



2004-2005 WRESTLING INFORMATION SHEET

GENERAL INFORMATION

Name of School: Lock Haven University of Pennsylvania
City/Zip: Lock Haven, PA 17745
Founded: 1870
Enrollment: 4,500
Nickname: Bald Eagles
School Colors: Crimson and White
Gymnasium/Capacity: Thomas Field House (2,500)
Affiliation: NCAA Division I
Conference: Eastern Wrestling League
President: Dr. Kieth T. Miller
Alma Mater: University of Arizona
Director of Athletics: Sharon E. Taylor
Alma Mater: Lock Haven State College
Athletic Department Phone: (570) 893-2102

HISTORY

First Year of Wrestling: 1938-39
All-Time Record: 644-245-11
Last EWL Title: 1996-97
Individual National Championships: 9

TEAM INFORMATION

Overall Record in 2004-05: 4-10
Final 2004-005 Dual Meet Ranking: NR
NCAA Championships Finish: T-42nd
EWL Record/Place: 1-6/seventh at EWL Tournament
Pre-Season Team Rank: HM (InterMat)
Starters Returning/Lost: 2/8
2004 National Qualifiers Returning/Lost: 0/3
All-Americans Returning/Lost: 0/1

COACHING STAFF

Head Coach: Rocky Bonomo
Alma Mater: Bloomsburg, '87
Record at School/Year: 16-21/two
Career Record/Years: same
Wrestling Office Phone: (570) 893-2387
Coach E-Mail: abonomo@lhup.edu
Best Time to Reach Coach: mornings
Assistant Coaches: Mike Rogers (Lock Haven, '97),
 Mike Maney (Lock Haven '04)
Assistant Coach Phone: (570) 893-2304, 2849
Administrative Assistant: Wally Kocher
Administrative Assistant Phone: (570) 893-2647

SPORTS INFORMATION

Sports Information Director: Al Weston
SID Office Phone: (570) 893-2350
SID FAX: (570) 893-7025
Press Row Phone: (570) 893-2666
SID e-mail: aweston@lhup.edu
Website: <http://www.lhup.edu/sports>
LHU Sports Hotline: (570) 893-2011, options 5 & 3
SID Home Phone: (570) 660-4507
SID Mailing Address: Lock Haven University
 Rm. 2 Russell Hall Lower Level
 Lock Haven, PA 17745

STARTERS RETURNING [2]

JIM COLLINS (Jr., 125 lbs.)
'2003-04 Record: 17-13 **Pre-Season Ranking:** nr
Post-Season: PSAC Championship;
 4th at EWL Championship.

Nick Hawrylchak (So., 141ls.)
'2003-04 Record: 5-10 **Pre-Season Ranking:** nr

KEY NEWCOMERS

Matt Flittery	Fr.	141lbs.
Josh Medina	Jr.	149lbs.
B.J. Mikeska	Jr.	165lbs.
Justin Johnson	Jr.	184lbs.
John Loff	So.	HWT.

Projected Starting Lineup

Wt.	Name	Yr.	2003-04 Rec.
125	Jim Collins	Jr.	17-13
133	James Barnes	Sr.	9-10
141	Matt Flittery	Fr.	
149	Josh Medina	Jr.	
157	Seth Martin	So.	14-11
165	B.J. Mikeska	Jr.	
174	Carlos Ponce	So.	8-19
184	Justin Johnson	Jr.	
197	Mike Metzger	So.	8-5
Hwt	John Loff	So.	

Lock Haven University of Pennsylvania

2004-05 WRESTLING SCHEDULE

NOVEMBER

Sat.20at East Stroudsburg University9 a.m.
Mon.22MILLERSVILLE UNIVERSITY*7 p.m.
Sat.27MAT TOWN USA TOURNAMENTAll Day

DECEMBER

Sun.5at Penn State University Open9 a.m.
Wed.8AMERICAN UNIVERSITY7:30 p.m.
 Tues.-Wed.28-29at University of North Carolina-Greensboro9 a.m.

JANUARY

Fri.-Sat.14-15at Virginia Duals (Hampton, Va.)All Day
 Fri.21at Iowa State University*5 p.m.
 Fri.-Sat.28-29PSAC Championships (East Stroudsburg, Pa.)All Day

FEBRUARY

Sat.5at Edinboro University*7:30 p.m.
 Sun.6at Cleveland State University*7:30 p.m.
 Tues.8at Penn State University7 p.m.
Fri.11UNIVERSITY OF PITTSBURGH*7:30 p.m.
Sun.13WEST VIRGINIA UNIVERSITY*7:30 p.m.
 Fri.18at Bloomsburg University*7:30 p.m.
Sat.19CLARION UNIVERSITY*7:30 p.m.

MARCH

Sat.-Sun.5-6at Eastern Wrestling League Championships*All Day
(Clarion, Pa.)
 Thur.-Sat.17-19at NCAA Division I National Wrestling ChampionshipsAll Day
(St. Louis, Mo.)

*Eastern Wrestling League match

BOLD CAPS indicate home match (Thomas Fieldhouse)

(as of 10/19/04)

