

LOCK HAVEN UNIVERSITY WRESTLING

Feb. 5 & 6 -- at Edinboro University and Cleveland State University

SID Contact: Al Weston, office: 570-893-2350; cell: 570-660-4507; aweston@lhup.edu

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:647-249-11
 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:19-25/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.	21-9, 0 falls
EU	125	Greg Sill	Fr.	
CSU	125	Joe Wornoff	Fr.	12-13, 1 fall
LHU	133	Jim Collins	R-Jr.	7-13, 0 falls
EU	133	#1 Shawn Bunch	Jr.	
CSU	133	David Armstrong	Fr.	8-19, 0 falls
LHU	141	Matt Fittery	Fr.	11-14, 2 falls
or	141	Brian Ellis	Fr.	10-8, 1 fall
EU	141	Ron Doppelheuer	Jr.	
CSU	141	none		
LHU	149	Joshua A. Medina	Jr.	19-6, 0 falls
EU	149	Zach Plerhoples	So.	
CSU	149	Ryan Hurley	So.	12-15, 2 falls
LHU	157	Seth Martin	R-So.	23-12, 6 falls
EU	157	Matt Hill	So.	
CSU	157	Marcus Effner	Fr.	15-11, 3 falls
LHU	165	B.J. Mikeska	Jr.	11-10, 2 falls
or	165	Rory McCoy	Fr.	11-10, 3 falls
EU	165	#12 Nate Yetzer	Sr.	
CSU	165	David Gilkey	So.	8-16, 3 falls
LHU	174	Carlos Ponce	R-So.	10-15, 0 falls
EU	174	Eric Ring	Jr.	
CSU	174	Matt Klinger	Sr.	8-17, 0 falls
LHU	184	Justin Johnson	Sr.	8-12, 1 fall
or	184	Mike Metzger	So.	13-11, 1 fall
EU	184	Jim Gibson	So.	
CSU	184	Ron Howard	Jr.	10-14, 2 falls
LHU	197	Morgan Horner	Jr.	1-3, 1 fall
or	197	Ben Hepburn	Fr.	12-11, 1 fall
EU	197	Mike LaBella	So.	
CSU	197	Joe Phillips	Sr.	12-12, 1 fall
LHU	Hwt.	Tim Meyers	Jr.	2-12, 1 fall
or	Hwt.	Jamie Nagel	Fr.	2-10, 0 falls
EU	Hwt.	Joe Hennis	Jr.	
CSU	Hwt.	Joe Dennis	Fr.	20-10, 3 falls

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 (3-4) will hit the road for a pair of duals in consecutive days at Edinboro University Saturday, Feb. 5 and Cleveland State University Sunday, Feb. 6. Both duals are set for a 7:30 p.m. first whistle.

The two meets mark the first two Eastern Wrestling League contests for the Bald Eagles, while Edinboro has a 1-0 EWL mark and CSU has a 0-1 conference ledger.

Last Time out for LHU

On the strength of individual titles for both freshman **Obe Blanc (Naples, Fla./Lely)** and junior **Joshua A. Medina (Las Vegas/Pima C.C.)**, the Lock Haven wrestling team took fourth place at the Pennsylvania State Athletic Conference (PSAC) Tournament, hosted by East Stroudsburg University.

Blanc and Medina both won their first individual PSAC titles, as they are newcomers to the PSAC meet. Also winning places for the Haven were **Seth Martin (Selinsgrove, Pa./Selinsgrove)** in third, **Matt Fittery (Denver, Pa./Cocalico)** in fourth, **Rory McCoy (Hughesville, Pa./Hughesville)** and **Mike Metzger (Reading, Pa./Governor Mifflin)** in fifth, and **Morgan Horner (Hasbrouck Heights, N.J./Hasbrouck Heights)** in sixth.

Bloomsburg University took the individual title, followed by Edinboro University, ESU and Lock Haven.

Scouting Edinboro

Coached by eighth-year general Tim Flynn, the Fighting Scots have perennially been one of the better teams in the EWL. This season is no different, as they've posted a 7-3 dual record, including a 32-13 victory over Clarion University Jan. 21.

Edinboro is led by a pair of ranked grapplers, No. 1 Shawn Bunch at 133 and No. 12 Nate Yetzer at 165. Both of these top matmen are coming off individual championships at the PSAC tournament Jan. 29. The Fighting Scots finished second of nine as a team, unable to defend their 2004 PSAC title.

LHU Wrestling Schedule/Results

(3-4, 0-0 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*	.7:30 p.m.
2/6	at Cleveland State*	.3 p.m.
2/8	at #15 Penn State	.7 p.m.
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	2 0	2 5
Pittsburgh	2 0	6 5
Edinboro	1 0	7 3
Lock Haven	0 0	3 4
Cleveland State	0 1	2 12
Bloomsburg	0 2	4 5
Bloomsburg	0 2	4 5
Clarion	0 2	3 8 1

PSAC Standings

Team	Record
Kutztown	7 2
Edinboro	7 3
East Stroudsburg	6 1
Shippensburg	4 5 1
Bloomsburg	4 5
Lock Haven	3 4
Clarion	3 8 1
Slippery Rock	3 13
Millersville	2 5 1

Scouting Cleveland State

While the Vikings are unable to feature any ranked grapplers, coach Jack Effner's matmen have been busy this season, competing in a EWL-high 14 duals. A seventh-year head coach, Effner and the rest of the Vikings have posted 2-12 overall and 0-1 EWL ledgers this season.

CSU is led by a surprise 20-match winner in freshman heavy-weight Joe Dennis. With four freshmen and two sophomores, the Vikings are looking to gain experience with every meet.

Last Time Against the Fighting Scots

Edinboro won the last five bouts to overpower the Lock Haven wrestling team by a final score of 23-12 in EWL action Jan. 23, 2004 in Thomas Fieldhouse. The Haven's **Jim Collins**

(**Jonestown/Northern Lebanon**) at 125 pounds, **Mike Maney** at 149 pounds and 157 pounder **Charlie Brenneman** all collected wins.

Last Time Against the Vikings

Cleveland State scored its first EWL victory of the season with an 18-15 decision over Lock Haven University in Thomas Fieldhouse Feb. 7, 2004. Both squads posted five victories but the Vikings managed a trio of bonus points to tuck away the league victory.

Lock Haven's **Jason Gilligan** opened things up at 165 pounds by scoring a 10-5 decision over Matt Klinger to give the first points to the Bald Eagles, 3-0. Gilligan took Klinger to the mat off the first whistle, scoring the takedown just 10 seconds into the match. After one period, Gilligan had a 4-2 lead, then built it to 7-3 by the end of the second, riding it out for the win.

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./Guildleyland
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 2/3/05)

Name/YR	Wt.	SEASON		CAREER					
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF/MT	Fall
Obe Blanc, R-FR	125	21-9	3	0	0	21-9	3	0	0
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	7-13	2	2	0	37-44	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	10-8	3	0	1 (3:37)	10-8	3	0	1
Matt Fittery, FR	141	11-14	4	1	2 (4:30)	11-14	4	1	2
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	19-6	7	0	0	19-6	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	23-12	6	3	6 (0:53)	37-23	7	5	9
Andrew Martin, FR	165	0-2	0	0	0	0-2	0	0	0
Rory McCoy, FR	165	11-10	1	0	3 (1:15)	11-10	1	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	10-15	2	0	0	18-34	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	13-11	3	0	1 (0:25)	21-16	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	1-3	0	0	1 (1:11)	39-18	9	0	10
Monty Rockey, FR	HWT	2-3	0	0	1 (1:38)	2-3	0	0	1
Jamie Nagel, FR	197/HWT	2-10	0	0	0	2-10	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