

LOCK HAVEN UNIVERSITY WRESTLING

Dec. 28-29 -- Southern Scuffle hosted by UNC-Greensboro

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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:646-245-11
 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:18-21/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	R-Fr.	11-5, 0 falls
133	Jimmy Collins	R-Jr.	5-5, 0 falls
141	Brian Ellis	Fr.	8-6, 1 fall
149	Josh Medina	Jr.	9-3, 0 falls
157	Seth Martin	R-So.	10-6, 4 falls
165	B.J. Mikeska	Jr.	7-5, 1 fall
174	Carlos Ponce	R-So.	8-7, 0 falls
184	Mike Metzger	So.	5-5, 1 fall
197	Ben Hepburn	Fr.	7-7, 1 fall
Hwt.	Jamie Nagle	Fr.	1-6, 0 falls

The Meet

The Lock Haven University wrestling team (2-0) heads back into action after a three-week hiatus, doing battle at the Second-Annual Southern Scuffle hosted by UNC-Greensboro.

The two-day event boasts grapplers from 22 teams, including No. 7 2004 Mat Town Champion University of Minnesota, No. 11 2003 Mat Town Champion Cornell, No. 19 Edinboro University, No. 22 Navy and No. 23 Rider University.

The tournament also features a plethora of individually-ranked matmen, including the top 133-pounder, Cornell's Travis Lee, No. 2 Dustin Manotti of Cornell at 149, No. 1 Greg Jones of West Virginia at 184 and No. 2 Cole Konrad of Minnesota at Heavyweight.

Last Time Out for LHU

Facing three ranked wrestlers may seem like a daunting task, but the Lock Haven wrestling team (2-0) wouldn't back down from the challenge, nearly taking two of those bouts and winning the dual meet with American University (0-4), 28-16. 165-pound junior **B.J. Mikeska (Derry, Pa./Bloomsburg University)** continued his dual-meet excellence, scoring a major victory to lead the Haven.

Mikeska took Dwayne Hash-Barberis 16-8, improving to 7-5 on the season and 2-0 in dual meets. Joining Mikeska in the win column were **Josh Medina (Las Vegas/Pima C.C.)** with a 10-4 decision and **Ben Hepburn (Williamsport, Pa./Loyalsock)** recorded a 9-2 win. American was forced to forfeit three weight classes due to lack of grapplers.

The unsung heroes of the dual were senior **Justin Johnson (Wyalusing, Pa./Bloomsburg University)** and sophomore **Carlos Ponce (Hialeah, Fla./Hialeah Miami Lakes)**.

Johnson squared off with No. 16 Josh Glenn, and scored a quick takedown in the first 15 seconds that nearly resulted in a fall Glenn would recover for a fall of his own at 6:52. Ponce

All Rankings from the NWCA

took on No. 20 Daniel Waters, taking the 174-pounder to the limit in a 6-5 loss.

"I'm proud of everybody's effort tonight," head coach **Rocky Bonomo** said. "(American head coach) Mark Cody said we had his guys scouted well, and I attribute that to the hard work of our guys. The challenges only get tougher from here, but I'm proud of these men."

Mikeska Picked for LHU Athlete of the Week

Junior wrestler **B.J. Mikeska** has been named Lock Haven University Athlete of the Week for his performance in the dual win over American University during the week ending Dec. 12.

Mikeska sealed up a team victory in this week's dual with American with his 16-8 major decision over Dwayne Hash-Barberis. Mikeska avenged his Mat Town Tournament loss to Hash-Barberis in convincing fashion, scoring five takedowns on the 165-pounder.

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** 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. Sophomore **Seth Martin (Selinsgrove, Pa./Selinsgrove)** recorded the technical fall.

New Faces

The Bald Eagles had four first-year members in their starting lineup for both of their dual meets this season. 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 both the American and Millersville meets, and has gone 30-21 (.588) 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 (10-6), and has a team-high four pins. His win total ranks him one behind team-leader **Obe Blanc (Naples, Fla./Lely)** (11-5), and with his last

LHU Wrestling Schedule/Results

(2-0, 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	.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

fall he overtook **Jimmy Collins (Jonestown, Pa./Northern Lebanon)** as the active career leader in pins with seven.

LHU Places Six at Penn State Open

Lock Haven wrestling had a strong showing at this year's Nittany Lion Open, placing six individuals. Junior **Seth Martin** and Sophomore **Obe Blanc** 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** placed sixth at 197 lbs., with senior 194-pounder **Justin Johnson** 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.

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

Eastern Wrestling League Standings

Team	EWL	Total
Pittsburgh	1 0	1 1
Edinboro	0 0	4 1
Lock Haven	0 0	2 0
Cleveland State	0 0	1 2
Clarion	0 0	1 2
West Virginia	0 0	0 1
Bloomsburg	0 1	1 1

2004-05 Bald Eagle Wrestling

Name	Wt.	Yr.	Hometown/Previous School
James E. Barnes	133	R-Sr.	Windsor, Conn./Windsor
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./Guilleyland
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
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-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
Dustin Swindell	165	R-Fr.	Hopewell, Pa./Northern Bedford
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 12/16/04)

Name/YR	Wt.	SEASON		CAREER					
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF/MT	Fall
Obe Blanc, R-FR	125	11-5	0	0	0	11-5	0	0	0
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	5-5	1	2	0	35-36	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	7-6	5	0	1 (4:41)	7-6	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	9-3	2	0	0	9-3	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
Matt Marquart, JR	157	5-4	1	0	2 (1:28)	8-13	1	0	3
Seth Martin, R-JR	157	10-6	2	1	4 (0:53)	24-17	3	3	7
Andrew Martin, FR	165	0-2	0	0	0	0-2	0	0	0
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	7-5	1	1	1 (2:31)	11-8	1	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	8-7	2	0	0	16-26	4	0	0
Derrick Morgan, R-JR	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
Mike Metzger, SO	184	5-5	1	0	1 (0:25)	12-10	3	0	1
Justin Johnson, SR	184	5-5	0	0	1 (2:55)	15-7	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	7-7	0	0	1 (3:38)	7-7	0	0	1
John Loff, SO	197/HWT					5-9	1	0	2
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	1-6	0	0	0	5-24	0	0	0
Damian Carbone, FR	HWT					0-0	0	0	0