead	2	5	.286	7	96	170	5	10	.333	15	242	386
Southwest Minnesota State	1	6	.143	7	91	198	4	6	.400	10	194	221
Mary	0	7	.000	7	77	210	2	11	.154	13	175	338

Rankings based on NCAA DII NWCA Top 20 (2/17/10) \$NSIC Regular Season Champion

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