

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. Five 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 2008-09 schedule contains several challenging tournaments in November and December and five dual meets at home against UNC Greensboro, George Mason, Duke, The Citadel and Appalachian State. We're also very excited about getting the opportunity to host the 16th Annual All-Academy Championships, as service academies from across the nation will converge on The Thunderdome to compete. 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 six home events during the 2008-09 season. Duals in the Cocke 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 Eighth 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



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*
2007-08	John Trudgeon	6-8	1-4	1984-85	Ike Sherlock	12-2	1st
2006-07	John Trudgeon	6-8	3-2	1983-84	Ike Sherlock	9-3	3rd
2005-06	John Trudgeon	1-10-1	0-4-1	1982-83	Ike Sherlock	19-0	3rd
2004-05	John Trudgeon	6-6-1	2-3	1981-82	Ike Sherlock	16-2	3rd
2003-04	John Trudgeon	7-7	2-3	1980-81	Ike Sherlock	11-3	4th
2002-03	John Trudgeon	8-3	4-1	1979-80	Ike Sherlock	11-2	2nd
2001-02	John Trudgeon	11-4	4-1	1978-79	Ike Sherlock	8-7	5th
2000-01	John Trudgeon	2-11	2-3	SOUTHERN CONFERENCE TEAM CHAMPIONSHIPS			
1999-00	John Trudgeon	6-7	4-1	1983-84- Southern Conference Champions			
1998-99	John Trudgeon	8-4	4-1	1994-95- Co-Southern Conference Champions			
1997-98	John Trudgeon	1-13	1-4	1996-97- Southern Conference Tournament Champions			
1996-97	John Trudgeon	8-5	4-1	1998-99- Co-Southern Conference Champions			
1995-96	John Trudgeon	11-3	2nd	* 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.			
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.



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. Sam Alvarenga (03-07)	112-47	70.4%
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%
10. Scott Buhman (02-07)	89-54	62.2%
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%
David Metzler (03-08)	77-56	57.9%
19. Tommy Cunningham (04-08)	75-34	68.8%
20. Steve Pitts (88-93)	71-24-2	74.2%

Name	Record	Win Pct.
1. Adam Britt (01-02)	40-8	83.3%
2. Charlie Branch (93-94)	35-4	89.7%
3. Sam Alvarenga (06-07)	34-10	77.3%
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%

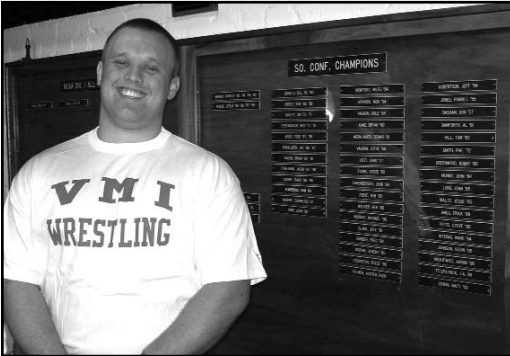
Record Versus Opponents (Since 1979-80 Season)

Air Force1-0W1	Georgia State0-1L1	N.C. State2-2W
American4-2W1	George Mason7-12L3	Northern Iowa0-1L1
Anderson (S.C.)2-0W2	George Washington3-0W3	Old Dominion5-7L2
Appalachian St.10-18L1	Georgia Tech5-0W5	Pennsylvania1-0W1
Apprentice (Va.)1-0W1	Hampden-Sydney5-0W5	Pittsburgh0-2L2
Arizona State0-1L1	Heidelberg1-0W1	Princeton3-1-1W1
Ashland (OH)0-1L1	Hofstra0-1L1	Richmond3-1W3
Brigham Young0-1L1	Howard1-0W1	Rider0-1L1
Campbell8-1W3	Illinois0-2L2	Seton Hall1-1L1
Carson-Newman5-1L1	Indiana0-1L1	Shippensburg2-0W2
Central Michigan0-1L1	Ithaca0-1L1	S.C. State1-0W1
Chattanooga5-18L10	James Madison11-16W5	Southern Conn. St.1-0W1
The Citadel19-9L1	Juniata1-0W1	Stetson1-0W1
Clemson1-3W1	King's1-0W1	SUNY Brockport0-1L1
Cleveland State0-1L1	Kutztown1-0W1	Tennessee Tech2-0W2
Davidson21-0-1W2	Liberty2-9L6	UNC Greensboro5-7L5
Delaware1-0W1	Longwood9-0W9	UNC Pembroke1-0W1
Delaware State1-0W1	Lynchburg3-0W3	Virginia3-12L5
Drexel1-4L4	Marietta1-0W1	VCU1-1W1
Duquesne1-0W1	Marshall2-0W2	Virginia Tech12-8-1L3
Duke9-4L1	Maryland1-5-1L2	Wagner1-0W1
Eastern Mennonite1-0W1	Massachusetts1-0W1	Washington & Jefferson1-0W1
East Stroudsburg1-0W1	McDaniel1-0W1	Washington & Lee5-0W5
East Tennessee St.2-0W2	Miami (Ohio)0-1L1	Wilkes0-1L1
Edinboro0-2L2	Minnesota0-1L1	William & Mary7-7W4
Furman8-1L1	Missouri0-1L1	Wisconsin0-1L1
Gallaudet1-0W1	Mount Union1-0W1	York1-0W1
Gannon (N.Y.)0-1L1	Norfolk State3-0W3			
Gardner-Webb5-1W2	North Carolina0-4L4			



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.



Sophomore Josh Wine displays the elite list of VMI Southern Conference Champions. As a freshman last season, Wine took the 2008 SoCon Championship in the 285 lb. weight class.



Tommy Cunningham '08 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 three seasons ago.

Southern Conference Champions

1954	147	Jeff Robertson	1982	177	Steve Evans	1958	Kevin Johnson		
	177	Miles Nowitsky	1984	126	John Munno	1996	126	Aaron Mickiewicz	
	HWT	Nick Servidio		142	John Ehrenberger		134	Adam Mickiewicz	
1955	147	Pannill Jones		HWT	John Long		142	Jason Foresman	
1956	HWT	Dale Vaughn	1985	118	Bob Zoeke		150	Reese Edgington	
1957	HWT	Don Basham		158	Jesse Waltz		HWT	Leslie Apedoe	
1960	147	Bryan Kane		HWT	John Long	1997	134	Adam Mickiewicz	
	157	Bill Daniels	1986	150	Ben Walker		150	Jason Foresman	
1961	147	Al Bamforth		167	Todd Arris		HWT	Leslie Apedoe	
	167	Bill Daniels	1987	142	Jay Smaaladen		1998	158	Jarrold Fitzpatrick
	HWT	Dennis Merklinger		167	Todd Arris		190	Isaac Moore	
1962	177	Tom Hill	1988	142	Jay Smaaladen		HWT	Leslie Apedoe	
1965	177	Don Taylor	1989	177	Erick Ames		1999	197	Isaac Moore
1967	177	Don Taylor	1990	142	Steve Pitts		HWT	Leslie Apedoe*	
1968	137	Steve Vaughn		158	Mike Murray	2000	174	Austen Palmer	
	177	Don Taylor	1991	126	Brian Mason	2001	149	Adam Britt	
	HWT	Bob Biddle		158	Jeff Clark	2002	157	Adam Britt	
1969	160	Jack Kennedy	1992	126	Brian Mason		174	Matt Erwin	
	HWT	Bob Biddle		134	Charlie Branch	2003	157	Adam Britt	
1971	190	Jim Bailey	1993	142	Charlie Branch	2004	149	Sam Alvarenga	
1972	158	Phil Smith	1994	142	Charlie Branch*	2007	197	Cory Murray	
	190	Jim Bailey		158	Fred Barber	2008	HWT	Josh Wine	
1976	HWT	Ned Stepanovich		HWT	Mark Wysong					
1977	190	John Vizzi	1995	134	Adam Mickiewicz					
	HWT	Ned Stepanovich		142	Charlie Branch					
1980	118	Bobby Greenwood		150	Jeremy Ingram					

* Denotes All-American



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 82 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.

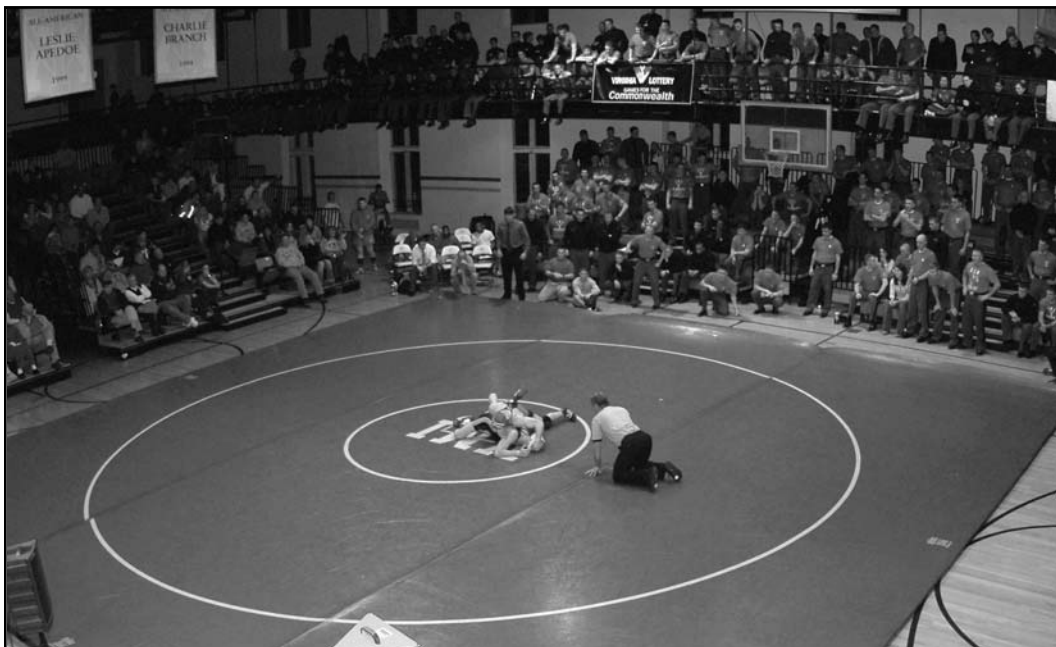
The atmosphere at Cocke Hall for home dual meets is unrivaled anywhere on the east coast. The Corps of Cadets provide one of the most spirited and zealous home crowds, as they cheer on the Keydet wrestlers. Banners overhead trumpet the accomplishments of past VMI matmen, including 12 Southern Conference 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 five seasons ago. The bleachers have greatly enlarged the Thunderdome's seating capacity, with still plenty of room for individual seats and cadets to hang off the overhang.

The wrestling team moved into 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 five dual matches this season at the Thunderdome, including matchups versus George Mason and Duke, as well as SoCon foes UNC Greensboro, The Citadel and Appalachian State. The Thunderdome is also the site of the 16th Annual All-Academy Championships, as service academies from across the nation will converge on Lexington to compete on Saturday, Feb. 7.



The Thunderdome and the Corps of Cadets gives VMI one of the best wrestling atmospheres in the country.



VMI Wrestling Facilities

VMI 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

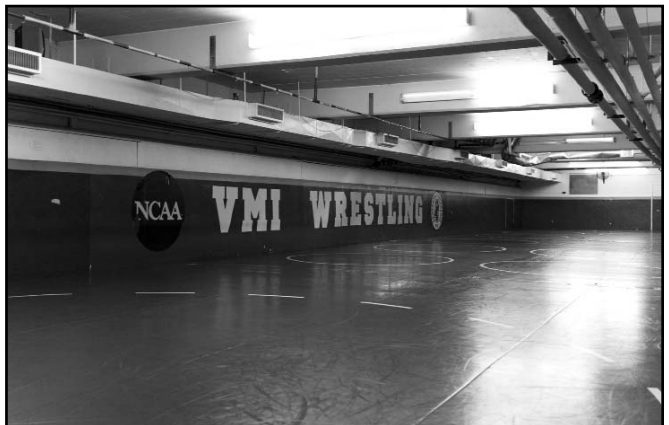
Cardio Room. Located next to the Luck Weight Room, the Cardio Room is equipped with the latest in cardiovascular workout and fitness equipment - all in a pleasant atmosphere for Keydet athletes to train and excel.

A new addition to the list of facilities available to the student-athlete opened in the spring of 1998 - the

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 versatile climber for cardiovascular conditioning of rehabilitating athletes.

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VMI Wrestling Room

