

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

[View this email in your browser](#)



Holmen Women's Wrestling Season Recap

Subscribe

Past Issues

Translate ▼





❏ Season Wrap-Up

We wrapped up our season in March, and it was another **fun and successful** year!

🏆 Coaching Staff Recognition

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Wrestling Assistant Staff of the Year!

We truly have the **best coaching staff in the state**, and arguably one of the best in the country. I'm incredibly fortunate to have them by my side.

Season Highlight Video

We've got an [amazing highlight video](#) that captures all the best moments of the season. Huge thanks to **Lance Hougdaahl** for putting it together.

Historic Firsts

This year, the state recognized girls team regional and sectional champions for the first time and **we won them both!**

In just two years, these wins will be the stepping stones to **our first-ever Team Dual State Title run**. We can't wait to add a **Sectional Champions board** to our wrestling room!

Individual Achievements

State Qualifiers:

Haley Dezelske

Allison Weiss – *Two-time State Qualifier*

Both Haley and Allison will be continuing their wrestling careers at **UW–Oshkosh** as **Titans!**

Celebrating Our Seniors

A heartfelt farewell to our seniors—you will be deeply missed!

Haley Dezelske

Allison Weiss

Keionna Noel

Alexa Szak

Jozie Collins

Natalie Markos

Carissa Ceresa

Lexi Maier

Special mention to **Anna Strasser** and **Maddie Eggerichs**—we missed you on the mat this season and wish you could have competed with us.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

After **Freestyle State** and **Northern Plains Regionals**, we're sending **three athletes to Nationals in Fargo**:

Haley Dezelske

Sophia Walter

Aini Anderson

Freestyle Tournament Results

State Tournament:

 Aini Anderson

 Reagan Lancaster

 Lily Jones

 Sophia Walter

4th – Haley Dezelske

Northern Plains:

4th – Haley Dezelske

Season Banquet Highlights

PILLAR AWARD WINNERS:

For Her: Jozie Collins

Leadership: Alexa Szak

Fun: Avalee Euler

Elite Mindset: Kaytlynn Lambries

Ambition: Natalie Markos

Improvement: Haley Dezelske

SEASON STAT LEADERS:

Most Takedowns & Teflon Tough: Aini Anderson

Most Wins & Team Points: Haley Dezelske

Penalty Power 🤪: Avalee Euler

PERFECT PRACTICE CLUB:

Sophia Walter

Haley Dezelske

LETTER WINNERS:

Aini Anderson, Alexa Szak, Allison Weiss, Avalee Euler, Carissa Ceresa, Celia Drogseth, Haley Dezelske, Jozie Collins, Kaytlynn Lambries, Keionna Noel, Natalie Markos, Peyton Kratochvil, Sophia Walter, Lexi Maier

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Aini Anderson, Alexa Szak, Allison Weiss, Avalee Euler, Celia Drogseth, Jozie Collins, Kaytlynn Lambries, Natalie Markos

Looking Ahead

We're proud of what we've accomplished and excited for what's to come. Here's to growing our program, having fun, being there for her, and enjoying many more amazing seasons together.

— *Coach Carl*



Copyright (C) 2025 Holmen Women's Wrestling. All rights reserved.

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)