

7th Straight State B Champions



A special Supplement for
all Our C-Hawks Wrestlers

March 14, 2024
Sioux Valley News

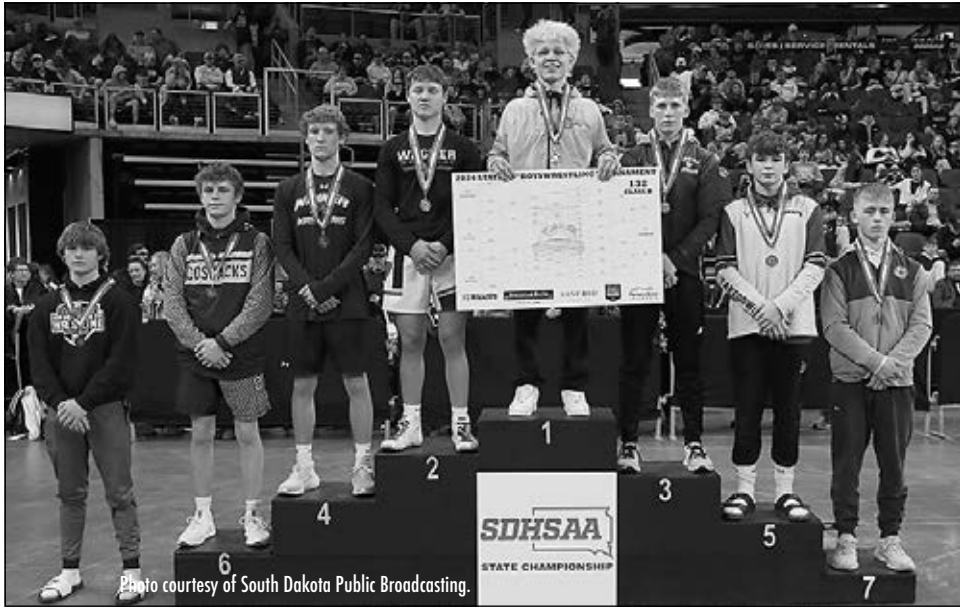


Girls State Wrestling Runner-up

Senior Ashton Keller

132 State Championship

46-1 season record



How many years have you been in wrestling? 14 years

Who is the most influential person in your life and why?

My father

What is your favorite wrestling memory?

Winning state!

What lessons has the sport of wrestling taught you?

Learn from everything you do.

What is the best advice you have ever received and who was it from?

Always go forward.

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?

My coaches have taught me how to be tough but calm. My teammates showed me what family is.

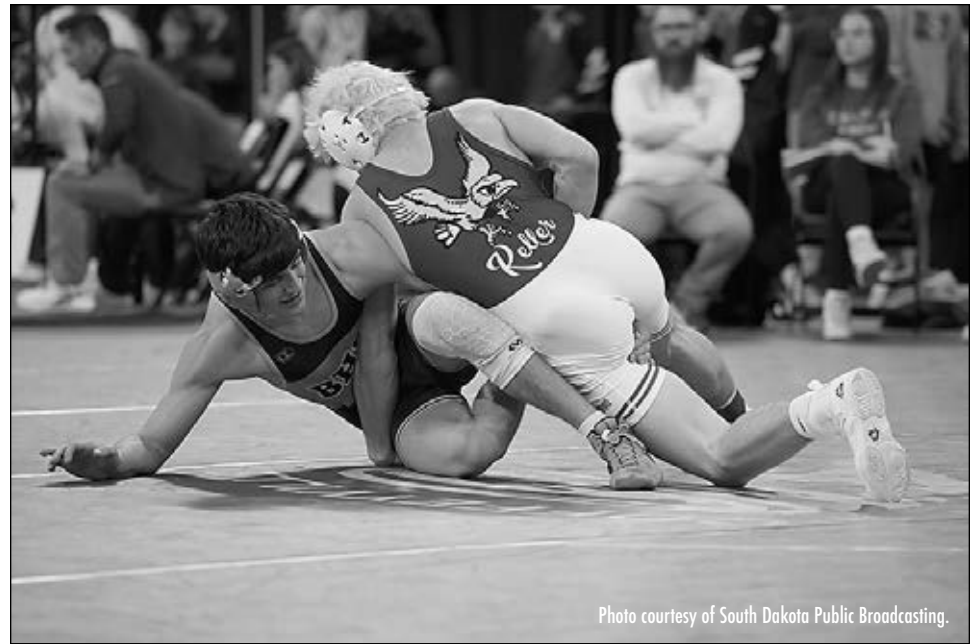
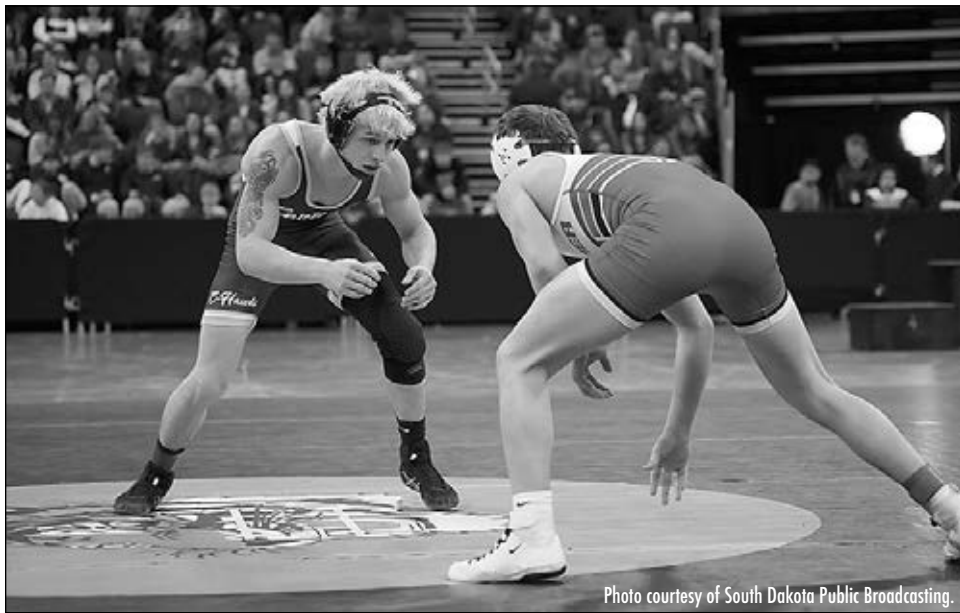
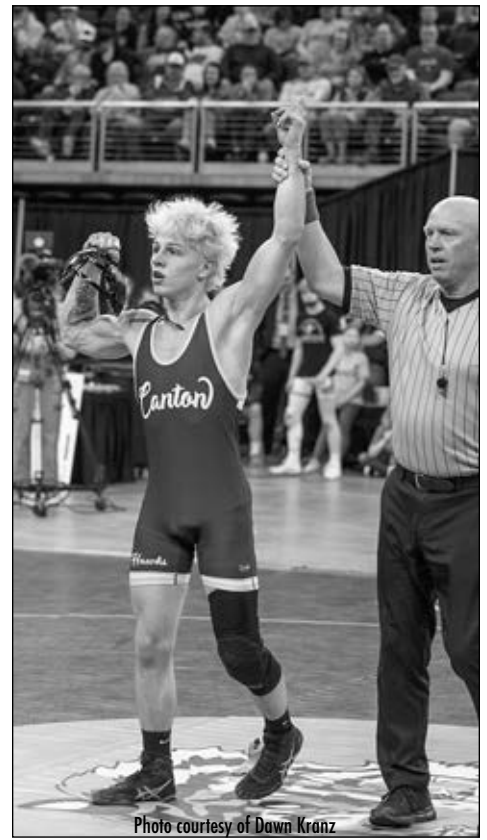
What advice do you have for young wrestlers who are just getting started with the sport?

Have fun.

What will you remember the most about C-Hawk Wrestling?

The bonds I have made.

Will you be wrestling in the future? Yes



YOUR

BIG

PICTURE

IS OUR

FOCUS

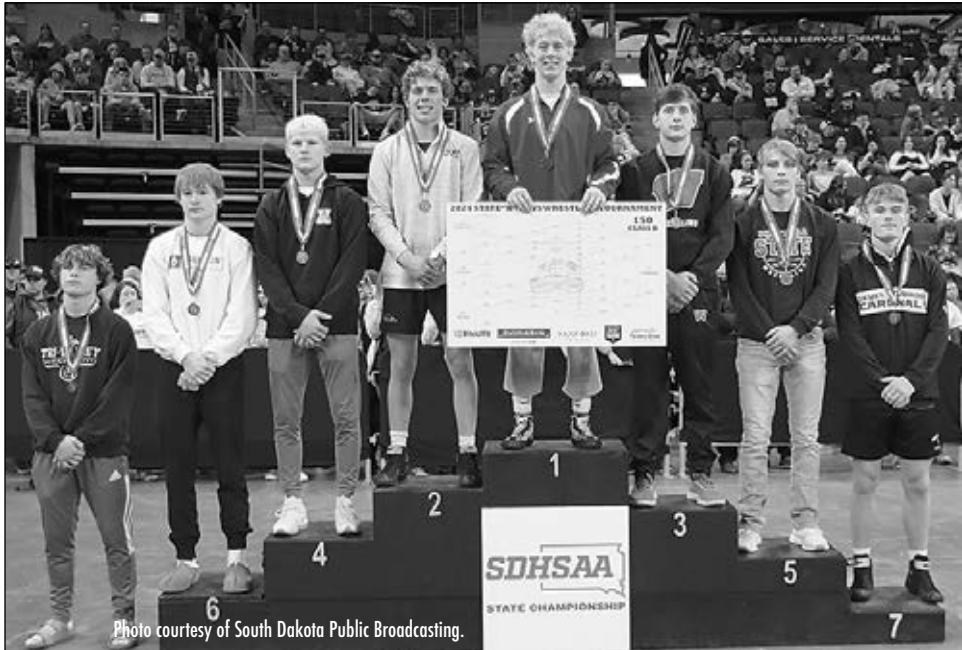
CONGRATS C-HAWKS!



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Senior Ayson Rice

150 4X State Championship
42-1 season record



How many years have you been in wrestling? 15 years
Who is the most influential person in your life and why?
 Coach Pack because I wouldn't be where I am today without him believing in me since the 3rd grade.
What is your favorite wrestling memory?
 My favorite wrestling memory is winning my 4th State Title.
What lessons has the sport of wrestling taught you? To always work hard regardless and to have a strong head and determination and you can achieve anything.
What is the best advice you have ever received and who was it from?
 The best advice I have ever received is to not take things to heart about what people say about you and not to care what they think about you.
What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you? They have taught me to make due with what you have.
What advice do you have for young wrestlers who are just getting started with the sport? Do what you enjoy don't let people make you do things you don't love to do, except chores you have to do those.
What will you remember the most about C-Hawk Wrestling? The legacy I created here.
Will you be wrestling in the future?
 Yea at DI Appalachian State University in Bonne, N.C.

Freshmen Carter Kendrick

106 State Championship
37-4 season record

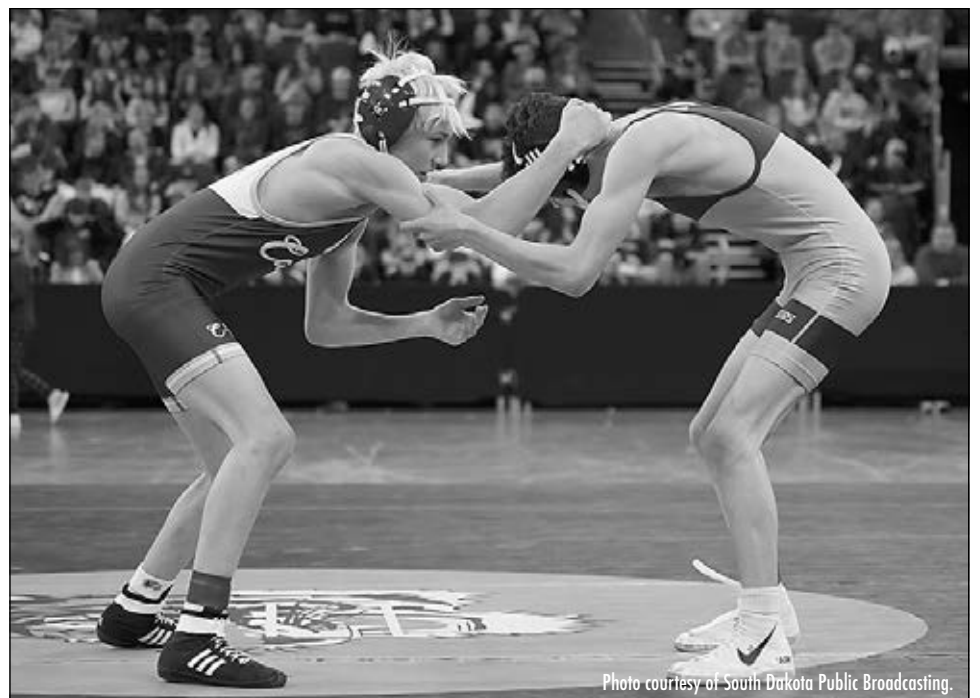


How many years have you been in wrestling?
 9 years
Who is the most influential person in your life and why?
 Mt dad is the most influential person in my life because he teaches me to be a good person and to work hard.
What is your favorite wrestling memory?
 My favorite wrestling memory is winning my first AAU State Title.
What lessons has the sport of wrestling taught you?
 Wrestling has taught me that you have to battle through adversity and work hard for what you want.
What is the best advice you have ever received and who was it from?
 The best advice I have received was from Terry Pack on trusting the process and to trust my training. Especially in those big moments.
What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?
 The C-Hawk wrestling coaches taught me about bouncing back after losses.
What advice do you have for young wrestlers who are just getting started with the sport?
 Advice I would give to young wrestlers would be to enjoy the process and don't dwell on the losses.



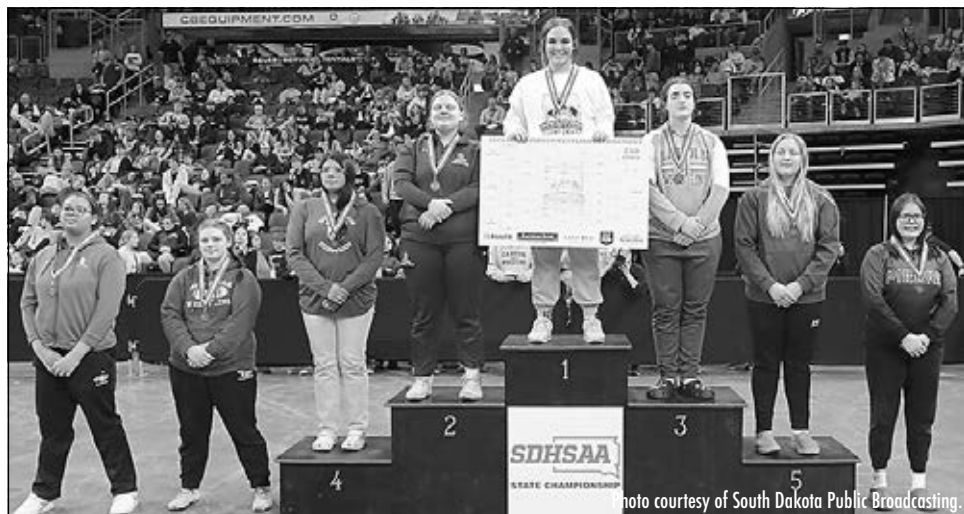
"If you're afraid to fail, you'll never succeed." - Dan Gable

Congrats on your 4th state title.
It's been a ride Little Rice!
Love, Mom, Dad, & Avry



Senior Kiara King

250 State Champion 27-1 season record



How many years have you been in wrestling? 4 years
Who is the most influential person in your life and why?
 My dad, he pushes me to be the best version of myself.
What is your favorite wrestling memory?
 Every time we stayed in a hotel.
What lessons has the sport of wrestling taught you?
 Push yourself and have fun.
What is the best advice you have ever received and who was it from?
 My dad told me to do lots of activities in high school because it flies by fast and enjoy the moment.

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?

The coaches have taught me to never give up and keep chasing your dreams. My team mates have taught me it's okay to have bad days because we always have each other.

What advice do you have for young wrestlers who are just getting started with the sport?

I would tell them to keep practicing and there will be hard days mentally and physically but keep pushing yourself and most importantly have fun.

What will you remember the most about C-Hawk Wrestling?

The connection made in this sport.

Will you be wrestling in the future?

Not in college but maybe come back and help with practices.



Photo courtesy of South Dakota Public Broadcasting.

7th Grader Finley Evjen

100 State Champion 47-14 season record

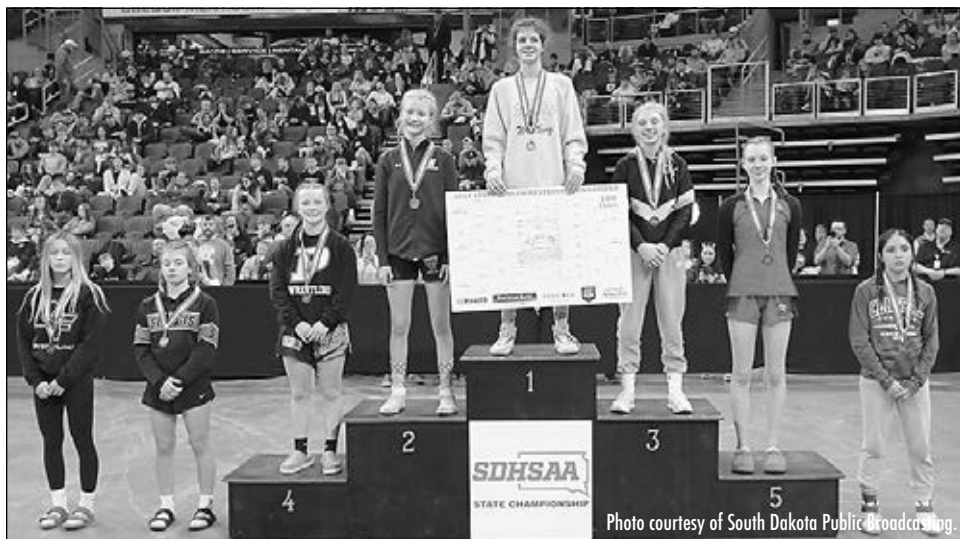


Photo courtesy of South Dakota Public Broadcasting.

How many years have you been in wrestling? 6 years

Who is the most influential person in your life and why?

My dad Lucas Evjen, he pushes me to be my best and my mom, Amy Evjen, for helping me, both are good role models and have always supported me.

What is your favorite wrestling memory?
After I won state and the whole team freaked out and we all cried together.

What lessons has the sport of wrestling taught you?

How to maintain good health and given me really good mental health.

What is the best advice you have ever received and who was it from?

From my dad to just breath.

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?

My coaches have supported me and taught me, more of the mental side of things and I just love the team, they have taught me how to relax more before matches.

What advice do you have for young wrestlers who are just getting started with the sport?

Just keep going, try your best, believe in yourself and work in the off season.



Photo courtesy of Christin Bartels



Photo courtesy of South Dakota Public Broadcasting.

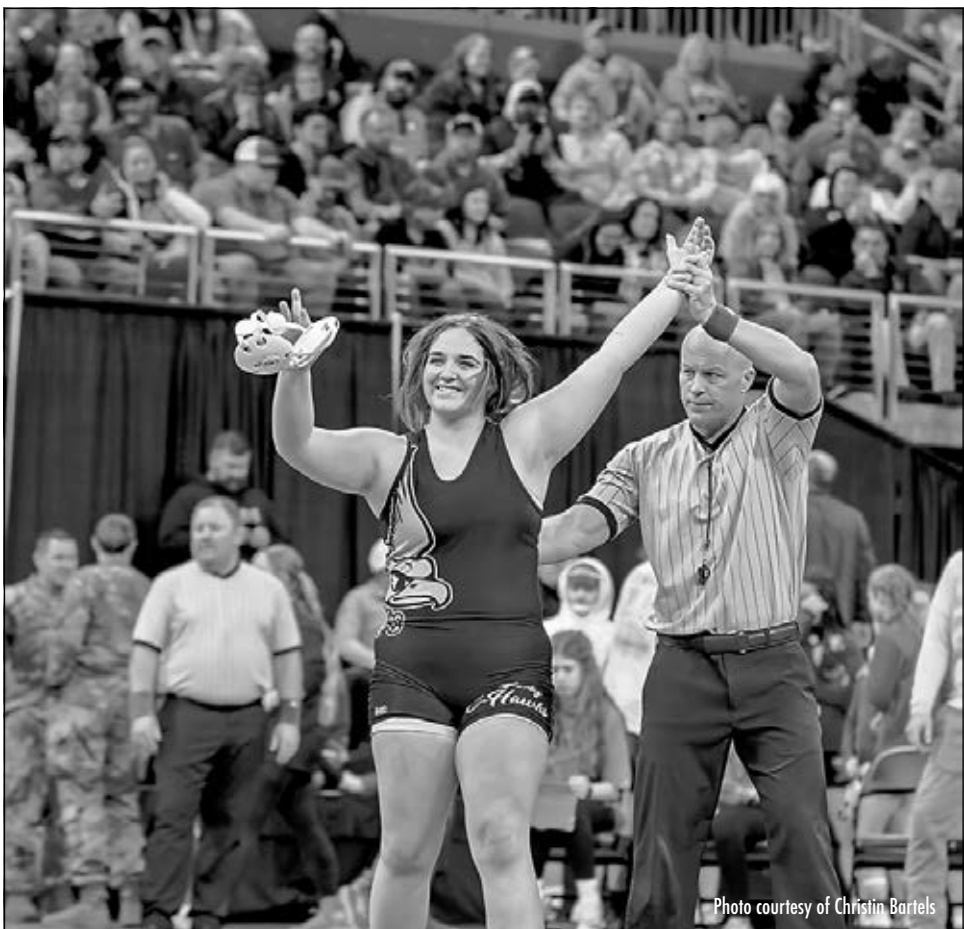


Photo courtesy of Christin Bartels



Photo courtesy of South Dakota Public Broadcasting.

Senior Traun Cook Jr

Hwt 2nd place
50-4 season record



Photo courtesy of South Dakota Public Broadcasting.

How many years have you been in wrestling? 3 years

Who is the most influential person in your life and why? My grandpa, he makes me want to do good things.

What is your favorite wrestling memory? When I won state my junior year and my team surrounded me congratulating me.

What lessons has the sport of wrestling taught you? That if you put in the work the results pay off.

What is the best advice you have ever received and who was it from?

My sister always told me I could be whoever I want if I put my mind to it.

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you? The coaches have taught me many things, my teammates taught me that we win and lose together.

What advice do you have for young wrestlers who are just getting started with the sport? Fall in love with the sport and you'll get better wanting to learn more.

What will you remember the most about C-Hawk Wrestling? How each one of us have each others back no matter what.

Will you be wrestling in the future?

I won't wrestle in the higher divisions, but I might come back to coach.

Senior Gavin Neu

175 Bracket
29-19 season record



Photo courtesy of Christin Bartels

How many years have you been in wrestling? 6 years

Who is the most influential person in your life and why?

Jeremy Swenson because he has helped and encouraged me for the last 3 years.

What is your favorite wrestling memory?

Junior year state duals

What lessons has the sport of wrestling taught you? To work when tired.

What is the best advice you have ever received and who was it from?

Dedication is better than motivation. I don't remember who said it.

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?

Takes time to get better and don't take things so serious, they're not fun.

What advice do you have for young wrestlers who are just getting started with the sport? Being tired can be fun.

What will you remember the most about C-Hawk Wrestling? The team.

Will you be wrestling in the future? No

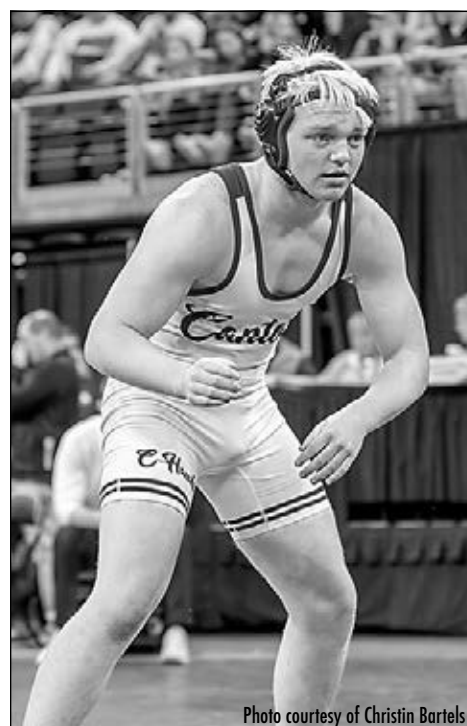


Photo courtesy of Christin Bartels

Senior Carter Kreger

190 Bracket
31-21 season record



Photo courtesy of Christin Bartels

How many years have you been in wrestling? 1 year

Who is the most influential person in your life and why? My sister Izabel Kreger, she has shown me that you can do anything you put your mind to.

What is your favorite wrestling memory?

Getting a rubber sword at State Duals.

What lessons has the sport of wrestling taught you? That if you work hard and stay consistent you can achieve anything.

What is the best advice you have ever received and who was it from?

God has a plan for everything. Don't dwell on something that happened because it's all for a reason.

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?

Ayson Rice taught me almost all of my technique, but the coaches taught me how to be tough, pushing me every day while perfecting the basics.

What advice do you have for young wrestlers who are just getting started with the sport?

Work your tail off, you can do anything if you work hard. You have nothing to lose only stuff to gain.

What will you remember the most about C-Hawk Wrestling?

It's a family. Everyone is behind you and the coaches will be there for you 24/7.

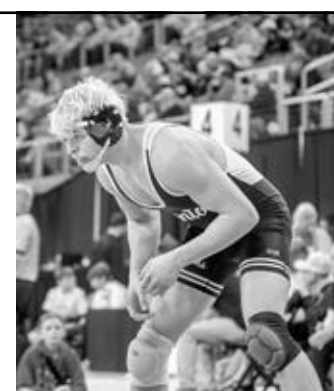
Will you be wrestling in the future?

You'll have to wait and see.



Photo courtesy of South Dakota Public Broadcasting.

Carter's first and only year of wrestling was very impressive, but not surprising. Carter is known for his positive attitude and strong work ethic. He has worked incredibly hard throughout the summer at Legends of Gold and dedicated himself to the sport. With the help of an amazing friend, Ayson Rice, and the Canton coaching staff, he was able to thrive in the wrestling environment. We knew through hard work and determination; he would do great things. It was an absolute joy to get to watch Carter grow throughout the sport, while also succeeding. Carter placed second at Regions and competed at the state wrestling competition. Proud would be an understatement when describing his attitude, success, and drive. We are excited to continue to witness Carter succeed in all of his future endeavors.



Congratulations on being 7X State Champions!

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Must be 21 years or older to play video lottery.

WRESTLING CHAMPS

Way to go C-Hawks!

Coaches working together has made this achievement possible.

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Senior Sara Schroder

114 4th place
34-6 season record

How many years have you been in wrestling? 4 years

Who is the most influential person in your life and why?

My parents, they have shown me how to stay calm, remind me to be patient and never put pressure on me to perform.

What is your favorite wrestling memory? When Finley won state.

What lessons has the sport of wrestling taught you?

That things may not always go your way, but you will find success with hard work.

What is the best advice you have ever received and who was it from?

You do it, you are resilient and determined don't let this upset stop you. - My mom

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you? My coaches have taught me to not give up, and my teammates always remind me to have fun.

What advice do you have for young wrestlers who are just getting started with the sport? Work hard every practice and get those extra reps. However don't forget to have fun and rest your body.

What will you remember the most about C-Hawk Wrestling?

How much support and love this community has given me.

Will you be wrestling in the future? Yes, I plan to wrestle in college.



Photo courtesy of Dawn Kranz

Senior Kieonna Smith

138 4th place
12-6 season record



Dawn Kranz PHOTOGRAPHY



Photo courtesy of Christin Bartels



Photo courtesy of Cathy Myrabo



Photo courtesy of Cathy Myrabo



Photo courtesy of South Dakota Public Broadcasting.

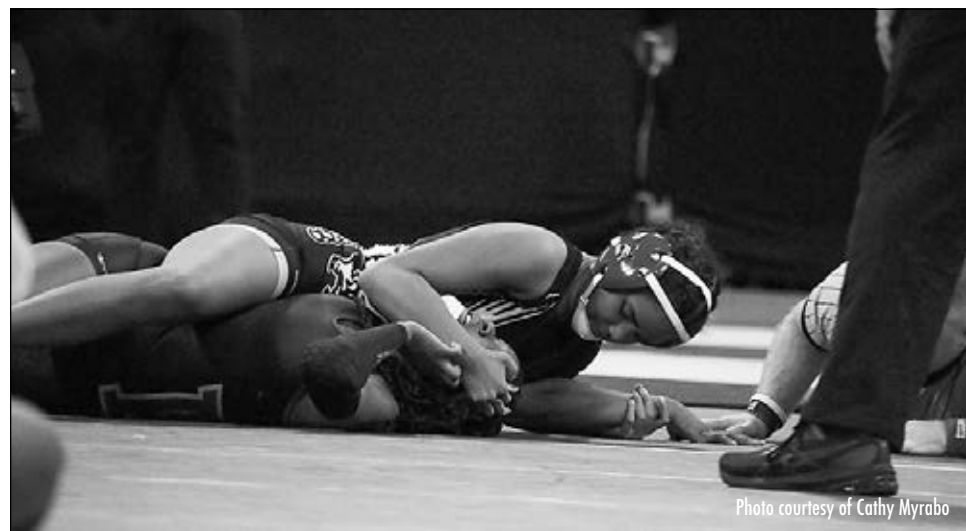


Photo courtesy of Cathy Myrabo

WRESTLING CHAMPS

State
Class B
Wrestling
Champs!

Congrats C-Hawks



715 East 5th St. • 987-2851

*All the hard work
and sacrifices
you made truly
paid off.*

*Congrats to all of
the Canton wrestlers
and coaches.*

**Friberg, Nelson,
& Ask L.L.P.**
Attorneys at Law

605-987-2686
206 E 5TH ST, CANTON

WRESTLING CHAMPS

*Congratulations
C-Hawk Wrestlers
and all involved
in a great
Season!*

**HAISCH
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**CONGRATS TO THE
BOYS & GIRLS
WRESTLING TEAMS
ON ANOTHER
RECORD-BREAKING
YEAR!**



215 S. Broadway
Canton 764-6131

Senior Kaylee Dean

152 6th place
26-15 season record



How many years have you been in wrestling?

4 years

Who is the most influential person in your life and why?

Coach Ask has helped me stay determined and find the strength to do what is difficult.

What is your favorite wrestling memory?

Watching Finley win her finals match at state and seeing how happy she was.

What lessons has the sport of wrestling taught you?

That no matter how hard something is you can find the joy in it and do whatever you put your mind to.

What is the best advice you have ever received and who was it from?

As long as you have strong will and people who support you, you can get through anything.

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?

That losses don't matter and you can always bounce back and that there are always people there for you when things are tough.

What advice do you have for young wrestlers who are just getting started with the sport?

It is not easy but it shapes you as a person and makes you stronger and the bonds you make along the way are well worth it.

What will you remember the most about C-Hawk Wrestling?

The fun I had with the team and the support I got from my friends and coaches.

Will you be wrestling in the future?

No



Senior Jayrn Warejcka

120 7th place
25-10 season record



How many years have you been in wrestling?

4 years

Who is the most influential person in your life and why?

My dad, he always pushes me to my limit, and he is always there for me no matter what.

What lessons has the sport of wrestling taught you?

That I am stronger than I give myself credit for.

What is the best advice you have ever received and who was it from?

"Iron sharpened Iron" Coach Ask

What have the C-Hawk Wrestling coaches taught you? What have your teammates taught you?

I can handle any thing that gets thrown my way. I am never going through anything alone.

What advice do you have for young wrestlers who are just getting started with the sport?

It will be tough and you will want to give up. However you are stronger than you think you are and you can so this.

What will you remember the most about C-Hawk Wrestling?

It was my second family and I am always welcomed back.

Will you be wrestling in the future?

No



Thank you to all the Canton Wrestling photographers for capturing every moment during the wrestling season and at State.



Notes from Coach

What a season! As I get older, I realize all the obstacles that go into making a successful season and team when it comes to injuries, snow days and cancelled events and kids cutting weight. In the end, these amazing student athletes still persevered and had another great season and became the first team in South Dakota history to ever win 7 STRAIGHT STATE TEAM TITLES! For our team to finish strong like they did in the last few weeks, really shows the heart these athletes have when it is crunch time and their ability to ignore the outside voices and negativity always blows me away. These special young men showed what HAWK PRIDE is and how they did it with class was very special!

I want to say as a coaching staff we are so blessed for every one of these athletes in our program and they all come every day to bang heads and help each other out and to make one another better every day. Without them none of this would be achievable. So I want to say a huge thanks to our 7th graders all the way up to our seniors. You guys ROCK!!!!

My hardest part of each season is saying good bye to the seniors we love so much and have spent so many hours with over the years and to think those special moments we had will never be forgotten. I still get so emotional and down knowing that the personalities and smiles they bring to our lives every day is now coming to an end.

This senior class was filled with some more very special individuals. My niece, Reese Larson is my only senior stats girl and she will be greatly missed. She has always been a sweet heart and a blessing in my life and I am thankful for how she was a great leader and role model for our program and thanks for always doing your job with perfection. I thank you for being a part of this fun ride and I look forward to seeing you do amazing things here in the future.



I would like to say thanks to my seniors Traun Cook, Devin Ridge, Gavin Neu, Ayson Rice, Ashton Keller, Micah Decker, John Halverson and Carter Kreger. You guys brought so many memories over the years that I will never forget. You are all a blessing to this program and this town looks forward to seeing you making some noise in the years to come as you take on the next adventures in your life after high school.

As a team I want to thank my other stats girls Autumn Ask, Mazey Cook and Khloe Henjum. Your willingness to wake up early and travel all season to sit in a sweaty, smelly gym all day was greatly appreciated. Your work never goes unnoticed and I hope you all know how

thankful and how blessed we are to have you young ladies as our stats girls. Look forward to having you all back next year!

Individually I will keep this short, as I can talk for hours on every one on this team. Our middle school wrestlers stepped up this season and worked their butts off. They were most of the times out matched being in a varsity room and with a large number of them being first year wrestlers it was never easy as they were always having to move faster to learn the technique and how this sport is performed. So proud of all of you and look forward to a great summer with all of you as we push to make improvements and get better every day. Congrats to Camdyn Ockenga, Bode Walker, and Jaymison Brown on placing at the middle school state tournament. It was awesome to see Camdyn Ockenga win a middle school state title and I hope with a summer of work we can get more joining him on that list next season.

Thanks to our dual team qualifiers Shane Sehr, Tasyn Ockenga, Camdyn Ockenga, Gunnar Swenson and Devin Ridge for all the work you put in this year and your willingness to step in to help this team achieve its goals when asked upon.

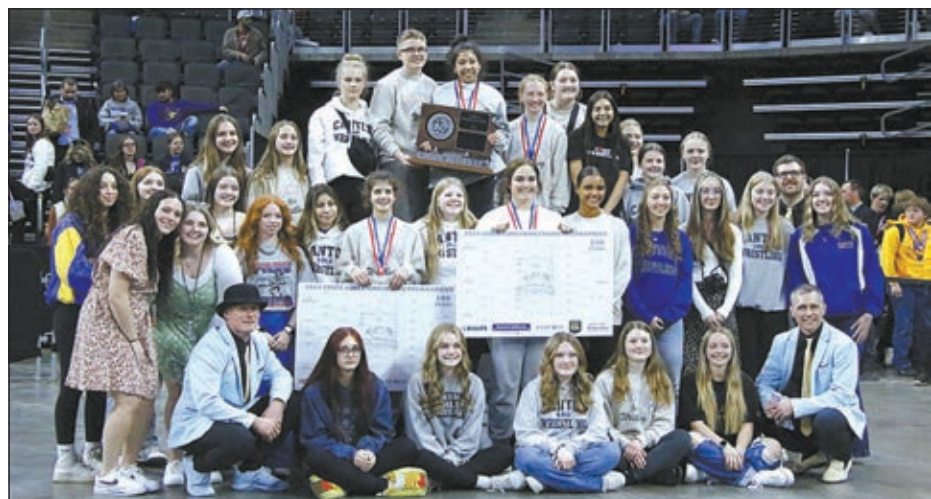
I have to give a huge shout out to our coaching staff and the love and passion they bring to these young men day in and day out! Parker Swanson was in his second year as Co-Head Coach and he was exceptional. We are lucky to have him helping lead this program. Kyle Seibel I feel does not get enough credit for all he does, but he influences our middle school and high school wrestlers in such a positive way that I am so thankful he is on this coaching staff! Marshall Baldwin and Michael Walker both were great coaches in the room and their knowledge

and competitiveness on the mat really helped develop our wrestlers. Jeremy Ask, Cameron Groenke, Brandon Harris, Jason Bartels, Carlee Laubach, Dillon Swanson, Brandon Jarman, Kelly Cawthorne are all huge when it comes to this programs success and so many other dads from youth all the way up to the high school level. It takes a village to build a strong program and it takes understanding, passion, unselfish mindset and patience to do what coaches do and these coaches bring it every day. You are loved and we are so thankful for all you do.

In ending I would just like to say how crazy it is to think of what we have accomplished here at Canton in the last 20 years. We have placed at state now for 20 consecutive seasons (State B Record). We have just won our 7th title in a row (All-Time State Record for both classes). We have the most state finalist in a state tournament in South Dakota history with 8 in 2020. We just extended our State B Record for most team titles with 9 and 4 dual titles in state history! We also had a dual record of 21-0 this season. With all of this being said, I am super blessed to share all of these special moments with the ones I love and I want to thank all the wives of all of us crazy coaches as all the ups and downs a coach goes thru in a season, the wives endure it just as much and sometimes even more. Thanks for supporting us in doing the things we love and thanks to our amazing fans and administrators at Canton High School for being our greatest supporters!

**Next Season Begins Now
as we shoot for #8!!!
Hawk Pride!!!**

Congratulations C-Hawks



on your great season!



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*You've made Canton Proud
C-Hawks!
Great Job at State!*



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Ask Receives 25 Years of Coaching Award

I'm humbled and blessed to have been able to coach so many amazing young men, and now women as well. The relationships that I have built with so many of my athletes is what I cherish most. I'm grateful for the school, community, fellow coaches, and family support. Special thanks to my wife and kids for joining me every season for another journey. You are truly my greatest blessings!

Coach Ask

Congratulations to all wrestlers and coaches on the C-Hawk Ladies 2nd place finish (we know you really won) and the C-Hawk Men on winning their 7th state team title. Congrats, Jeremy, on your 25-year coaching award. We love being a part of C-Hawk nation. Thanks for all the awesome memories!
Don and Judy Ask



Photo courtesy of South Dakota Public Broadcasting.



Photo courtesy of Dawn Kranz



Photo courtesy of South Dakota Public Broadcasting.



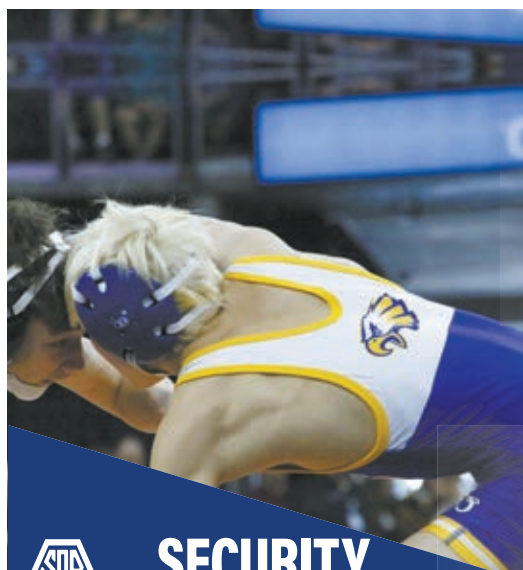
Photo courtesy of South Dakota Public Broadcasting.



Photo courtesy of Christin Bartels



Photo courtesy of South Dakota Public Broadcasting.



Proud Supporter of the Canton C-Hawks!

Congratulations on your successful season!

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CONGRATULATIONS CANTON C-HAWKS!



Boys Class B State Wrestling Champs & Girls State Wrestling Runner-ups!

SANFORD
Canton-Inwood

Junior Landon Walker

113 3rd place
41-5 season record

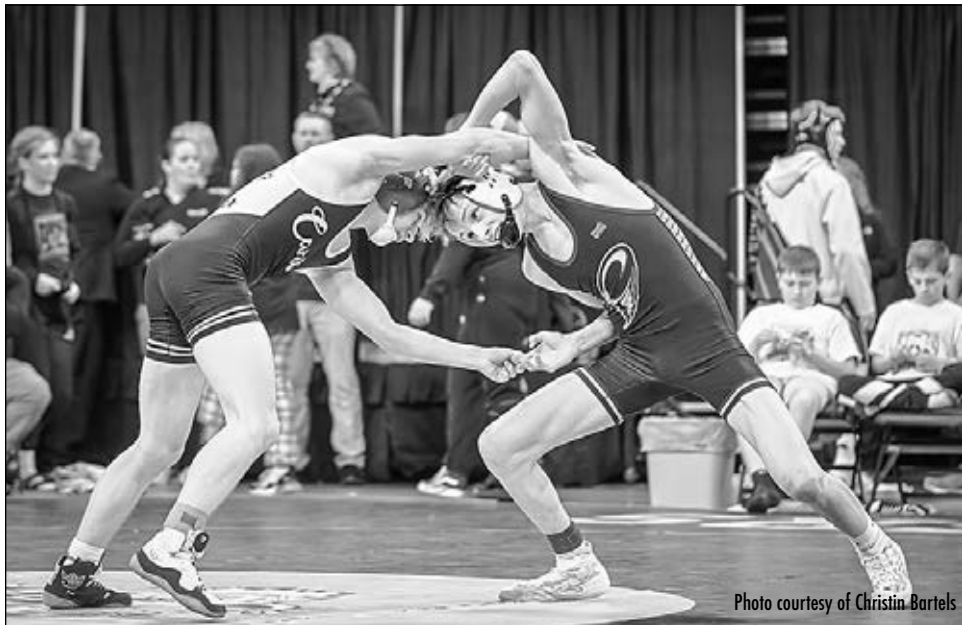


Photo courtesy of Christin Bartels



Photo courtesy of Cathy Myrabo

Statisticians for Boys

Autumn Ask • Khloe Henjum
Mazey Cook • Reese Larson

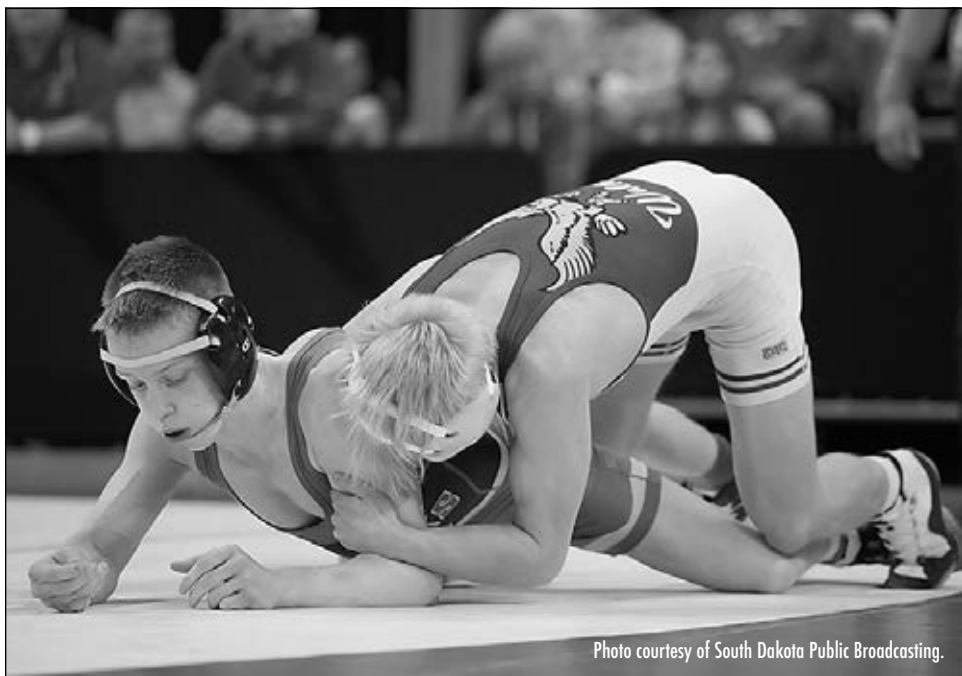


Photo courtesy of South Dakota Public Broadcasting.



Photo courtesy of Cathy Myrabo

Statisticians for Girls

Kendall Midden • Allegra Machmuller
Alyssa Richmond • Marin Rhode

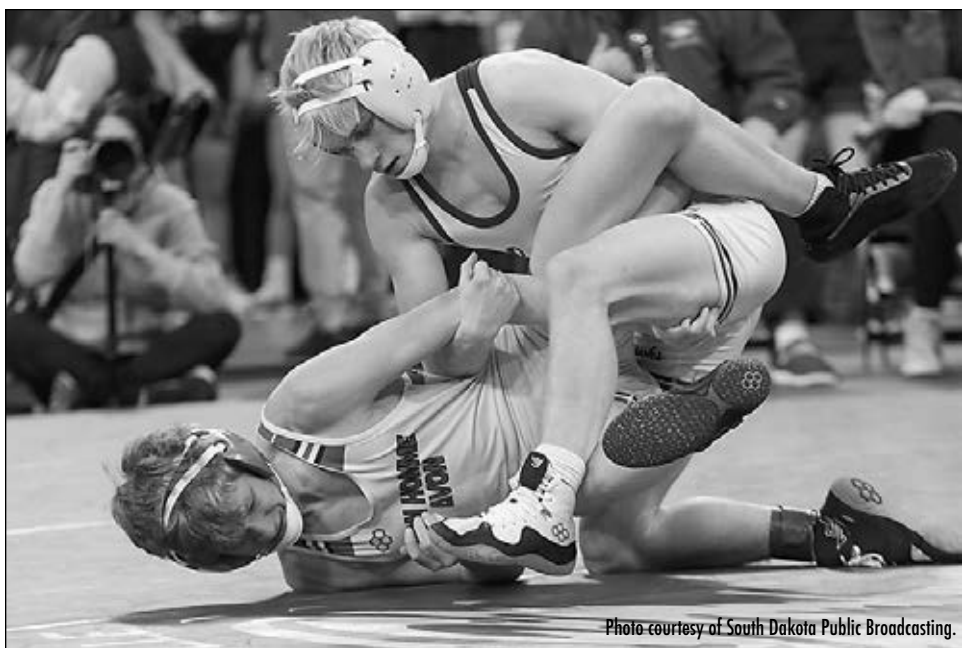


Photo courtesy of South Dakota Public Broadcasting.



Photo courtesy of Dawn Krang Photography

Congratulations
Champions!
**Great Job
C-Hawks!**

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Wrestlers on your
success at State!**

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Congratulations
C-Hawks On
Your State
Championship!

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WRESTLING CHAMPS

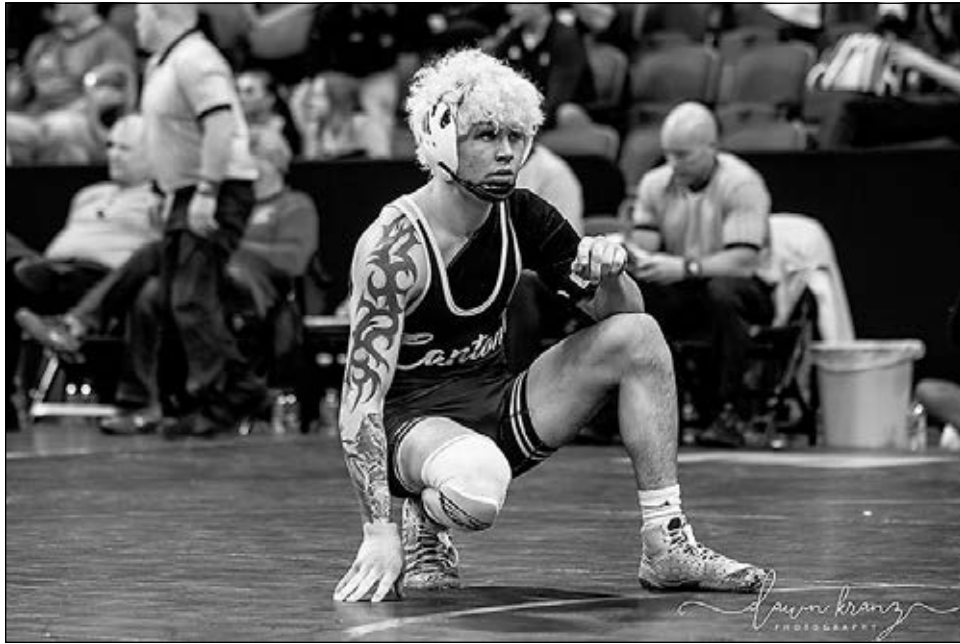
You're a cut above
the rest C-Hawks!
Great Job on the
State Title!

**CANTON
LOCKERS**

924 E. 5th St. Canton
(605) 987-2452

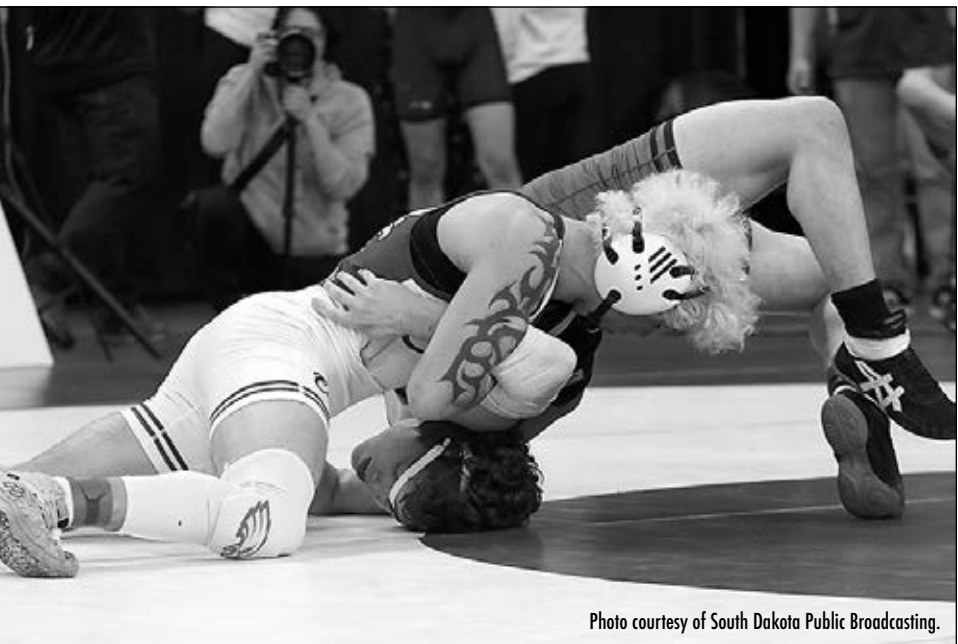
Junior Teague Granum

144 5th place
45-7 season record



Sophomore Aidan Kranz

157 5th place
41-13 season record



Keep Making
History
C-Hawks!!

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Congrats
Class B
State
Champs!
C-Hawk Pride!

The Garden Shed
Floral
and
Window Fashions

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WRESTLING CHAMPS

Victory is Sweet!
Congratulations
C-Hawks on an
outstanding victory
and season!

**Laurie's
Cafe**

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Congratulations
C-Hawks!
So proud of
the amazing
accomplishments!

JUNI
JOHNSON FEED, INC.

Freshmen Natalia Long

165 6th place
8-5 season record



Photo courtesy of Christin Bartels

Sophomore Kenzie King

145 6th place
20-16 season record



Photo courtesy of Cathy Myrabo



Photo courtesy of Christin Bartels



Photo courtesy of Cathy Myrabo

**Congratulations
Canton
Wrestlers!**

First American
INSURANCE

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WRESTLING CHAMPS

**Excellent job
C-Hawks!**

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**Congratulations
C-Hawks!**



Justin Wallner
47874 Hwy 18
Canton, SD 57013
605-214-7607

**Congratulations
C-Hawk
Wrestling!**

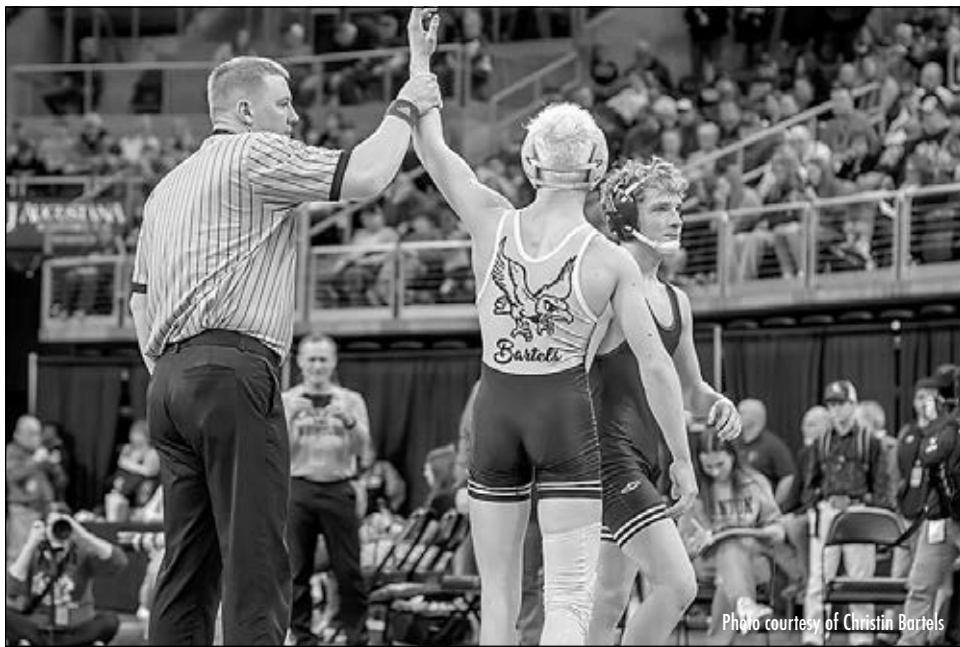
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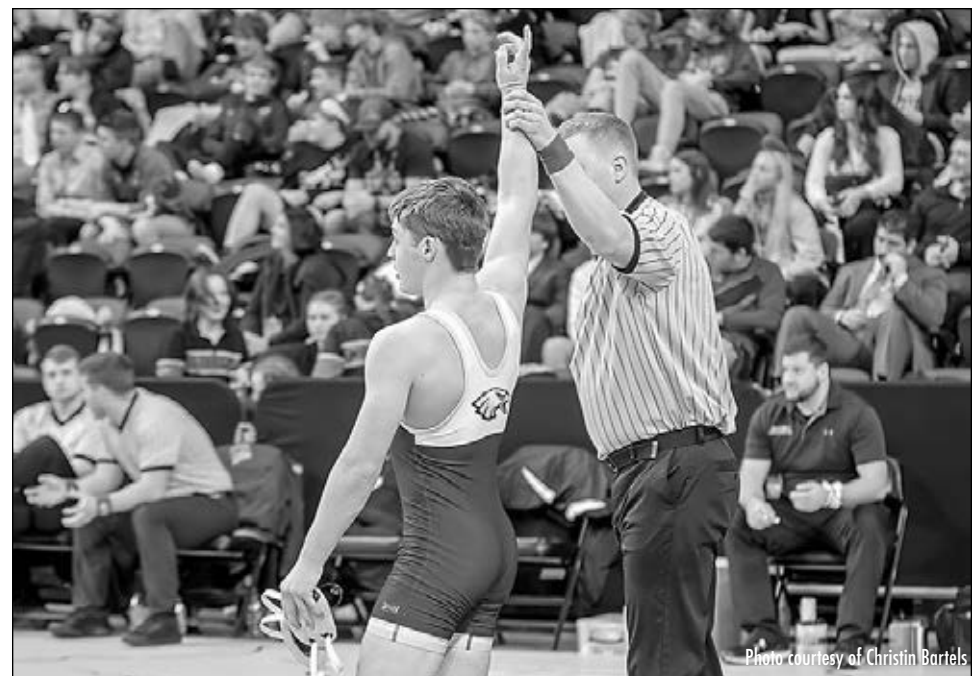
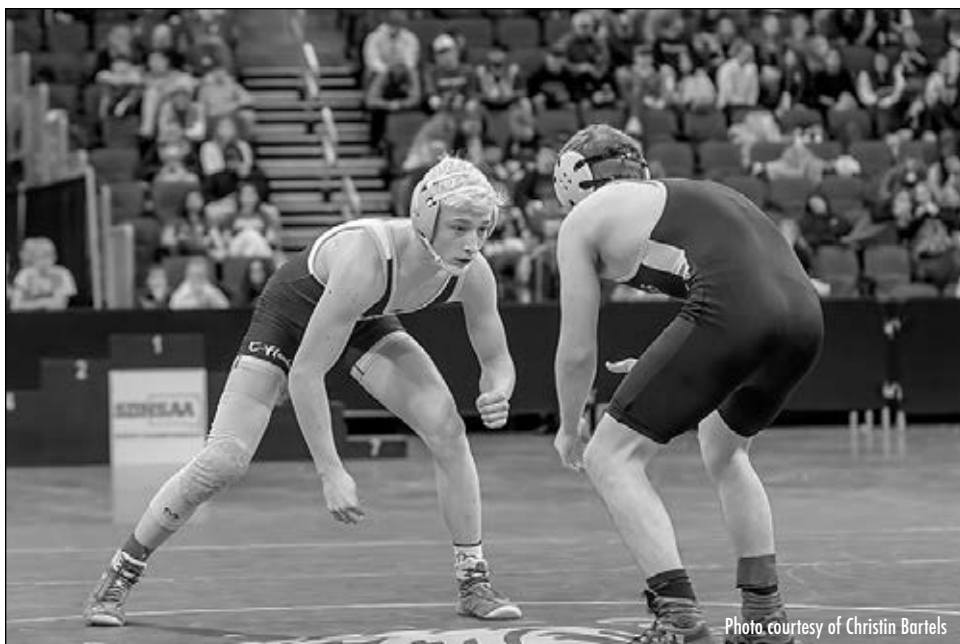
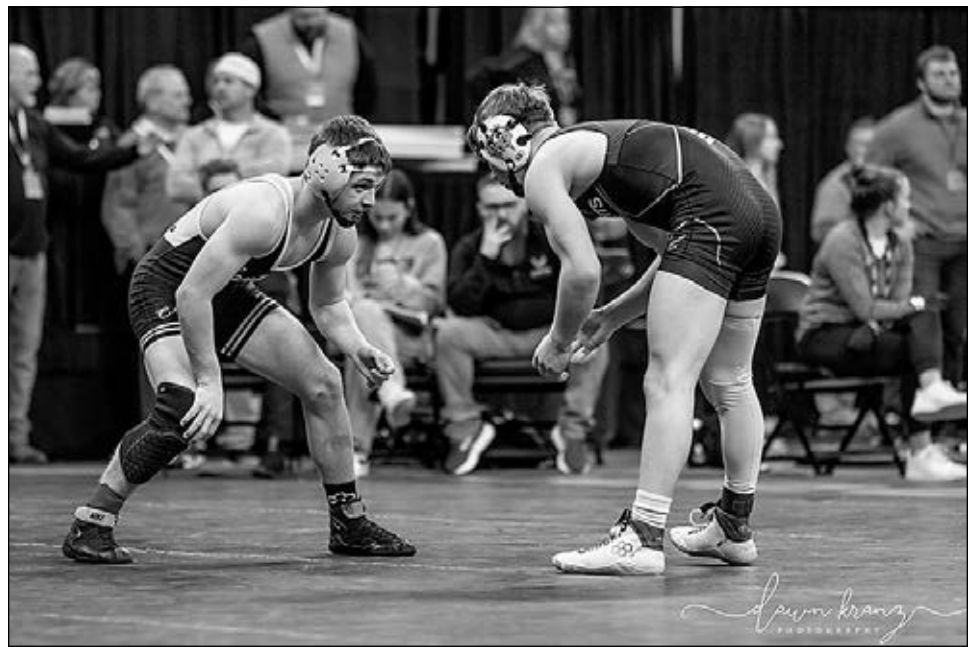
Junior Zach Bartels

120 6th place
43-14 season record



Freshmen Aiden Schrempp

126 7th place
43-14 season record



**2024 State Class B
Wrestling Champs!
Congratulations!**



704 East 5th St., Canton (605) 987-2410

You are a CUT
above the Rest!
We're Proud of
You C-Hawks!



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HAIR DESIGN

112 1/2 S. Broadway Street, Canton

(605) 987-2208

Congratulations
C-Hawk
Wrestlers!

The Canton Barn is
a proud supporter of
C-Hawk athletics



605-310-9929

28079 481st Ave. Canton SD

www.TheCantonBarnLLC.com

Junior Hunter Richmond

215 8th place



Photo courtesy of Christin Bartels

Freshmen Chase Adam

138 Bracket

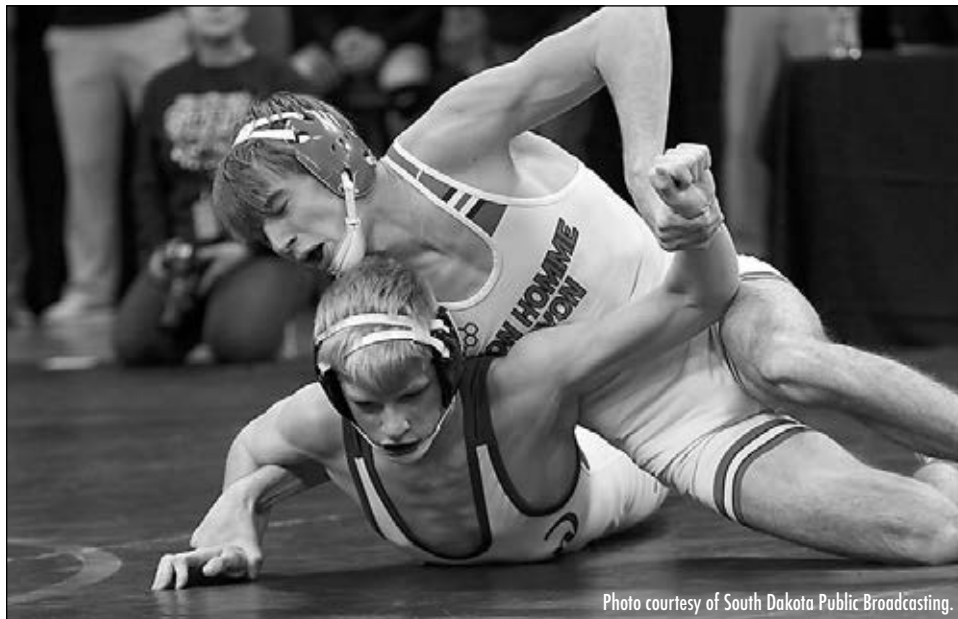


Photo courtesy of South Dakota Public Broadcasting.



"Success in wrestling is not determined by the number of wins, but by the number of times you get back up after being knocked down."

– Triple H

Hunter
We are so proud of you!
Keep working hard!
Love you
Mom, Dad & Alyssa

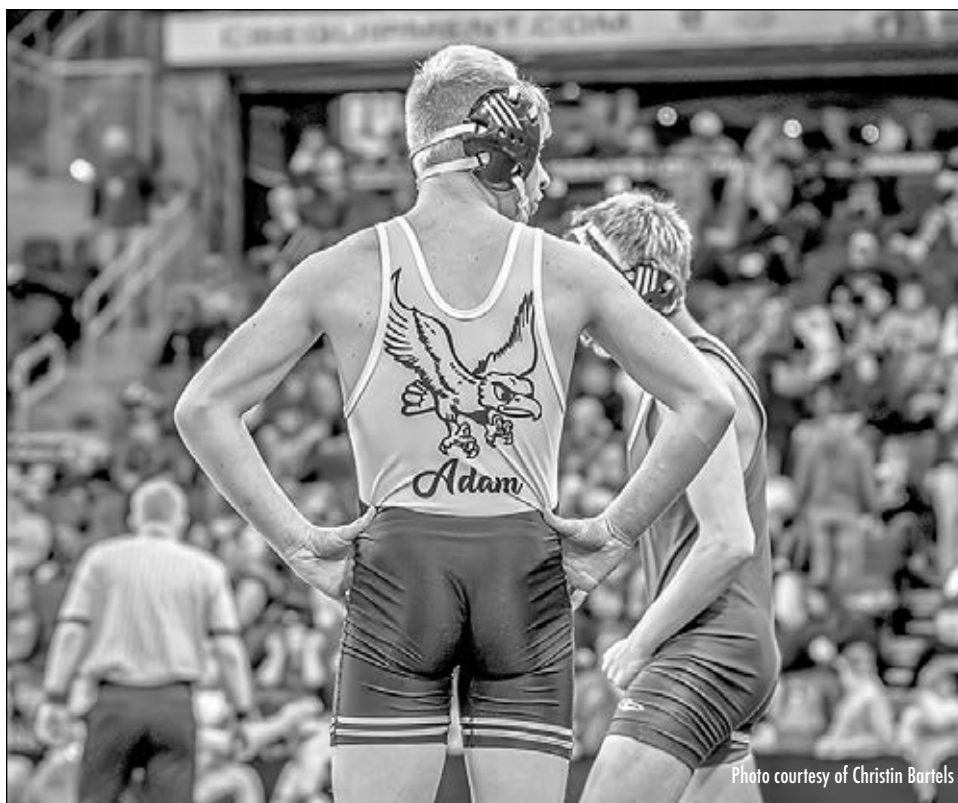


Photo courtesy of Christin Bartels

Congrats To All The Lady C-Hawk Wrestlers!



**LAURA'S
LATTES**

1006 W. 5th St.
Canton, SD
605-987-4420
M-F 6:45 a.m. - 6 p.m.
Saturdays 8 a.m. - 1 p.m.

**Way to
Take State
C-Hawks!**



Canton
Can Live. Can Dream. Can Do.
www.cantonsd.org

*Congratulations on your
State B Championship and
a great season C-Hawks!*



Quarry Stone Greenhouse
(605) 764-5924
837 E Fifth Street Canton, S.D.

You're First Class C-Hawks!
Congratulations on your State Championship!



Zomer

Plumbing, Heating and Air
Conditioning
605-764-5822

Freshmen Kori Wallner

185 Bracket

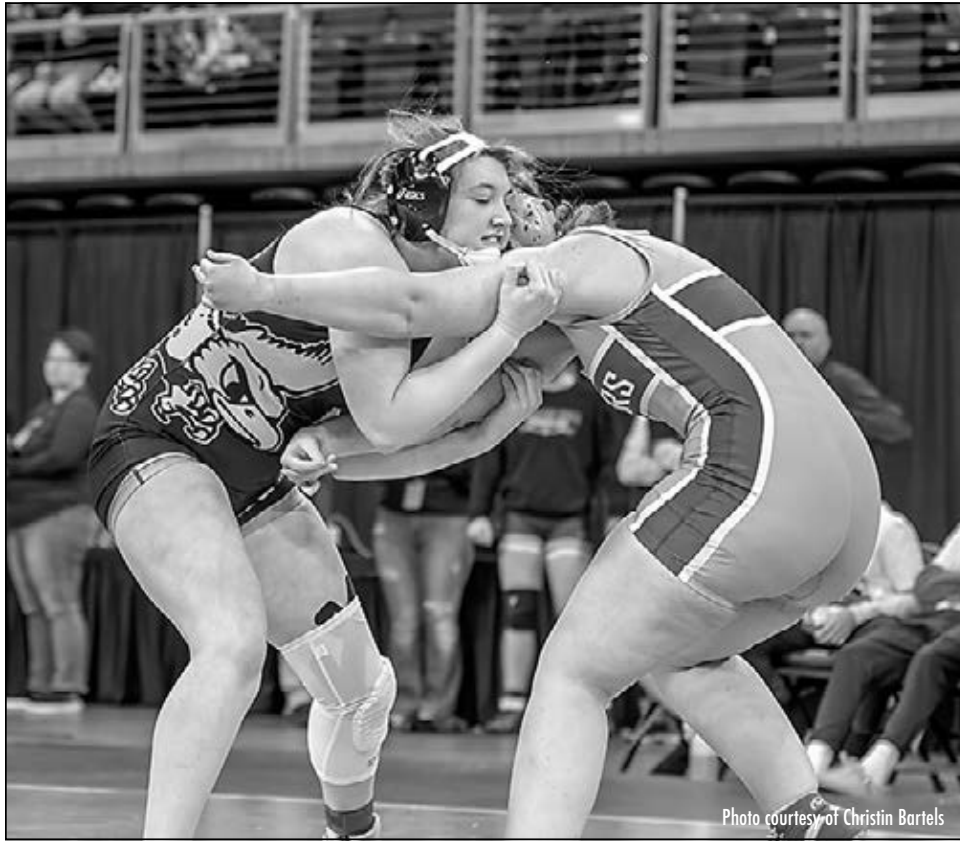


Photo courtesy of Christin Bartels

Freshmen Lakynn Qualseth

123 Bracket



Photo courtesy of Christin Bartels

8th Grader Brooke Warejcka

107 Bracket



Photo courtesy of South Dakota Public Broadcasting.

Freshmen Jersey Folkens

126 Bracket



Photo courtesy of Christin Bartels

We are so proud of you! Love you always and forever Kori!!

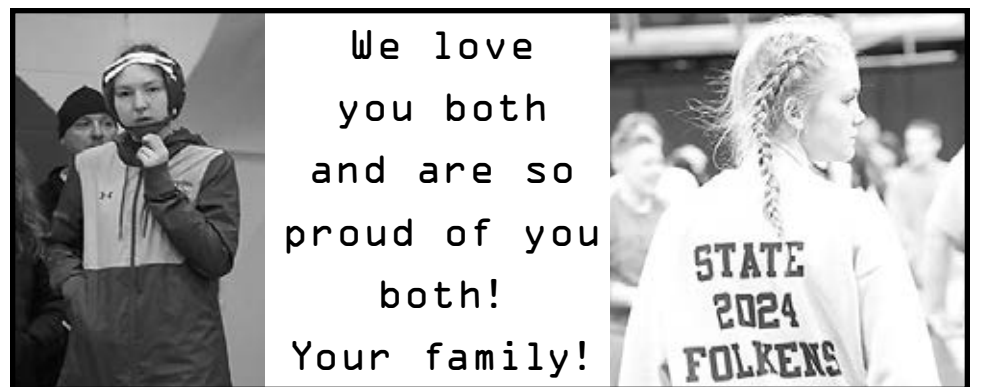
*Love
Mom, Dad,
Cain and Aleah~*



Marin, We would like to dub you The Come Back kid! You battled, and continue to battle, through a very painful sternum injury this season. Through it all, you stepped up and pinned the Pierre girl in duals when we needed points. I know you will never forget the noise level of that gym, when your family (Everyone in that gym was your family that day) watched you battle and came out victorious. Proud of you kid and look forward to watching you take down opponents the next 2 years! Love Mom and Dad



We love you both and are so proud of you both! Your family!



*Lakynn,
So proud of your courage to try something new. Your strength proved that the best award isn't earned by wins alone, but also by personal growth.*

*Love,
Mom and Dad*



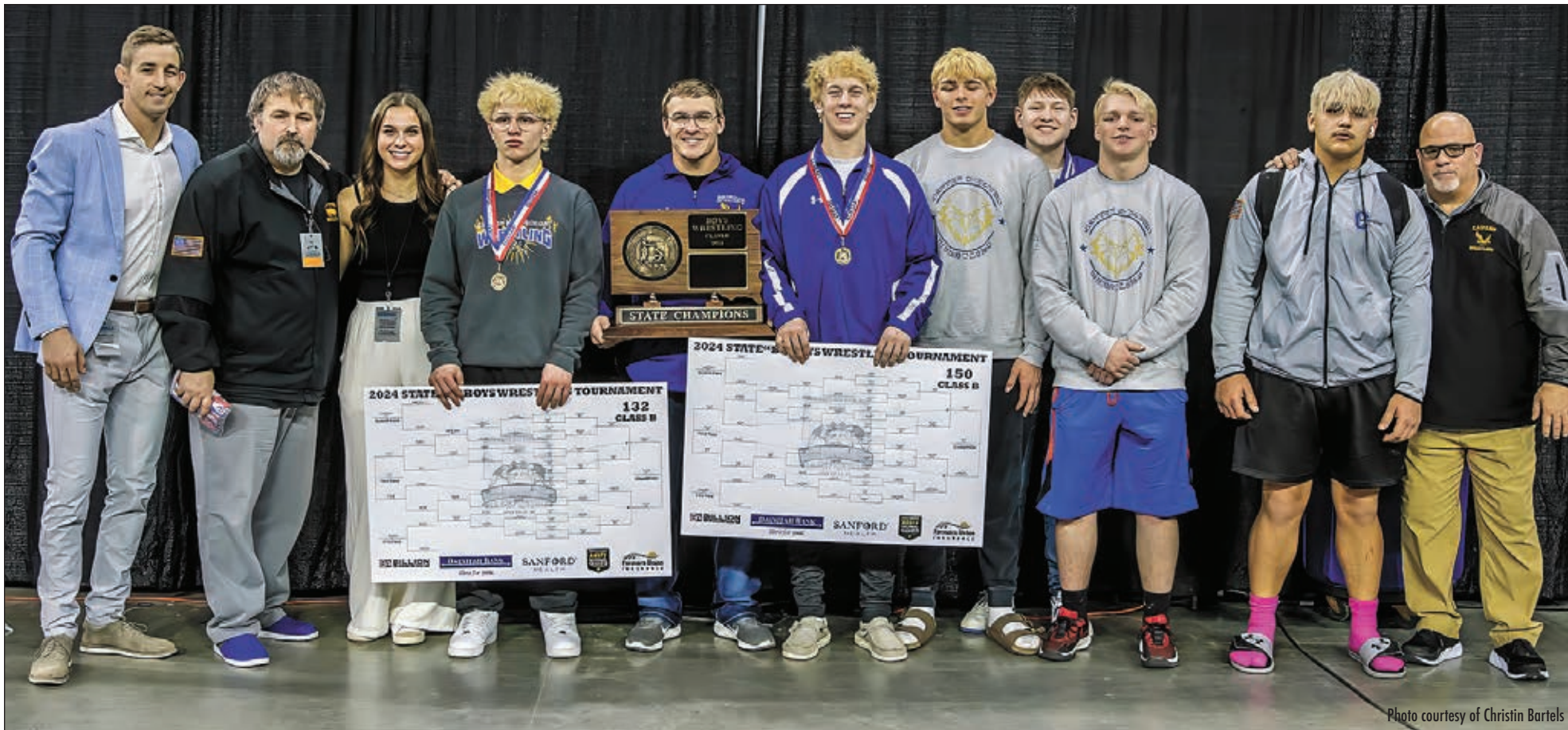


Photo courtesy of Christin Bartels



Photo courtesy of Dawn Kranz



Photo courtesy of Cathy Myrabo

WE ARE THE C-HAWKS!



Congratulations
C-Hawks!

F FARMERS STATE BANK



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Canton, South Dakota