

OLD DOMINION UNIVERSITY **MONARCH WRESTLING**

George Mason Dual



Pats on the Mats

The Patriots of George Mason come to Norfolk as ODU hosts its first CAA dual of the year. The Patriots boast nine conference ranked grapplers including the 15th ranked wrestler at 197, Harry Zander, and 17th ranked 165 pounder, Tyler Tisdell. Mason has a 1-1 overall record on the season defeating Liberty but falling to the UVA.

ODU has tested themselves early with a series of difficult tournaments and a dual against the Big Ten's Purdue. The Boilermakers spoiled ODU's trip with a 17-18 victory over the Monarchs but coach Steve Martin's young team has proven it's ready to make a run at the CAA title.

Nationally Ranked

Chris Brown (157) has maintained his position at 17th in the Amateur Wrestling News rankings and although Ryan Williams is missing from AWN's ranking he is listed as the 24th best 141-pounder by WrestlingReport.com. David Mendoza also makes an appearance at 27th for the 197 lb. weight class.

The Monarchs have eight wrestlers ranked in the Atlantic region by WrestlingReport.com.

Rockin' Rookies

Coach Steve Martin has called upon his inexperienced grapplers early and many are answering to that call. The Monarchs continue to test themselves early with one of the toughest schedules in collegiate wrestling as ODU has faced off against a number of ranked teams and individuals already this season. The Monarchs continue to throw a roster full of freshman at the field and continue to get significant results.

True freshmen Adam Koballa and Jesse Strawn both placed in three tournaments so far this season. At the Mat Town Open, red-shirt freshman Matt Pellar and sophomore David Mendoza took first in their weight classes. Another red-shirt freshman making a name for himself this season is Chris Brown. Brown has also placed in all three tournaments this season including a second place finish at the MSU Open.

Cam Watkins and Kaylen Baxter round out the red-shirts that have placed. James Nicholson took 4th at the Penn State Open and Kyle Hutter placed 4th at the Mat Town Open last weekend. Both are true freshmen.

Probable Starters:

<u>Weight</u>	<u>ODU</u>	<u>George Mason</u>
125	Kyle Hutter/James Nicholson	Joe Coughlin
133	Adam Koballa/B.J. Compton	Will Powars
141	Ryan Williams (24 th – WrestlingReport.com)	David Emison
149	Kaylen Baxter/Joey Metzler	Chris Cartella
157	Chris Brown (17 th – AWN)	Robert Henry
165	Nick Pullano	Tyler Tisdell (17 th – AWN)
174	Derek Coffey/Bryan Koz	Randy Oates
184	Jesse Strawn	Matt Moyer
197	David Mendoza (27 th – WrestlingReport.com)	Harry Zander (15 th – AWN)
Hwt.		Ryan Kittrick

2006-07 ODU Schedule/Results

Nov. 10	at Purdue	17-18 L	A
Nov. 12	MSU Open	5 placed	A
Nov. 18	Cornell Body Bar	4 placed	A
Nov. 25	Mat Town	12 placed	A
Dec. 3	Penn State Open	2 placed	A
Dec. 8	vs. George Mason	6:00pm	H
Dec. 16	Citadel, N.C. State	TBA	A
Dec. 29	Southern Scuffle	All Day	A
Dec. 30	Southern Scuffle	All Day	A
Jan. 6	Virginia States	All Day	H
Jan. 12	Virginia Duals	TBA	A
Jan. 13	Virginia Duals	TBA	A
Jan. 19	CAA Duals	TBA	A
Jan. 20	CAA Duals	TBA	A
Feb. 4	N. Iowa, N. Illinois	2:00pm	A
Feb. 8	vs. Virginia Tech	7:00pm	H
Feb. 11	vs. American	5:00pm	H
Feb. 14	at Missouri	TBA	A
Mar. 2	CAA Tournament	TBA	A
Mar. 3	CAA Tournament	TBA	A
Mar. 15	NCAA Tournament	TBA	A
Mar. 16	NCAA Tournament	TBA	A
Mar. 17	NCAA Tournament	TBA	A

Champions Developing the Future

Head Coach Steve Martin has led the Monarchs to a 23-12-1 mark as he enters his third year at the helm. In the CAA the Monarchs have dominated with a 12-3-1 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 Lee Pritts, Mike Dixon, and Jon Sioredas. Pritts left a solid position at Missouri to come to the building ODU program and has been with Martin since his inception. Pritts, an All-American wrestler, has coached six NCAA All-Americans and two finalists.

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

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

By Weight Class

125: True freshman Kyle Hutter will see time as well at 125. He was a 2005 and 2006 Junior National Champion and Fila Cadet All-American. James Nicholson, a 2006 national qualifier at the high school level could see time at 125 as well.

133: Adam Koballa has started the season on fire with a third, fourth, and fifth place finish at the three tournaments this season. B.J. Compton is sure to factor into this weight class throughout the season as well ranked 2nd in the conference at 133.

141: Ryan Williams is already ranked in his new weight class. Amateur Wrestling News ranked Williams 20th this week. As a rookie, Williams led the team in pins and was CAA runner-up in the 133-pound weight class. Williams has already placed three times this season.

149: Kaylen Baxter and Joey Metzler will fight for the spot at 149. Baxter red-shirted last season and Metzler is a high school state champ and should make an immediate impact.

157: Chris Brown is currently ranked 17th and looks to make a run at the national spotlight this season as a red-shirt freshman. Brown wrestled for Martin at Great Bridge High School and continues learning under the coach at ODU. Brown has already placed three times this season and was named the CAA Rookie of the Week on Dec. 4th.

165: Nick Pullano has become a mainstay in the ODU lineup and will be Martin's go-to at 165. He finished 6th at Mat Town USA this season. Pullano also wrestled under Martin in high school.

174: Red-shirt freshman Bryan Koz and true freshman Derek Coffey will battle for this spot. Both were state finalists in high school and Coach Martin expects this to be a very highly competitive weight class.

184: Jesse Strawn, a high school All-American, will immediately join the starting lineup for Martin. Strawn was a two-time state champion and was selected to the CAA's pre-season All-Rookie team. Strawn has already placed three times this season.

197: David Mendoza earned a trip to the NCAA tournament last season and will look to build on that success this season. He slides up a weight class and fills the void Adam Wright left. Mendoza won his weight class at Mat Town.

Hwt: The Monarchs will not wrestle a heavyweight in the fall semester. In dual competition Mendoza could bump up to the 285 weight class.

Colonial Athletic Association

CAA Standings

(12-4-2006)

	Conference	Overall	CAA Ranked Wrestlers
1. Hofstra University	1-0-0	6-0-0	8
2. Rider University	0-0-0	1-1-0	10
3. Drexel University	1-0-0	3-2-0	9
4. <i>George Mason University</i>	<i>0-0-0</i>	<i>1-1-0</i>	9
5. Old Dominion University	0-0-0	0-1-0	8
6. Sacred Heart University	0-0-0	0-0-0	5
7. Boston University	0-0-0	0-0-0	5
8. Binghamton University	0-0-0	2-3-0	2
9. Campbell University	0-0-0	1-2-0	1
10. Wagner College	0-1-0	0-3-0	2
11. James Madison University	0-1-0	2-12-0	1

Directions to Blair Middle School

From ODU:

Take Hampton Blvd. toward downtown
Turn left onto 21st St.
Turn right onto Colley Ave.
Turn left onto Spotswood
Parking will be on your left hand side.
Gym is on the corner of Spotswood and Manteo

From Richmond, Williamsburg, Hampton Roads Peninsula:

Take I-64 East to Exit 276.
Stay left on the exit heading toward Granby St.
Continue 3.3 miles on US-460 (Granby St.)
Take slight right on US-460 (Monticello Ave.)
Turn right on 21st St.
Turn left on Manteo St.
Turn right on Spotswood
Parking will be on your left hand side.
Gym is on the corner of Spotswood and Manteo

From Virginia Beach:

Take I-264 West to Exit 10
Take left exit toward Waterside
Continue on ALT 337 until Boush St.
Make a left on W Brambleton Ave. (US-58)
Turn right on Colley Ave.
Right on Spotswood
Parking will be on your right hand side
Gym is on corner of Spotswood and Manteo

Post Game Social

After the dual, fans are invited to join the Monarchs at Red Dog Saloon across the street from Blair Middle.

Conference Rookie of the Week

Chris Brown was named the Colonial Athletic Association's Rookie of the Week for all competition up to the 4th of December. Brown's efforts to place in the top four of all three tournaments he competed and his 12-4 record gave him the award. Brown has only lost to nationally ranked opponents this season and only by a combined 7 points overall.

Brown was joined by Hofstra's Lou Ruggirello as Co-Rookie of the Week.

Online Chat Scheduled

This Thursday, December 7th at 6:00 pm, both head coach Steve Martin and Monarch 157-pounder Chris Brown will be online in an organized chat. To login and chat with the Monarchs go to odusports.com and click on the chat link on the left hand side of your screen.

Martin, in his third season with the Monarchs, is in the process of building a powerhouse at Old Dominion. With back-to-back Top Eight recruiting classes the Chesapeake native looks to building the future of Old Dominion wrestling.

Brown was named CAA Co-Rookie of the Week for his efforts early this season. He leads the team in major decisions and will face Mason's Robert Henry on Friday. Henry is a senior who in his final year has bumped to the 157-lb. division. He is 11-6 in his career against CAA opponents.

So Far This Season:

ODU at Purdue Dual 11/10/06

17-18 Loss

Final Results

Hwt. - Kasten (Purdue) def. Mendoza (ODU)	6-4
125 - Staylor (ODU) def. Tucker (Purdue)	4-1
133 - Doggett (Purdue) def. Koballa (ODU)	13-6
141 - Williams (ODU) def. Cook (Purdue)	11-6
149 - Patascil (Purdue) def. Baxter (ODU)	7-6
157 - Brown (ODU) def. Howe (Purdue)	7-5 (OT)
165 - Pullano (ODU) def. Martin (Purdue)	20-5
174 - Corpe (Purdue) def. Koz (ODU)	6-5
184 - Coffey (ODU) def. Goebel (Purdue)	5-4
197 - Moore (Purdue) def. Strawn (ODU)	fall-2:44

The Monarchs held a lead only a pin could beat going into the final match of the day when senior and hometown wrestler Nathan Moore of Purdue subdued Jesse Strawn. It was a back and forth dual featuring several fantastic bouts. Red shirt freshman Chris Brown won 7-5 in overtime, sophomore Ryan Williams dispatched his opponent 11-6 and junior Nick Pullano earned a technical fall winning 20-5.

ODU at MSU Open 11/12/06

5 Wrestlers Placed

Final Results

2 nd - Chris Brown (157)
3 rd - Ryan Williams (141)
6 th - David Mendoza (197)
8 th - Adam Koballa (133)
8 th - Jesse Strawn (184)

ODU had a strong showing at the MSU Open against over 360 wrestlers from 21 different schools. Chris Brown finished a great weekend going 4-1 at the Open defeating three seeded opponents. Also continuing early season success was Ryan Williams with a 3rd place effort. Williams went 5-1 with his only loss coming in a 6-5 squeaker against No. 2 nationally ranked and number one seed at the MSU Open Andy Simmons. David Mendoza, Adam Koballa and Jesse Strawn all placed for the Monarchs on the first weekend of competition in 2006.

ODU at Cornell Body Bar 11/18/06

4 Wrestlers Placed

Final Results

3 rd - Adam Koballa (133)
4 th - Ryan Williams (141)
4 th - Chris Brown (157)
6 th - Jesse Strawn (184)

ODU faced a tough group at the Cornell Body Bar as head coach Steve Martin fielded a roster of nearly all freshmen. Junior Nick Pullano and sophomore Ryan Williams were the only two grapplers with more than two days of official collegiate experience at the Bar. Rookies Adam Koballa, Jesse Strawn and red shirt freshman Chris Brown stepped up to the challenge. Koballa ran the table in the wrestlebacks to steal 3rd from the man who knocked him out of the championship bracket, William Simpson (Army). The four placewinners for the Monarchs also placed at the MSU Open and have garnered national attention for Coach Martin this season.

ODU at Mat Town USA 11/18/06

12 Wrestlers Placed

Final Results

1 st - Matt Pellar (una Hwt.)	1 st - David Mendoza (197)
2 nd - Ryan Williams (141)	2 nd - BJ Compton (una 133)
3 rd - Cam Watkins (141)	3 rd - Chris Brown (157)
4 th - Kyle Hutter (125)	4 th - Kaylen Baxter (149)
4 th - Adam Koballa (133)	5 th - Josh Tyler (149)
5 th - Jesse Strawn (184)	6 th - Nick Pullano (165)

ODU continued its grueling schedule at Mat Town and placed twelve wrestlers. Matt Pellar, wrestling unattached, and David Mendoza came out on top in the heavyweight and 197-pound weight classes. True freshmen Jesse Strawn and Adam Koballa continue to jumpstart their collegiate careers with another tournament placing. Strawn and Koballa, with redshirt freshman Chris Brown and sophomore Ryan Williams are the only Monarchs to place in all three tournaments so far this season. With the tough schedule, the coaches continue to force the young team into high-pressure situations and yet the youth have made an immediate impact for ODU wrestling.

ODU at Penn State Open 12/3/06

2 Wrestlers Placed

Final Results

4th – James Nicholson (125)

5th – Kaylen Baxter (149)

ODU sent just nine wrestlers to the intense field at Penn State. Two freshman knocked off nationally ranked opponents on their way to placing for the Monarchs.

James Nicholson, wrestling unattached, came home with fourth place in the 125 lb. division after knocking off Lehigh's nationally ranked grappler Matt Fisk 3-2. Nicholson would then lose the Penn State's Matthew McKnight who was named the meet's Outstanding Wrestler.

Kaylen Baxter, a possible starter for the Monarchs as a red-shirt freshman this season also knocked off a nationally ranked wrestler en route to 5th place in the Open. The 6th ranked wrestler in the nation John Cox fell to Baxter in the wrestlebacks 10-8. Baxter went 7-1 at the tournament and scored all kinds of points.



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Tournament Records for 2006-07:

Overall Team Record: 94-69

at MSU Open: 29-21

at Cornell Body Bar: 19-22

at Mat Town Open: 46-26

at Penn State Open: 22-15

125: 12-10

133: 14-7

141: 23-11

149: 22-20

157: 13-8

165: 4-5

174: 8-14

184: 9-8

197: 7-1

Hwt.: 4-0

The Last Time ODU...

Won a dual meet at home:

Feb. 16, 2006 – 28-12 vs. VMI

Lost a dual meet at home:

Feb. 3, 2006 – 17-19 vs. UVA

Won a dual meet on the road:

Feb. 11, 2006 – 34-14 vs. Campbell

Lost a dual meet on the road:

Nov. 10, 2006 – 17-18 vs. Purdue

Tied a dual meet:

Jan. 22, 2006 – 18-18 vs. Rider

Shut-out an opponent in a dual meet:

Jan. 22, 2005 – 55-0 vs. Wagner

Was shut-out in a dual meet:

Jan. 14, 2005 – 0-44 vs. UT-Chattanooga

Scored 50 points or more in a dual meet:

Jan. 22, 2005 – 55-0 vs. Wagner

Went undefeated for a season:

1963-64: 9-0-1 under Coach Pete Robinson

Had a losing season:

2003-04: 7-12 under Coach Gray Simons

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