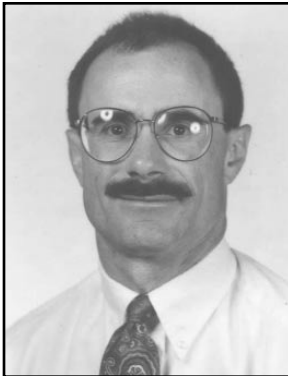


Head Coach



John Trudgeon

William & Mary 75 • 20th Season

125-128-2/ 19 seasons

2004 Virginia State Coach of the Year

Year-by-Year with John Trudgeon

Year	Overall	SoCon
2003-04	7-7	2-3
2002-03	8-3	4-1
2001-02	11-4	4-1
2000-01	2-11	2-3
1999-2000	6-7	4-1
1998-99	8-4	4-1
1997-98	1-13	1-4
1996-97	8-5	4-1
1995-96	11-3	2nd
1994-95	8-2	T-1st
1993-94	9-5	3rd
1992-93	5-9	4th
1991-92	4-8	3rd
1990-91	2-12	3rd
1989-90	4-9	3rd
1988-89	8-8-2	3rd
1987-88	6-11	3rd
1986-87	7-5	3rd
1985-86	10-2	3rd
Total	125-128-2	

Since taking the reigns of the Keydet wrestling program in 1985, Head Coach John Trudgeon has progressively raised the benchmarks of success surrounding VMI wrestling. Southern Conference Championships, NCAA qualifiers, and All-Americans - all are now standard phrases used in connection with Trudgeon's wrestlers.

The success achieved in recent years by VMI wrestlers under Trudgeon's tutelage has been unprecedented. Among the achievements:

* At the completion of the 1995-96 season, VMI received votes in the Amateur Wrestling News Top 25 Coaches' Poll.

* Six Top 12 individual finishers in the NCAA Championships in recent years, including a fourth place finish by 142-pounder Charlie Branch in 1994 and a sixth place finish by heavyweight Leslie Apedoe in 1999 - earning both All-America honors. 157-pounder Adam Britt finished in the top 12 of the 157 lb. weight class in 2002.

* The Keydets won three Southern Conference Co-Champions in a span of five years - 1995, 1997, and 1999. In three of the last five seasons, the Keydets finished just one match out of first place in the standings.

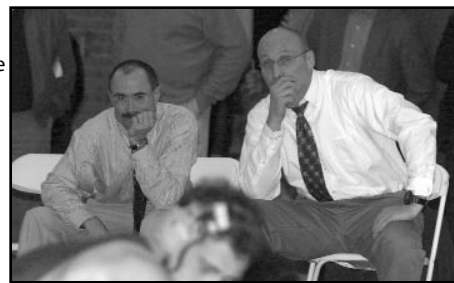
* A 12-1 dual record over Southern Conference opponents between 1995 and 1997, with the only defeat coming in 1997 at the hands of Appalachian State, 20-19 -- a loss which also ended a 14-match home winning streak. The Keydets returned to their SoCon success in 2002 and 2003, posting 4-1 records and finishing second in both the standings and the tournament in each year.

During his 18 seasons as head coach, Trudgeon has posted a dual record of 125-128-2. He is a four-time SoCon Coach of the Year - 1994, 1995, 1999 and 2000 - and he has three times been named Virginia Coach of the Year, in 1993, 1994 and 2004.

Trudgeon, a 1975 graduate of William & Mary with a B.S. in physical education, was a three-year starter for the Tribe and qualified for the NCAA Division I tournament his senior season.

He came to VMI after serving as head wrestling coach at Lafayette High School in Williamsburg, Va., for eight seasons. During his tenure, his squads won district titles in 1982 and 1983, and placed third in the Virginia AAA tournament in 1982. He was the Peninsula District Coach of the Year in 1982, and coached six AAA state champions.

Trudgeon worked on his master's in education from East Stroudsburg University in 1985. He and his wife Cathy, who is the staff education coordinator at Stonewall Jackson Hospital, are the parents of Joshua, age 11.



The VMI Coaching Staff

Assistant Coach & Support Staff



Aaron
Bruce

¥ Assistant Coach
¥ 11th Season
¥ Liberty '95

Now entering his 11th season as an assistant to the Keydet wrestling program, Aaron Bruce brings to VMI a wealth of wrestling experience at both the collegiate and the international levels.

A four-year letterman at Liberty, Bruce was twice the Virginia state champion at 190 lbs., in 1992 and 1994, and qualified for the NCAA Championships in both those years. He was ranked among the top 12 in the nation in both his junior and senior seasons, and was a placewinner at The Midlands Tournament in 1994. He concluded his career with 96 collegiate victories.

Bruce has twice represented the United States on international freestyle teams, and has wrestled in Germany, Hungary, the Czech Republic, Slovakia, Georgia, Russia, and Austria. During a 1992 tour, he was crowned Freestyle Champion at the Bohemian National championship meet.

Bruce and his wife Rona live in Lexington, with their sons Aaron, age 16 and Judah, age 8.



Keith
Silcox

¥ Athletic Trainer
¥ Second Season
¥ James Madison '03

After serving as a graduate assistant at VMI last season, Keith Silcox was kept on to serve as a full-time assistant athletic trainer this summer.

Silcox earned his masters degree in Athletic Training from the University of Virginia this past spring, and will be working primarily with the wrestling team this year at VMI. A native of Poquoson, Va., Silcox received his B.S. degree in Health Science from James Madison University in the spring of 2003. While a student assistant in the Dukes' athletic training office, Keith worked with the women's soccer and wrestling programs. Also as an undergraduate, he worked at Mary Baldwin College in the spring of 2002 and interned at UVA in the fall of 2002, working with the softball team.



Jimmy
Whitten

¥ Strength & Conditioning
Coach
¥ First Season
¥ Virginia Tech '91

Jimmy Whitten comes to VMI from East Carolina University where he was Director of Strength and Conditioning. While at ECU, Whitten implemented the strength and conditioning programs for Pirate Football and Men's Basketball for three years and most recently headed up the strength programs for the Pirate Men's Basketball, Baseball, Softball, Men's Track, Men's and Women's Soccer, and Swimming teams.

Prior to his ECU tenure, Whitten was head strength and conditioning coach for UNC Charlotte from July, 1999, to February, 2001. He was also assistant strength and conditioning coach at his alma mater, Virginia Tech, for two years after serving as a graduate assistant in the program for two years.

He was a defensive end standout for the Hokies and

was named the team's Co-MVP as well as most valuable defensive lineman in 1990. He also held the Captain's Award for Hokie Football in 1990.

Whitten earned a Bachelor of Science in Education at Virginia Tech in 1991 and earned a Masters of Arts in Counseling Education at Virginia Tech in 1996. Whitten is a member of the Collegiate Strength and Conditioning Coaches Association and National Strength and Conditioning Association.

A native of Danville, Va., Whitten and his wife, Eileen, have two children - daughter Mandolin (26 months), and son Luke (11 months).