

# LOCK HAVEN UNIVERSITY WRESTLING



Jan. 29 -- at PSAC Championship at East Stroudsburg University

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## Lock Haven Wrestling Quick Facts

Name of School .....Lock Haven University  
 City/State/Zip .....Lock Haven, PA 17745  
 Founded .....1870  
 Enrollment .....4500  
 Nickname .....Bald Eagles  
 School Colors .....Crimson and White  
 Home Field .....Thomas Field House  
 Affiliation .....NCAA Division I  
 Conference .....Eastern Wrestling League  
 President .....Dr. Keith T. Miller  
 Alma Mater .....University of Arizona  
 Athletics Director .....Sharon E. Taylor  
 Alma Mater .....Lock 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



## Probable Starters

Sch.	Wt.	Name	Yr.	'04-'05 Record
LHU	125	Obe Blanc	R-Fr.	18-9, 0 falls
LHU	133	Jimmy Collins	R-Jr.	6-11, 6 falls
LHU	141	Matt Fittery	Fr.	9-12, 1 fall
LHU	149	Josh Medina	Jr.	16-6, 0 falls
LHU	157	Seth Martin	R-So.	20-11, 5 falls
LHU	165	B.J. Mikeska	Jr.	11-10, 2 falls
LHU	174	Carlos Ponce	R-So.	10-13, 0 falls
LHU	184	Justin Johnson	Sr.	8-12, 1 fall
LHU	197	Mike Metzger	So.	11-9, 1 fall
LHU	Hwt.	Tim Meyers	Jr.	2-12, 1 fall

## The Meet

The Lock Haven University wrestling team (3-4) will travel to East Stroudsburg University for the PSAC Championships.

Live updates will be available on WBPZ 1230 AM Radio.

Last Time out at LHU

The Lock Haven wrestling team (3-4) was unable to fend off some difficult dual-meet opponents as the Bald Eagles fell to Stanford University (4-2) 22-15 and #3 Iowa State University (13-0) 35-12 in a pair of dual meets hosted by Iowa State on Jan. 21.

The Bald Eagles jumped out to a 3-0 lead on the Cardinal after a 6-4 sudden-victory win by freshman 125-pounder **Obe Blanc (Naples, Fla./Lely)**. After two losses, the Haven would tie the score at six on a 7-5 decision by junior **Josh Medina (Las Vegas/Pima C.C.)** in the 149-pound bout.

After sophomore **Seth Martin's (Selinsgrove, Pa./Selinsgrove)** forfeit victory, LHU had it's largest lead of the dual at 12-6. Three consecutive losses later, the Haven was facing a 18-12 deficit with two matches left.

Sophomore **Mike Metzger (Reading, Pa./Governor Mifflin)** earned a 10-6 win over Ian Bork at 197, cutting the Cardinal lead to three, but a major-decision loss at heavyweight gave the Bald Eagles the 22-15 loss.

Against Iowa State the Bald Eagles faced a lineup of six ranked matmen, and again jumped out to a 3-0 lead on a 7-5 win by Blanc. The Haven would drop the next two, falling behind 9-3, before 8-7 decision by Medina cut the edge to three.



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.

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

Last Year at PSAC

The Lock Haven University of Pennsylvania wrestling team was the runner-up to defending champion Edinboro University at the 2004 Pennsylvania State Athletic Conference (PSAC) Wrestling Championships with two wrestlers, **Mike Maney** and **Jim Collins (Jonestown/Northern Lebanon)**, bringing home individual titles. Senior Mike Maney made history as the 13th wrestler in the conference and the seventh Bald Eagle to win four titles with a win today at 149 pounds. Maney was also dubbed the tournament's Outstanding Wrestler.

The Bald Eagles scored 118 team points to place second overall. Edinboro University captured its third straight PSAC team trophy collecting 140.5 team points over the two-day tournament. Bloomsburg was third with 91 points, and East Stroudsburg placed fourth with 77.5 points. Millersville and Clarion tied for fifth place with 72.0 points each. Shippensburg (44.5), Slippery Rock (44) and Kutztown (30) followed in seventh through ninth place.

In addition to its pair of champions and two runners-up, all five wrestlers in the third and fifth-place bouts scored wins. Lock Haven had three grapplers pick up third-place finishes and another two taking fifth place. LHU's **Jason Gilligan** earned the Most Falls Award with three over the span of the championships.

Scouting the PSAC

**125** - Two returning place-winners, Adam Bunting of Millersville and Jamie Thomas from Shippensburg, return to the field. Bunting, who comes in 6-8 on the season, lost by a tight 6-4 decision in the last year's final to Collins for his best finish of his career.

**133** - Edinboro junior Shawn Bunch, the top-ranked wrestler in the NCAA at 133, is the heavy favorite here. Bunch holds an impressive 26-1 record with his only defeat coming at the hands of second-rated Travis Lee of Cornell by a 6-4 overtime score in the Las Vegas Invitational.

**141** -This weight has all the makings of an extremely exciting and competitive group. Three-time PSAC place-winner and defending champion Frank Edgar of Clarion will be the top seed but will have three strong challengers, East Stroudsburg's Scott Heckman, Ron

**LHU Wrestling Schedule/Results**

**(3-4, 0-0 EWL)**

Date	Opponent	Result
11/20	at East Stroudsburg Open	.4 ind. placers
<b>11/22</b>	<b>MILLERSVILLE</b>	<b>W, 41-3</b>
<b>11/27</b>	<b>MAT TOWN USA INVITATIONAL</b>	<b>.12th of 13</b>
12/5	at Penn State Open	.6 ind. placers
<b>12/8</b>	<b>AMERICAN UNIVERSITY</b>	<b>W, 28-16</b>
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	.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.
<b>2/11</b>	<b>PITTSBURGH*</b>	<b>.7:30 p.m.</b>
<b>2/13</b>	<b>WEST VIRGINIA*</b>	<b>.7:30 p.m.</b>
2/18	at Bloomsburg*	.7:30 p.m.
<b>2/19</b>	<b>CLARION</b>	<b>.7:30 p.m.</b>
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 4
Edinboro	1 0	7 3
Pittsburgh	1 0	4 4
<b>Lock Haven</b>	<b>0 0</b>	<b>3 4</b>
Cleveland State	0 0	3 12
Clarion	0 2	3 8 1
Bloomsburg	0 2	4 5

**PSAC Standings**

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

Doppelheuer of Edinboro and Bloomsburg's Brad Forbes all have quality wins and should challenge for a top-three placing.

**149** - After Lock Haven's Mike Maney dominated this weight class by winning the last of his four titles, this year projects to be a more wide open race for the title. The favorites should be East Stroudsburg's Mark Smith, Zach Leathers of Shippensburg, Shawn Blanchard from Millersville and Josh Medina of Lock Haven.

**157** - The 2004 runner-up and nationally ranked Chris Horning of Clarion will highlight this bracket. Horning lost a close 4-2 decision to Slippery Rock's Brad Cieski last year after taking third at 165 his freshman season.

**165** -The 174-pound defending champion and All-American, Nate Yetzer of Edinboro moves down to 165 and will be the wrestler to beat.

**174** -Nationally ranked Bryce Haseman will be the top seed in a solid 174-pound field. The bracket is void of a returning champion with Edinboro's Nate Yetzer moving down to 165.

**184** -The 184-pound division has two place-winners and three others having good seasons in a weight class without a pre-tournament favorite. Millersville's Mark Knock (15-7) grabbed sixth place last year while Clarion's Dave Gardner (7-11) was fifth at 174 in 2003.

**197** - Returning champion Chad Hoare of Bloomsburg, runner-up Mike LaBella from Edinboro and 184-pound runner-up Corey Jacoby will provide a solid foundation to a quality weight class.

**Hwt** - The heavyweight division should prove to be one of the tougher groups. Joe Hennis of Edinboro returns to defend his 2004 title but will see serious challenges from four of the other eight wrestlers in the field.

## 2004-05 Bald Eagle Wrestling

<b>Name</b>	<b>Wt.</b>	<b>Yr.</b>	<b>Hometown/Previous School</b>
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

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### PRO-nun-SEE-a-shun GUYED

Joshua A. Medina	.....muh-DEEN-uh	Obe Blanc	.....OH-bee BLAHNK
B.J. Mikeska	.....mih-KESS-kuh	Carlos Ponce	.....PONSE
Dan Thoman	.....THOM-an	Nick Hawrylchak	.....HOW-ruh-luh-CHECK

**Lock Haven University of Pennsylvania**  
**2004-05 Wrestling Season and Career Individual Records (as of 1/27/05)**

Name/YR	Wt.	SEASON			CAREER			TF/MTFall	
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF	MTFall
Obe Blanc, R-FR	125	18-9	2	0	0	18-9	2	0	0
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	6-11	2	1	0	36-42	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	9-12	4	1	1 (4:41)	9-12	4	1	1
Jamiel 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	16-6	5	0	0	16-6	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	20-11	5	3	5 (0:53)	34-22	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	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	10-13	2	0	0	18-32	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	11-9	3	0	1 (0:25)	19-14	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	2-12	0	0	1 (3:53)	6-30	0	0	1
Damian Carbone, FR	HWT					0-0	0	0	0