

LOCK HAVEN UNIVERSITY WRESTLING

Jan. 21 -- at #3 Iowa State University with Stanford 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:647-247-11
 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:19-23/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.	16-9, 0 falls
ISU	125	#10 Grant Nakamura	Jr.	8-3
Stan.	125	Nathan Peterson	Sr.	
LHU	133	Jimmy Collins	R-Jr.	6-9, 0 falls
ISU	133	Jesse Sundell	Jr.	7-8
Stan	133	Rafael Chavez	Fr.	
LHU	141	Matt Fittery	Fr.	9-10, 1 fall
ISU	141	#1 Nate Gallick	Jr.	17-0
Stan.	141	Chris Hayworth	Jr.	
LHU	149	Josh Medina	Jr.	14-6, 0 falls
ISU	149	Aron Scott	R-Fr.	4-7
		or Jason Knipp	So.	17-8
Stan.	149	Zack Hensely	Jr.	
LHU	157	Seth Martin	R-So.	19-10, 5 falls
ISU	157	#6 Trent Paulson	So.	21-1
Stan.	157	#1 Matt Gentry	Jr.	
LHU	165	B.J. Mikeska	Jr.	10-9, 1 fall
ISU	165	#5 Travis Paulson	So.	16-4
		or Mike Somsy	So.	0-5
Stan.	165	Scott Loescher	R-Fr.	
LHU	174	Carlos Ponce	R-So.	10-11, 0 falls
ISU	174	#9 Nick Passolano	Sr.	11-4
		or Grant Turner	So.	10-4
		or David Bertolino	R-Fr.	19-4
Stan.	174	Imad Kharbush	Jr.	
LHU	184	Justin Johnson	Sr.	8-10, 1 fall
ISU	184	#3 Kurt Backes	So.	18-2
Stan.	184	Mark Egesdal	Jr.	
LHU	197	Mike Metzger	So.	10-8, 1 fall
ISU	197	#13 Trevor Smith	Sr.	17-5
Stan.	197	Ian Bork	So.	
LHU	Hwt.	Tim Meyers	Jr.	2-10, 1 fall
ISU	Hwt.	#9 Scott Coleman	Sr.	11-5
Stan.	Hwt.	Shawn Ritzenthaler	Jr.	

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 (3-2) will travel to #3 Iowa State University (12-0), the Bald Eagles' highest-ranked opponent of the season, for dual meets with ISU and Stanford University (3-2).

Live updates will be available on Iowa State's web site at www.cyclones.com.

Last Time Out for LHU

The Lock Haven wrestling team fell in the final day of the Virginia Duals, dropping a 27-13 decision to Cal-State Bakersfield (9-3) in the consolation bracket. The Jan. 15 loss, combined with a 1-1 split the day before, gives the Haven a 1-2 record at the dual format tournament.

Sophomores **Seth Martin (Selinsgrove, Pa./Selinsgrove)**, **Carlos Ponce (Hialeah, Fla./Hialeah Miami Lakes)** and **Mike Metzger (Reading, Pa./Governor Mifflin)** and senior **Justin Johnson (Wyalusing, Pa./Bloomsburg University)** each earned victories over the Roadrunners.

Martin, a 157-pounder, took the lone major decision for the Bald Eagles today, topping No. 20 Brian Busby 14-2. Martin finished the tournament at 2-1.

Ponce earned a decision over Jason Carrasco 11-7 at 174, improving his Virginia Duals record to 1-2. In the 197 bout, Metzger defeated Ryan Bergman 8-3.

Johnson bested Scott O'Rear 10-7 at 184 to finish at 1-2 for the tournament.

LHU split the previous day's action with its first dual loss of the season to Indiana University and a win over American University.

Junior 149-pounder **Joshua A. Medina (Las Vegas/Pima C.C.)** powered the Bald Eagles today, being the only LHU wrestler to win in both meets. He took a 15-5 major decision of Indiana's Prescott Slee in the 32-4 loss to the Hoosiers. Medina followed that up with a 12-5 victory over American's Tom Kniezewski, the third win Medina has over

LHU Wrestling Schedule/Results

(3-2, 0-0 EWL)

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	.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.
	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 contest

Kniezewski this season.

Other highlights for the Bald Eagles during the American meet were falls recorded by sophomore Martin at 157 pounds and junior heavyweight **Tim Meyers (Mill Hall, Pa./Central Mountain)**. Martin got the best of Christopher Stout, while Meyers topped Adam Montgomery for the first pin of the LHU matman's career.

Scouting Iowa State

Under the direction of head coach Bobby Douglas, the Cyclones are off to the best start in school history, an impressive 12-0 clip, including wins over No. 8 University of Minnesota, No. 9 University of Iowa and most recently No. 17 University of Northern Iowa.

ISU features a who's-who of ranked matmen, including No. 1 Nate Gallick at 141, No. 3 Kurt Backes at 184, No. 5 Travis Paulson at 165, No. 6 Trent Paulson at 157, No. 9 Nick Passolano at 174, No. 9 Scott Coleman at heavyweight, No. 10 Grant Nakamura at 125 and No. 13 Trevor Smith at 197.

Scouting Stanford

Stanford comes to Iowa off a fourth-place finish at the Menlo College Invitational on Dec. 16. The squad has amassed a 3-2 record, with big wins over Air Force and Harvard University.

157-pounder Matt Gentry leads the charge for the Cardinal, ranked at No. 1.

Eastern Wrestling League Standings

Team	EWL	Total
West Virginia	2 0	2 2
Pittsburgh	1 0	1 4
Edinboro	0 0	6 3
Lock Haven	0 0	3 2
Cleveland State	0 0	2 10
Clarion	0 1	3 7 1
Bloomsburg	0 2	3 5

PSAC Standings

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

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
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 1/19/05)

Name/YR	Wt.	SEASON		CAREER					
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF/MT	Fall
Obe Blanc, R-FR	125	16-9	2	0	0	16-9	2	0	0
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	6-9	2	1	0	36-40	9	1	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	9-10	4	1	1 (4:41)	9-10	4	1	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	14-6	5	0	0	14-6	5	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	19-10	5	3	5 (0:53)	33-21	6	5	8
Andrew Martin, FR	165	0-2	0	0	0	0-2	0	0	0
Rory McCoy, FR	165	9-8	1	0	2 (2:53)	9-8	1	0	2
Sobhan Namvar, FR	165	2-4	0	0	0	2-4	0	0	0
B.J. Mikeska, JR	165	10-9	3	1	1 (2:31)	14-12	3	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-SO	174	10-11	2	0	0	18-30	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	8-10	1	0	1 (2:55)	18-12	1	0	1
Donnie Reinhart, FR	184					0-0	0	0	0
Mike Metzger, SO	184/197	10-8	3	0	1 (0:25)	18-13	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
Monty Rockey, FR	HWT	2-3	0	0	1 (1:38)	2-3	0	0	1
Jamie Nagel, FR	197/HWT	2-8	0	0	0	2-8	0	0	0
Tim Meyers, JR	HWT	2-10	0	0	1 (3:53)	6-28	0	0	1
Damian Carbone, FR	HWT					0-0	0	0	0