



## Career Wins Leaders Season

Name	Record	Win Pct.
1. Adam Britt (99-03)	120-32	78.9%
2. Charlie Branch (91-95)	117-27-1	81.0%
<b>3. Sam Alvarenga (03-07)</b>	<b>112-47</b>	<b>70.4%</b>
4. Leslie Apedoe (95-99)	111-29	79.3%
5. Matt Erwin (98-03)	109-40	73.2%
6. Ben Walker (82-86)	107-29-1	78.5%
7. John Munno (80-84)	99-34	74.4%
8. John Ehrenberger (80-84)	99-48-2	67.1%
9. Adam Mickiewicz (92-97)	93-30	75.6%
<b>10. Scott Buhman (02-07)</b>	<b>89-54</b>	<b>62.2%</b>
11. Jason Cox (00-04)	86-67	56.2%
12. Reese Edgington (93-97)	82-39	67.8%
13. Eric Woodhouse (84-88)	80-30-5	71.7%
Jason Foresman (93-97)	80-32	71.4%
Jesse Waltz (81-85)	80-42-3	65.2%
16. Isaac Moore (95-99)	77-32	70.6%
Steve Green (81-86)	77-46-3	62.3%
18. Steve Pitts (88-93)	71-24-2	74.2%
19. John Long (81-85)	70-21-1	76.6%
Steve Evans (79-83)	70-26-1	72.7%

Name	Record	Win Pct.
1. Adam Britt (01-02)	40-8	83.3%
2. Charlie Branch (93-94)	35-4	89.7%
<b>3. Sam Alvarenga (06-07)</b>	<b>34-10</b>	<b>77.3%</b>
John Ehrenberger (82-83)	34-11-1	75.0%
5. Leslie Apedoe (98-99)	33-6	84.6%
John Munno (82-83)	33-8	80.5%
Matt Erwin (01-02)	33-9	78.6%
8. Jason Foresman (95-96)	32-8	80.0%
Sam Alvarenga (03-04)	32-15	68.1%
10. Eric Woodhouse (87-88)	31-5-2	84.2%
Jason Cox (03-04)	31-10	75.6%
Steve Green (82-83)	31-11-1	73.3%
13. Leslie Apedoe (97-98)	30-4	88.2%
Adam Mickiewicz (96-97)	30-5	85.7%
Adam Britt (02-03)	30-6	83.3%
Ben Walker (83-84)	30-8-1	78.2%
Adam Britt (00-01)	30-9	76.9%
Isaac Moore (98-99)	30-9	76.9%
Jay Smaaladen (86-87)	30-10	75.0%
Matt Erwin (02-03)	30-11	73.2%
David Metzler (03-04)	30-19	61.2%

## Record Versus Opponents (Since 1979-80 Season)

Air Force .....1-0 ...W1	Georgia State .....0-1 .....L1	North Carolina .....0-4 .....L4
American .....4-2 ...W1	George Mason .....7-11 .....L2	N.C. State .....2-2 .....W
Anderson (S.C.) .....1-0 ...W1	George Washington ...3-0 ...W3	Northern Iowa .....0-1 .....L1
Appalachian St. ....10-17 ...W1	Georgia Tech .....5-0 ...W5	Old Dominion .....5-7 .....L2
Apprentice School (VA) ..1-0 ...W1	Hampden-Sydney ....5-0 ...W5	Pennsylvania .....1-0 ...W1
Arizona State .....0-1 .....L1	Heidelberg (OH) .....1-0 ...W1	Pittsburgh .....0-2 .....L2
Ashland (OH) .....0-1 .....L1	Hofstra .....0-1 .....L1	Princeton .....3-1-1 ...W1
Brigham Young .....0-1 .....L1	Howard .....1-0 ...W1	Richmond .....3-1 .....W3
Campbell .....7-1 ...W2	Illinois .....0-2 .....L2	Rider .....0-1 .....L1
Carson-Newman (TN) ...5-1 .....L1	Indiana .....0-1 .....L1	Seton Hall .....1-1 .....L1
Central Michigan .....0-1 .....L1	Ithaca (N.Y.) .....0-1 .....L1	Shippensburg (PA) ....2-0 ...W2
Chattanooga .....5-17 ...L9	James Madison .....11-16 ...W5	S.C. State .....1-0 ...W1
The Citadel .....19-8 ...W1	Juniaata (PA) .....1-0 ...W1	Southern Connecticut St. 1-0 ...W1
Clemson .....1-3 ...W1	King's (PA) .....1-0 ...W1	Stetson .....1-0 ...W1
Cleveland State .....0-1 .....L1	Kutztown (PA) .....1-0 ...W1	SUNY Brockport .....0-1 .....L1
Davidson .....20-0-1 ...W1	Liberty .....2-8 .....L5	Tennessee Tech .....2-0 ...W2
Delaware .....1-0 ...W1	Longwood .....9-0 ...W9	UNC Greensboro .....5-6 .....L4
Drexel .....1-4 .....L4	Lynchburg .....3-0 ...W3	UNC Pembroke .....1-0 ...W1
Duquesne .....1-0 ...W1	Marietta (OH) .....1-0 ...W1	Virginia .....3-11 ...L4
Duke .....9-3 ...W1	Marshall .....2-0 ...W2	VCU .....1-1 .....W1
Eastern Mennonite .....1-0 ...W1	Maryland .....1-5-1 ...L2	Virginia Tech .....12-8-1 ...L3
East Stroudsburg (PA) ...1-0 ...W1	Massachusetts .....1-0 ...W1	Washington & Jefferson (PA) 1-0 ...W1
East Tennessee St. ....2-0 ...W2	McDaniel (MD) .....1-0 ...W1	Washington & Lee .....5-0 ...W5
Edinboro (PA) .....0-2 .....L2	Miami (OH) .....0-1 .....L1	Wilkes (PA) .....0-1 .....L1
Furman .....8-1 .....L1	Minnesota .....0-1 .....L1	William & Mary .....7-7 ...W4
Gallaudet (D.C.) .....1-0 ...W1	Missouri .....0-1 .....L1	Wisconsin .....0-1 .....L1
Gannon (N.Y.) .....0-1 .....L1	Mount Union (OH) .....1-0 ...W1	York (PA) .....1-0 ...W1
Gardner-Webb .....4-1 ...W1	Norfolk State .....3-0 ...W3	



## Year-By-Year Records

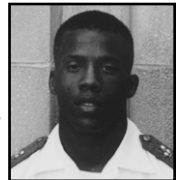
(Since the program began awarding scholarships in 1978-79)

Season	Coach	Overall	SoCon	Season	Coach	Overall	SoCon
		Record	Record/Finish*			Record	Record/Finish*
2006-07	John Trudgeon	6-8	3-2	1984-85	Ike Sherlock	12-2	1st
2005-06	John Trudgeon	1-10-1	0-4-1	1983-84	Ike Sherlock	9-3	3rd
2004-05	John Trudgeon	6-6-1	2-3	1982-83	Ike Sherlock	19-0	3rd
2003-04	John Trudgeon	7-7	2-3	1981-82	Ike Sherlock	16-2	3rd
2002-03	John Trudgeon	8-3	4-1	1980-81	Ike Sherlock	11-3	4th
2001-02	John Trudgeon	11-4	4-1	1979-80	Ike Sherlock	11-2	2nd
2000-01	John Trudgeon	2-11	2-3	1978-79	Ike Sherlock	8-7	5th
1999-00	John Trudgeon	6-7	4-1	<b>SOUTHERN CONFERENCE TEAM CHAMPIONSHIPS</b> 1983-84- Southern Conference Champions 1994-95- Co-Southern Conference Champions 1996-97- Southern Conference Tournament Champions 1998-99- Co-Southern Conference Champions  * Beginning with the 1996-97 season, the team(s) with the best record in league dual meets has been declared Southern Conference Champion. Prior to 1996-97, the winner of the Southern Conference Tournament was recognized as the league champion.			
1998-99	John Trudgeon	8-4	4-1				
1997-98	John Trudgeon	1-13	1-4				
1996-97	John Trudgeon	8-5	4-1				
1995-96	John Trudgeon	11-3	2nd				
1994-95	John Trudgeon	8-2	T-1st				
1993-94	John Trudgeon	9-5	3rd				
1992-93	John Trudgeon	5-9	4th				
1991-92	John Trudgeon	4-8	3rd				
1990-91	John Trudgeon	2-12	3rd				
1989-90	John Trudgeon	4-9	3rd				
1988-89	John Trudgeon	8-8-2	3rd				
1987-88	John Trudgeon	6-11	3rd				
1986-87	John Trudgeon	7-5	3rd				
1985-86	John Trudgeon	10-2	3rd				

## VMI's All-Americans

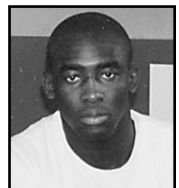
### Charlie Branch (1991-95)

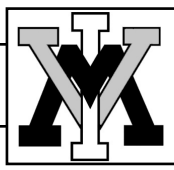
Charlie Branch became VMI's first All-American in his junior season of 1994, when he finished in fourth place at the NCAA Championships. Branch became the first VMI wrestler to win four Southern Conference Championships and is still the only Keydet to win four championships in a combination of two weight classes (one at the 134 lb. weight class and three at 142). He still boasts the highest career winning percentage in VMI history while ranking second in wins with a 117-27-1 (.810) career mark. Branch is the former head coach at Eastern Michigan University in Ypsilanti, Mich., where his 39 dual meet wins rank third on the all-time coaching list.



### Leslie Apedoe (1995-99)

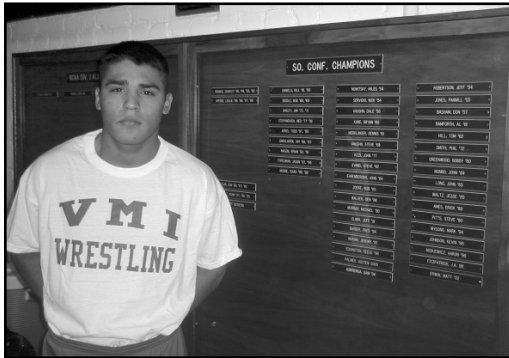
Leslie Apedoe became VMI's second All-American in 1999, when he placed sixth in the heavyweight bracket of the NCAA Championships in State College, Pa. In addition to his All-American achievement, Apedoe also became the first Keydet to win four Southern Conference Championships and make four trips to the NCAA Championships all in one weight class. He was named the Southern Conference's Outstanding Wrestler of the Year in his junior and senior seasons. Apedoe finished his career with a record of 111-29. In his four years at VMI, he helped the Keydets to a SoCon Tournament Championship in 1997 and a co-conference championship in 1999. He graduated from Colonial Heights High School in Colonial Heights, Va., but is a native of Ghana.



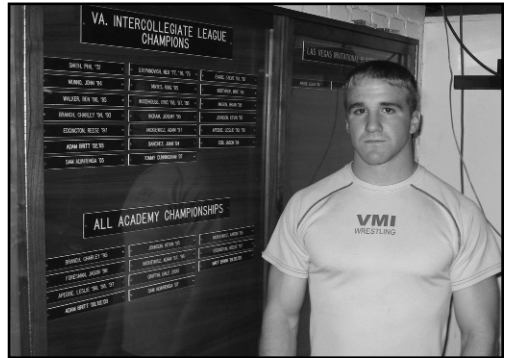


## Wall of Fame

Through the kind donations of Alexander J. "Ajax" Mitchell (VMI '50B), the VMI wrestling program was able to recognize all of its individual achievements of the past on the VMI Wall of Fame. The wall, which went up in 1998, resides on the south end of the VMI wrestling room and displays each and every one of VMI's past All-Americans, Southern Conference Champions, Midlands placewinners, Virginia Intercollegiate Championships and All-Academy Tournament Championships. The plaques serve as inspiration for VMI's current wrestlers to reach their high goals every day in practice.



2007 graduate Sam Alvarenga displays the elite list of VMI Southern Conference Champions. Alvarenga took the 2004 SoCon Championship in the 149 lb. weight class.

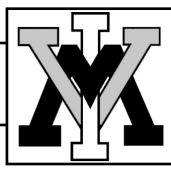


First classman Tommy Cunningham stands in front of the board displaying Virginia Intercollegiate League Championships and All-Academy Championships. Cunningham won the 157-pound weight class at the Virginia State Championships last season.

## Southern Conference Champions

1954	147	.....	Jeff Robertson	1980	118	...	Bobby Greenwood	1996	126	.....	Aaron Mickiewicz
	177	.....	Miles Nowitsky	1982	177	.....	Steve Evans		150	.....	Jeremy Ingram
	HWT	.....	Nick Servidio	1984	126	.....	John Munno		158	.....	Kevin Johnson
1955	147	.....	Pannill Jones		142	.....	John Ehrenberger		134	.....	Adam Mickiewicz
1956	HWT	.....	Dale Vaughn		HWT	.....	John Long		142	.....	Jason Foresman
1957	HWT	.....	Don Basham	1985	118	.....	Bob Zoeke		150	.....	Reese Edgington
1960	147	.....	Bryan Kane		158	.....	Jesse Waltz		HWT	.....	Leslie Apedoe
	157	.....	Bill Daniels		HWT	.....	John Long	1997	134	.....	Adam Mickiewicz
1961	147	.....	Al Bamforth	1986	150	.....	Ben Walker		150	.....	Jason Foresman
	167	.....	Bill Daniels		167	.....	Todd Arris		HWT	.....	Leslie Apedoe
	HWT	.....	Dennis Merklinger	1987	142	.....	Jay Smaaladen	1998	158	.....	Jarrold Fitzpatrick
1962	177	.....	Tom Hill		167	.....	Todd Arris		190	.....	Isaac Moore
1965	177	.....	Don Taylor	1988	142	.....	Jay Smaaladen		HWT	.....	Leslie Apedoe
1967	177	.....	Don Taylor	1989	177	.....	Erick Ames	1999	197	.....	Isaac Moore
1968	137	.....	Steve Vaughn	1990	142	.....	Steve Pitts		HWT	.....	Leslie Apedoe*
	177	.....	Don Taylor		158	.....	Mike Murray	2000	174	.....	Austen Palmer
	HWT	.....	Bob Biddle	1991	126	.....	Brian Mason	2001	149	.....	Adam Britt
1969	160	.....	Jack Kennedy		158	.....	Jeff Clark	2002	157	.....	Adam Britt
	HWT	.....	Bob Biddle	1992	126	.....	Brian Mason		174	.....	Matt Erwin
1971	190	.....	Jim Bailey		134	.....	Charlie Branch	2003	157	.....	Adam Britt
1972	158	.....	Phil Smith	1993	142	.....	Charlie Branch	2004	149	.....	Sam Alvarenga
	190	.....	Jim Bailey	1994	142	.....	Charlie Branch*	2007	197	.....	Corry Murray
1976	HWT	.....	Ned Stepanovich		158	.....	Fred Barber				
1977	190	.....	John Vizzi		HWT	.....	Mark Wyson				
	HWT	.....	Ned Stepanovich	1995	134	.....	Adam Mickiewicz				

\* Denotes All-American



**PATCHIN FIELD**



**ALUMNI MEMORIAL FIELD AT FOSTER STADIUM**



**SPRINTURF FIELD**



**GRAY-MINOR STADIUM**



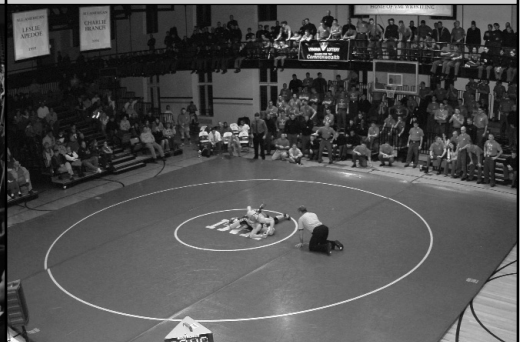
**FOSTER STADIUM - LACROSSE**



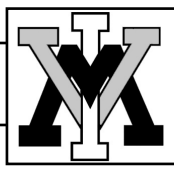
**H.M. "SON" READ '16 MEMORIAL TRACK**



**CAMERON HALL**



**COCKE HALL - THE THUNDERDOME**



**V**MI prides itself on providing the student-athlete with the tools to improve oneself not just intellectually, but physically. The ability to help every Keydet wrestler to reach his maximum potential has itself been brought to a new level in recent years with a massive renovation and refurbishing of the Charles S. Luck '20 Memorial Weight Room, located in Cocke Hall.

With over 9,000 square feet of space, the Luck Weight Room now contains over 17,000 lbs. of free weights, and 3,000 lbs. of dumbbell weights. Over 70 pieces of free weight training equipment are available for the use of the student-athlete, and over 40 pieces of resistive training machine-type equipment.



**Luck Weight Room**

Among the key acquisitions of the new renovations were the addition and enlargement of the dumbbell training area, which almost tripled in size and now contains weights ranging from five to 140 pounds. Five auto-spot benches were installed, among the newest and safest pieces of weight training equipment available on the market. Ten Olympic platforms were installed, with increased cushioning and padding for the weights. Five heavy-duty power racks, weighing 400 pounds each, were installed, and a number of back, leg, and neck machines were installed to complement existing equipment. Finally, the entire area was resurfaced with Tuflex rubberized floor.

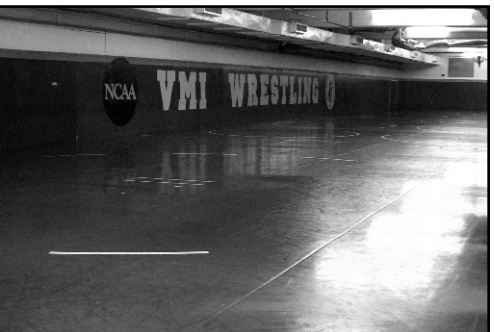


**Cameron Hall Athletic Training Room**

fitness equipment - all in a pleasant atmosphere for Keydet athletes to train and excel.

The Athletic Training Room is located in Cameron Hall, with smaller auxiliary training rooms located in Clarkson-McKenna Hall and Patchin Field House. Under the supervision of Director of Sports Medicine Lance Fujiwara, M.S., ATC, the sports medicine staff implement prevention of injury and immediate treatment, and rehabilitation procedures for the injured athlete, as directed by a physician. The Cameron Hall Athletic Training Room features four whirlpools, seven treatment beds, and taping bench, and various pieces of rehabilitation and treatment equipment.

Across from the Athletic Training Room is the sports medicine department's rehabilitation center, which houses lifecycles, a stairmaster, and a versa-climber for cardiovascular conditioning of rehabilitating athletes.



**VMI Wrestling Room**