NCAA Qualifier - Kyle Hutter
NCAA All-American - James Nicholson
NCAA Qualifier - Ryan Williams

Date    Opponent / Event Location    Time
10/26/08    Blue/Silver Intersquad Norfolk, Va.    12:30 p.m.
11/09/08    Michigan State Open East Lansing, Mich.    All Day
11/16/08    Hokie Open Blacksburg, Va.    All Day
11/22/08    at Oklahoma State Stillwater, Okla.    2:00 p.m.
11/23/08    at Oklahoma Norman, Okla.    4:00 p.m.
11/29/08    vs. Harvard Troy, N.Y.    9:15 a.m.
        vs. Missouri Troy, N.Y.    11:00 a.m.
        vs. Bloomsburg Troy, N.Y.    3:15 p.m.
12/20/08    Northern Iowa Norfolk, Va.    3:00 p.m.
12/29 - 30    Midlands Championship Evanston, Ill.    All Day
        Southern Scuffle Greensboro, N.C.    All Day
01/04/09    vs. Purdue Norfolk, Va.    2:00 p.m.
        vs. George Mason* Norfolk, Va.    TBA
        vs. UNC Greensboro Norfolk, Va.    TBA
01/09 - 10    Virginia Duals Hampton, Va.    All Day
01/17/09    CAA Duals Fairfax, Va.    10:00 a.m.
01/25/09    at Bucknell Lewisburg, Pa.    1:00 p.m.
02/01/09    at Central Michigan Mt. Pleasant, Mich.    2:00 p.m.
02/08/09    vs. Virginia Norfolk, Va.    5:30 p.m.
02/14/09    at Rider* Lawrenceville, N.J.    2:00 p.m.
02/19/09    vs. Virginia Tech Norfolk, Va.    7:30 p.m.
02/21/09    at North Carolina State Raleigh, N.C.    7:30 p.m.
03/06 - 07    CAA Tournament Chesapeake, Va.    All Day
03/19 - 20    NCAA Tournament St. Louis, Mo.    All Day
The 2008 – 09 Old Dominion Wrestling Team

The coaching staff at Old Dominion University has been associated with success at all levels. Their experience will help reach the goal of turning ODU into a National Powerhouse.

Steve Martin
All-American at Iowa
NCAA Team Champions

Matt Storniolo
Two-Time All-American at University of Oklahoma

Mike Dixon
University National Champion
4th Pan Am’s

Jon Sioredas
All-American at Tennessee - Chattanooga

ASICS® will be the official shoe provider for Old Dominion Wrestling. The wrestling staff is proud and thankful to be associated with this organization, which provides the finest in wrestling gear.

In 1949, Kihachiro Onitsuka began his athletic footwear company (Onitsuka Co., Ltd.) by manufacturing basketball shoes out of his living room in Kobe, Japan. He chose the name ASICS® for his company in 1977, based on a famous Latin phrase “Anima Sana In Corpore Sano”, which when translated expresses the ancient ideal of “A Sound Mind in a Sound Body.” Taking the acronym of this phrase, ASICS® was founded on the belief that the best way to create a healthy and happy lifestyle is to promote total health and fitness. ASICS® products were introduced to the United States in 1977.
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Quick Facts
School:......................................................... Old Dominion
Location:...................................................... Norfolk, VA.
Founded:...................................................... 1930, as the Norfolk Division of the College of William & Mary
Enrollment:................................................... 23,500
President:...................................................... John R. Broderick
Athletic Director:.......................................... Dr. Jim Jarrett
Colors:......................................................... Slate Blue, Sky Blue & Silver
Nickname:.................................................... Monarchs
Conference:................................................. Colonial Athletic Association
Home Facility:............................................... Ted Constant Convocation Center
Head Coach:............................................... Steve Martin (Iowa, 1991)
Career Record:............................................. 62-22-2 (4 years)
Record at ODU:............................................. 52-22-2 (4 years)
Assistant Coaches:........................................
Mike Dixon (Indiana '01)
Jon Sioredas (UT-Chattanooga '05)
Matt Storniolo (Oklahoma '06)
2007-08 Overall Record:................................. 7-3
2007-08 Conference Record:............................ 6-1
CAA Championship Finish:............................. 2nd Place
Starters Returning/Lost:.................................. 8/2
Letterwinners Returning/Lost:......................... 11/4

SPORTS INFORMATION
Sports Information Director:............................... Carol Hudson, Jr.
Email:.......................................................... chudson@odu.edu
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CREDITS
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Winning is all that Old Dominion wrestling coach Steve Martin has ever known. From his days as a high school wrestler at Kempsville High School in Virginia Beach, as a three-time Virginia high school state champion, to his days at the University of Iowa where he was an All-American and Midlands Champion, and as the head coach at Great Bridge High School, all Steve Martin has ever known is winning. Headed into his fifth year at Old Dominion, that winning tradition he has always had has already broken through. He has raised the level of expectation at ODU and already has three straight second place finishes at the CAA Tournament and has sent 14 wrestlers to the NCAA Tournament in four years, including a record six last year.

Last year, Martin led the team to its second best record in school history, finishing 17-3 in dual action. Also for the first time in school history the Monarchs earned a top 20 ranking as a team. He was named the CAA Coach of the Year as well as the Virginia Sports Information Directors Association (VaSID) Coach of the Year. Martin led six Monarchs to the NCAA Tournament for the first time in program history, including ODU's first All-American since 1995, James Nicholson.

In 2006-07, ODU had three NCAA Qualifiers, including coaching a wrestler mere seconds away from All-American status. The team also boasted its first ever Academic All-American in Ryan Williams, and an alternate on the Junior World team.

Coach Martin also led Old Dominion in two wins in the first two matches ever held at The Ted Constant Convocation Center. ODU will continue to host wrestling matches at The Ted under the direction of Martin.

For the fourth straight season ODU won double-digit duals and last season, and lost just once in the CAA, to 6th ranked Hofstra.

This season, he again recruited one of the top recruiting classes in the nation. His fourth straight top twenty recruiting class and third class ranked in the Top Ten has the Monarch wrestling program poised for more even success. After back-to-back top eight recruiting classes, Martin's third incoming class was ranked 16th by Intermat and this years class ranks tenth in the nation.

The foundation for Martin's winning resume was also built on his pedigree. His father, the legendary Billy Martin, is the father of Virginia Champion, and as the head coach at Great Bridge High School, all Steve Martin has ever known is winning. Martin's Wildcats were nationally ranked.

Wrestling Coaches Association state and regional coach of the year in 1995 and 2000. The Bob Bates Award winner as the Outstanding Metropolitan Coach of the Year.

At Old Dominion, Martin will have more of a challenge and he readily accepts it. Making the Monarchs program one of the top programs on the East Coast and in the nation is paramount.

“Virginia high school wrestling is making a name for itself on the national level. While we will be recruiting nationally, it will be goal of our staff to keep these Virginia kids at home in front of their family and friends,” Martin said.

His goal to become a coach was the first step, and with the administration supporting the program, becoming a winning program will be only a matter of time, Martin says.

“The school has made a nice commitment to the wrestling program,” said Martin in an interview with Ron Good of Amateur Wrestling News in September of 2004.

Martin graduated from the University of Iowa in 1991 and got his master's degree from George Washington University in 1996. Steve and his wife Lori live in Chesapeake, Va. They have four children; Madison (12), Macy (10), McKenna (9) and Max (5).

Martin enjoys the outdoors and spending time with his family. When he is not on the mat, you can find him at the beach or at the Martin’s farm on Knot's Island, N.C.
Steve Martin, Old Dominion (Iowa ’91)
Tom Brands, Iowa (Iowa ’92)
Jim Zalesky, Oregon State (Iowa ’84)
Lennie Zalesky, UC-Davis (Iowa ’83)
Duane Goldman, Indiana (Iowa ’86)
Tom Ryan, Ohio State (Iowa ’92)
Greg Randall, Boise State (Iowa ’87)
Brad Penrith, Northern Iowa (Iowa ’88)
Tim Cysewski, Northwestern (Iowa ’76)
Kevin Dresser, Virginia Tech (Iowa ’86)

2003-04

2001-02
2002-03

2000-01
2001-02

1999-00
1999-00
1998-99
1997-98
1996-97
1995-96
1994-95
1993-94
1992-93
1991-92

1991-92
1992-93
1993-94
1994-95
1995-96
1997-98
1998-99
1999-00
2000-01
2001-02
2002-03
2003-04

VA STATE CHAMPIONS
1991-92
1992-93
1993-94
1994-95
1995-96
1997-98
1998-99
1999-00
2000-01
2001-02
2002-03
2003-04

Public High School National Champions
2002 & 2003

Year   National Rank
1991-92
1992-93
1993-94
1994-95
1995-96
1997-98
1998-99
1999-00
2000-01
2001-02
2002-03
2003-04

Martin was part of the 1990 Iowa team that captured the NCAA Championship.

This excerpt from the December 2, 2001, Virginia Pilot shows the deep-rooted Martin family legacy.

Martin was part of the 1990 Iowa team that captured the NCAA Championship.
Coach Jon Sioredas begins his third season with the Monarchs. Coach Sioredas helped coach one of the best teams in Old Dominion history last year, which was ranked top 20 in the country by all major polls. The blue and silver posted a 17-3 mark, with the only defeats coming from Iowa, Illinois, and Hofstra.

Coach Sioredas returned to his hometown as an assistant coach to his former high school mentor Steve Martin. The former All-American lends his experience to the team’s middle and upper weights. He has made a vast impact in the training room, as well as helping to recruit nationally ranked athletes. His work ethic, high energy, and experience have helped push Old Dominion Wrestling into the national spotlight.

Coach Sioredas is no stranger to success. After spending three years at Mizzou, Sioredas jumped at the opportunity to wrestle for NCAA and World Champion Terry Brands at the University of Tennessee at Chattanooga. With only two years under the helm of Coach Brands, Sioredas moved from a top 20 athlete to being ranked as high as 2nd in the country.

Sioredas was named TheMat.com’s national wrestler of the week for defeating Oklahoma State’s national champion Johny Hendricks 5-3 and Boise State’s Russell Brunson by fall in the second period. Jon was a two-time conference champion,

Mike Dixon enters his fourth season with the Monarch wrestling program after serving as a volunteer assistant for the 2005-06 campaign.

With head coach Steve Martin, Dixon has helped put Old Dominion on the map nationally. In 2007-08, the team was ranked in the Top 20 for the first time in school history and finished with a record of 17-3 in duals. He helped qualify six wrestlers to the NCAA Tournament, the most ever for Old Dominion. Old Dominion took second at the CAA Tournament for the third straight year.

Dixon came to Old Dominion after serving as an assistant coach at James Madison University in Harrisonburg, Virginia. While at JMU he coached two conference place winners and brought in the most credentialed recruiting class since the university dropped scholarships in 2000. Among his recruits included three state titles and three runner-up finishes.

Prior to his stint at JMU, Dixon coached four Academic All-Americans, five national qualifiers, and the most wrestlers in the school’s history to finish in the top twelve in the country with three at the University of Indianapolis.

Dixon also spent some time as an assistant coach with Arsenal Technical High School in Indianapolis, Indiana, coaching four individual conference champions, two sectional finalists, and a city champion, the school’s first ever freshman to win a city championship.

A 2001 graduate of the Indiana University with a degree in management, Dixon was a four-year varsity letter winner for the Hoosiers. An NCAA qualifier, he was a 2001 University National Freestyle Champion and placed fourth at the Pan American Games.

Dixon will assist in recruiting, putting together work out regimens, and coaching and scheduling practices.

Matt Storniolo continues his service on the staff at Old Dominion as a volunteer assistant coach in his second year out of the University of Oklahoma. He enjoyed tremendous success as a wrestler for the Sooners and will bring that experience to the mat for ODU.

Storniolo is a two-time All-American for the Sooners as he compiled a 117-22 career record. He wrestled in the 149-lb. weight class for the duration of his career and was a four time conference finalist.

As a freshman, Storniolo wrestled at Penn State and was named the Big Ten Freshman of the Year. He placed second in the Big Ten tournament before transferring to OU.

As a sophomore on the Sooner squad, he placed second in the Big 12 tourney and earned his first All-American honor by placing 7th in the NCAA Tournament. He repeated as an All-American in his junior campaign, again finishing as the runner-up in the Big 12 tourney and placing 4th at the national tournament.

He concluded his career with a Big 12 Championship in the 149-lb. weight class and he entered the NCAA Tournament as the No. 2 ranked wrestler in the nation.

Before college, Storniolo wrestled to an undefeated senior year at State College Area High School in Pennsylvania en route to a state championship. He was also named a high school All-American.

Storniolo graduated from the University of Oklahoma with a Bachelor of Science degree in Human Relations.
L
eaded into the 2008-09 season, the Monarchs return the bulk of one of the most successful teams in school history from a year ago, as ODU won 17-3 and qualified six wrestlers to the NCAA Tournament. This season, five NCAA Qualifiers return, including the first Monarch All-American since 1995 in Jon Sioredas. Head coach Steve Martin also returns seven of his ten starters and, now in his fifth year at the helm, is anticipating another solid year from his program.

The 2008-09 version of Martin’s team boasts 2008 All-American James Nicholson at 125 lbs and two-time NCAA Qualifier Ryan Williams at 141 lbs. Kyle Hutter (133), Chris Brown (185), Eric Decker (174), and J esse Strawn (197) are the other national qualifiers as Nicholson, Williams and Brown are coming off CAA Championship seasons.

The projected lineup was good enough to be ranked 19th in the nation according to the pre-season rankings offered by Inte rMat. Several Monarchs are ranked headed into the season including a team-high fourth by Nicholson.

PREVIEW BY WEIGHT CLASS:

125: Returning All-American James Nicholson will be the guy at 125, as he finished 8th at the NCAA Tournament in 2008. Nicholson posted a 35-win season, was named the CAA Rookie of the Year as well as the VaSID Wrestler and Rookie of the Year and led the team to a 2nd place finish at the CAA Tournament. This season, as a redshirt sophomore, Nicholson will be wrestling as a top ranked grappler for the first time in his collegiate career. “We’re looking for James to continue to build on last years success. His goal is to become a national champion and we will not rest until he achieves that goal,”said head coach Steve Martin. “He is the returning starter at 125 lbs and will be looking to improve on an already successful career by

133: Junior Kyle Hutter comes into the season a nationally ranked wrestler and will look to hold onto the starting slot for a third straight year. He has finished 3rd and 2nd at the CAA tournament his first two seasons and 4th at the 2008 NCAA Tournament. He had a 17-3 season in 2008-09 and was ranked #2 in the nation before the season. Brown is a Virginia native and will be looking to improve on his already successful career by which he made his first career appearance at the NCAA Tournament. “Kyle Hutter had a great summer and he is definitely put in the time and work it takes to achieve success in our sport. We’re looking for Kyle to break through this year and get on the podium at NCAA’s,” said Martin. Hutter will be backed up by Brennan Brumley who redshirted as a freshman last year, Jesse Strawn, who redshirted as a freshman, and the returning starter at 165 lbs. Virginia will add depth at the 125-lb weight class as a two-time 3A State Finalist.

141: “Ryan Williams has been a great leader for our program in the last three years; he is very capable of getting on the podium at NCAA’s,” Martin said. “He is also someone we definitely expect to be in contention for an NCAA Title and All-American honors.” Williams is the only senior on the squad this year and will likely maintain his starting spot at 141 lbs. The Mechaniscburg, Pa. native is a two-time NCAA Qualifier and won the CAA Championship last season, named the Tournament’s Most Outstanding Wrestler after defeating the #2 141-pounder in the nation, Charles Grass (Hofstra). Williams led the team in wins (35) and major decisions (11) and finished the season just two wins shy of 100 for his career. With another solid campaign, Williams could finish his career the all-time winningest wrestler for Old Dominion. Backing up Williams will be Craig Wilson, Colin Zooki and Louis Johnson. Wilson was a three-time Virginia state champion and three-time All-American in high school. Zooki was a two-time Virginia state finalist and Johnson, a Chesapeake native, was also a Virginia state finalist.

149: As it has been for several years, the 149-lb weight class will be a competitive weight for head coach Steve Martin. “This will be one of the weights where we are looking for someone to separate themselves and be our top guy at 149,” Martin said. Duke has had a few NCAA Qualifiers in the past and has beat several NCAA Qualifiers. He is capable of getting in the mix for All-American honors. Jon Metzler is coming off a redshirt year where he gained valuable experience and we’re looking for him to step up as well and do things on the national level.” Metzler and Baxter both have experience on the mat for Old Dominion and will vie for this season. Metzler took a redshirt last season as Baxter was the full-time starter. Baxter posted a 38-win season, good for second on the team. He had 10 major decisions, five tech falls and three pins as he dismantled opponents in duals, going 17-3. He was the VaSID First Team All-American and won his weight class at the Michigan State Open and Virginia Interc ollegiate State Tournament. Both wrestlers are capable of stepping into the starting lineup on any given night.

157: Dan Rivera, from Winter Springs, Florida, is the returning starter at this weight, but it will be another highly contested spot for the Monarch team. “Rivera has put in a lot of time this offseason and worked very hard. He’s the returning starter at this weight and we will definitely need him throughout the year for us to achieve our team goals,” said Martin. Either Baxter or Metzler has the potential to fill in at this weight class, as does newcomer Derek Gallagher. Rivera went 5-1 at the Virginia Duals a year ago and finished the season with 13 wins. Gallagher is a redshirt sophomore from Virginia Tech who grabbed six wins in his only season for the Hokies. He was a three-time letter winner at Great Bridge High School and a two-time 3A State champion.

165: “Chris Brown is capable of beating anyone in the country. We are looking for Brown to become more consistent so that he can contend for an NCAA Title,” Martin said. The redshirt junior had another stellar campaign last season, as he won the 156-lb CAA Open championship and qualified for his first NCAA Tournament. During the year, he defeated #1 Mark Perry from Iowa as he posted another 35-win season. He was voted to the VaSID All-State First Team and was terrific in dual competition, going 17-3. After just two years, Brown has 70 wins on his résumé and will be looking to continue his already successful career by making a run at the podium in March.

174: The 174-lb weight class will be another contested spot in the Monarchs starting lineup as NCAA Qualifier and transfer Eric Decker comes in from Virginia. Decker is a two-time NCAA Qualifier with ten wins in his senior season at Virginia Tech. He also has a win in the battle in the 2007-08 starter Derek Coffey, who redshirted last season. Decker was an NCAA Qualifier as a true freshman, finishing 2nd at the ACC Championships. He won the East Stroudsburg Open and had a pair of 20-win seasons for the Hokies. He comes in as the favorite to replace senior NCAA Qualifier Nick Pullano. Coffey, though, was a starter for Coach Martin two seasons ago and knows what the current regime expects on the mat. He started all 19 duals as a

Monarchs Return Eight Starters Including Six NCAA Qualifiers

true freshman and took 4th place at the Virginia Intercolligate Tournament. “This is another key weight for us this year. Coffey and Decker will be battling all year to see who will win the starting spot. Coffey is coming off a redshirt year where he has improved tremendously and Decker is a former national qualifier and does bring experience with him. This should be an exciting battle all season.”

184: CAA Runner-up Jesse Strawn will bump up a weight class this season and wrestle at 197, leaving the 184-lb weight class up for grabs. Highly touted recruit Joe Budi appears to be the front runner, but rookie Chase Ennis from Yorktown, Virginia will give him a great training partner and competition for the starting slot. Budi did not lose a match in his junior and senior years of high school, posting two Wisconsin state championships and was an NHSCA Senior All-American. He was ranked #2 in the nation his senior year. “We are looking for Joe Budi to step in right away at this weight. One of the things we liked about Joe as we recruited him is that he never gets tired and he never stops wrestling. This should translate well at the collegiate level where we look for him to have an immediate impact,” said Martin. Ennis was a three-time Bay Rivers District Champ and was a two-time state finalist in the state of Virginia. He also was a two-time Freestyle State Champion.

197: Jesse Strawn, coming off his first NCAA Qualifying season, will step in at the 197-lb weight class and look to replicate the success he saw a year ago at 184 lbs. Strawn wrestled to a 2nd place finish at the CAA Tournament, posting a 31-win season. He led the team in wins with seven and added eight major decisions and three technical falls. “Strawn is a returning NCAA Qualifier from last season, coming into a new weight class this year in a change that we think will help him. We certainly look for him to improve on last year’s performance.” He will be the starter to begin the season, but will have a pair of newcomers competing for his spot all season. Freshman Jacob Kahnke was a big reason the Monarchs earned their fourth top ten recruiting class in four years, as he was a two-time Minnesota state champion and NHSCA Senior All-American. He was ranked 7th in the nation and went 8-7 after his sophomore campaign. Michael Chapman will also provide depth at the 197-lb weight, wrestling all four years at Hickory High in Chesapeake, he posted 126 wins and was a state runner-up.

285: “We have Roy Dragon and David Wilson at this weight this season. Dragon has experience from last year, getting into several matches. Wilson is a local high school standout that certainly has potential to do good things in the future. We’re looking for somebody to step up at this weight.” Dragon had 12 wins a year ago as a true freshman and won his weight class at the Missouri Open. He also finished 2nd at the Michigan State Open and 3rd at the Virginia Intercolligate Tournament. He’ll be backed up by Wilson, who very well could win the starting job by seasons end, as he was ranked 12th in the nation at Grady High School and as an NHSCA All-American. He was a three-time state qualifier and one time champ, finishing his career with a 214-20 record.

The Monarchs continue to wrestle against premiere competition this season, as the dual schedule will feature an unprecedented level of competition. ODU will wrestle six teams in the pre-season top 25, including Oklahoma State and Oklahoma to open up the dual season. The team will then travel to face Missouri, another top team, at the Northeast Duals, before hosting Northern Iowa to open up the home slate. Others on the schedule include Central Michigan, Virginia, and North Carolina State. ODU will welcome Virginia Tech in its final home match of the season.

Old Dominion will also head to a series of tough competitions this season, as they will have wrestlers at the Midlands Wrestling Championship and the Southern Scuffle. The team will also travel to the Michigan State Open and the Hokie Open. Once again, the Monarchs will be a part of the Virginia Duals, which boasts one of the toughest fields in its history.

Finally, the Monarchs will host the CAA Tournament this season, at Oscar Smith HS in Chesapeake, Virginia. The tournament will run from March 6-7. This season, the Monarchs earned their first ever pre-season national ranking and continue to rise into national prominence. Fans should expect an exciting season from the Monarchs as the team continues to excel under the guidance of coach Steve Martin.
## Monarch Roster 2008-09

### ODU All-Americans

<table>
<thead>
<tr>
<th>Name</th>
<th>Wt</th>
<th>Ht</th>
<th>Year</th>
<th>Hometown</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaylen Baxter</td>
<td>149</td>
<td>5-8.5</td>
<td>R-Jr.</td>
<td>Fairbanks, Alaska</td>
<td>West Valley</td>
</tr>
<tr>
<td>Chris Brown</td>
<td>165</td>
<td>5-11</td>
<td>So.</td>
<td>Chesapeake, Va</td>
<td>Great Bridge</td>
</tr>
<tr>
<td>Joe Budi</td>
<td>184</td>
<td>5-10.5</td>
<td>Fr.</td>
<td>Appleton, Wisc.</td>
<td>Kaukauna</td>
</tr>
<tr>
<td>Michael Chapman</td>
<td>197</td>
<td>6-1</td>
<td>Fr.</td>
<td>Chesapeake, Va</td>
<td>Hickory</td>
</tr>
<tr>
<td>Derek Coffey</td>
<td>174</td>
<td>5-10.5</td>
<td>R-So.</td>
<td>Lewisburg, Pa.</td>
<td>Lewisburg</td>
</tr>
<tr>
<td>Eric Decker</td>
<td>174</td>
<td>5-10</td>
<td>Jr.</td>
<td>Wells Bridge, N.Y.</td>
<td>Bainbridge-Guilford</td>
</tr>
<tr>
<td>Roy Dragon III</td>
<td>285</td>
<td>6-2</td>
<td>So.</td>
<td>Bridgewater, N.J.</td>
<td>Bridgewater-Raritan</td>
</tr>
<tr>
<td>Chase Ennis</td>
<td>184</td>
<td>5-11</td>
<td>Fr.</td>
<td>Yorktown, Va.</td>
<td>Grafton</td>
</tr>
<tr>
<td>Derek Gallagher</td>
<td>157</td>
<td>5-9</td>
<td>R-So.</td>
<td>Chesapeake, Va.</td>
<td>Great Bridge</td>
</tr>
<tr>
<td>Joshua Gillis</td>
<td>125</td>
<td>5-6</td>
<td>Fr.</td>
<td>Chesapeake, Va.</td>
<td>Hickory</td>
</tr>
<tr>
<td>Kyle Hutter</td>
<td>133</td>
<td>5-7</td>
<td>Jr.</td>
<td>Mokena, Ill.</td>
<td>Providence Catholic</td>
</tr>
<tr>
<td>Louis Johnson</td>
<td>141</td>
<td>5-8</td>
<td>Fr.</td>
<td>Chesapeake, Va.</td>
<td>Great Bridge</td>
</tr>
<tr>
<td>Jacob Kahnke</td>
<td>197</td>
<td>5-11</td>
<td>Fr.</td>
<td>Shakopee, Minn.</td>
<td>Prior Lake</td>
</tr>
<tr>
<td>Joey Metzler</td>
<td>149</td>
<td>5-10</td>
<td>R-So.</td>
<td>Dayton, Va.</td>
<td>Turner Ashby</td>
</tr>
<tr>
<td>James Nicholson</td>
<td>125</td>
<td>5-7</td>
<td>R-So.</td>
<td>Des Moines, Iowa</td>
<td>Theodore Roosevelt</td>
</tr>
<tr>
<td>Dan Rivera</td>
<td>157</td>
<td>5-7</td>
<td>R-So.</td>
<td>Winter Springs, Fla.</td>
<td>Winter Springs</td>
</tr>
<tr>
<td>Jesse Strawn</td>
<td>197</td>
<td>6-1</td>
<td>Jr.</td>
<td>Holton, Kan.</td>
<td>Holton</td>
</tr>
<tr>
<td>Ryan Williams</td>
<td>141</td>
<td>5-9</td>
<td>Sr.</td>
<td>Mechanicsburg, Pa</td>
<td>Cumberland Valley</td>
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<td>Craig Wilson</td>
<td>141</td>
<td>5-7</td>
<td>Fr.</td>
<td>Farmington, Mo.</td>
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<td>David Wilson</td>
<td>285</td>
<td>6-2</td>
<td>Fr.</td>
<td>Norfolk, Va.</td>
<td>Granby</td>
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<tr>
<td>Colin Zoski</td>
<td>141</td>
<td>5-8</td>
<td>Fr.</td>
<td>Great Falls, Va.</td>
<td>Langley</td>
</tr>
</tbody>
</table>

### Coaches

- Steve Martin – Head Coach (Iowa ’91)
- Mike Dixon (Indiana ’01)
- Jon Sioredas (UT-Chattanooga ’05)
- Matt Storniolo (Oklahoma ’06)

### Monarchs Hometown Map

- **State** | **No.**
  - Alaska    | 1
  - Florida   | 1
  - Illinois  | 1
  - Iowa      | 1
  - Kansas    | 1
  - Michigan  | 1
  - Minnesota | 1
  - Missouri  | 1
  - New Jersey| 1
  - New York  | 1
  - Pennsylvania | 2
  - Virginia  | 10
  - Wisconsin | 1

**ODU All-Americans**

- Carl Ragland ’66 & ’69
- David Lindjem ’67
- Lou Curra ’68, ’69 & ’70
- David Todd ’68
- Wayne Bright ’69 & ’70
- Terry Perdew ’74
- Ray Pond ’74
- Mike McCarthy ’75 & ’76
- Buddy Lee ’80 & ’82
- Roger Randall ’81
- Ben Ward ’84
- Peter Horst ’91
- Nick Garone ’91
- Jody Staylor ’94
- Nick Hall ’95
- James Nicholson ’08
James Nicholson
(35-10)
Sophomore
Des Moines, IA
Theodore Roosevelt HS
NCAA ALL-AMERICAN
Academic All-American
Career: 2007-08: NCAA ALL-AMERICAN. Finished 8th at 125 lbs at the NCAA Tournament...CAA Champion...Named Wrestler and Rookie of the Year by VaSID...CAA Rookie of the Year...CAA First Team...Named CAA Rookie of the Week four times during the season...Amateur Wrestling News First Team All-Rookie squad...Ranked nationally during the season...Finished year with 35-10 record, including 16 dual victories...Had eight major decisions, five technical falls and two pins...Won weight class at Virginia Intercollegiate Tournament and finished second at Missouri Open and third at Southern Scuffle.
2006-07: Redshirt freshman year. 2007 FILA Junior National All-American...2007 Junior World Team Trials runner-up...Alternate on 2007 FILA Junior World Team...Prep: 2006 High School state champion, recording an undefeated senior campaign of 42-0...2006 Junior National finalist...2005 AAA state placer...Roosevelt High School Man of the Year. 2004 Greco All-American...Ranked 9th by WIN and Wrestling USA...2003 USA Wrestling Jr. All-American...Wrestling USA All-American Honorable Mention...Total high school record of 133-24.
Off The Mat: Born August 12, 1986...Son of Ralph and Beth Williams...Has one brother, Jon (24), and one sister, Kristen (20)...Worked at wrestling camps over the summer...Goes by the nickname "Willie"...Hobbies include golf and going to the beach...Favorite movie is "Superbad"...Majoring in Business Marketing.

Ryan Williams
(39-13)
Senior
Mechanicsburg, PA
Cumberland Valley HS
NCAA QUALIFIER
Academic All-American
Career: 2007-08: NCAA Qualifier. CAA Champion...CAA Tournament Most Outstanding Wrestler...Won weight over #2 ranked wrestler in the nation, Charles Griffin (Hofstra)...Second Team All-State (VaSID)...NWCA All-Academic Team...Won weight class at Virginia Intercollegiate Tournament...Also finished second at Michigan State Open and Missouri Open, sixth at Las Vegas Invitational and seventh at Southern Scuffle. Led team in wins with 30 and major decisions with 11...Added three pins and one technical fall...Nationally ranked during the season. 2006-07: 2007 1st Team Academic All-American...Led the Monarchs in winning percentage during his sophomore season with a 30-9 record with seven major decisions and five pins...Was only defeated by decision all season...Finished 3rd at the CAA Tournament...Wrestled to 2nd place finishes at the Virginia Intercollegiate and Mat Town USA tournaments; finished 3rd at the Michigan State Open and 4th at the Cornell Body Bar...Was 14-4 in dual competition...30 victories tied for third on the team. 2005-06: Won the starting position at 133 mid-way through the season and qualified for the NCAA Tournament...Grappled to 2nd place in the Colonial Athletic Association Tournament and 7th at Mat Town USA...29-15 in rookie campaign including three major decisions and a team leading 10 pins...29 victories good for second on the team. Prep: Wrestled all four years to a 103-20 record...High School state placer...Two-time sectional champion...Placed 5th at the Beast of the East. Off The Mat: Born August 12, 1986...Son of Ralph and Beth Williams. Has one brother, Jon (24), and one sister, Kristen (20)...Worked at wrestling camps over the summer...Goes by the nickname "Willie"...Hobbies include golf and going to the beach...Favorite movie is "Superbad"...Majoring in Business Marketing.

Kyle Hutter
(33-14)
Junior
Mokena, IL
Providence Catholic HS
NCAA QUALIFIER
Academic All-American
Career: 2007-08: CAA Runner-up...NCAA Qualifier. Nationally ranked during the season...NWCA All-Academic Team...First Team All-State (VaSID)...Finished with 33-14 record...Tied for second on the team in major decisions with 10 and was second in pins with six...Won his weight at the Virginia Intercollegiate Tournament...Finished second at the Missouri Open. 2006-07: Started all but one dual as a freshman at the 125-lb. weight class...Went 8-2 against CAA opponents in duals...Placed 3rd at the CAA Tournament and the Virginia Intercollegiate...Placed 4th at the Mat Town USA Tournament...Defeated 14th ranked Chad Sportelli (Kent St.). Prep: 2005 and 2006 Junior National All-American and FILA Cadet All-American...Three-time placer...First team honors all 8 semesters...Member of National Honor Society. Off The Mat: Born July 9, 1988...Son of David and Kristine Hutter...Has one sister, Brittany (18)...Worked as a wrestling camp counselor during the summer...Favorite sports personality is Michael Jordan...Person in history most like to meet is Abraham Lincoln...Favorite movie is "Rudy"...Hobbies include golf, television, and talking with friends...Majoring in Mathematics.
Chris Brown
(35-11)
Junior
Chesapeake, VA
Great Bridge HS

CAREER:
2007-08: Won CAA Championship at 165 lbs...NCAA Qualifier...First Team All-State (VaSID)...Notched second 35-win season in a row and tied for second on the team with 10 major decisions...Ranked nationally during the season...Season high third place finish at Missouri Open...Also placed fifth at the Michigan State Open and seventh at the Southern Scuffle...Tied for a team-best 17 dual wins.
2006-07: Led team in wins with 35 and in major decisions with 13...Was named CAA Rookie of the Week three times in the season...Ranked nationally during the season...Placed in five tournaments including a career best 2nd place finish at the Michigan State Open...Also finished 3rd at the Virginia Intercollegiates and Mat Town Open while taking 4th in the Cornell Body Bar and CAA Tournament...Was 14-5 in dual competition and finished the season with 5 falls.
2005-06: Red-shirt freshman year.
Prep: Brown returns to wrestle for Steve Martin after wrestling under him for two years at Great Bridge High School...One of three wrestlers in 2004-05 to win both the prestigious Beast of the East and Ironman tournaments...Was a two-time Virginia AAA state champion and a four-time state placewinner...Went 50-2 his senior year and 176-18 overall...Senior National All-American...Was a USA Wrestling Cadet Freestyle All-American in 2003 and a Fila Cadet National Champion in 2004...Ranked 8th by Wrestling USA Magazine and 6th by InterMat.
OFF THE MAT: Born January 18, 1987...Son of Linda Barrett...Favorite movie is “Lucky Number Seven”...Lists Linda Barrett as the most impressive person he’s ever met...Goal in life: National Championship...Majoring in Psychology.

Eric Decker
(38-11)
Junior
Wells Bridge, NY
Bridgewater HS

CAREER:
Before ODU: At Virginia Tech, Decker was an NCAA qualifier as a true freshman after taking second place at the ACC Championships...Won the East Stroudsburg Open, placed fourth at the Nittany Lion Open and sixth at the Southern Scuffle...Added a second 20-win season a year ago going 21-10 overall giving him 45 career wins at VT...Finished 3rd at 114 lbs in ACC Tournament, 7th at the Southern Scuffle, and 7th at Las Vegas Invitational...Ranked as high as 18th nationally during the year.
Prep: Three-time New York state champion and six-time section 4 champion - a first in section 4 history...Placed third at 171 pounds at the Junior Nationals, earning All-America honors...Was ranked the No. 99 overall prospect in the nation by InterMat and the No. 10 national prospect at 180 pounds...Finished career with 256-16 overall record.
OFF THE MAT: Born September 25, 1987...Son of Eugene and Debbie Decker...Has one sister, Nicole (22)...Person in history he’d most like to meet is Harry Truman...Favorite movie is “Fight Club”...Has set a life goal to become a CPA and open his own business...Hobbies include writing poetry...Majoring in Accounting & Finance.

Jesse Strawn
(31-15)
Sophomore
Holton, KS
Holton HS

CAREER:
2007-08: NCAA Qualifier...CAA Runner-up...Rancked nationally during the season...Second Team All-State (VaSID)...Finished with 31-15 overall record and led the team in pins with seven...Also added eight major decisions and three technical falls...Won weight class at Virginia Intercollegiate Tournament...Also finished second at Missouri Open and third at Michigan State Open...Named CAA Wrestler of the Week once during the year.
2006-07: 2007 Fila Junior World All-American (4th place)...Wrestled to a 28-23 record his freshman year...Tied 2nd place at the VA Intercollegiates, 4th at the Southern Scuffle, 5th at Mat Town USA, 6th at the Cornell Body Bar, and 8th at the Michigan State Open...Also placed 3rd at the CAA Tournament...Went 9-3 against CAA opponents...Participated in the Fila Junior World Trials.
Prep: Four-sport athlete at Holton High School: football, baseball, track and wrestling...All-State linebacker honorable mention...NHSCA Senior National All-American...Brute Adidas All-American...Two-time state champion, four-time state finalist...Finished high school with a record of 111-4 with 90 pins.
OFF THE MAT: Born October 7, 1987...Son of John and Cindy Strawn...Has two sisters, Hannah (23) and Melissa (22)...Dreams of vacationing in Ireland...Person in history most like to meet is Dr. D.D. Palmer, founder of chiropractics...Favorite movie is “300”...Favorite book is “Old Yeller”...Majoring in Biology.

Kaylen Baxter
(38-11)
Junior
Fairbanks, Alaska
West Valley HS

CAREER:
2007-08: First Team All-State (VaSID)...Led the nation in wins for most of the season...Finished season with 38-11 record, second on the team in wins...Tied for team best 17 wins in duals...Tied for most bonus point victories including second on the team with 10 major decisions and tied for lead in technical falls with five...Won weight at Michigan State Open, fourth at InterMat and the No. 10 national prospect at Virginia Intercollegiates...Finished second at Missouri Open, fourth at Southern Scuffle and eighth at Las Vegas Invitational.
2006-07: Led the team in decisions with 20...Defeated eight NCAA Qualifiers in the season...Won Virginia Intercollegiates, 4th at the CAA Tournament and at the Mat Town Open, and 5th at Penn State Open...Knocked off four nationally ranked opponents during the season...Named CAA Rookie of the Week twice.
2005-06: Red-shirt freshman year...FILA Junior National All-American...Prep: Three-time high school state champion and four-time high school state finalist at West Valley High School...2005 Junior National Freestyle All American...Went 137-7 in his career and finished his senior season ranked 12th by InterMat and 22nd by Wrestling USA Magazine.
OFF THE MAT: Born May 29, 1987...Son of Ron and Tammy Baxter...Has one brother, Dustin (19), and one sister, Amber (14)...Nickname “Alaskan Assassin”...Was a 2006 FILA Junior All-American and 2005 Junior National All-American...Favorite book is “Catcher in the Rye”...Favorite movie is “The Departed”...Has set a goal in life to become a National Champion...Majoring in Sports Management.

Dan Rivera
(13-24)
Sophomore
Winter Springs, FL
Winter Springs HS

CAREER:
2007-08: Started at 157 lbs for ODU...Named CAA Rookie of the Week after 5-1 performance at Virginia Duals...Finished season with 13 wins including one major decision.
2006-07: Went 1-2 in limited action his freshman year...Was 9-10 overall including unattached results with two major decisions and one pin...Prep: Played three years of high school football and wrestled all four years for a record of 126-42...Florida State runner-up...2006 FILA Cadet All-American and FILA Cadet World Team Member...Placed 4th, 5th, and 6th at Florida State Tournament...Four-time Academic All-Conference.
Off the Mat: Born July 7, 1988...Son of Hector and Barbara Rivera...Has one brother, David (13)...Lists the most impressive person ever met as his mother...Favorite movie is “Talladega Nights”...Majoring in Chemistry.
Derek Coffey
Sophomore
Lewisburg, PA
Lewisburg HS

CAREER:
2007-08: Started in all 19 duals for the Monarchs as a freshman...Tallied four major decisions and
three pins in rookie season...Grappled to 4th Place at the Virginia Intercollegiates.
Prep: Played football for three years and wrestled all four years...Advanced to the sectionals 3
times...Placed 4th at the Pennsylvania State Tournament...Tallied 114 victories at Lewisburg High
School.
OFF THE MAT: Born July 18, 1988...Son of Robert and Carol Coffey...Has one sister, Lauren (17),
and one brother, Ryan (12)...Favorite sports personality is Joe Paterno...Favorite movie is
“Gladiator”...Favorite book is “Angels and Demons”...Undecided in major.

Roy Dragon III
(12-11)
Sophomore
Bridgewater, NJ
Bridgewater-Raritan HS

CAREER:
2007-08: Started for the first half of the year, going 12-11 overall, with 2 dual wins...Had four
pins and one major decision...Won weight class at Missouri Open, took second at Michigan State
Open and third at Virginia Intercollegiates.
Prep: Tallied a career 148-12 record with 111 pins...A top seven competitor in the New Jersey
state championship three times including two third place finishes...Honor Roll student...Two-time
NHSCA All-American...Also a three-time All-Conference football player...Two-time All-Area and
two-time All-County football player.
OFF THE MAT: Born September 14, 1988...Son of Tamara and Roy Dragon Jr...Has two
sisters, Alyssa (18) and Carlee (16)...Favorite sports personality is Derek Jeter...Favorite movie is
“Gladiator”...Favorite book is “Angels and Demons”...Has set a life goal to coach high school
wrestling...Undecided in major.

Craig Wilson
Freshman
Farmington, MO
Farmington HS

CAREER:
Prep: Three-time Missouri state champion and four-time finalist...Holds Missouri state record in
career wins and takedowns...Named Dave Schultz Excellence Award winner for Missouri...Team
Captain...Finished with career record of 202-4...Three-time All-American...Sixth at FILA Cadet
Nationals...Second at Cadet Freestyle Nationals...Third at Junior Freestyle Nationals.
OFF THE MAT: Born July 1, 1989...Son of Robert and Dee Linda Wilson...Has one sister,
Rachel...Favorite sports personality is Muhammad Ali...Hobbies include gaming, fishing, and
hunting...Favorite movie is “Grandma’s Boy”...Undecided in major.

Joey Metzler
Sophomore
Dayton, VA
Turner Ashby HS

CAREER:
2007-08: Redshirt sophomore year.
2006-07: Tallied a 3-9 record during his freshman year...Wrestled nationally ranked Mike Grimes
(NIU) in his only dual appearance...
Prep: Linebacker and running back of the 2005 Division 3-AAA State Champion Turner Ashby High
School football team...Wrestled all four years to a record of 138-20...High school state champion
and three-time finalist...Four-time state placer/winner...Three-time Freestyle/Greco state runner-up.
Off the Mat: Born December 31, 1987...Son of Dan Metzler...Has one brother, David (24), and two
sisters, Genita (22) and Clara (18)...Dreams of vacationing in the Bahamas...Hobbies including
fishing and camping...Most impressive person met is his father and grandfather...Favorite movie is

Joe Budi
Freshman
Appleton, Wisc.
Kaukauna HS

CAREER:
Prep: Wrestled four years for Jeff Ratzczak at Kaukauna HS...Undefeated his junior and senior
years...Two-time state champion and three-time finalist...NHSCA Senior All-American...Ironman
Champion and Cheesehead Invitational Champion...Wisconsin Academic All-American...Clash
Academic Award Winner...Also played two years of football...Ranked #2 in the nation at 189 lbs.
OFF THE MAT: Born Joseph Budi on April 18, 1990...Son of Dennis and JoAnne Budi...Has three
brothers, John (24), Andrew (20), and Noah (17), and two sisters, Desi (21) and Tally (16)...Dream
career is an ODU-weekend vacation is a trip to the Bahamas...Most impressive person met is J. Robinson...Favorite movie is
“Troy”...Favorite books are "The Belgard" and "The Mailroom" series...Majoring in Biology.
<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>School</th>
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<tbody>
<tr>
<td>David Wilson</td>
<td>Freshman</td>
<td>Norfolk, VA</td>
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<tr>
<td>Brennan Brumley</td>
<td>Freshman</td>
<td>Center Line, Mich./Warren Woods Tower HS</td>
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<td>Jacob Kahnke</td>
<td>Freshman</td>
<td>Shakopee, Mich.</td>
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<td>Chase Ennis</td>
<td>Freshman</td>
<td>Yorktown, VA</td>
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<td>Joshua Gillis</td>
<td>Freshman</td>
<td>Chesapeake, VA</td>
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<td>Louis Johnson</td>
<td>Freshman</td>
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<td>Michael Chapman</td>
<td>Freshman</td>
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</tr>
<tr>
<td>Colin Zoski</td>
<td>Freshman</td>
<td>Great Falls, VA</td>
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**David Wilson**
- **Prep:** NHSCA All-American...Ranked 12th in the nation...Four year letterwinner in both wrestling and football...Two-time team MVP on wrestling team...Virginia state champion...Three-time state qualifier...Four-time regional qualifier and two time regional finalist...Finished career with 214-20 record...All-District linebacker and right tackle...Tallied 166 career tackles, one interception, nine forced fumbles and five and a half sacks...Also a member of the track & field team for one season, finishing 6th in the district in shot put.
- **OFF THE MAT:** Born February 19, 1990...Son of Christopher Coffey and Ronald Devin and Latallion Wilson...Has three brothers, Donald (23), Christopher (20) and Ronald Devin, Jr. (19), and two sisters, Dominique (21) and Christine (17)...Nickname: “Big Daddy”...Favorite sports personality is Brian Urlacher...Dreams of vacationing in Puerto Rico...Favorite movie is “Monster’s Ball”...Has set a goal in life to serve in the Military, retire, then become an FBI Agent...Majoring in Political Science.

**Brennan Brumley**
- **Prep:** NHSCA Senior All-American...Three-time state finalist...Finished with 202-32 career record including two wins over #1 ranked wrestler in the nation his senior year...AAU Junior Olympic Champion...Two-Time freestyle state champion...Michigan State Greco Runner-up...Two-time student athlete award winner.
- **OFF THE MAT:** Born June 14, 1990...Son of Phil and Lisa Brumley...Has one brother, Devin (23), and one sister, Beth (27)...Hobbies include snowboarding...Dream vacation is to a trip to Oscoda, Michigan...Most impressive person met is his mother...Favorite movie is “Legends of the Fall”...Favorite book is “Eldest”...Has set a goal in life to be an NCAA Champion...Majoring in Biology.

**Jacob Kahnke**
- **Prep:** Two-time Minnesota state champion and three-time finalist...NHSCA Senior All-American...Ranked as high as 7th in the nation...Did not lose a match after his sophomore season, going 87-0 his junior and senior season.
- **OFF THE MAT:** Born September 17, 1989...Son of Jesse and Dawn Kahnke...Has two sisters, Jessica (20) and Jaclyn (17)...Nickname: Moose...Favorite sports personality is Vince Lombardi...Dream vacation is sitting in a beach house in Hawaii...Person in history he’d most like to meet is Martin Luther King, Jr. Most impressive person met is Dan Gable...Favorite movie is “Rocky”...Undecided in major.

**Chase Ennis**
- **Prep:** Virginia state champion...Two-time state finalist...Three-time Bay Rivers District Champion...Two-time regional champion...Two-time Virginia Freestyle State Champion.
- **OFF THE MAT:** Born September 20, 1989...Son of Kevin and Kim Ennis...Has one brother, Trey (15)...Dream vacation is a trip to New Zealand...Hobbies include playing guitar and working out...Favorite movie is “Good Will Hunting”...Majoring in History.

**Joshua Gillis**
- **Prep:** Wrestled four years for Teddy Evans at Hickory High School...Two-time All-State and Two-time AAA Regional Finalist...Named Team MVP in 2007...Went 43-3 senior year and finished with a 149-32 career record...Four-time VHSL Academic Excellence Award & Academic Honor Roll.
- **OFF THE MAT:** Born December 8, 1989...Son of Gary and Debi Gillis...Has two brothers, David (25) and Gary (28), and one sister, Grace (17)...Dream vacation is a trip to Hawaii...Leisure activities include surfing...Favorite movie is “Liar, Liar”...Has set a goal in life to become a Naval Intelligence Officer...Majoring in Political Science.

**Louis Johnson**
- **Prep:** Virginia state finalist...Two-time district champion and one time regional champion...Finished career with 143-25 record...Took fourth at Beast of the East and Ironman Tournaments.
- **OFF THE MAT:** Born November 10, 1989...Son of Jeff and Kimberely Chapman...Has one brother, Caleb (9), and two sisters, Brittany (20) and Gary (26), and one sister, Grace (17)...Dream vacation is to go to New Zealand...Favorite movie is “Karate Kid”...Favorite book is “The Art of War”...Majoring in International Business.

**Michael Chapman**
- **Prep:** Wrestled all four years at Hickory High School in Chesapeake, Virginia...Finished career with 126-34 record...State runner-up...Also played four years of football and was named MVP...Named to President’s List academically.
- **OFF THE MAT:** Born November 10, 1989...Son of Jeff and Kimberly Chapman...Has one brother, Caleb (9), and two sisters, Brittany (17) and Autumn (8)...Dream vacation is to go to New Zealand...Person in history he’d most like to meet is Thomas Jefferson...Leisure time activities include wakeboarding...Favorite movie is “The Boondock Saints”...Majoring in Economics.
The Ted Constant Convocation Center, an 8,600 seat facility is the home for the Old Dominion University basketball and occasional wrestling matches. In addition, there are sixteen suites with 12 seats each, a group box on the private concourse level and 85 barrier free seats with 85 companion seats in the facility. The Center is flexible and also has a state-of-the-art audio and video technology that includes a jumbo four-sided video scoreboard, four LED message boards, a video wall in the lobby and 46 close-circuit television monitors throughout the arena. This season ODU Wrestling will have three home matches in the Ted.

Chris Brown - AWN Freshman All-American

Jesse Strawn - FILA Junior National All-American
## OPPONENTS

**OKLAHOMA ST.**

Dual Date: 11/22/08

“Sooners”
Location: Norman, Okla.
Conference: Big 12
President: David L. Boren
Athletic Director: Joe Castiglione
Colors: Crimson and Cream
Head Coach: Jack Spates
2007-08 Record: 14-5
Website: www.soonersports.com

**OKLAHOMA**

Dual Date: 11/23/08

**HARVARD**

Dual Date: 11/29/08

**MISSOURI**

Dual Date: 11/29/08

**BLOOMSBURG**

Dual Date: 11/29/08

**NORTHERN IOWA**

Dual Date: 12/20/08

**PURDUE**

Dual Date: 1/4/09

**GEORGE MASON**

Dual Date: 1/4/09

**UNCG**

Dual Date: 1/4/09

**BUCKNELL**

Dual Date: 1/4/09

**CENTRAL MICHIGAN**

Dual Date: 2/8/09

**VIRGINIA**

Dual Date: 2/14/09

**RIDER**

Dual Date: 2/19/09

**VA TECH**

Dual Date: 2/21/09

**NC STATE**

Dual Date: 2/21/09

**CHIPPewas**
Location: Mount Pleasant, Mich.
Conference: MAC
President: Dr. Michael Rao
Athletic Director: Dave Heeke
Colors: Maroon and Gold
Head Coach: Tom Borrelli
2007-08 Record: 16-2
Website: www.cmuchippewas.com

**Cavaliers**
Location: Charlottesville, Va.
Conference: ACC
President: John T. Casteen III
Athletic Director: Craig Littlepage
Colors: Orange and Blue
Head Coach: Steve Garland
2007-08 Record: 18-6
Website: www.virginiasports.com

**Boilermakers”
Location: West Lafayette, Ind.
Conference: Big Ten
President: France A. Córdova
Athletic Director: Morgan J. Burke
Colors: Old Gold and Black
Head Coach: Scott Hinkle
2007-08 Record: 10-8
Website: www.purduesports.com

**Patriots**
Location: Fairfax, Va.
Conference: CAA
President: Dr. Alan G. Merten
Athletic Director: Thomas J. O'Connor
Colors: Green and Gold
Head Coach: Mark Weader
2007-08 Record: 13-8
Website: www.gomason.com

**Spartans**
Location: Greensboro, N.C.
Conference: Southern
Chancellor: Dr. Patricia A. Sullivan
Athletic Director: Nelson E. Bobb
Colors: Gold, White and Navy
Head Coach: Jason Loukides
2007-08 Record: 9-9
Website: www.uncgspartans.com

**Bison**
Location: Lewisburg, Pa.
Conference: EIWA
President: Brian C. Mitchell
Athletic Director: Don Harnum
Colors: Orange and Blue
Head Coach: Dan Wirnsberger
2007-08 Record: 7-11-1
Website: www.bucknellbison.com

**Chippewas**
Location: Mount Pleasant, Mich.
Conference: MAC
President: Dr. Michael Rao
Athletic Director: Dave Heeke
Colors: Maroon and Gold
Head Coach: Tom Borrelli
2007-08 Record: 16-2
Website: www.cmuchippewas.com

**Lancers**
Location: Lawrenceville, N.J.
Conference: ECAC
President: Dr. Ronald O. Lepley
Athletic Director: Don Hamm
Colors: Cranberry, White and Gray
Head Coach: Steve Ruch
2007-08 Record: 8-12
Website: www.gobroncs.com

**Hokies**
Location: Blacksburg, Va.
Conference: ACC
President: Dr. Charles Steger
Athletic Director: Jim Weaver
Colors: Chicago Maroon and Burnt Orange
Head Coach: Kevin Dresser
2007-08 Record: 7-9
Website: www.hokiesports.com

**Wolfpack**
Location: Raleigh, N.C.
Conference: ACC
President: Dr. James L. Oblinger
Athletic Director: Lee Fowler
Colors: Red and White
Head Coach: Carter Jordan
2007-08 Record: 9-10-1
Website: www.gopack.com

**Cowboys**
Location: Stillwater, Okla.
Conference: Big 12
President: Burns Hargis
Athletic Director: Mike Holder
Colors: Orange and Black
Head Coach: John Smith
2007-08 Record: 16-3-1
Website: www.okstate.com

**Harvard**
Location: Cambridge, Mass.
Conference: Ivy League
President: Drew G. Faust
Athletic Director: Robert L. Scalise
Colors: Crimson, Black and White
Head Coach: Jay Weiss
2007-08 Record: 2-10-1
Website: www.gocrimson.com

**Tigers**
Location: Columbia, Mo.
Conference: Big 12
President: Gary Forsee
Athletic Director: Michael F. Alden
Colors: Old Gold and Black
Head Coach: Brian Smith
2007-08 Record: 9-4-1
Website: www.mutigers.com

**Huskies**
Location: Bloomsburg, Pa.
Conference: EWL
President: Dr. David L. Soltz
Athletic Director: Mary Gardner
Colors: Maroon and Gold
Head Coach: John Stutzman
2007-08 Record: 8-7-1
Website: www.bloomu.edu/sports

**Panthers**
Location: Cedar Falls, Iowa
Conference: Western Wrestling
President: Dr. Benjamin Allen
Athletic Director: Troy Dannen
Colors: Purple and Old Gold
Head Coach: Brad Penrith
2007-08 Record: 7-5-1
Website: www.unipanthers.com

**Boilermakers**
Location: West Lafayette, Ind.
Conference: Big Ten
President: France A. Córdova
Athletic Director: Morgan J. Burke
Colors: Old Gold and Black
Head Coach: Scott Hinkle
2007-08 Record: 10-8
Website: www.purduesports.com

**Patriots**
Location: Fairfax, Va.
Conference: CAA
President: Dr. Alan G. Merten
Athletic Director: Thomas J. O'Connor
Colors: Green and Gold
Head Coach: Mark Weader
2007-08 Record: 13-8
Website: www.gomason.com

**Spartans**
Location: Greensboro, N.C.
Conference: Southern
Chancellor: Dr. Patricia A. Sullivan
Athletic Director: Nelson E. Bobb
Colors: Gold, White and Navy
Head Coach: Jason Loukides
2007-08 Record: 9-9
Website: www.uncgspartans.com

**Bison**
Location: Lewisburg, Pa.
Conference: EIWA
President: Brian C. Mitchell
Athletic Director: Don Harnum
Colors: Orange and Blue
Head Coach: Dan Wirnsberger
2007-08 Record: 7-11-1
Website: www.bucknellbison.com

**Chippewas**
Location: Mount Pleasant, Mich.
Conference: MAC
President: Dr. Michael Rao
Athletic Director: Dave Heeke
Colors: Maroon and Gold
Head Coach: Tom Borrelli
2007-08 Record: 16-2
Website: www.cmuchippewas.com

**Cavaliers**
Location: Charlottesville, Va.
Conference: ACC
President: John T. Casteen III
Athletic Director: Craig Littlepage
Colors: Orange and Blue
Head Coach: Steve Garland
2007-08 Record: 18-6
Website: www.virginiasports.com

**Broncos**
Location: Lawrenceville, N.J.
Conference: ECAC
President: Dr. Ronald O. Lepley
Athletic Director: Don Hamm
Colors: Cranberry, White and Gray
Head Coach: Steve Ruch
2007-08 Record: 8-12
Website: www.gobroncs.com

**Hokies**
Location: Blacksburg, Va.
Conference: ACC
President: Dr. Charles Steger
Athletic Director: Jim Weaver
Colors: Chicago Maroon and Burnt Orange
Head Coach: Kevin Dresser
2007-08 Record: 7-9
Website: www.hokiesports.com

**Wolfpack**
Location: Raleigh, N.C.
Conference: ACC
President: Dr. James L. Oblinger
Athletic Director: Lee Fowler
Colors: Red and White
Head Coach: Carter Jordan
2007-08 Record: 9-10-1
Website: www.gopack.com

**Patriots**
Location: Fairfax, Va.
Conference: CAA
President: Dr. Alan G. Merten
Athletic Director: Thomas J. O'Connor
Colors: Green and Gold
Head Coach: Mark Weader
2007-08 Record: 13-8
Website: www.gomason.com

**Spartans**
Location: Greensboro, N.C.
Conference: Southern
Chancellor: Dr. Patricia A. Sullivan
Athletic Director: Nelson E. Bobb
Colors: Gold, White and Navy
Head Coach: Jason Loukides
2007-08 Record: 9-9
Website: www.uncgspartans.com

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Location: Lewisburg, Pa.
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Athletic Director: Don Harnum
Colors: Orange and Blue
Head Coach: Dan Wirnsberger
2007-08 Record: 7-11-1
Website: www.bucknellbison.com

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President: Dr. Michael Rao
Athletic Director: Dave Heeke
Colors: Maroon and Gold
Head Coach: Tom Borrelli
2007-08 Record: 16-2
Website: www.cmuchippewas.com

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Location: Charlottesville, Va.
Conference: ACC
President: John T. Casteen III
Athletic Director: Craig Littlepage
Colors: Orange and Blue
Head Coach: Steve Garland
2007-08 Record: 18-6
Website: www.virginiasports.com

**Broncos**
Location: Lawrenceville, N.J.
Conference: ECAC
President: Dr. Ronald O. Lepley
Athletic Director: Don Hamm
Colors: Cranberry, White and Gray
Head Coach: Steve Ruch
2007-08 Record: 18-6
Website: www.gobroncs.com

**Hokies**
Location: Blacksburg, Va.
Conference: ACC
President: Dr. Charles Steger
Athletic Director: Jim Weaver
Colors: Chicago Maroon and Burnt Orange
Head Coach: Kevin Dresser
2007-08 Record: 18-5
Website: www.virginiasports.com

**Wolfpack**
Location: Raleigh, N.C.
Conference: ACC
President: Dr. James L. Oblinger
Athletic Director: Lee Fowler
Colors: Red and White
Head Coach: Carter Jordan
2007-08 Record: 9-10-1
Website: www.gopack.com
Hofstra

“Pride”
Location: Hempstead, N.Y.
Conference: CAA
President: Stuart Rabinowitz
Athletic Director: Jack Hayes
Head Coach: Tom Shiflett
2007-08 Record: 13-8
Website: www.hofstra.edu/athletics

Drexel

“Dragons”
Conference: CAA
President: Dr. Constantine Papadakis
Athletic Director: Dr. Eric Zilmer
Colors: Drexel Blue and Yellow
Head Coach: Jack Childs
2007-08 Record: 10-15
Website: www.drexeldragons.com

Binghamton

“Bearcats”
Location: Vestal, N.Y.
Conference: CAA
President: Lois B. LeFleur
Athletic Director: Joel Thirer
Colors: Dark Green, Black and White
Head Coach: Pap Popolizio
2007-08 Record: 13-12
Website: www.bubearcats.com

Tournament Info

2008-09

Michigan State Open
Jenison Field House
Lansing, Michigan
11/9/08
Teams expected to compete: Michigan, Michigan State, Indiana, Ohio, Ohio State, Cleveland State, Bloomsburg, Northwestern, Central Michigan, Eastern Michigan, Kent State, Purdue, Edinboro, Virginia, Pittsburgh, Penn State, Penn, Findlay, Bucknell

Hokie Open
Salem Civic Center
Salem, Virginia
11/16/08

Midlands Wrestling Championship
Welsh Ryan Arena
Evanston, Illinois
12/29/08 - 12/30/08
Teams expected to compete: Missouri, Illinois, Indiana, Iowa, Michigan State, Northwestern, Purdue, Wisconsin, Iowa State, Rider, Oregon State, Chattanooga, Arizona State, Stanford

Southern Scuffle
Greensboro Coliseum
Greensboro, NC
12/29/07 - 12/30/08

Virginia Duals
Hampton Coliseum
Hampton, Virginia
1/9/09 - 1/10/09
Teams expected to compete: Oklahoma State, Central Michigan, Edinboro, Penn, Kent State, Navy, Bucknell, Clarion, Lehigh, Liberty, North Dakota State, Northern Colorado, Ohio, Rider, Virginia

CAA Tournament
Oscar Smith High School
Chesapeake, Virginia
3/6/09 - 3/7/09
Teams expected to compete: Hofstra, Rider, Drexel, Boston University, George Mason, Binghamton, Sacred Heart
FOUR-FOR-FOUR: 
MARTIN HAULS IN FOURTH STRAIGHT 
TOP TWENTY RECRUITING CLASS

In their fourth season, the ODU coaching staff welcomes its fourth top twenty recruiting class and third class ranking in the Top Ten. ODU's rookie class boasts four NHSCA All-Americans and two of the Dave Schultz Excellence Award winners.

The incoming class includes NHSCA All-Americans Brennan Brumley, Joe Budi, Jacob Kahnke and David Wilson. Also joining the team this season is NCAA Qualifier, transfer Eric Decker. Others in the class include three-time Missouri state champion Craig Wilson, two-time Virginia state finalist Colin Zoski, and a pair of Chesapeake natives, Joshua Gillis and Louis Johnson.

2008 Top College Recruiting Classes


Martin’s Top Recruits

James Nicholson
- Alternate on 2007 FILA Junior World Team
- 2006 Iowa State Champion
- 2006 Junior National Finalist
- 2004 Greco All-American
- 2006 Wrestling USA All-American

Chris Brown
- Two-time Virginia AAA state champion
- Four-time state placer
- Senior National All-American
- USA Wrestling Cadet Freestyle All-American
- FILA Cadet National Champion

Jesse Strawn
- Brute/Adidas All-American
- Two-time state champion
- Four-time state finalist
- Qualified for 2007 FILA Junior World Team Trials

Kyle Hutter
- 2006 Junior National All-American
- 2004 Cadet National All-American
- Ranked 10th in the nation by Intermat

Kaylen Baxter
- 2005 Junior National All-American
- Three-time Alaska state champion
- Ranked 12th in the nation by Intermat

David Wilson
- NHSCA Senior All-American
- Virginia State Champion
- Finished career with 214-20 career record
- Ranked 12th in the nation

Joe Budi
- Ranked 2nd in the nation
- Undefeated Junior/Senior Seasons
- NHSCA Senior All-American
- Ironman and Cheesehead Invitational Champion
- Wisconsin Academic All-American

Brennan Brumley
- NHSCA Senior All-American
- Three-time Michigan state finalist
- Finished career with 202-32 record
- AAU Junior Olympic Champion
- Two-Time Freestyle state champion

Jacob Kahnke
- NHSCA Senior All-American
- Ranked 7th in the nation
- Two-time Minnesota state champion and three-time finalist
- Undefeated Junior/Senior Seasons

Craig Wilson
- Three-time NHSCA All-American
- Three-time Missouri state champion and four-time finalist
- Missouri state record holder in career wins and takedowns
- Dave Schultz Excellence Award Winner

2007-08 SEASON REVIEW

17-3 (6-1 CAA) SIX QUALIFY FOR NCAA TOURNAMENT

In his fourth year at Old Dominion, head coach Steve Martin put the Monarch wrestling program on the map nationally. For the first time in the history of the program, the ODU wrestling team earned a national ranking in the top 20. Six Monarchs qualified for the NCAA Tournament, another first for the program. Redshirt freshman James Nicholson became the first Monarch All-American since 1995, finishing eighth at the 125-lb weight class. He was also named CAA Rookie of the Year, while Martin brought home Coach of the Year honors as he led the Monarchs to a third consecutive second place effort at the CAA Tournament.

Martin coached Old Dominion to a 17-3 overall record, including a 6-1 mark in CAA action. It was the second most wins in school history and the second best record in the modern era. The only losses of the season came to nationally ranked opponents: #3 Iowa, #17 Illinois and #12 Hofstra. ODU closed the gap at the CAA Championship, taking second place for the third straight year and qualifying a school record six individuals to the national tournament. The team was ranked in the national polls for the first time since 1990-91 and reached its highest national ranking in school history at 18th in the country.

At the CAA Tournament, ODU had three champions: James Nicholson (125), Ryan Williams (141) and Chris Brown (165), and three more qualify to the NCAA Tournament by finishing second or with a victory in a True Second match: Kyle Hutter (133), Jesse Strawn (184) and Andy Totusek (Heavyweight).

Nicholson, Hutter and Williams were all named NWCA Academic All-Americans. It was the second time Williams earned the honor. Hutter finished with 33 wins and the NCAA Tournament berth, Nicholson finished with 35 wins on the year, third on the team and was an All-American and Williams led the Monarchs with 39 wins and was the only repeat national qualifier on the team. Williams is just two wins shy of his 100th career victory and currently sits eighth all-time in Monarch career wins. Nicholson was joined by NCAA Qualifier Andy Totusek on the All-CAA Rookie Team.

ODU three-peated as the Virginia State Intercollegiate Tournament Champions with six weight class champions, including the Most Outstanding Wrestling in Nicholson, at the event and it placed 33 wrestlers in six other tournaments. In dual competition, ODU opened the season with wins against Michigan State (20-16) and Findlay (34-5) before falling to #3 Iowa (28-13). The Monarchs ran off four straight wins against Iowa Central (42-3), Delaware State (48-0), Lock Haven (31-3) and Virginia Tech (30-3). After suffering their second loss to #17 Illinois (26-12), the Monarchs won two more to finish third at the Virginia Duals against Virginia (23-12) and Kent State (25-12).

At the CAA Duals, ODU went 4-1 dropping Sacred Heart (39-6), Drexel (31-6), Binghamton (23-15), and Boston University (24-18) before falling to #12 Hofstra (22-19) in a split decision. The team finished the year winning five straight against Bucknell, George Mason, American, Rider and Virginia Tech.
2007-08
Wrestling Statistics

RECORD

Season Dual Record: 17-3
CAA Record: 6-1
CAA Finish: 2nd Place
Six NCAA Qualifiers -- 1 NCAA All-American

INDIVIDUAL STATISTICS

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<td>149</td>
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<td>17-3</td>
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<td>17-8</td>
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TOURNAMENT RESULTS

Michigan State Open (Nov. 11, 2007)
125 lbs: 6th - Billy Chamberlain
141 lbs: 2nd - Ryan Williams
149 lbs: 1st - Kaylen Baxter
165 lbs: 5th - Chris Brown
184 lbs: 3rd - Jesse Strawn

Missouri Open (Nov. 18, 2007)
125 lbs: 2nd - James Nicholson
133 lbs: 2nd - Kyle Hutter
149 lbs: 2nd - Kaylen Baxter
165 lbs: 3rd - Chris Brown
174 lbs: 3rd - Nick Pullano
184 lbs: 2nd - Jesse Strawn
197 lbs: 3rd - David Mendoza
285 lbs: 3rd - Roy Dragon III

Las Vegas Invitational (Nov. 30-Dec. 1, 2007)
141 lbs: 6th - Ryan Williams
149 lbs: 8th - Kaylen Baxter
Penn State Open (Dec. 2, 2007)
285 lbs: 4th - Andy Totusek (Unattached)

Southern Scuffle (Dec. 29-30, 2007)
125 lbs: 1st - James Nicholson
133 lbs: 1st - Kyle Hutter
149 lbs: 1st - Kaylen Baxter
165 lbs: 7th - Chris Brown
VA Intercollegiates (Jan. 5, 2008)
125 lbs: 1st - James Nicholson
133 lbs: 3rd - Billy Chamberlain
149 lbs: 1st - Kyle Hutter
165 lbs: 1st - Ryan Williams
184 lbs: 1st - Jesse Strawn
197 lbs: 3rd - David Mendoza
POSTSEASON RESULTS

CAA Tournament (Mar. 7-8, 2008)
125 lbs: 1st - James Nicholson
165 lbs: 1st - Ryan Williams
184 lbs: 2nd - Jesse Strawn
197 lbs: 3rd - Roy Dragon III

NCAA Tournament (Mar. 20-22, 2008)
125 lbs: 8th - James Nicholson
*First All-American since 1995

DUAL RESULTS

Nov. 9 at Michigan State W 20-16
Nov. 24 St. Edward Duals vs. Findlay W 34-5
          vs. #3 Iowa L 13-28
          vs. Iowa Central W 42-3
Jan. 8 vs. Delaware State W 48-0
Jan. 11 Virginia Duals vs. Lock Haven W 31-3
          vs. VirginiaTech W 30-3
Jan. 12 Virginia Duals vs. #17 Illinois L 9-29
          vs. Virginia W 23-12
          vs. Kent State W 25-12
CAA Duals* vs. SacredHeart* W 39-6
          vs. Drexel* W 31-6
CAA Duals* vs. Binghamton* W 23-12
          vs. BostonUniversity* W 21-12
          vs. #12 Hofstra* L 19-22
Jan. 27 vs. Bucknell W 30-6
Feb. 3 at George Mason* W 32-12
Feb. 8 at American W 31-12
Feb. 10 vs. Rider* W 32-7
Feb. 24 at VirginiaTech W 26-9

*Conference Matches
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</table>

**CAA Coach of the Year**

- **2008**: Steve Martin

**CAA Wrestler of the Year**

- **1994**: Jody Staylor
- **1995**: Nick Kellm    
- **1995**: Noe Sevulski  
- **2002**: Jeff Rusak

**CAA Rookie of the Year**

- **1999**: Jody Staylor
- **2008**: James Nicholson

**CAA Tournament Individual Champions**

- **Derrell Lorthridge**: 1998, 2004
- **Buddy Lee**: 1999, 2000
- **Ryan Williams**: 2000, 2002
- **Kyle Hutter**: 2000
- **Buddy Lee**: 2002
- **Chris Brown**: 2006

**CAA Inductees**

- **1994**: Mike McCarthy
- **1995**: Terry Perdue
- **1996**: Steve Sciandra
- **1997**: Adam Wright
- **1998**: Buddy Lee
- **1999**: Carl Ragland
- **2000**: Pete Robinson
- **2001**: Paul Cote
- **2002**: Buddy Lee

**ODU Athlete of the Year**

- **1979**: Buddy Lee
- **1981**: Peter Horst
- **1983**: Jeff Rusak
- **1984**: Adam Wright

**ODU Athletic Team**

- **1983**: 1986-87
- **1984**: 1986-87
- **1985**: 1986-87
- **1986**: 1986-87
- **1987**: 1887-88
- **1988**: 1988-89
- **1989**: 1989-90
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- **1991**: 1991-92
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- **2001**: 2001-02
- **2002**: 2002-03
- **2003**: 2003-04
- **2004**: 2004-05
- **2005**: 2005-06
- **2006**: 2006-07
- **2007**: 2007-08
- **2008**: 2008-09

**CAA Wrestling Honors**

- **1994**: Greg Satchell, Capital Wrestling
- **1995**: Mark Strickland, CAA
- **1996**: Ben Summerlin, VA State
- **1997**: Nick Williams, CAA
- **1998**: James Nicholas, VA State

**NCAA East Regional Champions**

- **1979**: Buddy Lee, Hwt.
- **1980**: Buddy Lee, Hwt.
- **1981**: Steve Sciandra, Hwt.
- **1982**: Buddy Lee, Hwt.
- **1983**: Larry Corry, Hwt.
- **1984**: Brad Anderson, Hwt.
- **1985**: Scott Garcia, Hwt.
- **1986**: John Cecala, Hwt.
- **1987**: Ben Ward, Hwt.
- **1988**: Wayne Gibson, Hwt.
- **1990**: Noel Clavel, Hwt.
- **1991**: Noel Clavel, Hwt.
- **1992**: Nick Garone, Hwt.
- **1993**: Peter Horn, Hwt.
- **1994**: Terry Kretz, Hwt.
- **1995**: Nick Garone, Hwt.
- **1996**: Nick Garone, Hwt.
- **1997**: Nick Garone, Hwt.
- **1998**: Paul Jimenez, Hwt.
- **1999**: Mark Billups, Hwt.
- **2000**: Steve Sciandra, Hwt.
- **2001**: Mark Billups, Hwt.
- **2002**: Greg Satchell, Hwt.
- **2003**: Jody Staylor, Hwt.
- **2004**: Adam Wright, Hwt.
- **2005**: Adam Wright, Hwt.
- **2006**: Bryan LaShomb, Hwt.
- **2007**: Nick Pullano, Hwt.
- **2008**: Steve Martin, Hwt.
MONARCH WRESTLING ROOM
THE NEW HOME OF MONARCH WRESTLING

A 9,000 square foot state-of-the-art wrestling room now gives Old Dominion wrestling one of the top facilities nationally to practice and train in. The wrestling facility is located beside the athletic administration building.

The facility consists of 4,500 square feet of mat space equivalent to roughly three championship size mats. The mat room contains a cardio area with air dyne bikes, treadmills, pull-up bars, and climbing ropes. The mat room is accessible only by a university ID that will have a card swipe feature on the 2 entrances. Natural light is present throughout the entire complex.

Offices for the head and assistant coaches are accessible from the hallway or the mat room. A film room and recruiting lounge are connected to the coaches’ office. The film room has a television to allow for video review and instruction. The entire complex will be wired for sound to listen to CD’s, radio, and television.

The spacious locker rooms are connected to the wrestling practice area. In the locker room lockers with lock boxes, a personal stool for each athlete and nameplates above each locker. Spacious shower and bathroom facilities exist as well. The coaching staff has access to separate locker rooms and showers.

As ODU wrestling continues to build into a national powerhouse it now has a building fit to train champions.

Who: Old Dominion University Wrestling
What: A brand-new state-of-the-art wrestling facility
Where: An exclusive building on campus
When: Completed in Spring 2008
Why: Top of the line facility for top of the line program
MONARCHS
IN THE NCAA TOURNAMENT

NCAA NATIONAL CHAMPIONS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>NAME</th>
<th>WEIGHT</th>
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<tr>
<td>1969</td>
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<tr>
<td>1970</td>
<td>Wayne Bright</td>
<td>142</td>
</tr>
<tr>
<td>1974</td>
<td>Terry Perdew</td>
<td>118</td>
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ALL AMERICANS

OLD DOMINION ALL-AMERICANS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>WRESTLER</th>
<th>WT</th>
<th>PLACE</th>
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<tr>
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<td>Carl Ragland</td>
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<td>David Lindjhem</td>
<td>145</td>
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<td>1968</td>
<td>Lou Curra</td>
<td>115</td>
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<td></td>
<td>David Todd</td>
<td>177</td>
<td>6th</td>
</tr>
<tr>
<td>1969</td>
<td>Lou Curra</td>
<td>115</td>
<td>5th</td>
</tr>
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<td></td>
<td>Wayne Bright</td>
<td>137</td>
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<td></td>
<td>Carl Ragland</td>
<td>152</td>
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</tr>
<tr>
<td>1970</td>
<td>Lou Curra</td>
<td>115</td>
<td>4th</td>
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<tr>
<td></td>
<td>Wayne Bright</td>
<td>142</td>
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<td>1974</td>
<td>Terry Perdew</td>
<td>118</td>
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<td></td>
<td>Ray Pond</td>
<td>142</td>
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<td>1975</td>
<td>Mike McCarthy</td>
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<td>1976</td>
<td>Mike McCarthy</td>
<td>142</td>
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<td>Buddy Lee</td>
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<td>Roger Randall</td>
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<td>1982</td>
<td>Buddy Lee</td>
<td>134</td>
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<td>1984</td>
<td>Ben Ward</td>
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<td>1991</td>
<td>Peter Horst</td>
<td>134</td>
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<td></td>
<td>Nick Garone</td>
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<td>Jody Staylor #</td>
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<td>1995</td>
<td>Nick Hall</td>
<td>Hwt.</td>
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<tr>
<td>2008</td>
<td>James Nicholson</td>
<td>125</td>
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</tr>
</tbody>
</table>

# Old Dominion’s first Division I Finalist
@ Fourth in NCAA Division I
### Old Dominion vs. Opponents

#### All-Time ODU Wrestling Records

**TOP TEN ALL TIME SINGLE SEASON WON-LOST MARK**

<table>
<thead>
<tr>
<th>School</th>
<th>Record</th>
<th>First Meeting</th>
<th>Last Meeting</th>
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<tbody>
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<tr>
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<td>Anderson College</td>
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<td>1964</td>
<td>1979</td>
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<tr>
<td>Ashland</td>
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<td>1969</td>
<td>1972</td>
</tr>
<tr>
<td>Auburn</td>
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<td>0-0-0</td>
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<tr>
<td>Baltimore</td>
<td>10-1-2</td>
<td>1958</td>
<td>1970</td>
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<tr>
<td>Binghamton</td>
<td>2-1</td>
<td>2003</td>
<td>2008</td>
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<tr>
<td>Bloomburg</td>
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<td>1972</td>
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<tr>
<td>Boston University</td>
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<tr>
<td>Brown</td>
<td>0-0-0</td>
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<tr>
<td>Bucknell</td>
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<td>13-10</td>
<td>1977</td>
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<td>Livingston</td>
<td>1-0-0</td>
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<td>1986</td>
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#### TOP CAREER WINS

- Jeff Rusak (127, 1974), 1977-92
- Buddy Lee (136), 1977-82
- Rich Danco (158, 1984-89)
- Jim Kelly (167), 1994-98
- Carl Ragland (152), 1965-69
- Mike McCarthy (142), 1972-76
- Ben Ward, (150), 1983 & 84
- Noel Clavel (189, 92)
- Christian Staylor, 2004-05, 07

#### TOP CAREER WINS continued

- Wayman Gill (118), 1985-89
- Wayman Bright (142), 1985-89
- Randy Payne (HWT), 1977-78
- Paul Cote (157), 1983-86

#### TOP CAREER FIVE PINS

- 29 by Nick Hall (HWT), 1991-96
- 26 by Buddy Lee (136), 1977-82

#### OLD DOMINION UNIVERSITY

- Old Dominion vs. Opponents
- All-Time ODU Wrestling Records
- Top Ten All Time Single Season Won-Lost Mark
- Top Career Wins
- Top Career Five Pins

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**TOP CAREER WINS**

- Jeff Rusak (174), 1977-92
- Buddy Lee (136), 1977-82
- Rich Danco (158), 1984-89
- Jim Kelly (167), 1994-98
- Carl Ragland (152), 1965-69
- Mike McCarthy (142), 1972-76
- Ben Ward, (150), 1983 & 84
- Noel Clavel (189, 92)
- Christian Staylor, 2004-05, 07

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**TOP CAREER WINS continued**

- Wayman Gill (118), 1985-89
- Chris Brown (165), 2006-07
- David Mendro (197), 2005-06
- Mark Billups (142), 1985-89
- Wayne Bright (142), 1985-89
- Randy Payne (HWT), 1974-78
- Paul Cote (157), 1983-86

---

**TOP CAREER FIVE PINS**

- 29 by Nick Hall (HWT), 1991-96
- 26 by Buddy Lee (136), 1977-82
- 22 by Randy Payne (HWT) 1974-78
- 19 by Jeff Rusak (174), 1977-92
Buddy Lee, ODU '82 & 1992 Olympian

One of Old Dominion’s finest wrestling alums is Anthony “Buddy” Lee. For years, he has wowed audiences around the world with his acrobatic jump rope skills and techniques. Buddy currently has his own line of high performance jump ropes and training programs that are used by Olympians across all sports. His patented jump ropes are licensed and are the official ropes of The United States Olympic Team.

Buddy came to Old Dominion from Highland Springs High School in Richmond, Va., a high school known for its basketball and football state championships. He started wrestling as a fifth grader and won Highland Springs first Virginia AAA State championship at 126 pounds in 1977 and was the State Runner up at 119 lb. in 1978.

He came to Old Dominion with only one high school state title and a record of 90-51 and as of 2004, is the State Runner up at 119 lb. in 1978.

Buddy was a two-time NCAA All-American at ODU, placing fourth in 1980 and seventh in 1982. After graduating from ODU with a degree in secondary education, he went on to serve in the U.S. Marines and became a 10-time world medalist, a three-time National Greco Roman Champion, and was voted most outstanding wrestler at the National Championships and was twice named U.S. Marine Corps Athlete of the Year.

Buddy is the first of hopefully many more Olympic wrestling hopefuls that have stepped on the mat at Old Dominion University. He placed sixth in the 1992 Barcelona Games in Greco-Roman.

He is the author of Jump Rope Training published by Human Kinetics, a national motivational speaker, inventor of Hyperformance jump rope with a patented bearing system, and a trainer to Olympic Athletes, all while living an exemplary lifestyle. Pictured above, you will see Buddy carrying the Olympic Torch en route to the 1996 Atlanta Games.

In 2004, Buddy Lee Jump Ropes were recognized as the best jump rope, period, by “Men’s Health” and Men’s Fitness magazine and appeared on CNN Headline news, NBC, CBS, Business Week, GQ, Jet, New York Times, Los Angeles Times and will appear in Vogue. Buddy compiled an impressive 122-13-2 record at Old Dominion, was voted male athlete of the year three times; most valuable wrestler four times and was and inducted into the ODU Sports Hall of Fame in 1987.

“Wrestling built my character, taught me the self discipline, commitment, confidence, persistence, and courage to fight to the end to live my dreams. My greatest lessons did not come from winning but from what I learned in the struggle for athletic excellence. I learned about life and about myself. Everyday I call on these mental skills to help me in my personal life, in business and to continue to stay focused to live my dream to motivate, educate and encourage others to become fit for life,” said Lee.

“Wrestling helped me to discover, mold and develop my inner self to become a champion in life. As a result my education and sports background has allowed me to make the right choices in life.”

SPORTS INFORMATION CONTACTS

Sports Information Director: Carol Hudson, Jr. Wrestling SID: Rob Silsbee, Asstistant Sports Information Director Office Phone: (757) 683-3372 Office FAX: (757) 683-3119 Parks’ EMail: rslsbee@odu.edu

INTERVIEWS

Head Coach Steve Martin will be available for interviews immediately following all home matches. Player interviews must be set up through the sports information office. Coach Martin is available during the week for interviews before and after practice. Please contact the sports information office at 757-683-3372 for more information.

PHOTOGRAPHERS

Only working photographers will be allowed at mat side during matches. Credentials must be secured at least 24 hours in advance of matches. Photographers will be asked to wear a press photo pass at all times when shooting.

COLONIAL ATHLETIC ASSOCIATION

Wrestling statistics for the eleven CAA schools are compiled throughout the season at the conference office in Richmond, Va. For up-to-date information, call Rob Washburn at 804-754-1616. You can also get up-to-date information from Fax On Demand. Please call 770-399-3066 and dial 222 for the CAA. The document code for Old Dominion wrestling stats is 1680 and 1681.

PRESS TABLE FACILITIES

Space is available at the scorer’s table for members of the media. Old Dominion University Sports Information will furnish a complete statistics sheet immediately following the conclusion of all home matches upon request.

RADIOS BROADCAST LINES

Visiting teams wishing to broadcast matches are asked to contact the sports information office at least two weeks prior to the game. The Fieldhouse is located between Parker and Powhatan. All radio lines must be secured through the Bell Atlantic Telephone office in Norfolk, by calling 757-673-5000.

WAVY TV/NBC
Bruce Rader, Sports Director
300 Wavy Street
Portsmouth, VA. 23704
Phone: (757)673-5440
Fax: (757)397-8279
Website: www.wavy.com

WWCY TV (ABC)
Scott Cash, Sports Director
613 Woods Avenue
Norfolk, VA. 23510
Phone: (757)628-6200
Fax: (757)628-5855
Website: www.wwcy.com

WWBT TV 43 (Fox)
301 Wythe Street
Portsmouth, VA 23704
Phone: (757)393-4343
Fax: (757)393-7615

WSKY TV (Independent)
920 Corporation Lane
Chesapeake, VA 23320
Phone: (757)382-0365
Fax: (757)382-0365
Website: www.wsky4.com

COMCAST Sportscraft
7700 Wisconsin Ave.
Bethesda, MD. 20814
301-718-3300
Fax: 301-718-3200/3306

WIRE SERVICES

Associated Press
Suite 1380, 700 E. Main Street
Richmond, VA. 23219
Phone: (804)643-6464
Fax: (804)643-6223

Colonial Athletic Association
Peter Hock, Rob Washburn & Niki DeSantis
6625 Patterson Avenue
Richmond, VA. 23229-6349
Phone: (804)754-1616
Fax: (804)754-1830
Website: www.caaatlantic.com

Radio Stations

ESPN Radio 1310
Tony Mercurio
5889 Greenwich Road
Suite 200
Virginia Beach, VA. 23462
Phone: (757)671-1000
Fax: (757)671-1313

WODU AM 1630
Sports Director
Webb University Center
Norfolk, VA 23529
Phone: (757)683-3441

Electronic Media

WTKR TV/CBS
Ted Alexander
720 Boush Street
Norfolk, VA. 23510
Phone: (757)446-1392
Fax: (757)446-1376
Website: www.wtkr.com

Website: www.pilotonline.com
E-mail: sports@pilotonline.com

Daily Press
Dave Fairbank/Melinda Waldrop
7505 Warwick Blvd
Newport News, VA. 23607
Phone: (757)247-4630 or 4643
Fax: (757)247-9420
Website: www.dailypress.com
E-mail: sports@dailypress.com

Richmond Times Dispatch
Tim Pearrell
P.O. Box 8533
Richmond, VA. 23226
Phone: (804)645-6545
Fax: (804)334-7859
Website: www.timesdispatch.com
E-mail: TDsports@timesdispatch.com

Washington Post
1150 15th Street, NW
Washington, DC. 20001
Phone: (202)334-7350
Fax: (804)334-7685
Website: www.washingtonpost.com

Washington Times
Sports Department
3500 New York Avenue, NE
Washington, DC. 20002
Phone: (202)636-3269
Fax: (202)269-3419
Website: www.washingtontimes.com

ODU Mace & Crown
Editor: Patrick Austin
Webb Student Center
Norfolk, VA. 23529
Phone: (757)683-3452
Website: www.maceandcrown.com

Print Media
Virginian Pilot
Jami Frankenberry
150 W. Brambleton Avenue
Norfolk, VA. 23510
Phone: (757)446-2386
Fax: (757)533-9004
Website: www.pilotonline.com

Before Covering the Monarchs...
The Colonial Athletic Association Quick Facts

8625 Patterson Avenue Richmond, VA 23229-8349
Telephone: 804-754-1616 Fax: 804-754-1830
WWW.CAASPORTS.COM

Justin Verlander
Drafted by the Detroit Tigers 2004
AL Rookie of the Year ’06

Jay Harris
‘87 ESPN Sportscaster

Astronaut Michael J. Bloomfield ’93

Samantha Salvia
‘96 ODU’s First Rhodes Scholar

Notable Alums

W ith more than two decades of success athletically and academically, the Colonial Athletic Association has established a reputation as one of the nation’s top collegiate conferences.

The CAA encompasses five of the nation’s nine largest metropolitan areas with a geographic footprint that stretches from Boston to Atlanta. The conference has produced 16 national team champions in five different sports, 33 individual national champions, 12 national players of the year, 11 national coaches of the year and 12 Honda Award winners. Even more impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 20 NCAA post-graduate scholars. In 2007-08, the CAA had five ESPN the Magazine Academic All-Americans and more than 1,700 of our 4,000 student-athletes received the Commissioner’s Academic Award after posting at least a 3.2 grade point average while lettering in a varsity sport.

The landscape of the conference stretches along the majority of the East Coast, and includes six of the nation’s top 25 media markets – New York (1), Philadelphia (4), Boston (7), Washington, D.C. (8), Atlanta (9) and Baltimore (24). The number of television homes in the CAA market exceeds 19.7 million.

The CAA currently sponsors 22 sports with the addition of a 12-team football league in 2007. Male athletes compete for championships in baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming & diving, tennis, track & field and wrestling. Female athletes battle for conference titles in basketball, cross country, field hockey, golf, lacrosse, soccer, softball, swimming & diving, tennis, track & field and volleyball. In 2007-08, 26 teams earned NCAA Tournament berths and 46 student-athletes received All-America honors.

The conference has made its presence known nationally in men’s basketball with at least three teams advancing to post-season play for the past five years. Last season, conference champion George Mason earned its third NCAA Tournament trip since 2001, VCU received its fourth post-season berth in five seasons with a spot in the NIT and Old Dominion reached the quarterfinals of the inaugural CBI for its fourth consecutive postseason appearance. In 2006, George Mason became the first mid-major program since 1979 to reach the Final Four, knocking off powerhouse Michigan State, North Carolina, Wichita State and Connecticut along the way. The Patriots were ranked No. 9 in the final ESPN/USA Today Top 25 poll, which was the highest ever for a CAA team.

The CAA has also had at least three women’s basketball teams participate in post-season play for the past three years. Perennial power Old Dominion, which has won three national championships (1979, 1980, 1985) and was national runner-up in 1997, captured its 17th consecutive CAA title last season and reached the Sweet 16 of the NCAA Tournament for the first time since 2002. James Madison made its third consecutive post-season appearance and advanced to the third round of the WNIT, while VCU advanced to the second round of the WNIT in just its second post-season trip in school history.

The conference also excels in many other sports. CAA squads have combined to win 10 field hockey national titles since the championship began in 1981. Delaware and Towson have each reached the Final Four of the NCAA Men’s Lacrosse Championship. For the first time, three women’s soccer teams reached the second round of the NCAA Tournament in 2007 and at least one men’s soccer team has advanced to the final 16 of the NCAA Championship in five of the last six years. Hofstra finished 15th overall at the NCAA Wrestling Championship and William & Mary placed 15th nationally in men’s cross country. In baseball, the CAA had 23 players chosen in the 2008 Major League draft, which was the second-highest total in league history. Hofstra won its NCAA-record 11th-straight conference title in softball and reached the NCAAs regional finals. Individually, the W&M women’s tennis duo of Megan Mouton-Levy and Katarina Zoricic reached the quarterfinals of the NCAA Doubles Championship in 2008 to earn All-America status for the second straight season, and Georgia State golfer Joel Sjoholm placed 13th overall at the NCAA Men’s Golf Championship.

CAA member institutions are committed to excellence in the classroom. The Colonial Academic Alliance was created in 2002 by the league’s presidents with a goal of expanding their partnership to all aspects of university life outside of intercollegiate athletics. Among the programs already established are an undergraduate research conference, coordination of study abroad programs and granting visiting academic status to student-athletes traveling to an away contest so that they have access to libraries, academic resource centers and computer labs.

In 2002, two faculty members from CAA institutions were awarded academia’s most coveted distinction – the Nobel Prize. John B. Fenn, a research professor in the Department of Chemistry at Virginia Commonwealth University, received the Nobel Prize for chemistry, and Vernon Smith, a professor of economics and law at George Mason University, shared the Nobel Prize in economic sciences.

Commissioner Thomas E. Yeager has guided the CAA since its inception. The conference traces its roots back to 1983 when three of its current members- George Mason University, James Madison University, and the College of William and Mary - were aligned with East Carolina University, the United States Naval Academy and the University of Richmond as a basketball league (ECAC South). During the next two years, the league added 11 sports, acquired two new members (the University of North Carolina at Wilmington and American University) and decided to form a new association. The transformation from ECAC South to CAA took place on June 6, 1985.

Charter members George Mason, James Madison, UNCWilmington and William and Mary were joined by Old Dominion University in 1991 and by Virginia Commonwealth University in 1995. The conference added the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference on July 1, 2005.
John R. Broderick

The success of the Old Dominion University athletic program is unprecedented in the state of Virginia. Over the course of the last four decades, with 28 team national titles and four individual national titles, countless Olympians, All Americans and conference titles and a 90 per cent exhausted eligibility graduation rate. Dr. Jim Jarrett has been providing the guidance and leadership for the Monarchs during all four decades as one of the most respected athletic director’s in the nation.

Jarrett began his 38th year as athletic director in 2008, taking over the reigns in 1970 when Bud Metheny stepped down from that position. As one of the youngest athletic directors in the nation at that time, Jarrett quickly began to make a name for himself and ODU. In 1974, Jarrett became the first athletic director in the state of Virginia to award grant-in-aids to women student-athletes. It was a bold move at the time for a young athletic director and equally young university, but one that paid great dividends. Just five years later, in 1979, the Lady Monarchs won the first of three national championships in women’s basketball, and led the nation in attendance.

Under his leadership, the department’s athletic venues have tripled. They include the construction of the Bud Metheny Baseball Complex, the ODU Sailing Center, the Athletic Administration Building, the ODU Soccer Complex, the 8,500 seat Constant Convocation Center, the Folkes-Stevens Indoor Tennis Center and the Powhatan Athletic Administration Building, the ODU Soccer Complex, the 8,500 seat Constant Convocation Center, the Folkes-Stevens Indoor Tennis Center and the Powhatan Sports Complex. Currently, Jarrett is overseeing the renovation of Foreman Field, where the Monarchs will begin a football program in 2009. For all his efforts, Jarrett has been honored many times by national and local groups. Most recently, Jarrett was given Lifetime Achievement awards from NACDA and VaSID. In 2003, he was named the Southeast Regional Athletic Director of the Year by NACDA. Other awards he’s received include the Collegiate Basketball Director’s Award from the Women’s Basketball Coaches Association, and the Norfolk Sports Club Man of the Year. He also served as the tourism director for The Island of Martha’s Vineyard and as a reporter for several newspapers in Massachusetts and Connecticut.

Dr. Jim Jarrett

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The Old Dominion University Athletic Department offers a wide variety of programs to assist the academic and personal well-being of the student-athlete. These programs are overseen by April Brecht, life skills program director/academic advisor and Devon Uiterwyk, academic advisor for student-athletes. Their offices are located in the new Jacobson Athletic Academic Center inside the Athletic Administration Building, with convenient access to all the student-athletes.

Among the programs available to student-athletes:

**SUPERVISED STUDY SESSIONS**

Supervised study sessions are required for all freshmen, transfer student-athletes, and select upperclassmen. Study sessions are held in the Jacobson Athletic Academic Center. Students can attend day or evening hours for a minimum of six hours per week.

**“RISING STARS” - THE LIFE SKILLS PROGRAM**

The Life Skills Program provides a comprehensive approach to the overall academic and personal development of student-athletes at Old Dominion University. With the student-athlete welfare in mind, the Athletic Department provides:

**The Academic Commitment**
- Academic, major choice and career counseling
- Academic advising - class scheduling and eligibility review
- Supervised study sessions
- Tutoring program by request and/or referral
- UNIV 100 (University Orientation) class
- Academic progress/attendance reports during each semester
- Intervention - illness, injuries, etc. reported to faculty
- Laptop checkout for athletic travel

**The Athletic Commitment**
- Title IX information, coach and support staff standards of conduct, the coach as a teacher, departmental operations and standards, and athletic support program information
- Team-building and conflict resolution intervention/training

**The Personal Development Commitment**
- Educational programming for new students and teams
- Understanding Values, Appreciating Diversity, Personal Health (Sexual Responsibility, Alcohol Choices, Stress Management), Interpersonal Communication and Media Relations, Social Development, and Fiscal Responsibility.
- Networking and appropriate campus program promotion

**The Service Commitment**
- Monarch ReachOut service project referrals and contacts
- CAA Blood Drive

**The Career Development Commitment**
- Networking and referral are provided in cooperation with our career management center
- Educational programming
- UNIV 120 (Career Planning) class
- Interview, cover letter, and resume techniques.

**STUDENT ATHLETE ADVISORY COMMITTEE (SAAC)**

The SAAC serves as a voice for student-athletes to address issues common to all teams. The committee allows student-athletes to address concerns with administrators to improve the student-athlete experience.

The CAA selects an athlete from each school in the conference to attend a student-athlete advisory meeting in the spring of each year. The selected college representatives are given the opportunity to discuss issues at the conference level.
Old Dominion University prides itself on being able to offer the student-athlete the best possible facilities to achieve maximum potential on the field. The Intercollegiate Athletics Building, which underwent a renovation in 2006, houses both strength training and athletic training facilities which are always at the full disposal of the student-athlete. The expanded building is also the home of the Jacobson Athletic Academic Center.

The athletic training room provides the best in modern rehabilitation equipment for athletic injuries. The seven-foot deep running pool, located in the hydrotherapy room, along with three whirlpools and jacuzzi, provides Old Dominion athletes the opportunity to rehabilitate through exercise in water. The room also includes nine training tables, a Kinkom rehabilitation machine, and a traction table. The athletic training room is under the supervision of Head Athletic Trainer Marty Bradley, M.S., A.T.C., and his three full-time assistants, along with a staff of graduate and student assistants.

The strength training room, built specifically for student-athlete use. The room includes the most up-to-date in Power Lift, Hammer Strength and free weight equipment, all under the supervision of the Head Strength and Conditioning Coach Paul Helsel.

The Intercollegiate Athletics Building also houses the administrative staff including the athletic director, the associate and assistant athletic directors, the offices of sports information, marketing, ODU Sports Properties, athletic camps, and the ticket office. The Athletic Support Office and Buildings and Grounds offices are also located in the Intercollegiate Athletics Building. The Intercollegiate Athletics Building is located in the middle of the athletic quadrant of the campus that includes the 4,000 seat Old Dominion Soccer Stadium, the 2,500 seat Bud Metheny Baseball Complex, the Folkes-Stevens Indoor Tennis Center, and the Student Recreation Center which is undergoing major renovation and expansion.

The Old Dominion Sailing Center is located on the Elizabeth River on the western side of the campus and serves as home to the Monarch sailing program. Featuring a 200-foot pier and launch area, the Sailing Center also has storage space for the entire Old Dominion fleet of FJ’s, Lasers, 420’s, and various support craft, locker rooms, classrooms, workshop, and office space for the sailing coaches.

Foreman Field, located behind Rollins Hall on the northern edge of the campus, will be the home field for Monarch football.

In September, 2008, the university opened the Powhatan Sports Center. This new facility houses the football, field hockey and lacrosse programs. The Center includes offices, locker rooms, meeting rooms, a weight room, football practice fields and a new stadium for field hockey and lacrosse.
Old Dominion University began its tradition of excellence when it was founded in 1930 by the College of William and Mary, the second oldest university in the United States. Established as an extension of William and Mary in Williamsburg, and Virginia Polytechnic Institute in Blacksburg, Old Dominion began educating teachers and engineers. The two-year school rapidly evolved into a four-year institution, and was granted independence in 1962 as Old Dominion College. It attained university status in 1969.

Today, Old Dominion enrolls more than 22,000 students, including approximately 6,200 graduate students. The university offers 70 bachelor's degrees, 60 master's degrees, 36 doctoral degrees and two educational specialist degrees, and consists of six colleges: Arts and Letters, Business and Public Administration, Education, Engineering and Technology, Health Sciences and Sciences. The university has achieved designation as a Research University (high research activity) from the Carnegie Foundation for the Advancement of Teaching.

Proud of its past, Old Dominion constantly looks to the future and prides itself on its continually expanding research and teaching programs. A forward-focused, public doctoral research university, it serves students from around the world who want a rigorous academic experience in a profoundly multicultural community. At Old Dominion, nationally recognized faculty use real-world expertise and innovative teaching methods to challenge students to achieve their highest goals. The university's entrepreneurial approach to problem solving drives cutting-edge research, eminent scholarship and strategic partnerships with government, business, industry, organizations and the arts. Approximately 730 full-time and 650 part-time faculty members bring a wealth of talent to Old Dominion classrooms each day. Many have been recognized on the state and national levels with awards for teaching, research and service.

The students at Old Dominion share a special sense of excitement derived in part from the rich tapestry of backgrounds, cultures and ages represented on campus. Students hail from all 50 states and more than 100 countries. Studying in this multicultural environment, and taking advantage of a guaranteed internship program, offers students a true edge after they graduate and begin to compete for jobs. Among ODU's outstanding students in recent years are a Rhodes Scholar, Truman Scholar and three USA Today Academic All-Americans, as well as the first undergraduate in Virginia to earn an engineering doctorate.

Situated on 188 acres near downtown Norfolk, Old Dominion's main campus stretches from the Elizabeth River to the Lafayette River. With its garden areas, reflecting pools and spacious green lawns bordered by tree-lined walkways, the campus offers the best of both worlds – a beautiful setting and just minutes away from Hampton Roads' largest cities. The Webb Student Center houses student services, the campus bookstore and many dining options.
Norfolk serves as the cultural, financial and business hub of the Hampton Roads Metropolitan Area, which comprises the cities of Norfolk, Portsmouth, Virginia Beach, Chesapeake, Suffolk, Hampton, and Newport News. With a combined population of 1.5 million, the Hampton Roads area is the 27th largest Metropolitan Statistical Area in the U.S. Founded in 1682, Norfolk has been a gateway to Virginia for commerce and industry since the early 17th century.

The city is home to the Norfolk Naval Base, the world’s largest naval installation and homeport to the U.S. Navy’s Atlantic and Mediterranean fleets; the MacArthur Memorial, the final resting place of famed General Douglas MacArthur; The Chrysler Museum, an art museum showcasing the collection of Walter P. Chrysler, son of the auto company founder; and Norfolk Botanical Garden, host to many celebrations including the International Azalea Festival.

Norfolk’s 12,000-seat Harbor Park is home to the Norfolk Tides, the top minor league team in the Baltimore Orioles organization.

Waterside marketplace and Town Point Park create a lively waterfront activity center for outdoor concerts, many festivals, and dining with the best sunset views around.

Tall ship cruises, harborside shops, the quaint whistle of the Elizabeth River Ferry, the new Nauticus, one of the nation’s premier maritime museums and learning centers, and a climate ranked among the nation’s most desirable, all make Norfolk an exciting location for university studies.

Just 20 minutes from downtown Norfolk is the oceanfront resort city of Virginia Beach, with its miles of beaches on the Atlantic Ocean and the Chesapeake Bay.

Hampton is home to NASA’s Langley research center as well as Langley Air Force Base, while Newport News is the location of the Newport News Shipbuilding Company, manufacturer of the Nimitz-class aircraft carriers.

Just 45 minutes west of Norfolk is the Jamestown-Williamsburg-Yorktown triangle, where, it can be said, the nation was founded, debated its independence, and then won it on the battlefield.

Also within an easy drive are Richmond, the capital of Virginia and former capital of the Confederacy during the Civil War; the North Carolina Outer Banks, including the Wright Brothers Memorial at Kitty Hawk and the Cape Hatteras National Seashore; and the nation’s capital in Washington, D.C.
<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent / Event</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
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<td>Blue/Silver Intersquad</td>
<td>Norfolk, Va.</td>
<td>12:30 p.m.</td>
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<td>11/09/08</td>
<td>Michigan State Open</td>
<td>East Lansing, Mich.</td>
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<td>Hokie Open</td>
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<td>at Oklahoma State</td>
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<td>Norman, Okla.</td>
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<td>vs. Harvard</td>
<td>Troy, N.Y.</td>
<td>9:15 a.m.</td>
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<td>12/09/08</td>
<td>vs. Michigan State Open</td>
<td>Troy, N.Y.</td>
<td>11:00 a.m.</td>
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<td>12/16/08</td>
<td>vs. Bloomsburg</td>
<td>Troy, N.Y.</td>
<td>3:15 p.m.</td>
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<td>vs. Ohio State Home Open</td>
<td>Norfolk, Va.</td>
<td>3:00 p.m.</td>
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<td>vs. Ohio State Home Open</td>
<td>Evanston, Ill.</td>
<td>All Day</td>
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<td>12/29/08</td>
<td>vs. Harvard</td>
<td>Greensboro, N.C.</td>
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<td>vs. Bloomsburg</td>
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<td>02/03/09</td>
<td>at Bucknell</td>
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<tr>
<td>02/04/09</td>
<td>at Central Michigan</td>
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