

LOCK HAVEN UNIVERSITY WRESTLING

Feb. 11 and 13 -- University of Pittsburgh and #22 West Virginia University
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Lock Haven Wrestling Quick Facts

Name of SchoolLock Haven University
 City/State/ZipLock Haven, PA 17745
 Founded1870
 Enrollment4500
 NicknameBald Eagles
 School ColorsCrimson and White
 Home FieldThomas Field House
 AffiliationNCAA Division I
 ConferenceEastern Wrestling League
 PresidentDr. Keith T. Miller
 Alma MaterUniversity of Arizona
 Athletics DirectorSharon E. Taylor
 Alma MaterLock Haven
 First Year of Wrestling:1938-39
 All-Time Record:648-251-11
 Last EWL Title:1996-97
 Individual National Championships:9
 Overall Record in 2003-04:4-10
 Final 2004-005 Dual Meet Ranking:NR
 NCAA Championships Finish:T-42nd
 EWL Record/Place:1-6/seventh at EWL Tournament
 Head Coach:Rocky Bonomo
 Alma Mater:Bloomsburg '87
 Record at School/Year:20-26/two+
 Career Record/Years:same
 Assistant Coaches:Mike Rogers (Lock Haven '97)
Mike Maney (Lock Haven '04)
 Director of Athletics' Operations:Wally Kocher



A 14-year veteran of the Lock Haven University wrestling program, **Anthony "Rocky" Bonomo** begins season number three at the helm of the Bald Eagle wrestling program after assuming the reigns in the spring of 2002. An assistant coach with the LHU program since 1990, Bonomo is the ninth coach in school history, succeeding Carl Poff, head coach from 1990-2002.

Bonomo and the Bald Eagles battled through a tough schedule in 2003-04, posting a 4-10 record and a 7th-place Eastern Wrestling League finish.

He led the 2003 Bald Eagles to the program's 12th-straight winning season with a 12-11 overall record. The Haven added a runner-up finish at the PSAC championships and a fourth-place showing at the Eastern Wrestling League Tournament in addition to sending four grapplers to the NCAA Division I National Wrestling Championships. One Bald Eagle came home an All-American while the team placed 35th overall at the national tournament.

Bonomo has brought a wealth of experience and talent to Team Lock Haven, contributing to the Division I program in all phases of its operation. Among his many responsibilities, Bonomo directs the teaching, academic monitoring and fundraising efforts of the Bald Eagle squad. Bonomo also serves as a key asset in the recruitment of LHU's student-athletes due to his national respect as a wrestling instructor.



Probable Starters

Sch.	Wt.	Name	Yr.	'04-'05 Record
LHU	125	Obe Blanc	R-Fr.	23-9, 2 falls
Pitt	125	Zach Bowman	Fr.	7-12, 0 falls
or	125	Geoff Moy	Fr.	2-3, 0 falls
WV	125	Shawn Cordell	Fr.	8-6
LHU	133	Jim Collins	R-Jr.	7-14, 0 falls
Pitt	133	Mike Ciotti	Jr.	6-6, 2 falls
or	133	Drew Headlee	So.	14-7, 3 falls
WV	133	#19 Seth Lisa	Jr.	14-5
LHU	141	Matt Fittery	Fr.	12-15, 2 falls
or	141	Brian Ellis	Fr.	10-8, 1 fall
Pitt	141	#8 Ronald Tarquinio	Jr.	21-5, 3 falls
WV	141	Vince Gioiella	Fr.	9-6
or	141	Teddy Adams	So.	2-7
LHU	149	None		
Pitt	149	Julian Warshaw	Fr.	0-8, 0 falls
WV	149	#18 Mike Torriero	Sr.	7-3
or	149	Larry Hall	Fr.	7-4
LHU	157	Seth Martin	R-So.	23-14, 6 falls
Pitt	157	Matt Kocher	So.	27-6, 1 fall
WV	157	#7 Matt Lebe	Jr.	25-6
LHU	165	Rory McCoy	Fr.	12-11, 3 falls
Pitt	165	Justin Nestor	Jr.	17-7, 4 falls
WV	165	Zac Fryling	So.	14-6
or	165	Eric Mullen	Jr.	12-9
LHU	174	Carlos Ponce	R-So.	10-17, 0 falls
Pitt	174	Zachariah Doll	Sr.	20-8, 5 falls
WV	174	Ryan Wilman	Sr.	7-6
or	174	Eric Mullen	Jr.	12-9
LHU	184	Mike Metzger	So.	13-11, 1 fall
Pitt	184	Michael Heist	So.	3-10, 0 falls
or	184	Eric Cassidy	So.	7-12, 1 fall
WV	184	#1 Greg Jones	Sr.	13-0
LHU	197	Morgan Horner	Jr.	3-3, 2 fall
Pitt	197	Lou Thomas	Fr.	7-11, 1 fall
WV	197	Jared Villers	So.	5-8
LHU	Hwt.	Jamie Nagel	Fr.	2-12, 0 falls
Pitt	Hwt.	Zach Sheaffer	Fr.	21-10, 4 falls
WV	Hwt.	Matt Holsopple	So.	2-4

All Rankings from the NWCA

EWL Champions: 1997;

PSAC Champions: 1940, 1941, 1942, 1947, 1948, 1949, 1950, 1953, 1956, 1957, 1958, 1961, 1966, 1967, 1969, 1970, 1988, 1993, 1996, 1997, 2001

The Meet

The Lock Haven University wrestling team (4-6, 1-1 EWL) will host the University of Pittsburgh (7-6, 3-1 EWL) and West Virginia University (3-5, 3-0 EWL), on Friday, Feb. 11 at 7:30 p.m and Sunday, Feb. 13 at 7:30 p.m.

From here on out the LHU squad will face Eastern Wrestling League (EWL) opponents, leading up to the March 5-6 EWL Championships hosted by Clarion University.

Broadcast for both games will be available on WBPZ 1230 AM and a webcast available with live audio and video at <http://wren.lhup.edu>.

Last Time out for LHU

The Lock Haven Wrestling team scored three wins over grapplers from No. 14 Penn State University (9-8, 2-3 Big Ten) in front of 1,506 on Senior Day at Rec Hall. **Rory McCoy (Hughesville, Pa./Hughesville), Seth Martin (Selinsgrove, Pa./Selinsgrove)** and **Jim Collins (Jonestown, Pa./Northern Lebanon)** each had wins for the Bald Eagles.

At 133, Collins earned his eighth win of the season with a forfeit, giving the Bald Eagles their lone team lead of the night at 6-4.

In perhaps the most tightly-contested bout of the evening, Martin extended his season wins to a team-high 24 with a 7-5 sudden victory win over No. 13 Nate Galloway.

At 165, McCoy would keep the momentum for the Bald Eagles with a 16-5 major win over Jarrad Turner, unfortunately the last win for LHU on the evening.

Scouting the Panthers

Pittsburgh travels to the Haven off a 31-6 drubbing of Clarion University. The Panthers took all but two matches from the Golden Eagles, the majority by decision.

Head coach Rande Stottlemeyer is in the midst of his 26th season at Pitt, with a youthful squad relying heavily on 141-pounder Ron Tarquino. Tarquino is ranked No. 18 with his 7-3 record and provides upper-classman leadership to a team that has four freshmen in its starting lineup.

The all-time series is knotted at 20-20-1 between LHU and Pitt, and Friday should be just as evenly matched.

LHU Wrestling Schedule/Results
(4-6, 1-1 EWL)

Date	Opponent	Result
11/20	at East Stroudsburg Open	.4 ind. placers
11/22	MILLERSVILLE	W, 41-3
11/27	MAT TOWN USA INVITATIONAL	.12th of 13
12/5	at Penn State Open	.6 ind. placers
12/8	AMERICAN UNIVERSITY	W, 28-16
12/28-29	at North Carolina-Greensboro	.11th of 23
1/8	Hitchcock Memorial Classic	.6 ind. placers
	(Millersville, Pa.)	
1/14-15	at Virginia Duals	
	v. Indiana	.L, 4-32
	v. American	W, 41-9
	v. Cal State-Bakersfield	.L, 13-27
1/21	at Iowa State (v. Stanford)	.3 p.m.
	v. Iowa State	.L, 12-35
	v. Stanford	.L, 15-22
1/28-29	at PSAC Championship	.4th of 9
	(East Stroudsburg, Pa.)	
2/5	at Edinboro*	.L, 13-33
2/6	at Cleveland State*	W, 25-20
2/8	at #15 Penn State	.L, 13-34
2/11	PITTSBURGH*	7:30 p.m.
2/13	#22 WEST VIRGINIA*	7:30 p.m.
2/18	at Bloomsburg*	7:30 p.m.
2/19	CLARION*	7:30 p.m.
3/5-6	at EWL Championships	.9 a.m.
	(Clarion, Pa.)	
5/17-19	at NCAA Championship	.9 a.m.
	(St. Louis)	

*indicates EWL contest

BOLD CAPS indicate home contest

Eastern Wrestling League Standings

Team	EWL	Total
West Virginia	3 0	3 5
Edinboro	2 0	8 3
Pittsburgh	3 1	7 6
Bloomsburg	2 2	6 5
Lock Haven	1 1	4 5
Clarion	0 4	3 11 1
Cleveland State	0 3	2 14

PSAC Standings

Team	Record
East Stroudsburg	6 2
Kutztown	8 2
Edinboro	8 3
Bloomsburg	6 5
Shippensburg	5 6 1
Lock Haven	4 5
Clarion	3 10 1
Slippery Rock	7 14
Millersville	6 5 1

Last Time Against Pitt

The Lock Haven wrestling team suffered a 37-7 hit while on the road at Pittsburgh. Wins by **Charlie Brenneman** and **Mike Greenberg** helped to ward off the potential Panther shutout.

At 157 pounds, Lock Haven's Brenneman earned the 5-2 decision over Justin Nestor for the Bald Eagles' first points of the match to move the team margin to 17-3. Brenneman tallied two reversals and had over four minutes of riding time to pick up the victory.

Scouting the Mountaineers

No. 22 West Virginia will host Ohio University on Feb. 11 before coming to Lock Haven. Most recently, WVU topped Pittsburgh 23-15 Feb. 5, halting a three-game slide. The Mountaineers boast four ranked matmen, led by the unanimous No. 1 Greg Jones at 184.

No. 7 157-pounder Matt Lebe has put together a 25-6 record this season. No. 18 Mike Torrerio and No. 19 Seth Lisa round out the ranked grapplers for WVU.

The all-time series with WVU stands at 13-13. The Mountaineers have taken the last three meetings.

Last Time Against West Virginia

The Lock Haven wrestling team was able to score only three wins in EWL action versus the No. 19-ranked Mountaineers of West Virginia University, dropping a 29-10 decision on the road in Morgantown, W.Va.

At 133 pounds, **Dave Predko** put the first Bald Eagle points on the scoreboard with a 4-3 win against Seth Lisa. Predko used an escape and a takedown in the second period to move into a 3-1 lead.

2004-05 Bald Eagle Wrestling

Name	Wt.	Yr.	Hometown/Previous School
Obe Blanc	125	R-Fr.	Naples, Fla./Lely
Damian Carbone	Hwt	Fr.	Wilkes-Barre, Pa./Meyers
Jim Collins	133	R-Jr.	Jonestown, Pa./Northern Lebanon
Erie Coney	125	Fr.	Miami/Miramar
Brian Ellis	133/141	Fr.	Bethlehem, Pa./Liberty
Josh Fisk	174/181	Jr.	Wyalusing, Pa./Drexel University
Matt Fittery	141	Fr.	Denver, Pa./Cocalico
Nick Hawrylchak	149	R-So.	Altamont, N.Y./Guildeyland
Ben Hepburn	177	Fr.	Williamsport, Pa./Loyalstock
Mike Hillman	184/197	So.	Hunlock Creek, Pa./Lake Lehman
Brent Hoover	141	R-So.	Halifax, Pa./Halifax
Brian Hoover	149	R-So.	Halifax, Pa./Halifax
Morgan Horner	197	Jr.	Hasbrouck Heights, N.J./Hasbrouck Heights
Brock Jardine	165/174	So.	Strasburg, Va./Southern Virginia University
Justin Johnson	184	Sr.	Wyalusing, Pa./Bloomsburg University
Jacob A. Lauffenburger	165	Fr.	Russell, Pa./Warren Area
Joseph Liuzza	133/141	R-Fr.	Hughesville, Pa./Hughesville
Matt Marquart	157	Jr.	Rutherford, N.J./Rutherford
Andrew Martin	157	Fr.	Carlisle, Pa./Big Spring
Seth Martin	157	R-So.	Selinsgrove, Pa./Selinsgrove
Jameik Mathews	141	Fr.	Seaford, Del./Laurel
Rory McCoy	165	Fr.	Hughesville, Pa./Hughesville
Joshua A. Medina	149/157	Jr.	Las Vegas/Pima C.C.
Mike Metzger	184	So.	Reading, Pa./Governor Mifflin
Tim Meyers	197/Hwt	Jr.	Mill Hall, Pa./Central Mountain
B.J. Mikeska	165	Jr.	Derry, Pa./Bloomsburg University
Casey Moore	133	So.	Beech Creek, Pa./Central Mountain
Derrick Morgan	165/174	R-So.	Milan, Pa./Athens
Jamie Nagel	197/HWT	Fr.	Shade Gap, Pa./Mount Union Area
Sobhan Namvar	165	Fr.	Needham, Mass./Needham
Carlos Ponce	165/174	R-So.	Hialeah, Fla./Hialeah Miami Lakes
Donnie Reinhart	184	Fr.	Dublin, Ohio/Dublin Coffman
Monty Rockey	197/HWT	Fr.	Port Matilda, Pa./Bald Eagle Area
Clint Shirk	133/141	Fr.	Julian, Pa./Bald Eagle Area
Josh Sizemore	157	Fr.	Beavercreek, Ohio/Beavercreek
Dan Thoman	174	Jr.	Red Lion, Pa./Dallastown

PRO-nun-SEE-a-shun GUYED

Joshua A. Medinamuh-DEEN-uh	Obe BlancOH-bee BLAHNK
B.J. Mikeskamih-KESS-kuh	Carlos PoncePONSE
Dan ThomanTHOM-an	Nick HawrylchakHOW-ruh-luh-CHECK

Lock Haven University of Pennsylvania
2004-05 Wrestling Season and Career Individual Records (as of 2/10/05)

Name/YR	Wt.	SEASON		CAREER					
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF/MT	Fall
Obe Blanc, R-FR	125	23-10	3	0	2 (4:34)	23-10	3	0	2
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	8-14	2	2	0	38-46	9	2	6
James Barnes, R-SR	133	0-4	0	0	0	11-19	1	0	5
Casey Moore, SO	133	2-2	0	0	0	12-16	1	0	1
Joseph Liuzza, FR	133/141					0-0	0	0	0
Clint Shirk, FR	141	11-4	2	0	2 (1:38)	11-4	2	0	2
Brian Ellis, FR	141	10-9	3	0	1 (3:37)	10-9	3	0	1
Matt Fittery, FR	141	12-15	4	1	2 (4:30)	12-15	4	1	2
Jamiel Mathews, FR	141					0-0	0	0	0
Brent Hoover, R-JR	141					1-6	0	0	1
Nick Hawrylchak, R-JR	141/149	2-4	1	0	1 (3:21)	7-12	1	0	3
Josh Medina, JR	149	21-6	7	0	0	21-6	7	0	0
Brian Hoover, R-JR	157	1-4	0	0	0	6-10	0	0	3
Josh Sizemore, R-FR	157	1-3	0	0	0	1-3	0	0	0
Matt Marquart, JR	157	8-6	1	0	3 (1:28)	11-15	1	0	4
Seth Martin, R-SO	157	24-14	6	3	6 (0:53)	38-25	7	5	9
Andrew Martin, FR	165	0-2	0	0	0	0-2	0	0	0
Rory McCoy, FR	165	13-11	3	0	3 (1:15)	13-11	3	0	3
Sobhan Namvar, FR	165	2-4	0	0	0	2-4	0	0	0
B.J. Mikeska, JR	165	11-10	3	1	2 (2:31)	15-13	3	1	2
Jacob Lauffenburger, FR	165	0-2	0	0	0	0-2	0	0	0
Dustin Swindell, FR	165	0-4	0	0	0	0-4	0	0	0
Brock Jardine, SO	174	1-3	0	0	1 (3:37)	1-3	0	0	1
Carlos Ponce, R-SO	174	10-18	2	0	0	18-37	4	0	0
Derrick Morgan, R-SO	174					1-5	0	0	1
Dan Thoman, JR	174					0-0	0	0	0
Josh Fisk, SR	174/184					16-27	2	0	4
Justin Johnson, SR	184	8-12	1	0	1 (2:55)	18-14	1	0	1
Donnie Reinhart, FR	184					0-0	0	0	0
Mike Metzger, SO	184/197	13-12	3	0	1 (0:25)	21-17	5	0	1
Mike Hillman, SO	197	0-4	0	0	0	0-4	0	0	0
Ben Hepburn, FR	197	12-11	2	0	1 (3:38)	12-11	2	0	1
Morgan Horner, JR	197	3-4	1	0	2 (1:11)	41-19	8	0	11
Monty Rockey, FR	HWT	2-3	0	0	1 (1:38)	2-3	0	0	1
Jamie Nagel, FR	197/HWT	2-13	0	0	0	2-13	0	0	0
Tim Meyers, JR	HWT	2-12	0	0	1 (3:53)	6-30	0	0	1
Damian Carbone, FR	HWT					0-0	0	0	0