

LOCK HAVEN UNIVERSITY WRESTLING

Dec. 8 -- Dual #2 vs. American 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:645-245-11
 Last EWL Title:1996-97
 Individual National Championships:9
 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
 Head Coach:Rocky Bonomo
 Alma Mater:Bloomsburg '87
 Record at School/Year:17-21/two
 Career Record/Years:same
 Assistant Coaches:Mike Rogers (Lock Haven '97)
Mike Maney (Lock Haven '04)
 Director of Athletics' Operations:Wally Kocher



V.



Lock Haven
1-0, 0-0 EWL

American
0-3, 0-1 EIWA

Bald Eagle Potential Starters

| Wt. | Name | Yr. | '04-'05 Record |
|------|--------------------|-------|----------------|
| 125 | Obe Blanc | So. | 10-5, 0 falls |
| 133 | Jimmy Collins | R-Jr. | 4-5, 0 falls |
| 141 | Matt Fittery | Fr. | 6-6, 1 fall |
| 149 | Josh Medina | Jr. | 8-3, 0 falls |
| 157 | Seth Martin | R-Jr. | 10-5, 4 falls |
| | or Matt Marquart | Jr. | 5-4, 2 falls |
| 165 | B.J. Mikeska | Jr. | 6-5, 1 fall |
| | or Rory McCoy | Fr. | 7-5, 1 fall |
| 174 | Carlos Ponce | R-Jr. | 8-6, 0 falls |
| 184 | Justin Johnson | Sr. | 5-4, 1 fall |
| | or Michael Metzger | So. | 5-5, 1 fall |
| 197 | Ben Hepburn | Fr. | 6-7, 1 fall |
| Hwt. | Jamie Nagle | Fr. | 1-6, 0 falls |
| | or Tim Meyers | Jr. | 1-5, 0 falls |

Eagle Potential Starters

| | | |
|------|---------------------|-----|
| 125 | None | |
| 133 | None | |
| 141 | None | |
| 149 | Tom Kniezewski | Jr. |
| 157 | #7 M. Abdurakhmonov | Jr. |
| 165 | D. Hash-Barberis | So. |
| 174 | #20 Daniel Waters | Sr. |
| 184 | #16 Josh Glenn | So. |
| 197 | Adam Montgomery | Sr. |
| Hwt. | Adam LoPiccolo | So. |

**rankings from Amateur Wrestling News*



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.

The Meet

The Lock Haven University wrestling team (1-0) faces a familiar foe in their second dual meet of the season, as Mat Town Tournament participant American University comes to the Haven.

The American Eagles bring three ranked matmen to the circle, including 2004 Mat Town Tournament Most Outstanding Wrestler No. 7 Muzaffar Abdurakhmanov at 157, No. 16 Josh Glenn at 184 and No. 20 174-pounder Daniel Waters.

Last Time Out for LHU

The Lock Haven wrestling team had a strong showing at this year's Nittany Lion Open, placing six individuals. Junior **Seth Martin (Selinsgrove, Pa./Selinsgrove)** and sophomore **Obe Blanc (Naples, Fla./Lely)** each posted third-place finishes, the highest for the Haven.

Martin took third at 157, topping Navy's Adam Brochetti 5-2 in the third place bout. Blanc finished off Bloomsburg University's Brian Sellers 5-3 to take third at 125. Both Blanc and Martin were 4-1 on the day, with Martin adding another fall to give him a team-best four this season.

Freshman **Ben Hepburn (Williamsport, Pa./Loyalsock)** placed sixth at 197 lbs., with senior 194-pounder **Justin Johnson (Wyalusing, Pa./Bloomsburg University)** and freshman 141-pounder **Clint Shirk (Julian, Pa./Bald Eagle Area)** adding seventh-place finishes to the cause. Rounding out the placers for the Bald Eagles was **Rory McCoy's (Hughesville, Pa./Hughesville)** eighth-place finish at 165.

Last Time Out for American

American University's wrestling team suffered three losses in Sunday's Northeast Duals, dropping matches to Drexel, Army and Sacred Heart.

In the first match of the day for the American, the Eagles were bested 24-15 by Sacred Heart. Junior Muzaffar Abdurakhmanov continued his dominance of 157-pounders with a 24-8 win over the Pioneers' Fendryk. Daniel Waters took the 174 weight class with a 9-3 decision over Silber while Josh Glenn dominated SHU's Keefe, 19-2. Junior Tom Kniezewski also notched a win over his opponent.

In the Eagles second match, AU fell by a score of 30-10 against Drexel University. Glenn pounded Drexel's Carl Schmidt 16-2, while Abdurakhmanov dropped Hlushack 10-4. Waters cruised to a 8-1 win over the Dragons' Nick Kozar. Drexel squeaked out two one-point wins with Cartella defeating Kniezewski 5-4 and Billy Haydt downing Dwayne Hash-Barberis 4-3.

The Eagles dropped a 39-10 decision against Army in the day's final dual. Once again Glenn, Waters and Abdurakhmanov all secured wins for American. Glenn defeated Army's Luke Calvert, the third ranked EIWA wrestler at 184, earning a 11-4 decision. Waters downed Army's Lucero, 7-1, and Abdurakhmanov tallied a 20-9 victory over his opponent.

Medina Takes LHU Athlete of the Week

Junior wrestler **Josh Medina (Las Vegas/Pima C.C.)** was named Lock Haven University Athlete of the Week for his performance during the week ending Nov. 28. Medina took third place at the 29th Annual Mat Town Invitational and defeated his

| Eastern Wrestling League Standings | | |
|---|------------|--------------|
| Team | EWL | Total |
| Pittsburgh | 1 0 | 1 1 |
| Edinboro | 0 0 | 3 0 |
| Cleveland State | 0 0 | 1 0 |
| Lock Haven | 0 0 | 1 0 |
| West Virginia | 0 0 | 0 1 |
| Clarion | 0 0 | 1 2 |
| Bloomsburg | 0 1 | 1 1 |

LHU Wrestling Schedule/Results

| Date | Opponent | Result |
|-------------|---------------------------------------|-----------------|
| 11/20 |at East Stroudsburg Open | .4 ind. placers |
| 11/22 |MILLERSVILLE | .41-3 |
| 11/27 |MAT TOWN USA INVITATIONAL | .12th of 13 |
| 12/5 |at Penn State Open | .6 ind. placers |
| 12/8 |AMERICAN UNIVERSITY | .7:30 p.m. |
| 12/28-29 |at North Carolina-Greensboro | .9 a.m. |
| 1/14-15 |at Virginia Duals | .9 a.m. |
| 1/21 |at Iowa State | .5 p.m. |
| 1/28-29 |at PSAC Championship | .9 a.m. |
| |(East Stroudsburg, Pa.) | |
| 2/5 |at Edinboro | .7:30 p.m. |
| 2/6 |at Cleveland State* | .3 p.m. |
| 2/8 |at Penn State | .7 p.m. |
| 2/11 |PITTSBURGH* | .7:30 p.m. |
| 2/13 |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 game

opponent in the dual meet against Millersville University by major decision.

Dominating Millersville

When LHU topped Millersville University 41-3 Nov. 22, it continued an 18-match winning streak over the Marauders, dating back to 1978. The 38-point victory was the largest for LHU since a 41-0 win in 1996.

On the strength of three pins and a technical fall, the Lock Haven wrestling team won nine of ten matches, defeating Millersville University 41-3. Junior **B.J. Mikeska (Derry, Pa./Bloomsburg University)** had the quickest of the falls, finishing off Jesse Gronlie in 2:31.

Freshman **Ben Hepburn** had the first pin and the first win of his LHU career, taking Jeremy Wampler at 3:38. Fellow freshman **Matt Fittery (Denver, Pa./Cocalico)** had a pin as well at 4:41. Junior **Seth Martin** recorded the technical fall.

New Faces

The Bald Eagles had four first-year members in their starting lineup for their first dual meet against Millersville Nov. 23. Freshmen **Matt Fittery** and **Ben Hepburn** join transfers **Josh Medina** and **B.J. Mikeska** as the top new LHU matmen. This quartet was undefeated at the Millersville meet, and has gone 26-19 (.576) thus far this season with three falls.

Martin Leaves 'em Smartin'

Junior **Seth Martin** is in the midst of a breakout season for the Haven. He has already recorded 10 victories (10-5), and has a team-high four pins. His win total ties for best on the team with **Obe Blanc** (10-5), and with his last fall he overtook **Jimmy Collins** (Jonestown, Pa./Northern Lebanon) as the active career leader in pins with seven.

2004-05 Bald Eagle Wrestling

| Name | Wt. | Yr. | Hometown/Previous School |
|---------------------|------------|------------|---|
| James Barnes | 133 | R-Sr. | Windsor, Conn./Windsor |
| Obe Blanc | 125 | So. | 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-Jr. | Altamont, N.Y./Guildleyland |
| Ben Hepburn | 177 | Fr. | Williamsport, Pa./Loyalstock |
| Mike Hillman | 184/197 | So. | Hunlock Creek, Pa./Lake Lehman |
| Brent Hoover | 141 | R-Jr. | Halifax, Pa./Halifax |
| Brian Hoover | 149 | R-Jr. | Halifax, Pa./Halifax |
| Brock Jardine | 165/174 | So. | Strasburg, Va./Southern Virginia University |
| Justin Johnson | 184 | Sr. | Wyalusing, Pa./Bloomsburg University |
| Jacob Lauffenburger | 165 | Fr. | Russell, Pa./Warren Area |
| Joseph Liuzza | 133/141 | R-Fr. | Hughesville, Pa./Hughesville |
| John Loff | 197/Hwt | So. | Jackson, N.J./Gardener-Webb University |
| Matt Marquart | 157 | Jr. | Rutherford, N.J./Rutherford |
| Andrew Martin | 157 | Fr. | Carlisle, Pa./Big Spring |
| Seth Martin | 157 | R-Jr. | Selinsgrove, Pa./Selinsgrove |
| Jameik Mathews | 141 | Fr. | Seaford, Del./Laurel |
| Rory McCoy | 165 | Fr. | Hughesville, Pa./Hughesville |
| Joshua Medina | 149/157 | Jr. | Las Vegas/Pima C.C. |
| Mike Metzger | 184 | So. | Reading, Pa./Governor Mifflin |
| Tim Meyers | 197/Hwt | So. | 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-Jr. | 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-Jr. | 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 |
| Dustin Swindell | 165 | R-Fr. | Hopewell, Pa./Northern Bedford |
| Dan Thoman | 174 | Jr. | Red Lion, Pa./Dallastown |

Lock Haven University of Pennsylvania
2004-05 Wrestling Season and Career Individual Records (as of 12/7/04)

| Name/YR | Wt. | SEASON | | | CAREER | | | | |
|-------------------------|---------|--------|------|----|---------------|-------|------|-------|------|
| | | W/L | Maj. | TF | Pin (fastest) | W/L | Maj. | TF/MT | Fall |
| Obe Blanc, SO | 125 | 10-5 | 0 | 0 | 0 | 10-5 | 0 | 0 | 0 |
| Erie Coney, FR | 125 | | | | | 0-0 | 0 | 0 | 0 |
| Jim Collins, R-JR | 133 | 4-5 | 1 | 2 | 0 | 34-36 | 8 | 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 | 8-4 | 2 | 0 | 2 (1:38) | 8-4 | 2 | 0 | 2 |
| Brian Ellis, FR | 141 | 8-6 | 1 | 0 | 1 (3:37) | 8-6 | 1 | 0 | 1 |
| Matt Fittery, FR | 141 | 6-6 | 5 | 0 | 1 (4:41) | 6-6 | 5 | 0 | 1 |
| Jamiak 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 | 8-3 | 2 | 0 | 0 | 8-3 | 2 | 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 |
| Andrew Martin, FR | 165 | 0-2 | 0 | 0 | 0 | 0-2 | 0 | 0 | 0 |
| Matt Marquart, JR | 157 | 5-4 | 1 | 0 | 2 (1:28) | 8-13 | 1 | 0 | 3 |
| Seth Martin, R-JR | 157 | 10-5 | 2 | 1 | 4 (0:53) | 24-16 | 3 | 3 | 7 |
| Rory McCoy, FR | 165 | 7-5 | 1 | 0 | 1 (3:02) | 7-5 | 1 | 0 | 1 |
| Sobhan Namvar, FR | 165 | 2-4 | 0 | 0 | 0 | 2-4 | 0 | 0 | 0 |
| B.J. Mikeska, JR | 165 | 6-5 | 0 | 1 | 1 (2:31) | 10-8 | 0 | 1 | 1 |
| 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-JR | 174 | 8-6 | 2 | 0 | 0 | 16-25 | 4 | 0 | 0 |
| Derrick Morgan, R-JR | 174 | | | | | 1-5 | 0 | 0 | 1 |
| Dan Thoman, JR | 174 | | | | | 0 | 0 | 0 | 0 |
| Josh Fisk, SR | 174/184 | | | | | 0 | 0 | 0 | 0 |
| Michael Metzger, SO | 184 | 5-5 | 1 | 0 | 1 (0:25) | 12-10 | 3 | 0 | 1 |
| Justin Johnson, SR | 184 | 5-4 | 0 | 0 | 1 (2:55) | 15-6 | 0 | 0 | 1 |
| Donnie Reinhart, FR | 184 | | | | | 0-0 | 0 | 0 | 0 |
| Mike Hillman, SO | 197 | 0-4 | 0 | 0 | 0 | 0-4 | 0 | 0 | 0 |
| Ben Hepburn, FR | 197 | 6-7 | 7 | 0 | 1 (3:38) | 6-7 | 0 | 0 | 1 |
| John Loff, SO | 197/HWT | | | | | | | | |
| Monty Rockey, FR | HWT | 1-2 | 0 | 0 | 0 | 1-2 | 0 | 0 | 0 |
| Jamie Nagel, FR | 197/HWT | 1-6 | 0 | 0 | 0 | 1-6 | 0 | 0 | 0 |
| Tim Meyers, JR | HWT | 1-5 | 0 | 0 | 0 | 5-23 | 0 | 0 | 0 |
| Damian Carbone, FR | HWT | | | | | 0-0 | 0 | 0 | 0 |