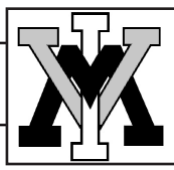


A Note From



Coach Trudgeon

Our wrestling program has enjoyed its share of success in the past, due in part to the tremendous support of the Corps of Cadets, our faculty and staff and our very own local wrestling fans. The coaching staff and wrestlers have made and will continue to make a point of cultivating a healthy relationship with the Corps while wholeheartedly endeavoring to expand our fan base in the community. Six years ago, former assistant coach (Aaron) Bruce and I started a youth wrestling program which has allowed our own wrestlers an opportunity to lend their expertise to local 5-12 year-olds stepping on the mat for the first time. These young pups and their moms and dads have come out in support of our wrestlers in ever increasing numbers at our home duals. Needless to say, a healthy VMI Wrestling-Lexington community relationship has blossomed.



Thanks to our Athletic Director, Donny White, the wrestling program at VMI is on very firm ground. Four years ago, our practice room was improved with the addition of brand new Resilite mats, and we have been able to travel to several of the top Invitationals in the country, showcasing our program on a national stage.

Our 2006-07 schedule contains several challenging tournaments in November and December and four dual meets at home against George Mason and Maryland, as well as against SoCon foes UNC Greensboro, Appalachian State in January. We will also travel to Hampton to compete at the Virginia Duals in January, and will travel to Colorado for the All-Academy Championships. Needless to say, our squad will be tested early and often. The team would not want it any other way. We will stand ready!

We hope you are as excited as we are about the upcoming wrestling season. If you are, we hope you will take the time to attend one of our four home matches during the 2006-07 season. Duals in the Coker Hall "Thunderdome" have consistently been standing-room only events in front of highly-partisan, enthusiastic crowds. We believe that college wrestling is without a doubt, the most intense, exhilarating seven minutes in sport (x 10 of course). If you are super excited, you might ask, "How else could I help VMI Wrestling?" We would like you to consider making a contribution to the VMI Wrestling Trustees account. Your tax deductible contribution to help Keydet Wrestling can be made by contacting the Keydet Club at 1-800-444-1839. If you have contributed to this fund in the past, we thank you. You have helped us to attract and develop top notch student-athletes who have high aspirations both on the mat and in the classroom.

FYI, we have worked and will continue to work hard internally to raise funds to supplement our budget thereby enabling us to compete in several national caliber tournaments during the competitive season. We have been selling game programs at home football games. We'll host a high school wrestling clinic/scrimmage in late November and sell season and individual tickets at all home wrestling events. In addition, our Sixth Annual Friends of VMI Wrestling Golf Outing held in October was a resounding success. Rest assured, we are committed to doing whatever it takes to be the best that we can be individually and collectively.

Thanks for your support. We hope to see you in the stands!

With warm regards,

John Trudgeon



The Thunderdome

The home of VMI wrestling has been Cocke Hall since its construction in 1926. Since then, the old gym has been witness to 77 years of incredible memories in VMI wrestling.

In the winter of 1992, former assistant baseball coach Kenny Creehan dubbed Cocke Hall the "Thunderdome" in his public address duties and the name has stuck ever since.

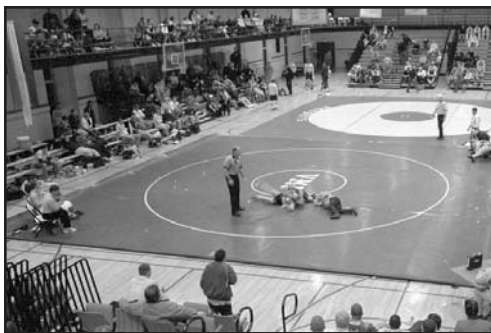
The atmosphere at Cocke Hall for home dual meets is unrivaled anywhere on the east coast. The Corps of Cadets provide one of the most spirited and zealous home crowds, as they cheer on the Keydet wrestlers. Banners overhead trumpet the accomplishments of past VMI matmen, including 12 Southern Conference championships, and two All-Americans.

In recent years, crowds have come out in record numbers to support the Keydets, including a record attendance of 1,285 that crammed Cocke Hall to see VMI take down The Citadel in February of 2002. To accommodate the ever-growing popularity of VMI wrestling, the program brought



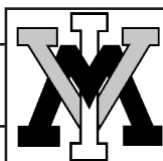
in six new sets of bleachers (four with 11 rows and two with six rows) that were installed two seasons ago. The new bleachers have enlarged seating capacity from 300 to 700, with still plenty of room for individual seats and cadets to hang off the overhang.

The wrestling team moved into new locker room facilities in Cocke Hall in 1997, giving the Keydet wrestling program a permanent home close to their practice and weight training facilities, as well as being only one floor below their arena for home dual matches. The Keydets play host to four dual matches this season at the Thunderdome, including match-ups versus Maryland and George Mason, as well as SoCon foes UNC Greensboro and Appalachian State.



Record Versus Opponents (Since 1979-80 Season)

Air Force1-0W1	Georgia State0-1L1	Norfolk State3-0W3
American4-2W1	George Mason7-10L1	North Carolina0-3L3
Anderson (S.C.)1-0W1	George Washington3-0W3	N.C. State2-2W
Appalachian St.9-17L1	Georgia Tech5-0W5	Northern Iowa0-1L1
Apprentice School (VA)1-0W1	Hampden-Sydney5-0W5	Old Dominion5-7L2
Arizona State0-1L1	Heidelberg (OH)1-0W1	Pennsylvania1-0W1
Ashland (OH)0-1L1	Hofstra0-1L1	Pittsburgh0-2L2
Brigham Young0-1L1	Howard1-0W1	Princeton3-1-1W1
Campbell7-1W2	Illinois0-2L2	Richmond3-1W3
Carson-Newman (TN)5-1L1	Indiana0-1L1	Seton Hall1-1L1
Central Michigan0-1L1	Ithaca (N.Y.)0-1L1	Shippensburg (PA)2-0W2
Chattanooga5-16L8	James Madison10-16W4	S.C. State1-0W1
The Citadel18-8L3	Juniata (PA)1-0W1	Southern Connecticut St.1-0W1
Clemson1-3W1	King's (PA)1-0W1	Stetson1-0W1
Cleveland State0-1L1	Kutztown (PA)1-0W1	SUNY Brockport0-1L1
Davidson19-0-1T1	Liberty2-7L4	Tennessee Tech2-0W2
Delaware1-0W1	Longwood9-0W9	UNC Greensboro5-5L3
Drexel1-4L4	Lynchburg3-0W3	UNC Pembroke1-0W1
Duke9-3W1	Marietta (OH)1-0W1	Virginia3-10L3
Eastern Mennonite1-0W1	Marshall2-0W2	VCU1-1W1
East Stroudsburg (PA)1-0W1	Maryland1-4-1L1	Virginia Tech12-8-1L3
East Tennessee St.2-0W2	Massachusetts1-0W1	Washington & Jefferson (PA)1-0W1
Edinboro (PA)0-2L2	McDaniel (MD)1-0W1	Washington & Lee5-0W5
Furman8-1L1	Miami (OH)0-1L1	Wilkes (PA)0-1L1
Gallaudet (D.C.)1-0W1	Minnesota0-1L1	William & Mary7-7W4
Gannon (N.Y.)0-1L1	Missouri0-1L1	Wisconsin0-1L1
Gardner-Webb3-1L1	Mount Union (OH)1-0W1	York (PA)1-0W1



YEAR-BY-YEAR RESULTS

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

Season	Coach	Overall SoCon	
		Record	Record/Finish *
2005-06	J. Trudgeon	1-10-1	0-4-1
2004-05	J. Trudgeon	6-6-1	2-3
2003-04	J. Trudgeon	7-7	2-3
2002-03	J. Trudgeon	8-3	4-1
2001-02	J. Trudgeon	11-4	4-1
2000-01	J. Trudgeon	2-11	2-3
1999-00	J. Trudgeon	6-7	4-1
1998-99	J. Trudgeon	8-4	4-1 co-SoCon Champions
1997-98	J. Trudgeon	1-13	1-4
1996-97	J. Trudgeon	8-5	4-1 SoCon Tournament Champs
1995-96	J. Trudgeon	11-3	2nd
1994-95	J. Trudgeon	8-2	T-1st co-SoCon Champions
1993-94	J. Trudgeon	9-5	3rd
1992-93	J. Trudgeon	5-9	4th
1991-92	J. Trudgeon	4-8	3rd
1990-91	J. Trudgeon	2-12	3rd
1989-90	J. Trudgeon	4-9	3rd
1988-89	J. Trudgeon	8-8-2	3rd
1987-88	J. Trudgeon	6-11	3rd
1986-87	J. Trudgeon	7-5	3rd
1985-86	J. Trudgeon	10-2	3rd
1984-85	I. Sherlock	12-2	1st SoCon Champions
1983-84	I. Sherlock	9-3	3rd
1982-83	I. Sherlock	19-0	3rd
1981-82	I. Sherlock	16-2	3rd
1980-81	I. Sherlock	11-3	4th
1979-80	I. Sherlock	11-2	2nd
1978-79	I. Sherlock	8-7	5th

* 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.

VMI'S ALL-AMERICANS

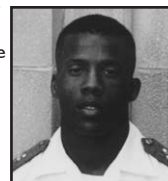
Leslie Apedoe (1995-99)

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.



Charlie Branch (1991-95)

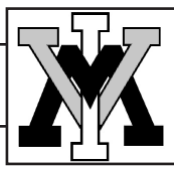
Charlie Branch became VMI's first All-American in his junior season of 1994, when he finished in fourth place at the NCAA Championships. Branch became the first VMI wrestler to win four Southern Conference Championships and is still the only Keydet to win four championships in a combination of two weight 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.



SOUTHERN CONFERENCE CHAMPIONS

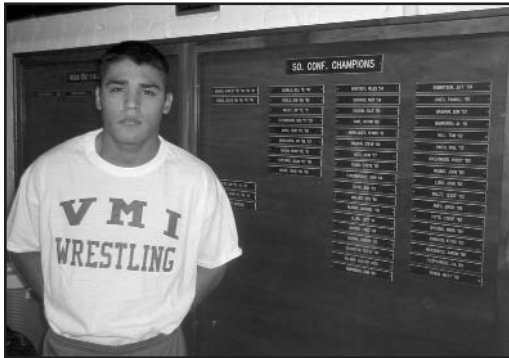
1954	147	Jeff Robertson	1971	190	Jim Bailey	1989	177	Erick Ames	HWT	Leslie Apedoe	
	177	Miles Nowitsky	1972	158	Phil Smith	1990	142	Steve Pitts	1997	134	Adam Mickiewicz
	HWT	Nick Servidio		190	Jim Bailey		158	Mike Murray		150	Jason Foresman
1955	147	Pannill Jones	1976	HWT	Ned Stepanovich	1991	126	Brian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

* Denotes All-American

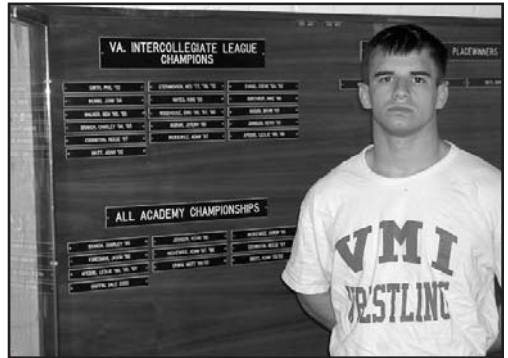


Wall of Fame

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.



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



2003 graduate Adam Britt stands in front of the board displaying Virginia Intercollegiate League Championships and All-Academy Championships. Britt has his name listed twice on the former and three times on the latter.

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%
3. Leslie Apedoe (95-99)	111-29	79.3%
4. Matt Erwin (98-03)	109-40	73.2%
5. Ben Walker (82-86)	107-29-1	78.5%
6. John Munno (80-84)	99-34	74.4%
7. John Ehrenberger (80-84)	99-48-2	67.1%
8. Adam Mickiewicz (92-97)	93-30	75.6%
9. Jason Cox (00-04)	86-67	56.2%
10. Reese Edgington (93-97)	82-39	67.8%
11. 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%
14. Sam Alvarenga (03-Pres.)	78-37	67.8%
15. Isaac Moore (95-99)	77-32	70.6%
Steve Green (81-86)	77-46-3	62.3%
17. Steve Pitts (88-93)	71-24-2	74.2%
18. John Long (81-85)	70-21-1	76.6%
Steve Evans (79-83)	70-26-1	72.7%
20. Juan Sanchez (00-04)	67-63	51.5%

Name	Record	Win Pct.
1. Adam Britt (01-02)	40-8	83.3%
2. Charlie Branch (93-94)	35-4	89.7%
3. John Ehrenberger (82-83)	34-11-1	75.0%
4. Leslie Apedoe (98-99)	33-6	84.6%
John Munno (82-83)	33-8	80.5%
Matt Erwin (01-02)	33-9	78.6%
7. Jason Foresman (95-96)	32-8	80.0%
Sam Alvarenga (03-04)	32-15	68.1%
9. 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%
12. 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%



Statistics

Name	Class	Wt.	Overall	Dual	SoCon	Turn.	Major	Technical	Dual Pts.	
			W - L	W - L	W - L	W - L	Decision	Fall	Pins	By Against
Sam Alvarenga	Jr.	149	22-11	10-2	4-1	12-9	3		4	38 9
Tyler Anthony	So.	133	4-5	1-2	0-1	3-3	1			3 6
Scott Buhman	Jr.	285	23-14	9-3	4-1	14-11	2		4	36 9
Vince Cole	So.	149	0-3			0-3				
Tommy Cunningham	So.	157	20-14	7-5	2-3	13-9	4	2	3	28 20
Kyle Elgert	Fr.	184/97	5-22	1-10	0-5	4-12	1			6 43
Jochen Granja	Sr.	141	8-11	1-3	0-1	7-8	1	1	2	5 11
Chris Hardy	Sr.	157/65	12-20	2-9	1-4	10-11	2			6 33
Jesse Hills	Sr.	165	0-4	0-1		0-3				0 3
Lam Ly	So.	125	3-15	2-7	2-3	1-8				6 29
Niels Madsen	Fr.	197	3-14	0-5		3-9	1		1	0 25
Dustin McCabe	So.	174	10-22	1-11	0-5	9-11	1	1		3 44
David Metzler	Jr.	141	7-13	2-6	0-4	5-7			1	7 22
Corry Murray	Jr.	184/97	13-5	6-2	4-1	7-3	3		4	23 6
Erik Olson	So.	285	4-8			4-8			2	
Brandon Stillo	Fr.	133	10-19	2-7	1-3	8-12	1		1	6 24
Robert Taylor	So.	149	0-2			0-2				
Adam Underwood	Fr.	165	2-9			2-9				
VMI Dual Forfeits				0-3						0 18
Totals			146-211	44-76	18-32	102-138	20	4	22	167 302

Individual Tournament Results

Keystone Classic

Nov. 20-- Philadelphia, Pa.

4th	Scott Buhman	285 lbs.
5th	Dustin McCabe	174 lbs.
6th	Tyler Anthony	133 lbs.

Nittany Lion Open

Dec. 4-- State College, Pa.

T-7th	Sam Alvarenga	149 lbs.
T-7th	Scott Buhman	285 lbs.

Southern Scuffle

Dec. 29-30-- Greensboro, N.C.

6th	Tommy Cunningham	157 lbs.
-----	------------------	----------

Virginia State Championships

Jan. 7-- Harrisonburg, Va.

2nd	Sam Alvarenga	149 lbs.
2nd	Tommy Cunningham	157 lbs.
3rd	Chris Hardy	165 lbs.
3rd	Dustin McCabe	174 lbs.
3rd	Corry Murray	184 lbs.
4th	Brandon Stillo	133 lbs.
4th	Scott Buhman	285 lbs.

W&L Invitational

Jan. 14-- Lexington, Va.

1st	Jochen Granja	141 lbs.
3rd	Niels Madsen	197 lbs.
4th	Erik Olson	285 lbs.
4th	Adam Underwood	165 lbs.

All-Academy Championships

Feb. 4-- Kings Point, N.Y.

2nd	Scott Buhman	285 lbs.
2nd	Tommy Cunningham	157 lbs.
3rd	Corry Murray	184 lbs.
4th	Chris Hardy	165 lbs.
4th	Dustin McCabe	174 lbs.

Southern Conference Championship

Mar. 4-- Lexington, Va.

2nd	Corry Murray	184 lbs.
4th	Sam Alvarenga	149 lbs.
4th	Scott Buhman	285 lbs.
4th	Tommy Cunningham	157 lbs.
4th	Dustin McCabe	174 lbs.
4th	David Metzler	141 lbs.
4th	Brandon Stillo	133 lbs.

Dual Meet Results

Nov. 13-	North Carolina 32, VMI 15
Nov. 13-	VMI 22, Duke 15
Dec. 2-	Gardner-Webb 27, VMI 13
Jan. 4-	Virginia 29, VMI 6
Jan. 13-	George Mason 24, VMI 20
Jan. 18-	VMI 19, Davidson 19
Jan. 21-	Maryland 26, VMI 15
Jan. 26-	Appalachian State 24, VMI 10
Feb. 2-	The Citadel 24, VMI 15
Feb. 10-	Chattanooga 32, VMI 6
Feb. 15-	UNC Greensboro 22, VMI 14
Feb. 16-	Old Dominion 28, VMI 12