

# Slater, Johnson, Palmer highlight All-Journal Wrestling Team

Brody Herbst, Fr.,

107, LCWMA

A state entrant this season, Herbst went 35-17 with 16 wins by fall this season. In an All-Conference season, winning a match at state. Herbst had 78 career wins as a freshman, 40 by fall, and has two state tournament appearances under his belt.

Ryder Antony, So.,

114, LCWMA

Antony finished the year with a 36-18 record in his third state-qualifying season, helping LCWMA to a third-place finish at state as well. Antony recorded 14 pins in an All-Conference year and sits at 95 career wins as a sophomore.

Connor Othoudt, Fr.,

121, LCWMA

Another state entrant from LCWMA, Othoudt went 22-29 this year with five pins. Othoudt has 45 wins in his career and helped take LCWMA to the team state tournament.

Alex Portner, So.,

121, NUA 21-6,

121 lb Weight Class.

Portner had another solid season in his fourth year in the starting lineup after coming back from injury, going 21-6 after his return in January. He placed third at the high ethanol tournament and second at the section tournament to advance to the State Tournament, where he picked up a win. Portner hit the 75-career wins milestone along the way.

Julio Alejandro, So.,

127, Sibley East

A two-time state entrant, Alejandro won a match at state and was an All-Conference wrestler with a 38-11 record. Alejandro recorded 14 pins, 91 takedowns and 204 team points this year and sits at 121 career wins for Sibley East.

Kane Johnson, So.,

127, NUA

Johnson returned to the state tournament this season and placed, taking fourth. Johnson was ranked in the top 10 in the state all season and finished with a 43-11 record. Johnson was the Glencoe Invitational's Outstanding Wrestler and was the school's third-ever Redwood Riot Champion on his way to an All-Conference selection.

Carson Othoutdt, So.,

133, LCWMA

A three-time state entrant, Othoutdt went 39-12 this season with 19 wins by fall. Othoutdt sits at 118 career wins with 60 pins.

Kaysen Harms, Sr.,

139, Wabasso

Wabasso's lone state wrestler this year, Harms capped off his career with a 41-9 season with 28 pins. He was the Section 3A champion at 139 to make his third state trip and finishes his career with a 158-57 record. Harms also broke the school record for pins in a career with 106.

Talyn Tande, Sr., 145, St. James/Madelia

Tande put together a 37-14 season this year and qualified for the state tournament after a Section 3A tournament championship. Tande also finished as the runner-up for the St. James Classic and the Wabasso tournament. Tande finishes his career with 103 wins and 41 pins.

Talan Osborne, Jr.,

145, LCWMA

Making his second state tournament this year, Osborne went 33-20, including a win at state. Osborne had 16 pins this season and has a 114-96 career record with 67 pins.

Benito Diaz, Sr.,

145, Sibley East

A three-time state entrant and two-time state placewinner, Diaz closed out his career at Sibley East with the third-most wins in school history with 191. This season, Diaz went 40-7 with 61 takedowns and 183 team points as an All-Conference wrestler.

Ryan Palmer, Sr.,

152, LCWMA

Palmer made his fourth state tournament this season and placed third for the second time. Palmer went 45-7 this year with 13 pins as an All-Conference wrestler. Palmer finishes his career with a 165-55 record with 60 pins.

Atley Strack, So. 160,

Sibley East

A state entrant this season, Strack had 13 wins, eight by fall, with 22 takedowns and 77 team points.

Wyatt Pollard, Sr.,

172, NUA

Pollard, a senior captain for NUA, was first in the conference, first in the section, and all-state placing 6th at the State Tournament. In addition, he reached his 125th and 150th career wins finishing with 157 and moving to fifth all time in school history. His 50 season wins is first all time in school history. He led the team in wins, tech falls, and takedowns.

Nick Slater, Sr.,

189, LCWMA

A state champion this season in his third state appearance, Slater finished the season with a 47-4 record with 18 pins. Slater earned a State All-Tournament selection and an All-Conference selection this season

and finished his career with 187 wins and 110 pins.

Jamisen Frederickson, Sr., 215, NUA 36-18

Frederickson often wrestled up a weight class to help the team and still put together a 36-18 season. Frederickson registered his 75th career win this season and continued to get better as the year went on, culminating in a state tournament appearance.

The All-Conference wrestler secured two of the most memorable wins this year for the Eagles, getting a pin at heavyweight to send the Eagles to the section finals and capturing a pin at the state tournament to put him number one in the record books for NUA with 32 falls in a season.

#### HONORABLE MENTION

107 - Regan Johnson, So., NUA (39-11, 1st at Foley and conference meets)

112 - Anna Pollard, 8th, NUA (21-11, 1st at Foley and conference meets)

139 - Elijah Rieser, 139, So., NUA - 44-9, 3rd at sections,

139 - Noel Davila, Jr., St. James/Madelia (34-13, 3rd at sections)

145 - Truman Gilbertson, Sr., Wabasso (23-14, 3rd at sections)

215 - Lane Ruch, So., NUA (32-15, 3rd at sections)

EDITOR'S NOTE: Only area wrestlers nominated by coaches were eligible for All-Journal recognition. No nominations were received from Springfield.