



LOCK HAVEN WRESTLING ON THE MOVE

Lock Haven University of Pennsylvania

Volume 1, Issue 1

Winter Edition

A Letter from the Coach



Dear LHU Wrestling Alumni and Friends,

I hope this Newsletter finds you well in the Holiday season. As many of you know, the Lock Haven University wrestling program has gone through several changes over the past few months. As the new head coach, I would like to inform you of the positive changes involving and surrounding this historic and tradition-rich Program. For the last five months the current LHU wrestlers and the new coaching staff have bonded together in a way that has created excitement throughout both the University and the community.

Our theme for this season is simply “Getting Back to Work” and that’s exactly what we’ve done. With the many changes taking place and the committed efforts of our wrestlers, coaches, and many others involved, the LHU wrestling program is headed in the right direction and back toward National Prominence.

With all the growing excitement surrounding the Program, I’m elated to have the opportunity to bring many of these items to your attention in our quarterly newsletter.

Robbie Waller
LHU Head Wrestling Coach

Recruiting the Nation’s Best

Our coaching staff will continue to scour the Keystone state and the entire Country for dedicated wrestlers that are willing to commit themselves to performing at a high level both on the mat and in the classroom. In the early signing period, the Bald Eagles inked two nationally ranked recruits for the 2010-11 season. Both are Pennsylvania home-grown and hail from Benton, PA.

Mike Rhone/125

Ranked #6 Nationally at 119lbs by Intermatwrestle.com
PA State Placewinner
PA State Freestyle champion
2009 Super 32 Runner-up

Tyler Demott/285

Ranked #9 Nationally at 285 lbs by Intermatwrestle.com
2009 PA State Runner-up
NHSCA Junior National Champion
Cadet National Freestyle Champion
2009 Super 32 3rd Place

For additional accolades of these future LHU wrestlers and other commitments to LHU please visit:

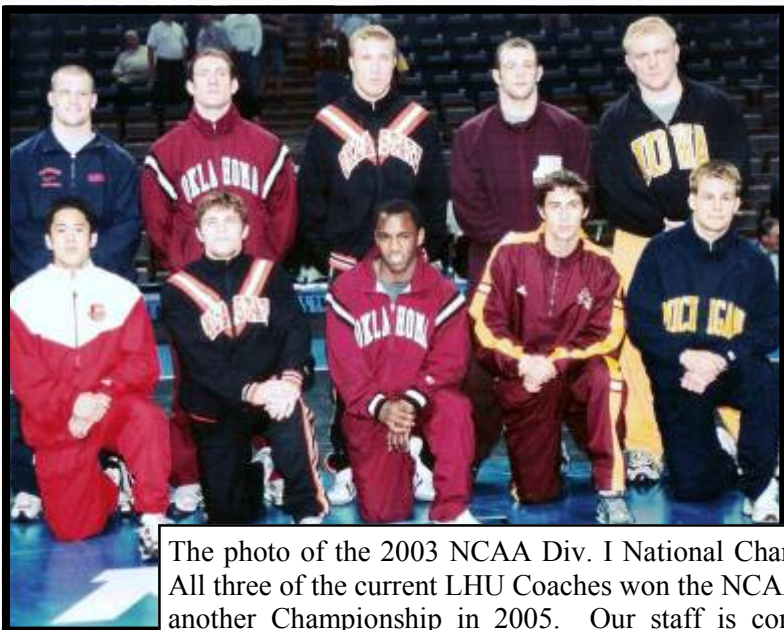
http://www.d1collegewrestling.net/Recruiting_LHU.html

LOCK HAVEN UNIVERSITY WRESTLING MISSION STATEMENT

The mission of the Lock Haven University Wrestling Program is to recruit, develop and produce competitive wrestlers, outstanding students, and prepare disciplined young men for life beyond the mat.

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NEW FACES ON THE BENCH

The photo of the 2003 NCAA Div. I National Champions is all too familiar to the LHU Coaching Staff. All three of the current LHU Coaches won the NCAA Title that year and one (Teyon Ware) went on to win another Championship in 2005. Our staff is committed to producing National Champions and All-Americans both on and off the mat. The time for change is now and we are expecting our wrestlers to compete at the highest levels of wrestling; the NCAA Championships and the World and Olympic stage.



**Head
Coach
Robbie
Waller**

University of Oklahoma-Head Assistant Coach April 2005- August 2009
 University of Missouri-Assistant Coach August 2004- April 05
 University of Missouri Graduate Assistant August 2003-August 2004
 Bachelor of Arts University of Oklahoma 2003
 Master of Education and Curriculum University of Missouri 2007
 2003 NCAA Champion
 2x NCAA All American
 4x NCAA National Qualifier
 PA State Champion
 Coached 12 NCAA All All-Americans and 4 NCAA National Finalists while at OU and Missouri.



**Assistant
Coach
Matt
Lackey**

University of Illinois Club Coach (2003-04 and 2006-08)
 Bachelor of Science University of Illinois 2003
 2003 NCAA National Champion
 3 X NCAA All-American
 2x Big Ten Conference Champion
 2003 Big Ten Athlete of the Year
 2x IL State Champion



**Volunteer
Assistant
Coach
Teyon
Ware**

University of Oklahoma Club Coach (2006-07)
 Bachelor of Arts University of Oklahoma 2006
 2X NCAA National Champion (2003 & 2005)
 4 x NCAA All -American
 Big XII Conference Champion
 4x OK State Champion



Meet the Team

WRESTLER	YEAR	WEIGHT	HOMETOWN	WRESTLER	YEAR	WEIGHT	HOMETOWN
Bachman, Jacob	FR	184	Lock Haven, PA	Kolb, Evan	SO	125	Coopersburg, PA
Caldwell, Derek	RSJR	174	Curwensville, PA	Laverghetta, Anthony	RSFR	157	Center Valley, PA
Cook, Jeremie	RSJR	184	Venice, FL	Loudon, Justin	SO	141	York Haven, PA
Craig, Dan	RSSO	285	Paw Paw, MI	Mallon, Kevin	FR	165	Philadelphia, PA
Creasy, Seth	RSSO	157	Mercer, PA	Murtorff, Gabe	RSSO	285	Boiling Springs, PA
Dufresne, Kevin	RSFR	165	Orange, NJ	Nickoli, Tyrus	FR	125	Harrisburg, PA
Ernest, Aaron	SO	174	Selinsgrove, PA	Parker, Brock	SO	149	Canton, PA
Ester, George	RSJR	125	Odenton, MD	PFahler, Brandon	RSFR	149	Alum Bank, PA
Faunteroy, Nikkien	RSSO	133	Amityville, NY	Sheridan, Lance	JR	141	Gap, PA
Grablutz, Chris	RSJR	184	Newton, NJ	Stem, Travis	RSJR	184	Bellefont, PA
Gratalo, Kristofer	FR	184	Hughestown, PA	Tropona, Jude	RSFR	149	Prompton Plains, NJ
Hyatt, Nicholas	RSJR	125	Boyertown, PA	Trumbetti, John	RSSO	133	Montvale, NJ
Kane, Jarred	RSSO	149	Elizabethtown, PA	Turner, Harry	RSFR	197	Howell, NJ
Kell, Zach	RSJR	149	Ickesburg, PA	Wilkinson, Owen	JR	141	Howell, MI

Starters By Weight

125 Nick Hyatt (12-6) 5th at Clarion Knightpoint Open (unattached); Mat Town Open Champion; 4th at PSAC Championships

133 John Trumbetti (14-3) 5th at Binghamton Bearcat Open; Mat Town Open Runner-up; 3rd at PSAC Championships

141 Owen Wilkinson (8-5) 4th at Mat Town Open; 3rd at PSAC Championships

149 Brock Parker (8-3) Ranked #20 by AWN; PSAC Champion

157 Seth Creasy (6-10)

165 Kevin Dufresne (9-7) 4th at Mat Town Open

174 Aaron Ernest (10-7) 5th at Buffalo Open (unattached); 3rd at PSAC Championships

184 Jeremie Cook (9-5) 4th at Binghamton Bearcat Open; 3rd at Mat Town Open; 3rd at PSAC Championships

197 Harry Turner (6-5) 4th at Clarion Knightpoint Open (unattached)

285 Dan Craig (9-2) Clarion Knightpoint Open Champion (unattached); Mat Town Open Champion; 2nd at PSAC Championships



2009-10 Lock Haven Wrestling Team

MID-SEASON RECAP

Binghamton Bearcat Open-Your Bald Eagles have competed against tough competition throughout the first semester and proved that they can and will be able to hold their own in the future. Our first tournament, the Bearcat Open was a late addition to the 2009-10 schedule. The coaching staff felt the team needed some early rigorous competition. 330 wrestlers competed at the tournament including 15 from LHU. Jeremie Cook finished 4th at 184 lbs and John Trumbetti finished a solid 5th at 133 for the Bald Eagles. Four other LHU wrestlers made it to the placing round and 6 wrestlers finished the day with at least 4 wins.

Rider Dual-The first Dual of the season saw LHU fall to the Rider Broncs by the score of 24-15. Highlighted by Nick Hyatt's 1st period fall at 125, three other Bald Eagles won including John Trumbetti at 133, Kevin Dufresne at 165 and Jeremie Cook at 184.

Mat Town Open-Once again hosting

the Annual Mat Town Open, the LHU wrestlers again battled tough competition. LHU put four wrestlers into the finals and crowned two champions this year in Nick Hyatt at 125 and Dan Craig at 285. Hyatt defeated Eric Dunnett of Old Dominion by a score of 2-1 and Craig gave flight time to North Carolina's Ziad Haddad in the first period for the fall to end the day. Additionally, 6 other Bald Eagles placed including John Trumbetti at 133(2nd), Harry Turner at 197(2nd), George Ester at 125 (3rd), Owen Wilkinson at 141 (3rd), Nikkien Fauntleroy at 133 (4th), and Kevin Dufresne at 165 (4th).

PSAC Championships-The Bald Eagles crowned their first PSAC Champion in 3 years at the Annual PSAC Championships. Brock Parker came into the tournament as the 5th seed and captured the title with an OT win over Josh Roosa of Bloomsburg by a score of 3-1. Six other Lock Haven wrestlers finished out the day with a top

four placing. Heavyweight Dan Craig fell in the finals to Edinboro's #14 ranked Chris Birchler by a score of 9-4. John Trumbetti (133), Owen Wilkinson (141), Aaron Ernest (174), and Jeremie Cook (184) finished third on the day. At 125, Nick Hyatt brought home a fourth place finish. Overall, 5 LHU wrestlers finished the day above their initial seeds and the Bald Eagles finished in fourth place as a team with 99.5 pts.

Hofstra Dual-In the final competition before the Holiday break the Bald Eagles traveled to Hempstead, NY to take on the #19 Hofstra Pride. Hampered by two injured starters in Nick Hyatt and Owen Wilkinson, LHU started the dual with a 0-6 deficit by way of forfeit at 141 pounds. The dual was a fierce battle with each team noting five victories throughout the night. But bonus points proved to be too much and the Hofstra Pride gained a 20-19 advantage for the dual match win.

2009-10 Team Captains Announced

This year's coaching staff has implemented several new policies surrounding the team. One addition is the anointing of team captains. After the pre-season segment, the team vote on who they feel will represent them in a positive manner on the mat as well as throughout the LHU campus and community. Each candidate has to be in their third year of school, be in good academic standing, and have illustrated the ability to lead vocally and by example both on and off the mat. The 2009-10 captains are John Trumbetti, Jeremie Cook, and Dan Craig.



Trumbetti



Cook



Craig



2009-2010 Wrestling Team in Practice



LHU Summer Camps Return to the Haven

The Lock Haven University Wrestling Camps are one of the most tradition-rich and historical camp systems in America. After a five year hiatus from the beautiful LHU campus, our camps once again return to the 'Haven' for 3 exciting weeks of Summer Camp.

**ELEMENTARY KIDS
CAMP
June 26-29**

**TEAM CAMP I
July 11-15**

**TEAM CAMP II
July 16-20**

Our LHU Wrestling Camps incorporate world-class instruction by coaches who have been champions,

developed champions, and make learning fun! We also use rugged competition, intense and focused training, along with great facilities and dining to make the experience a memorable one.

Our camps are about wrestlers helping wrestlers.

As many of you know our camps were pulled off campus in exchange for a University 'buyout' which has

now been revoked. This has created a large financial hurdle for our program in the near future. We need to rebuild our camp system to continue the resurgence of LHU Wrestling. I can assure you that **all** camp profits will go **directly** to our 2010-11 wrestling scholarship fund.

We need your help in getting teams and wrestlers to our 2010 LHU summer wrestling camps. Please feel free to pass along this information to anyone you feel may be interested in attending.

We Need Your Support

Since the arrival of our new coaching staff, we have had 3 fundraising events which have helped us in reaching our goal for our 2010-11 scholarship needs. The fundraisers and profits are as follows:

- Fall Classic Tournament - \$2,677
- Halloween 10k Run/Walk - \$3,150
- Mat Town Open - \$3,944

We will also be hosting a **LHU Spring Brawl** on May 15th for middle-school and High School teams to compete. If you know anyone who would like to enter a team please have them contact Coach Waller so that he can share information with them regarding this event.

It's no secret that our current inherited situation in terms of financial need is an uphill battle. Through hard work and continuous communication with our faithful alumni and fans we feel that our goal of obtaining the \$160,000 per year in order support 9.9 scholarships is once again in our sights. Right now there is a specific fund designated for 2010-11 wrestling scholarships through the Lock Haven University Foundation. For more information or to pledge your support please contact: **Matt Hardy, Director of Athletic Development at 570-484-2358 or mhardy2@lhup.edu.**



The Halloween 10K Run/Walk was just one of the recent fundraisers conducted by the Lock Haven University wrestling program. Left to right: Coach Robbie Waller, Gabe Murtorff, Dan Craig, Harry Turner, John Trumbetti, Brad Marquart and Owen Wilkinson.



LHU Alumni, Gray Simons, Receives Recognition

During his four years of collegiate competition at Lock Haven University, Gray Simons entered seven national tournaments. He won all seven, and six times was voted outstanding wrestler of the event. Four years he reigned supreme at 115 pounds in the National Association of Intercollegiate Athletics, and all four years was chosen the NAIA's finest, an unparalleled achievement. Three times he won the University Division title in the NCAA and as a junior and senior was voted the outstanding competitor. The only two defeats of his 93 collegiate matches came early in his freshman season. He then proceeded to win 84 in a row. In the two years after his graduation, while stationed at the U.S. Military Academy, he continued to annex national championships in mili-

tary, YMCA and AAU competition. He won the gold medal in the 1963 World Military Games. Gray Simons twice represented his country in the Olympic Games, in 1960 and 1964. On the mat, he was known as a superb technician, with quickness, skill and perfect execution of an infinite variety of moves. His abilities helped spread nationwide the "Granby Series" of moves developed by his Hall of Fame high school coach in Norfolk, Virginia, Billy Martin. After the close of his competitive career, he served with distinction as a collegiate coach at Lock Haven, Indiana State, Tennessee and Old Dominion University, and never has suffered a losing season. Among his protégés were two NCAA champions and several All-Americans. In both roles, as a wrestler and coach, this

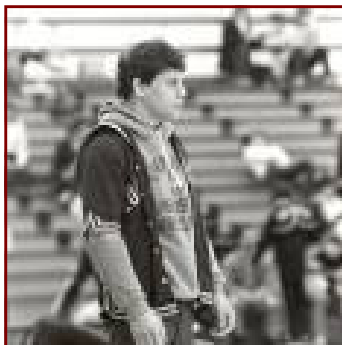
quiet man has set an outstanding example for young athletes everywhere. As a wrestler of unchallenged achievement and a sportsman of the highest caliber, Elliot Gray Simons is honored as a Distinguished Member of the National Wrestling Hall of Fame.



Ken Melchior, Don Fay, Gray Simons

Where Are They Now?

DOUG BUCKWALTER



Hometown: Watson-town, PA (Warrior Run HS)

Current Hometown: McElhattan, PA

Family Information: Wife, Sherri - Sons, Tyler (11th grade) and Blaze (9th grade) - Daughter, Kelsie (4th grade)

Current Occupation: Physical Education Teacher and Coach at Central Mountain High School

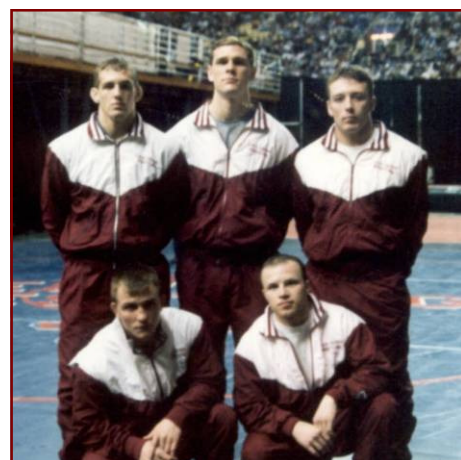
College Degree: BS in Health and Physical Education; BS in Management Science

Most memorable LHU Wrestling Moment: Winning the EWL title

Why did you choose Lock Haven University for your college career: The location, the small size, and the coaching staff.

Alumni Outreach

Our objective for each Quarterly Lock Haven University Wrestling Newsletter "On the Move" is to update our alumni, fans and friends on the current Lock Haven wrestling team as well as the whereabouts and happenings of your fellow LHU wrestling alumni and friends. Our coaching staff will reach out to as many individuals as possible to obtain information from each former LHU wrestler in hopes that we can add several updates to this page. If you know of anyone or have contact information on additional LHU wrestling alumni please forward this onto them and provide us with their contact information so we can reach out to them personally. Our goal is to be able to communicate all the exciting news surrounding YOUR program to our LHU alumni faithful on a much more frequent basis.



1997 NCAA Championships: Five All-Americans - Kneeling: Carol Kolat (1st), Terry Showalter (6th) Standing: Mike Rogers (6th), Mike Geurin (8th), Brian Leitzel (6th)



Every great University wrestling program around the country has an established wrestling club. We are proud to say that Lock Haven is no different.

The Mat Town USA wrestling club has opened a new state-of-the-art facility on the third floor of the Piper Aviation Museum. They have over 6,000 square

feet of wall to wall wrestling mats and are open for practice and instruction almost every day of the week.

Our coaching staff, along with Club director, Coach Neil Turner, have worked in harmony to help build a club for all ages. Our staff works weekly with the club and its members.

Additionally, our Lock Haven University wrestlers will compete for the Mat Town Wrestling Club in the post season Olympic Style tournaments including the University and Senior Nationals.

For more information go to www.mattownusa.com

Lock Haven University 2010 Wrestling Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
Nov. 15	Binghamton Open	All Day	Binghamton
Nov. 20	Rider	7 PM	Bellefonte HS
Nov. 28	Mat Town Open	All Day	Lock Haven
Dec. 5	PSAC Tournament	All Day	Edinboro
Dec. 13	Hofstra	3 PM	Hofstra
Dec. 29-30	Southern Scuffle	All Day	UNC - Greensboro
Jan. 3	Penn State	3 PM	Lock Haven
Jan. 6	Millersville	6 PM	Lock Haven
Jan. 15	Pittsburgh	7 PM	Pittsburgh
Jan. 23	Edinboro	7 PM	Lock Haven
Jan. 30	Cleveland State	1 PM	Lock Haven
Jan. 31	West Virginia	1 PM	West Virginia
Feb. 5	Bucknell	7:30 PM	Lock Haven
Feb. 12	Bloomsburg	7 PM	Lock Haven
Feb. 19	Clarion	7 PM	Clarion
Mar. 6	EWL Tournament	All Day	West Virginia
Mar. 18-20	NCAA Tournament	All Day	Omaha, Neb.



You can count on my support for LHU Wrestling in 2010!

Name: _____

Address: _____
 (Street) (City / State) (Zip Code)

Telephone: _(_____)_____



I would like to make a donation by check credit card. Make checks payable to: **LHUF-Wrestling Scholarships**

For payments on credit cards: Name on Card _____

Card Type: (circle one) VISA Mastercard Credit Card Number _____ - _____ - _____

Expiration Date ____/____ Security Code _____ Amount _____

Please mail this form back with payment to: Attn. Wally Kocher, 224 Thomas Fieldhouse, Lock Haven University, Lock Haven, PA 17745.

LOCK HAVEN WRESTLING ON THE MOVE

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LHU Summer Wrestling Camps - 8177
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LOCK HAVEN UNIVERSITY
OF PENNSYLVANIA



2010 LOCK HAVEN SUMMER WRESTLING CAMPS

June 26-29
Elementary Kids Camp

July 11-15
Team Camp I

July 16-20
Team Camp II

To register online or find more information, go to:

www.lhup.edu/wrestling/camp/home.htm

Call or Email:

Robbie Waller

Head Wrestling Coach

570-484-2304

rwaller@lhup.edu

Wally Kocher

Dir. Of Ath. Operations

570-484-2647

dkocher@lhup.edu



COST

Team Camp

Resident - \$340

Commuter - \$240

Coach - \$200

Elementary Kids Camp

Resident - \$330

Resident Parent / Sibling - \$230

Commuter - \$250

Commuter Parent / Sibling - \$175