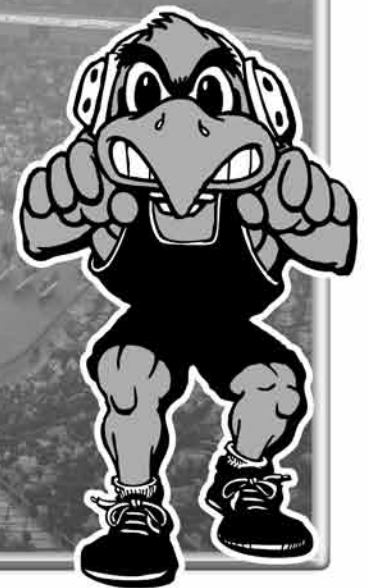


50 YEARS  
OF J-HAWK  
STATE FINALISTS

FROM THE BARN

TO WELLS FARGO ARENA



# A TRIBUTE TO THE HISTORIANS

“In great deeds, something abides. On great fields, something stays. Forms change and bodies disappear, but spirits linger to consecrate ground for the vision place of souls.”

*General Joshua L. Chamberlain, 20th Maine Infantry, Gettysburg Dedication Speech, October 3, 1886*



## Russ Daniels

Even before the first day Jefferson officially opened its doors in the spring of 1958 social studies teacher Russ Daniels cared about the history of J-Hawk wrestling. Certainly it is the wrestlers and coaches themselves who actually create the saga, but it is incumbent on historians to chronicle their exploits for posterity. In celebration of the golden anniversary of our high school we are naturally drawn to the past to understand who we are and where we have been. The story of Jefferson wrestling could not be told today were it not for Russ Daniels' love of the sport and J-Hawk mat men. From the beginning he served as bench scorekeeper, often traveling with the team on away meets, in addition to being a fixture in the press box working football games at Kingston Stadium. His out-of-classroom life revolved around supporting athletics, notably Jefferson wrestling. Russ quickly anointed himself “Keeper-of-the-Archives” producing statistics books for each season. Dutifully, they were handed out at the season end

banquet to families of the wrestlers each year. He pioneered dual meet summaries that he painstakingly hand wrote and published using colored carbon spirit masters. He indexed 5x7 cards with every match result a Jeff varsity wrestler had. The sixties and seventies were halcyon days for J-Hawk wrestling; their narratives are preserved for our enjoyment today as a result of the keen interest and detailed record keeping of Russ Daniels. Russ retired from teaching in 1980 and lives in Palo with his wife Flo.

## Jim Cox

Fortunately for west side wrestling, as Russ Daniels was preparing to leave Jefferson, Jim Cox picked up the shield and sword continuing the historical crusade. Jim was an industrial technology and photography instructor that also served as an assistant coach during the Fowler era. He continued all the statistical analysis Daniels pioneered, even expanding the pages within the banquet books. Like Russ, Jim is one of those people who never wait to be told that things need doing. He is a master at seeing a void and filling it, often with results that make you scratch your head in wonderment. His progressive thinking led to innovative team promotion, including the jog-a-thon fundraiser and development of a yearly team poster. Even after retiring from coaching the sport Jim continues to be of considerable assistance to the team. Jim retired from teaching in 2004 and continues to work in his beloved graphic arts profession. He and his wife Cindy live in Cedar Rapids and enjoy their grandchildren, collecting antiques, and traveling the country in their RV.



# **J-Hawk Wrestling**

## **“ A Westside Tradition”**

*Good evening wrestling fans, and welcome to a very special evening. Tonight we celebrate 50 years of Jefferson State Wrestling Finalists. With us tonight are the individual state champions and runners-up, as well as their coaches, returning to the mat once again for well-deserved recognition. Please enjoy this walk down memory lane as we meet the most successful J-Hawks of the last 5 decades.*

*As we meet our finalists, each will be greeted center mat by his coach who, as in days-of-old, will “raise-the-winner’s-hand” one more time.*

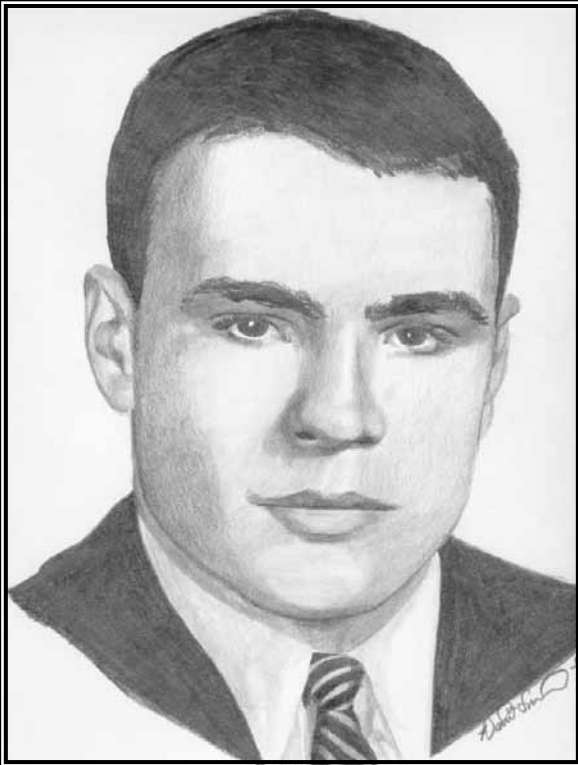
*Jefferson’s first coach was the legendary Bo Cameron who led the fledgling J-Hawk mat men to a state championship in 1962 and runner-up status in 1963. Bo left us at the age of 75 in 1993 shortly after leading the “Grand-March” of champions at the state tournament.*



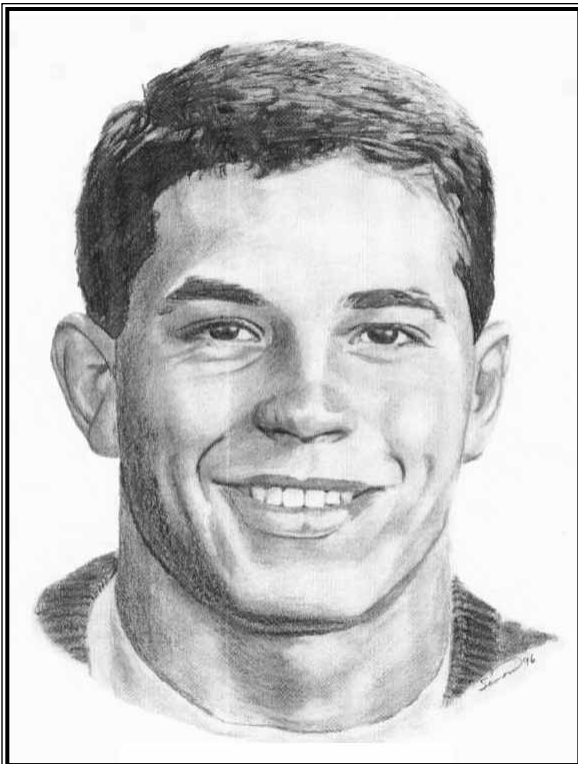
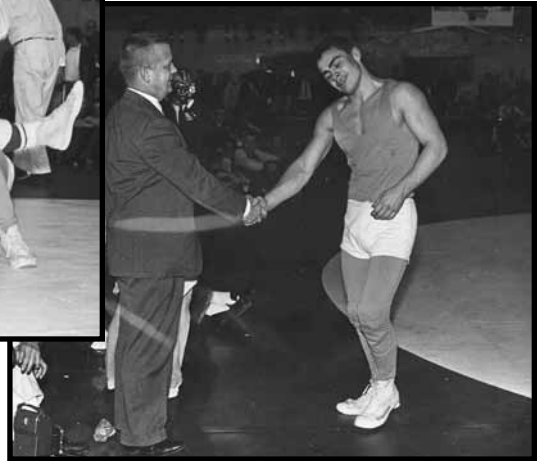
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<b>State Runner-Ups .....</b>	<b>15-16</b>
<b>Jefferson Head Coaches .....</b>	<b>17-18</b>

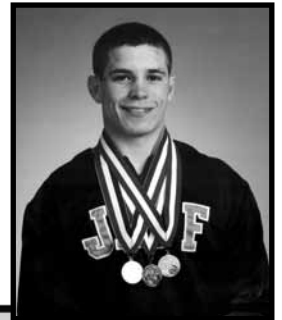
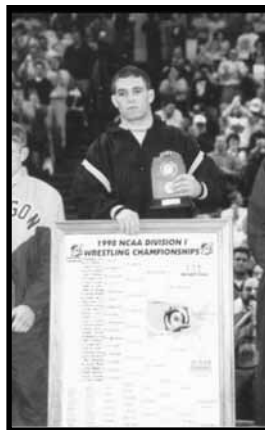
# J-HAWK STATE CHAMPIONS



**MEL WIELAND**  
**3X State Champion 1960-1962**  
**53-1-1**



**MARK IRONSIDE**  
**2X State Champion 1992-1993**  
**138-5-1**

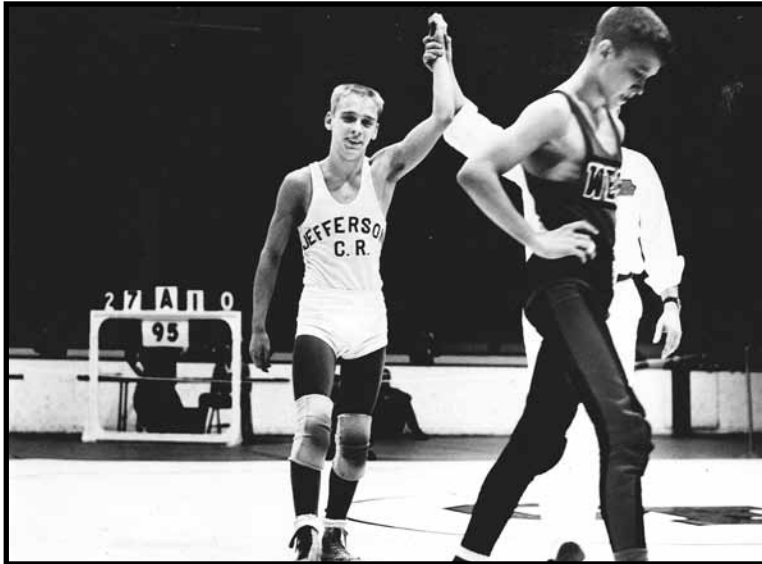


# J-HAWK STATE CHAMPIONS

**STEVE CHILDS**

**2X State Champion 1962-1963**

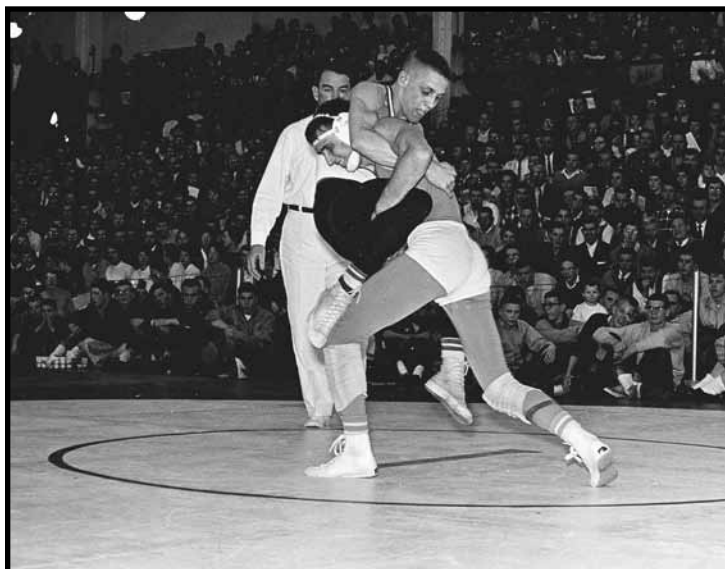
**48-9-1**



**CAL JENKINS**

**1962**

**36-3-4**



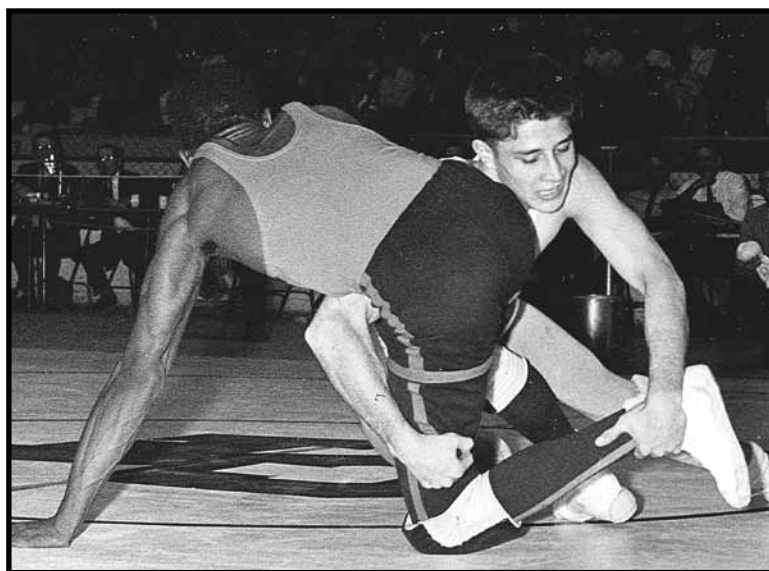
# J-HAWK STATE CHAMPIONS



**AL SIEVERTSON**

**1963**

**40-9-1**



**MONTY RIERSON**

**1963**

**34-10-3**

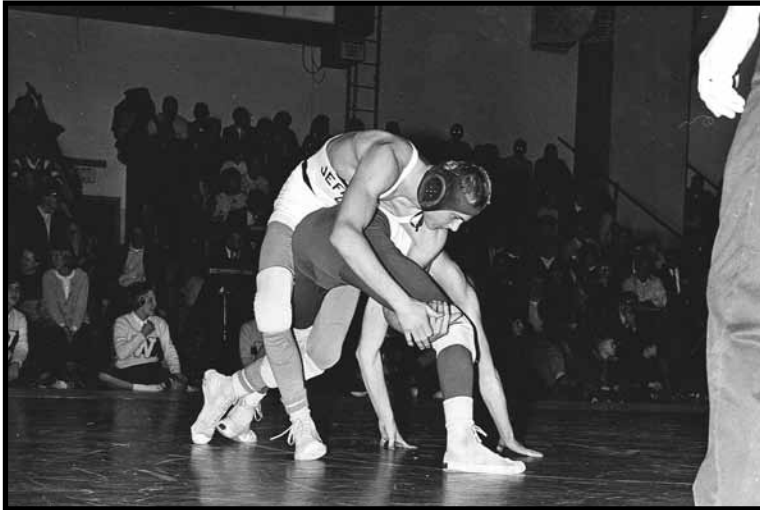


# J-HAWK STATE CHAMPIONS

**RICH MIHAL**

**1965**

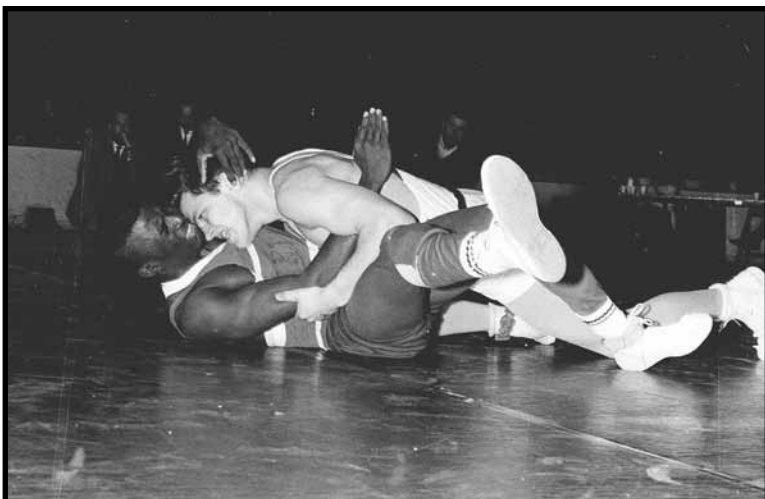
**41-6-2**



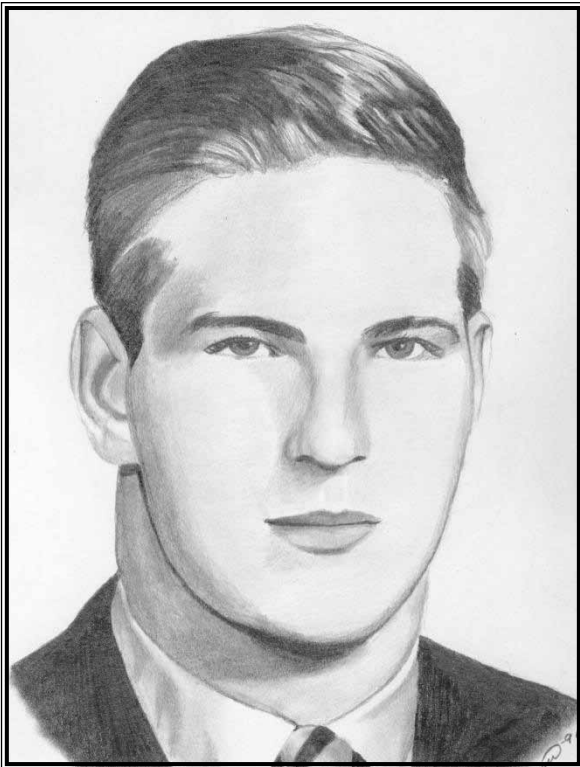
**FRANK SPINKA**

**1965**

**23-4-1**



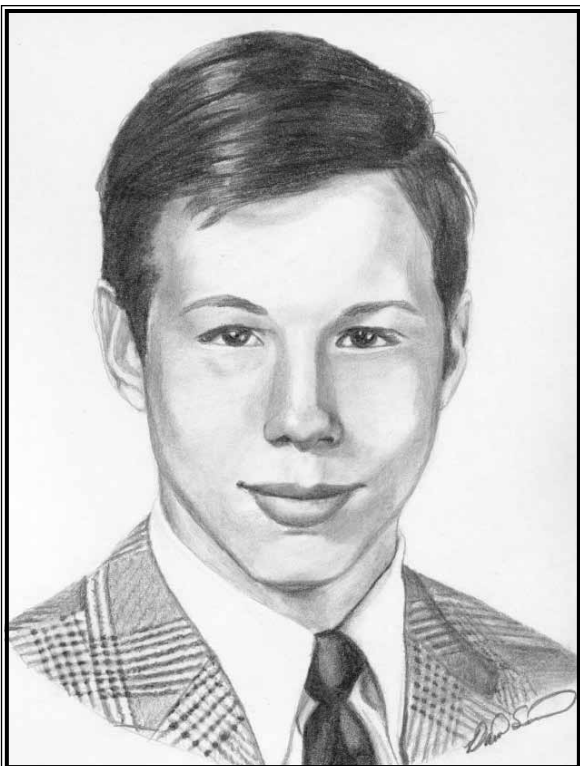
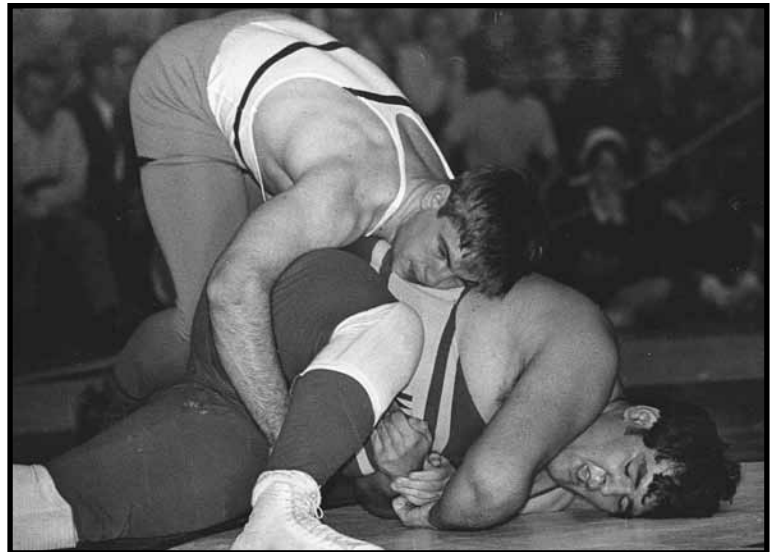
# J-HAWK STATE CHAMPIONS



**HENRY BANKE**

**1969**

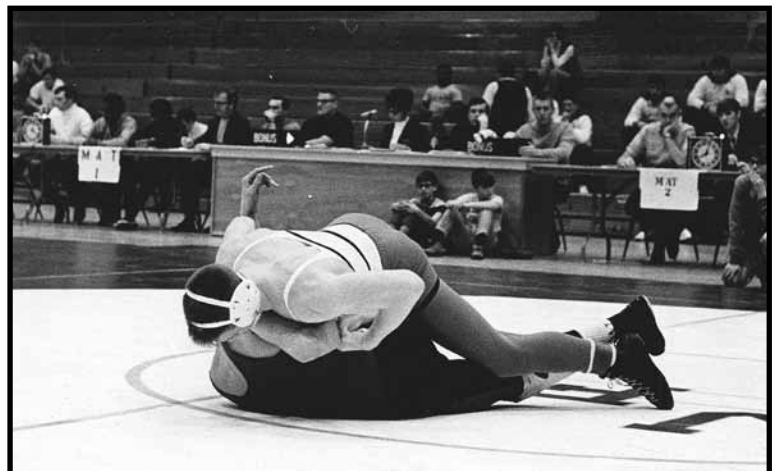
**30-8-4**



**DAN ROWRAY**

**1970**

**49-8-1**



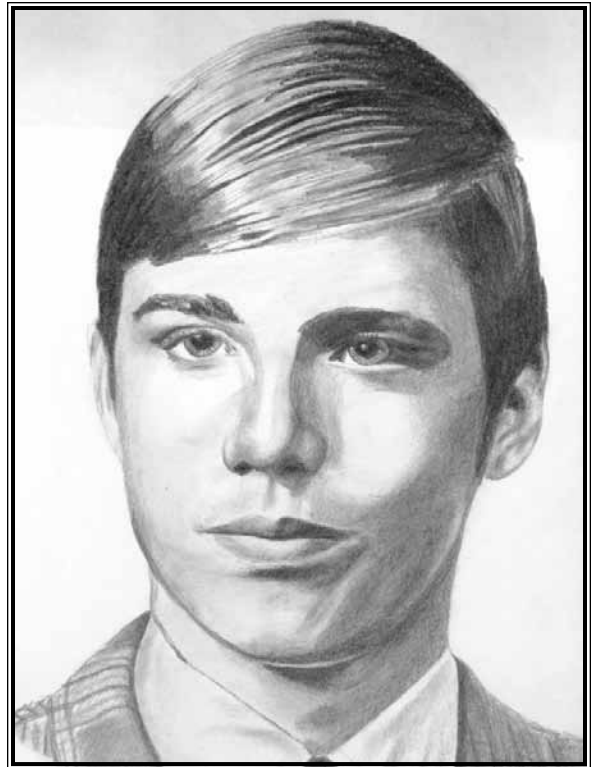
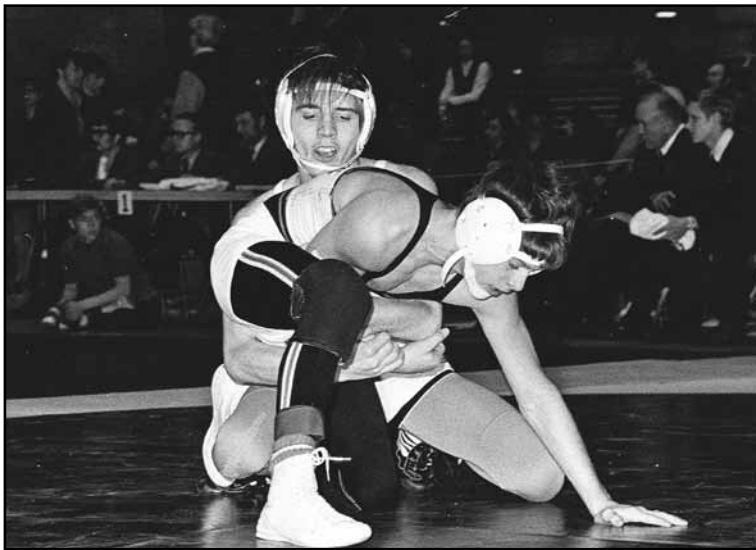


# J-HAWK STATE CHAMPIONS

**MIKE GALLAGHER**

**1972**

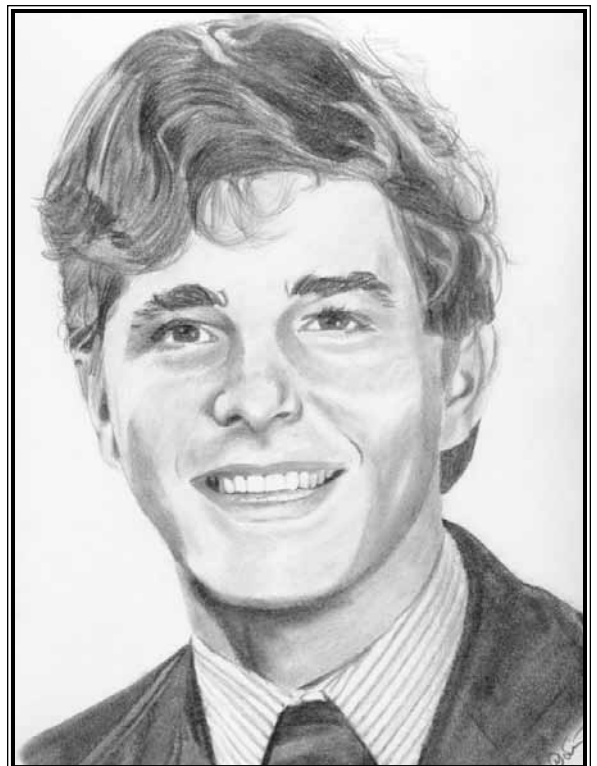
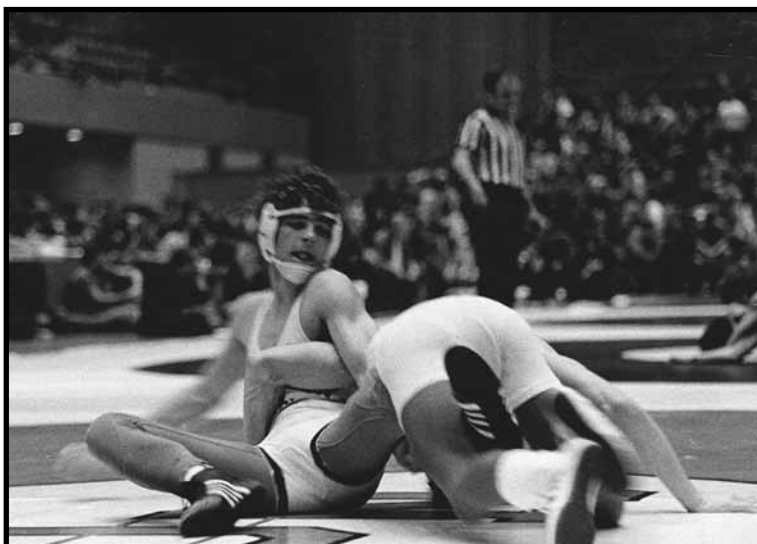
**47-5-1**



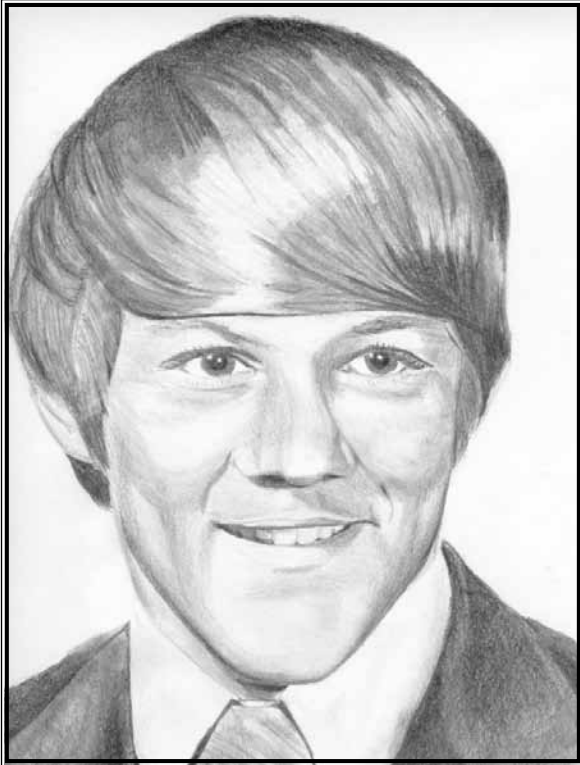
**BRAD SUMA**

**1972**

**32-3-1**



# J-HAWK STATE CHAMPIONS



**GARY BENTRIM**

**1973**

**62-8-1**



**DON ZIMMERMAN**

**1973**

**45-9-0**

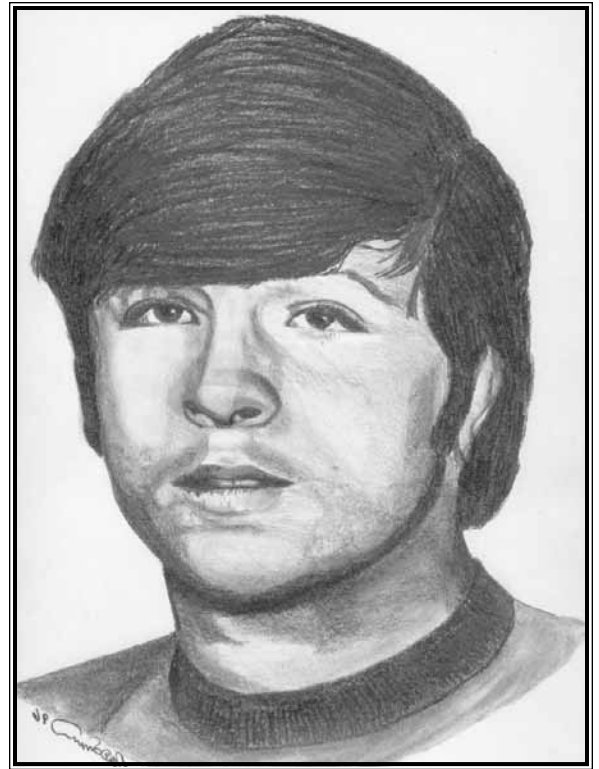


# J-HAWK STATE CHAMPIONS

**JIM COMRIED**

**1975**

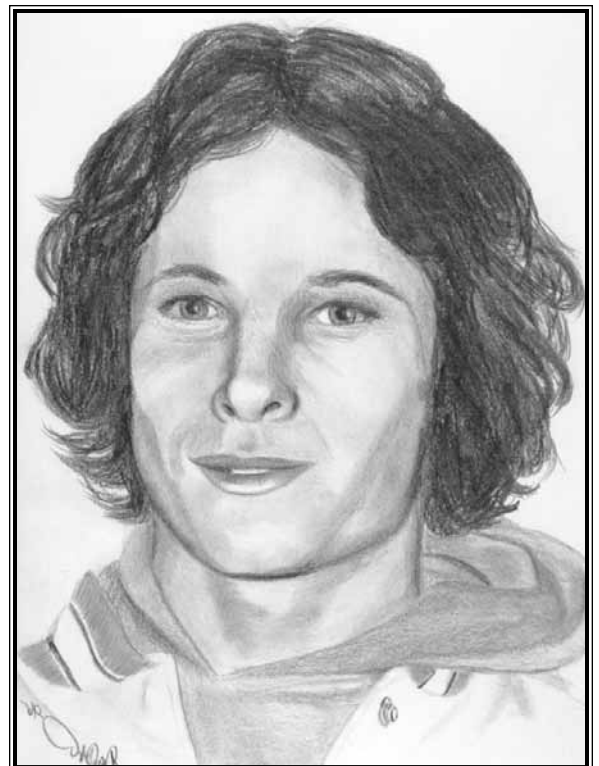
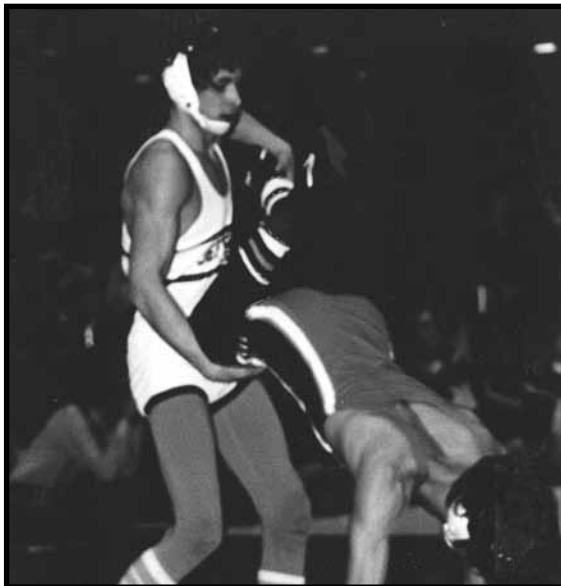
**44-8-1**



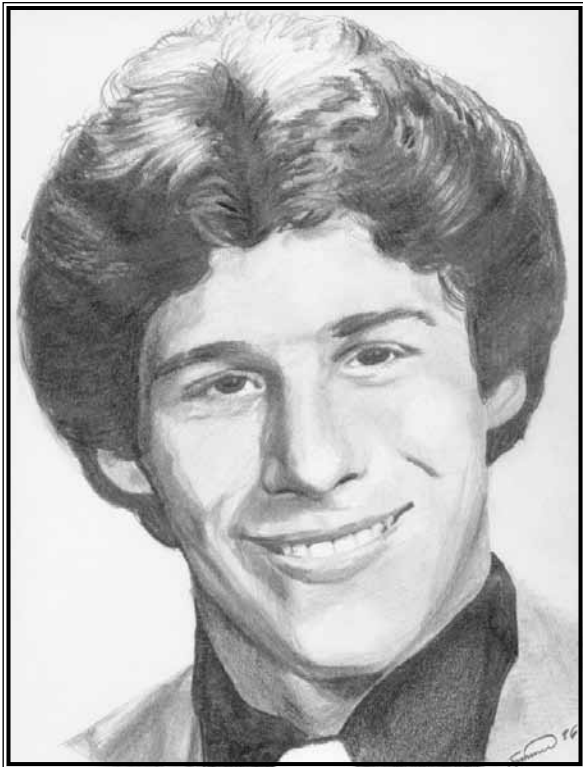
**JERRY JOHNSON**

**1977**

**24-3**



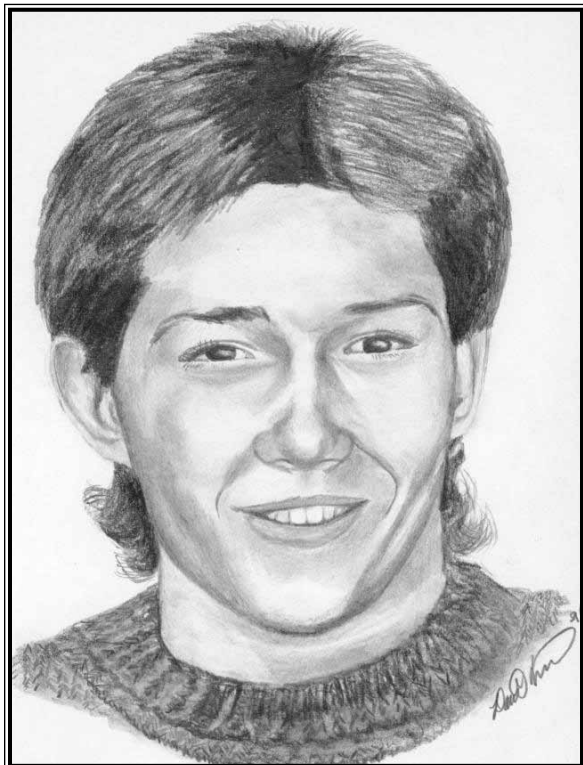
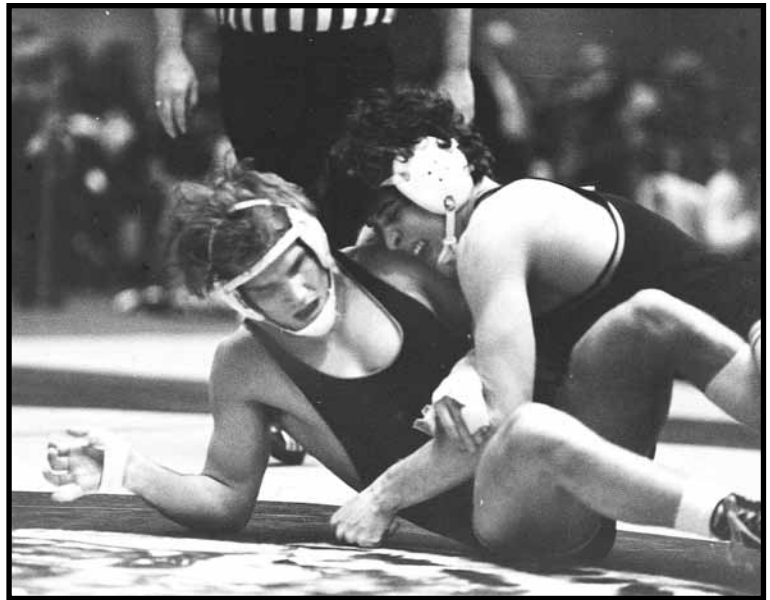
# J-HAWK STATE CHAMPIONS



**MIKE JOHNSON**

**1981**

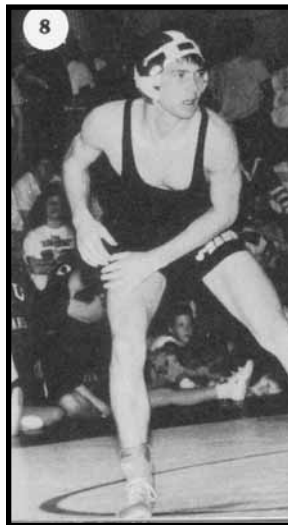
**56-8**



**MARC CHASE**

**1989**

**91-9-4**

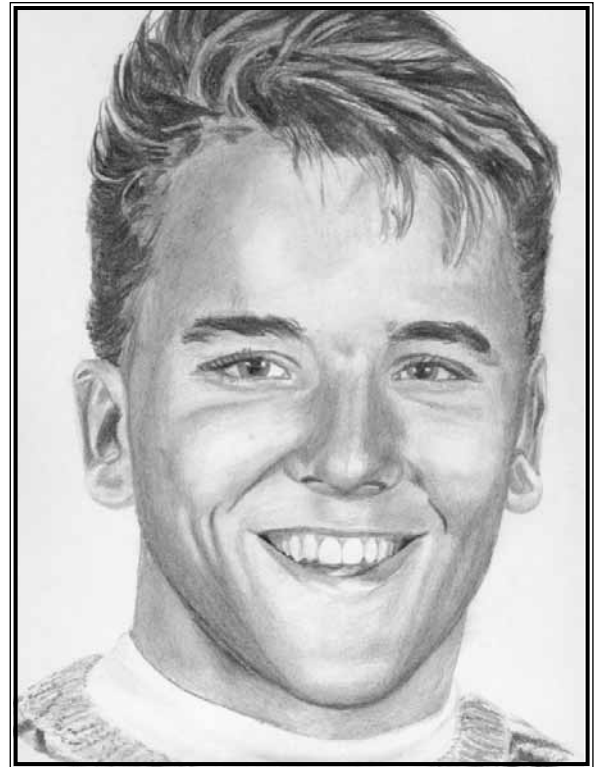
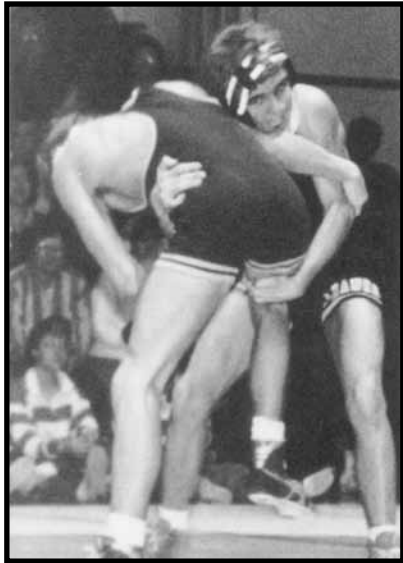


# J-HAWK STATE CHAMPIONS

**MATT ORTON**

**1989**

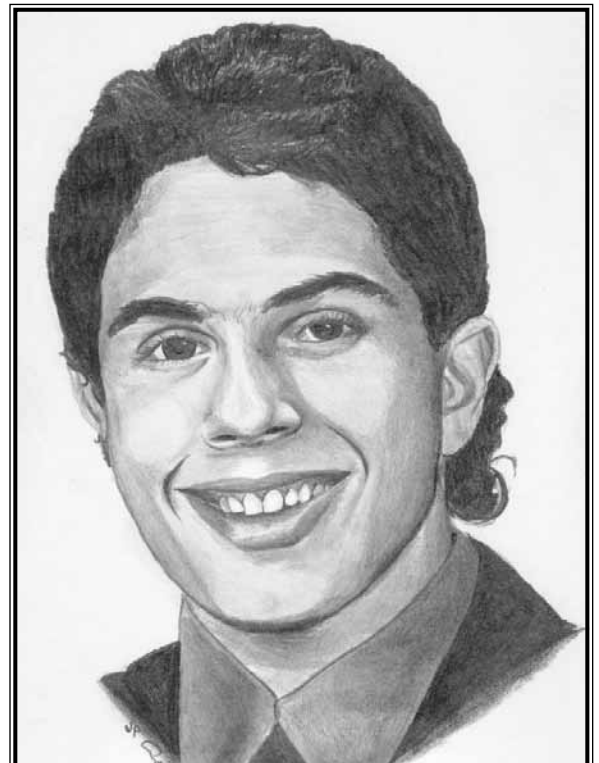
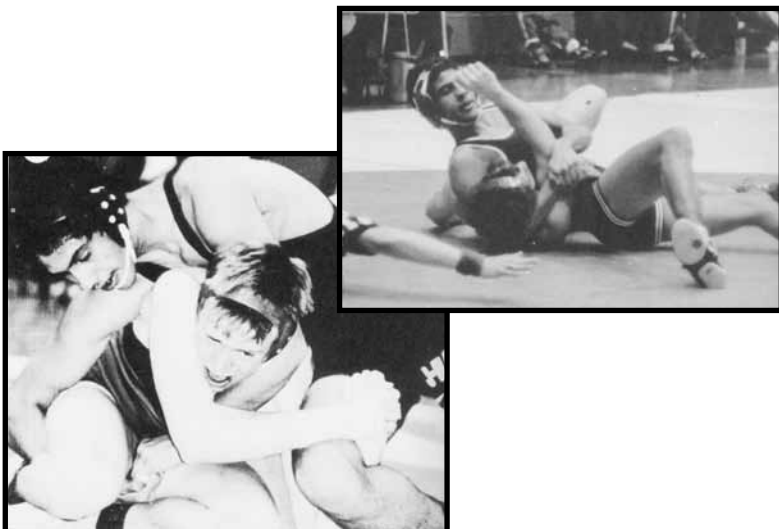
**81-16**



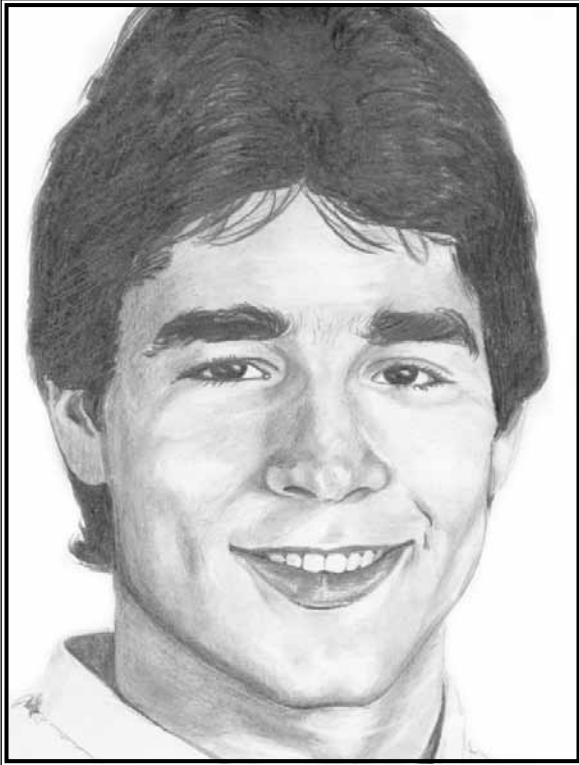
**ALI IGRAM**

**1990**

**64-6-1**



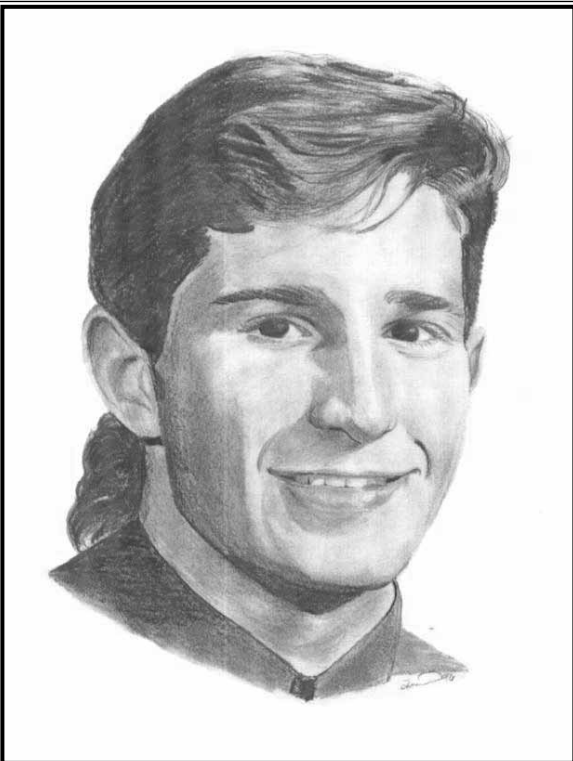
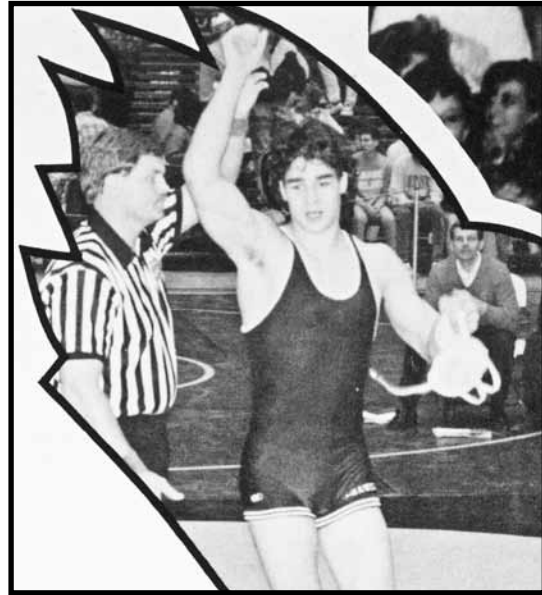
# J-HAWK STATE CHAMPIONS



**JEFF HORAK**

**1990**

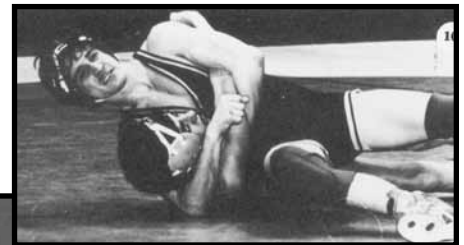
**87-17**



**MATT IRONSIDE**

**1991**

**112-13**

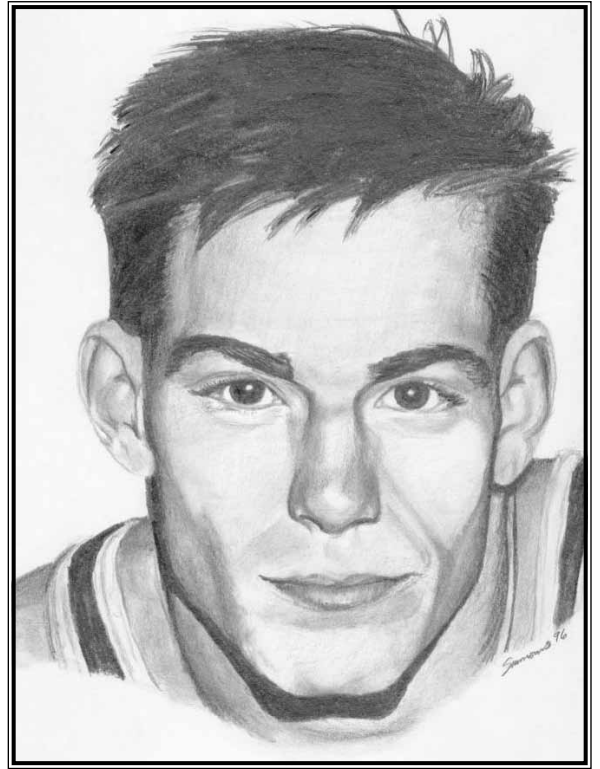
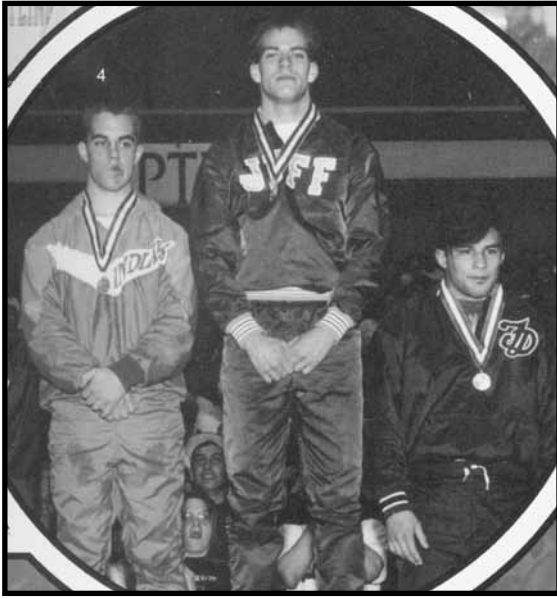


# J-HAWK STATE CHAMPIONS

**TRAVIS PIKE**

**1994**

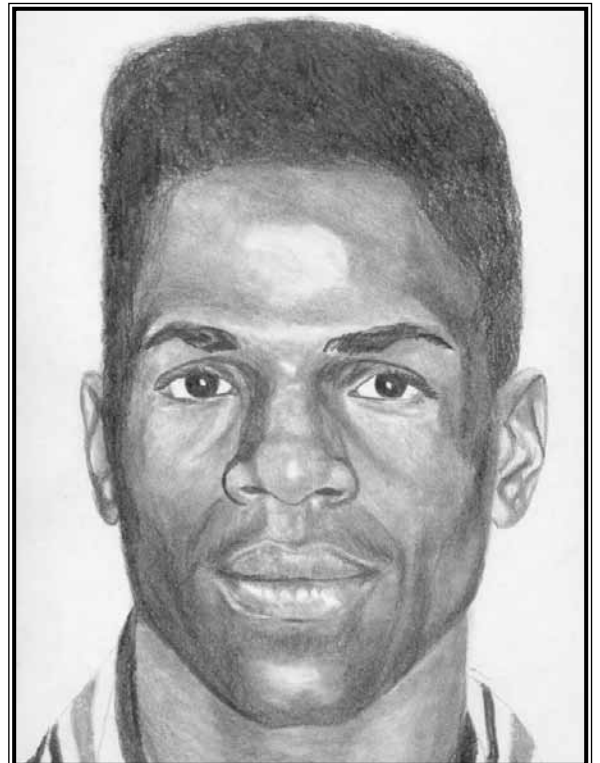
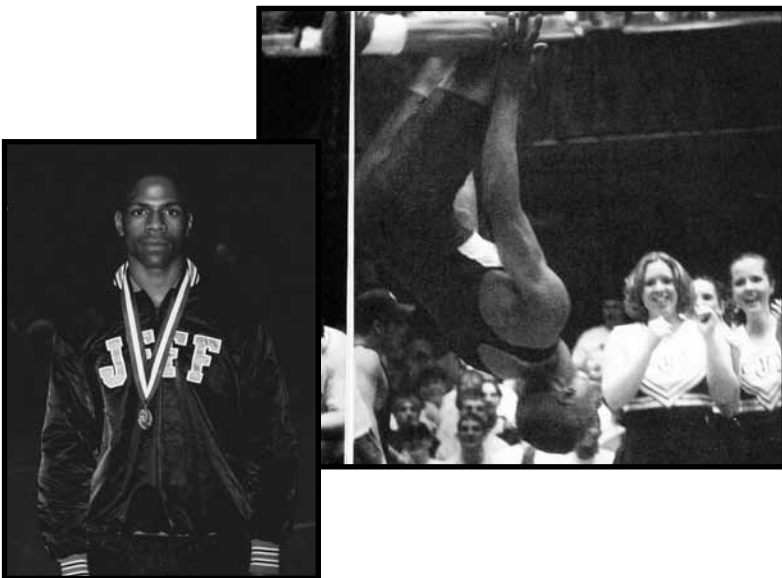
**98-32**



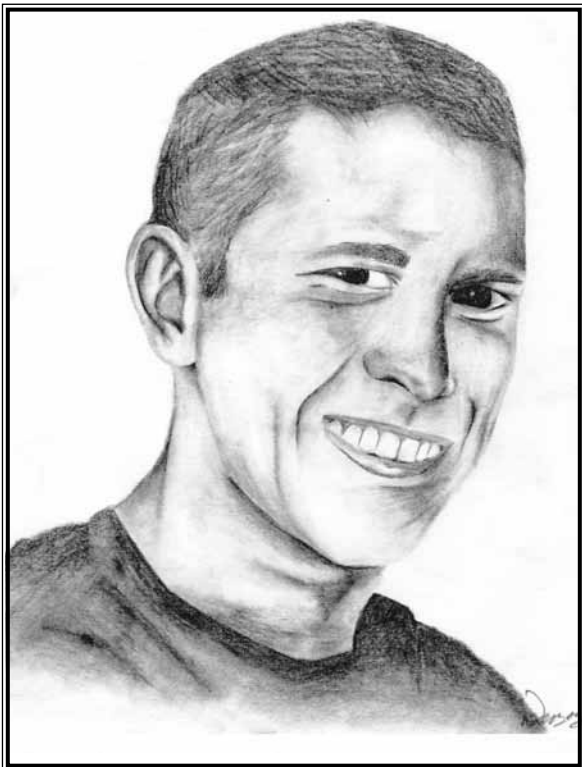
**TORONALD HARRIS**

**1997**

**27-4**



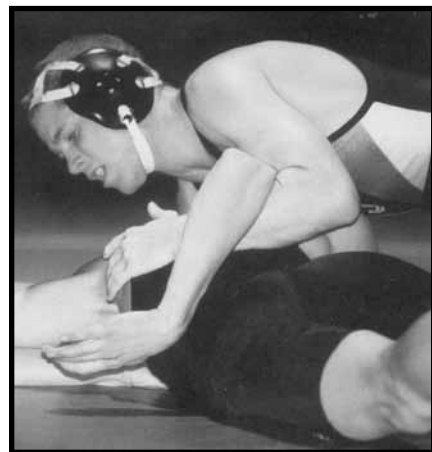
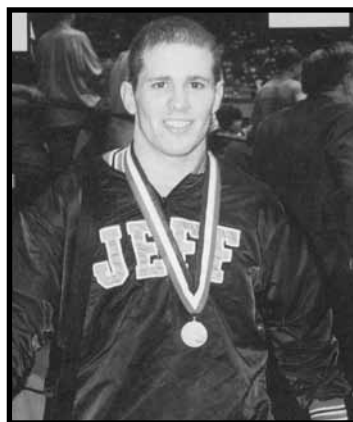
# J-HAWK STATE CHAMPIONS



**TIM IRONSIDE**

**1998**

**131-22**



## **J-Hawk State Finalist History**

29 Individual State Champions

18 Individual State Runners-up

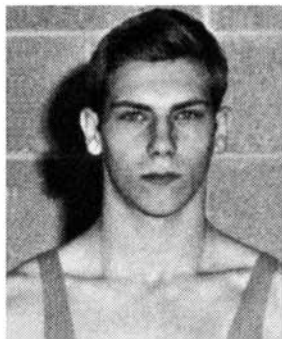
1 Three-Time State Champion

2 Two-Time State Champions



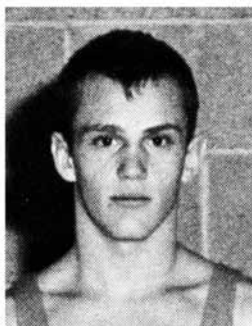
# J-HAWK STATE RUNNERS-UP

**JHS STATE RUNNER-UP**



**Bill Armitage**  
1962

**JHS STATE RUNNER-UP**



**Jon Winger**  
1963

**JHS STATE RUNNER-UP**



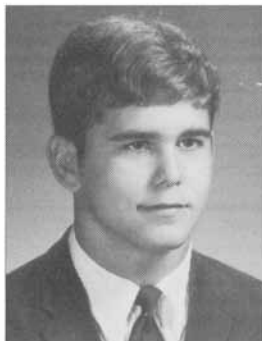
**Don Briggs**  
1966

**JHS STATE RUNNER-UP**



**Dick Ingvall**  
1969

**JHS STATE RUNNER-UP**



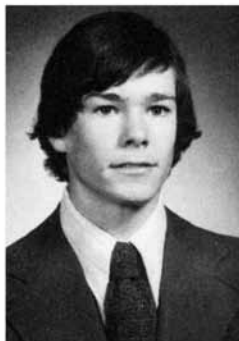
**Clark Beltz**  
1970

**JHS STATE RUNNER-UP**



**Howard Johnson**  
1973

**JHS STATE RUNNER-UP**



**Don Hittenmiller**  
1974

**JHS STATE RUNNER-UP**



**Cassim Igram**  
1974

**JHS STATE RUNNER-UP**



**Tom Chapman**  
1976

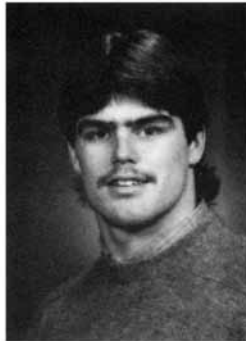
# J-HAWK STATE RUNNERS-UP

**JHS STATE RUNNER-UP**



**Dave Zimmerman  
1976**

**JHS STATE RUNNER-UP**



**Darrell Long  
1985**

**JHS STATE RUNNER-UP**



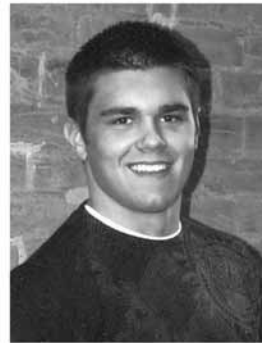
**Greg Garman  
1987**

**JHS STATE RUNNER-UP**



**Jon Vlasek  
1994**

**JHS STATE RUNNER-UP**



**Jason McCormick  
2009**

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## J-HAWK PAID ASSISTANTS THROUGH THE YEARS

**Wayne Van Deest  
Jerry Ohm  
Bob Stephen  
Dave Rosenberg  
Don Cox  
Jack Fisk  
Bo Cameron  
John Weld**

**Steve Kray  
Jim Cox  
Mike Gallagher  
John Hegarty Jr.  
Dan Conner  
Henry Orton  
Dean Spicer  
Marc Chase Jr.**

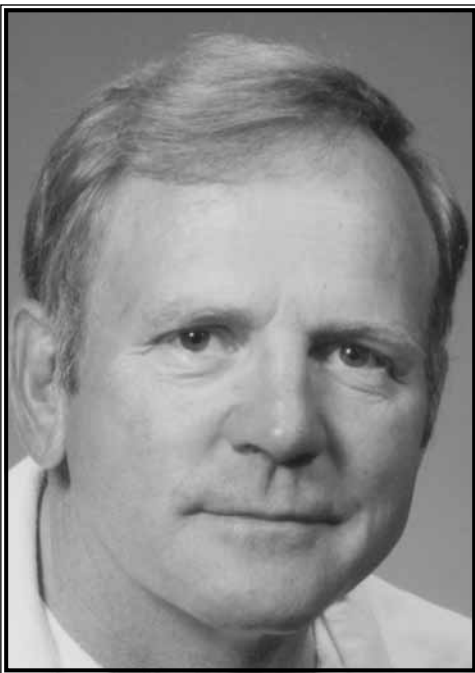
**Ed Burnell Jr.  
Brooks Simpson  
Jeff Dirks  
Tom Miller  
David Simmons  
Mike Kane  
Rob Martin  
Chris Buesing**

# **J-Hawk Wrestling**

## **Head Coaches**

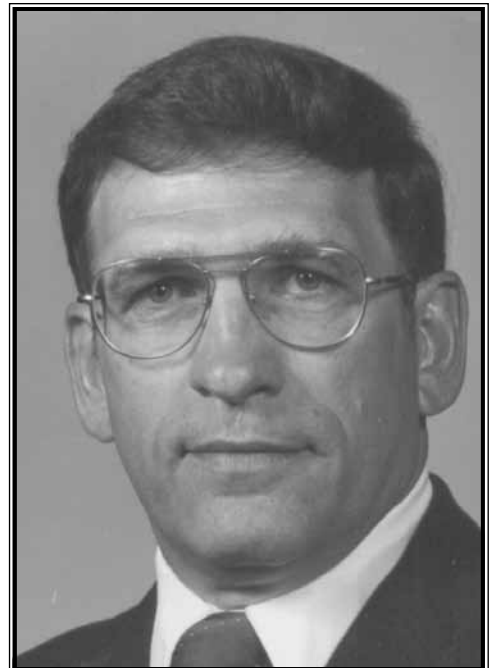
through the years...

**Cecil (Bo) Cameron**  
1958-1963



**Jack Fisk**  
1964-1966

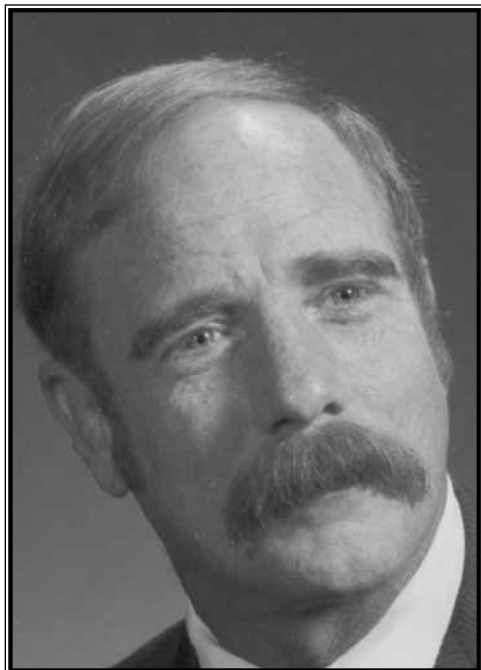
**Gary Kurdelmeier**  
1967



# J-Hawk Wrestling

## Head Coaches

through the years...



**Bill McNeil**

1968-1978

**Tim Fowler**

1979-1983



**Dick Briggs**

1984-Present

# HONORED FRIENDS OF J-HAWK WRESTLING THROUGH THE YEARS...



## G. Wyatt Schultz

Jefferson athletics has many great friends, but none so generous of his time and talents as G. Wyatt Schultz. For over a decade Wyatt has taken a supreme interest in J-Hawk wrestling and provided wrestling in general with outstanding pictorial publicity. Year after year you can find his handiwork on the J-Hawk wrestling poster and program. The only payment he asks is to see the faces of the wrestlers at the banquet when they receive copies of his work. His motto has always been, "Keep wrestling on the move" and he does so in a variety of ways. Schultz is a fixture at grade school, high school, college, and even Olympic caliber grappling events covering local, regional, and national levels. He is a co-owner of, and chief photographer for The Predicament, the nation's oldest state newspaper devoted to amateur wrestling. His action shots have graced the cover of many national publications including Wrestling USA who named him their national photographer of the year in 1998. He was awarded the National Wrestling Media Associations Photographer of the Year in addition to earning The President's Award from the IWCOA.

Today, Wyatt continues to devote every spare moment to his love of athletic action photography, with special emphasis on wrestling. Wyatt and his wife Kirsten are west-side residents and maintain a web page devoted to Jefferson High School athletics with coverage of ten J-Hawk athletic teams. On our golden anniversary the Jefferson wrestling team salutes Wyatt for his love of wrestling and especially the J-Hawks. He truly makes a difference and keeps the sport and our community proud and looking good.

## Jon Read

Jefferson wrestling has a special friend and benefactor in master photographer and craftsman Jon Read. For three decades Jon has been our official poster photographer. His creativity and keen eye has been the chief contributor to the successful team promotion we have enjoyed. Many of the J-Hawk wrestling posters through the years have won awards at national competitions in large part because of Jon's attention to detail and setting. His love of wrestling began early in life when he was a state place winner at cross-town rival Washington High School. He later would become a qualifier for the NAIA national tournament in college. Starting his career in education he coached wrestling at Kennedy High School for several years before taking over the family photography business and expanding it to lofty heights. In eastern Iowa, Read Photography is the studio everyone watches to see the latest cutting edge trends in photo technology. Today Jon's vision and business acumen have propelled him to the top of the field nationally as an award-winning photographer of great esteem. He has been awarded Master Photographer, Certified Professional photographer, and PPA Photographer Craftsman honors. Most recently Jon has received acclaim for his senior portraiture, being awarded Senior Photographer's International Photographer of the Year. On our golden anniversary the Jefferson wrestling team salutes Jon for his love of wrestling and support of the J-Hawks. He truly continues to keep our team looking great.

