

# Lock Haven University Bald Eagle Wrestling



**Championship Notes:**  
2008 NCAA Division I Wrestling National Championships  
Scotttrade Center, St. Louis, Mo.  
March 8, 2008: Session I at 10 a.m. and Session II at 5 p.m.

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## 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.



## The Bald Eagles NCAA bound trio

**Left to Right: Hepburn, Ashnault and Fittery**

*Photo courtesy of Tom Fox, Sports Editor, The Express*

## LHU's NCAA Championship Lineup

**133: Fr. Billy Ashnault**

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

**149: R-Jr. Matt Fittery**

(Denver, Pa./Cocalico) 21-8

**197: R-Jr. Ben Hepburn**

(Williamsport, Pa./Loyalsock) 15-12

## Bald Eagle preview:

Three members of the Lock Haven University wrestling team are headed west to The Gateway City to take part in the 2008 NCAA Division I Wrestling Championships at the Scotttrade Center in, St. Louis.

The NCAA championships begin Thursday, March 20 and run until Saturday, March 22.

Representing the Bald Eagles will be redshirt-juniors Matt Fittery (Denver, Pa./Cocalico) and Ben Hepburn (Williamsport, Pa./Loyalsock) along with true-freshman Billy Ashnault (South Plainfield, N.J./South Plainfield).

Hepburn and Ashnault both qualified after taking second place at the Eastern Wrestling League (EWL) Championships, while Fittery, a 2005 NCAA qualifier earned a wild card bid.

Ashnault will compete at 133 and enters the tournament 12-15 overall. He has really turned it on as of late and that was certainly apparent at the EWL tournament, where he went 2-1, falling in the championships bout to former high school teammate Jimmy Conroy of Pittsburgh.

Ashnault entered the EWL tournament as the last seed at 133, but that didn't face the rookie one bit as he went right to work upsetting the top-seed in his first match. He dropped Edinoboro's Rick Deubel 8-6 in overtime avenging a dual

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meet loss. Ashnault went on to avenge another loss from dual meet action as he topped Clarion University's 13-6.

On the season Ashnault has four pins including a 35 second one, which was the third fastest of any Bald Eagle this year.

LHU head coach Rocky Bonomo couldn't be more pleased with Ashnault's progress this season.

"He got better and better every time he stepped out onto the mat," said Bonomo of Ashnault, who has really turned some heads as of late.

"I'm proud of him, he's a great kid," added Bonomo, who also noted that only a freshman, this trip to nationals provides incredible experience for Ashnault.

Ashnault earned a first round bye and will face Ryan Donn of Oregon (23-7) on Thursday morning as he makes his NCAA championship debut for the Haven.

Hepburn enters the tournament 17-13 and finished second at EWL's at 197 after falling to West Virginia's Jared Villers 1-0. He started things at the tournament with a dominating 6-0 win over Benny Balogh of Cleveland State. Hepburn's first round win set up a face off with Edinboro's Pat Bradshaw, who was 3-0 lifetime against Hepburn having beaten him twice this season and once back in high school.

The 197-pound bout proved to be an exciting one despite the score of just 1-1 after seven minutes of wrestling. After four overtime periods the score was still tied at 4-4 and Hepburn won with 0:01 second of riding time based on the third tiebreaker.

Bonomo has very pleased with Hepburn, who he calls the ultimate team player this season.

Hepburn has wrestled at 184 and heavyweight before finding his true fit at 197 this season.

"He's done a great job for us this season," said Bonomo.

"He's strong, athletic and we're looking for him to do some damage."

Hepburn will face Oregon State's Kyle Bressler (14-8) in his first match.

Fittery, who competed at the National Championships in 2005, enters this year's NCAA tournament after receiving a wild card bid. The Haven's 149-pounder went 2-2 at the EWL championships and is 23-10 on the year. His 23 wins are a team-best while he also has a team-high nine majors.

Bonomo noted that Fittery has come a long way since missing the last two seasons with an injury and a redshirt season.

"He's a fantastic kid and it's hard to believe as a junior, but he continues to get better and better," said Bonomo of Fittery who is looking for big things this week.

"He's getting to be back at his old form and could surprise some people," said Bonomo.

Fittery is set to take on Missouri's Joshua Wagner (16-8) in his first match in St. Louis.

Bonomo is proud of his trio headed to St. Louis and is looking for his guys to go out there and win some matches on college wrestling's biggest stage.

Session I begins at 11 a.m. on Thursday morning.

**To visit the official  
2008 NCAA Division I Wrestling  
Championship website, use the following link.**

**<http://www.stlsports.org/wrestling/index.php>**

**Bald Eagles last time out:**

**The EWL Championships, March 8 at Pitt**

**PITTSBURGH** – The Lock Haven University wrestling team at the 33rd edition of the Eastern Wrestling League (EWL) Championships at Pitt's Fitzgerald Field House.

Freshman Billy Ashnault (South Plainfield, N.J./South Plainfield) and redshirt-junior Ben Hepburn (Williamsport, Pa./Loyalsock) led the Bald Eagles as both place second earning a trip the NCAA Division I National Championships.

Lock Haven took fifth overall. Edinboro University won the team title followed by host Pittsburgh.

LHU head coach Rocky Bonomo was pleased with the effort of this team today particularly that of Ashnault and Hepburn.

"It was a great effort from Billy (Ashnault)," Bonomo said. "He knocked off the top seed, the fourth seed and fought hard in the finals."

"I was very proud of him," added Bonomo who said that Ashnault has gotten better and better as the season has progressed.

Bonomo was also pleased with the effort of Hepburn who knocked off some wrestlers he hadn't beaten before.

"He showed he's capable of wrestling and competing with national caliber wrestlers," said Bonomo.

Sophomore Jeremie Cook (Venice, Fla./Venice) finished third while Matt Fittery (Denver, Pa./Cocalico) and Tom Kocher both took fourth for the Haven.

Freshman John Trumbetti (Montvale, N.J./Montvale) was fifth after going 2-2.

Clint Shirk (Julian, Pa./Bald Eagle) and Derek Caldwell (Curwensville, Pa./Curwensville) both placed sixth for the Haven.

The Bald Eagles got off a solid start after advancing seven wrestlers into the semifinals after round one.

The biggest surprise to anyone not wearing crimson and white was Ashnault's win at 133 as he topped the tournaments No. 1 seed.

Ashnault trailed Edinboro's Rick Deubel 4-2 after two periods, but an exciting third period saw the match end 6-6 sending the two in the sudden victory period. Ashnault used a high single and spun around earning the exciting victory in LHU's second bout of the day.

Ashnault wasn't done there and avenged an earlier season loss to Clarion's Rob LaBrake. Ashnault continued his aggressive wrestling and downed LaBrake 13-6.

It was 3-3 after one and Ashnault went to the work in the second. Midway through the second period Ashnault worked back-to-back cradles that allowed him to rack up six back

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points, putting him well in control leading 9-3 after two periods.

Ashnault's 2-0 start put him the finals, where he looked to avenge another loss from mid-season dual meet action. His opponent Jimmy Conroy of Pitt had taken their earlier meeting 6-1 on these same mats.

Conroy pushed the action early in the first, but Ashnault did a good job to counter and the first period ended 0-0. Starting the second period down, Conroy scored an early reversal, but Ashnault quickly responded earning the escape. Conroy however was able to ride out the third period on top and took home the title 3-1.

At 197 Hepburn qualified for the finals after going 2-0 to the open the tournament.

He started things with a dominating 6-0 win over Benny Balogh of Cleveland State.

Hepburn's first round win set up a face off with Edinboro's Pat Bradshaw, who was 3-0 lifetime against Hepburn having beaten him twice this season and once back in high school.

The 197-pound bout proved to be an exciting one despite the score of just 1-1 after seven minutes of wrestling. After four overtime periods the score was still tied at 4-4 and Hepburn won with 0:01 second of riding time based on the third tiebreaker.

Hepburn took on Jared Villers of West Virginia in the championship and lost 1-0. Earlier in the year in their EWL regular season dual Villers beat Hepburn 17-0.

Fittery was fourth after going 2-2. He opened his EWL tournament with an 18-8 major decision over Cleveland's Ryan Hurley, but fell in his second match to West Virginia's David Jauregui in close 5-4 battle.

Fittery bounced back and picked up his second major decision of the tournament after downing Bloomsburg's George Hickman putting in the third-place bout where he would meet Hadley Harrison of Clarion.

Harrison beat Fittery 6-5.

Cook, a 2007 national qualifier at 197 took third at 184 after going 2-1 in today's tournament.

After opening the tournament with a loss Cook bounced back with two straight wins. He beat Pitt's Dave Sullivan 4-0 and followed that with a 5-4 win over Bloom's Jesse Hasseman for third place.

The Bald Eagles went 9-8 overall and 2-4 in the EWL during their regular season dual meet schedule and placed fourth at the Pennsylvania State Athletic Conference (PSAC) Championships in early December.

**Visit  
HavenSports.com  
to stay updated with all the latest on  
the Bald Eagles at the  
2008 NCAA tournament**

## 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, 35-8
3/8/2008	@ EWL Championships	5th
3/20/2008	@ NCAA Division I National Championships	

### Bald Eagle Leaders:

#### Wins

1. Matt Fittery	23
2. John Trumbetti	21
3. Dan Craig	17
Tom Kocher	17
Ben Hepburn	17

#### Win Percentage

1. Fittery	.700
2. Jeremie Cook	.700
3. Trumbetti	.677
4. Kocher	.607

#### 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	9
2. Kocher	5
3. Cook	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 03/19/08)

Name/YR	Wt.	WL	Maj.	TF	Pin (fastest)	WL	Maj.	TF	Fall
Billy Ashnault, Fr.	133	12-15	0	0	4(0:35)	12-15	0	0	4
Donnie Ament, So.	141	0-1	0	0	0	13-6	2	0	1
Derek Caldwell, So.	165	3-14	1	0	2 (0:39)	3-14	1	0	2
Jeremie Cook, So.	184	14-6	4	0	2(4:24)	32-22	4	0	9
O. Cooperwood, R-Jr.	141	6-5	1	0	0	8-5	0	0	0
Daniel Craig, Fr.	Hwt	17-23	0	0	6(0:14)	17-23	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	23-10	9	1	1(4:23)	46-31	17	3	6
Ben Hepburn, R-Jr.	197	17-13	1	0	1(5:25)	33-31	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	17-11	5	0	0	51-41	10	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	6-11	0	0	0	11-14	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	21-10	4	0	5(0:33)	21-10	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

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