

LOCK HAVEN UNIVERSITY WRESTLING



Jan. 14-15 -- Virginia Duals hosted by the University of Virginia

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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.	15-7, 0 falls
133	Jimmy Collins	R-Jr.	5-7, 0 falls
141	Clint Shirk	Fr.	11-4, 2 falls
149	Josh Medina	Jr.	12-5, 0 falls
157	Seth Martin	R-So.	17-9, 4 falls
165	B.J. Mikeska	Jr.	9-7, 1 fall
174	Carlos Ponce	R-So.	9-9, 0 falls
184	Mike Metzger	So.	8-7, 1 fall
197	Ben Hepburn	Fr.	12-10, 1 fall
Hwt.	Jamie Nagle	Fr.	2-8, 0 falls

The Meet

The Lock Haven University wrestling team (2-0) heads back into action at the annual Virginia Duals, a showcase of the national wrestling powers in a dual-tournament format.

The two-day event features 16 schools, including No. 6 University of Nebraska, No. 12 University of Missouri and No. 19 Edinboro University.

Last Time Out for LHU

Seven Lock Haven wrestlers made unattached appearances at the Hitchcock Memorial Classic, hosted by Millersville University Jan. 8, earning six places.

Freshmen **Obe Blanc (Naples, Fla./Lely)** and **Clint Shirk (Julian, Pa./Bald Eagle Area)** took titles at 125 and 133, respectively. Blanc got a 7-3 decision of Millersville's Adam Bunting, while Shirk topped Penn State's Jake Strayer 7-4 to earn their titles.

Sophomore 157-pounder **Seth Martin (Selinsgrove, Pa./Selinsgrove)** and freshmen 165-pounder **Rory McCoy (Hughesville, Pa./Hughesville)** and heavyweight **Monty Rocky (Port Matilda, Pa./Bald Eagle Area)** each earned second-place honors, while **Ben Hepburn (Williamsport, Pa./Loyalsock)** earned third place at 197.

Scouting the Virginia Duals

The Virginia Duals boast a multitude of individually-ranked matmen, including the top grappler at 133,

Indiana University's No. 5 Joseph Dubuque leads the field at 125, while No. 1 Shawn Bunch of Edinboro looks to control the field at 133.

No. 7 Mike Simpson of Indiana is the top-ranked 141-pounder, and the University of Missouri's 149-pounder Cody Greene slides in at No. 16.

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

American University's No. 3 Muzaffar Abdurahkmanov and Ohio University's No. 4 Jake Percival are lined up for a rematch of the 2004 Mat Town championship bout at 157, where Percival conceded due to injury.

Edinboro's No. 8 Nate Yetzer is the top guy at 165, while Missouri's No. 2 Ben Askren is a force at 174.

No. 5 Travis Pascoe of Nebraska is ready for any 184-pound challenge, as is teammate No. 16 B.J. Padden, the top guy at 197.

Indiana's Pat DeGain paces the field at heavyweight, earning a No. 5 ranking.

LHU at the Southern Scuffle

Using the strength of a strong performance on day one, the Lock Haven wrestling team narrowly missed the top-10, finishing 11th of 23 teams Dec. 29 at the second-annual Southern Scuffle hosted by UNC-Greensboro. The Bald Eagles bettered No. 23 Rider University by 19 points, as No. 7 University of Minnesota took the team title.

Sophomore **Seth Martin** and senior **Justin Johnson** (Wyalusing, Pa./Bloomsburg University) were the placers for the Haven, finishing fifth and sixth, respectively.

Martin scored two quick wins by major decision before dropping his first match of the tourney to Cornell University's John Cholish by a 2-1 decision. The 157-pounder would rebound in the wrestlebacks, scoring another major and a technical fall prior to a pinfall loss. Martin would get a default win over UNCG's O.T. Johnson in the fifth-place bout.

Johnson was the highlight of day one for the Bald Eagles, going 3-0 at 184, including an 8-3 victory over No. 14 Alex Camargo of Kent State University in the quarterfinals. Day two wouldn't be as kind to Johnson, as pinfall losses to No. 9 Tyler Baier of Cornell and Appalachian State University's Sean McIntosh would give him sixth place.

Martin Named Eagle Ford Athlete of the Week

Sophomore wrestler **Seth Martin** has been named Eagle Ford Athlete of the Week for his fifth-place performance at the

Eastern Wrestling League Standings

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

PSAC Standings

Team	Record
Lock Haven	2 0
Edinboro	4 1
East Stroudsburg	3 1
Kutztown	2 1
Bloomsburg	3 3
Shippensburg	1 2 1
Slippery Rock	3 6
Clarion	2 6 1
Millersville	0 2 1

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	.11th of 23
1/8	Hitchcock Memorial Classic	.6 ind. placers
	(Millersville, Pa.)	
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

Southern Scuffle, hosted by UNC-Greensboro during the week ending Jan. 2.

Martin scored two quick wins by major decision before dropping his first match of the tourney to Cornell University's John Cholish by a 2-1 decision. The 157-pounder would rebound in the wrestlebacks, scoring another major and a technical fall prior to a pinfall loss. Martin would get a default win over UNCG's O.T. Johnson in the fifth-place bout, helping the team to an 11th-place finish.

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 **Joshua A. 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 both the American and Millersville meets, and has gone 41-30 (.577) 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 is nearing 20 victories (17-9), and has a team-high four pins. His win total ranks him tops on the team, and with his last fall he overtook **Jimmy Collins (Jonestown, Pa./Northern Lebanon)** as the active career leader in pins with seven.

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 1/13/05)

Name/YR	Wt.	SEASON		CAREER					
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF/MT	Fall
Obe Blanc, R-FR	125	15-7	1	0	0	15-7	1	0	0
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	5-7	2	1	0	35-38	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	8-8	5	0	1 (4:41)	8-8	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	12-5	3	0	0	12-5	3	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	17-9	6	2	4 (0:53)	31-20	7	4	7
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	9-7	2	1	1 (2:31)	13-10	2	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	9-9	2	0	0	17-28	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
Mike Metzger, SO	184	8-7	3	0	1 (0:25)	15-12	5	0	1
Justin Johnson, SR	184	8-8	0	0	1 (2:55)	18-10	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	12-10	2	0	1 (3:38)	12-10	2	0	1
John Loff, SO	197/HWT					5-9	1	0	2
Monty Rockey, FR	197/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	1-8	0	0	0	5-26	0	0	0
Damian Carbone, FR	HWT					0-0	0	0	0
Tucker Gordner	HWT					0-0	0	0	0