

WE'RE LOYAL TO YOU WE'LL STAND TRUE FOR ALL THE WRESTLERS WE'LL DEFEND OUR TEAM FORWARD, WE'LL ALL DEFEND OUR TEAM'S HONOR FOR

EARLHAM Wrestling
@EARLHAMWRESTLING



CONTROL THE CENTER

ETHAN WINEY
SENIOR

KONNAR STILES
IRON MAN AWARD WINNER
SENIOR

BISHOP HAMMEN
IRONMAN AWARD WINNER

JOSH WINEY
STATE QUALIFIER
SENIOR

KONNER KELLER
STATE QUALIFIER

MAX MILLAGE
2X STATE QUALIFIER

2025-2026 EARLHAM CARDINALS WRESTLING SCHEDULE

12.04.25	ATLANTIC	5:30 PM	01.09.26	OGDEN & SEV	5:30 PM
12.06.25	SERGEANT BLUFF-LUTON INVITE	10:00 AM	01.10.26	GARY CHRISTENSEN INVITE	10:00 AM
12.09.25	PANORAMA, WCV & VM	5:30 PM	01.13.26	CLARKE, NV & VM	5:30 PM
12.13.25	RIVERSIDE TOURNAMENT (JV/V)	9:00 AM	01.17.26	WCAC TOURNAMENT	10:00 AM
12.16.25	P'VILLE, AC/GC, & CENTRAL DECATUR	5:30 PM	01.22.26	MSM & WCV	5:30 PM
12.19.25	ROLAND-STORY JV INVITE	5:00 PM	01.23-24.26	JOHN J. HARRIS TOURNAMENT	4PM & 10AM
12.20.25	JIM KINYON NORSEMEN INVITE	10:00 AM	01.27.26	I-35	5:30 PM
01.03.26	EMMETSBURG DUALS	10:00 AM	01.31.26	CHARGER INVITE	TBA
01.05.26	EARLHAM JV INVITE	4:30 PM	02.14.26	DISTRICTS	TBD
			02.18-21.26	IHSAA STATE CHAMPIONSHIPS	10:00 AM
					CASEY'S CENTER

2025-26 EARLHAM WRESTLING CLUB SPONSORS

ALLENDER BUTZKE ENGINEERS • BLUE RIBBON BUILDERS • BRUS FARMS AND CATTLE COMPANY • CANOVER GARDEN CENTER • CLIMBING KITES • COMES CONSTRUCTION SERVICES LLC • EARLHAM FAMILY DENTISTRY • FACE IT LLC • FACF OF IOWA, LLC • HAT CREEK ENTERPRISES • IAWRESTLE • LAWNS PLUS • LUMBERJACK DESIGN CO. • MCANICH • MHCS NELSON INSURANCE AGENCY • PDM PRECAST • RJ/ROSE & JUNE • SCG LLC • TRUE CHIROPRACTIC • XI'AVO SOYBEAN SEED • YETTER AG LLC • WESTSIDE BAR & GRILL

EARLHAM WRESTLING



EARLHAM WRESTLING

2025-26 ROSTER

2025-26 EARLHAM WRESTLING TEAM

Name	Wt.	Yr.
AJ Dunskey	215	Jr.
Cole Eitel	144	Jr.
Dylan Frazier	157	So.
Bishop Hammen	132	So.
Colter Lenze	113	Fr.
Konner Keller	120	So.
Keegan Long	285	Jr.
Jack McClure	138	Jr.
Max Millage	126	Jr.
Cooper Morrison	106	Jr..
Colton Nixt	175	So.
Konnar Stiles	165	Sr.
Andrew Van Zee	126	Fr.
Carson Winey	138	Jr.
Josh Winey	150	Sr.

Head Coach: Ben Strandberg

Head Assistant Coach: Wyatt Spieker

Assistant Coaches: Drew Evans, Eric Nixt, Charlie Lenze, & Caleb Swalla.

Managers: Ethan Winey & Kinsley Canoyer

WEIGHT-BY-WEIGHT BREAKDOWN

106 Cooper Morrison	165 Konnar Stiles
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113 Colter Lenze	175 Colton Nixt
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120 Konner Keller	190 Open
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126 Max Millage Andrew Van Zee	215 AJ Dunskey
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132 Bishop Hammen	285 Keegan Long
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138 Carson Winey Jack McClure	
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144 Cole Eitel	
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150 Josh Winey	
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157 Dylan Frazier	
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EARLHAM WRESTLING

2025-26 ROSTER



2025-26 EARLHAM WRESTLING TEAM

Back (left to right): Coach Lenze, Coach Strandberg, Dylan Frazier, AJ Dunsky, Andrew Van Zee, Colton Nixt, Carson Winey, Josh Winey, Keegan Long, Konnar Stiles, Coach Nixt, Bishop Hammen, Coach Spieker **Middle (left to right):** Cole Eitel, Jack McClure, Konner Keller, Colter Lenze, Max Millage (Photo by Shannon Payne)



State Qualifiers: Colton Nixt (class of 2028), Josh Winey (class of 2026), Konnar Stiles (class of 2026), Bishop Hammen (class of 2028), Konner Keller (class of 2028), Colter Lenze (class of 2029), Max Millage (class of 2027)



EARLHAM WRESTLING

2025-26 RESULTS

DUAL SEASON RESULTS

TEAM	RESULT	SCORE
Atlantic	Lost	27-40
Panorama	Won	47-23
Van Meter	Won	42-30
West Central Valley	Won	48-27
AC/GC	Won	48-22
Central Decatur	Won	48-27
Pleasantville	Won	51-15
BHRV	Lost	37-38
Eagle Grove	Won	48-24
Emmetsburg	Won	67-9
Estherville LC	Won	45-36
Saint Ansgar	Won	54-30
Ogden	Won	57-19
Southeast Valley	Won	59-18
Clarke	Won	63-12

TEAM	RESULT	SCORE
Nodaway Valley	Lost	36-39
Van Meter	Won	54-17
Martensdale-SM	Won	53-30
West Central Valley	Won	58-12
Interstate 35	Won	43-35
Interstate 35	Won	42-35
Riverside	Lost	31-45

OVERALL RECORD
18-4



Keegan Long set the school record for most wins in a season on his way to the state finals, finishing the year with 47 victories. He also finished the season with an Earlham record 30 falls.

EARLHAM WRESTLING



2025-26 STATS

2025-26 TOURNAMENT RESULTS

Sergeant Bluff-Luton Invite	7th
Riverside Tournament	5th
Jim Kinyon Norsemen Invite	14th
Emmetsburg Duals	2nd
Winterset Invite	7th
WCAC Tournament	3rd
North Tama Invite	1st
Charger Invite	3rd
District Tournament	1st
Iowa State Championships	7th



Earlham wrapped up the dual season with an impressive 18-4 record and a runner up finish at the regional finals. Along the way, the Cardinals defeated I-35 to bring home the first ever Battle of the Birds trophy, adding another milestone to a historic season for the program.

2025-26 VARSITY STATISTICS

	Wins	Losses	Td3	E1	R2	N2	N3	N4	Fall	TF	MD	Dec
AJ Dunskey	14	13	14	7	3	0	1	3	12	0	0	0
Cole Eitel	29	21	44	36	23	7	2	9	26	1	0	1
Dylan Frazier	22	21	32	19	11	3	3	9	15	1	2	1
Bishop Hammen	38	21	47	21	7	6	1	14	15	6	3	9
Konner Keller	24	12	46	27	6	2	3	10	10	3	4	4
Colter Lenze	42	4	65	8	5	3	1	6	25	3	2	3
Keegan Long	47	11	64	42	11	5	0	5	30	1	1	7
Jack McClure	9	7	10	2	4	1	2	5	5	2	0	0
Max Millage	36	2	58	10	1	7	1	18	23	7	0	0
Cooper Morrison	3	21	0	2	0	0	0	0	0	0	0	0
Colton Nixt	35	21	67	68	22	1	3	9	23	3	4	4
Konnar Stiles	24	26	57	22	9	1	1	9	13	3	2	3
Andrew Van Zee	9	11	19	16	2	2	2	1	9	0	0	0
Carson Winey	18	24	19	24	9	3	2	8	8	1	2	4
Josh Winey	42	12	86	24	15	6	7	13	26	5	3	4
Totals	392	227	628	328	128	47	29	119	240	36	23	40



EARLHAM WRESTLING

2025-26 RESULTS

VARSITY TOURNAMENT INDIVIDUAL PLACEMENTS

SERGEANT BLUFF-LUTON INVITE

<u>1st Place</u> Colter Lenze	<u>2nd Place</u> Max Millage
<u>3rd Place</u> Josh Winey Keegan Long	<u>5th Place</u> Bishop Hammen Cole Eitel

RIVERSIDE INVITE

<u>1st Place</u> Colter Lenze	<u>3rd Place</u> Josh Winey Keegan Long
<u>4th Place</u> Colton Nixt	<u>5th Place</u> Cole Eitel

JIM KINYON NORSMEN INVITE

<u>3rd Place</u> Keegan Long	<u>5th Place</u> Bishop Hammen Josh Winey
<u>6th Place</u> Colton Nixt	<u>8th Place</u> Carson Winey

WINTERSET INVITE

<u>1st Place</u> Max Millage	<u>3rd Place</u> Josh Winey Keegan Long
<u>4th Place</u> Colter Lenze Konner Keller	<u>7th Place</u> Bishop Hammen Dylan Frazier

WCAC TOURNAMENT

<u>1st Place</u> Colter Lenze Max Millage	<u>2nd Place</u> Bishop Hammen Josh Winey Colton Nixt Keegan Long
<u>3rd Place</u> Konner Keller	<u>5th Place</u> Cole Eitel Dylan Frazier

NORTH TAMA INVITE

<u>1st Place</u> Colter Lenze Max Millage Keegan Long	<u>2nd Place</u> Bishop Hammen Cole Eitel
<u>3rd Place</u> Konner Keller Konner Stiles	<u>4th Place</u> Dylan Frazier Colton Nixt

CHARGER INVITE

<u>1st Place</u> Colter Lenze Max Millage Josh Winey	<u>4th Place</u> Bishop Hammen Colton Nixt Keegan Long
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DISTRICT CHAMPIONSHIPS

<u>1st Place</u> Colter Lenze Max Millage Josh Winey	<u>2nd Place</u> Konner Keller Bishop Hammen Konner Stiles Colton Nixt Keegan Long
<u>3rd Place</u> Carson Winey Dylan Frazier	

STATE CHAMPIONSHIPS

<u>2nd Place</u> Max Millage Keegan Long	<u>6th Place</u> Colter Lenze
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EARLHAM WRESTLING

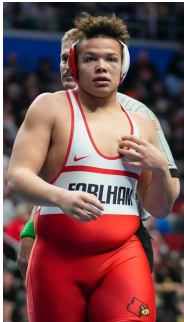
2025-26 AWARDS



2025-26 TEAM AWARDS

- TEAM CAPTAINS:** Konnar Stiles & Josh Winey
- OUTSTANDING WRESTLER:** Max Millage & Keegan Long
- NEWCOMER OF THE YEAR:** Colter Lenze
- MOST IMPROVED:** Konnar Stiles
- SPIRIT AND HUSTLE:** Colton Nixt
- SPORTSMANSHIP:** Konner Keller
- FASTEST FALL:** Josh Winey (9 seconds)

2025-26 STAT LEADERS



KEEGAN LONG
Wins - 47
Falls - 30



COLE EITEL
Reversals - 23



MAX MILLAGE
Near Falls - 26



JOSH WINEY
Most Takedowns - 86
Near Falls - 26
Fastest Fall - 9 Sec.



COLTON NIXT
Most Escapes - 68



EARLHAM WRESTLING

2025-26 STATS

CAREER VARSITY STATISTICS

Name	Wins	Losses	TD	E1	R2	N2	N3	N4	Falls	TF	MD
FRESHMAN											

Colter Lenze	42	4	65	8	5	3	1	6	25	3	2
Andrew Van Zee	7	11	14	15	2	2	1	1	7	0	0

SOPHOMORE

Dylan Frazier	37	41	74	45	21	3	5	12	20	3	4
Bishop Hammen	64	44	90	49	13	12	6	26	27	10	6
Konner Keller	66	31	118	63	14	4	6	30	30	8	12
Colton Nixt	60	42	99	97	35	7	3	18	38	5	5

JUNIOR

AJ Dunsy	14	13	14	7	3	0	1	3	12	0	0
Cole Eitel	57	54	96	58	35	25	8	19	46	5	1
Keegan Long	105	48	141	101	15	8	0	7	66	1	1
Jack McClure	13	9	12	6	5	1	2	5	9	2	0
Max Millage	112	16	206	40	31	36	30	38	69	22	7
Cooper Morrison	3	21	0	2	0	0	0	0	0	0	0
Carson Winey	30	49	37	43	14	5	2	22	15	2	4

SENIOR

Konnar Stiles	48	96	92	73	24	9	5	14	27	4	2
Josh Winey	116	43	222	79	49	26	17	17	56	7	4

2025-26 At State

Earlham Wrestling delivered a statement performance at the 2026 State Championships, finishing 7th overall in Class 1A and continuing the upward climb of the program. The Cardinals were led by two state finalists in Keegan Long and Max Millage, both navigating tough brackets to earn spots under the lights on Saturday night. Freshman Colter Lenze added to the momentum with a state medal.

Two seniors, Josh Winey and Konnar Stiles, closed out their high school careers on the state stage, representing the program with pride and perseverance. Three sophomores, Colton Nixt, Konner Keller, and Bishop Hammen, gained valuable state tournament experience that will pay dividends moving forward.



EARLHAM WRESTLING

AT STATE



Year	Qualifier	Wt.	School	Place
2001	Charles Miller	275	Earlham	
2005	Kyle Davis	145	Earlham/WCV	6th
2007	Kendall Davis	103	Earlham/WCV	
2008	Kendall Davis	112	Earlham/WCV	
2009	Kendall Davis	130	Earlham/WCV	8th
2010	Kendall Davis	135	Van Meter/Earlham	
2018	Caleb Swalla	152	Van Meter/Earlham	
	Derrin Sesker	285	Van Meter/Earlham	
2019	Caleb Swalla	160	Van Meter/Earlham	7th
	Derrin Sesker	285	Van Meter/Earlham	
2020	Riley Harger	120	Van Meter/Earlham	8th
	Caleb Swalla	170	Van Meter/Earlham	3rd
	Derrin Sesker	285	Van Meter/Earlham	3rd
2022	Dallas Canoyer	106	Earlham	
	Payton Harger	120	Earlham	
	Ryan Stiles	152	Earlham	
2023	Dallas Canoyer	106	Earlham	
	Josh Winey	120	Earlham	
	Payton Harger	126	Earlham	
	Ryan Stiles	170	Earlham	6th
2024	Max Millage	106	Earlham	
	Dallas Canoyer	113	Earlham	4th
	Payton Harger	126	Earlham	
	Ryan Stiles	165	Earlham	5th
2025	Konner Keller	113	Earlham	
	Max Millage	120	Earlham	
	Dallas Canoyer	126	Earlham	
2026	Colter Lenze	113	Earlham	6th
	Konner Keller	120	Earlham	
	Max Millage	126	Earlham	2nd
	Bishop Hammen	132	Earlham	
	Josh Winey	150	Earlham	
	Konnar Stiles	165	Earlham	
	Colton Nixt	175	Earlham	
	Keegan Long	285	Earlham	2nd



EARLHAM WRESTLING

2025-26 RESULTS

EARLHAM SEASON RECORD HOLDERS

YEAR	PINS	WINS	TAKEDOWNS	ESC	REV	NF
2021-22	Payton Harger 22	Nic Swalla 37	Ryan Stiles 91	Ryan Stiles 30	Ryan Stiles 14	Payton Harger 29
2022-23	Ryan Stiles 22	Ryan Stiles 36	Ryan Stiles 75	Payton Harger 35	Nathan Hansen 24	Dallas Canoyer 27
2023-24	Max Millage Josh Winey 27	Payton Harger Dallas Canoyer 41	Payton Harger 87	Jackson Berkley 39	Nathan Hansen 27	Max Millage 36
2024-25	Dallas Canoyer 25	Konner Keller 42	Dallas Canoyer 89	Jackson Berkley 45	Max Millage 14	Max Millage 42
2025-26	Keegan Long 30	Keegan Long 47	Josh Winey 86	Colton Nixt 68	Cole Eitel 23	Max Millage Josh Winey 26



** Season record holders are not a complete record. Documents were not able to be found.*

2025 WCAC CONFERENCE CHAMPIONS



Colter Lenze | 113 lbs.

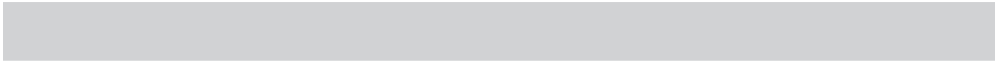


Max Millage | 126 lbs.

EARLHAM WRESTLING HISTORY

EARLHAM CENTURY CLUB MEMBERS

Years	Member	Wins
2020-2024	Payton Harger	134
2020-2024	Ryan Stiles	124
2021-2025	Dallas Canoyer	144
2022-2026	Josh Winey	116
2023-present	Max Millage	112
2023-present	Keegan Long	105



ALL TIME RECORDS

Record	Name	#	Year
Most Wins in a Season	Keegan Long	47	2026
Most Takedowns in a Season	Ryan Stiles	91	2022
Most Reversals in a Season	Nathan Hansen	27	2024
Most Escapes in a Season	Colton Nixt	68	2026
Most Near Falls in a Season	Max Millage	36	2024
Most Falls in a Season	Keegan Long	30	2026
Most Career Wins	Dallas Canoyer	144	2021-2025
Most Career Takedowns	Ryan Stiles	278	2020-2024
Most Career Reversals	Nathan Hansen	55	2020-2024
Most Career Escapes	Jackson Berkley	127	2021-2025
Most Career Near Falls	Max Millage	104	2020-2024
Most Career Falls	Payton Harger	87	2020-2024
Most Dual Wins in a Season	Team	18	2026
Most Team Falls in a Season	Team	240	2026
Fastest Fall	Josh Winey	0:09	2026

*Records start with re-established program in 2021-22
* The career statistics on the physical board will be updated following the senior year



EARLHAM WRESTLING

2025-26 RESULTS

2025-26 JUNIOR VARSITY STATISTICS

	W	L	T3	E1	R2	N2	N3	N4	Fall	TF	MD	Dec
AJ Dunskey	2	0	2	0	1	0	0	0	2	0	0	0
Jack McClure	3	3	5	5	5	2	0	4	2	1	0	0
Cooper Morrison	0	2	1	0	0	0	0	0	0	0	0	0
Andrew Van Zee	3	1	8	4	0	0	1	1	3	0	0	0

2026 SENIOR CLASS



Konnar Stiles and Josh Winey

THANK YOU

We want to sincerely thank Shannon Payne, Jackie Hansen, and Staci Strandberg for the countless extra hours they devote to capturing special moments through photography. Your work helps preserve memories that will last a lifetime. We are also incredibly grateful to the amazing moms who generously gave their time to help pack meals. Your willingness to step in and serve means more than you know. Lastly, thank you to Todd Webber and the Earlham Eco for the outstanding coverage of our program this year.

Your support and storytelling help showcase the heart of Earlham Wrestling.