



Northern Sun Intercollegiate Conference

**All-CONFERENCE RELEASE**

FOR IMMEDIATE RELEASE

# WRESTLING RELEASE

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## NSIC Wrestler of the Year



**Carl Broghammer**  
**197 R-Sr.**  
**Manchester, Iowa**  
**West Delaware HS**  
**Upper Iowa**

## NSIC Rookie of the Year



**Austin Goergen**  
**285 lbs, R-Fr.,**  
**Caledonia, Minn.**  
**Caledonia Area HS**  
**St. Cloud State**

## NSIC Coach of the Year



**Jesse Nelson**  
**7th Season**  
**Southwest Minnesota State**

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## 2013-14 NSIC ALL-CONFERENCE FIRST TEAM

Name	Wt.	Yr.	School	Hometown
TJ North	125	So.	Augustana	Elk Point, S.D.
Justin Reinsma	133	Sr.	SMSU	Slayton, Minn.
Jordan Roths	141	Fr.	Upper Iowa	New Hampton, Iowa
Edwin Cooper	149	So.	Upper Iowa	Chicago, Ill.
Clint Poster	157	So.	St. Cloud State	Pierz, Minn.
Kyle Begin	165	So.	SMSU	Anoka, Minn.
Jacob Begin	175	Sr.	SMSU	Anoka, Minn.
Sean Derry	184	Sr.	Augustana	Omaha, Neb.
Carl Broghammer	197	Sr.	Upper Iowa	Manchester, Iowa
Austin Goergen	285	Fr.	St. Cloud State	Caledonia, Minn.

## 2013-14 NSIC ALL-CONFERENCE SECOND TEAM

Name	Wt.	Yr.	School	Hometown
Tanner Johnshoy	125	Fr.	St. Cloud State	Prior Lake, Minn.
Matt Paulus	133	So.	Upper Iowa	New Hampton, Iowa
Matt Nelson	141	So.	St. Cloud State	Big Lake, Minn.
Jay Hildreth	149	Jr.	St. Cloud State	Council Bluffs, Iowa
Brady Neises	157	Jr.	Augustana	Howard, S.D.
Gabe Fogarty	165	So.	St. Cloud State	Jordan, Minn.
Conner Monk	174	Jr.	MSU Moorhead	Wausau, Wis.
Jayd Docken	197	Jr.	Augustana	Winner, S.D.
Cole Wilson	285	Jr.	SMSU	Faribault, 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.

## 2013-14 NCAA ALL-AMERICANS (7)

125 Lbs.	TJ North, Sr., Augustana	2nd Place
149 Lbs.	Jay Hildreth, Jr. St. Cloud State	4th Place
149 Lbs.	Edwin Cooper, R-So., Upper Iowa	2nd Place
157 Lbs.	Clint Poster, R-So., St. Cloud State	3rd Place
165 Lbs.	Gabe Fogarty, So., St. Cloud State	7th Place
197 Lbs.	Carl Broghammer, Sr., Upper Iowa	3rd Place
285 Lbs.	Austin Goergen, R-Fr., St. Cloud State	6th Place

The NSIC is a 16-team, 18-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.



**NSIC Wrestler of the Year**  
**Carl Broghammer (197 R-Sr., Manchester, Iowa / West Delaware HS)**  
**Upper Iowa University**

Carl Broghammer capped off one of the most successful wrestling careers in Peacock wrestling history this season with 42 wins, a runner-up finish at the NCAA Central Super Regional and a third place finish at the NCAA Championships in Cleveland, Ohio. In 2013-14, the Manchester, Iowa native registered a 42-4 overall record and a perfect 18-0 mark in UIU's duals while claiming 28 bonus-point wins including 19 falls, 3 tech falls and 5 major decisions.

Upper Iowa's four-year starter at 197 pounds broke the program record for career wins this season ending his career with 142 wins including 82 bonus-point wins thanks to 53 wins by fall, 7 by tech fall and 22 by major decision.

After becoming Upper Iowa's first freshman to become an All-American since Craig Campbell, he was named the NSIC's Rookie of the Year in March 2011. He also earned the top spot among all divisions at 197 pounds on the Amateur Wrestling News' All-Rookie Team; he was the only D2 wrestler ranked #1 on the team. Carl added his second and third All-American honors the past two seasons and completed his tenure in Peacock blue with a 14-3 record in his three NCAA Championship appearances. Carl has done all this work on the mat, while earning four NWCA Academic All-American honors as well.



**NSIC Rookie of the Year**  
**Austin Goergen (285 lbs, R-Fr., Caledonia, Minn. / Caledonia Area HS)**  
**St. Cloud State University**

Austin Goergen led the Huskies in 2013-14 with a 35-8 overall record. He set a new team record with 19 pins during the 2013-14 season. He placed third in the 285-pound bracket at the 2014 NCAA Division II Super Three Regional and earned the Most Pins in the Fastest Time Award at the regional tournament this season. One of six NCAA qualifiers for the Huskies in 2013-14, Goergen capped his rookie campaign with a sixth place finish in the 285-pound division at the 2014 NCAA Division II wrestling championships.

Goergen was a perfect 17-0 in dual meet competition this season for the Huskies. He helped lead SCSU to a 19-1 overall record and the University's third consecutive NSIC championship with an 8-0 record in NSIC competition. He is a resident of Caledonia, Minn. And a graduate of Caledonia Area High School.



**NSIC Coach of the Year**  
**Jesse Nelson (7th Season)**  
**Southwest Minnesota State**

Jesse Nelson led Southwest Minnesota State to a 6-2 record in the Northern Sun Intercollegiate Conference in 2013-14 marking the most NSIC wins in school history and first winning conference record since 2000-01. The Mustangs finished 12-5 overall to achieve their third straight season reaching double-digit dual wins. This season Nelson tutored four national qualifiers and three NSIC Wrestlers of the Week.

During his seven-year tenure, Nelson has transformed a winless program in 2007 into a conference contender each of the past three years. SMSU's 13 dual wins in 2012-13 were the most wins in school history since the 1989-90 season. In 2013-14, Nelson guided SMSU to dual wins over Augustana and Minnesota State. The win over the Vikings was the first since 1998-99, while the 31-9 victory over the Mavericks snapped a 22-dual losing skid dating back to the 1990-91 season. In seven seasons, Nelson has groomed 16 national qualifiers, including eight in the last two seasons alone and four All-NSIC wrestlers. Nelson led Justin Reinsma to All-American status twice at 133 pounds and to 113 career-wins, which ranks third all-time in school history.

Not only has Nelson improved SMSU on the mat but in the classroom as well. Under Nelson's guidance this past season, SMSU turned in the 10th highest GPA in the NCAA Division II with a mark of 3.21. SMSU finished the 2012-13 season with a GPA of 2.97 -- the 20th best in NCAA Division II. In the last three seasons, 17 Mustangs have been honored with National Wrestling Coaches Association All-Academic awards coupled with Ethan Hildebrandt's and Micah Larson's Capital One Academic All-District selections in 2012-13.

**Northern Sun Intercollegiate Conference**  
**Final Wrestling Standings**

as of 3/17/14

	(-NSIC Matches-)		(-----All Matches-----)		
	W-L	Win %	W-L	Win %	STK
#6 St. Cloud State*	8-0	1.000	19-1	.950	W12
#17 Upper Iowa	7-1	.875	15-2-1	.861	W1
RV-Southwest Minnesota State	6-2	.750	12-5	.706	W2
Augustana	5-3	.625	12-6	.667	L1
MSU Moorhead	4-4	.500	7-9	.438	W1
Minnesota State	3-5	.375	3-9	.250	W1
Minot State	2-6	.250	3-12	.200	W2
U-Mary	1-7	.125	2-9	.182	L2
Northern State	0-8	.000	4-12	.250	L4

Rankings based on NCAA DII Top 20 (2/12/14) RV=Received Votes

\*NSIC Regular Season Champion



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