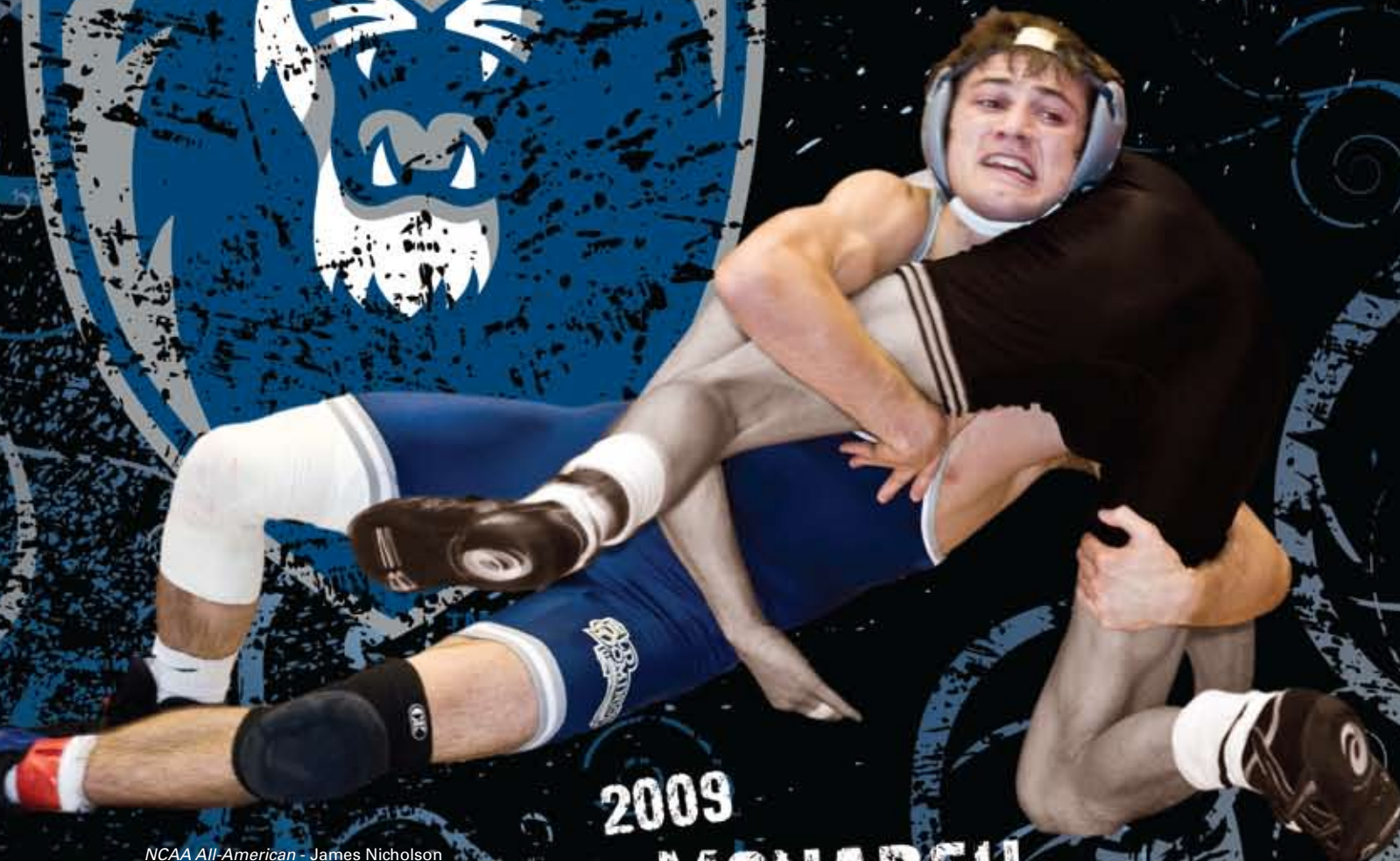


OLD DOMINION UNIVERSITY



2009

MONARCH
WRESTLING

NCAA All-American - James Nicholson

CHAMPIONS DEVELOPING THE FUTURE

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 STORNILO

*Two-Time All-American at
University of Oklahoma*

MIKE DIXON

*University National Champion
4th Pan Am's*

OLD DOMINION WRESTLING

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.



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THE 2008 – 09 OLD DOMINION WRESTLING TEAM



OLD DOMINION UNIVERSITY WRESTLING

TABLE OF CONTENTS

ATHLETIC ADMINISTRATION

Athletic Director Jim Jarrett.....	25
Athletic Staff Phone Numbers.....	25
President John R. Broderick.....	25

COACHING STAFF

Head Coach Steve Martin.....	2-3
Martin's Year-by-Year Record.....	3
Assistant Coaches.....	4

2007-08 IN REVIEW

Colonial Athletic Association Standings.....	24
2007-08 Wrap-Up.....	14
2007-08 Statistics.....	15

OLD DOMINION UNIVERSITY

Wrestling Room.....	17
Monarch Reachout.....	11
Media List.....	23
Academic Support.....	26
Athletic Facilities.....	27
University Information.....	28

OPPONENTS

2008-09 Opponent Information.....	12-13
All-Time vs. Opponents.....	22
Colonial Athletic Association.....	24

PLAYER INFORMATION

Outlook.....	5
Rosters.....	6
Monarch Wrestler Bios.....	7-10
Honored Monarchs.....	16
Monarchs in NCAA's.....	18
Letterwinners.....	19
Year-by-Year Records.....	20-21
All-Time ODU Wrestling Records.....	22
2008-09 Schedule.....	Back Cover



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:.....	52-22-2 (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

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STEVE MARTIN

• FIFTH SEASON • IOWA '91 • NORFOLK, VA



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 even more success. After back-to-back top eight recruiting classes, Martin's third incoming class was ranked 16th by InterMat and this year 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 wrestling and won 22 state wrestling team titles in 23 years and coached dozens of state champions that went on to win and place at the NCAA championships.

Martin's brother David was a four-time Virginia high school state champion at Granby high school under his father and went on to wrestle at Indiana State.

Billy Martin, Jr. was a three-time NCAA all-American at Oklahoma State, finishing second in 1974. Wayne Martin preceded Steve at Great Bridge after wrestling at Old Dominion, and has now taken over again at Great Bridge now that Steve is the coach at ODU.

The groundwork for a successful wrestling coach was set in motion even before Steve Martin stepped on the mat as a competitor.

As a coach, he saw success only matched by his father, leading Great Bridge to 13 state championships in 14 years. Each of those 13 years, Martin's Wildcats were nationally ranked.

Moving up to the college ranks, Martin still keeps the winning attitude that's built around hard work in the wrestling room, hard work on your own, and hard work in the classroom.

"We had this emphasis in college, where you broke somebody," Steve Martin told the Virginian-Pilot in 2001. "You won by 15 points, or you pinned them, and at the end of the match, they crawled off the

mat mentally and physically destroyed and they never wanted to step on the mat again with you."

Martin coached 40 high school state champions, 98 state place-winners, 35 All-Americans (freestyle and folkstyle) and six high school national champions. He also coached NCAA Division I National Champion Carl Perry to three high school state championships at Great Bridge. Perry is currently an assistant at Illinois.

He was awarded the National Wrestling Coaches Association state and regional coach of the year in 1995 and 2000. The Norfolk Sports Club named him the Bob Bates Award winner as the Outstanding Metropolitan Coach of the Year.

On the high school level, Martin has been active in Virginia USA Wrestling, coaching at the Junior Nationals in Fargo, N.D. and has coached with the Wrestling USA Magazine Dream Team Classic and the Dapper Dan Classic in Pennsylvania.



Coach Martin's family (clockwise); Wife Lori holding Max (5), Macy (10), McKenna (9) and Madison (12).

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 Knott's Island, N.C.



Monarch wrestlers pose with Governor Tim Kaine in front of Webb Center.



WRESTLING AND THE MARTIN MEN

Since 1949, teams coached by members of the Martin family have won 34 state wrestling titles. Among them, Billy Martin's four sons won 10 individual state titles. His grandson Michael has won three, bringing the family total to 13.



Billy Martin, 83, left, coached Grady High to 21 state titles from 1949-1970. He was the first prep coach elected to the National Wrestling Hall of Fame, in 1962. He retired to his orchard in Knotts Island, N.C.



Wayne Martin, 42, above, won a state title at Kempsville High in 1978 and coached Great Bridge High to state titles in 1987, 1988, 1989 and 1991. He now serves as the director of athletics for Chesapeake public schools.



David Martin, 48, right, was a four-time state champ at Grady (1969-71). He also was a two-time Missouri Valley Conference champ at Indiana State. He started Martin Vineyards winery in 1995 and also manages the family orchard.



Steve Martin, 35, above, won three state titles at Kempsville High (1983-85) and was an All-American at the University of Iowa. He coaches Great Bridge High, which he has led to nine state championships in 1992-96, 1998-2001.



Michael Martin, 17, right, is the son of David and grandson of Billy. A senior at Great Bridge, he has won three state titles, 1999-2001. Has signed to wrestle at the University of Illinois next year.

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.

James Nicholson accepting the 2008 NCAA All-American trophy.



MARTIN YEAR-BY-YEAR AT ODU

YEAR	NCAA QUALIFIERS	NATIONAL RANKING
04-05	2	-
05-06	4	24
06-07	3	RV
07-08	6	19

AT GREAT BRIDGE HIGH SCHOOL

CHESAPEAKE, VA

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	5
1992-93	7
1993-94	14
1994-95	26
1995-96	10
1996-97	-
1997-98	3
1998-99	22
1999-00	9
2000-01	18
2001-02	2
2002-03	4
2003-04	8

THE DAN GABLE CONNECTION

Old Dominion coach Steve Martin is the tenth Division I college coach that wrestled under Dan Gable at the University of Iowa.

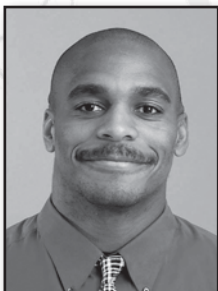
- NAME, SCHOOL (Graduation Year)**
- Steve Martin, Old Dominion (Iowa '91)
 - Tom Brands, Iowa (Iowa '92)
 - Jim Zalesky, Oregon State (Iowa '84)
 - Lennie Zalesky, UC-Davis (Iowa '83)
 - Duane Goldman, Indiana (Iowa '86)
 - Tom Ryan, Ohio State (Iowa '92)
 - Greg Randall, Boise State (Iowa '87)
 - Brad Penrith, Northern Iowa (Iowa '88)
 - Tim Cysewski, Northwestern (Iowa '76)
 - Kevin Dresser, Virginia Tech (Iowa '86)



ASSISTANT COACHES

MIKE DIXON

FOURTH SEASON INDIANA '01 INDIANAPOLIS, IN



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.



JON SIOREDAS

THIRD SEASON UNIVERSITY OF TENNESSEE - CHATTANOOGA '05



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,



MATT STORNILO

SECOND SEASON UNIVERSITY OF OKLAHOMA '07



Matt Stornio 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.

Stornio 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, Stornio 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 tourny 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 tourny 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, Stornio 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.

Stornio graduated from the University of Oklahoma with a Bachelor of Science degree in Human Relations.

2008-09 SEASON OUTLOOK

MONARCHS RETURN EIGHT STARTERS INCLUDING SIX NCAA QUALIFIERS

Headed 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 went 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 redshirt sophomore James Nicholson. 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 (165), Eric Decker (174), and Jesse 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 InterMat. 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 6th 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. Joshua Gillis, a rookie from Chesapeake, Virginia will add depth to the 125-lb weight class as a two-time 3A State Finalist.

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 will look to improve after a 33-win season a year ago in which he made his first career appearance at the NCAA Tournament. "Kyle Hutter had a great summer and he has 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, a newcomer out of Center Line, Michigan. Brumley was an NHSCA Senior All-American and three-time state finalist in high school, finishing with a 202-32 career record.

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 Mechanicsburg, 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 Griffin (Hofstra) in the title match. Williams led the team in wins (39) 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 Zoski and Louis Johnson. Wilson was a three-time Missouri state champion and three-time All-American in high school. Zoski 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. Kaylen Baxter has had the experience the last few years and has beat several NCAA Qualifiers. He is capable of getting in the mix for All-American honors. Joey 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 time 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 named to the VaSID First Team All-State and won his weight class at the Michigan State Open and Virginia Intercollegiate 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 transfer 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 165-lb CAA 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 improve on an 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 Tech. He will be joined in the battle by 2006-07 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

true freshman and took 4th place at the Virginia Intercollegiate Tournament. "This is another key weight for us this year. Coffey and Decker will be battling all year to see who will earn 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 pins 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 Twenty 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 87-0 after his sophomore season. 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 Intercollegiate 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 Granby High School and was 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.

Junior Chris Brown



2008-09 MONARCH ROSTER

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

Coaches

Steve Martin – Head Coach (Iowa '91)

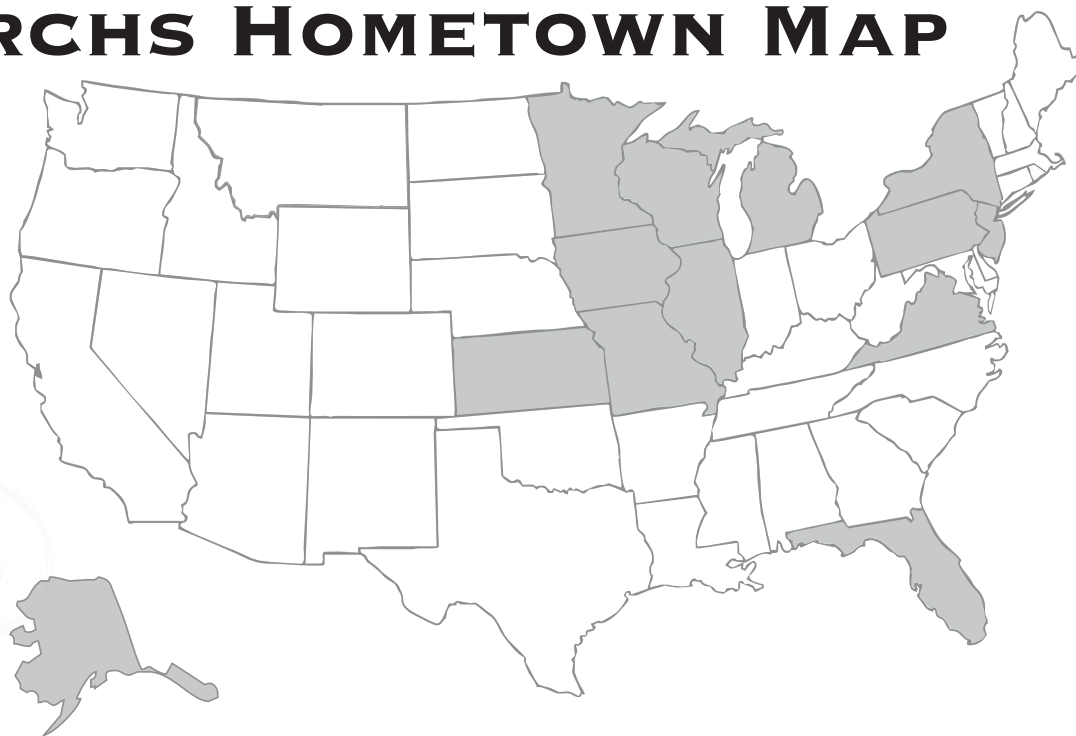
Mike Dixon (Indiana '01)

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 LINDJHEM '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

MEET THE MONARCHS



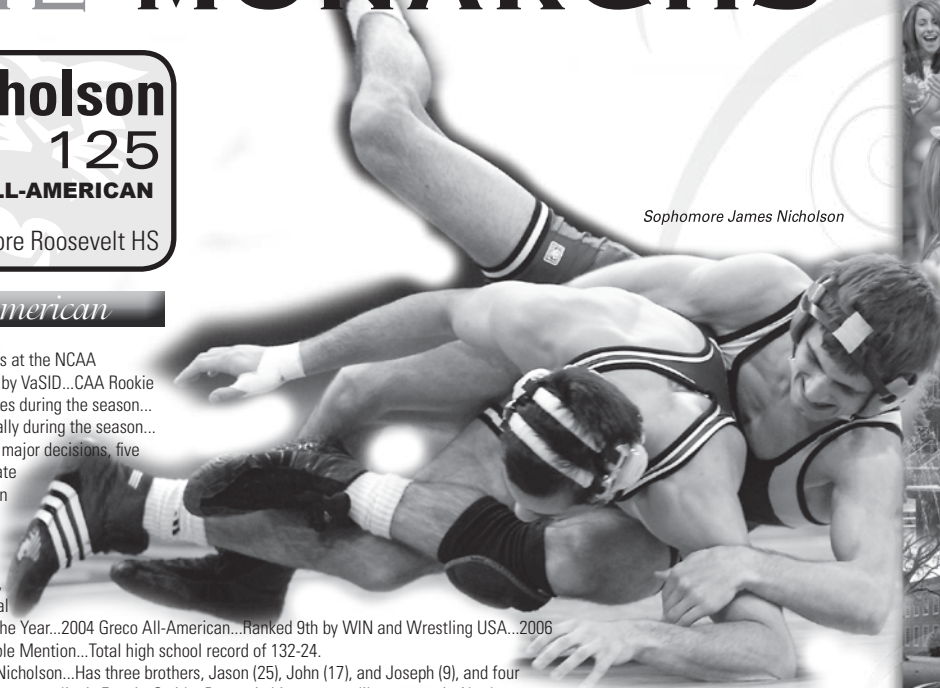
James Nicholson
 (35-10) **125**
 Sophomore
 Des Moines, IA Theodore Roosevelt HS

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 placewinner...Roosevelt High School Man of the Year...2004 Greco All-American...Ranked 9th by WIN and Wrestling USA...2006 USA Wrestling Jr. All-American...Wrestling USA All-American Honorable Mention...Total high school record of 132-24.

OFF THE MAT: Born October 22, 1987...Son of Ramon and Virginia Nicholson...Has three brothers, Jason (25), John (17), and Joseph (9), and four sisters, Joy (24), Julia (23), Janell (19) and Jessica (17)...Favorite sports personality is Emmitt Smith...Person in history most like to meet is Abraham Lincoln...Favorite movie is "Gladiator"...Favorite book is "The Old Man & The Sea"...Has set a life goal to exceed all his own expectations, including becoming a national champion...Majoring in Business Management.



Sophomore James Nicholson



Ryan Williams
 (39-13) **141**
 Senior
 Mechanicsburg, PA Cumberland Valley HS

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 39 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 placewinner...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.



Ryan Williams



Kyle Hutter
 (33-14) **133**
 Junior
 Mokena, IL Providence Catholic HS

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 placewinner...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.



Kyle Hutter



MEET THE MONARCHS



Chris Brown
(35-11) **165**
Junior
Chesapeake, VA Great Bridge HS
NCAA QUALIFIER

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 19, 1987...Son of Linda Barrett...Favorite movie is "Lucky Number Slevin"...Lists Linda Barrett as the most impressive person he's ever met...Goal in life: National Championship...Majoring in Psychology.



Eric Decker
(35-11) **174**
Junior
Wells Bridge, NY Bridgewater HS
NCAA QUALIFIER

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 174 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 160 pounds...Finished career with 256-16 overall record.

OFF THE MAT: Born September 25, 1987...Son of Eugene and Debbie Decker...Has one sister, Nichole (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) **197**
Sophomore
Holton, KS Holton HS
NCAA QUALIFIER

CAREER:

2007-08: NCAA Qualifier...CAA Runner-up...Ranked 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...Took 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 8-3 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 113-4 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) **149**
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 and 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) **157**
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...2005 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.

MEET THE MONARCHS



Derek Coffey
 Sophomore
 Lewisburg, PA
 174
 Lewisburg HS

CAREER:
2007-08: Redshirt sophomore year.
2006-07: 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...Person in history most like to meet is George Washington...Hobbies include fishing and other outdoor activities...Favorite movie is "300"...Favorite book is "The Old Man & The Sea"...Majoring in Business.



Derek Gallagher
 RS Sophomore
 Chesapeake, VA
 157
 Great Bridge HS

CAREER:
Before ODU: Wrestled one year at Virginia Tech in 2006-07 season...Tallied six victories including four bonus point wins.
 Prep: Lettered three times at Great Bridge High after lettering at Lafayette High his freshman season...A two-time Virginia Group AAA state champion.
OFF THE MAT: Born December 17, 1987...Son of Bill and Bea Gallagher...Has one brother, Will (28)...Favorite sports personality is John Daly...Person in history he'd most like to meet is President Abraham Lincoln...Favorite movies are "Talladega Nights" and "The Boondock Saints"...Majoring in Interdisciplinary Studies with a concentration in Zoological Parks Management.



Roy Dragon III
 (12-11)
 Sophomore
 Bridgewater, NJ
 285
 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
 141
 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
 149
 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-AA 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 placewinner...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 "Superbad"...Favorite book is "The Bible"...Undecided in major.



Joe Budi
 Freshman
 Appleton, Wisc.
 184
 Kaukauna HS

CAREER:
Prep: Wrestled four years for Jeff Ratzcak at Kaukauna HS...Undeclared 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 vacation is a trip to the Bahamas...Most impressive person met is J. Robinson...Favorite movie is "Troy"...Favorite books are "The Belgaraid" and "The Mallorean" series...Majoring in Biology.



MEET THE MONARCHS



David Wilson

285

Freshman
Norfolk, VA Granby HS

CAREER:

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 Cuffee and Ronald Devin and Latrillion 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.



Joshua Gillis

125

Freshman
Chesapeake, VA Hickory HS

CAREER:

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 (26), 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.



Brennan Brumley

141

Freshman
Center Line, Mich./Warren Woods Tower HS

CAREER:

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 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.



Louis Johnson

141

Freshman
Chesapeake, VA Great Bridge HS

CAREER:

Prep: Virginia state finalist...Two-time district champion and one time regional champion...Finished career with 143-20 record...Took fourth at Beast of the East and Ironman Tournaments.

OFF THE MAT: Born March 22, 1990...Son of Louis and Joycelyn Johnson...Has one sister, Brittany (20)...Goes by the nicknames Lou, LJ or Louie...Dream vacation is a trip to Marseille, France...Person in history he'd most like to meet is Jimi Hendrix...Hobbies include playing soccer, rugby, surfing and playing video games...Most impressive person met is Barack Obama...Favorite movie is "Karate Kid"...Favorite book is "The Art of War"...Majoring in International Business.



Jacob Kahnke

197

Freshman
Shakopee, Mich. Prior Lake HS

CAREER:

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.



Michael Chapman

197

Freshman
Chesapeake, VA Hickory HS

CAREER:

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.



Chase Ennis

184

Freshman
Yorktown, VA Grafton HS

CAREER:

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.



Colin Zoski

141

Freshman
Great Falls, VA Langley HS

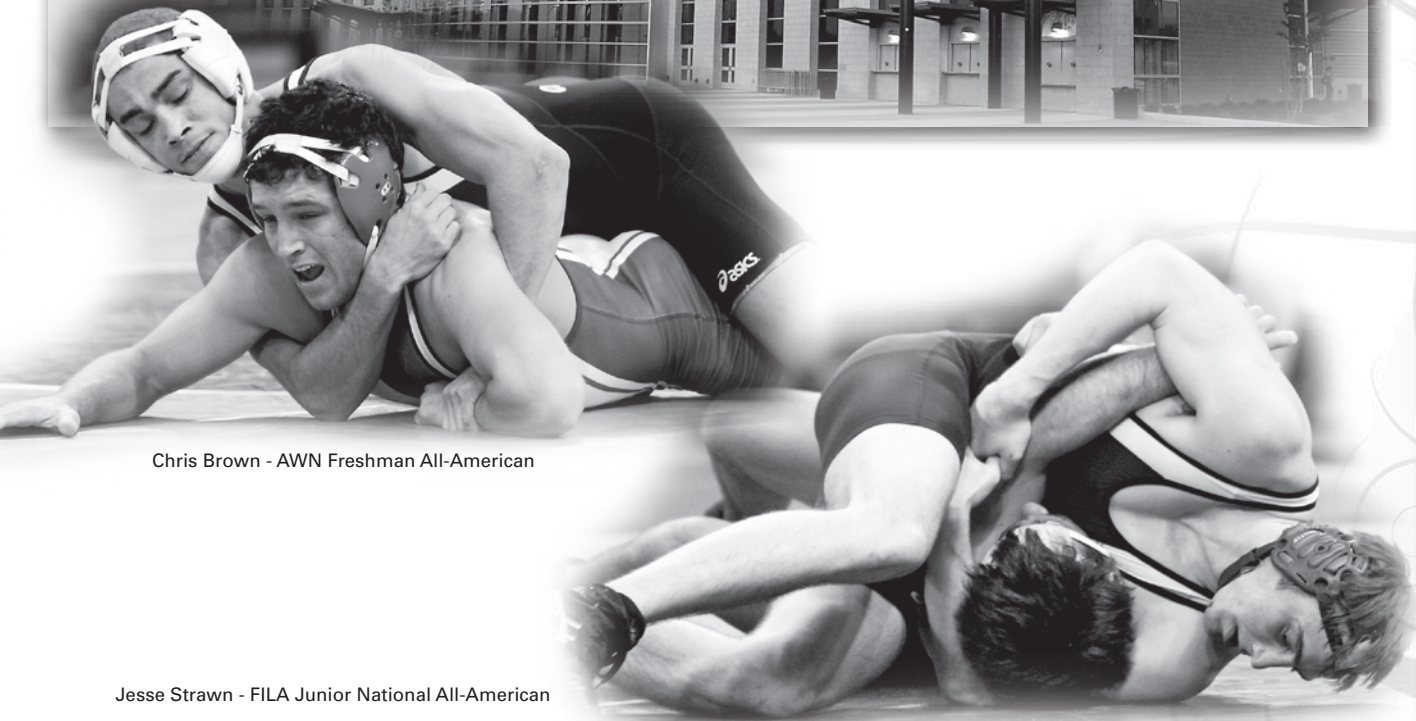
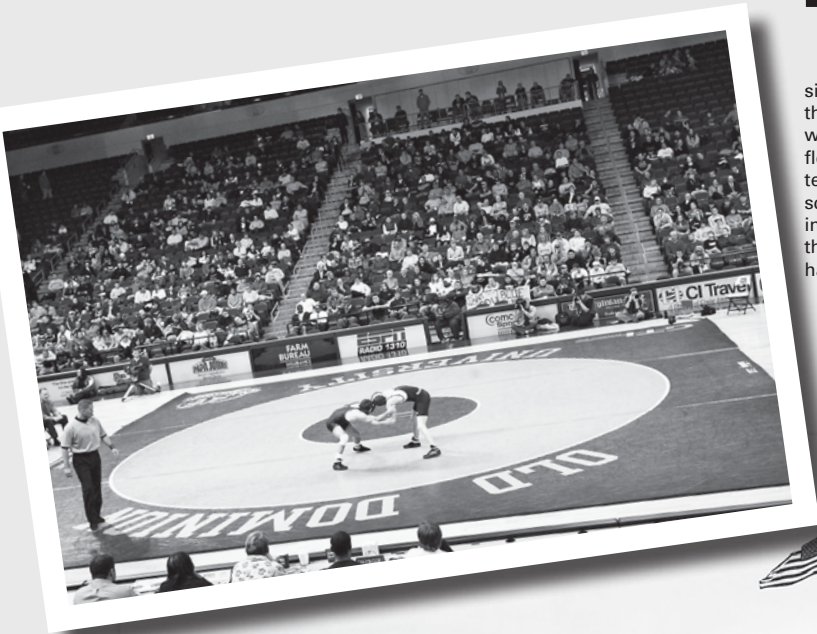
CAREER:

Prep: Two time Virginia State finalist...Four time state qualifier...Two time regional champion and four time district champion...posted a 149-26 career record.

OFF THE MAT: Born July 16, 1990...Son of Glenn Zoski and Sarah Kirk...Has four brothers, Chris (31), John (30), Tommy (24) and Joey (22), and two sisters, Becky (27) and Nicky (7)...Worked as a camp counselor this summer...Favorite movie is "Never Back Down"...Dream vacation is Seven Springs in Colorado...Majoring in Mechanical Engineering.

HOME THE MONARCHS

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



2008-09 OPPONENTS

OKLAHOMA ST.

Dual Date: 11/22/08



"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

OKLAHOMA

Dual Date: 11/23/08



"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

HARVARD

Dual Date: 11/29/08



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

MISSOURI

Dual Date: 11/29/08



"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

BLOOMSBURG

Dual Date: 11/29/08



"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

NORTHERN IOWA

Dual Date: 12/20/08



"Panthers"
Location: Cedar Falls, Iowa
Conference: Western Wrestling Conference
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

PURDUE

Dual Date: 1/4/09



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

GEORGE MASON

Dual Date: 1/4/09



"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: 13-5
Website: www.gomason.com

UNCG

Dual Date: 1/4/09



"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

BUCKNELL

Dual Date: 1/25/09



"Bison"
Location: Lewisburg, Pa.
Conference: EIWA
President: Brian C. Mitchell
Athletic Director: John P. Hardt
Colors: Orange and Blue
Head Coach: Dan Wirnsberger
2007-08 Record: 9-11-1
Website: www.bucknellbison.com

CENTRAL MICHIGAN

Dual Date: 2/1/09



"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.cmchipewas.com

VIRGINIA

Dual Date: 2/8/09



"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: 18-5
Website: www.virginiasports.com

RIDER

Dual Date: 2/14/09



"Broncs"
Location: Lawrenceville, N.J.
Conference: ECAC
President: Dr. Mordechai Rozanski
Athletic Director: Don Harnum
Colors: Cranberry, White and Gray
Head Coach: Gary Taylor
2007-08 Record: 8-12
Website: www.gobroncs.com

VA TECH

Dual Date: 2/19/09



"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

NC STATE

Dual Date: 2/21/09



"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

CAA DUALS

1/17/09



HOFSTRA



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

DREXEL



"Dragons"
Location: Philadelphia, Pa.
Conference: CAA
President: Dr. Constantine Papadakis
Athletic Director: Dr. Eric Zillmer
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



TEAMS EXPECTED TO COMPETE: UNC, DUKE, VIRGINIA TECH, VMI, ARIZONA STATE, UNC GREENSBORO, VIRGINIA, LIBERTY, GEORGE WASHINGTON, CARSON-NEWMAN

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



TEAMS EXPECTED TO COMPETE: APPALACHIAN STATE, BINGHAMTON, BLOOMSBURG, BOSTON UNIVERSITY, CAL STATE BAKERSFIELD, CAMPBELL, THE CITADEL, CORNELL, DAVIDSON, DUKE, EAST STROUDSBURG, EDINBORO, FRANKLIN & MARSHALL, GARDNER-WEBB, GEORGE MASON, HOFSTRA, KENT STATE, LIBERTY, LOCK HAVEN, NAVY, NORTH CAROLINA, NC STATE, OHIO, PRINCETON, UNC GREENSBORO, VIRGINIA, VIRGINIA TECH

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

- | | | |
|---------------------|--------------------|-----------------------|
| 1. Minnesota | 11. Wyoming | 21. Oklahoma |
| 2. Wisconsin | 12. Nebraska | 22. Missouri |
| 3. Central Michigan | 13. Boise State | 23. Chattanooga |
| 4. Rutgers | 14. Virginia Tech | 24. Indiana |
| 5. Iowa | 15. Northwestern | 25. Arizona State |
| 6. Iowa State | 16. Kent State | 26. Purdue |
| 7. Michigan | 17. North Carolina | 27. UC Davis |
| 8. Oklahoma State | 18. Ohio State | 28. Northern Illinois |
| 9. Illinois | 19. Virginia | 29. Appalachian State |
| 10. Old Dominion | 20. Oregon State | 30. Navy |

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 placewinner
- 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 Cheeshead 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

Name	Cl.	Wt.	Overall W-L	Dual W-L	CAA W-L	Tourn. W-L	Maj. Dec.	Tech. Fall	Pins
Kaylen Baxter	RS So	149	38-11	17-3	5-2	17-8	10	5	3
Justin Belanger	Fr	133	1-6	0-0	0-0	1-6	1	0	0
Chris Brown	RS So	165	35-11	17-3	6-1	18-8	10	0	2
Billy Chamberlain	So	125	9-9	1-0	0-0	8-9	3	0	1
Derek Coffey	So	174	-	-	-	-	-	-	-
Scott Cust	Fr	184	0-1	0-1	0-1	0-0	0	0	0
Zeke Donahay	Fr	141	-	-	-	-	-	-	-
Roy Dragon III	Fr	285	12-11	2-5	1-1	10-6	1	0	4
Lester France	Fr	149	-	-	-	-	-	-	-
Sam Hunt	Fr	174	-	-	-	-	-	-	-
Kyle Hutter	So	133	33-14	16-4	6-1	17-10	10	2	6
David Mendoza	Jr	184	26-15	12-5	4-2	14-11	7	5	5
Joey Metzler	RS Fr	141	-	-	-	-	-	-	-
James Nicholson	RS Fr	125	35-10	16-3	6-1	19-7	8	5	2
Buffy Okigbo	Fr	149	-	-	-	-	-	-	-
T.C. Pendleton	Fr	165	-	-	-	-	-	-	-
Nick Pullano	RS Sr	174	26-18	13-7	4-3	13-11	9	5	1
Dan Rivera	RS Fr	165	13-24	8-12	3-4	5-12	1	0	0
Jesse Strawn	So	184	31-15	14-6	5-2	17-9	8	3	7
Tel Todd	Fr	157	-	-	-	-	-	-	-
Andy Totusek	Fr	285	26-17	7-6	3-2	21-11	1	0	3
Cam Watkins	RS So	141	-	-	-	-	-	-	-
Ryan Williams	Jr	141	39-13	16-4	5-2	23-9	11	1	3

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
 197 lbs: 5th - David Mendoza
 285 lbs: 2nd - Roy Dragon III

Missouri Open (Nov. 18, 2007)

125 lbs: 2nd - James Nicholson
 133 lbs: 2nd - Kyle Hutter
 141 lbs: 2nd - Ryan Williams
 149 lbs: 2nd - Kaylen Baxter
 165 lbs: 3rd - Chris Brown
 174 lbs: 5th - Nick Pullano
 184 lbs: 2nd - Jesse Strawn
 197 lbs: 4th - David Mendoza
 285 lbs: 1st - 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: 3rd - James Nicholson
 141: 7th - Ryan Williams
 149: 4th - Kaylen Baxter
 165: 7th - Chris Brown

VA Intercollegiates (Jan. 5, 2008)

125 lbs: 1st - James Nicholson*
 125 lbs: 3rd - Billy Chamberlain
 133 lbs: 1st - Kyle Hutter
 141 lbs: 1st - Ryan Williams
 149 lbs: 1st - Kaylen Baxter
 174 lbs: 3rd - Nick Pullano
 184 lbs: 1st - Jesse Strawn
 197 lbs: 3rd - David Mendoza
 285 lbs: 1st - Andy Totusek
 285 lbs: 3rd - Roy Dragon III
 *Most Outstanding Wrestler

POSTSEASON RESULTS

CAA Tournament (Mar. 7-8, 2008)

125 lbs: 1st - James Nicholson*
 133 lbs: 2nd - Kyle Hutter*
 141 lbs: 1st - Ryan Williams*
 165 lbs: 1st - Chris Brown*
 174 lbs: 4th - Nick Pullano
 184 lbs: 2nd - Jesse Strawn*
 197 lbs: 4th - David Mendoza
 285 lbs: 3rd - Andy Totusek*
 (True Second)
 *Qualifies for NCAA Tournament

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
	vs. Delaware State	W	48-0
Jan. 8	Virginia Duals vs. Lock Haven	W	31-3
Jan. 11	vs. Virginia Tech	W	30-3
Jan. 12	Virginia Duals vs. #17 Illinois	L	9-29
	vs. Virginia	W	23-12
	vs. Kent State	W	25-12
Jan. 18	CAA Duals* vs. Sacred Heart*	W	39-6
	vs. Drexel*	W	31-6
Jan. 19	CAA Duals* vs. Binghamton*	W	23-12
	vs. Boston University*	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. 3	at American	W	31-12
Feb. 10	vs. Rider*	W	32-7
Feb. 24	at Virginia Tech	W	26-9

*Conference Matches



HONORED MONARCHS

VIRGINIA INTERCOLLEGIATE STATE CHAMPIONS

YEAR	WRESTLER	WEIGHT
1979	Wayne Martin	126
1979	Buddy Lee	134/142
1979	Tim Davidson	150/158
1979	Frank Nowland	Hwt.
1980	Terry Kretz	126
1980	Roger Randall	150/158
1981	Andy Stone	118
1981	Roger Randall	150/158
1981	Larry Corry	158/167
1982	Brad Anderson	167
1982	Bill Sabo	Hwt.
1984	Ben Ward	150
1984	Pual Gravalis	190
1984	Bill Sabo	Hwt.
1985	Vincent Tripp	158
1985	Scott Giacobbe	177
1987	Rich Castano	150
1988	Wayne Gibson	118
1989	Wayne Gibson	118
1990	Noel Clavel	126
1990	Steve Sciandra	190
1991	Tom Sinacore	118
1991	Noel Clavel	126
1991	Nick Garone	150
1991	Pete Huntley	177
1991	Steve Sciandra	Hwt.
1992	Erick Shaw	118
1992	Noel Clavel	126
1992	Peter Horst	134
1993	Erick Shaw	126
1993	Bill Terry	167
1994	Tom Sinacore	118
1994	Jody Staylor	126
1994	Greg Satchell	167
1994	Nick Hall	Hwt.
1995	Jody Staylor	134
1995	Chris Todd	167
1995	Nick Hall	Hwt.
1996	Jamie Kelly	158
1996	Nick Hall	Hwt.
1998	Jamie Kelly	158
1999	Jeff Rusak	157
2001	Jeff Rusak	174
2002	Jeff Rusak	174
2003	Chris Buckner	133
2003	Ben Summerlin	174
2004	Adam Wright	184
2004	Derrell Lorthridge	Hwt.
2005	BJ Compton	133
2005	Christian Staylor	125
2005	Nelson "Robby" Gosnell	165
2005	Adam Wright	184
2006	Adam Wright	197
2006	Shanon Slack	141
2006	Nick Pullano	157
2006	T.J. Hansen	174
2007	Kaylen Baxter	149
2007	Nick Pullano	165
2007	David Mendoza	197
2008	James Nicholson	125
2008	Kyle Hutter	133
2008	Ryan Williams	141
2008	Kaylen Baxter	149
2008	Jesse Strawn	184
2008	Andy Totusek	Hwt.

CAA TOURNAMENT INDIVIDUAL CHAMPIONS

YEAR	WRESTLER	WEIGHT
1992	Noel Clavel	126
1992	Peter Horst	134
1992	Erick Shaw	118
1993	Tom Sinacore	118
1993	Bill Terry	167
1994	Jody Staylor	126
1994	Greg Satchell	167
1995	Jody Staylor	134
1995	Chris Todd	167
1995	Nick Hall	Hwt.
1996	Nick Hall	Hwt.
1998	Mark Strickland	150
1999	Paul Jimenez	125
2000	Dennis Whitby	149
2001	Jeff Rusak	174
2002	Jeff Rusak	174
2005	Christian Staylor	125
2006	Adam Wright	197
2008	James Nicholson	125
2008	Ryan Williams	141
2008	Chris Brown	165

ODU ATHLETE OF THE YEAR

YEAR	WRESTLER	WEIGHT
1979	Buddy Lee	134/142
1991	Peter Horst	134
2001	Jeff Rusak	174
2006	Adam Wright	197

NCAA EAST REGIONAL CHAMPIONS

YEAR	WRESTLER	WEIGHT
1979	Buddy Lee	134/142
1980	Buddy Lee	134/142
1991	Steve Sciandra	Hwt.
1982	Buddy Lee	134/142
1983	Larry Corry	158/167
1982	Brad Anderson	167
1983	Brad Anderson	167
1984	John Cecala	134/142
1984	Ben Ward	150
1984	Scott Giacobbe	177
1986	Jeff Bridges	150
1989	Wayne Gibson	118
1989	Rich Castano	150
1990	Noel Clavel	126
1991	Noel Clavel	126
1991	Nick Garone	150
1991	Peter Horst	134
1991	Steve Sciandra	Hwt.

OUTSTANDING WRESTLER HONORS

YEAR	WRESTLER	WT	HONOR
1989	Wayne Gibson	118	Capital Wrestling
1994	Greg Satchell	167	CAA
1998	Mark Strickland	150	CAA
2003	Ben Summerlin	174	VA State
2006	Adam Wright	197	VA State
2008	Ryan Williams	141	CAA
2008	James Nicholson	125	VA State

CAA WRESTLER OF THE YEAR

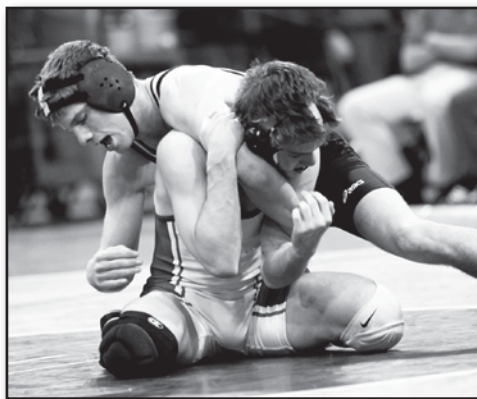
YEAR	WRESTLER	WEIGHT
1994	Jody Staylor	126
1995	Nick Hall	Hwt.
1996	Nick Hall	Hwt.
2002	Jeff Rusak	174

CAA ROOKIE OF THE YEAR

YEAR	WRESTLER	WEIGHT
1999	Jeff Rusak	157
2008	James Nicholson	125

CAA COACH OF THE YEAR

2008	Steve Martin
------	--------------



Two-time CAA Champion & NCAA Qualifier Christian Staylor

NCAA QUALIFIERS

YEAR	NAME	WEIGHT
1979	Buddy Lee	134
1980	Buddy Lee	134/142
1981	Roger Randall	150/180
1982	Brad Anderson	167
	Scott Giacobbe	177
	Bill Sabo	Hwt.
	Larry Corry	158
	Ben Ward	142
1983	Brad Anderson	167
	Larry Corry	158
	Scott Giacobbe	177
1984	Ben Ward	150
	John Cecala	134/142
	Scott Giacobbe	177
	Mike Duhigg	118
1985	Scott Giacobbe	190
	Vincent Tripp	158
	John Cecala	134
	Bill Sabo	Hwt.
	Paul Denoncourt	118
1986	Jeff Bridges	142
1987	Mark Billups	142
	Steve Sciandra	190
	Wayne Gibson	118
1988	Wayne Gibson	118
	Mark Billups	142
	Rich Castano	158/167
	Steve Line	Hwt.
1989	Wayne Gibson	118
	Rich Castano	150
1989	Mark Billups	142
	Greg Satchell	158
1990	Steve Sciandra	190
	Noel Clavel	126
	Pete Huntley	177
1991	Nick Garone	150
	Peter Horst	134
	Steve Sciandra	190
	Noel Clavel	126
1992	Noel Clavel	126
	Erick Shaw	118
	Peter Horst	134
1993	Tom Sinacore	118
	Erick Shaw	126
	Bill Terry	167
1994	Nick Hall	Hwt.
	Greg Satchell	167
	Tom Sinacore	118
1995	Jody Staylor	126
	Jody Staylor	134
	Chris Todd	167
	Nick Hall	Hwt.
1996	Erick Shaw	126
	Nick Hall	Hwt.
1998	Jamie Kelly	158
	Mark Strickland	150
1999	Paul Jimenez	125
	Jeff Rusak	157
2000	Jeff Rusak	165
	Dennis Whitby	149
2001	Jeff Rusak	174
2002	Jeff Rusak	174
2004	Derrell Lorthridge	Hwt.
2005	Christian Staylor	125
	Adam Wright	184
2006	Bryan LaShomb	125
	Ryan Williams	133
	Adam Wright	197
	Robby Gosnell	105 (alt.)
2007	Nick Pullano	165
	David Mendoza	197
	Christian Staylor	133
2008	James Nicholson	125
	Kyle Hunter	133
	Ryan Williams	141
	Chris Brown	165
	Jesse Strawn	184
	Andy Totusek	Hwt.

MONARCH WRESTLERS IN THE OLD DOMINION SPORTS HALL OF FAME

NAME	INDUCTED	WRESTLED	NAME	INDUCTED	WRESTLED
Wayne Bright	1982	1967-70	Lou Curra	1988	1967-70
Carl Ragland	1983	1966-69	Terry Perdew	1990	1972-74
Pete Robinson	1985	1959-83 (Coach)	Mike McCarthy	1994	1972-76
Paul Cote	1986	1966-69	Roger Randall	2004	1979-81
Buddy Lee	1987	1980-83			

MONARCH WRESTLING ROOM

THE NEW HOME OF MONARCH WRESTLING

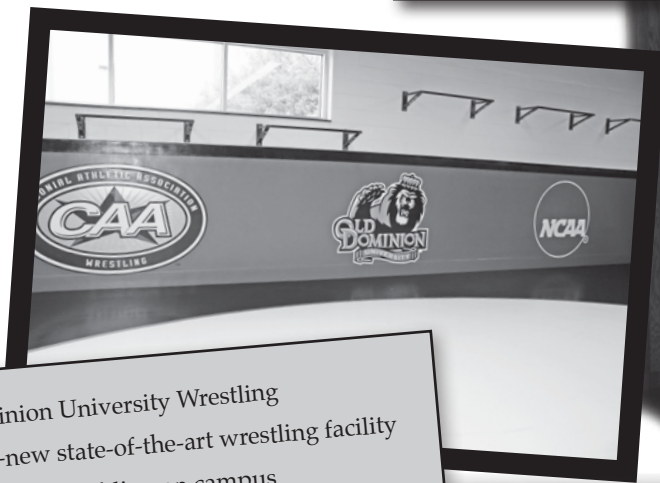
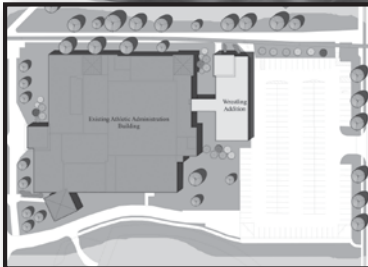
A 9,000 square foot state-of-the-art wrestling room now gives Old Dominion wrestling one of the top facilities nationally to practice and train in. The wrestling facility is located beside the athletic administration building.

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

YEAR	NAME	WEIGHT
1969	Carl Ragland	152
1970	Wayne Bright	142
1974	Terry Perdew	118



Wayne Bright



Carl Ragland

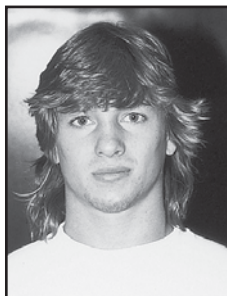


Terry Perdew

ALL AMERICANS



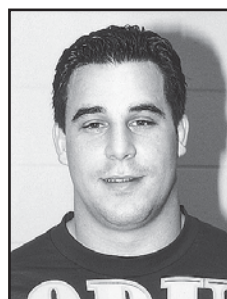
James Nicholson



Jody Staylor



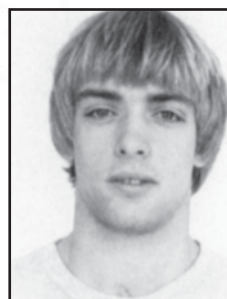
Peter Horst



Nick Hall



Lou Curra



Roger Randall

OLD DOMINION ALL-AMERICANS

YEAR	WRESTLER	WT	PLACE
1966	Carl Ragland	130	2nd
1967	David Lindjhem	145	4th
1968	Lou Curra	115	4th
	David Todd	177	6th
1969	Lou Curra	115	5th
	Wayne Bright	137	5th
	Carl Ragland	152	1st
1970	Lou Curra	115	4th
	Wayne Bright	142	1st @
1974	Terry Perdew	118	1st
	Ray Pond	142	3rd
1975	Mike McCarthy	126	5th
1976	Mike McCarthy	142	4th
1980	Buddy Lee	134	4th
1981	Roger Randall	150	7th
1982	Buddy Lee	134	7th
1984	Ben Ward	150	7th
1991	Peter Horst	134	6th
	Nick Garone	150	6th
1994	Jody Staylor #	126	2nd
1995	Nick Hall	Hwt.	5th
2008	James Nicholson	125	8th

Old Dominion's first Division I Finalist
@ Fourth in NCAA Division I

LETTERWINNERS

- A -
 Abbitt, Matt 1960-62
 Abrams, Robert 1965-66
 Albertson, P. 1973-74
 Adams, John 2001-05
 Alexander, John 1995-96
 Alford, Brad 2001-02
 Allen, Terry 1977-78
 Altice, C. Perry 1967-69
 Altice, Perry 1969-71
 Altizer, John 1990-92
 Anderson, Brad 1981-83
 Angeleri, Dave 1984-85
 Armitage, John 1976-78
 Ash, Phillip 1987-88
 Ashe, Michael 1964-65
 Ayers, Bill 1963-64

- B -
 Ballou, Charles 1975-76
 Bano, Lenny 1987-89
 Barrett, Bryan 1982-84
 Bassett, Larry 1984-87
 Battiate, Charles 1986-87
 Baxter, Kaylen 2006
 Beachum, Doug 1957-58
 Becker, Jeffrey 2005-06
 Bednarek, Mickey 1972-75
 Billups, Mark 1985-89
 Bishop, James 1962-63
 Blackowski, John 1992-94
 Blair, Christopher 1995-96
 Blancafor, Jun 1995-96
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 Cahill, Ed 1980-81
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 Curra, Luciano 1967-70

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 DaBiero, Joseph 1982-83
 Dalton, C. 1959-61
 Darnell, Shane 1996-97
 Daughtery 1958-59
 Davenport, Hunter 2004-05
 Davernport, James 1976-77
 Davernport, Glenn P. 1969-70
 Davidson, Jason 1994-96
 Davidson, Tim 1976-80
 Davis, Ronnie Harry 1957-61
 Deming, Poe 1957-58
 Denoncourt, Paul 1982-86
 Derang, Wilfred 1990-91
 Derricott, J.J. 1977-78
 Deshields, Darrell 1984-85
 Deveraux, Terry 1979-84
 Devlin, Randy 1995-96
 Dickerson, Bill 1976-77
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 Dondero, Steve 1987-88
 Donnelly, Phil 1994-96
 Douglas, Selas 2004-05
 Dragon, Roy 2007
 Duhigg, Mike 1983-84
 Durham, David 1992-93
 Durso, Mario 1986-88

- E -
 Eaton, Alec 2004-05
 Ellis, Matt 1995-96
 Entsminger, Lee 1969-73
 Epps, Matt 2000-02
 Ernest, Alexander 1995-96

- F -
 Fannon, Josh 1995-98
 Fedak, Chuck 1983-84
 Fields, Ed 1971-76
 Filson, Chad 1997-99
 Fitzpatrick, Brad 1997-98
 Flynn, Russell 1965-68
 Forbes, B. 1966-67
 Ford, Ken 1972-73
 Forehand 1961-63
 Forestiere, Jacob 2004-06
 Forte, Tony 1995-97
 Friel, Jack 1986-91
 Frook, Clay 1992-93
 Frye, William 1958-64
 Fucci 1965-66
 Fussell, Chris 1992-94
 Fussell, Johnathan 1989-93

- G -
 Gamble, Thomas 1983-84
 Garone, Nick 1990-91
 Gatling, Richard 1972-73
 Gaurtaeux, Larry 1958-62
 Gaurtraeux, Paul 1959-62
 Gentilcore, David 1987-88
 Giacobbe, Scott 1981-85
 Giampolo, Bill 1983-84
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 Goodman, Jeffrey 1966-67
 Goodson, Kieth 1977-78
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 Grant, Randy 1988-90
 Gravalis, Tom 1982-84
 Gray, Tom 1991-94
 Greene, Robert 1971-72
 Gregor, Victor 1965-67
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 Hall, B. James 1964-65
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Haskell, Trey 1986-87
 Harrington, Chris 1996-99
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 Hatcher, G. 1968-70
 Hawkins, Jeff 1981-82
 Hawkins, Joe 1991-94
 Heil, Norman P. 1973-74
 Herb, Kevin 1974-75
 Herbert, Mike 1960-62
 Hersey, Ryan 1995-97
 Hibbard, Butch 1985-89
 Hiller, Luke 1990-91
 Hoelke, Robert 1988-90
 Hoer, John 1971-72
 Hogue, Robert 1963-66
 Holmes, Arturo 1978-80
 Holmes, Eugene 1976-77
 Horst, Peter 1990-92
 Hubbard 1970-71
 Huffman, William 1965-66
 Hughes, M. 1965-66
 Huntley, Pete 1989-92
 Hutter, Kyle 2006
 Hyland, Todd 1981-82

- J -
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 Jenkins, Jack 1970-73
 Jenkins, John 1999-00
 Jimenez, Joel 1995-99
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 Johnson, Bob 1964-67
 Johnson, Jim 1986-87
 Johnson, Lamonte 1978-79
 Jones, John 1995-96
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- K -
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 Kaplan, Dave 2001-03
 Keifer, Frank 1967-68
 Kellam 1958-59
 Kelly, Danny 1986-88
 Kelly, Jamie 1994-98
 Kerns, Darren 1988-89
 Kerr, John 1957-58
 Kigerl, Wayne 1966-70
 King, Robert 1973-74
 Koballa, Adam 2006-08
 Komthirath, Saylaith 1999-00
 Krazer, Curtis 1994-97
 Krepss, Brad 1997-02
 Kretz, Terry 1975-80
 Kube, Kurt 1984-85
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- L -
 Lamb, Payton 2000-01
 Lambert 1957-58
 Lampros, Robert 1958-59
 Land, Richard 1972-73
 Langston, Bill 1960-62
 LaRose, P. David 1972-73
 Larson, John 1983-85
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 Laux, William 1975-78
 Leaman, Timothy 1969-74
 Lee, Buddy 1977-82
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 Lindhjem, David 1966-69
 Line, Steve 1986-90
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 Louverture, Jones 1998-00
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- M -
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 Mansfield, Fank 1968-69
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 Matyiko, Frank 1990-94
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 Meekins, Doug 1972-76
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 Mendoza, David 2005-08
 Mentzer, Matt 1991-92
 Meredith, Buddy 1958-62
 Merritt, Jeff 1984-85
 Minium, H. 1974-75
 Miller, Bryan 1995-96
 Miller, Scott 1966-67
 Miller, Bill 1973-76
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 Mincheff, Carlos 1981-82
 Moore, William 1970-71
 Mooskin, Gene 1957-59
 Morvec, A. 1960-61
 Motley, Donald 2004-05
 Munnich, Mark 1990-94
 Murphy, D. 1966-67
 Murray, B. 1969-70
 Murrell, H. 1964-65

- N -
 Naguin, Doug 1974-75
 Nicholson, James 2007-
 Nowland, Frank 1978-83
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- O -
 O'Donnell, Jim 1988-89
 O'Hara, James 1996-97
 O'Toole, Henry 1974-77
 Osborne, Jim 1987-88
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 Parker, B. 1969-70
 Parker, James 1971-73
 Patykula, Joseph 1975-77
 Payne, Carvey Randy 1974-78
 Pearce, Jesse 1999-04
 Pellar, Matthew 2006-07
 Perdew, Terry 1972-74
 Persinger, Cliff 1984-85
 Pettitt, Roger 1972-75
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 Platt, Jeff 1990-92
 Pond, Ray 1971-75
 Porter, James 1992-93
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 Puckett, Will 2000-01
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- Q -
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- R -
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 Recore, Gene 1968-72
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 Rizzo, Greg 1984-85
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 Ryan, Jeff 1980-84
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 Sabo, Bill 1980-85
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Schinelli, Matt 1988-90
 Schoffstall, Jim 1991-92
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 Segars, Bill 1987-88
 Serrano, Alex 1988-89
 Seymour, Steve 1979-80
 Shaw, Erick 1991-96
 Shelton 1959-60
 Shiver, Terry 1975-76
 Sigmon, Kennis 1969-70
 Silverman, Harvey 1959-63
 Simons, Gray 1987-88
 Sinacore, Tom 1989-94
 Slack, Shannon 2004-06
 Small, Matt 2000-02
 Smith, Jeff 1992-93
 Smith, Rod 1979-80
 Smith, Shea 2004-05
 Sniweby 1965-66
 Solder, E. 1973-74
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 Springston, Rex Claud 1970-74
 Stanfield, Bob 1960-61
 Standwill, Paul 1987-91
 Starkes, John 2001-03
 Staylor, Christian 2004-07
 Staylor, Edward 1959-60
 Staylor, Jody 1994-95
 Stickney, Ethan 1979-80
 Stillo, Frank 1981-83
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 Strickland, Mark 1997-98
 Stokes, Jud 1981-82
 Stone, Andy 1979-81
 Straub, Rob 1992-94
 Strawn, Jesse 2006-
 Stringfield 1958-59
 Suehs, Kirk 1971-74
 Sullivan, Richard 1965-66
 Summerlin, Ben 2001-03
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 Todd Casey 2001-02
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 Townsend, Douglas 1970-71
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 Tugwell, Bill 1960-61
 Turner, Fred 1961-62
 Turner, Wendell 1995-96
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- V -
 Vaire, J. 1968-69
 Valdivieso, Steve 1980-81
 Valenza, Vince 1981-82
 Van Fenge, Tom 1977-78
 Vandalis, Robert 1988-89
 Vera, Brandon 1995-96
 Vick, John 1988-89
 Villareale, Joe 1982-83

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 Waller, Wayne 1980-82
 Walley, Everett 1962-63
 Ward, Ben 1981-84
 Waterfield, Charles 1962-65
 Watts, James 1972-74
 Webb, Eric 1976-81
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 Weismantel, Scott 1990-91
 Weller, Frank 1957-59
 Welch, Greg 1989-91
 Whitby, Dennis 1999-04
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YEAR-BY-YEAR

1957-58 (5-1-0)
COACH: PETE ROBINSON
 7-24 L Baltimore
 21-11 W Towson State
 29-3 W Catholic
 24-7 W Virginia - Freshman
 29-3 W VA Military Institute
 36-0 W Washington & Lee

1958-59 (7-0-0)
COACH: PETE ROBINSON
 21-10 W Fort Eustis
 31-2 W Towson State
 21-8 W American
 20-0 W Gallaudet
 36-0 W North Carolina State
 28-9 W Virginia
 14-12 W Baltimore

1959-60 (6-0-1)
COACH: PETE ROBINSON
 38-0 W Catholic
 20-13 W American
 18-18 T Baltimore
 19-8 W Hampden-Sydney
 21-14 W Loyola (MD)
 20-17 W Gallaudet
 21-12 W Hampden-Sydney

1960-61 (10-1-0)
COACH: PETE ROBINSON
 22-6 L Appalachian State
 24-10 W Pfeiffer
 33-5 W Hampden-Sydney
 34-5 W Towson State
 19-8 W Baltimore
 19-10 W Appalachian State
 29-6 W American
 19-11 W Hampden-Sydney
 21-12 W Gallaudet
 25-5 W Gallaudet
 16-13 W Appalachian State

1961-62 (10-1-0)
COACH: PETE ROBINSON
 29-3 W Appalachian State
 24-7 W Baltimore
 24-8 W Washington & Lee
 0-26 L Lock Haven
 30-0 W Gallaudet
 32-3 W Loyola (MD)
 36-3 W Hampden-Sydney
 17-13 W Appalachian State
 29-5 W Pfeiffer
 25-3 W American
 28-5 W Hampden-Sydney

1962-63 (7-3-0)
COACH: PETE ROBINSON
 11-17 L Washington & Lee
 5-24 L Lock Haven
 5-24 L Lycoming
 17-11 W East Carolina
 27-5 W American
 20-6 W East Carolina
 27-6 W Baltimore
 35-5 W Loyola (MD)
 28-5 W Gallaudet
 27-10 W Hampden-Sydney

1963-64 (9-0-1)
COACH: PETE ROBINSON
 25-9 W East Carolina
 12-12 T Appalachian State
 16-13 W Pfeiffer
 32-3 W Loyola (MD)
 35-3 W Richmond Prof. Institute
 30-5 W Towson State
 26-0 W East Carolina
 25-6 W Baltimore
 39-0 W Hampden-Sydney
 15-13 W Washington & Lee

1964-65 (7-2-0)
COACH: PETE ROBINSON
 35-0 W Catholic
 15-9 W Virginia
 5-24 L Lycoming
 10-19 L Appalachian State
 25-7 W Baltimore
 17-11 W Washington & Lee
 34-3 W Hampden-Sydney
 31-5 W Richmond Prof. Institute
 36-0 W American

1965-66 (9-5-0)
COACH: PETE ROBINSON
 13-18 L Springfield
 16-20 L Virginia
 19-18 W Franklin & Marshall
 9-24 L Princeton
 15-14 W Lycoming
 29-5 W Auburn
 10-25 L Navy
 14-20 L Virginia Tech
 50-0 W American
 34-2 W Richmond Prof. Institute
 28-11 W Baltimore
 30-8 W Hampden-Sydney
 25-9 W Washington & Lee
 25-6 W Pfeiffer

1966-67 (7-5-1)
COACH: PETE ROBINSON
 34-2 W Richmond Prof. Institute
 34-3 W Pfeiffer
 16-21 L Franklin & Marshall
 20-15 W Virginia
 27-8 W William & Mary
 31-11 W Towson State
 21-14 W Lycoming
 3-32 L West Chester
 6-29 L Appalachian State
 26-15 W East Carolina
 11-19 L Citadel
 4-34 L Virginia Tech
 18-18 T Baltimore

1967-68 (10-1-1)
COACH: PETE ROBINSON
 29-5 W VA Military Institute
 27-7 W William & Mary
 28-2 W Virginia
 17-12 W Franklin & Marshall
 11-22 L Appalachian State
 17-17 T East Carolina
 30-8 W Towson State
 32-3 W Richmond Prof. Institute
 15-14 W Virginia Tech
 34-2 W Washington & Lee
 41-2 W Hampden-Sydney
 27-9 W Baltimore

1968-69 (11-3-1)
COACH: PETE ROBINSON
 18-18 T Ashland
 5-27 L Bloomsburg State
 13-23 L Appalachian State
 15-16 L William & Mary
 22-8 W Virginia
 19-13 W Rutgers
 22-11 W VA Military Institute
 17-14 W East Carolina
 20-8 W North Carolina
 19-13 W Ohio State
 22-7 W Virginia Tech
 33-13 W Washington & Lee
 37-5 W Towson State
 34-3 W VA Commonwealth
 27-11 W Baltimore

1969-70 (8-6-1)
COACH: PETE ROBINSON
 38-0 W Milligan
 17-16 W Appalachian State
 3-33 L Bloomsburg
 9-27 L West Chester
 16-21 L Western Maryland
 26-16 W VA Commonwealth
 18-18 T East Carolina
 16-17 L Appalachian State
 21-16 W Virginia Tech
 39-5 W Baltimore
 41-3 W Washington & Lee
 14-22 L William & Mary
 25-18 W Howard
 36-6 W Norfolk State
 13-29 L Ball State

1970-71 (0-12-0)
COACH: PETE ROBINSON
 5-36 L Northern Ohio
 8-32 L Buffalo
 10-34 L Georgia Tech
 11-31 L North Carolina State
 8-36 L East Carolina
 13-28 L Howard
 3-39 L William & Mary
 8-26 L Appalachian State
 3-33 L Virginia Tech
 5-39 L Ohio State
 3-35 L Ashland
 20-25 L Duke

1971-72 (5-12-0)
COACH: PETE ROBINSON
 33-18 W Norfolk State
 41-8 W Virginia
 8-24 L Cal State (Pa.)
 17-23 L Howard
 6-29 L West Chester
 6-28 L William & Mary
 11-29 L Appalachian State
 20-26 L North Carolina State
 6-34 L Indiana (Pa.)
 20-26 L Virginia Tech
 21-18 W The Citadel
 36-18 W Norfolk State
 6-36 L East Carolina
 12-24 L Virginia
 9-27 L Ashland
 6-28 L UT-Chattanooga
 36-8 W Malone

1972-73 (7-9-0)
COACH: PETE ROBINSON
 2-38 L William & Mary
 45-3 W Howard
 3-49 L Slippery Rock
 6-27 L West Chester
 9-28 L Appalachian State
 6-40 L Wilkes-Barre
 43-0 W George Washington
 8-29 L East Carolina
 45-0 W Norfolk State
 18-15 W Virginia Tech
 9-27 L Virginia
 12-33 L Ohio State
 0-46 L East Carolina

38-11 W Norfolk State
 23-17 W Howard
 27-12 W VA Commonwealth

1973-74 (6-4-0)
COACH: PETE ROBINSON
 6-36 L William & Mary
 34-6 W VA Commonwealth
 45-3 W Virginia State
 9-36 L West Chester
 15-30 L Virginia
 18-25 L William & Mary
 28-12 W Washington & Lee
 20-18 W Pembroke State
 25-12 W Virginia Tech
 31-18 W Richmond

1974-75 (2-9-1)
COACH: PETE ROBINSON
 9-30 L William & Mary
 17-17 T Western Maryland
 2-33 L Slippery Rock
 19-15 W Appalachian State
 6-21 L Temple
 8-27 L Bucknell
 15-18 L Gettysburg
 14-26 L Franklin & Marshall
 9-30 L William & Mary
 24-18 W Quantico Marines
 10-31 L East Carolina
 13-24 L Richmond

1975-76 (1-6-0)
COACH: PETE ROBINSON
 20-24 L Salisbury State
 19-25 L Appalachian State
 60-0 W VA Commonwealth
 12-38 L North Carolina
 6-33 L Florida Tech
 14-32 L William & Mary
 10-33 L Richmond

1976-77 (4-7-0)
COACH: PETE ROBINSON
 39-12 W VA Commonwealth
 6-39 L Virginia
 18-22 L Richmond
 35-8 W James Madison
 11-20 L Franklin & Marshall
 3-35 L William & Mary
 42-2 W George Washington
 35-13 W Appalachian State
 4-37 L East Carolina
 19-22 L Salisbury State
 11-32 L Virginia Tech

1977-78 (3-13-0)
COACH: PETE ROBINSON
 32-16 W Norfolk State
 34-21 W Hampton Institute
 3-45 L Lock Haven
 8-37 L West Chester
 15-28 L VA Commonwealth
 12-38 L Virginia
 23-24 L Richmond
 17-23 L American
 9-34 L William & Mary
 12-29 L Franklin & Marshall
 3-47 L Virginia Tech
 25-22 W George Washington
 16-35 L East Carolina
 23-30 L Appalachian State
 20-21 L James Madison
 21-27 L Salisbury State

1978-79 (5-9-0)
COACH: PETE ROBINSON
 4-41 L Florida
 14-26 L West Chester
 28-15 W James Madison
 33-18 W Indiana (PA)
 18-24 L VA Commonwealth
 27-18 W George Mason
 33-16 W Richmond
 17-24 L Salisbury State
 10-32 L William & Mary
 19-33 L East Carolina
 13-30 L Virginia Tech
 20-19 W East Carolina
 18-25 L North Carolina
 10-32 L Virginia

1979-80 (6-6-0)
VIRGINIA STATE CHAMPIONS
COACH: PETE ROBINSON
 15-23 L Navy
 26-12 W West Chester
 32-9 W James Madison
 11-30 L North Carolina
 46-6 W Richmond
 25-17 W Salisbury State
 13-26 L East Carolina
 16-28 L William & Mary
 23-20 W Virginia
 41-6 W VA Commonwealth
 19-24 L Wilkes
 12-26 L Virginia Tech

1980-81 (9-9-0)
VIRGINIA STATE CHAMPIONS
COACH: PETE ROBINSON
 20-15 W Shippensburg
 29-17 W Springfield
 11-24 L Army
 19-17 L James Madison
 23-12 W Pittsburgh
 3-36 L North Carolina State
 28-19 W William & Mary
 20-17 W Clemson
 10-35 L Auburn
 27-15 W UT-Chattanooga
 17-21 L Morgan State
 25-23 W VA Commonwealth
 19-21 L North Carolina
 14-28 L Virginia Tech
 25-19 W East Carolina
 8-36 L North Carolina State
 17-23 L William & Mary
 22-18 W Virginia

1981-82 (8-5-0)
NCAA EAST REGIONAL CHAMPIONS
COACH: PETE ROBINSON
 28-7 W William & Mary
 15-22 L Cal Poly-San Luis Obispo
 7-30 L Navy
 20-18 W Clemson
 18-32 L North Carolina State
 0-37 L North Carolina
 23-19 W Norfolk State
 25-17 L West Chester
 37-13 W Georgetown
 29-20 W Salisbury State
 32-15 W Virginia Tech
 30-12 W George Washington
 31-9 W Virginia

1982-83 (10-3-0)
VIRGINIA STATE CHAMPIONS
COACH: PETE ROBINSON
 27-7 W Morgan State
 6-29 L Kentucky
 41-3 W Salisbury State
 31-12 W James Madison
 21-13 W West Virginia
 25-15 W Morgan State
 12-30 L North Carolina
 22-12 W West Chester
 40-(-1) W Norfolk State
 24-21 W Liberty Baptist
 11-24 L North Carolina
 28-14 W Virginia
 34-6 W Virginia Tech

1983-84 (20-3-1)
NCAA EAST REGIONAL CHAMPIONS
COACH: WADE SCHALLES
 33-9 W Norfolk State
 41-9 W Elizabeth City
 47-4 W Seton Hall
 25-12 W Princeton
 27-11 W Army
 21-15 W Temple
 16-25 L Missouri
 31-12 W Morgan State
 26-16 W North Carolina
 15-15 T Missouri
 23-20 W Tennessee
 33-14 W Virginia Tech
 37-5 W Norfolk State
 22-14 W Pittsburgh
 8-25 L Maryland
 8-30 L Navy
 24-13 W James Madison
 41-14 W George Washington
 45-6 W Coppin State
 60-0 W Maryland Eastern Shore
 39-9 W Youngstown State
 25-11 W West Chester
 60-0 W Maryland Eastern Shore
 29-15 W Liberty Baptist

1984-85 (13-5-0)
COACH: WADE SCHALLES
 11-26 L Oregon State
 37-11 W Norfolk State
 6-40 L Clarion
 34-15 W Delaware State
 9-38 L North Carolina State
 17-35 L West Virginia
 17-27 L Illinois
 34-14 W George Washington
 33-14 W Virginia Tech
 25-14 W American
 27-15 W West Chester
 42-2 W George Mason
 39-9 W Howard
 54-0 W Coppin State
 39-20 W Norfolk State
 24-20 W Morgan State
 45-5 W William & Mary
 24-18 W Liberty Baptist

RESULTS

1985-86 (9-9-1)
COACH: WADE SCHALLES

22-13	W	Norfolk State
25-17	W	Livingston
14-31	L	Appalachian State
18-26	L	Waynesboro State
6-38	L	West Virginia
12-32	L	Ohio State
10-24	L	Tennessee
24-22	W	George Washington
37-14	W	Coppin State
34-17	W	Norfolk State
18-33	L	Slippery Rock
27-19	W	Kutztown
54-3	W	Loyola
32-14	W	Howard
18-23	L	William & Mary
21-21	T	Delaware
21-20	W	American
8-40	L	Liberty
15-34	L	VA Military Institute

1986-87 (13-11-2)
COACH: BILLY MARTIN JR

33-11	W	Norfolk State
43-13	W	Coppin State
12-30	L	Pittsburgh-Johnstown
11-25	L	American
40-13	W	Delaware State
3-40	L	North Carolina
6-43	L	Missouri
11-34	L	Maryland
46-10	W	New York
18-18	T	Rutgers
32-14	W	Yale
28-17	W	East Stroudsburg
35-12	W	Coast Guard
24-16	W	Harvard
38-8	W	George Washington
35-11	W	Norfolk State
12-25	L	Virginia
23-16	W	George Mason
15-25	L	Slippery Rock
17-26	L	Central Connecticut
34-12	W	American
27-12	W	Delaware
6-29	L	Navy
18-21	L	Bucknell
21-26	L	James Madison
21-21	T	Liberty

1987-88 (9-4-0)
COACH: GRAY SIMONS

25-6	W	Cornell
45-0	W	Coppin State
20-24	L	Wilkes
42-6	W	Norfolk State
7-29	L	North Carolina
20-15	W	Virginia
14-31	L	Maryland
22-20	W	Liberty
16-32	L	VA Military Institute
39-11	W	Norfolk State
42-12	W	American
22-20	W	William & Mary
36-6	W	George Washington

1988-89 (11-9-1)
COACH: GRAY SIMONS

29-9	W	California (Pa.)
27-9	W	Coppin State
9-32	L	Wilkes
45-10	W	Norfolk State
15-21	L	Slippery Rock
14-18	L	Wright State
Forfeit	W	Liberty
3-36	L	Syracuse
5-39	L	Oklahoma State
10-20	L	Indiana
9-30	L	Missouri
18-18	T	Maryland
19-22	L	Virginia
30-8	W	VA Military Institute
34-13	W	Liberty
34-23	W	Norfolk State
24-26	W	American
22-20	W	William & Mary
9-30	L	North Carolina
33-14	W	James Madison
42-2	W	George Washington

1989-90 (9-6-0)
COACH: GRAY SIMONS

16-30	L	Central Connecticut
30-9	W	Wilkes-Barre
35-13	W	Shippensburg
16-22	L	Kent State
46-6	W	Norfolk State
13-23	L	Maryland
25-12	W	Liberty
19-24	L	William & Mary
32-8	W	American
27-9	W	VA Military Institute
12-27	L	James Madison
44-12	W	Norfolk State
29-6	W	Virginia
8-41	L	North Carolina
25-14	W	Virginia Tech

1990-91 (14-3-0)
RANKED 20TH
COACH: GRAY SIMONS

20-14	W	Central Connecticut
35-9	W	American
19-15	W	Wilkes
35-6	W	Norfolk State
18-29	L	Appalachian State
29-13	W	Hofstra
29-12	W	Yale
18-17	W	Indiana
28-7	W	Adams State
27-13	W	Virginia Tech
22-17	W	Liberty
50-0	W	Howard
17-20	L	Maryland
27-13	W	Virginia
32-11	W	James Madison
18-23	L	North Carolina
29-12	W	William & Mary

1991-92 (8-4-1)
COACH: GRAY SIMONS

21-21	T	Hofstra
33-6	W	Drexel
8-30	L	Lock Haven
7-30	L	Maryland
44-3	W	Norfolk State
21-15	W	Liberty
18-16	W	Virginia
37-5	W	James Madison
50-3	W	American
12-28	L	North Carolina
21-15	W	Virginia Tech
16-24	L	George Mason
38-5	W	William & Mary

1992-93 (4-9-0)
COACH: GRAY SIMONS

15-19	L	Hofstra
7-34	L	Wisconsin
9-19	L	North Carolina
16-29	L	Maryland
19-18	W	William & Mary
16-15	W	James Madison
12-24	L	Virginia Tech
9-29	L	Liberty
27-13	W	Norfolk State
16-19	L	American
10-21	L	Virginia
37-9	W	Howard
15-17	L	George Mason

1993-94 (8-4-0)
CAA CHAMPIONS
COACH: GRAY SIMONS

15-18	L	Lock Haven
35-9	W	William & Mary
34-9	W	Norfolk State
11-28	L	Clemson
21-20	W	Virginia Tech
15-22	L	Lock Haven
19-16	W	Maryland
36-6	W	Virginia Tech
27-11	W	Liberty
25-19	W	James Madison
26-14	W	American
17-19	L	George Mason

1994-95 (7-6-0)
COACH: GRAY SIMONS

18-22	L	Drexel
38-6	W	Norfolk State
12-23	L	U.S. Naval Academy
17-17	W	North Carolina State
12-27	L	Pennsylvania
12-24	L	Maryland
21-16	W	Virginia
38-6	W	William and Mary
16-18	L	Virginia Tech
30-15	W	Howard
26-14	W	UNC Greensboro
12-20	L	George Mason
29-7	W	American

1995-96 (12-5)
COACH: GRAY SIMONS

34-6	W	The Citadel
23-12	W	Georgia State
26-13	W	Howard
42-6	W	Coppin State
27-9	W	Drexel
42-4	W	Norfolk State
23-13	W	VA Military Institute
6-31	L	Oklahoma
14-33	L	Wyoming
10-22	L	Maryland
20-16	W	Virginia Tech
20-16	W	James Madison
19-20	L	George Mason
16-18	L	Virginia
33-9	W	American
28-10	W	UNC Greensboro
37-8	W	Wilkes

1996-97 (9-5)
COACH: GRAY SIMONS

40-0	W	Campbell
15-27	L	Drexel
49-4	W	Coppin State
22-17	W	UNC-Greensboro
55-0	W	Anderson College
12-23	L	Maryland
21-13	W	Virginia Tech
12-23	L	James Madison
6-37	L	Virginia
32-18	W	American
37-9	W	Wilkes
36-9	W	Howard
50-6	W	Norfolk State
15-30	L	George Mason

1997-98 (6-8)
COACH: GRAY SIMONS

25-19	W	Slippery Rock
34-12	W	Norfolk State
6-38	L	Edinboro
15-27	L	Brown
16-17	L	Maryland
5-31	L	Virginia Tech
19-22	L	James Madison
9-31	L	Virginia
16-29	L	American
32-15	W	Campbell
30-14	W	Howard
58-0	W	Wilkes
37-9	W	Norfolk State
13-19	L	George Mason

1998-99 (8-10)
COACH: GRAY SIMONS

17-21	L	The Citadel
6-33	L	Kent State
20-21	L	Gardner Webb
12-18	L	NC State
27-10	W	VMI
28-9	W	Duke
9-24	L	Drexel
9-29	L	Virginia
26-6	W	Virginia Tech
8-37	L	Cleveland State
13-25	L	James Madison
19-26	W	American
26-9	W	Campbell
51-3	W	Norfolk State
25-18	W	Howard
30-12	W	Wilkes
13-25	L	Maryland
10-33	L	George Mason

1999-2000 (5-6)
COACH: GRAY SIMONS

9-24	L	VMI
24-18	W	Duke
15-25	L	Seton Hall
7-32	L	Virginia
26-15	W	Campbell
18-25	L	James Madison
33-13	W	American
25-15	W	Howard
16-21	L	Maryland
35-9	W	Delaware State
19-22	L	GMU

2000-01 (7-6)
COACH: GRAY SIMONS

24-15	W	Howard
41-6	W	Delaware State
18-15	L	Duke
25-18	W	Columbia
39-9	L	Lock Haven
33-3	L	Cornell
24-22	W	VMI
28-15	W	American
23-9	L	JMU
24-12	L	UVA
26-15	W	Campbell
28-21	L	Maryland
43-3	W	Delaware St.
Canceled		George Mason

2001-02 (6-9)
COACH: GRAY SIMONS

13-32	L	Drexel
13-29	L	N.C. State
10-30	L	VMI
6-43	L	Missouri
6-40	L	Rider
11-40	L	Kent State
19-27	L	Virginia
18-23	L	James Madison
28-11	W	Campbell
15-22	L	Maryland
30-15	W	American
20-15	W	Buffalo
43-7	W	Delaware State
37-8	W	Howard
28-17	W	George Mason

2002-2003 (6-10)
COACH: GRAY SIMONS

23-17	W	UNC Greensboro
42-6	W	American
12-25	L	N.C. State
21-13	W	Campbell
29-6	W	Drexel
13-34	L	Virginia
27-8	L	Maryland
36-7	W	Delaware State
21-24	L	James Madison

2003-2004 (7-12)
COACH: GRAY SIMONS

42-6	L	Edinboro
39-9	W	American
37-7	L	Purdue
25-19	L	Drexel
39-6	L	Rider
23-20	W	Sacred Heart
34-9	L	Boston University
32-18	W	Binghamton
25-14	L	Virginia
29-12	L	Virginia Tech
32-11	L	Kent State
27-22	L	N.C. State
21-20	L	VMI
32-7	W	Campbell
22-14	L	Maryland
23-19	L	UNC-Greensboro
42-3	W	James Madison
57-0	W	Delaware State
20-13	W	George Mason

2004-2005 (12-5)
COACH: STEVE MARTIN

9-39	L	Pittsburgh-Johnstown
29-16	W	Delaware Valley
0-44	L	UT-Chattanooga
26-16	W	Citadel
18-20	L	Ohio
24-16	W	Rider
34-9	W	Sacred Heart
20-18	W	Boston University
16-17	L	Drexel
55-0	W	Wagner
49-4	W	Campbell
12-27	L	Hofstra
20-15	W	UNC-Greensboro
23-13	W	N.C. State
27-11	W	VMI
40-9	W	James Madison
28-10	W	George Mason

2005-2006 (11-7-1)
COACH: STEVE MARTIN

24-17	W	University of Maryland
41-3	L	Edinboro
31-9	W	Slippery Rock
34-6	L	Northern Iowa
22-13	W	The Citadel
30-15	W	Virginia Tech
13-19	L	Bloomsburg
17-24	L	Drexel
27-16	W	Sacred Heart
21-10	W	Drexel
26-15	L	Hofstra
18-18	T	Rider
34-10	W	Boston U.

2006-2007 (12-7)
COACH: STEVE MARTIN

17-18	L	Purdue
38-12	W	George Mason
30-12	W	Citadel
38-6	W	Liberty
9-24	L	Kent State
26-12	W	Virginia
20-16	W	North Dakota State
19-18	W	Rider
14-21	L	Kent State
12-24	L	Hofstra
20-15	W	Drexel
22-12	W	Rider
37-6	W	Boston U.
36-4	W	Sacred Heart
14-20	L	Northern Illinois
16-20	L	Northern Iowa
31-10	W	Virginia Tech
23-20	W	American
12-20	L	Missouri

2007-2008 (17-3)
COACH: STEVE MARTIN

20-16	W	Michigan State
34-5	W	Findlay
13-28	L	Iowa
42-3	W	Iowa Central
48-0	W	Delaware State
31-3	W	Lock Haven
30-3	W	Virginia Tech
12-26	L	Illinois
23-12	W	Virginia
25-12	W	Kent State
39-6	W	Sacred Heart
31-6	W	Drexel
23-15	W	Binghamton
24-18	W	Boston University
19-22	L	Hofstra
30-6	W	Bucknell
32-12	W	George Mason
31-12	W	American
32-7	W	Rider
26-9	W	Virginia Tech



OLD DOMINION VS. OPPONENTS

SCHOOL	RECORD	FIRST MEETING	LAST MEETING	SCHOOL	RECORD	FIRST MEETING	LAST MEETING
Adams State	1-0-0	1991	1991	Lock Haven	1-7-0	1962	2008
American	27-4-0	1959	2008	Loyola (Md.)	5-0-0	1960	1986
Appalachian State	7-13-1	1961	1991	Lycoming	2-2-0	1963	1967
Army	1-1-0	1981	1984	Malone	1-0-0	1972	1972
Anderson College	1-0-0	1997	1997	Maryland	2-17-1	1984	2005
Ashland	0-2-1	1969	1972	Maryland-Eastern Shore	2-0-0	1984	1984
Auburn	1-1-0	1966	1981	Michigan	1-0-0	1970	1970
Ball State	0-1-0	1970	1970	Michigan State	1-0-0	2007	2007
Baltimore	10-1-2	1958	1970	Missouri	0-5-1	1984	2007
Binghamton	2-1	2003	2008	Morgan State	4-1-0	1983	1985
Bloomsburg	0-3-0	1969	2006	Navy	0-5-0	1966	1987
Boston University	4-2-0	2003	2008	New York University	1-0-0	1987	1987
Brown	0-1-0	1998	1998	Norfolk State	32-0-0	1970	1999
Bucknell	1-2-0	1975	2008	North Carolina	2-15-0	1969	2006
Buffalo	1-1-0	1971	2002	North Carolina-Greensboro	6-1-0	1995	2006
Cal-State (Pa.)	0-1-0	1972	1972	North Carolina State	3-10	1959	2005
Cal Poly-San Luis Obispo	0-1-0	1982	1982	North Dakota State	1-0	2007	2007
California Univ. of Pa.	1-0-0	1989	1989	Northern Illinois	0-1-0	2007	2007
Campbell	10-0	1997	2006	Northern Iowa	0-2-0	2005	2007
Catholic	3-0-0	1958	1965	Northern Ohio	0-1-0	1971	1971
Central Connecticut	1-2-0	1987	1991	Ohio	0-1	2004	2004
Citadel, The	5-2-0	1967	2006	Ohio State	1-3-0	1969	1986
Clarion	0-1-0	1985	1985	Oklahoma	0-1-0	1996	1996
Clemson	2-1-0	1981	1994	Oklahoma State	0-1-0	1989	1989
Cleveland State	0-1-0	1999	1999	Oregon State	0-1-0	1985	1985
Coast Guard	1-0-0	1987	1987	Pembroke State	1-0-0	1974	1974
Columbia	1-0-0	2001	2001	Pennsylvania	0-1-0	1995	1995
Coppin State	8-0-0	1984	1997	Pfeiffer	5-0-0	1961	1967
Cornell	1-1-0	1988	2001	Pittsburgh	2-0-0	1981	1984
Cumberland (Ky.)	0-1-0	2003	2003	Pitt-Johnstown	0-2-0	1987	2004
Delaware	1-0-1	1986	1987	Princeton	1-1-0	1966	1984
Delaware State	9-0	1985	2008	Purdue	0-2-0	2003	2006
Delaware Valley	1-0	2004	2004	Quantico Marines	1-0-0	1975	1975
Drexel	5-8-0	1992	2008	Richmond	3-4-0	1974	1980
Duke	1-2-0	1971	2001	Richmond Professional Inst.	5-0-0	1964	1968
East Carolina	8-9-2	1963	1981	Rider	4-3-1	2002	2008
East Stroudsburg	1-0-0	1987	1987	Rutgers	1-0-1	1969	1987
Edinboro	0-3-0	1998	2005	Sacred Heart	6-0-0	2003	2008
Elizabeth City	1-0-0	1984	1984	Salisbury State	3-4-0	1976	1983
Findlay	1-0	2007	2007	Seton Hall	1-1-0	1984	2000
Florida	0-1-0	1979	1979	Shippensburg	2-0-0	1981	1990
Florida Tech	0-1-0	1976	1976	Slippery Rock	2-5-0	1973	2005
Fort Eustis	1-0-0	1959	1959	Springfield	1-1-0	1966	1981
Franklin & Marshall	2-4-0	1966	1978	SUNY-Brockport	0-1-0	2003	2003
Gallaudet	6-0-0	1959	1963	Syracuse	0-1-0	1989	1989
Gardner Webb	0-10-0	1998	1998	Temple	1-1-0	1975	1984
George Mason	9-9-0	1979	2008	Tennessee	1-1-0	1984	1986
George Washington	10-0-0	1973	1989	Tennessee-Chattanooga	1-2-0	1972	2004
Georgetown	1-0-0	1982	1982	Towson State	7-0-0	1958	1969
Georgia State	1-0-0	1995	1995	U.S. Naval Academy	0-1-0	1995	1995
Georgia Tech	0-1-0	1971	1971	Virginia	18-20-0	1958	2008
Gettysburg	0-1-0	1975	1975	Virginia Commonwealth	8-2-0	1969	1981
Hampden-Sydney	11-0-0	1960	1968	Virginia Military Institute	10-4-0	1958	2006
Hampton Institute	1-0-0	1978	1978	Virginia State	1-0-0	1974	1974
Harvard	1-0-0	1987	1987	Virginia Tech	20-13-0	1966	2008
Hofstra	1-5-0	1991	2008	Wagner	1-0	2005	2005
Howard	15-2-0	1970	2002	Washington & Lee	9-1-0	1958	1974
Illinois	0-2-0	1985	2008	Waynesboro State	0-1-0	1986	1986
Indiana	1-1-0	1989	1991	West Chester	4-8-0	1967	1985
Indiana Univ. of Pa.	1-1-0	1971	1979	West Virginia	1-2-0	1983	1986
Iowa	0-1-0	2007	2007	Western Maryland	0-1-1	1970	1975
Iowa Central	1-0-0	2007	2007	Wilkes	5-3-0	1980	1999
James Madison	13-10	1977	2005	Wilkes-Barre	1-1-0	1973	1990
Kent State	1-6-0	1990	2008	William & Mary	12-17-0	1967	1995
Kentucky	0-1-0	1983	1983	Wisconsin	0-1-0	1993	1993
Kutztown	1-0-0	1986	1986	Wright State	0-1-0	1989	1989
Liberty	8-2-1	1986	2007	Wyoming	0-1-0	1996	1996
Liberty Baptist	3-0-0	1983	1985	Yale	2-0-0	1987	1991
Livingston	1-0-0	1986	1986	Youngstown State	1-0-0	1984	1984

ALL-TIME ODU WRESTLING RECORDS

TOP TEN ALL TIME SINGLE SEASON WON-LOST MARK

40-1-1 by Buddy Lee 1978-79 at 136
 39-13 by Ryan Williams 2007-08 at 141
 38-11 by Kaylen Baxter 2007-08 at 149
 37-2 by Carl Ragland, 1968-69, at 152
 37-11 by Darell Lorthridge, 2003-04 at heavyweight
 37-16 by Shannon Slack 2004-05 at 141
 36-13 by B.J. Compton, 2004-05 at 133
 36-1 by Nick Hall, 1995-96 heavyweight
 35-14 by Chris Brown, 2006-07 at 157
 35-10 by James Nicholson 2007-08 at 125
 35-11 by Chris Brown, 2007-08 at 165
 35-2 by Jeff Rusak, 2001-02 at 174
 34-6 by Jeff Rusak, 200-01 at 174
 34-7 by Adam Wright, 2005-06 at 197
 34-11 by Ben Ward, 1983-84 at 150
 34-3 by Terry Perdue, 1973-74 at 118.

TOP CAREER WINS

Jeff Rusak (174), 1997-02 135-19
 Buddy Lee (136), 1977-82 122-25-2
 Adam Wright (197), 2003-06 120-31
 Nick Hall (Hwt), 1991-96 115-18-3
 Rich Castano (158), 1984-89 104-31-6
 Steve Sciandra (Hwt), 1986-91 102-25-1
 Erik Shaw (126), 1991-96 101-25-1
 Ryan Williams (141), 2005-98-37
 Tom Sinacore (118), 1989-94 95-38-2
 Nick Pullano (174), 2004-08 93-76
 Jamie Kelly (167), 1994-98 90-38
 Carl Ragland (152), 1966-69 89-6-1
 Mike McCarthy (142), 1972-76 88-41
 Ben Ward, (150) 1983 & 84 88-33-1
 Noel Clavel, 1989-92 82-14-3
 Christian Staylor, 2004-05, 07 81-31

TOP CAREER WINS continued

Wayne Gibson (118), 1985-89 77-20-4
 Chris Brown (165), 2006-75-28
 David Mendoza (197), 2005-73-40
 Mark Billups (142), 1985-89 69-24-3
 Wayne Bright (142), 1967-70 65-11
 Randy Payne (HWT), 1974-78 61-33
 Paul Cote (157), 1963-66 57-7-1

TOP CAREER FIVE PINS

29 by Nick Hall (HWT), 1991-96
 by Mark Billups (142), 1985-89
 26 by Buddy Lee (136), 1977-82
 22 by Randy Payne (HWT) 1974-78
 19 by Jeff Rusak (174), 1997-02

MEDIA LIST

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Richmond Times Dispatch
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Washington Post
1150 15th Street, NW
Washington, DC. 20071
Phone: (202)334-7350
Fax: (804)334-7685
Website: www.washingtonpost.com

Washington Times
Sports Department
3600 New York Avenue, NE
Washington, DC. 20002
Phone: (202)636-3269
Fax: (202)269-3419
Website: www.washtimes.com

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

ELECTRONIC MEDIA

WTKR TV(CBS)
Ted Alexander
720 Boush Street
Norfolk, VA 23510
Phone: (757)446-1352
Fax: (757)446-1376
Website: www.wtkr.com

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

WVETV(ABC)
Scott Cash, Sports Director
613 Woodis Avenue
Norfolk, VA. 23510
Phone: (757)628-6200
Fax: (757)628-5855
Website: www.wvec.com

WVBT 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)382-0004
Fax: (757)382-0365
Website: www.wsky4.com

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

WIRE SERVICES
Associated Press
Suite 1380, 700 E. Main Street
Richmond, VA. 23219
Phone: (804)643-6646
Inside VA: 1-800-552-9935
Fax: (804)643-6223

CONFERENCE
Colonial Athletic Association
Peter Hock, Rob Washburn & Niki DeSantis
8625 Patterson Avenue
Richmond, VA. 23229-6349
Phone: (804)754-1616
Fax: (804) 754-1830
Website: www.caasports.com

RADIO STATIONS
ESPN Radio 1310
Tony Mercurio
5589 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

SPORTS INFORMATION CONTACTS

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



BEFORE COVERING THE MONARCHS...

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.

RADIO 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 757-667-5000.



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 championship teams. He started wrestling as a 9th 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 1976.

He came to Old Dominion with only one high school state title and a record of 90 -5 1 and as of 2004, is

one of only three high school state champions from Highland Springs.

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, GO, 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 inducted into the ODU Sports Hall of Fame in 1987.

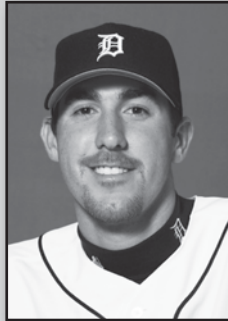
"Wrestling built my character, taught me the self discipline, commitment, confidence, persistence, and courage to fight to the end to live my dreams. My greatest lessons did not come from winning but from what I learned in the struggle for athletic excellence. I learned about life and about myself. Everyday 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."





NOTABLE ALUMS



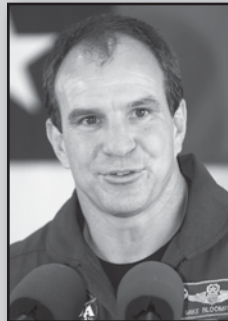
Justin Verlander

*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

THE COLONIAL

COLONIAL ATHLETIC ASSOCIATION QUICK FACTS

8625 Patterson Avenue Richmond, VA 23229-6349

Telephone: 804-754-1616 Fax: 804-754-1830

WWW.CAASPORTS.COM



With 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 powerhouses Michigan State, North Carolina, Wichita State and Connecticut along the way. The Patriots were ranked No. 8 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 NCAA regional finals. Individually, the W&M women's tennis duo of Megan Moulton-Levy and Katarina Zoric 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 Sjolholm 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, UNC Wilmington 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.

ATHLETIC DIRECTORY (757) AREA CODE

President:	
John R. Broderick	683-3159
Athletic Director:	
Dr. Jim Jarrett	683-3369
Senior Associate Athletic Director:	
Debbie H. White	683-3359
Associate Athletic Director:	
Deb Polca	683-3358
Associate Athletic Director:	
Bruce Stewart	683-3369
Associate A.D./Finance:	
Mark Brown	683-3569
Assistant A.D./Event Management:	
Greg Smith	683-6026
Assistant A.D./Compliance/Student-Athlete Welfare:	
Jeff Wilson	683-5474
Assistant Compliance Director:	
Kimberly Smith	683-5474
Sports Information Director:	
Carol R. Hudson, Jr.	683-3372
Asst. Sports Information Director:	
Jamar Ross	683-3372
Asst. Sports Information Director:	
Kim Zivkovich	683-3372
Asst. Sports Information Director:	
Rob Silsbee	683-3372
Director of Athletic Publications/Creative Services:	
Tina Price	683-3372
Asst. Dir. of Athletic Publications/Creative Services:	
Chrisie Henn	683-3372
Asst. Athletic Business Manager:	
Scott Lowery	683-4444
Athletic Camp Director:	
Chris Crouch	683-4358
Marketing and Promotions Manager:	
David Weissner	683-3372
Life Skills Director / Academic Advisor:	
April Brecht	683-3709
Academic Advisor:	
Devon Uiterwyk	683-3715
Academic Advisor:	
Erick Bennett	683-6936
Equipment Room Manager:	
Andrea Allen	683-3371
Head Athletic Trainer:	
Marty Bradley	683-3383
Asst. Athletic Trainer:	
Scott Johnson	683-3397
Athletic Faculty Representative:	
Dr. Janis Sanchez-Hucles	683-4995
Baseball Coach:	
Jerry Meyers	683-4360
Men's Basketball Coach:	
Blaine Taylor	683-3362
Women's Basketball Coach:	
Wendy Larry	683-3401
Field Hockey Coach:	
Beth Anders	683-3785
Football Coach:	
Bobby Wilder	683-6150
Men's Golf Coach:	
Dr. Murray Rudisill	683-3300
Women's Golf Coach:	
Pat Kotten	683-4553
Lacrosse Coach (W):	
Sue Stahl	683-4541
Women's Rowing Coach:	
Heather Weisel	683-3372
Sailing Coach (M&W):	
Mitch Brindley	683-3387
Men's Soccer Coach:	
Alan Dawson	683-4360
Women's Soccer Coach:	
Joe Pereira	683-5343
Swimming Coach (M&W):	
Carol Withus	683-5752
Tennis Coach (M&W):	
Darryl Cummings	683-5312
Wrestling Coach:	
Steve Martin	683-5311
Strength & Conditioning Coach:	
Paul Helsel	683-5313

OLD DOMINION ADMINISTRATION

John R. Broderick

UNIVERSITY PRESIDENT



John R. Broderick became acting president of Old Dominion University, June 2008.

Broderick joined Old Dominion in 1993 as director of public information and has served as vice president of institutional advancement and admissions since 1996. In 2003, he was given the additional responsibilities of chief of staff. His areas of responsibility included admissions, athletics, community relations, governmental relations, licensing, marketing, media relations, military affairs, photography, publications, special events, student financial aid and the campus Visitor Center.

In addition, he serves as executive editor of both the alumni magazine and Quest, the faculty research magazine. Broderick recently chaired the committee to select ODU's provost, and he currently heads university-wide initiatives for branding, enrollment management and emergency communications.

Broderick was one of four finalists for the PR News' 2006-07 Professional of the Year award for an academic institution.

In addition to his administrative duties, he annually teaches the School, Community Relations and Politics course to graduate students in the Darden College of Education and has written articles for the Chronicle of Higher Education, Hartford Courant, Baltimore Sun, Sporting News, Pittsburgh Post-Gazette, Richmond Times-Dispatch, Virginian-Pilot and Daily Press.

Prior to coming to ODU, Broderick was a faculty member at the University of Pittsburgh and an administrator at St. Bonaventure University. 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

ATHLETIC DIRECTOR



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 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 Director's Award from the Women's Basketball Coaches Association, and the Norfolk Sports Club Man of the Year. He served as a member of the NCAA Women's Basketball Committee and is a past president of the Colonial Athletic Association and the Virginia Sports Hall of Fame.

An avid golfer and tennis player, Jarrett and his wife Sugie reside in Norfolk.



ACADEMIC SUPPORT

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

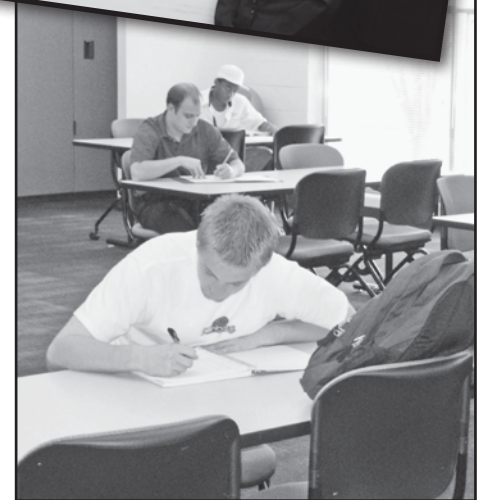
- Title IX information, coach and support staff standards of conduct, the coach as a teacher, departmental operations and standards, and athletic support program information
- Team-building and conflict resolution intervention /training

The Personal Development Commitment

- Educational programming for new students and teams
Understanding Values, Appreciating Diversity, Personal



Above (L-R): Academic Advisor Erik Bennett, Life Skills Program Director/Academic Advisor April Brecht and Academic Advisor Devon Uiterwyk.



Right, Students attend study hall in the new Jacobson Academic Center.

- 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.

ATHLETIC FACILITIES

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.

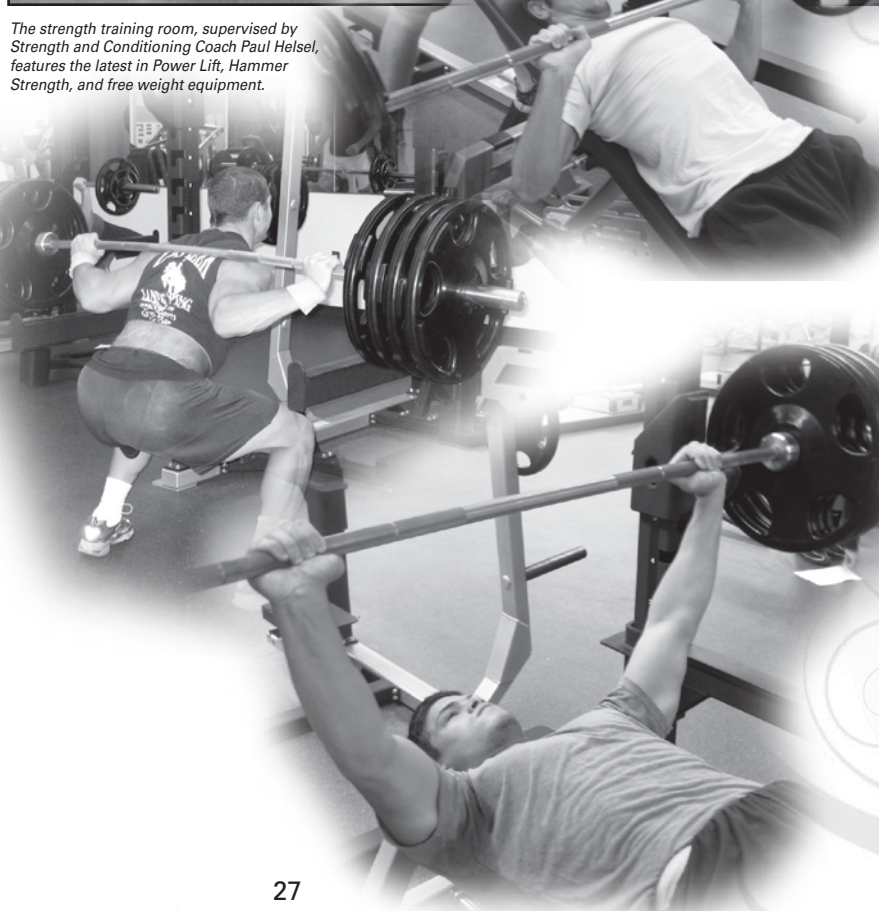
In September, 2008, the university opened the Powhatan Sports Center. This new facility houses the football, field hockey and lacrosse programs. The Center includes offices, locker rooms, meeting rooms, a weight room, football practice fields and a new stadium for field hockey and lacrosse.



The new entrance to the Intercollegiate Athletics Building.



The strength training room, supervised by Strength and Conditioning Coach Paul Helsel, features the latest in Power Lift, Hammer Strength, and free weight equipment.



THIS IS OLD DOMINION UNIVERSITY



Rollins Hall houses the University's admissions, financial aid, and other support offices.



Koch Hall houses the University Administration

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. Since 1990, Old Dominion faculty have won three professor of the year awards from the Carnegie Institute for the Advancement of Teaching, one Humboldt Award, three Virginia Outstanding Scientist awards, and 22 Virginia Outstanding Faculty Awards that are sponsored by the State Council of Higher Education for Virginia.

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 a patent.

Situated on 188 acres near downtown Norfolk, Old Dominion's main campus stretches from the Elizabeth River to



The Webb Student Center houses student services, the campus bookstore and many dining options.

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.

One of the most exciting developments on the campus today is the University Village, with its impressive centerpiece, the Ted Constant Convocation Center, which opened its doors in 2002 and hosts everything from basketball games to concerts to commencements. This 75-acre development at the east end of campus is home to 960 modern student apartments, a variety of restaurants and shops, a hotel, research facilities, an art gallery and bookstore.

On the main campus, at the west end of the grassy, five-acre Kaufman Mall, lies Webb University Center, a spacious facility for student life that dazzles with its two-story glass facade. At the north end of campus is the Williamsburg Lawn, with its towering willow oak trees and 1930s-era buildings, offering students and visitors a trip back in time to the beginnings of the university.

Recent additions to the campus include an indoor tennis center, orchid conservatory and research building. Scheduled to open during the 2008-09 academic year are a student recreational center, physical sciences building and sports complex for the football, field hockey and lacrosse programs.

The university is located approximately 200 miles south of Washington, D.C., and is a short drive to Virginia Beach, Williamsburg and the Outer Banks of North Carolina. Prospective students and families are welcome to visit the campus Monday through Saturday throughout the year.



NORFOLK AND HAMPTON ROADS



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.

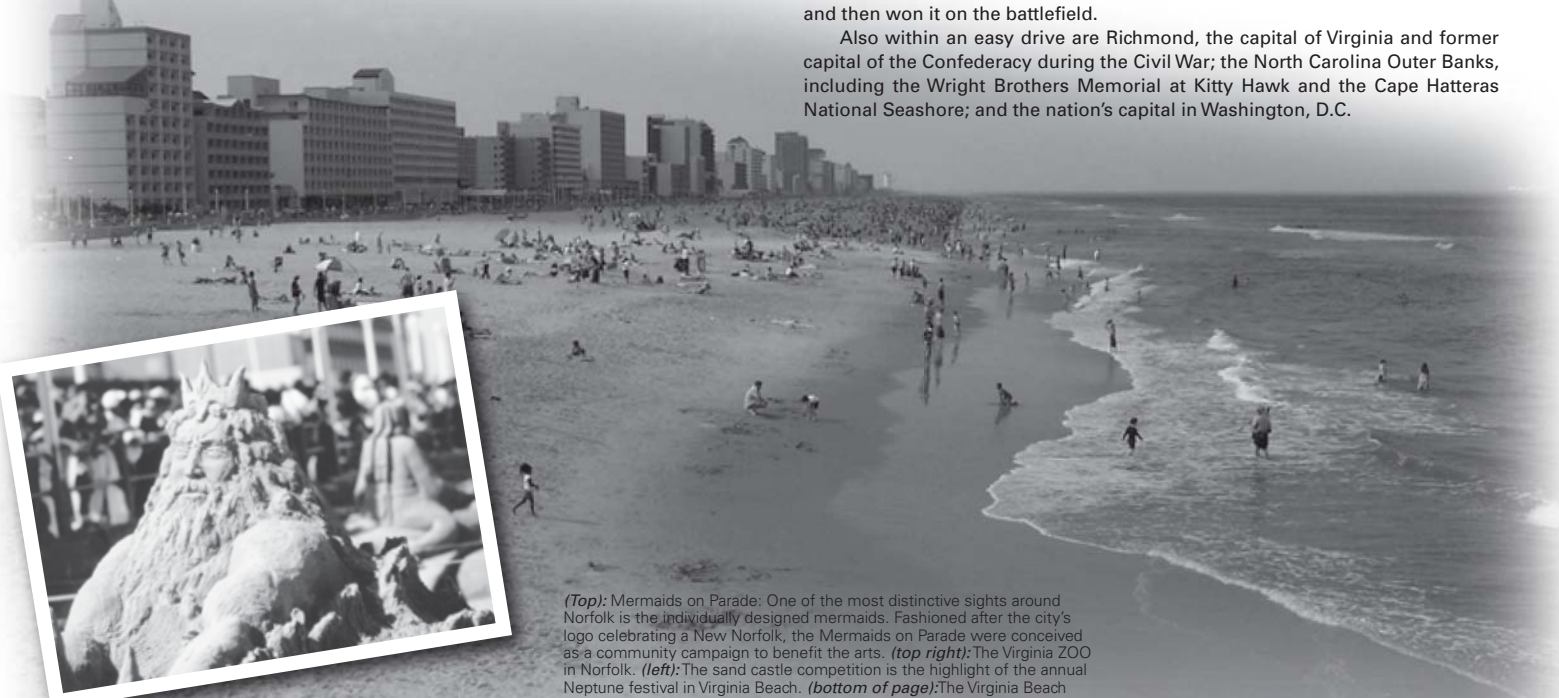
Tall ship cruises, harborside shops, the quaint whistle of the Elizabeth River Ferry, the new Nauticus, one of the nation's premier maritime museums and learning centers, and a climate ranked among the nation's most desirable, all make Norfolk an exciting location for university studies.

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.



(Top): Mermaids on Parade: One of the most distinctive sights around Norfolk is the individually designed mermaids. Fashioned after the city's logo celebrating a New Norfolk, the Mermaids on Parade were conceived as a community campaign to benefit the arts. *(top right):* The Virginia ZOO in Norfolk. *(left):* The sand castle competition is the highlight of the annual Neptune festival in Virginia Beach. *(bottom of page):* The Virginia Beach ocean front is only minutes from the Old Dominion campus.

2009 SCHEDULE

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.
Northeast Duals			
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
ODU Quad			
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



NCAA Qualifier - Kyle Hutter



NCAA Qualifier - Ryan Williams

