

LOCK HAVEN UNIVERSITY WRESTLING



Nov. 27 -- 29th Annual Mat Town USA Invitational Wrestling Tournament

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Lock Haven Volleyball 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:644-245-11
 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:16-21/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.

Top Bald Eagles by Weight

Wt.	Name	Yr.	'04-'05 Record
125	Obe Blanc	So.	3-2, 0 falls
133	Jimmy Collins	R-Jr.	3-3, 0 falls
141	Matt Fittery	Fr.	4-2, 1 fall
149	Josh Medina	Jr.	3-2, 0 falls
157	Seth Martin	R-Jr.	4-2, 2 falls
165	B.J. Mikeska	Jr.	4-1, 1 fall
174	Carlos Ponce	R-Jr.	3-2, 0 falls
184	Mike Metzger	So.	2-2, 0 falls
197	Ben Hepburn	Fr.	1-2, 1 fall
Hwt.	Tim Meyers	So.	1-3, 0 falls

The Meet

Five days after nearly running the table (winning nine of 10 matches) against Millersville University, the Lock Haven University wrestling team (1-0) will host the 29th Annual Mat Town USA Invitational Wrestling Tournament in the Thomas Field House.

Visiting the Haven for this year's tournament will be American University, the University at Buffalo, Clarion University, Indiana University (Ind.), the University of Maryland, No. 6 University of Minnesota, the University of North Carolina, Ohio University, Old Dominion University, No. 18 Penn State University, University of Pittsburgh, No. 23 Rider University and the University of Virginia.

Weight-By-Weight Preview for Mat Town

125- 125 is one of the deepest weight-classes at this year's tournament. Indiana University's Joseph Dubuque leads the way, ranked sixth in the nation, followed by Buffalo's Mark McKnight at seventh, Bobbe Lowe of Minnesota at ninth, Penn State's Adam Smith at 12th and Christian Straylor of Old Dominion is ranked 18th. Dubuque finished 8th at the 2004 NCAA Championships. Returning MAT TOWN Champion Drew Headlee of Pittsburgh will have his work cut out for him. Smith was second at last year's invite.

133- The lone ranked matman at 133 is Evan Sola of North Carolina. He's been placed as high as eighth. Don Fisch of Rider returns from a third-place finish at last year's MAT TOWN.

141- Four ranked wrestlers will do battle at 141, led by No. 8 Ronald Tarquino of Pittsburgh. Tarquino finished second at last year's invite, with No. 15 Clarion's Frank Edgar finishing third. Ranked between the two is Minnesota's Tommy Owen at 10th. The final ranked grappler is Mike Simpson of Indiana at as high as 14th.

team rankings from W.I.N. Magazine, individual ranks from many sources

149- Featured in the 149 class is last year's third-place finisher, Pittsburgh's Matt Kocher, placed as high as 10th nationally. Penn State's James Woodall is sure to challenge the top returner, as he is slotted 12th in the nation.

157- 157 is another extremely deep class, with marquee matman Jake Percival of Ohio at the forefront. Percival finished second at last year's NCAA Championships in St. Louis, and is ranked there this preseason. He also is the defending MAT TOWN champion. Clarion's Chris Horning is ranked ninth, Muzaffar Abdurakhmanov of American is 13th, also taking the title for longest name at this year's tournament. Pittsburgh's Justin Nestor is in at 19th with Penn State's Nathan Galloway at 20th.

165- 2003 MAT TOWN champion Zachariah Doll of Pittsburgh returns to defend his title at 165, ranked 17th. No. 13 Matt Nagel of Minnesota is sure to make that defense a tough one.

174- At 174, MAT TOWN features four more ranked wrestlers, led by Jon Duncombe of Minnesota at ninth. Indiana's Brady Richardson is as high as 15th, 2003 MAT TOWN runner-up Francis Iorfido of Pittsburgh is 17th and Rider's Sean Jenkins comes in at 20th.

184- Penn State's Eric Bradley won last year's MAT TOWN, and comes in ranked fifth at 184. Among the challengers is No. 14 Roger Kish of Minnesota.

197- Incumbent Kyle Cerminara of Buffalo was the MAT TOWN runner-up a year ago, also finishing eighth at the NCAA Championships. Three ranked grapplers will also compete in the 197 class, including No. 8 Pat DeGain of Indiana, Minnesota's Matt Koz at 16th and Penn State's Joel Edwards at 18.

Hwt.- The big fellas are led by No. 2 Cole Konrad of Minnesota. Ohio's Jermiah Beltran has been ranked as high as 12th and throw in Penn State's Josh Walker, last season's MAT TOWN third-place finisher, and one can expect some seismic impacts in the heavyweight division.

Bald Eagles at the 2003 Mat Town Invite

The Bald Eagles had nine wrestlers place in the top eight as the team finished sixth overall in the 2003 Mat-Town USA Invitational hosted by The Haven on Saturday.

Cornell University captured the team title with 156 points and four champions. Penn State was second (127 pts.) and Pittsburgh placed third by just one-half a point (126.5 pts.). Ohio University was fourth (119.5) and Rider University (88) rounded out the top five. The host Lock Haven University was a close sixth (87.5), while the University of Buffalo finished sev-

LHU Wrestling Schedule/Results

Date	Opponent	Result
11/20at East Stroudsburg Open	.4 ind. placers
11/22MILLERSVILLE	..41-3
11/27	...MAT TOWN USA INVITATIONAL	...9 a.m.
12/5at Penn State Open	...9 a.m.
12/8AMERICAN UNIVERSITY	...7:30 p.m.
12/28-29	..at North Carolina-Greensboro	...9 a.m.
1/14-15at Virginia Duals	...9 a.m.
1/21at Iowa State	...5 p.m.
1/28-29	...at PSAC Championship	...9 a.m.
(East Stroudsburg, Pa.)
2/5at Edinboro	...7:30 p.m.
2/6at Cleveland State*	...3 p.m.
2/8at Penn State	...7 p.m.
2/11PITTSBURGH*	...7:30 p.m.
2/13WEST VIRGINIA*	...7:30 p.m.
2/18at Bloomsburg*	...7:30 p.m.
2/19CLARION	...7:30 p.m.
3/5-6at 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

enth (83.5). The University of Virginia (62), Clarion University (54.5), Slippery Rock University (40.5) and the University of North Carolina (29) followed in eighth through 11th places.

At 149 pounds, **Mike Maney** was the Haven's top finisher after advancing to the finals where he lost a 6-2 battle against No. 2-ranked Dustin Manotti of Cornell.

Charlie Brenneman placed third overall at 157 pounds, beating Penn State's James Woodall 14-7 in the consolation championship. At 197 pounds, **Morgan Horner** also advanced in the consolation championship where he lost 3-1 in sudden victory to Pittsburgh's Josh Birt to place fourth.

Both **Jason Gilligan** and **Mike Greenberg** were sixth-place finishers. Gilligan had advanced to the consolation semifinals at 165 pounds before taking two medical forfeits to wind up sixth overall. Greenberg won two straight in the 184-pound championship bracket before dropping down into the consolations in a 16-8 major decision to eventual finalist Nick Catone of Rider. Greenberg wound up sixth after suffering a fall against Travis Smith of Ohio.

Heavyweight **Steve Itterly** placed seventh, while the Bald Eagles' **James Barnes** (Windsor, Conn./Windsor) (133 lbs.), **Tory Leitch** (149 lbs.) and **Carlos Ponce** (Hialeah, Fla./Hialeah Miami Lakes) (165 lbs.) all finished eighth.

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** (Denver, Pa./Cocalico) and **Ben Hepburn** (Williamsport, Pa./Loyalsock) join transfers **Josh Medina** (Las Vegas/Pima C.C.) and **B.J. Mikeska** (Derry, Pa./Bloomsburg University) as the top new LHU matmen. This quartet was undefeated at the Millersville meet, and has gone 12-7 (.632) thus far this season with three falls.

2003 Mat Town Team Results

FINAL TEAM STANDINGS

1.	..Cornell156
2.	..Pittsburgh126.5
3.	..Penn State126
4.	..Ohio119.5
5.	..Rider88
6.	..Lock Haven87.5
7.	..Buffalo83.5
8.	..Virginia62
9.	..Clarion54.5
10.	..Slippery Rock	...40.5
11.	..North Carolina	...29

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