

#18 OLD DOMINION UNIVERSITY

MONARCH WRESTLING

VS.

VIRGINIA



Commonwealth Clash

ODU plays host to the Virginia Cavaliers this Sunday at 5:30 pm at the Ted Constant Convocation Center. Virginia has won two of the last three matches with a tough loss to #13 Virginia Tech last weekend. UVa is ranked 30th according to wrestlingreport.com's tournament scoring with three nationally ranked wrestlers according to InterMat. The Cavs were nationally ranked for the first half of the season and were receiving votes until the January 13th poll.

UVa is coming off a loss to conference rival Virginia Tech, ranked 13th in the country. Virginia holds a 20-18 advantage in the all-time series against the Monarchs. ODU has won two in a row, including a win at the Virginia Duals last year. Old Dominion won 23-12.

Scouting the Cavaliers

Virginia is led by sophomore 174-pounder Chris Henrich, ranked 9th by the USA Today/NWCA/InterMat poll. ODU's Eric Decker is coming off a close 2-1 loss to #8 Mike Miller (CMU) and will face his second straight Top Ten wrestler when he matches up against Henrich. The two matched up at the Cleveland State Open and Decker narrowly lost that match, 1-0. The Cavalier has only one loss this season.

UVa has two more nationally ranked wrestlers in 141-pounder Nick Nelson, 17th, and 197-pounder Brent Jones, 19th. Both will have to face the Monarchs nationally ranked wrestlers at their weight, Ryan Williams and Jesse Strawn respectively.

Halting Hofstra

At the CAA Duals the Monarchs halted Hofstra's 63-match conference unbeaten streak by defeating the Pride, 17-15. The streak dated back to the 98-99 season when the Pride was a member of the ECWA and continued through their joining the CAA in the 01-02 season. It was the first ever Colonial Athletic Association loss the Pride suffered.

About the Monarchs

Old Dominion has been nationally ranked since the pre-season polls, marking the first time in school history the Monarchs were ranked headed into the year.

ODU has posted 13 dual victories this year, including a win over #24 Kent State, #18 Hofstra and Purdue, who was receiving votes in the national rankings. The Monarchs have suffered six losses, but all have come to nationally ranked opponents, including five in the top twelve.

RS Sophomore James Nicholson returns to the mat in '08-09 as ODU's newest All-American. He is 28-2 this season and is ranked in the top ten in the nation. He's already beat five nationally ranked wrestlers this year.

ODU's lone senior this year, Ryan Williams, is also ranked in the Top Ten after an impressive final campaign. The two-time NCAA Qualifier is 28-3 on the season and is now second on the All-Time ODU Wins List.

Nicholson and Williams lead the way in the top ten, while Chris Brown and Jesse Strawn are all ranked nationally by at least six polls. Kyle Hutter is also ranked by a pair of polls after falling out of the major rankings for the first time since early in his sophomore year.

INDIVIDUAL RANKINGS

Here is how the Monarchs weigh in nationally in the most recent polls:

TEAM	INTERMAT	AWN	W.I.N.	WR*	D1WN**	REV
125 - JAMES NICHOLSON	6	6	5	5	6	8
133 - KYLE HUTTER	--	--	--	23	22	--
141 - RYAN WILLIAMS	7	7	7	7	7	9
165 - CHRIS BROWN	11	10	11	11	11	11
174 - ERIC DECKER	--	--	--	24	--	--
197 - JESSE STRAWN	15	14	14	12	16	15

* - WRESTLINGREPORT.COM

** - D1COLLEGEWRESTLING.NET

2008-09 ODU Schedule/Results (13-6/4-0)

Date	Opponent	Time/Results
11/9	MSU Open	1 Champ; 5 Placed
11/16	Hokie Open	2 Champs; 5 Placed
11/22	at #7 Oklahoma State	9-30 L
11/23	at #20 Oklahoma	6-28 L
11/29	Northeast Duals: (RV) Harvard	38-9 W
	#5 Missouri	9-29 L
	Bloomsburg	30-6 W
12/20	#24 Northern Iowa	15-25 L
12/29-12/30	Southern Scuffle Midlands	1 Placed 3 Placed
1/4	ODU Quad	
	UNC Greensboro	33-6 W
	Purdue	22-12 W
	George Mason*	26-9 W
1/9-1/10	Virginia Duals	
	Northern Colorado	27-9 W
	#12 Central Michigan	12-24 L
	Rider	25-12 W
	Navy	22-12 W
	#24 Kent State	18-15 W
1/17	CAA Duals Binghamton*	46--1 W
	Drexel*	34-3 W
	#18 Hofstra*	17-15 W
1/25	at Bucknell	21-9 W
2/1	at #9 Central Michigan	14-19 L
2/8	Virginia	5:30 pm
2/14	at Rider*	2:00 pm
2/19	Virginia Tech	7:30 pm
2/21	at NC State	7:30 pm
3/6-3/7	CAA Tournament	All Day
3/19-3/20	NCAA Tournament	All Day

Home dates bold

2008-09 CAA HONORS

12/9:	James Nicholson -- Co-Wrestler of the Month
1/13:	Jesse Strawn -- Co-Wrestler of the Week
1/20:	Chris Brown -- Co-Wrestler of the Week Joe Budi -- Co-Rookie of the Week
1/27:	Chris Brown -- Co-Wrestler of the Week
2/3:	Chris Brown -- Wrestler of the Week

Champions Developing the Future

Head Coach Steve Martin has led the Monarchs to a 52-22-1 mark through his fourth year at the helm. In the CAA the Monarchs have dominated with a 22-5-1 mark. Martin comes from a powerhouse of high school wrestling in Great Bridge High School in Chesapeake. In 14 years as head coach, the Great Bridge Wildcats won 13 state championships.

Martin is assisted by Mike Dixon, Jon Sioredas and Matt Storniolo. Dixon brings great recruiting skills and knowledge of the CAA coming from James Madison. He has experience coaching championship contenders while at the University of Indianapolis.

Sioredas is a third-year coach with a wealth of knowledge about the sport. Named an All-American and ranked as high as 2nd nationally at the University of Tennessee-Chattanooga, Sioredas is now using his skills to teach.

Storniolo is mirroring Sioredas' career, jumping right into coaching after graduation. He was a two-time All-American at the University of Oklahoma, as well as the Big East Rookie of the Year at Penn State.

All four coaches are wrestling champions in their own right and are building a championship future.

All-Time Wins Leaders

The Monarchs have several wrestlers approaching the All-Time leaders in wins for a career:

1. Jeff Rusak	135-19
2. Ryan Williams	126-40
3. Buddy Lee	122-25-2
4. Adam Wright	120-31
5. Nick Hall	115-18-3
6. Rich Castano	104-31-6
7. Steve Sciandra	102-25-1
8. Erik Shaw	101-25-1
9. Chris Brown	96-34
10. Tom Sinacore	95-38-02
11. Nick Pullano	93-76
12. Jamie Kelly	90-38
13. Carl Ragland	89-6-1
T14. Mike McCarthy	88-41
T14. Ben Ward	88-33-1
16. Jesse Strawn	86-48
17. Kaylen Baxter	83-48
18. Noel Clavel	82-14-3
19. Christian Staylor	81-31
20. Wayne Gibson	77-20-4
21. Kyle Hutter	74-39
22. David Mendoza	73-40
23. Mark Billups	69-24-3
24. Wayne Bright	65-11
25. James Nicholson	63-12

Current wrestlers in bold

A Will To Win

Ryan Williams has been one of the most consistent wrestlers under head coach Steve Martin since he took over the starting job midway through his freshman year. He's the go-to at 141 lbs and was an NCAA Qualifier in 2006 and again in 2008, as he dropped former CAA Champion and NCAA All-American Charles Griffin in the title match. Doing so, he was named the CAA Tournament's Most Outstanding Wrestler.

He has a career .759 winning percentage with 126 wins. He is currently 2nd all-time in wins in ODU program history and with a solid performance the rest of the way this season, he has the potential to become the Monarchs all-time leader in wins, currently set at 135 by Jeff Rusak.

A Hint of Hutter

The Monarchs mainstay at 133 lbs for the last two years has been junior Kyle Hutter from Illinois. He's already posted 74 career wins and has been nationally ranked since the middle of his sophomore season. He has toppled several nationally ranked wrestlers in his career and ranks as high as 17th in the nation.

James Nicholson: All-American

After a run at the podium in last years NCAA Tournament, James Nicholson, a redshirt sophomore from Des Moines, Iowa, has led ODU with an impressive campaign this year. Named the Virginia Sports Information Directors Rookie AND Wrestler of the Year in 2007-08, Nicholson also earned CAA Rookie of the Year honors.

This season, Nicholson has not skipped a beat since finishing eighth at the NCAA Tournament, going 28-2 this season. He has beat five nationally ranked opponents, including #5 Obenson Blanc (Ok State) and #7 Scotti Sentes (Central Michigan) and he himself has been ranked in the top ten all season long.

Hometown Brown

Redshirt sophomore Chris Brown, from nearby Chesapeake, Virginia, has again impressed onlookers in his third year. Earlier this season, Brown bested the national number one, Nick Marable (Missouri), in an overtime thriller. The win comes a year after, almost to the day, his win over #1 Mark Perry (Iowa) in his sophomore season. He recently added another top ten topple to his belt, posting a sudden victory win over #9 Luke Manuel (Purdue).

In almost three years of wrestling, he has piled up 96 career wins, winning over 73% of his matches. Brown finished second at the Michigan State Open earlier this season.

By Weight Class:

125:

RS sophomore James Nicholson has earned a national ranking higher than any other Monarch under head coach Steve Martin. He also became the first All-American in 13 years for ODU. Ranked as high as 4th in the nation this season, Nicholson has started the season 28-2 with five wins over nationally ranked opponents.

133:

Kyle Hutter has dropped out of the national rankings for the first time since mid-way through his sophomore season, but continues to be a solid presence at 133 lbs. He has posted 74 career wins, just three wins shy of the top 20 in ODU history.

141:

Ryan Williams, the lone senior on the ODU squad, has been a true leader on and off the mat for ODU. A two-time NCAA Academic All-American and NCAA Qualifier, the Pennsylvania native is 28-3 to start the year and is ranked in the Top Ten after an upset over #8 Zack Bailey (Oklahoma). He ranks second all-time in ODU career victories with 126.

149:

RS sophomore Joey Metzler has locked down the starting slot at 149 and picked up three CAA wins at the CAA Duals after posting his first technical fall at the Virginia Duals. He has seven dual victories and 13 overall so far this season.

157:

Junior Kaylen Baxter will wrestle up for the rest of the season at 157 lbs. He has a significant amount of experience starting, as Baxter has been a starter at 149 for two years. He has 83 career victories and already ranks in the top 20 in ODU history.

165:

Chris Brown has totaled 96 career wins already in his career, and continues to impress with huge victories over stiff competition. Twice in his career he has toppled the national number one ranked wrestler, including earlier this season. He is pegged as the top 165-pounder in the conference.

174:

Junior transfer Eric Decker and former starter Derek Coffey will battle for time at 174 lbs. Decker was an NCAA Qualifier two seasons ago for Virginia Tech, the same year Coffey last started for ODU. Coffey took a season off to redshirt and is back on the mat this season for the Monarchs.

184:

Rookie Joe Budi has been the staple early this season at 184 lbs, and has done well in his young career, posting 20 wins and two placewinning performances at the MSU and Hokie Opens. He currently leads the team in technical falls.

197:

Jesse Strawn bumps up a weight class this season, after qualifying to the NCAA Tournament as a 184-pounder. He leads the team with 11 pins and recently dropped #10 Logan Brown (Purdue). He has been very consistent this year and has 27 wins, on pace for the best in his career.

HWT:

Roy Dragon III is listed as the second best heavyweight in the conference and has starting experience in both of his first two years. He sealed the win over Hofstra with a 4-3 decision and has seven dual victories this season.

Colonial Athletic Association

Regular Season CAA Wrestling Rankings
(2-3-2009)

	Conference	Overall	CAA Ranked Wrestlers
1. Old Dominion University	4-0-0	13-6-0	10
2. Hofstra University	5-1-0	8-4-0	9
3. Rider University	2-1-0	5-6-0	10
4. Binghamton University	1-4-0	9-12-0	8
5. George Mason University	2-3-1	5-7-1	5
6. Drexel University	2-3-0	6-13-1	9
7. Boston University	0-2-1	4-4-1	6
8. Sacred Heart University	0-3-0	5-7-0	3

125:

- 1. James Nicholson, ODU**
2. Steve Bonano, Hofstra
3. Brian Wright, GMU
4. Tyler Malmberg, Binghamton
5. Filiberto Colon, Rider
6. Michael Gomez, Drexel

133:

1. Lou Ruggirello, Hofstra
- 2. Kyle Hutter, ODU**
3. Denny Herndon, GMU
4. Jim Kirchner, Rider
5. Frank Cimato, Drexel
6. Rob Slavin, Binghamton

141:

- 1. Ryan Williams, ODU**
2. Justin Accordino, Hofstra
3. Anwar Goeres, Binghamton
4. Chris Davis, Sacred Heart
5. Fred Rodgers, Rider
6. Matt Dugan, Drexel

149:

1. Mike Roberts, Boston Univ.
- 2. Joey Metzler, ODU**
3. Anthony Priore, Sacred Heart
4. Matt Kaylor, Binghamton
5. Aaron Nestor, Rider
6. P.J. Gillespie, Hofstra

157:

1. Jon Bonilla-Bowman, Hofstra
2. Mike Kessler, Rider
3. Nate Patterson, Binghamton
- 4. Kaylen Baxter, ODU**
5. Frankie McLaughlin, GMU
6. Billy Haydt, Drexel

165:

- 1. Chris Brown, ODU**
2. Ryan Patrovich, Hofstra
3. Jason Lapham, Rider
4. Scott Hunter, Drexel
5. C.J. Inglin, Boston Univ.
6. Ryan McGarity, Binghamton

174:

1. Alton Lucas, Hofstra
2. Bagna Tovuujav, GMU
- 3. Eric Decker, ODU**
4. Hunter Meys, Boston Univ.
5. Dave Woodall, Drexel
6. Mike Ward, Rider

184:

1. Josh Patterson, Binghamton
2. Doug Umbehauer, Rider
3. Ben Clymer, Hofstra
- 4. Joe Budi, ODU**
5. Justin Wieller, Drexel
6. Joe Kennedy, Boston Univ.

197:

1. Cayle Byers, GMU
2. Jon Oplinger, Drexel
- 3. Jesse Strawn, ODU**
4. John Hall, Boston Univ.
5. Mike Miller, Rider
6. Corey Waite, Binghamton

285:

1. Eddie Bordas, Rider
- 2. Roy Dragon III, ODU**
3. Kyle Frey, Drexel
4. Jordan Enck, Hofstra
5. Jim Connors, Boston Univ.
6. Bill Beiermeister, Sacred Heart

2008-2009 Season Results

ODU at Michigan State Open 11/9/08

Five Placewinners, One Champ

Final Results

- 1st - Ryan Williams (141)
- 2nd - Kyle Hutter (133)
- 2nd - Chris Brown (165)
- 2nd - Joe Budi (184) - Fr/So. Bracket
- 4th - Joey Metzler (149)

ODU opened the 2008-09 season with an impressive showing at the Michigan State Open, especially from senior Ryan Williams at 141 lbs. Williams won the weight class at the MSU Open and in doing so, broke the 100-win mark for his career, becoming just the eighth Monarch in school history to reach the 100-win plateau. Kyle Hutter defeated Bucknell's nationally ranked David Marble for the second time in his career in the tournament and faced the #3 133-pounder, Franklin Gomez (Michigan State). Chris Brown (165) and Joey Metzler (149) placed as well, while Joe Budi made a run in the freshman/sophomore bracket for a second place finish in his first career tournament.

ODU at Hokie Open 11/16/08

Five Placewinners, Two Champs

Final Results

- 1st - James Nicholson (125)
- 1st - Jesse Strawn (197)
- 2nd - Kaylen Baxter (149)
- 2nd - Eric Decker (174)
- 3rd - Joe Budi (184)

James Nicholson and Jesse Strawn took the mat for the first time in 08-09 and both won their respective weight classes. Nicholson, a returning All-American, cruised to the 125-pound weight title with back-to-back falls, a major decision and a 4-2 win over Jarrod Garnett (VT) in the championship bout. Strawn, moving up to 197 lbs this season, was dominant, with a technical fall and three pins in the tournament. Rookie Joe Budi placed in his second straight tournament to open his career, posting five wins at the event and a third place finish. Kaylen Baxter (149) and Eric Decker (174) also placed at the first annual Hokie Open.

#20 ODU at #7 Oklahoma State 11/22/08

Stillwater, Okla.

9-30 Loss

Final Results

- | | |
|---|-----------|
| 125 - Nicholson (ODU) def. Obenson (OSU) | 5-3 |
| 133 - Hutter (ODU) def. Shinn (OSU) | 4-2 |
| 141 - Williams (ODU) def. Parks (OSU) | 6-5 |
| 149 - Silver (OSU) def. Metzler (ODU) | 4-3 |
| 157 - McSpadden (OSU) def. Baxter (ODU) | 6-1 |
| 165 - Mason (OSU) def. Brown (ODU) | 5-4 TB2 |
| 174 - Griffin (OSU) def. Decker (ODU) | 10-4 |
| 184 - Shelton (OSU) def. Budi (ODU) | 0:41 fall |
| 197 - Foster (OSU) def. Strawn (ODU) | 2:05 fall |
| HWT - Rosholt (OSU) def. Dragon III (ODU) | 4:26 fall |

ODU fell in their first dual action of the season to the Cowboys of Oklahoma State, ranked seventh in the nation. James Nicholson (125) and Kyle Hutter (133) both defeated nationally ranked opponents, and Chris Brown (165) took his nationally ranked foe to the second tiebreaker. Ryan Williams continued his hot start, starting 6-0 for the Monarchs in his senior year.

#20 ODU at #19 Oklahoma 11/23/08

Norman, Okla.

6-28 Loss

Final Results

- | | |
|--|-----------|
| 125 - Nicholson (ODU) def. Fio (OU) | 5-2 |
| 133 - Armstrong (OU) def. Hutter (ODU) | 11-5 |
| 141 - Williams (ODU) def. Bailey (OU) | 6-5 |
| 149 - Terry (OU) def. Metzler (ODU) | 9-1 MD |
| 157 - Vernon (OU) def. Baxter (ODU) | 3-1 |
| 165 - Smith (OU) def. Brown (ODU) | 2:17 fall |
| 174 - James (OU) def. Decker (ODU) | 3-2 |
| 184 - Flynn (OU) def. Budi (ODU) | 7-3 |
| 197 - Lapotsky (OU) def. Strawn (ODU) | 6-4 |
| HWT - Fernandez (OU) def. Dragon III (ODU) | 5-3 |

ODU dropped to 0-2 to start the season with their second loss to a Big 12 opponent on the same weekend. Nicholson and Williams continue to impress, as both are undefeated to start the season and both defeated another nationally ranked opponent. Williams bested #8 Zack Bailey by a 6-5 count and Nicholson dropped #16 Joey Fio in a 5-2 decision.

Northeast Duals **Troy, N.Y.** **11/29/08**
#20 ODU vs. RV Harvard
38-9 Win
Final Results
125 - Nicholson (ODU) win by forfeit --
133 - Hutter (ODU) def. Motley (HU) 17-2 TF
141 - Williams (ODU) win by forfeit --
149 - Metzler (ODU) def. Peppelman (HU) 5-3 SV
157 - O'Connor (HU) def. Rivera (ODU) 3:32 fall
165 - Brown (ODU) def. Sadler (HU) 23-7 TF
174 - Decker (ODU) def. Panzano (HU) 8-0 MD
184 - Caputo (HU) def. Budi (ODU) 5-1
197 - Strawn (ODU) def. Murphy (HU) 6:07 fall
HWT - Dragon III (ODU) def. DeSena (HU) 2-0

The Monarchs notched their first win of the 2008-09 season toppling the Crimson of Harvard University. Harvard was receiving votes in the national polls entering the dual and ODU dismantled the team, 8-2. Chris Brown had the first of three big wins on the day, with a technical fall over Michael Sadler in the first dual, before he upset national number one Nick Marable in the following dual against Missouri.

Northeast Duals **Troy, N.Y.** **11/29/08**
#20 ODU vs. Bloomsburg
30-6 Win
Final Results
125 - Nicholson (ODU) def. Moser (Bloomsburg) 7-3
133 - Hutter (ODU) def. Guffey (Bloomsburg) 6-3
141 - Williams (ODU) def. Donald (Bloomsburg) 8-2
149 - Hickman (Bloomsburg) def. Metzler (ODU) 5-3
157 - Moley (Bloomsburg) def. Baxter (ODU) 6-0
165 - Brown (ODU) def. Schmelyun (Bloomsburg) 6-2
174 - Decker (ODU) def. Graham (Bloomsburg) 1:16 fall
184 - Budi (ODU) def. Hasseman (Bloomsburg) 5-2
197 - Strawn (ODU) def. Sutton (Bloomsburg) 2:36 fall
HWT - Dragon III (ODU) def. Walsh (Bloomsburg) 4-0

For the teams second win of the season, ODU dropped Bloomsburg for the first time in school history. The 30-6 win was paced by Nicholson winning his third match against a nationally ranked opponent this season, when he bumped #17 Ian Moser in a 7-3 decision. Ryan Williams bounced back after his only loss of the season with a win at 141 lbs and ODU went 8-2 against the Huskies.

Northeast Duals **Troy, N.Y.** **11/29/08**
#20 ODU vs. #5 Missouri
9-29 Loss
Final Results
125 - Nicholson (ODU) def. Dolan (Mizzou) 3-0
133 - Schavrien (Mizzou) def. Hutter (ODU) 8-4
141 - Hoehn (Mizzou) def. Williams (ODU) 7-4
149 - Sherry (Mizzou) def. Metzler (ODU) 2:04 fall
157 - Chandler (Mizzou) def. Baxter (ODU) 10-2 MD
165 - Brown (ODU) def. Marable (Mizzou) 2-1 TB
174 - Jordan (Mizzou) def. Coffey (ODU) 13-3 MD
184 - Budi (ODU) def. Andrews (Mizzou) 5-2
197 - Askren (Mizzou) def. Strawn (ODU) 7-3
HWT - Ellis (Mizzou) def. Dragon III (ODU) 4:18 fall

Chris Brown highlighted the Northeast Duals with a win over the national number one, Nick Marable, much like he did at the St. Edward's Duals a year ago with a win over then national number one Mark Perry (Iowa). It was the second time and a year later, nearly to the day, that Brown upset the top-ranked grappler at his weight. James Nicholson and Joe Budi added wins against the Tigers in the loss to the 5th ranked team in the nation.

#21 ODU vs. #25 Northern Iowa **12/20/08**
Norfolk, Va.
15-25 Loss
Final Results
184 - Hazen (UNI) def. Budi (ODU) 6-5
197 - Anderson (UNI) def. Strawn (ODU) 6-4
HWT - Brantley (UNI) def. Dragon III (ODU) 9-3
125 - Nicholson (ODU) def. Flores (UNI) 10-3
133 - Baldrige (UNI) def. Hutter (ODU) 6:21 fall
141 - Williams (ODU) win by forfeit --
149 - Ettelson (UNI) def. Metzler (ODU) 13-5 MD
157 - Reiner (UNI) def. Rivera (ODU) 8-3
165 - Brown (ODU) win by forfeit --
174 - Beets (UNI) def. Decker (ODU) 4-1

Old Dominion lost its fourth straight to nationally ranked opponents, falling at home to the Panthers of UNI. Jesse Strawn nearly toppled #11 Andrew Anderson, but fell in a 6-4 decision. James Nicholson was the only contested win for the Monarchs, posting a 10-3 decision over Eric Flores. The other wins for ODU were forfeits at 141 and 165 lbs.

ODU at Southern Scuffle 12/29-30/08**20th Place - 23.5 points - 1 placewinner****Final Results**5th - Eric Decker (174)

The Monarchs sent several wrestlers to the Southern Scuffle Tournament over winter break and all four regulars scored at least two wins in the event. Junior Eric Decker led the way, placing fifth at 174 lbs with a 5-2 record. He got a chance to see the CAA's top ranked wrestler at his weight, Alton Lucas (Hofstra) and narrowly lost to the Pride grappler, 3-2. He won three straight in the wrestlebacks to seal the fifth place effort. Kaylen Baxter (149) won two on the first day and then lost a pair on day two by just three points combined, including a two-point loss to #5 Bryce Saddoris (Navy). Joe Budi (184) and David Wilson (285) both went 2-2 at the Scuffle.

ODU at Midlands Wrestling Champs 12/29-30/08**11th Place - 53.0 points - 3 placewinners****Final Results**3rd - James Nicholson (125)5th - Ryan Williams (141)5th - Jesse Strawn (197)

Three Monarchs posted placewinning finishes at one of the top tournaments in the nation this week, as James Nicholson (125), Ryan Williams (141) and Jesse Strawn (197) all placed. Nicholson suffered his first loss of the season, but bounced back and beat the same kid in the consolation finals for the third place finish. Williams got bounced in the pigtails by #5 Chris Drouin (Arizona State) but then reeled off seven wins in the consolation bracket to finish fifth. Jesse Strawn posted a huge win over #7 Hudson Taylor (Maryland) as he pinned the Terrapin grappler. It was just the second pin suffered in the last two years for the All-American.

ODU Quad 1/4/09**#21 ODU vs. UNC Greensboro****33-6 Win****Final Results**

125 - Nicholson (ODU) def. Johnson (UNCG) 14-6 MD

133 - Hutter (ODU) def. Boyle (UNCG) 1:57 fall

141 - Williams (ODU) def. Bencivenga (UNCG) 6-1

149 - Metzler (ODU) def. Wilmore (UNCG) 6-3

157 - Saunders (UNCG) def. Rivera (ODU) 6-2

165 - Brown (ODU) def. Hojilla (UNCG) 19-4 TF

174 - Coffey (ODU) def. Miller (UNCG) 4-1

184 - Budi (ODU) def. McKee (UNCG) 8-4

197 - Strawn (ODU) def. Sughrue (UNCG) 4:19 fall

HWT - Sheffield (UNCG) def. Dragon III (ODU) 5-4

ODU won all three of their matches as they hosted the ODU Quad, including this first match against the Greensboro Spartans. ODU posted eight wins in the dual, including four bonus point victories. Kyle Hutter and Jesse Strawn pinned their opponents while James Nicholson and Chris Brown posted a major decision and technical fall respectively.

ODU Quad 11/23/08**#21 ODU vs. RV Purdue****22-12 Win****Final Results**

125 - Nicholson (ODU) def. Eren (Purdue) 10-2 MD

133 - Hutter (ODU) def. Beebe (Purdue) 8-2

141 - Williams (ODU) def. Archuleta (Purdue) MFor

149 - Patacsil (Purdue) def. Baxter (ODU) 13-6

157 - Salazar (Purdue) def. Metzler (ODU) 9-5

165 - Brown (ODU) def. Manuel (Purdue) 3-1 SV

174 - Decker (ODU) def. Corpe (Purdue) 3-1

184 - Kissel (Purdue) def. Budi (ODU) 4-3

197 - Strawn (ODU) def. Brown (Purdue) 4-2

HWT - Kasten (Purdue) def. Wilson (ODU) 7-0

The biggest win of the season so far came against Purdue, who was receiving votes in the national poll. The Boiler-makers sent two nationally ranked wrestlers to their peril against Brown and Strawn, and nearly a third as rookie Joe Budi lost on the riding time advantage to #12 A.J. Kissel. ODU won six matches against Purdue and evened their season record at 4-4 with this win.

ODU Quad	1/4/09
#21 ODU vs. George Mason*	
26-9 Win	
Final Results	
125 - Nicholson (ODU) def. Wright (GMU)	9-3
133 - Hutter (ODU) def. Herndon (GMU)	4-0
141 - Williams (ODU) def. Delgado (GMU)	19-8 MD
149 - Baxter (ODU) def. Bucher (GMU)	7-2
157 - McLaughlin (GMU) def. Rivera (ODU)	3-2
165 - Brown (ODU) def. Whitelaw (GMU)	17-6 MD
174 - Tovuujav (GMU) def. Decker (ODU)	3-1 SV
184 - Budi (ODU) def. Webb (GMU)	5-1
197 - Byers (GMU) def. Strawn (ODU)	5-3
HWT - Wilson (ODU) win by forfeit	--

The Monarchs grabbed their first CAA win over the Patriots and surged above .500 for the first time all season. ODU won seven matches against George Mason including two bonus point victories. Chris Brown rounded out a fantastic day at the ODU Quad with a 17-6 major decision and Ryan Williams posted his 117th career victory with a 19-8 major decision in his match. Nicholson improved to 19-1 on the year and 9-0 in dual competition.

Virginia Duals	1/9/09
#23 ODU vs. #12 Central Michigan	
12-24 Loss	
Final Results	
125 - Sentes (CMU) def. Nicholson (ODU)	3-2
133 - Hutter (ODU) def. Beebe (CMU)	6-4
141 - Williams (ODU) def. D'Alie (CMU)	9-8
149 - Brown (CMU) def. Metzler (ODU)	2-0
157 - Grayson (CMU) def. Baxter (ODU)	8-2
165 - Stewart (CMU) def. Brown (ODU)	4-2
174 - Miller (CMU) def. Decker (ODU)	11-4
184 - DiDona (CMU) def. Budi (ODU)	8-5
197 - Strawn (ODU) def. Qureshi (ODU)	2:58 fall
HWT - Trice (CMU) def. Dragon III (ODU)	6:45 fall

ODU lost their fifth dual of the season, all five coming to nationally ranked opponents. James Nicholson dropped just his second match of the year and to the same opponent, snapping his unbeaten streak in duals. ODU was led by #19 Kyle Hutter, winning over #13 Conor Beebe, and got wins from #7 Ryan Williams and #15 Jesse Strawn as well. Strawn's win was his 11th pin of the year.

Virginia Duals	1/9/09
#23 ODU vs. Northern Colorado	
27-9 Win	
Final Results	
125 - Nicholson (ODU) def. Mustari (UNC)	4-0
133 - Hutter (ODU) def. Cruz (UNC)	12-3 MD
141 - Williams (ODU) def. Hayes (UNC)	14-1 MD
149 - Polkowske (UNC) def. Metzler (ODU)	8-2
157 - Baxter (ODU) def. Gaethje (UNC)	7-3
165 - Brown (ODU) def. Weiks (UNC)	12-3 MD
174 - Decker (ODU) def. Kammerzell (UNC)	3-1
184 - Budi (ODU) def. Johnson (UNC)	9-4
197 - Strawn (ODU) def. Brennan (UNC)	7-3
HWT - Truell (UNC) def. Wilson (ODU)	MFor

ODU started off the Virginia Duals as the #6 seed facing Northern Colorado and dispatched the Bears easily in the first round. ODU won eight of the ten matches with three bonus point victories coming at 133, 141 and 165. James Nicholson beat another nationally ranked wrestler at 125 lbs and added to his unbeaten streak in dual competition, now at 18 straight victories. Ryan Williams grabbed a major decision to tie James Nicholson for the team lead.

Virginia Duals	1/10/09
#23 ODU vs. Rider University	
25-12 Win	
Final Results	
125 - Nicholson (ODU) def. Trivisonno (Rider)	18-7 MD
133 - Hutter (ODU) def. Kirchner (Rider)	14-9
141 - Williams (ODU) def. Rodgers (Rider)	11-2 MD
149 - Metzler (ODU) def. Miller, D. (Rider)	21-4 TF
157 - Kessler (Rider) def. Baxter (ODU)	3-2
165 - Brown (ODU) def. Lapham (Rider)	3-1
174 - Decker (ODU) def. Ward (Rider)	3-0
184 - Umbehauer (Rider) win by forfeit	--
197 - Strawn (ODU) def. Miller, M. (Rider)	6-2
HWT - Bordas (Rider) def. Dragon III (ODU)	4-2

The Monarchs won their first match on the second day of the Duals, assuring them of at least a placing in the tournament. The team scored wins at seven weights, including a technical fall for Joey Metzler at 149 and a pair of major decisions from James Nicholson and Ryan Williams. The Monarchs will face the Broncs for their scheduled dual on February 14 in New Jersey.

Virginia Duals	1/10/09
#23 ODU vs. Navy	
22-12 Win	
Final Results	
125 - Nicholson (ODU) def. Stein (Navy)	20-5 TF
133 - Hutter (ODU) def. Kalil (Navy)	11-1 MD
141 - Williams (ODU) def. Pagan (Navy)	16-8 MD
149 - Sadoris (Navy) def. Metzler (ODU)	9-3
157 - Shober (Navy) def. Baxter (ODU)	3-2
165 - Brown (ODU) def. DeMichiel (Navy)	3-1
174 - Rebertus (Navy) def. Decker (ODU)	4-3
184 - Caldwell (Navy) def. Budi (ODU)	11-5
197 - Strawn (ODU) def. Neese (Navy)	3-2
HWT - Dragon III (ODU) def. Landis (Navy)	6-2

ODU started the match off with three straight bonus point victories, to jump to an 13-0 lead, but Navy would bounce back with four wins in the next five matches, to make it a 16-12 match going into the last two bouts. Jesse Strawn continued his strong showing at the duals with a win at 197 to seal the win and Roy Dragon III posted a win at the heavyweight class for the final score, 22-12. Eric Decker lost by just one point to #17 Luke Rebertus at 174.

Virginia Duals	1/10/09
#23 ODU vs. #24 Kent State	
18-15 Win	
Final Results	
125 - Nicholson (ODU) def. Bedelyon (Kent St.)	7-2
133 - Mitcheff (Kent St.) def. Hutter (ODU)	2-1
141 - Williams (ODU) def. Lashaway (Kent St.)	3-1
149 - Metzler (ODU) def. Depoy (Kent St.)	6-2
157 - Tice (Kent St.) def. Baxter (ODU)	6-2
165 - Brown (ODU) def. Simpson (Kent St.)	4-1
174 - Decker (ODU) def. Estep (Kent St.)	3-1
184 - Kilgore (Kent St.) def. Coffey (ODU)	17-1 TF
197 - Strawn (ODU) def. Chine (Kent St.)	5-4
HWT - Porter (Kent St.) def. Dragon III (ODU)	14-0 MD

Jesse Strawn topped off a fantastic weekend with a dramatic last second victory at 197 lbs that was the difference in the match. ODU took home 5th place at the Virginia Duals, powered by Strawn's performance against the Golden Flashes. Sophomore James Nicholson also capped a solid weekend with his second win over a nationally ranked opponent and his fifth so far this season. Ryan Williams also went 5-0, like Strawn, at the Duals.

CAA Duals	1/17/09
#21 ODU vs. Binghamton	
46--1 Win	
Final Results	
125 - Nicholson (ODU) def. Bloss (Binghamton)	17-2 TF
133 - Hutter (ODU) def. Slavin (Binghamton)	4:22 fall
141 - Williams (ODU) def. Naguib (Binghamton)	17-4 MD
149 - Metzler (ODU) def. Kaylor (Binghamton)	3-2
157 - Baxter (ODU) def. Patterson, N. (Bing)	8-4
165 - Brown (ODU) def. McGarity (Binghamton)	6:10 fall
174 - Decker (ODU) def. Esposito (Binghamton)	4-0
184 - Budi (ODU) def. Patterson, J. (Binghamton)	3:40 fall
197 - Strawn (ODU) def. Waite (Binghamton)	12-0 MD
HWT - Dragon III (ODU) def. Bittner (Bing)	1:47 fall

ODU posted their first CAA shutout since the 55-0 match against Wagner in 2004-05. The Monarchs got four pins and seven bonus point victories in the ten matches against Binghamton, including a huge fall from rooke Joe Budi over top ten grappler Josh Patterson at 184 lbs. The Monarch newcomer pinned Patterson 3:40 into the match for the biggest win of his young career.

CAA Duals	1/17/09
#21 ODU vs. Drexel	
34-3 Win	
Final Results	
125 - Nicholson (ODU) def. Gomez (Drexel)	17-2 TF
133 - Hutter (ODU) def. Cimato (Drexel)	4-3
141 - Williams (ODU) def. Dugan (Drexel)	14-4 MD
149 - Metzler (ODU) def. Robinson (Drexel)	Inj Def
157 - Baxter (ODU) def. Konno (Drexel)	6-3
165 - Brown (ODU) def. Hunter (Drexel)	14-5 MD
174 - Decker (ODU) def. Woodall (Drexel)	6-5
184 - Budi (ODU) def. Wieller (Drexel)	2-0
197 - Oplinger (Drexel) def. Strawn (ODU)	11-6
HWT - Dragon III (ODU) def. Frey (Drexel)	2-0

Against the Dragons, the Monarchs were dominant, winning nine of the ten weights with the only loss coming to nationally ranked Jon Oplinger at 197 lbs. The Monarchs got bonus point victories at four weights, including a second technical fall on the day for sophomore James Nicholson (125) and a second major decision for senior Ryan Williams. Kaylen Baxter won his second straight match at his new weight, the 157-lb weight class.

CAA Duals 1/17/09**#21 ODU vs. #18 Hofstra****17-15 Win****Final Results**

125 - Nicholson (ODU) def. Bonnano (Hofstra)	5-2
133 - Ruggirello (Hofstra) def. Hutter (ODU)	1:46 fall
141 - Williams (ODU) def. Accordino (Hofstra)	8-3
149 - Metzler (ODU) def. Gillespie (Hofstra)	2-1
157 - Bonilla-Bowman (HU) def. Baxter (ODU)	8-4
165 - Brown (ODU) def. Patrovich (Hofstra)	3-2
174 - Lucas (Hofstra) def. Decker (ODU)	3-1
184 - Clymer (Hofstra) def. Budi (ODU)	2-1
197 - Strawn (ODU) def. Tortora (Hofstra)	8-3
HWT - Dragon III (ODU) def. Enck (Hofstra)	4-3

For the first time since joining the CAA, Hofstra dropped a dual to a conference opponent, and it came at the hands of the Monarchs. ODU edged Hofstra, 6-4, winning the match at heavyweight as sophomore Roy Dragon III stepped in and won a 4-3 decision over the Pride wrestler. Down 15-12 headed into the last two matches, ODU needed both to win and got decisions from both Dragon and Jesse Strawn.

#20 ODU vs. #12 Central Michigan 2/1/09**19-14 Loss****Final Results**

125 - Nicholson (ODU) def. Sentes (CMU)	5-4
133 - Beebe (CMU) def. Hutter (ODU)	4-1
141 - Williams (ODU) def. D'Alie (CMU)	14-4 MD
149 - Brown (CMU) def. Metzler (ODU)	8-3
157 - Grayson (CMU) def. Baxter (ODU)	10-5
165 - Brown (ODU) def. Stewart (CMU)	5-2
174 - Miller (CMU) def. Decker (ODU)	2-1
184 - DiDona (CMU) def. Budi (ODU)	15-5 MD
197 - Strawn (ODU) def. Simaz (CMU)	10-1 MD
HWT - Trice (CMU) def. Dragon III (ODU)	10-4

Old Dominion closed the gap the second time they faced the Chippewas this season, winning four matches against the #12 ranked Central Michigan squad. ODU also had close matches at 174 against #8 Mike Miller and at 133 against #19 Conor Beebe. ODU had a shot to win in the final match of the day, but were unable to win, falling to 2-6 against nationally ranked opponents this season. Williams and Nicholson continue to cruise with 28 wins this season.

#18 ODU at Bucknell 1/17/09**January 25, 200****Probable Starters**

125 - Nicholson (ODU) def. Reber (Bucknell)	7-1
133 - Marble (Bucknell) def. Hutter (ODU)	4-2
141 - Williams (ODU) vs. Healey (Bucknell)	10-5
149 - LeValley (Bucknell) def. Metzler (ODU)	4-1 TB-2
157 - Baxter (ODU) vs. Regan (Bucknell)	7-2
165 - Brown (ODU) vs. Rendos (Bucknell)	4-3
174 - Decker (ODU) vs. Riccio (Bucknell)	2-0
184 - Thompson (Bucknell) def. Budi (ODU)	5-4
197 - Strawn (ODU) vs. Jones (Bucknell)	8-1
HWT - Dragon III (ODU) def. Hahn (Bucknell)	4-1

The Monarchs evened the all-time series against Bucknell at two wins apiece with a win against the Bison last weekend. ODU won seven weights and cruised to their seventh straight dual victory, improving to 13-5 overall. Chris Brown defeated his second straight nationally ranked opponent and his fourth of the season. James Nicholson and Ryan Williams continued their winning ways, adding a 27th to their season totals.

CAA Statistics**Wins:****T2. James Nicholson (28)****T2. Ryan Williams (28)****4. Jesse Strawn (26)****T9. Chris Brown (21)****T14. Joe Budi (20)****T14. Eric Decker (20)****Pins:****3. Jesse Strawn (11)****T7. Joe Budi (7)****Technical Falls:****T2. Joe Budi (4)****T5. James Nicholson (3)****T9. Chris Brown (2)****Major Decisions:****2. Ryan Williams (7)****T5. Chris Brown (5)****T5. James Nicholson (5)**

Dual Records for 2008-09
13-6/4-0

Overall Team Bout Record: 114-76
at #7 Oklahoma State: 3-7 (L 9-30)
at #18 Oklahoma: 2-8 (L 6-28)
vs. (RV) Harvard: 8-2 (W 38-9)
vs. #5 Missouri: 3-7 (L 9-29)
vs. Bloomsburg: 8-2 (W 30-6)
vs. UNI: 3-7 (L 25-15)
vs. UNC Greensboro: 8-2 (W 33-6)
vs. (RV) Purdue: 6-4 (W 22-12)
vs. George Mason: 7-3 (W 26-9)
vs. Northern Colorado: 8-2 (W 27-9)
vs. #12 Central Michigan: 3-7 (L 12-24)
vs. Rider: 7-3 (W 25-12)
vs. Navy: 6-4 (W 22-12)
vs. #24 Kent State: 6-4 (18-15)
vs. Binghamton: 10-0 (46--1)
vs. Drexel: 9-1 (34-3)
vs. #18 Hofstra: 6-4 (17-15)
vs. Bucknell: 7-3 (21-9)
vs. #12 Central Michigan: 4-6 (14-19)

125: 18-1
133: 12-7
141: 18-1
149: 8-11
157: 4-15
165: 16-3
174: 10-9
184: 7-12
197: 13-6
Hwt: 8-11

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Tournament Records for 2008-09

Overall Team Bout Record: 77-40
at MSU Open: 23-13
at Hokie Open: 19-3
at Midlands: 24-16
at Southern Scuffle: 11-8

125: 10-1
133: 5-2
141: 12-2
149: 11-7
157: 1-4
165: 5-3
174: 11-9
184: 10-4
197: 9-2
Hwt: 3-6

Stat Leaders for 2008-09:
(Not including unattached results)

Win %: James Nicholson (28-2, .933)

Wins: James Nicholson & Ryan Williams (28)

Pins: Jesse Strawn (11)

Major Decisions: Ryan Williams (8)

Technical Falls: Joe Budi (4)

Decisions: Ryan Williams (18)



2008-09
Old Dominion Wrestling Statistics
 (Including Tournament Results)
 Season Dual Record: 13-6
 CAA Record: 4-0
 CAA Finish: n/a

Name	Cl.	Wt.	Overall W-L	Dual W-L	CAA W-L	Tourn. W-L	Maj. Dec.	Tech. Fall	Pins
Kaylen Baxter	RS Jr	149	11-14	5-11	3-1	6-3	1	1	0
Chris Brown	RS Jr	165	21-6	16-3	4-0	5-3	5	2	1
Brennan Brumley	Fr	133	-	-	-	-	-	-	-
Joe Budi	Fr	184	20-14	7-10	3-1	13-4	0	4	7
Michael Chapman	Fr	197	-	-	-	-	-	-	-
Derek Coffey	RS So	174	2-5	1-2	0-0	1-3	0	0	0
Eric Decker	Jr	174	20-16	9-8	2-2	11-8	3	0	1
Roy Dragon III	So	285	8-13	7-9	3-0	1-4	0	0	1
Chase Ennis	Fr	184	-	-	-	-	-	-	-
Derek Gallagher	RS So	157	-	-	-	-	-	-	-
Joshua Gillis	Fr	125	-	-	-	-	-	-	-
Kyle Hutter	Jr	133	17-10	12-7	3-1	5-3	3	1	3
Louis Johnson	Fr	141	-	-	-	-	-	-	-
Jacob Kahnke	Fr	197	-	-	-	-	-	-	-
Joey Metzler	RS So	149	13-15	7-11	3-0	6-4	1	1	1
James Nicholson	RS So	125	28-2	18-1	4-0	10-1	5	3	3
Dan Rivera	RS So	157	1-8	0-4	0-1	1-5	1	0	0
Jesse Strawn	Jr	197	27-9	13-6	2-2	14-3	2	1	11
Ryan Williams	Sr	141	28-3	18-1	4-0	10-2	8	0	2
Craig Wilson	Fr	133	-	-	-	-	-	-	-
David Wilson	Fr	285	11-10	1-2	1-0	10-8	1	0	4
Colin Zoski	Fr	141	-	-	-	-	-	-	-

Tournament Highlights:

Michigan State Open (Nov. 9, 2008) Midlands Championship (Dec. 29-30, 2008)
 133 lbs: 2nd - Kyle Hutter 125 lbs: 3rd - James Nicholson
 141 lbs: 1st - Ryan Williams 141 lbs: 5th - Ryan Williams
 149 lbs: 4th - Joey Metzler 197 lbs: 5th - Jesse Strawn
 165 lbs: 2nd - Chris Brown
 184 lbs: 2nd - Joe Budi (Fr/So Bracket)

Hokie Open (Nov. 16, 2008) Southern Scuffle (Dec. 29-30, 2008)
 125 lbs: 1st - James Nicholson 174 lbs: 5th - Eric Decker
 149 lbs: 2nd - Kaylen Baxter
 174 lbs: 2nd - Eric Decker
 184 lbs: 3rd - Joe Budi
 197 lbs: 1st - Jesse Strawn

Dual Results:

Nov. 22 at #8 Oklahoma State L 30-9
 Nov. 23 at #18 Oklahoma L 28-6
 Nov. 29 Northeast Duals
 vs. #25 Harvard W 38-9
 vs. #5 Missouri L 29-9
 vs. Bloomsburg W 30-6
Dec. 20 vs. #22 Northern Iowa L 25-15
Jan. 4 ODU Quad
 vs. UNC Greensboro W 33-6
 vs. Purdue W 22-12
 vs. George Mason W 26-9
 Jan. 9 Virginia Duals
 vs. Northern Colorado W 27-9
 vs. #12 Central Michigan L 24-12
 Jan. 10 Virginia Duals
 vs. Rider W 25-12
 vs. Navy W 22-12
 vs. #24 Kent State W 18-15
 Jan. 17 CAA Duals
 vs. Binghamton* W 46--1
 vs. Drexel* W 34-3
 vs. #18 Hofstra* W 17-15
 Jan. 25 at Bucknell W 21-9
 Feb. 1 at Central Michigan L 19-14
Feb. 8 vs. Virginia 5:30 pm
 Feb. 14 at Rider* 2:00 pm
Feb. 19 vs. Virginia Tech 7:30 pm
 Feb. 21 at North Carolina State 7:30 pm

Postseason Results

CAA Tournament (Mar. 6-7, 2009)

125 lbs:
 133 lbs:
 141 lbs:
 149 lbs:
 157 lbs:
 165 lbs:
 174 lbs:
 184 lbs:
 197 lbs:
 285 lbs:
 *Qualifies for NCAA Tournament

NCAA Tournament (Mar. 19-20, 2009)

ODU Starters Career Records:

125: James Nicholson 63-12
 133: Kyle Hutter 74-39
 141: Ryan Williams 126-40
 149: Joey Metzler 16-24
 157: Kaylen Baxter 83-48
 165: Chris Brown 96-34
 174: Eric Decker 20-16
 Derek Coffey 16-33
 184: Joe Budi 20-14
 197: Jesse Strawn 86-48
 Hwt: Roy Dragon III 20-24
 David Wilson 11-10

2008-09 Statistical Leaders:

Wins: Nicholson & Williams (28)
Pins: Jesse Strawn (11)
Major Decisions: Ryan Williams (8)
Technical Falls: Joe Budi (4)
Decisions: Ryan Williams (18)

*Conference Matches

ODU Starter 2008-09 Statistical Breakdown:

<u>Wt.</u>	<u>Name</u>	<u>Maj. Dec.</u>	<u>Tech. Fall</u>	<u>Pins</u>	<u>Decisions</u>
		<u>By/Against</u>	<u>By/Against</u>	<u>By/Against</u>	<u>By/Against</u>
125	James Nicholson	5/0	3/0	3/0	17/2
133	Kyle Hutter	3/0	1/0	3/2	10/8
141	Ryan Williams	8/0	0/0	2/0	18/3
149	Joey Metzler	1/2	1/0	1/1	10/12
157	Kaylen Baxter	1/1	1/0	0/0	9/13
165	Chris Brown	5/0	2/0	1/1	13/5
174	Eric Decker	3/0	0/0	1/0	16/16
	Derek Coffey	0/1	0/1	0/0	3/3
184	Joe Budi	0/1	4/1	7/1	9/11
197	Jesse Strawn	2/1	1/0	11/2	13/6
285	Roy Dragon III	0/1	0/0	1/4	7/8
	David Wilson	1/1	0/0	4/2	6/7