



2024 GOPHER CONFERENCE WRESTLING

FOR RELEASE

The Gopher Conference is proud to announce the 2024 Boys Wrestling award winners.

Team Standings:

Kenyon-W	6-0
Maple River/USC	4-2
WEM/JWP	4-2
Westfield	4-2
Medford	2-4
Triton	1-5
NRHEG	0-6

Conference Champion: Kenyon Wanamingo

Kenyon Wanamingo finished the 2023-24 season with a conference record of 6-0. 2023-24 marked the second time the K-W wrestling team won the Gopher Conference. Overall Kenyon Wanamingo had a dual record of 25-9, made it to the finals in section one and lost against the number one seeded and eventual state champs Chatfield, and sent 8 individuals to the class A state tournament. This is the second most in school history. KW's state tournament qualifiers were Bryan Jacobson 4th place Ryan LaCanne 4th place, Reed Sommer 2nd place, Masyn Hanson DNP, Trent Foss DNP, Gavin Johnson 2nd place, Dillon Bartel 6th place and Will VanEpps State Champ. The team won the MWCA individual State Champions at the state tournament with a score of 101.5. Kenyon Wanamingo's head coach Nathan Lexvold was assisted by Josh Jacobson, Matt Lexvold, Chad Lexvold, and Wayne Lexvold. The team featured Gopher All Conference Liam Sommer, Ryan LaCanne, Reed Sommer, Gavin Johnson, Will Van Epps. All conference honorable mention Keifer Olson, Bryan Jacobson, Dillon Bartel. Gopher conference sportsmanship award Bryan Jacobson.

2024 Gopher Conference Wrestler of the Year: Will VanEpps-Kenyon Wanamingo

Name	Grade	School	WT
Will VanEpps	12	Kenyon Wanamingo	215

Will Van Epps wrestled 215 this year and was a state Champion with a record of 44-2 and a career record of 120-28. He also beat the state champion at HWT. He was a two time state entrant placing 5th last year. He was recognized and the Triple A award winner in Region 1 this year. Will is an all-around great student and athlete. He was also the starting quarterback and set many records this year. He will be continuing his baseball career at Mankato State next year. He will maybe go down as one of the best athletes in KW history.

All-Conference

Name	Grade	School
Liam Sommer	8	KW
Gavin Johnson	12	KW
Ryan Lacanne	10	KW
Reed Sommer	11	KW
Kaden Harfman	11	Medford
Evan Schweisthal	12	Medford
Tommy Elwood	11	Medford
Byron Getchell	11	Maple River/USC
Braxton Simon	12	Maple River/USC
George Roesler	12	NRHEG

Austan Adreon	12	Triton
Keegan Kuball	11	WEM/JWP
Gavin Krause	12	WEM/JWP
Carson Petry	11	WEM/JWP
Bo Zwiener	11	Westfield



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Honorable Mention

Name	Grade	School
Kiefer Olson	12	KW
Bryan Jacobson	10	KW
Dillon Bartel	12	KW
Mason DeGrood	12	Medford
Luis Lopez	12	Medford
Noah Gonzalez	9	Maple River/USC
Hunter Garness	10	Triton
Alex Lea	11	Westfield

Sportsmanship Recipients

Name	Grade	School
Bryan Jacobson	10	KW
Kolt Bullerman	10	Maple River/USC
Mason DeGrood	11	Medford
Reese Routh	12	NRHEG
John Moenning	12	Triton
Avery Fall	11	WEM/JWP
Derek Miner	8	Westfield

Sportsmanship winners were a member of the varsity roster during the season or at the end of the regular season, they did not have to be on postseason roster. They are someone who exemplified good sportsmanship qualities.

CONGRATULATIONS TO ALL AWARD WINNERS!!!!