

Lock Haven University Bald Eagle Wrestling



Championship Notes:

33rd Eastern Wrestling League (EWL) Championships
At the University of Pittsburgh: Pitt's Fitzgerald Field House
March 8, 2008: Session I at 10 a.m. and Session II at 5 p.m.

LHU Director of Sports Information: Doug Spatafore ... Phone: office - (570)-484-2350 ... cell - (570) 660-4507

Fax: 570-484-7025 ... email: dspatafo@lhup.edu ... HavenSports.com

Bald Eagle Wrestling Quick Facts

Location: Lock Haven, Pa.
Enrollment: 5,283
Founded: 1870
Nickname: Bald Eagles
Colors: Crimson & White
Affiliation: NCAA Division I
Conference: Eastern Wrestling League (EWL)
Home Gym: Thomas Fieldhouse
President: Dr. Keith T. Miller
Director of Athletics: Sharon E. Taylor
Associate Athletic Director: Peter Campbell
Assistant Athletic Director: Danielle Barney
Athletic Department Phone: 570-484-2102
Head Trainer: Josh Drouin
Equipment Managers: Kim Lindsey
Head Coach: Rocky Bonomo
Alma Mater: Bloomsburg University ('87)
Bonomo's Record/Years at LHU: 45-56 (sixth)
Office Phone: 570-484-2387
Email: abonomo@lhup.edu
2006-07 Record: 9-8, 2-4 EWL



A 17-year veteran of the Lock Haven University wrestling program, **Anthony "Rocky" Bonomo** begins season number six 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.

In the 2006-07 season, the Bald Eagles went 8-6 and finished third at the EWL Championships. Bonomo led Obenson Blanc to earn All-American status after finishing sixth

in the nation at 125lbs.

Bonomo guided three grapplers to National Qualifier status in 2005-06, including the first Eastern Wrestling League (EWL) Champion at 125 (Obenson Blanc) since the 1999-2000 season. All told, Bonomo has helped 17 grapplers reach nationals in his five years.

The 2005 EWL Coach of the Year, Bonomo and the Bald Eagles had a banner year in 2004-05 with 10 EWL place-winners, two EWL Champions, two Pennsylvania State Athletic Conference (PSAC) Champions, and six NCAA Qualifiers.

Since his arrival as an assistant coach in 1990 and then as head coach in 2002-03, nine individuals have combined to earn 14 All-America awards. He led the 2002-03 Bald Eagles to the program's 12th straight winning season with a 12-11 overall record. Since his arrival as an assistant coach in 1990 and then as head coach in 2002-03, nine individuals have combined to earn 14 All-America awards.

Bonomo has played a large role in The Haven's success for more than a decade, helping guide the team to a 181-94-3 dual meet record and three top-15 finishes at the Division I level. With his assistance, the Bald Eagles have won four Pennsylvania State Athletic Conference Championships and won their first-ever Eastern Wrestling League Tournament title during the 1997 season.

Rocky was an outstanding wrestler at Bloomsburg University, earning NCAA Division I All-America status twice. He was also a three-time EWL champion and a three-time PSAC champion. For his contributions, Bonomo was inducted into the Bloomsburg University Athletic Hall of Fame in 1999. He added a Luzerne County Hall of Fame honor in 2005. Bonomo is a 1987 graduate of Bloomsburg University, earning a Bachelor of Arts degree.

Bald Eagle preview:

The Lock Haven University wrestling team (9-8, 2-4 EWL) is set to take part in this weekend's Eastern Wrestling League (EWL) Championships at the University of Pittsburgh.

Action kicks off this Saturday, March 8 at 10 a.m. in Pitt's Fitzgerald Field House.

The Bald Eagles head into the post-season looking for big things at this weekend's league championships.

LHU went 9-8 overall and 2-4 in EWL action with their two league wins coming over Cleveland State and Clarion.

Lock Haven will be looking to improve on their third place finish from a year. Last year at the 2007 EWL championships at Cleveland State the Haven took home two individual championships as Seth Martin and Obe Blanc won at 157 and 125 respectively.

The top two wrestlers in each weight class will earn a trip the NCAA Division I Wrestling Championship in St. Louis later this month. Along with the top two grapplers at each weight 12 EWL athletes will earn wild card bids to the NCAA championships.

Looking to lead the Bald Eagles at this year's EWL championships will be redshirt-junior Matt Fittery (Denver, Pa./Cocalico) and true freshman John Trumbetti (Montvale, N.J./St. Joseph Regional) who lead the Haven in wins with 21 and 19, respectively.

LHU's EWL Championship Lineup

125: Fr. John Trumbetti

(Montvale, N.J./Montvale) 19-8

133: Fr. Billy Ashnault

(South Plainfield, N.J./South Plainfield) 10-14

141: R-Jr. Clint Shirk

(Julian, Pa./Bald Eagle) 6-8

149: R-Jr. Matt Fittery

(Denver, Pa./Cocalico) 21-8

157: Fr. John Mangini

(Hillsborough, N.J./Hillsborough) 13-17

165: So. Derek Caldwell

(Curwensville, Pa./Curwensville) 3-12

174: Jr. Tom Kocher

(Lancaster, Pa./Manheim Township) 16-9

184: So. Jeremie Cook

(Venice, Fla./Venice) 12-5

197: R-Jr. Ben Hepburn

(Williamsport, Pa./Loyalsock) 15-12

HWT: Fr. Dan Craig

(Paw Paw, Mich./Allegan) 17-21

2007-08 Bald Eagle Wrestling

Breaking down the Bald Eagles at the EWL

Championships:

125 John Trumbetti (19-8)

The true freshman is enjoying a strong rookie season and is currently second on the team in wins with 19. Trumbetti has five falls (second on the team) and four majors on the year. His .704 win percentage is third best on the team. Five of his eight losses came against ranked opponents. He was third at the PSAC championships and took eighth at the Southern Scuffle Tournament.

133 Billy Ashnault (10-14)

Ashnault is one of four true-freshmen in the lineup for the Haven. He has the third fastest pin of the season for the Bald Eagles (0:35). Four of his losses this season were against ranked wrestlers.

141 Clint Shirk (6-8)

Shirk returned to action for the Bald Eagles at the Southern Scuffle and has gone 6-8 since.

149 Matt Fittery (21-8)

The Bald Eagles leader in wins with 21 also had a team-high seven majors. His .724 winning percentage is a team best as he has stretched his career mark to 44-29. Fittery was third at this year's PSAC championships and is looking to get back to the National Championships after qualifying in 2005 after a third place showing at the EWL's. Two of his eight losses came against ranked opponents.

157: John Mangini (13-17)

Another rookie in the lineup for the Haven, Mangini is 13-17 on the year. He has two pins and eight of his losses came at the hands of ranked wrestlers.

165 Derek Caldwell (3-12)

Caldwell entered the lineup late in the season and has three wins to his name thus far.

174 Tom Kocher (16-9)

Kocher is 16-9 with four majors. He was second at the PSAC championships this year and finished fifth at 184 at last year's EWL championships.

184 Jeremie Cook (12-5)

Cook, a national qualifier a year ago at 197 missed some action early in the season as he recovered from injury, but has been strong since returning to the mats. He is 12-5 on the season with four majors and two pins. He is now 30-21 in his career and his .706 win percentage this season is second best on the team. Of his five losses four came at the hands of nationally ranked opponents. He was third at the 2007 EWL's competing up a weight class at 197.

197 Ben Hepburn (15-12)

Hepburn finished sixth at heavyweight at last season's EWL championships and enters this year's tournament 15-12. Five of his 12 losses came against ranked opponents. He was second at the PSAC championships back in early December.

HWT: Dan Craig (17-21)

Craig was fourth at the PSAC championships and enters the tournament with a 17-21 record. He has a team-high six pins, including a 14 second pin against Boston's James Connors.

EWL Schedule

March 8, 2008

Session I begins 10 a.m.

Session II begins at 5 p.m.

Championship Matches at 7 p.m.

Times are tentative and schedule to change

Bald Eagles last time out:

LOCK HAVEN, Pa. - The Lock Haven University wrestling team (9-8) fell to No. 7 Penn State University (14-5) 35-8 tonight in Thomas Fieldhouse in non-conference dual meet action.

The Bald Eagles found themselves in a hole early trailing 6-0 after forfeiting at the 125 weight class.

Freshman Billy Ashnault (South Plainfield, N.J./South Plainfield) came out and wrestled tough at 133, but dropped a 7-3 decision to Penn State's Tim Haas.

Sophomore George Ester (Odenton, Md./Arundel), who was wrestling up several weight classes fell at 141 to 2007 All-American Jake Strayer.

At 149 pounds redshirt-junior Matt Fittery (Denver, Pa./Cocalico) put on a clinic for the home faithful on the way to his team-leading 21st win of the year. Fittery picked up the tech fall win right at the buzzer, earning a takedown and two near fall points with just seconds left in his match against Mike Eagen, winning 21-6.

Fittery went to work early scoring on three takedowns and tacking on five near fall points in the first period. He continued to dominate throughout, taking a 13-5 lead into the third and eventually accumulated 3:16 of riding time before earning the last second takedown that set up the tech fall win.

At 157 freshman John Mangini (Hillsborough, N.J./Hillsborough) lost 19-8 to PSU's Bubba Jenkins who is ranked No. 5 nationally at 149 pounds.

Sophomore Derek Caldwell (Curwensville, Pa./Curwensville) lost 19-6 to Dave Rella at 165.

Wrestling for the last time in Thomas Fieldhouse senior Mike Metzger (Shillington, Pa./Governor Mifflin) put fourth a tremendous effort, but fell 5-2 in an exciting bout at 174.

In a match that brought the entire crowd to life sophomore Jeremie Cook (Venice, Fla./Venice) scored a takedown 57 seconds into overtime to down PSU's Jack Decker 3-1.

Cook led 1-0 after the first period scoring after Decker was called for locked hands. Cook really went to work in the third erasing over two minutes of riding time that Decker had accumulated before Decker finally scored the escape. The third period ended in a frenzy with both wrestlers pushing the action setting up the exciting overtime period.

At 197 redshirt-junior Ben Hepburn (Williamsport, Pa./Loyalsock) was pinned by Phil Davis, the nation's third-ranked 197-pounder.

2007-08 Bald Eagle Wrestling

Freshman-heavyweight Dan Craig (Paw Paw, Mich./Allegan) fell to No. 16 John Laboranti 13-5 in the evening's final bout.

Individual match-by-match:

- 125: Mark McKnight (PSU) won by forfeit
- 133: Tim Haas (PSU) dec. Billy Ashnault (LHU) 7-3
- 141: Jake Strayer (PSU) Tech Fall George Ester (LHU) 19-2 (6:51)
- 149: Matt Fittery (LHU) Tech Fall Mike Eagen (PSU) 21-6 (7:00)
- 157: Bubba Jenkins (PSU) major dec. John Mangini (LHU) 19-8
- 165: Dave Rella (PSU) major dec. Derek Caldwell (LHU) 19-6
- 174: Mike Lorenzo (PSU) dec. Mike Metzger (LHU) 5-2
- 184: Jeremie Cook (LHU) dec. Jack Decker (PSU) 3-1 OT (0:43)
- 197: #3 Phil Davis (PSU) pinned Ben Hepburn (LHU) 5:25
- HWT: #16 John Laboranti major dec. (PSU) Dan Craig (LHU) 13-5
- PSU 35 – LHU 8

Fittery named EWL Wrestler of the Week:

(02/05/08) Matt Fittery of the Lock Haven University wrestling team has been named EWL Wrestler of the Week for his recent efforts on mat.

Both of Fittery's wins came against in EWL duals as he was one of two Bald Eagles to enjoy a 2-0 week.

On Friday night Fittery secured the Haven's first league win of the season picking up a critical win for LHU at 149. The redshirt-junior picked up a 8-2 over Cleveland State University's Ryan Hurley.

The meet started at 174 giving Fittery the opportunity to put the match away. He left no doubt putting the match away with the Haven eventually winning 28-13.

In Lock Haven's loss to West Virginia University on Sunday, Fittery was one of two Bald Eagles to earn victories as he picked up his team-leading 17th win of the season.

He downed WVU's David Jauregui 8-2.

Fittery was a 2005 NCAA Division I national qualifier as a true-freshman.

Trumbetti named PSAC Wrestler of the Week:

(02/05/08) Freshman John Trumbetti of the Lock Haven University wrestling team went 2-0 last week and was awarded for his efforts by being named Pennsylvania State Athletic Conference (PSAC) Wrestler of the Week.

Trumbetti was one of two Bald Eagles whom went 2-0 this past week as he improved to 15-6 on the season

The 125-pounder's 15 wins are second-best on the team as he continues to enjoy a strong rookie campaign.

On Friday night against Cleveland State, Trumbetti pinned Ryan Riggs in less than two minutes providing critical points for the LHU, who were well on it's way to the win in the Eastern Wrestling League (EWL) dual meet.

The pin marked the rookie's fifth on the year.

On Sunday in a loss to West Virginia University, Trumbetti put the Haven up early downing the Mountaineers Kyle Turnbull 7-0.

LHU SCHEDULE		
[9-7, 2-4 EWL]		
11/24/07	MAT TOWN OPEN	
12/2/07	@ Penn State Open	
12/5/2007	@ Millersville	W, 19-18
12/8/2007	@ PSAC Championships	4th
12/16/2007	LHU DUALS	
	E. Stroudsburg	W, 34-4
	UPJ	W, 19-14
	Drexel	L, 20-16
12/29/2007	@ Southern Scuffle	
1/4/2008	@ Rutgers/Wagner	
	Rutgers	W, 22-16
	Wagner	W, 45-0
1/11/2008	@ Virginia Duals	
	Virginia	L, 33-6
	Old Dominion	L, 31-3
	Oregon State	W, 18-16
1/17/2008	@ Pittsburgh	L, 24-13
1/26/2008	EDINBORO	L, 30-11
2/1/2008	CLEVELAND STATE	W, 28-13
2/3/2008	@ West Virginia	L, 30-6
2/8/2008	@ Bucknell	W, 21-18
2/15/2008	BLOOMSBURG	L, 22-16
2/16/2008	@ Clarion	W, 21-13
2/23/2008	PENN STATE	L, 38-5.
3/8/2008	@ EWL Championships	
3/20/2008	@ NCAA Division I National Championships	

Bald Eagle Leaders:

Wins

- 1. Matt Fittery 21
- 2. John Trumbetti 19
- 3. Dan Craig 17
- 4. Tom Kocher 16
- 5. Ben Hepburn 15

Win Percentage

- 1. Fittery .724
- 2. Jeremie Cook .706
- 3. Trumbetti .704
- 4. Kocher .640

Falls

- 1. Craig 6
- 2. Trumbetti 5
- 3. Billy Ashnault 4

Fastest Fall

- 1. Craig 0:14
- 2. Trumbetti 0:33
- 3 Ashnault 0:35

Majors

- 1. Fittery 7
- 2. Cook 4
- Kocher 4
- Trumbetti 4

2007-08 Lock Haven Bald Eagle Roster:

Athlete	Yr.	Ht.	Wt. Class	Hometown/Previous School
Ament, Donnie	So.	5-11	141/149	Acme, Pa./Mount Pleasant
Ashnault, Billy	Fr.	5-7	133	South Plainfield, N.J./South Plainfield
Caldwell, Derek	So.	5-11	157	Curwensville, Pa./Curwensville
Cook, Jeremie	So.	6-1	184	Venice, Fla./Venice
Copperwood, Ollie	R-Jr.	5-8	149	Hartsele, Ala./Maple Heights
Craig, Daniel	Fr.	6-1	Hwt.	Paw Paw, Mich./Allegan
Creasy, Seth	Fr.	5-9	125/133	Mercer, Pa./Mercer
Ellis, Brian	Sr.	5-9	149	Bethlehem, Pa./Liberty
Ester, George	So.	5-8	125	Odenton, Md./Arundel
Fantini, Michael	Fr.	5-9	157	Ocean Township, N.J./Ocean Township
Fautleroy, Nikkien	So.	5-6	125	Amityville, N.Y./Copiugle
Fava, Dale	Fr.	5-6	133	Elmwood Park, N.J./Don Bosco Prep
Fittery, Matt	R-Jr.	5-7	141/149	Denver, Pa./Cocalico
Hepburn, Ben	R-Jr.	6-0	184	Williamsport, Pa./Loyalsock
Hyatt, Nick	So.	5-8	125/133	Boyertown, Pa./Boyertown
Kane, Jarred	Fr.	5-8	149	Elizabethtown, Pa./Lower Dauphin
Kell, Zach	So.	5-5	133/141	Ickesburg, Pa./West Perry
Kocher, Tom	Jr.	6-2	174	Lancaster, Pa./Manheim Township
Lanno, Luke	Fr.	5-7	149/157	Manahawkin, N.J./Southern Regional
Mangini, John	Fr.	5-10	157	Hillsborough, N.J./Hillsborough
McCoy, Rory	Sr.	5-7	174	Hughesville, Pa./Hughesville
Metzger, Michael	Sr.	5-11	165	Reading, Pa./Governor Mifflin
Murtorff, Gabe	Fr.	6-4	235	Boiling Springs, Pa./Boiling Springs
Stem, Travis	So.	5-10	165	Wingate, Pa./Bald Eagle
Stosius, Zach	So.	6-0	174	Loysville, Pa./West Perry
Stout, Jake	Fr.	5-6	141	Bath, Pa./Northampton
Trumbetti, John	Fr.	5-7	125	Montvale, N.J./St. Joseph Regional
Wilkinson, Owen	Fr.	5-7	133	Beverly Hills, Fla./Hartland
Wright, Landis	So.	6-0	174	Wingate, Pa./Bald Eagle

2007-08 LHU Bald Eagles Individual Statistics (as of 03/06/08)

Name/YR	Wt.	WL	Maj.	TF	Pin (fastest)	WL	Maj.	TF	Fall
Billy Ashnault, Fr.	133	10-14	0	0	4(0:35)	4-9	0	0	4
Donnie Ament, So.	141	0-1	0	0	0	13-6	2	0	1
Derek Caldwell, So.	165	3-12	1	0	2 (0:39)	3-12	1	0	2
Jeremie Cook, So.	197	12-5	4	0	2(4:24)	30-21	4	0	9
O. Cooperwood, R-Jr.	141	6-5	1	0	0	8-5	0	0	0
Daniel Craig, Fr.	Hwt	17-21	0	0	6(0:14)	17-21	0	0	6
Seth Creasy, Fr.	125	2-3	1	0	1(1:52)	2-3	1	0	1
Brian Ellis, Sr.	149	1-1	0	0	0	16-27	4	0	1
George Ester, So.	125	8-8	2	0	0	19-20	6	0	0
Michael Fantini, Fr.	157	1-4	1	0	0	1-4	1	0	0
Dale Fava, Fr.	133	3-5	0	0	0	3-5	0	0	0
Matt Fittery, R-Jr.	149	21-8	7	0	1(4:23)	44-29	15	3	6
Ben Hepburn, R-Jr.	184	15-12	1	0	1(5:25)	31-30	3	0	1
Nick Hyatt, So.	125	0-0	0	0	0	13-13	1	0	2
Jarred Kane, Fr.	149	0-0	0	0	0	0-0	0	0	0
Zach Kell, So.	141	0-0	0	0	0	12-14	0	0	1
Tom Kocher, Jr.	184	16-9	4	0	0	50-39	9	0	0
Luke Lanno, Fr.	149	0-0	0	0	0	0-0	0	0	0
John Mangini, Fr.	157	13-17	0	0	2(0:46)	13-17	0	0	2
Rory McCoy, Sr.	174	0-0	0	0	0	20-26	4	0	4
Michael Metzger, Sr.	174	5-12	0	1	0	46-52	7	3	1
Gabe Murtorff, Fr.	Hwt	0-0	0	0	0	0-0	0	0	0
Clint Shirk, R-Jr.	141	6-8	0	0	0	11-11	0	0	0
Travis Stem, So.	184	4-5	0	1	0	4-7	0	1	0
Zach Stosius, So.	197	0-5	0	0	0	0-5	0	0	0
Jake Stout, Fr.	141	0-0	0	0	0	0-0	0	0	0
John Trumbetti, Fr.	125	19-8	4	0	5(0:33)	19-8	4	0	5
Owen Wilkinson, Fr.	133	12-7	1	2	3(0:37)	12-7	1	2	3
Landis Wright, So.	165	5-6	0	0	2(1:55)	29-18	3	1	3

2007-08 Bald Eagle Wrestling