

OLD DOMINION UNIVERSITY

MONARCH WRESTLING

Cornell Body Bar Game Notes



Comin' to Cornell

The Monarchs of Old Dominion roll right into another tough tournament in 2006-07 as they head to Ithaca, New York to face off at the Cornell Body Bar. ODU will be up against fierce competition including wrestlers from No. 7 Michigan, No. 9 Cornell, No. 25 Pittsburgh and Drexel.

Nationally Ranked

Christian Staylor was ranked 18th in the pre-season polls for the 125-pound weight class. Chris Brown and Ryan Williams join Staylor in the national rankings at 20th by Amateur Wrestling News. ODU has an immensely growing program including the number eight-ranked (W.I.N. Magazine) recruiting class.

Jump Right In

The Monarchs continue to test themselves early with one of the toughest schedules in collegiate wrestling. The field at the Cornell Body Bar will force the Monarchs to be on top of their game. Two of the top ten teams in the country and three in the top 25 will be in attendance along with several other perennial powerhouses.

Christian Staylor will have the toughest path to the title. The 125-pound weight class is very well-represented at the Body Bar. InterMat's rankings show ODU's Staylor (18th) will have the chance to match up with the number two, number 12, and number 15 ranked wrestlers in that division.

There will be at least two nationally ranked foes in the other brackets and ODU's Kaylen Baxter and Joey Metzler will have their hands full with three top fifteen wrestlers in hand.

2005-06 Review

A senior led the way and a freshman followed suit. Senior Adam Wright went 34-7 to complete an excellent career at ODU including the conference title and undefeated CAA senior year at 6-0. Wright had eight falls, six technical falls, and five major decisions.

Newcomer Ryan Williams in the 133-pound weight class came on very strong and went 29-15. He led the team in pins with ten and added three major decisions. Being named to the All-CAA Rookie squad, coming in second at the CAA Tournament and an NCAA appearance capped an impressive rookie year for Williams.

The Monarchs went 11-7-1 overall and took just one loss in the conference in 2005-06. Every one of the Monarch starters had at least one fall and eight Monarchs placed in various tournaments last year.

Probable Starters:	
Wt.	ODU
125	Christian Staylor
133	Adam Koballa/B.J. Compton
141	Ryan Williams
149	Kaylen Baxter/Joey Metzler
157	Chris Brown
165	Nick Pullano
174	Derek Coffey/Bryan Koz
184	Jesse Strawn
197	David Mendoza
Hwt.	Matt Pellar

2006-07 ODU Schedule/Results

Nov. 10	at Purdue	17-18 L	A
Nov. 12	MSU Open	8 placed	A
Nov. 18	Cornell Body Bar	All Day	A
Nov. 25	Mat Town	All Day	A
Dec. 3	Penn State Open	All Day	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

About the Coaches

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, also with Martin all three years, brings great recruiting skills and knowledge of the CAA coming from James Madison.

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.

By Weight Class

125: Christian Staylor returns to the tune of pre-season rank number 18. After taking a year off to focus on academics, Staylor will try to reinstate his dominance at the 125-pound group. He won the CAA two years ago in this class.

133: B.J. Compton, who wrestled at 141 last season, will compete for this spot with Adam Koballa. Compton was 3rd in the CAA last season at 141. Koballa was named to the pre-season CAA All-Freshman team.

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.

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 20th 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.

165: Nick Pullano has become a mainstay in the ODU lineup and will be Martin's go-to at 165. He finished 3rd at Mat Town USA last season. Pullano also wrestled under Martin at Great Bridge.

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.

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 behind.

Hwt: Matter Pellar, a red-shirt freshman, finishes out Martin's lineup. A two-time all-state competitor.

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