



Cleveland State University

# VIKING UPDATE

WRESTLING

2009-10 Cleveland State Wrestling

## COACHES CORNER

The Coaching Staff and all the wrestlers would like to welcome back all of our family and friends for another great year of Viking wrestling. We have had a very busy and exciting summer. Over the summer we started our Locker Room renovation project, revived our traditional Alumni and Team "Welcome Back Picnic," and recruited seventeen new Viking wrestlers to the squad.

The Locker Room renovation project consisted of removing the cinder block wall separating the two smaller locker areas and forming one large locker area. The wrestlers completed the demolition and clean-up themselves with the help of our Volunteer Assistant Coach Steve Mladenovic who owns his own construction business. Next, Ray Anthony Sr. and Ray Anthony Jr. helped by leveling the concrete floor while the wrestlers supplied the unskilled labor portion of the project. After that Alumni Joe Palivoda, a professional painter, generously volunteered his time to help us paint the Locker Room. Finally, Jim and Donna Pycraft of Jims' Custom Kitchens built and installed new wood stadium style lockers. All of us here would like to thank these generous people for helping us to complete the first phase of our Locker Room renovation project along with the countless others that have made this first step possible. There are two more phases to the project and we will keep you posted as they are completed.

The "Welcome Back Picnic" was Saturday August 22<sup>nd</sup> at Whiskey Island Park. The weather threatened but, never came down and the 75 plus people in attendance offered great company. It was a gathering to start to reunite our wrestling family and welcome in a new group of wrestlers and their families. I know that many of our Alumni could not attend or are not on our current contact list. If you know of any of our Alumni, Family, or Friends who would like to participate next year please send me an e-mail at [b.stehura@csuohio.edu](mailto:b.stehura@csuohio.edu) with their information so that we can invite them to the event next year and other events in the future. We would like to grow this event and create more opportunities to be involved with the program in the future.

The season is approaching and we have a great group of returning wrestlers and an exciting bunch of new talent coming to the team this year. We send our best wishes and thanks to all of our supporters and hope to see you this year for another great year of Cleveland State Wrestling.



Mat Talk - Sept. 2009

## Wrestling Splits Viking Cup Award

Each year an award is given out to a CSU athletic team that makes exceptional contributions to Cleveland State University, the athletic department and the community.

Each athletic team is awarded points for its accomplishments in academics, community service, school spirit, and athletic performance.

Through the wrestling team's commitment to excellence in all of the Viking Cup categories the wrestlers amassed enough points to tie with softball for the Viking Cup Award. The award is a great accomplishment for the team and proves they are dedicated both on and off the mat. The team has set goals to improve in all categories in the upcoming year and look to win the Viking Cup outright in 2009-2010.

## 2009-2010 Season Outlook

### 125

At 125 pounds the Vikings will have three wrestlers competing for the starting position. Leading the way will be returning starter Jordan Keller. Jordan, a true sophomore, posted 23 wins for the Vikings in the 2008-2009 season while earning a fifth place finish at the EWL tournament. Redshirt freshman Zachary Zupancic and true freshman Matt Peters will also be competing for the spot. Zupancic is coming off his redshirt year while Peters will be joining the Vikings from New York where he was a state champion for East Aurora High School.

### 133

133 pounds will be a young weight class for the Vikings in 2009-2010. Competing for the spot will be two true freshmen, Zech Huff and Ronald Butler. Zech Huff is a two time state placer from Sturgis High School in Michigan. Butler joins the Vikings from Virginia where he was a state qualifier for Phoebus High School.

### 141

The Vikings will have plenty depth at the 141 pound weight class during the '09-'10 season with four wrestlers looking to get the starting nod. Returning starter Lawrence Cavello will lead the way. Cavello, a redshirt sophomore, tallied 11 wins for the Vikings in 2008-2009 and looks to grab the starting spot again this year. On Cavello's heels will be junior Josh Palivoda, redshirt freshman Mike Mencini, and redshirt freshman Colin McCreary. Palivoda recorded ten wins while starting at 133 pounds for the Vikings during the 2008-2009 season. Mencini and McCreary will both be looking to get in the mix after redshirting last season.

### 149

Leading the charge at 149 pounds will be fifth year senior Dan Castillo. Castillo competed in a backup role in 2008-2009 and will be looking to step into the starting line up this season for the Vikings. Also competing for the job will be redshirt sophomore Tyler Young who competed at 141 pounds for the Vikings in the '08-'09 season. Young also earned All American honors at University Nationals in Greco roman. True freshman Kyle Mays will also compete for the spot. Kyle comes to CSU from Middlebury, Indiana where he recorded over 100 wins for Northridge High School.

### 157

At 157 pounds the Vikings will have four wrestlers battling for the starting position. Returning starter Corey Carlo posted 14 wins for the Vikings last season and will once again look to get the starting nod. Red-shirt sophomore Dustin Doty wrestled in a backup position in 2008-2009 and will compete for the starting spot in the upcoming season. Daniel Michaels, a red-shirt freshman who earned All American honors at the 2009 Greco Roman University Nationals will also battle

for time in the line up. Joining the Vikings as a freshman will be Koort Leyrer a state runner-up from Holt, Michigan.

### 165

After being awarded a sixth year of eligibility senior Marcus Effner will add valuable leadership the 2009-2010 Vikings. After sitting out the 2008-2009 season due to a knee injury Marcus will be looking step back into the lineup and earn his third trip to the NCAA tournament. Close behind Effner will be returning starter Robbie Michaels. Michaels, a redshirt junior, just missed the NCAA tournament in 2008-2009 after finishing fourth in the Eastern Wrestling League tournament. Joining these two at 165 pounds will be three talented freshmen David Phillips, Shayne Stewart and Mike Graves.

### 174

Three Viking wrestlers will compete for the job at 174 pounds. Junior Derek Cummins saw time at both 174 pounds and 184 pounds last season and will look to take the lead in the 174 pound weight class in 2009-2010. Aric Thurn is coming off a successful redshirt season in 2008-2009 and will make a push to grab the starting spot in the Vikings line up this season. Adding solid depth to the weight class will be incoming freshman Drew Graber from Goshen, Indiana where he was a two time Indiana State runner-up.

### 184

Two talented freshman grapplers will compete for the Vikings starting spot at 184 pounds. Ryan Houchens a three time state place winner from South Oldham High School in Crestwood, Kentucky will look to step in and make a difference right away. Corbin Boone a state place winner from Holt, Michigan will also compete for the job at 184 pounds.

### 197

Nick Anthony heads a group of talented youngsters competing for the 197 pound starting position. Anthony looks to improve on a successful redshirt campaign and start for the Vikings in 2009-2010. Gahad Suleiman, a redshirt freshman and true freshman Ryan Smugala will also be in the hunt at 197 pounds.

### 285

The graduation of four time NCAA qualifier Rashard Goff will open the door for a talented group of young freshmen at Heavyweight for the Vikings. Chris Weber, out of Waukesha Catholic Memorial High School in New Berlin, Wisconsin is an exciting new heavyweight for the Vikings this season. He was sixth place at Freestyle Junior Nationals this past summer and hopes to carry that momentum into his first year with the Vikings. Billy Damiana from Cape May, New Jersey will also compete for a starting job at heavyweight. Damiana a two time New Jersey State place winner is also an accomplished freestyle and Greco roman competitor. Ricky Williams from Geneva, Ohio and Will Fletcher from Ottsville, Pennsylvania will add strong depth to this very talented heavyweight class.

## Meet the Freshman

Cleveland State is welcoming in 17 freshmen this season to join the Viking wrestling family.

**Matt Peters**, a 2009 New York state champion, will compete at 125-pounds for the Vikings. An East Aurora, New York native, Peters finished his high school career with 784 near fall points and is East Aurora High School's only New York state champion. He was a member of the East Aurora Soccer Team which set the national record for most consecutive shut-outs.

**Zech Huff** was a two-time MHSAA state placer from Sturgis High School in Sturgis, Michigan. Huff, who will be competing in 133-pound weight class for the Vikings was also a 2007-2008 district champion. Zech was named his team's most valuable wrestler in his senior year and tied for most wins his junior season.

**Ronald Butler III**, a three-time VA Peninsula District champion from Phoebus High School will also be competing at 133-pounds for Cleveland State. Butler, from Hampton, Virginia, was a 2009 Virginia state qualifier.

**Kyle Mays**, a 149-pound wrestler from Middlebury, Indiana, collected over 100 wins during his high school career at Northridge HS. A two-time team captain, Mays was also a member of the Indiana Greco Roman team. Kyle is an exceptional student earning an Honors Diploma and the prestigious IFIE Scholarship.

**Koort Leyrer**, Holt High School's all-time win leader with 178 victories and all time falls leader with 122 pins. A 157-pound wrestler from Holt, Michigan, Koort was a three time state qualifier highlighted by a second place finish his senior season. He was both a four year League Champion as well earning Academic all league status.

**David Phillips**, a native of Pewaukee, Wisconsin will compete at 165 pounds. Phillips, a 2008 Woodland Conference Wrestler of the year, earned both a third and fifth place finish at the Division 2 state tournament. David was the 2009 team captain and a member of the Academic Honor Roll.

**Shayne Stewart**, a 165-pound native of Mogadore, Ohio, compiled 113 career wins, in addition to being a state qualifier and a three time Hephner Memorial Placer. Stewart was twice named a first team all conference competitor and earned a fourth place finish at the state tournament. He is also a four time Academic All-Star and Merit Scholar.

**Michael Graves**, a 165-pound wrestler from Maumee, Ohio, earned a fifth place finish at the state tournament, as was a two-time NLL League and district champion as well.

**Drew Graber** was a two time Indiana High School state runner-up for Northridge High School. A native of Middlebury, Indiana was a three time state qualifier while taking home the semi-state championship twice. Graber is a member of the National Honor Society and earned Academic All-State honorable mention in 2009.

**Ryan Smugala** joins the Vikings from Westlake High School in Westlake, Ohio. Smugala placed three times at the district tournament and was a two time Ohio State qualifier. He was also a sectional champion along with being named the Plain Dealer Athlete of the Week.

**Ryan Houchens**, a 184-pound three-time state placer from Crestwood, Kentucky, is coming off a season in which he collected over 40 wins. Houchens was a 2009 Region 5 Most Outstanding Wrestler and was a four time academic All State Honorable mention performer, and will be in the Honors Program here at Cleveland State University.

**Corbin Boone** amassed a 51-5 record his senior season for Holt High School on his way to a third place state finish. A Holt, Michigan native, Boone was a district and regional champion his final season.

**Billy Damiana**, is a three-time High School All-American heavyweight from Cape May, New Jersey. Damiana was also a State place winner three years with an overall record of 137-22 at Lower Cape May Regional High School. He was also nominated as a South Jersey Hall of Fame Scholar Athlete.

**Ricky Williams**, a heavyweight from Geneva, Ohio, finished with an overall high school record of 96-21. Williams holds the Geneva High School records for quickest pin, most all time pins, most season pins, most team points in a season, as well as most career team points. Williams was a two time state qualifier while earning team MVP honors in his junior and senior years.

**Chris Weber**, finished with a 108-11 record at Catholic Memorial High School. A heavyweight from New Berlin, Wisconsin, Weber earned a second place finish in three trips to the state tournament, along with being a three time Regional champion. Weber placed second at Freestyle Cadet National as well as becoming a Freestyle Junior Nationals All-American in 2009. He is also a Central Regional Champion in both freestyle and Greco roman competition.

**Will Fletcher** is a heavyweight from Ottsville, Pennsylvania who was two time state qualifier for Palisades High School. Will placed third in the Southeast Regional two times and earned All Colonial League honors in his junior and senior years. On the football field Will was the team defensive MVP and grabbed second team All-State honors.

## Getting to Know ...

### Marcus Effner



#### My Favorite:

**Post Season Food:** Grilled Stuffed Burrito with chicken from Taco Bell.

**In-Season Food:** Chicken Breast & Pinto beans with hot sauce

**Food to Cook:** Shells and Cheese

**Movie:** Cinderella Man

**Actor:** Edward Norton

**Music Group:** O.A.R.

**Sports Team:** New York Yankees

**Class:** The Entertainment of Video Games

#### About Me:

**Season Goal:** Be a NCAA All American.

**My proudest accomplishment is:** Being a two time NCAA National qualifier.

**Who got me involved in wrestling:** Dad, Jack Effner

**Advice for freshmen:** "Go to class! If you are not getting better, your getting worse, make your choice!"

**Toughest obstacles:** Coming back after knee injuries.

**After college I plan on:** "Traveling a whole lot."

## 2009-2010 Wrestling Schedule

Nov. 7	Eastern Michigan Open	Ypsilanti, MI	10:00am
Nov. 15	Michigan State Open	East Lansing, MI	9:00am
<b>Nov. 19</b>	<b>Eastern Michigan Dual</b>	<b>Cleveland, OH</b>	<b>7:00pm</b>
Nov. 22	Ohio State Duals	Columbus, OH	12 noon
<b>Nov. 24</b>	<b>John Carroll Dual</b>	<b>Cleveland, OH</b>	<b>7:00 pm</b>
Dec. 4	Ohio University Duals	Athens, OH	10:00am
<b>Dec. 13</b>	<b>CSU Open</b>	<b>Cleveland, OH</b>	<b>9:00am</b>
<b>Dec. 17</b>	<b>Northwestern Dual</b>	<b>Cleveland, OH</b>	<b>7:00pm</b>
Dec. 29-30	Midlands Invitational	Evanston Il	All Day
Jan. 5	Kent State Dual	Kent, OH	7:00pm
Jan. 18	Indiana Quad	Bloomington, IN	TBA
<b>Jan. 22</b>	<b>Pitt Dual*</b>	<b>Cleveland, OH</b>	<b>7:00pm</b>
Jan. 30	Lock Haven Dual*	Lock Haven, PA	1:00pm
Jan. 31	Bloomsburg Dual*	Bloomsburg, PA	1:00pm
<b>Feb. 6</b>	<b>Edinboro Dual*</b>	<b>Cleveland, OH</b>	<b>5:00pm</b>
Feb. 13	Clarion Dual*	Clarion, PA	5:00pm
	North Carolina		3:00pm
<b>Feb. 19</b>	<b>WVU Dual*</b>	<b>Cleveland, OH</b>	<b>7:00pm</b>
March 7	EWL Tournament	Morgantown, WV	8:00am

\* Denotes EWL League Dual

Home Duals in **BOLD**

