

# LOCK HAVEN UNIVERSITY WRESTLING

Feb. 8 -- at #15 Penn State 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: . . . . . 648-250-11  
 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: . . . . . 20-26/two+  
 Career Record/Years: . . . . . same  
 Assistant Coaches: . . . . . Mike Rogers (Lock Haven '97)  
 . . . . . Mike Maney (Lock Haven '04)  
 Director of Athletics' Operations: . . . . . Wally Kocher



V.



### Probable Starters

Sch.	Wt.	Name	Yr.	'04-'05 Record
LHU	125	Obe Blanc	R-Fr.	22-9, 2 falls
PSU	125	#16 Adam Smith	Sr.	17-8
LHU	133	Jim Collins	R-Jr.	7-15, 0 falls
PSU	133	#20 Bryan Heller	Fr.	19-11
LHU	141	Matt Fittery	Fr.	12-15, 2 falls
or	141	Brian Ellis	Fr.	10-8, 1 fall
PSU	141	#20 DeWitt Driscoll	Jr.	24-12
LHU	149	None		
PSU	149	Jack Decker	Fr.	17-19
LHU	157	Seth Martin	R-So.	23-14, 6 falls
PSU	157	#13 Nate Galloway	So.	25-9
LHU	165	Rory McCoy	Fr.	12-11, 3 falls
PSU	165	Jarrad Turner	Sr.	8-17
or	165	Steven Troup	Fr.	8-11
LHU	174	Carlos Ponce	R-So.	10-17, 0 falls
PSU	174	James Yonushonis	So.	11-14
LHU	184	Mike Metzger	So.	13-11, 1 fall
PSU	184	#6 Eric Bradley	Jr.	10-2
LHU	197	Morgan Horner	Jr.	3-3, 2 fall
PSU	197	Phil Davis	Fr.	27-5
LHU	Hwt.	Jamie Nagel	Fr.	2-12, 0 falls
PSU	Hwt.	Joel Edwards	Jr.	20-10
or	Hwt.	C.J. Wonsettler	So.	10-11



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.

### The Meet

The Lock Haven University wrestling team (4-5, 1-1 EWL) will head up route 64 to neighboring No. 15 Penn State University (8-8, 2-3 Big Ten), on Tuesday, Feb. 8 at 7 p.m. PSU is the Bald Eagles' highest-ranked opponent of the season.

This dual marks the final non-conference meet of the season for LHU, as all remaining duals will feature Eastern Wrestling League (EWL) foes. It will also be senior day for the Nittany Lions. Live audio is available on the PSU site at [www.gopsusports.com](http://www.gopsusports.com).

Last Time out for LHU

The Lock Haven Wrestling team got two pins and a forfeit en route to a 25-20 victory over EWL foe Cleveland State University Sunday. This win marks the first EWL victory of the season for the Bald Eagles.

The afternoon started at 165 with a 13-0 major decision by freshman **Rory McCoy (Hughesville, Pa./Hughesville)**, helping

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 Bald Eagles jump out to a 4-0 lead. McCoy improves to 12-11 on the year with his second major victory.

After a decision and a forfeit against the Bald Eagles at 174 and 184, junior **Morgan Horner (Hasbrouck Heights, N.J./Hasbrouck Heights)** got things back on the right track with a first-period fall over Joe Phillips. Horner has only wrestled in the last three meets for his abbreviated season, but he now has three wins, two by fall and one by major decision.

A tech fall defeat at heavyweight put LHU behind 14-10, but freshman **Obe Blanc (Naples, Fla./Lely)** would answer with his second fall in consecutive days to put Lock Haven in front 16-14. Blanc now has a team-best 23 wins this season.

A loss by decision followed by a forfeit win for LHU at 141 made the score 22-17 LHU with two matches left.

In the 149-pound bout, junior **Joshua A. Medina (Las Vegas/Pima C.C.)** scored an 8-4 victory over Ryan Hurley to seal the win for the Haven. Medina has now won seven matches in a row.

CSU took the final bout at 157 to make the final tally 25-20. LHU is now 12-2 in the last 14 meets against the Vikings, dating back to 1992.

Scouting the Nittany Lions

The No. 15 Penn State Nittany Lions are licking their wounds after a 23-16 loss to No. 10 Iowa University in their own Rec Hall Feb. 4. PSU has had a successful 2004-05 season against EWL foes, posting convincing victories over Edinboro University, West Virginia University and the University of Pittsburgh.

Penn State is led by a quintet of ranked grapplers, with No. 6 184-pounder Eric Bradley at the helm. Bradley had one of his more difficult outings of the season against Iowa, edging No. 9 Paul Bradley 3-2.

Joining Eric Bradley are No. 13 Nate Galloway at 157, No. 16 Adam Smith at 125, and No. 20s Bryan Heller and DeWitt Driscoll at 133 and 141, respectively. All of the ranked matmen, sans Bradley and Smith, met defeat against the Hawkeyes on Friday.

PSU holds a 25-4 advantage all-time against the Bald Eagles, but

### Eastern Wrestling League Standings

Team	EWL	Total
West Virginia	3 0	3 5
Edinboro	2 0	8 3
Pittsburgh	2 1	6 6
Bloomsburg	2 2	6 5
<b>Lock Haven</b>	<b>1 1</b>	<b>4 5</b>
Clarion	0 3	3 10 1
Cleveland State	0 3	2 14

### PSAC Standings

Team	Record
East Stroudsburg	6 1
Kutztown	7 2
Edinboro	8 3
Bloomsburg	6 5
Shippensburg	4 5 1
<b>Lock Haven</b>	<b>4 5</b>
Clarion	3 10 1
Slippery Rock	3 13
Millersville	2 5 1

### LHU Wrestling Schedule/Results

(4-5, 1-1 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	.4th of 9
	(East Stroudsburg, Pa.)	
2/5	at Edinboro*	.L, 13-33
2/6	at Cleveland State*	W, 25-20
2/8	at #15 Penn State	.7 p.m.
<b>2/11</b>	<b>PITTSBURGH*</b>	<b>7:30 p.m.</b>
<b>2/13</b>	<b>#22 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

the two teams have split the last four meetings.

Last Time Against Penn State

The tenth-ranked Penn State Nittany Lions toppled Lock Haven by a final score of 26-11 Feb. 8, 2004 at Thomas Fieldhouse.

Penn State scored wins in the first five matches of the night, building a 19-0 lead before the Haven would finally answer.

The Haven would earn its first points of the match on a 14-6 major decision by **Jason Gilligan** over Jeremy Hart at 165 pounds.

Gilligan took control early, outscoring the Nittany Lion in all three periods, including three takedowns in the third period.

At 174 pounds, Bald Eagle **Dan Riggs** added three more points to the Haven's total to make the score 19-7 after a 3-1 win over Rich Brooks. Riggs scored all three points in the second period and gave up just a third-period escape before securing the victory.

The final Bald Eagle points were earned by 197-pounder **Carlos Ponce (Hialeah, Fla./Hialeah Miami Lakes)** who won in decisive fashion over A.J. Cummins with a 12-4 major decision. Ponce stormed out to a 5-1 lead after the opening period and scored another takedown in the second to remain in the lead over the Nittany Lion back-up, 7-2. Two more takedowns and a riding time tally for the red-shirt freshman earned the 12-4 win and moved the score to 22-11 in favor of Penn State.

Streakin'

Both **Obe Blanc** and **Joshua A. Medina** have put together impressive winning streaks as of late. Both first-year matmen for the Bald Eagles won PSAC titles. Both grapplers have compiled seven-game winning streaks.

## 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./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

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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 2/7/05)**

Name/YR	Wt.	SEASON		CAREER					
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF/MT	Fall
Obe Blanc, R-FR	125	23-9	3	0	2 (4:34)	23-9	3	0	2
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	7-14	2	2	0	37-46	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	12-15	4	1	2 (4:30)	12-15	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	21-6	7	0	0	21-6	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	23-14	6	3	6 (0:53)	37-25	7	5	9
Andrew Martin, FR	165	0-2	0	0	0	0-2	0	0	0
Rory McCoy, FR	165	12-11	2	0	3 (1:15)	12-11	2	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	10-17	2	0	0	18-36	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	3-3	1	0	2 (1:11)	41-18	8	0	11
Monty Rockey, FR	HWT	2-3	0	0	1 (1:38)	2-3	0	0	1
Jamie Nagel, FR	197/HWT	2-12	0	0	0	2-12	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