

1992 State Wrestling Champions

The 1992 wrestling team set history in Frazee by being the first team to win a state championship. They did this by practicing in the hot basement of Room 100 and running four flights of stairs everyday. Having achieved a 21-4 record, they qualified five individuals for the state tournament and were not even ranked in the top ten as a team. Along the way to becoming state champions, they beat unranked St. James, state-ranked Canby, and finally knocked off state and nationally ranked Paynesville. This was accomplished in the two class system, which changed to a three class system a few years later. Because of this, no other team in Frazee's wrestling history will be able to accomplish what these wrestlers did in 1992.

Dolores Smith

Dolores Smith, a graduate of Moorhead High School and Moorhead State College, began her teaching and coaching career at Frazee in 1961 after teaching and coaching stops in Bemidji, Faribault, and Douglas, Arizona. She, along with her husband, Jim, pioneered girls' athletic programs in basketball, track, and gymnastics that were second-to-none. Dolores was recognized statewide for her work in development of girls' sports programs that set a standard of excellence.

As coaches, Dolores and Jim won district and HOL Conference championships in basketball, HOL championships in track, and 9 section championships and state tournament appearances in gymnastics. Dolores received Coach of the Year honors in basketball, track, and gymnastics.

Dolores was a longtime member of the Frazee Rescue Team, served as Turkey Day Marshall along with husband Jim in 2003, was a recipient of the John Matson Activity Award, and was voted Fan of the Year in wrestling in 1991. The Minnesota State Legislature recognized her with a Breaker of Barriers Award for her untiring efforts in advancement of girls' athletics. She was recognized posthumously with the Bob Harris Memorial Award and was inducted into the Minnesota State Gymnastics Coaches Hall of Fame in 2010.

Dolores retired in 1993 after 37 years of teaching and coaching, 32 of which were in Frazee.

Jim Smith

Arkansas native Jim Smith was hired as a history teacher and head football coach in Frazee in 1961 after teaching and coaching 2 years in Texas and 3 years in Arizona. In 1967, he resigned from football and history teaching and began teaching high school physical education and health. Along with his wife Dolores, they started building a dynasty in girls' athletic programs in basketball, track, and gymnastics. Jim and Dolores were recognized statewide as pioneers of girls' athletics. Their teams won district and HOL Conference championships in basketball, HOL titles in track, and 9 section championships and state tournament appearances in gymnastics.

Jim was an avid fan of all FHS athletics. He was voted Fan of the Year in wrestling in 1991 and basketball Fan of the Year in 2007. He was a recipient of the John Matson Activity Award and he and Dolores were Turkey Day Grand Marshals in 2003. In 2010, he and Dolores were inducted into the Minnesota State Girls' Gymnastics Coaches Hall of Fame.

Jim retired in 1994 but continued to serve as a volunteer assistant coach in track and gymnastics for many years. His teaching and coaching career spanned 38 years, 33 of which were in Frazee.

Jeff Zitzow

Jeff Zitzow's remarkable athletic career began in seventh grade where he was a three sport athlete all the way through his senior year (football, wrestling and baseball). During his junior year, he was a staple in Frazee's history as an athlete who competed in four activities at the state competition in one year (football, wrestling, baseball and FFA). As a varsity player, he was All-Conference in football, recorded twenty or more wins his junior and senior year in wrestling, and achieved a record number of falls (92) during this time. In 1992, he also received the Slugger Award for the baseball team. Perhaps his most iconic moment came after winning the heavyweight match that earned Frazee its first-ever team state championship.

Jeff's college career took place at NDSCS where he played football and wrestled. As a football starter, his team won the RC Cola Bowl game in 1992 which led the team to an NDSCS Hall of Fame induction the same year. The following year, '93, Jeff was named Outstanding Lineman. Jeff also wrestled in the very last match ever held at NDSCS after the school ended the wrestling program. His success at NDSCS led him to being inducted into the Hall of Fame as an individual, which will take place the fall of 2015.

Jeff's athletic career expanded into his home town of Vergas where he played amateur baseball for the Loons from 1990 to 2004, leading his team to a state berth in 2004. Jeff now owns and runs Zitzow Electric. His leadership continues as he serves the Vergas Fire Department as fire chief.

Matt Nagel

Frazee Wrestling has been a dominant program for many decades. Along the way, many strong names and state champions surfaced, but the name Matt Nagel changed history. Matt set history for the State of Minnesota as the first individual wrestler to win five straight state titles. While achieving this great milestone, he recorded 217 wins and only 18 losses. He was a four time USA Wrestling Cadet Junior National Champion. He won the FILA Pan-Am Championships and wrestled on a state championship team in 1999. After his high school career, he wrestled for the University of Minnesota recording 99 wins and 40 losses. He was crowned All-American at the NCAA National Tournament in 2005 while also being the team captain. During much of Matt's college career, he either wrestled up a weight class or below his desired weight class to help strengthen the team. It wasn't until his junior and senior years that he wrestled his desired weight class and earned his All-American Honors. In 2006 he lead his team to a runner up finish in the NCAA National Tournament.

Matt's coaching career began as a graduate assistant for the gophers and during that time they earned the title of National Champions in 2007. He now is the head coach for the Concordia Cobbers and in his short time as a head coach, he has coached several national qualifiers, two National Champions, thirteen All-Americans, and fifteen Academic All-Americans. In the National DIII teams duals the Cobbers placed 2nd in 2014, 3rd in 2015.