



Coming off a season that saw the VMI Wrestling program post its best Southern Conference finish in four seasons, a standout senior class will be counted on to lead the way for a team that features a mix of experienced leaders at select weights, countered by freshmen that will be thrown into the fire in others. However, head coach John Trudgeon feels this year's seniors will be one that is up for the task.

"The guys that we have comprising the 2007-08 senior class is really an amazing group," says the leader of the Keydet wrestling program as he enters his 23rd season. "I've never had a group that have done this well academically and in other leadership positions both in the corps and off the mat, as well as in their out of barracks activities. I feel very confident that **Tyler Anthony, Tommy Cunningham, Dustin McCabe** and **David Metzler** in particular will be a large part of continuing the success that our program has been building to over the past seasons."

After graduating a pair of wrestlers that returned VMI to the NCAA National Championships last season in Sam Alvarenga and Corry Murray, the expectations are back for the Keydets to return the program to the national stage this March. Cunningham, the Keydets' active leader in career wins with 67, is coming off a season that saw him claim his first Virginia State Championship at 157 lbs., however, he missed the final month of the season due to injury, thwarting his chances of making a run in the SoCon Championships. Other top guns for the Keydets this season could include Anthony, who went 4-1 in the SoCon a season ago at 133 lbs., McCabe, who enjoyed a career-best 18 wins last season while competing at three different weight classes between 174 and 197 lbs., and Metzler, who is still looking for his first injury-free season since his freshman campaign, when he won 30 matches.

Senior **Jeremy Adams** returns to the program for his final season on post a season after suffering a pair of injuries in November that prematurely finished his 2006-07 campaign. Adams will be expected to retain the starting role throughout the season, while a pair of underclassmen look to develop behind him. Sophomore **Lance Long** competed in several tournaments last season, winning the 125-pound weight class of the VMI Rat Fall Brawl, while freshman **Ross Harris** adjusts to collegiate wrestling in his first year on post.

"We're really excited about hopefully having Jeremy back to 100% for us this season," said Trudgeon. "He would've been our starter last season, but he just never got out of the gates for us. This year, he's a lot stronger and a lot more determined, and he's really learning a lot more about the sport that should help him succeed this season. We'll redshirt **Johnathan Pope** this year to allow him to develop, but we'll keep him as busy as possible, wrestling him in a lot of open tournaments. He did a great job of filling in last year and got us some big wins. We've definitely got some depth at 125, with Ross Harris and Lance Long in there, but Jeremy is head and shoulders above the other guys. Hopefully we'll get a full year out of him and we fully expect him to have a good year."

Anthony will be counted on at 133 lbs. once again. A season ago, the senior progressed throughout the season, wrapping up his junior year with a third-place showing at the SoCon Championships. This season, Anthony will head a group of talented youngsters at 133, while serving as one of three captains for the Keydets.

"Tyler is such a good role model for our guys, he has a fabulous work ethic both down here in the wrestling room and on post," said Trudgeon. "He lost a few matches last year that he probably shouldn't have, but he won some big matches for us too. I think it's a matter of him being a little more confident when he competes, and hopefully with another year of maturity under his belt, that will help him this year. Behind Tyler, **Sharif Gray** and **Ryan Goodsell** are both Virginia AAA state placemen, and we're really excited about both of those guys."

The next two weight classes will most likely be manned by a pair of Keydets coming off of redshirt seasons in Metzler and freshman **Gene Allgood**. Metzler competed in a pair of open tournaments last season, while Allgood did not compete. However, each have come on strong in early practice and will most likely split time in the starting lineup between 141 and 149 lbs.

Also in the mix is senior **Vince Cole**, who saw time at 157 last season, but returned this fall leaner and ready to contribute for the team this season. A trio of freshmen will also look to compete for mat time, as **Richard Crozier, John Held** and **Andrew Dionne** look to find their way in the collegiate wrestling ranks.

Cunningham anchors the starting lineup at 157, where he has competed for three seasons, completing his most successful season to date a year ago, as he went 24-6 with a perfect 10-0 dual mark before suffering a season-ending injury. This year, Cunningham will be looking to carry over his duals success into tournaments, as he looks to make his first trip to the NCAA Championships in St. Louis in March.

"Tommy had a tough end of the season last year with that injury late that cost him a shot in the Southern Conference Tournament," said Trudgeon. "He's coming off of surgery this summer, and we think he'll be ready to go by the season opener. He's certainly a contender for the Conference Championship (3-0 in the SoCon before injury last season), and his goal is to make it out to the NCAA's this year. We need him to be more consistent, but he certainly has the ability to put together really a special season. We'll redshirt **Brandon Franklin** this season, he's really hit the weight room hard over the summer and we're going to allow him to develop this year with the weight that he's added on. Also contributing at 157 this year for us will be freshman **Jayme Gordon**, who comes to us with really strong cre-



dentials from the Virginia Beach area."

Junior **Kyle Elgert** will look to compete at 165 lbs. this season after wrestling at 174, 184 and 197 a season ago. A hard-worker who continues to progress in his career at VMI, Elgert will be pushed by sophomore **Jon Horne**, who is still learning the sport after competing for only two seasons at the high school level prior to his arrival on post.

Freshman **Michael Frossard**, a walk-on from Illinois with a strong work ethic, may be able to help the program out as well at 165.

McCabe will be a big key for the program this season as he competes at 174, as three freshmen are slated to start at the highest weights. Wins by the senior from Gloucester, Va. will go a long way in securing victories for the Keydets in dual matches. McCabe posted his first winning record a season ago while going 3-1 in the SoCon, and it will be more performances like that that Trudgeon will be counting on from another of his team captains.

"We really need to have a full year out of Dustin," said Trudgeon. "He has a history of not wrestling all that well in the early part of the year, then really hitting his stride in January and February. If he's able to hit the ground running this season, then Dustin could really make a big step up for us in his senior season."

A pair of freshmen are expected to split time at the next two weights, with **Curtis Moore** and **Ronnie Ellsworth** each slated for starting roles. Moore, the runner-up at the Virginia AAA State Championships at 189, may have the early nod to move up to 197, while Ellsworth, a placewinner at the Virginia AAA State Championships at 215, may be able to slim down to fill the 184 role for the Keydets this winter.

A three-way battle of dual-sport athletes will define the heavyweight slot this season. Junior **Leon Barrow** and freshmen **James Boatright** and **Josh Wine** are all with the Keydet football program this fall, and comprise the heavy-weight corps for the team this season. Barrow is working his way back to 100% after suffering an early-season injury, while Boatright and Wine each bring standout credentials to the battle. Wine, the Virginia AAA State Champion at heavyweight, or Boatright, an All-Area Champion in Georgia, may begin the season in the starting role as Barrow's health progresses.

## Alphabetical Roster

<u>Name</u>	<u>Weight Class</u>	<u>Class</u>	<u>Hometown/Previous School</u>	<u>HS Coach</u>
Jeremy Adams	125	Sr.	Manassas, Va./Osborn Park	Mike Wilbourn
Gene Allgood	141	R-Fr.	Mechanicsville, Va./Hanover	Randy Hale
Tyler Anthony	133	Sr.	Canton, Ohio/Glen Oak	Tom Milkovich
Leon Barrow	285	Jr.	Williamsburg, Va./Lafayette	Bruce Shumaker
James Boatright	285	Fr.	Grayson, Ga./Grayson	Steve West
Vince Cole	149	Sr.	Richmond, Va./L.C. Bird	Tony Yonta
Richard Crozier	141	Fr.	Roanoke, Va./Northside	Mark Agner
Tommy Cunningham	157	Sr.	Columbus, Ohio/Groveport-Madison	Gary Mosser
Andrew Dionne	141	Fr.	Martinsville, Va./Martinsville	Chad Ratliff
Kyle Elgert	165	Jr.	Glen Allen, Va./Hermitage	Kelly Guempel
Ronnie Ellsworth	197	Fr.	Newport News, Va./Menchville	Chris Wiatt
Brandon Franklin	157	So.	Lanham, Md./Ocean Lakes (Va.)	Jack Harcourt
Michael Frossard	174	Fr.	Gurnee, Ill./Warren Township	Mark Tiffany
Ryan Goodsell	133	Fr.	Rhoadesville, Va./Orange County	John Kayajanian
Jayne Gordon	157	Fr.	Virginia Beach, Va./First Colonial	Willie Stravino
Sharif Gray	133	Fr.	Fairfax, Va./Chantilly	Phil Cronin
Ross Harris	125	Fr.	Richmond, Va./Mills Godwin	Steve Crocker
John Held	149	Fr.	Williamsburg, Va./Lafayette	Bruce Shumaker
Jon Horne	165	So.	Falls Church, Va./Hayfield	Roy Hill
Lance Long	133	So.	Quinton, Va./Benedictine	James Clary
Dustin McCabe	174	Sr.	Gloucester Point, Va./Gloucester	Joe Boone
David Metzler	141	R-Sr.	Dayton, Va./Turner Ashby	John Fincham
Curtis Moore	184	Fr.	Stafford, Va./Gar-Field	Rick Seipp
Johnathan Pope	125	So.	Hoover, Ala./Hoover	C.T. Campbell
Josh Wine	285	Fr.	Fredericksburg, Va./Massaponax	Rob Prebish

**Head Coach:** John Trudgeon (William & Mary '75); 23rd season

**Assistant Coaches:** Chris Skretkovicz (Hofstra '06); 2nd season

# Meet The



# Keydets



## Jeremy Adams

**125 lbs.**

- Senior
- Manassas, Va.
- Osbourn Park

**On Adams:** Expected to start at 125 lbs.

**2006-07:** Competed at the Pembroke Classic before suffering a season-ending injury.

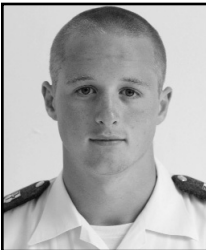
**2005-06:** Was not with team.

**2004-05:** Was third on the team with 16 wins while starting at 125 lbs...Went 4-6 in dual matches and 2-2 in the Conference duals...Placed fourth at the SoCon Championships, Virginia Intercollegiates and All-Academy Championships...Also placed second at the Keydet Invitational and third at the W&L Inv'l... Collected five pins, tied for the second-most on the team.

**High School:** Holds the school record at Osbourn Park for most career wins, 127...Named Team MVP as a sophomore, junior and senior...Finished his career with a 127-17 record...As a senior placed first in district and regionals and third in state...Three-time district and two-time regional winner...Placed fifth in state as a sophomore.

**Personal:** Son of Ken and Susan Adams...Biology major.

Adams' Career Stats							
Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
04-05	16-16	4-6	2-2	0	1	5	17
05-06	Did Not Compete						
06-07	4-3	0-0	0-0	1	0	1	0
<b>Total</b>	<b>20-19</b>	<b>4-6</b>	<b>2-2</b>	<b>1</b>	<b>1</b>	<b>6</b>	<b>17</b>



## Gene Allgood

**141 lbs.**

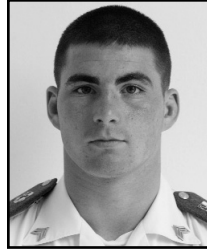
- Redshirt Freshman
- Mechanicsville, Va.
- Hanover

**On Allgood:** Expected to compete for a starting spot at either 141 or 149 lbs.

**2006-07:** Did not compete and received a redshirt.

**High School:** Four-year letterwinner at Hanover...Four-Time Central Region Champion...Finished third at Virginia's AAA State Championship as a junior (125 lbs.) and as a senior (130 lbs.)... 2006 Richmond Times-Dispatch All-Metro Wrestler of the Year, four times listed on All-Metro team...Career 177-14 record, believed to be a Central Region record...46-2 as a senior, with both losses coming to competitors ranked first and second nationally...Holds school record for most wins, most pins and highest winning percentage...Also two-time State Freestyle and Greco Roman Champion...Also lettered in cross country... Four years on honor roll.

**Personal:** Son of Ottie and Deborah Allgood...Chemistry major.



## Tyler Anthony

**133 lbs.**

- Senior
- Canton, Ohio
- Glen Oak

**On Anthony:** Expected to retain his starting role at 133 lbs...Will be counted on as a Team Captain in his senior year.

**2006-07:** Had a standout campaign in the Southern Conference, going 4-1...Posted a career-best 15 wins and six dual wins...Wrestled all but one match at 133, defeating GMU's Will Powars at 141 in a dual match...Placed second at the Pembroke Classic and All-Academy Championships...Also came in fourth at the Southern Conference Championships...Had a six-match winning streak, including dual wins against UNCG, ASU and Davidson.

**2005-06:** Placed sixth at the only tournament he entered, the Keystone Classic...Went 1-2 in dual matches and 4-5 overall... Wrestled only one match after injury suffered at Keystone Classic.

**2004-05:** Started for the Keydets at 133 lbs., winning 12 matches, including a 5-5 mark in dual matches and a 2-3 mark in the SoCon ...Posted three technical falls and a pin...Finished third at the Va. Intercollegiates and second at the Keydet Invitational.

**High School:** Holds school records at Glen Oak most take-downs, most wins, most pins and best record... Compiled a 135-25 career record while wrestling at 103, 119 and 125... Finished third at the 2002 Freestyle State Championships and turned in third and fourth place finishes at State...Named All-Ohio three times and Academic All-Ohio...Named Team MVP in baseball after hitting .470...Lettered in football, playing cornerback.

**Personal:** Son of Stephen and Charlene Anthony... International Studies major.

Anthony's Career Stats							
Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
04-05	12-15	5-5	2-3	0	3	1	18
05-06	4-5	1-2	0-1	1	0	0	3
06-07	15-14	6-7	4-1	2	0	0	20
<b>Total</b>	<b>31-34</b>	<b>12-14</b>	<b>6-5</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>41</b>



**Tyler Anthony**

# Meet The



# Keydets



## Leon Barrow

**285 lbs.**

- Junior
- Williamsburg, Va.
- Lafayette

**On Barrow:** Expected to compete for a starting spot at heavy-weight...Also a member of the Football team, where he plays on the defensive line.

**2006-07:** Won a pair of matches at the Southern Scuffle and Virginia Intercollegiates...Defeated GMU's Ryan Kittrick in overtime in a dual match after losing to him just four days earlier at the State Championships.

**2005-06:** Did not see action.

**High School:** Four-year letterwinner at Lafayette...Named All-District, All-Region and All-State at heavyweight for head coach Bruce Shumaker...Lettered at nose tackle and received All-District and All-Region honors in football, while receiving the same honors in indoor and outdoor track and field in the shotput and discus.

**Personal:** Son of Wendell Barrow and Leone Vigil...Mechanical Engineering major.

### Barrow's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
05-06	Did Not Compete						
06-07	5-7	1-3	0-1	0	0	0	3
<b>Total</b>	<b>5-7</b>	<b>1-3</b>	<b>0-1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3</b>



**Leon Barrow**



## James Boatright

**285 lbs.**

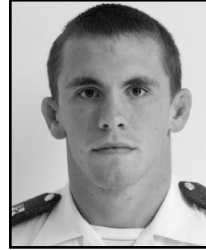
- Freshman
- Grayson, Ga.
- Grayson

**On Boatright:** Expected to compete for a starting spot at heavy-weight...Also a member of the Football team, where he plays on the offensive line.

**High School:** Four-year letterwinner...Three-time State qualifi-

er...2005 Area Runner-Up...Won the 2006 Area Championship... Placed fifth at the Gwinnett County Tournament as a sophomore and was Champion as a junior and senior...Named All-County as a junior...Selected as Grayson's Wrestler of the Year ...School recordholder for most pins (40) and points (320) in a season.

**Personal:** Grandson of Lavon Boatright ...Engineering major.



## Vince Cole

**149 lbs.**

- Senior
- Richmond, Va.
- L.C. Bird

**On Cole:** Expected to provide depth at 149 and perhaps at 157 lbs.

**2006-07:** Competed nine of the team's 14 dual matches, wrestling at 157 and 165...Won matches at the VMI Fall Brawl and Pembroke Classic.

**2005-06:** Competed at the Keystone Classic and Nittany Lion Open at 149 lbs, finishing out the season at 0-3.

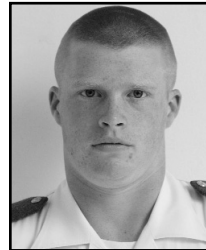
**2004-05:** Wrestled in three tournaments, going 4-6...Placed 4th at the W&L Invitational at 149 lbs.

**High School:** Four-year letterwinner at L.C. Bird... Participated in the Junior Greco Nationals...A member of the Southside Wrestling Club...Also ran cross country.

**Personal:** Civil Engineering major.

### Cole's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
04-05	4-6	0-0	0-0	0	0	0	0
05-06	0-3	0-0	0-0	0	0	0	0
06-07	2-17	0-9	0-3	1	0	0	0
<b>Total</b>	<b>6-26</b>	<b>0-9</b>	<b>0-3</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>



## Richard Crozier

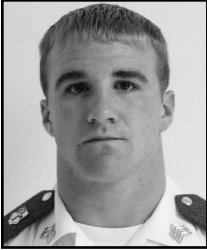
**141 lbs.**

- Freshman
- Roanoke, Va.
- Northside

**On Crozier:** Expected to provide depth at 141 lbs.

**High School:** Three-year letterwinner at Northside...Two-time placewinner in the Blue Ridge District at 140 lbs...Two-year letterwinner on the baseball team, helping the squad to the State Semifinals...Three-year letterwinner in cross country, where he qualified for State...Five-time National Indoor Qualifier and two-time placewinner in Inline Speedskating...Also qualified for Nationals in Outdoor Inline Speedskating.

**Personal:** Son of Tommie and Denise Crozier...Computer Science major.



## Tommy Cunningham

**157 lbs.**

- Senior
- Columbus, Ohio
- Groveport-Madison

**On Cunningham:** Expected to start at 157 pounds for the fourth consecutive season...Will move into top 20 in career wins with four victories...Team Captain.

**2006-07:** Set a career-best in wins with 24 despite missing the final month of the season due to injury...Was named to the Third Team of the CoSIDA Academic All-America Men's At-Large Team, becoming only the third VMI wrestler to be so honored...Went 10-0 in dual matches and 3-0 in the SoCon before his injury...Won the 157-pound weight class at the Virginia Intercollegiate while placing second at the All-Academy Championships and third at the Pembroke Classic...Posted a 12-match winning streak in January and February.

**2005-06:** Posted his second 20-win season by going 20-14 overall...Earned ESPN The Magazine First Team Academic All-District honors, and was named to the NWCA All-Academic Team, one of only four SoCon wrestlers to be so honored with the sixth-highest GPA of the 68 honored wrestlers...Ranked third on the team in wins while leading the team with four major decisions and two technical falls...Also had three pins...Placed second at the Virginia Intercollegiate and All-Academy Championships, fourth at the SoCon Championships and sixth at the Southern Scuffle.

**2004-05:** Placed second on the team in wins (23) and win percentage (65.7%) while competing at 149, 157 & 165...Went 9-3 in dual matches, including a 4-0 mark at 149 & 157...Led the team in dual points won (35)...Placed 3rd at the Virginia Intercollegiate at 157...Placed 4th at the All-Academy Championships and SoCon Championships, both at 165...Won the 149 lb. class of the Keydet Invitational...Ranked among the top five freshmen in the SoCon with 23 wins...Five pins tied him for third-most on the team...Four major decisions were the second-most on the team...His pin of Appalachian State's Eddie Hutchinson turned the tide as the Keydets went on to a 27-18 SoCon win (1/27).

**High School:** Placed in State four times, as high as runner-up... Named District MVP as a junior... Won the NHSCA Virginia Beach Nationals and the Ironman Tennessee competition... Compiled a 113-13 career record... Also lettered three years in football...Valedictorian.

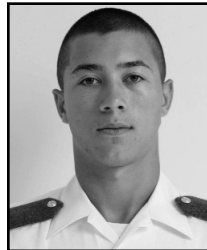
**Personal:** Son of Ed Cunningham and Carla Morgan... Mechanical Engineering major.

### Cunningham's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
04-05	23-12	9-3	3-2	4	0	5	35
05-06	20-14	7-5	2-3	4	2	3	28
06-07	24-6	10-0	3-0	3	1	4	35
<b>Total</b>	<b>67-32</b>	<b>26-8</b>	<b>8-5</b>	<b>11</b>	<b>3</b>	<b>12</b>	<b>98</b>



**Tommy Cunningham**



## Andrew Dionne

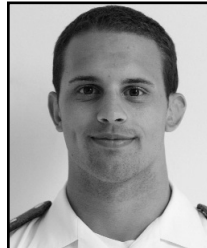
**141 lbs.**

- Freshman
- Martinsville, Va.
- Martinsville

**On Dionne:** Expected to provide depth at 141 or 149 lbs.

**High School:** Four-year letterwinner at Martinsville...Three-Time Team Captain...Won Team MVP, Most Improved and Coaches Award...Went 101-34 in his career, winning two District and two Regional Championships...Also a three-time member of Team Virginia...Runner-Up at 2007 Virginia AA State Championships at 140 lbs...Also a three-year letterwinner in soccer, as he was twice named All-District and All-Region...Scored 20 goals and had 60 assists while winning two regional championships...Four-time VHSL Scholar-Athlete.

**Personal:** Son of Pierre Dionne and Vera Cox-Dionne...Civil Engineering major.



## Kyle Elgert

**165 lbs.**

- Junior
- Glen Allen, Va.
- Hermitage

**On Elgert:** Expected to hold down the starting spot at 165 lbs.

**2006-07:** Competed in 11 of VMI's 14 duals...Posted a 6-2 win at 197 pounds against Rory Bosek of Liberty...Wrestled at 174, 184 and 197...Posted a major decision at the All-Academy Championships, wrestling at 197 lbs.

**2005-06:** Started for the Keydets at both 184 and 197 lbs...Posted a major decision at the All-Academy Championships,

# Meet The



# Keydets

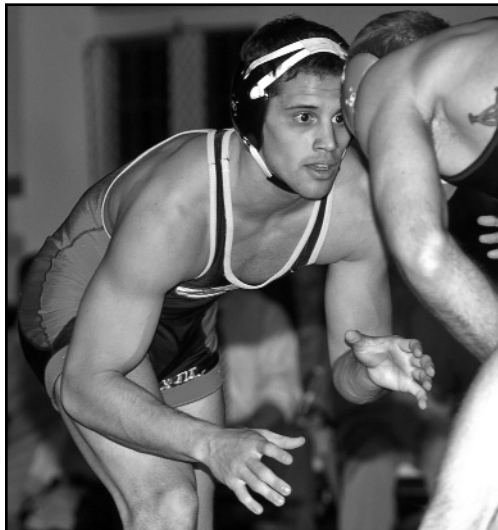
competing at 197 lbs...Won two matches at the Nittany Lion Open, competing at 184 lbs.

**High School:** Four-year letterwinner at Hermitage...Two-time team MVP, District Champ and Regional Champ...Three-year captain while wrestling from 145 lbs. to 171 lbs...Set a school record with 47 wins in a season...Ranks second all-time at Hermitage with 133 wins...Also lettered twice in football and was a member of the All-Region team...Competed in cross country...Grandfather played professional baseball...Won the Principal's Merit Award.

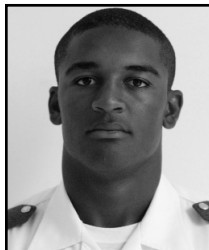
**Personal:** Son of Kenneth and Mercedes Elgert...Chemistry major.

## Elgert's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
05-06	5-22	1-10	0-5	1	0	0	6
06-07	3-19	1-10	0-4	1	0	0	3
<b>Total</b>	<b>8-41</b>	<b>2-20</b>	<b>0-9</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>9</b>



**Kyle Elgert**



## Ronnie Ellsworth

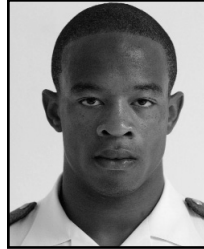
**197 lbs.**

- Freshman
- Newport News, Va.
- Menchville

**On Ellsworth:** Expected to compete for a starting spot at 184 or 197 lbs.

**High School:** Placed sixth at the Virginia AAA State Championships at 215 pounds as a senior...Two-time District Champion and Regional runner-up...Went 35-7 as a senior...Competed for the Peninsula Wrestlers Association.

**Personal:** Son of Ronald and Sybil Ellsworth...Civil Engineering major.



## Brandon Franklin

**141 lbs.**

- Sophomore
- Lanham, Md.
- Ocean Lakes (Md.)

**On Franklin:** Expected to redshirt the 2007-08 season.

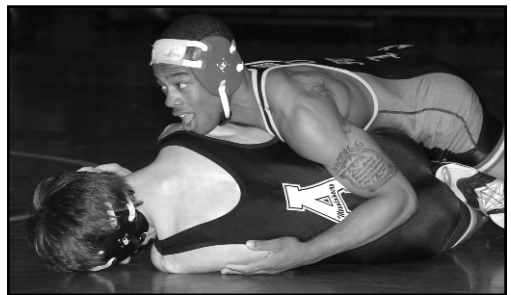
**2006-07:** Wrestled the second-most matches on the team (42), finishing as one of five Keydets with at least 20 wins...Placed fourth in the 141-pound weight class at the Southern Conference Championships, Pembroke Classic and the All-Academy Champs... Also won the 141-pound weight class at the VMI Fall Brawl...Won 11 of his first 12 collegiate matches...Recorded one of his three pins on the season against ASU's Clinton Swango at the SoCon Championships...Competed in 13 of the team's 14 dual matches.

**High School:** Three-year letterwinner at Ocean Lakes...Placed third at the Virginia State AAA Championship at 140 lbs...Also competed at the NHSCA Senior Nationals, placing fifth at 140 pounds, making him Ocean Lakes' first All-American wrestler... School recordholder with 189 takedowns in a season...Also a two-year letterwinner on the football squad.

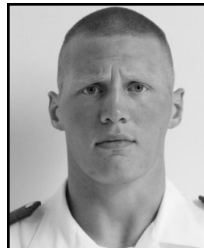
**Personal:** Son of Sharyl Stewart...Economics and Business major.

## Franklin's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
06-07	23-19	5-8	2-3	4	1	3	17
<b>Total</b>	<b>23-19</b>	<b>5-8</b>	<b>2-3</b>	<b>4</b>	<b>1</b>	<b>3</b>	<b>17</b>



**Brandon Franklin**



## Michael Frossard

**174 lbs.**

- Freshman
- Gurnee, Ill.
- Warren Township

**On Frossard:** Expected to provide depth at 165 or 174 lbs.

**High School:** Two-year letterwinner at Warren Township...

Competed at 171 pounds and 189 pounds...Two-time winner of the Team Hustle Award...Named Athlete of the Week...Also competed in Football and Track...Class President...Member of the National Honor Society...Won the Illinois Principals Association Award.

**Personal:** Son of Harold and Valerie Frossard...Mechanical Engineering major...Eagle Scout.

# Meet The



# Keydets



## Ryan Goodsell

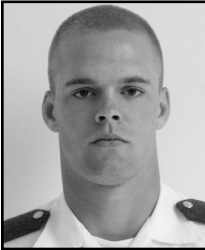
**133 lbs.**

- Freshman
- Rhoadesville, Va.
- Orange County

**On Goodsell:** Could contribute this season at 133 lbs.

**High School:** Three-time placewinner in the Virginia AA State Championships at 125 lbs...State runner-up as a junior, and placed fifth in the 125 lb. class as both a sophomore and senior...Also qualified for the State Championships as a freshman... Selected to the All-Area team by both the Free-Lance Star and Daily Progress...Competed for the Virginia USA Wrestling Freestyle National Team...Also a four-year letterwinner as a kicker on the football team, earning 2nd team All-District accolades, while also lettering twice as a forward on the soccer team, earning All-District and All-Area plaudits.

**Personal:** Son of Nathan and Cheryl Goodsell...Mechanical Engineering major...Eagle Scout...Brother, Jordan, wrestled at Southern Virginia.



## Jayme Gordon

**157 lbs.**

- Freshman
- Virginia Beach, Va.
- First Colonial

**On Gordon:** Expected to provide depth at 157 pounds.

**High School:** Three-year letterwinner at First Colonial... Two-time placewinner at the Virginia AAA State Championships... As a junior, placed third at States at 152 lbs. and placed sixth as a senior at 160 lbs...Went 155-35 in his career.

**Personal:** Son of James and Pattie Gordon...Economics and Business major.



## Sharif Gray

**133 lbs.**

- Freshman
- Fairfax, Va.
- Chantilly

**On Gray:** Expected to provide depth at 133 pounds.

**High School:** Four-year letterwinner at Chantilly...Wrestled at 119 and 130 pounds...Placed sixth at the 2007 Virginia AAA State Championships at 130 lbs...Named Honorable Mention All-Met as a senior...Three-time State Qualifier...District Champion and two-time Regional Finalist...Two-time MVP and Three-time Team Captain...Four-time member of Team Virginia...Member of the Liberty, Concorde and Gunston Mat Clubs...Honor Roll student.

**Personal:** Son of Anthony Gray and Heba El-Shazli... International Studies major.



## Ross Harris

**125 lbs.**

- Freshman
- Richmond, Va.
- Mills Godwin

**On Harris:** Expected to provide depth at 125 pounds.

**High School:** Four-year letterwinner at Mills Godwin...School record-holder for most career wins with 153, against only 45 losses...Three-time District Champion...Two-time Regional Runner-Up...Member of the Impact Wrestling Club.

**Personal:** Son of Bob and Maureen Harris... Economics and Business major.



## John Held

**149 lbs.**

- Freshman
- Williamsburg, Va.
- Lafayette

**On Held:** Expected to provide depth at 149 pounds.

**High School:** Four-year letterwinner at Lafayette...School record-holder for most career wins, going 173-41...Placed third in 2007 Virginia AA State Wrestling Championships at 140 lbs...Went 55-5 as a senior...Member of the Math Honor Society.

**Personal:** Son of Bruce and Joanne Weber...Mechanical Engineering major.



## Jon Horne

**165 lbs.**

- Sophomore
- Falls Church, Va.
- Hayfield

**On Horne:** Could contribute this season at 165 lbs.

**2006-07:** Competed at the VMI Fall Brawl and Davidson Open, both at 157 pounds.

**High School:** One-year letterwinner at Hayfield, competing at 171 lbs...Competed at Junior national Freestyle/Greco Championships in Fargo, N.D...Also lettered two years in football at Hayfield.

**Personal:** Son of Robert Marshall and Michelle Horne...Aunt, Norma Horne, played basketball at George Mason...Biology major.

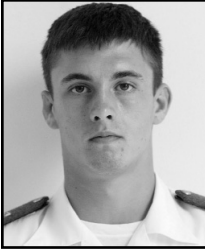
### Horne's Career Stats

Yr.	Overall	Dual	SoCon	MD	TE	Pins	Pts.
06-07	0-4	0-0	0-0	0	0	0	0
<b>Total</b>	<b>0-4</b>	<b>0-0</b>	<b>0-0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

# Meet The



# Keydets



## Lance Long

**133 lbs.**

- Sophomore
- Quinton, Va.
- Benedictine

**On Long:** Expected to provide depth at 125 or 133 lbs.

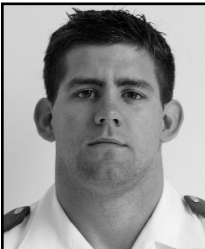
**2006-07:** Won the 125 pound weight class at the VMI Fall Brawl...Also competed at the Pembroke Classic, Keystone Classic, Davidson Open and Virginia Intercollegiates...Wrestled three dual matches, two at 125 and one at 133.

**High School:** All-time winningest wrestler at Benedictine, claiming over 120 career victories...Claimed fifth place at the VISWA State Championship.

**Personal:** Son of Lance and Karen Long...Biology major.

### Long's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
06-07	3-11	0-3	0-0	0	0	1	0
<b>Total</b>	<b>3-11</b>	<b>0-3</b>	<b>0-0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>0</b>



## Dustin McCabe

**174 lbs.**

- Senior
- Gloucester Point, Va.
- Gloucester

**On McCabe:** Expected to start at 174 lbs...Will be counted on as a Team Captain and will need to give the Keydets reliable results.

**2006-07:** Posted a career-best 18 wins while going 3-1 in the Southern Conference...Wrestled a majority of the season at 174, but also won two matches at 184 and went 1-0 at 197...Placed third at the Virginia Intercollegiates and All-Academy Championships and fourth at the Pembroke Classic...Tied for the team lead with six major decisions...Wrestled in 11 of the team's 14 duals...Earned bonus points in three of his five dual wins.

**2005-06:** Won ten matches while competing at 174 lbs...Saw his greatest success in tournaments, placing third at the Virginia



**Dustin McCabe**

Intercollegiates, fourth at the All-Academy and Southern Conference Championships, and fifth at the Keystone Classic.

**2004-05:** Started for the Keydets in dual matches at 165, 174 and 184...Won the 165 lb. weight class of the W&L Invitational...Placed 3rd at the Va. Intercollegiates and Keydet Invitational at 165...Posted three wins by major decision, two by pin and one by technical fall...Was one of only four Keydets to mount 12 tournament victories.

**High School:** Three-year captain...Career 116-37 record...Fourth place in state (AAA), Greco State Champion and Richmond Invitational Champion as a senior...Twice finished third in region...Twice named All-District...Three-year starter in football.

**Personal:** Son of Glenn and Peggy McCabe...Biology major.

### McCabe's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
04-05	13-17	1-7	1-4	3	1	2	6
05-06	10-22	1-11	0-5	1	1	0	3
06-07	18-16	5-6	3-1	6	0	2	20
<b>Total</b>	<b>41-55</b>	<b>7-24</b>	<b>4-10</b>	<b>10</b>	<b>2</b>	<b>4</b>	<b>29</b>



## David Metzler

**141 lbs.**

- Redshirt Senior
- Dayton, Va.
- Turner Ashby

**On Metzler:** Expected to start at 141 or 149 lbs.

**2006-07:** Competed as an unattached entry at the Davidson Open and Southern Scuffle while redshirting...Went 5-2 while winning the 149-pound weight class at the Davidson Open.

**2005-06:** Placed fourth at the Southern Conference Championships at 141 lbs...Co-Captain...Missed four weeks due to injury...Claimed dual victories against Duke and Gardner-Webb.

**2004-05:** Missed the team's final five dual matches due to a knee injury suffered against Appalachian State (1/27) in the only dual match he lost...Contributed the second-most dual points on the team despite missing five matches...Led the team with six pins...Placed 2nd at the Va. Intercollegiates and 4th at the Keystone Classic and SoCon Championships, all at 141...Third on the team in win percentage (65.2%).

**2003-04:** One of only two Keydet wrestlers to post 30 wins as a freshman last year...Finished 24-13 in tournament matches...

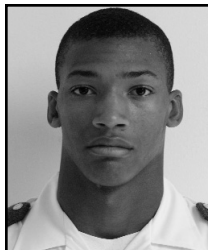
Recorded six wins by major decision and eight pins...Finished second at the All-Academy Championships, third at the SoCon Championships and Virginia States and fourth at the Carolina Open...Also placed fifth at the Southern Scuffle, sixth at the Keystone Classic and third at the Keydet Invitational.

**High School:** Four-year letterwinner at Turner Ashby...Four-time district and regional champion...Placed in top six of state championships all four years, twice capturing the state championship...Valley District Most Valuable Wrestler as a senior.

**Personal:** Son of Daniel Metzler and Guadalupe Alvarez...Biology major.

### Metzler's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
03-04	30-20	6-7	1-4	6	0	8	23
04-05	15-8	7-1	0-1	3	0	6	34
05-06	7-13	2-6	0-4	0	0	1	7
<b>Total</b>	<b>52-41</b>	<b>15-14</b>	<b>1-9</b>	<b>9</b>	<b>0</b>	<b>15</b>	<b>64</b>



## Curtis Moore

**184 lbs.**

- Freshman
- Stafford, Va.
- Gar-Field

**On Moore:** Expected to compete for a starting spot at 184 lbs.

**High School:** Four-year letterwinner at Gar-Field...School record-holder for wins in a single season, going 56-2 as a senior...Three-time State Qualifier...Career record of 121-42...As a senior, won District and Regional Championships and placed second at 2007 Virginia AAA State Championships at 189 lbs...Named All-Met and Potomac News' Most Improved Wrestler...Member of the Gunston Wrestling Club...Participated in the Scholastic Duals...Also a two-year letterwinner as a safety on the football team.

**Personal:** Son of Leander and Gail Moore... Psychology major.



## Josh Wine

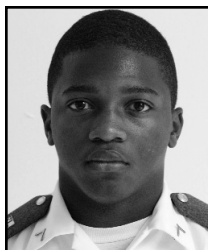
**285 lbs.**

- Freshman
- Fredericksburg, Va.
- Massaponax

**On Wine:** Expected to compete for a starting spot at heavyweight...Also a member of the Football team, where he plays on the defensive line.

**High School:** Virginia State AAA Champion at heavyweight as a senior, going 46-0 with 28 pins to bring his three-year career record to 105-9...As a junior, was runner-up in the AAA Championships at 285 lbs., when he went 28-3...Placed third in States as a sophomore...School record-holder with 105 career wins and 69 career pins.

**Personal:** Son of Jeff and Crystal Furnia...Psychology major.



## Johnathan Pope

**125 lbs.**

- Sophomore
- Hoover, Ala.
- Hoover

**On Pope:** Expected to redshirt the upcoming season...Plans to wrestle in open tournaments.

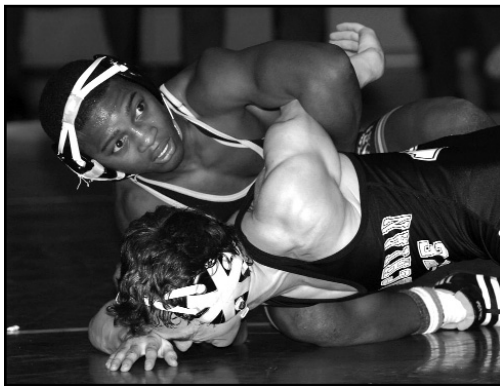
**2006-07:** Competed in 12 of VMI's 14 dual matches...Placed fourth at the Davidson Open at 125 pounds...Pinned Mostafa Ibrahim of George Mason while wrestling his lone match of the year at 133 lbs...Defeated Tyler Sim of The Citadel for his first SoCon win.

**High School:** Won the 6A State Championship in Alabama, wrestling at 103 lbs. his senior year...Helped Hoover to three of the last four 6A State Championships...Rated as high as 11th nationally in his weight class as a senior, and also collected a runner-up finish in the Alabama 6A State Championships at 112 lbs. in his junior season...Career record of 146-23.

**Personal:** Son of Jack and Andrita Pope...Computer Science major.



**David Metzler**



**Johnathan Pope**

### Pope's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
06-07	8-24	4-8	1-4	0	0	1	18
<b>Total</b>	<b>8-24</b>	<b>4-8</b>	<b>1-4</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>18</b>