



2005-06 VMI Wrestling Media Guide



Quick Facts

Location:Lexington, Va.
Nickname:Keydets
Founded:1839
Enrollment:1,300
Superintendent: Gen. J.H. Binford Peay (VMI '62)
Athletic Director:Donny White (VMI '65)
Conference:Southern
Arena:Cocke Hall (Cap. 700)
Head Coach:John Trudgeon (20th season)
Overall Record:131-134-3
Assistant Coaches: Jesus Wilson (1st season)
 Andrew Shuler (1st Season)
Starters Returning/ Lost:8/3
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Table of Contents

Coaching & Support Staff2-3
 Head Coach John Trudgeon2
 Assistant Coaches Jesus Wilson & Andrew Shuler .2
 Athletic Trainer Keith Silcox3
 Strength & Conditioning Coach Jimmy Whitten .3
2005-06 Season Outlook4-5
Roster6
Meet the Keydets6-11
A Note from Coach Trudgeon12
This is VMI Wrestling13-15
 The Thunderdome/Record vs. Opponents13
 Previous Champions/All-Americans14
 Year-By-Year Results14
 VMI Wrestling Wall of Fame15
2004-05 Statistics16
VMI FacilitiesInside Back Cover

Credits

The 2005-06 Virginia Military Institute wrestling media guide is a publication of the VMI Sports Information Office. **Written, Edited and Laid Out by:** Christian Hoffman, Assistant Sports Information Director.
Cover Design & Layout by: Christian Hoffman.
Editorial Assistance by: Wade Branner, Sports Information Director and Joel Balthaser. **Photography:** Chuck Steenburgh and John Lowery. **Printing by:** Collinsville Printing, Collinsville, Va.

2005-06 Schedule

Date	Event/Opponent	Location	Time
Nov. 13	at MatJam Duals	Boone, N.C.	10 a.m.
Nov. 20	at Keystone Classic	Philadelphia, Pa.	10 a.m.
Dec. 2	Gardner-Webb	Cocke Hall	6:15 p.m.
Dec. 4	at Nittany Lion Open	State College, Pa.	10 a.m.
Dec.29-30	at Southern Scuffle	Greensboro, N.C.	10 a.m.
Jan. 4	vs. Virginia	Fairfax, Va.	7:30 p.m.
Jan. 7	at Virginia State Champs.	Harrisonburg, Va.	10 a.m.
Jan. 13	at George Mason	Fairfax, Va.	7 p.m.
Jan. 18	Davidson *	Cocke Hall	7:30 p.m.
Jan. 21	at Maryland	College Park, Md.	1 p.m.
Jan. 26	at Appalachian State *	Boone, N.C.	7 p.m.
Feb. 2	The Citadel	Cocke Hall	7:30 p.m.
Feb. 4	at All-Academy Champs.	Kings Point, N.Y.	11 a.m.
Feb. 10	Chattanooga *	Cocke Hall	7:30 p.m.
Feb. 15	at UNC Greensboro *	Greensboro, N.C.	7 p.m.
Feb. 16	at Old Dominion	Norfolk, Va.	7 p.m.
Mar. 4	SoCon/ACC Champs.	Cameron Hall	11 a.m.
Mar.16-18	at NCAA Championships	Oklahoma City, Okla.	TBA



John Trudgeon

William & Mary '75 • 21st Season

131-134-3/ 19 seasons

2004 Virginia State Coach of the Year

Year-by-Year with John Trudgeon

Year	Overall	SoCon
2004-05	6-6-1	2-3
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	131-134-3	

Since taking the reins 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:

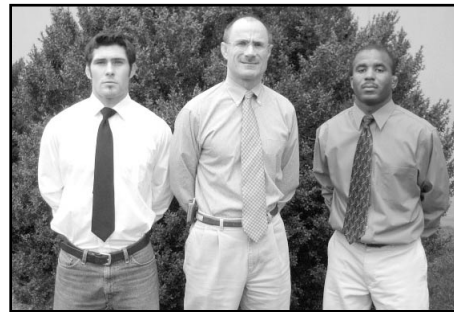
* At the completion of the 1995-96 season, VMI received votes in the Amateur Wrestling News Top 25 Coaches' Poll.

* 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 20 seasons as head coach, Trudgeon has posted a dual record of 131-134-2. 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.



The VMI Coaching Staff

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 masters 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 12.



Jesus Wilson

- Assistant Coach
- First Season
- Upper Iowa '03

Accomplished international grappler Jesus Wilson joined the VMI wrestling coaching staff this summer. Wilson comes to Lexington after serving as the head coach at Marine Military Academy last season, serving as the program's first head coach.

In 2003, Wilson won a Pan American Championship, along with a pair of silver medals at the U.S.A. Senior Nationals and World Cup. He is also a two-time NCAA Division III National Champion, won a silver medal at the World Team Trial and finished in fourth place at the 2002 U.S.A. Senior National Dual Championships.

Wilson earned his Bachelors Degree from Upper Iowa in 2003, where he worked as an assistant coach following his standout collegiate career. He has also worked as an assistant at University of Minnesota at Morris and with the Minnesota Storm Club.



Andrew Shuler

- Assistant Coach
- First Season
- Wyoming '05

Andrew Shuler joins the Keydet coaching staff following a standout career at the University of Wyoming. A two-time qualifier into the NCAA Division I Championships at 157 lbs., Shuler worked last season as a volunteer assistant for the Cowboys while finishing his Mathematics degree from UW.

As a junior, Shuler compiled a 17-13 record, while as a senior he led the Cowboys with 29 victories, against only seven losses. Counted among those 29 victories was a 13-0 record in dual matches and five major decisions.

The 1999 graduate of Brookville High School was also a three-time Virginia State Champion, winning the crown in 1997, 1998 and 1999. Shuler posted a 139-9 career record at Brookville and went 39-0 as a senior. He was also named as a High School All-American by Wrestling USA magazine.



Keith Silcox

- Athletic Trainer
- Third Season
- James Madison '03

After serving for one year as a graduate assistant at VMI, Keith Silcox was kept on to serve as a full-time assistant athletic trainer in the summer of 2004.

Silcox earned his masters degree in Athletic Training from the University of Virginia in the spring of 2004, 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
- Second 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.

Whitten 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 (3), and son Luke (2).

As the 2005-06 wrestling season approaches, head coach John Trudgeon knows that the going might be tough this season, but he has a team well prepared to deal with the challenges ahead. Such is the case when you bring back a solid core of wrestlers at the middleweights that should be able to keep the Keydets in most matches on their upcoming slate.

"We've got a solid nucleus coming back for us this year," says Trudgeon in his 21st season as head wrestling coach at VMI. "With guys like **Sam Alvarenga, David Metzler, Tommy Cunningham and Tyler Anthony** coming back in the middle, along with upperclassmen **Scott Buhman** and **Dustin McCabe** filling some of our upper weights, we have a good core group to set the foundation this season."

The season will no doubt be looked at as one that can be built on in the seasons to come with perhaps all of the ten starting spots filled by athletes with at least two years of eligibility remaining. Leading that group is **Alvarenga**, who carries a career record of 56-27 into his junior season and has won a Southern Conference title (2004) and a Virginia Intercollegiate title (2005) in his two years wrestling at 149 lbs. at VMI.

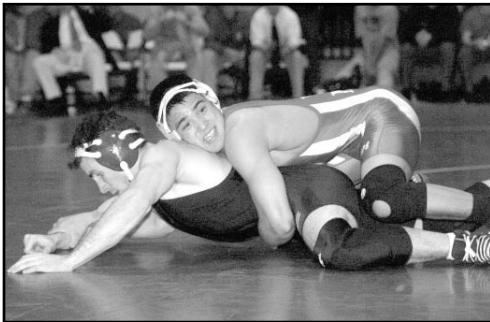
"Sam has really stepped into a leadership role on the team this year," said Coach Trudgeon. "Not having Dave Metzler around toward the end of last season (due to injury) really hurt Sam in the practice room, but this year he has a great situation with several good workout partners. He's come back with a fresh attitude and wants to improve on last year's season."

Posting VMI's second-most wins last season was **Cunningham**, who went 23-12 in his first season on post. Cunningham wrestled in three different weight classes, finally seeing a majority of his action at 165 lbs. This season, he is slated to primarily wrestle at 157, where he went 7-3 last season and 2-0 in dual matches.

"Tommy has really shown improvement already, and he's only a sophomore," said Trudgeon. "He still needs to improve offensively, but we've already seen significant improvement in that area. Pound-for-pound, he's the strongest kid on the team, and he's a great, well-rounded cadet. He has a 3.8 GPA in Mechanical Engineering, is a leader in his class and is here on an Air Force scholarship. He's well-respected on post and is a great example of a cadet-athlete."

Returning for his junior season at 141 is junior **David Metzler**. After suffering a knee injury against Appalachian State in his only dual loss of the season, Metzler missed the team's final five dual matches and returned at less than 100% at the Southern Conference Championships, where he finished fourth. A co-captain of the 05-06 team, Metzler is described as "one of the team's best technicians" and "very coachable" by Trudgeon, and ranks as a leader in the Regimental Staff in the VMI Corps of Cadets.

Redshirt junior **Scott Buhman** is one of two Keydets that have been in the program for three years who are expected to see the starting lineup, as senior **Chris Hardy** may see time at 157 and 165 this season. Buhman is penciled in as the team's starter at heavyweight after losing last season due to injury. He has a career 42-32 record and a 15-11 record in duals in his career. The runner-up at the Virginia Intercollegiate in 2004 and the SoCon Championships in 2003, Buhman will be a key for the Keydets this season to give them points at heavyweight.



Sam Alvarenga

Hardy saw action primarily at 157 last season, when he posted a 5-7 record in dual matches. However, Hardy may have been most impressive in tournaments, when he posted a runner-up finish at 157 at the Virginia Intercollegiate, along with a 3rd place finish at the All-Academy Championships. Wherever Hardy ends up in the lineup this season, he will be counted on to step up and wrestle more consistently to provide points as well.

Sophomore **Tyler Anthony** flew a bit under the radar last year, but posted a solid freshman campaign that saw him go 5-5 in dual matches and 2-3 in his first tour of duty in the SoCon. Anthony will once again hold down the starting 133 slot, and is expected to improve on a campaign that saw him post a top tournament result of 3rd at the Virginia Intercollegiate. "Nobody works harder and is more dedicated than Ty Anthony," said Trudgeon of his starting 133 pounder.

Fellow sophomore **Dustin McCabe** will be counted on as well to fill in at a number of weight classes in the early going. McCabe was the Keydets' Mr. Versatility last season, wrestling in four different weight classes. He saw a majority of his action at 165, where he went 12-6 in tournaments, winning the Washington & Lee Invitational and placing third at the Virginia Intercollegiate. This season, he will be expected to contribute at 174 and 184.

The upper-middle weights will be in flux for the first half of the season, until a pair of wrestlers rejoin the team in the second semester. Junior **Corry Murray** went 8-2 in duals last season wrestling at 184 and 197, while **Bryan Evans** got off to an impressive start to his freshman campaign last season, going 3-1 in duals and 7-6 overall in the first semester. Those two would solidify the upper half of the starting lineup, allowing teammates like McCabe and Hardy the chance to settle in at lesser weights where they could thrive.

Kyle "Cubby" Elgert will be counted on the most of the Keydet freshman this season, as he is expected to see time at 174 & 184 this season. An accomplished high school wrestler, Elgert ranks second on the all-time wins list at Hermitage High School with 133 career victories and won the Central Region title at 171 as a junior and senior.

Other newcomers that could contribute this season include **Brandon Stillo, Adam Underwood, Will Lewis, Leon Barrow** and **Niels Madsen**. Stillo will push Anthony at 133 and comes from a good scholastic program in New Jersey, but has been

Virginia Military Institute Wrestling 2005-06

slowed by a hand injury in the preseason, while Lewis and Madsen may see time at 197, especially in the first semester. Underwood could see some time at 165 this season, while Barrow, along with sophomore **Erik Olson**, are expected to back up Buhman at heavyweight. **Wayne Huggins** has returned to the team after wrestling in the 2003-04 season, but will have to recover from a knee injury suffered last month before he can return to action.

Other upperclassmen that will be thrown into the mix include first classmen **Jesse Hills** and second classman **John Burton**, who may see time at 165.

The team's biggest challenge will come up front, as the Keydets will, for the first time in Coach Trudgeon's 21 seasons, not be able to field a competitor at a weight class. While giving away six points to begin every match by not fielding a 125 pounder will obviously make things difficult for the Keydets this season, it is not expected to be a death blow to the team's success.

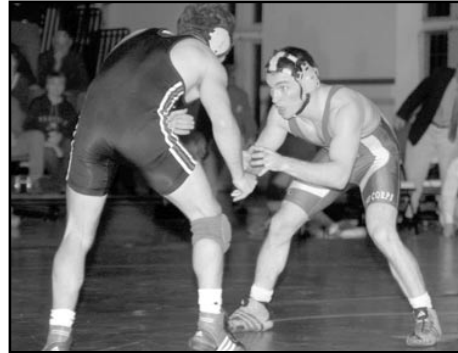
A pair of new faces on the side of the mat will bring loads of experience to the team this season. Jesus Wilson and Andrew Shuler have joined the program as assistants, and each bring impressive credentials to the Institute. Wilson is a two-time NCAA Division III national champion and won his weight class at the 2003 Pan-American Games, and has since served as an assistant at his alma mater (Upper Iowa), Minnesota-Morris and as head coach at Marine Military Academy. Shuler comes to Lexington after serving as the volunteer assistant at Wyoming while finishing his degree last year. The three-time Virginia state high school champion was a two-time NCAA Division I National Tournament qualifier and went 29-7 as a senior as a Cowboy.

"Jesus and Andrew have been a real shot in the arm to the program," said Trudgeon. "I've been very appreciative of their effort so far. They've spent a lot of time in the practice room and have a lot of new ideas, training methods and philosophies which should do nothing but help our guys on the mat. They're off to a solid start, there's a lot to learn around here, but they have done a great job of adapting so far."

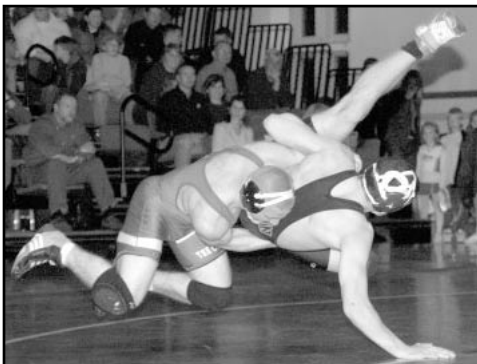
The team's schedule this season will be a tough one, featuring duals against some of the Southeast's top teams and appearances in impressive tournaments as well. Kicking off the year will be an appearance at the Mat Jam Duals, featuring matches between ACC and Southern Conference opponents. There the Keydets will take on defending ACC champions North Carolina, as well as Duke. Other dual match-ups on the road this season will include trips to Maryland, George Mason, Old Dominion, UNC Greensboro and Appalachian State, as well as the team's annual neutral site showdown with Virginia. This season, the "Battle on the Beltway" will move North from Richmond to Fairfax and will be hosted by Robinson High School.

Along with those trips for dual matches, the team will travel to several tournaments, including the Keystone Classic in Philadelphia, the Nittany Lion Open hosted by Penn State, the Southern Scuffle hosted by UNC Greensboro, the Virginia Intercollegiate hosted by JMU and the All-Academy Championships in King's Point, N.Y.

"This year's schedule is demanding, there's no doubt," said Trudgeon. "Every dual that we win will be hard-earned. But we're going to some great events, and I think we have some guys that can make strong showings at the tournaments. The Mat Jam Duals will be a great opportunity to match up some programs that may not normally have a chance to wrestle each other, and I hope it's something that continues. And I'm glad we're able to continue our annual match-up with Virginia, that has turned into a win-win for both programs. Any time that you can wrestle in front of a packed house is a great opportunity. My hat's off to the Rumble on the River group at St. Christopher's, they have done a great job in the past with hosting that event, and I'm sure the guys up at Robinson HS will do a stand-up job as well."



David Metzler



Tommy Cunningham

The Keydets will host four dual matches this season at the Thunderdome, as Gardner-Webb will be the team's home opener on Dec. 2. Davidson, The Citadel and Chattanooga will each come to town as part of their Southern Conference slate. But it is another event that has the Lexington wrestling community and Coach Trudgeon buzzing. Cameron Hall will be the site of Mat Jam 2006, as the SoCon and ACC Championships will be decided on March 4.

"We're so excited about Mat Jam coming here," said Trudgeon. "We hope that the school and community are excited as well. We think there will be a great crowd out to see six ACC schools competing at Cameron Hall, as well as the six Southern Conference teams. It will give our guys a great chance to wrestle for conference championships on post. Cameron Hall will be a great venue for the event, we'll put four mats out and have action going from bleacher to bleacher all day."

6 Roster/Meet The Keydets

<u>Name</u>	<u>Weight Class</u>	<u>Cl.</u>	<u>Hometown/Previous School</u>	<u>HS Coach</u>
Sam Alvarenga	149	Jr.	Springfield, Va./Thomas Edison	Chris Summitt
Tyler Anthony	133	So.	Canton, Ohio/Glen Oak	Tom Milkovich
Leon Barrow	285	Fr.	Williamsburg, Va./Lafayette	Bruce Shumaker
Scott Buhman	285	Sr.	Portage, Ind./Portage	Ed Pendoski
John Burton	157	Jr.	Arlington, Va./Yorktown	Scott Brooks
Jay Carter	141	Jr.	Martinsville, Va./Martinsville	Chad Ratliff
Vince Cole	141	So.	Richmond, Va./L.C. Bird	Tony Yonta
Tommy Cunningham	149	So.	Columbus, Ohio/Groveport-Madison	Gary Mossor
Kyle Elgert	174	Fr.	Glen Allen, Va./Hermitage	Kelly Guenpel
Jochen Granja	133	Sr.	Lorton, Va./Hayfield	Roy Hill
Chris Hardy	157	Sr.	Chesapeake, Va./Western Branch	Brian Dugan
Jesse Hills	149	Sr.	Terre Haute, Ind./South Vigo	Steve Joseph
Wayne Huggins	184	Jr.	Midlothian, Va./Clover Hill	Mike Stefanko
Will Lewis	197	Fr.	Wytheville, Va./ George Wythe	Trey Jones
Niels Madsen	197	Fr.	Pittsburgh, Pa./Shaler Area	Rick LaFerrier
Dustin McCabe	165	So.	Gloucester, Va./Gloucester	Joe Boone
David Metzler	141	Jr.	Dayton, Va./Turner-Ashby	John Fincham
Erik Olson	285	So.	Springfield, Va./Hayfield	Roy Hill
Stephen Partin	157	Jr.	Colonial Heights, Va./Thomas Dale	Ray Ward
Isaac Putnam	157	Fr.	Eatonville, Wash./Eatonville	Dan Hoffman
Brandon Stillo	133	Fr.	Phillipsburg, N.J./Phillipsburg	Rick Thompson
Robert Taylor	141	So.	Newport News, Va./Menchville	Chris Wiatt
Adam Underwood	165	Fr.	Rocky Mount, Va./Franklin Co.	Emanuel Brown

Head Coach: John Trudgeon (William & Mary '75); 21st season

Assistant Coaches: Jesus Wilson (Upper Iowa '03); 1st season
Andrew Shuler (Wyoming '04); 1st season



Sam Alvarenga

- Junior ● 149 lbs.
- Springfield, Va.
- Thomas Edison

2005-06: Expected to start for the third straight season at 149 lbs.

2004-05: Led the team in wins (24) for the second straight season while also leading the Keydets in win percentage (68.6%)...Won the 149 lb. weight class at the Va. Intercollegiates and was second at 149 in the Keystone Classic...Placed third at the All-Academy Championships at 149...Went 9-3 in dual matches and 4-1 in the SoCon...Led team with six major decisions.

2003-04: The Keydets' most successful wrestler as a freshman...Won the Southern Conference's 149 lb. weight class and earned a trip to Nationals...Won 32 matches (32-15), most on the team...Recorded a 10-3 record in dual meets and a 3-2 SoCon record...Posted three wins by major decision and seven pins...Wrestled at 141 lbs and 149 lbs...Had second place finishes at 149 lbs. at the Virginia Intercollegiates and the All-Academy Championships.

High School: Four-year letterwinner at Edison...A two-time Virginia AAA State placewinner and a state runner-up at 135 lbs. as a senior...Was the 2003 NWCA High School Open champion at

140 lbs. en route to posting a high school career record of 107-23 and earning the honor of first team All-Met as a senior...Majoring in Economics and Business.

Alvarenga's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
03-04	32-16	10-4	3-2	3	0	7	38
04-05	24-11	9-3	4-1	6	0	1	29
Total	56-27	19-7	7-3	9	0	8	67



Tyler Anthony

- Sophomore ● 133 lbs.
- Canton, Ohio
- Glen Oak

2005-06: Again slated to start at 133 lbs.

2004-05: Started for the Keydets at 133 lbs., winning 12 of 27 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, both at 133 lbs.

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

Virginia Military Institute Wrestling 2005-06

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...Was named Team MVP in baseball after hitting .470...Lettered one year in football, playing cornerback... 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
Total	12-15	5-5	2-3	0	3	1	18



Leon Barrow

- Freshman ● 285 lbs.
- Williamsburg, Va.
- Lafayette

2005-06: Expected to provide depth at heavyweight.
High School: Four-year letterwinner at Lafayette...Named All-District, All-Region and All-State at heavyweight for head coach Bruce Shumaker...Also 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 shot-put and discus.



Scott Buhman

- Junior ● 285 lbs.
- Portage, Ind.
- Portage

2005-06: Expected to start at heavyweight.
2004-05: Had his junior season cut short due to injury...Competed at the Cliff Keen Las Vegas Invitational, scoring his lone win of the season.
2003-04: Posted 19 wins while wrestling at heavyweight... Won five matches by major decision and had four pins...Went 8-5 in dual meets and 4-1 in the SoCon ...Turned in a second place finish at the Virginia Intercollegiates and third place finishes at the All-Academy and Southern Conference Championships.
2002-03: Enjoyed a fine freshman campaign that was capped off by a second place finish at the SoCon Championships... Named first team all-conference... Placed third at All-Academy Championships and at Virginia Intercollegiates... Placed fourth at Keystone Classic...Took top honors at Keydet Invitational... Recorded a 22-15 overall record and a 4-1 SoCon record... Recorded four major decisions and two pins.
High School: Four-time letterwinner at Portage...Placed fifth in the state...Champion of the Duneland Conference...Posted a record of 41-2 as a senior...As a junior, he was a sectional and regional champion...Won individual silver medal at Down Under Games in Australia...Also lettered three years in football...History and International Studies major.

Buhman's Career Stats							
Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
02-03	22-15	6-4	4-1	4	1	2	28
03-04	19-13	9-5	4-1	5	0	4	35
04-05	1-4	0-2	0-0	0	0	0	0
Total	42-32	15-11	8-2	9	1	6	63




John Burton

- Junior ● 157 lbs.
- Arlington, Va.
- Yorktown

2005-06: Could start at 165 lbs.
2004-05: Wrestled in 12 tournament matches...Placed 3rd at the W&L Invitational at 165 lbs...Competed at 197 lbs. in the SoCon Championship...Recorded two major decisions.
2002-04: Traveled to Chile for a two-year mission.
2001-02: Wrestled in six matches at 149 lbs.
High School: Four-year letterwinner at Yorktown...Two-time All-State wrestler... Earned Coaches' Award as a senior...International Studies major.

Burton's Career Stats							
Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
01-02	0-6	0-1	0-0	0	0	0	0
04-05	5-7	0-0	0-0	2	0	0	0
Total	5-13	0-1	0-0	2	0	0	0



Jay Carter

- Junior ● 141 lbs.
- Martinsville, Va.
- Martinsville

2005-06: Expected to provide depth at 141.
2004-05: Moved into the starting slot at 141 lbs. following a season-ending injury to David Metzler...Competed in all but one SoCon match at 141...Won four matches, all in tournaments... Placed 3rd at the W&L Invitational at 141.
2003-04: Won three matches, all in tournaments, wrestling at 141 lbs...Two of those three wins by major decision.
High School: Four-year letterwinner at Martinsville ...Four-time district champion...Four-time regional champion...2002 regional champion...2002 state finalist ...Two-time district MVP...Received Big M Award in 2002...Economics and Business major.

Carter's Career Stats							
Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
03-04	3-9	0-0	0-0	2	0	0	0
04-05	4-12	0-5	0-4	0	0	0	0
Total	7-21	0-5	0-4	2	0	0	0



Tyler Anthony



Vince Cole

- *Sophomore • 141 lbs.*
- *Richmond, Va.*
- *L.C. Bird*

2005-06: Will provide depth at 141 & 149.
2004-05: Wrestled in three tournaments, collecting four wins...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...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
Total	4-6	0-0	0-0	0	0	0	0



Tommy Cunningham

- *Sophomore • 157 lbs.*
- *Columbus, Ohio*
- *Groveport-Madison*

2005-06: Slated to start at 157 lbs.
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 Va. Intercollegiates 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...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
Total	23-12	9-3	3-2	4	0	5	35

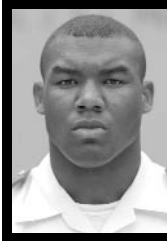


Kyle Elgert

- *Freshman • 174 lbs.*
- *Glen Allen, Va.*
- *Hermitage*

2005-06: Could battle for a starting spot at 174 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... Chemistry major.



Bryan Evans

- *Sophomore • 197 lbs.*
- *Manassas, Va.*
- *Forest Park*

2005-06: Expected to return to the team second semester and could start at 197 lbs.
2004-05: Posted a 7-6 record overall and placed second at the Keydet Invitational...Won three of four dual matches he wrestled.
High School: AAA state champion, went 44-0 as a senior... Named first team All-State...Top 20 at NHSCA senior nationals... Winningest wrestler at Forest Park... 149-33 career record... Started 40 consecutive football games, three-time All-District selection...Brother Sid played football at James Madison... Economics and Business major.

Evans' Career Stats							
Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
04-05	7-6	3-1	0-0	1	0	3	13
Total	7-6	3-1	0-0	1	0	3	13



Jochen Granja

- *Senior • 133 lbs.*
- *Lorton, Va.*
- *Hayfield*

2005-06: Will provide depth at 133.
2004-05: Won five matches at 133 lbs...Placed 3rd at the W&L Invitational...Won his first dual match vs. JMU, a 6-2 decision on 11/13...Won one match by pin.
2003-04: Won eight matches at 133 lbs., all in tournaments... Recorded one pin... Finished third at the Keydet Invitational.
2002-03: Won two matches...Posted a major decision.
High School: Two-year letterwinner at Hayfield...Two-time district champion...Regional champion and sixth place state finisher as a senior...Chemistry major.

Granja's Career Stats							
Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
02-03	2-8	0-0	0-0	1	0	0	0
03-04	8-9	0-0	0-0	0	0	1	0
04-05	5-7	1-2	0-0	0	0	1	2
Total	15-24	1-2	0-0	1	0	2	2



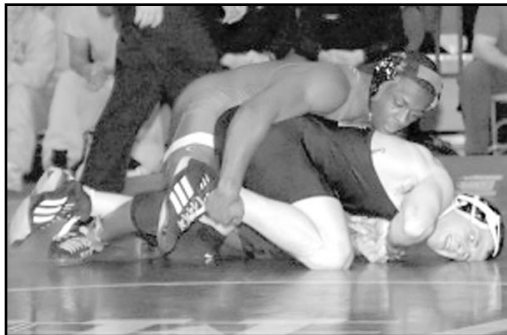
Chris Hardy

- Senior • 157 lbs.
- Chesapeake, Va.
- Western Branch

2005-06: Will battle for a starting spot at 157 & 165.
2004-05: Won 12 matches, including five in duals...Saw time primarily at 157, but also at 165...Won his only SoCon match of the year at 165, pinning Neal Martin to defeat Appalachian State...Placed 2nd at the Va. Intercollegiates at 3rd at the All-Academy Championships at 157...Counted two major decisions and a pin in his 12 victories.
2003-04: Had an 18-14 record overall and a 7-6 record in dual meets... Posted a 2-3 SoCon record at 157 lbs... Won two matches by major decision and three by pin... Finished in second place at the Southern Conference Championships and fourth place at the All-Academy Championships.
2002-03: Took over as VMI's 149-pounder midway through the season...Won 12 matches...Placed fourth at SoCon Championships and Virginia Intercollegiates ...Took top honors at the Keydet Invitational...Had two pins and two major decisions.
2001-02: Took a redshirt season while posting a 5-3 record in tournaments as an unattached wrestler ...Placed second at the VMI Invitational.
High School: Four-year letterwinner at Western Branch ...Two-time placewinner at state championships...Placed second in the Tournament of Champions in Ohio...Team placed second in the state in his senior season...Psychology major.

Hardy's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
02-03	12-13	1-3	1-1	2	0	2	3
03-04	18-14	7-6	2-3	2	0	3	28
04-05	12-17	5-7	1-4	2	0	1	19
Total	42-44	13-16	4-8	6	0	6	50



Chris Hardy



Jesse Hills

- Senior • 149 lbs.
- Terre Haute, Ind.
- South Vigo

2005-06: Expected to provide depth at the middle weights.
2004-05: Won two matches at the Keydet Invitational at 157...Earned the first pin of his career in only 31 seconds.
2003-04: Wrestled in two matches, both in tournaments.
High School: Four-year letterwinner at Terre Haute South Vigo...recipient of Mik Engle Award...International Studies/ major.

Hills' Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
03-04	0-2	0-0	0-0	0	0	0	0
04-05	2-2	0-0	0-0	0	0	1	0
Total	2-4	0-0	0-0	0	0	1	0



Wayne Huggins

- Junior • 184 lbs.
- Midlothian, Va.
- Clover Hill

2005-06: Will look to contribute at 184 following an injury suffered in preseason.
2004-05: Was not with the team.
2003-04: Competed in one tournament at 165 lbs.
High School: Four-year letterwinner at Clover Hill...team captain and MVP for his senior season...broke school record for most nearfall points in a season with 48...led team in reversals, wins, pins and major decisions as a senior...2003 Dominion District champion...2003 Central Region champion...two-time All-Southeast Region...three-time all-state freestyle Greco-Roman...Business and Economics major.

Huggins' Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
03-04	0-2	0-0	0-0	0	0	0	0
Total	0-2	0-0	0-0	0	0	0	0



Will Lewis

- Freshman • 197 lbs.
- Wytheville, Va.
- George Wythe

2005-06: Expected to provide depth at 197 lbs.
High School: Four-year letterwinner at George Wythe...Won three matches at the A State Championships at 215 lbs. as a senior...Placed second in the Region as well...Three-year letterman in football as well...Business & Economics major.

10 Meet The Keydets



Niels Madsen

- Freshman ● 197 lbs.
- Pittsburgh, Pa.
- Shaler Area

2005-06: Expected to provide depth at 197 lbs.
High School: Three-year letterwinner at Shaler Area... Competed at 215 lbs. and heavyweight under head coach Rick Laferrier... Also lettered two years in football at offensive guard and defensive line.



Dustin McCabe

- Sophomore ● 165 lbs.
- Gloucester, Va.
- Gloucester

2005-06: Expected to start at either 174 or 184 this season.
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 on football team... 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
Total	13-17	1-7	1-4	3	1	2	6



David Metzler

- Junior ● 141 lbs.
- Dayton, Va.
- Turner-Ashby

2005-06: Projected to start at 141 lbs.
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... Went 6-7 in dual meets, 1-4 in the SoCon... Recorded six wins by major decision and eight pins... Finished second at the All-Academy Championships, third at the SoCon Championships

and Virginia Intercollegiates and fourth at the Rubbermaid Open.

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... 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
Total	45-28	13-8	1-5	9	0	14	57



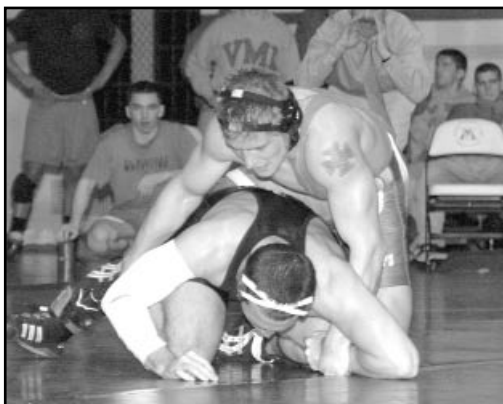
Corry Murray

- Junior ● 184 lbs.
- Tully, N.Y.
- Tully

2005-06: Expected to return to the team second semester and could start at 184 lbs.
2004-05: Excelled in dual meets, going 8-2 in such matches... Split his time between 184 and 197, going 4-1 in dual matches at each weight... Went 2-1 in the SoCon at 197... Recorded two pins.
2003-04: Posted an 19-16 overall record, including an 8-6 record in dual meets... Went 3-2 in SoCon matches... Recorded four major decisions, three technical falls and four pins... Came in second place at the Virginia Intercollegiates and the SoCon Championships.
2002-03: Took a redshirt season and did not wrestle in dual meets... Went 7-4 in tournaments, taking the 174 lb. bracket in the Keydet Invitational.
High School: Four-year letterwinner at Tully... Named most outstanding wrestler... Placed second in New York Sectionals as a senior and third as a junior... Recorded most wins and pins in school history... Also lettered four years in football and two years in lacrosse... Psychology major.

Murray's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
02-03	7-4	0-0	0-0	1	0	0	0
03-04	19-16	8-6	3-2	4	3	4	35
04-05	8-8	8-2	2-1	0	1	2	32
Total	34-30	16-8	5-3	5	4	6	67



Corry Murray



Erik Olson

- Sophomore ● 285 lbs.
- Springfield, Va.
- Hayfield

2005-06: Will provide depth at heavyweight.
2004-05: Competed in two tournaments, placing 4th at the W&L Invitational at heavyweight...Earned both victories via pins at W&L.
High School: Two-year letterman at Hayfield as a heavyweight... Competed at "The Clash" and received the National High School Duals Academic Award... Received honorable mention in state science fair... Psychology major.

Olson's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
04-05	2-4	0-0	0-0	0	0	2	0
Total	2-4	0-0	0-0	0	0	2	0



Stephen Partin

- Junior ● 157lbs.
- Colonial Heights, Va.
- Thomas Dale

2005-06: Expected to provide depth at the middle weights.
2004-05: Did Not See Action.
2003-04: Finished the season 2-6, all in tournaments... Recorded one victory by major decision.
High School: Four-year letterwinner at Thomas Dale... Four-time district champion... Three-time state qualifier... Regional runner-up and champion while at Thomas Dale... Posted career record of 101-24... Team MVP junior and senior seasons... Business & Economics major.

Partin's Career Stats

Yr.	Overall	Dual	SoCon	MD	TF	Pins	Pts.
03-04	2-6	0-0	0-0	1	0	0	0
04-05	Did not Compete						
Total	2-6	0-0	0-0	1	0	0	0



Isaac Putnam

- Freshman ● 157 lbs.
- Eatonville, Wash.
- Eatonville

2005-06: Expected to provide depth at 157 lbs.
High School: Four-year letterwinner at Eatonville... Placed third in districts as a junior... An athletic scholar as a junior... Attended Western Washington University, where he was an RHA representative and Residence Hall President... Electrical Engineering major.



Brandon Stillo

- Freshman ● 133 lbs.
- Phillipsburg, N.J.
- Phillipsburg

2005-06: Will battle for a starting spot at 133.
High School: Four-year letterwinner at Phillipsburg... Three-time district champion, four-time regional placewinner and one-time regional champion... Compiled a 104-35 career record... Four-time Hunterdon/Warren Champion... Tenth wrestler in school history to record 100 wins... Received the Scholar-Athlete Award from the Skyland Conference... Recorded 86 pins in his career while only being pinned once... Graduated with honors... Father Frank (1981-83) and brother Frank (2000-01) wrestled at Old Dominion... Civil Engineering major.



Robert Taylor

- Sophomore ● 141 lbs.
- Newport News, Va.
- Menchville

2005-06: Will provide depth at 141 lbs.
2004-05: Did Not See Action.
High School: Four-year letterman while competing at four different weight classes... Graduated with high honors from Menchville... Mechanical Engineering major.



Adam Underwood

- Freshman ● 165 lbs.
- Rocky Mount, Va.
- Franklin County

2005-06: Expected to provide depth at 165.
High School: Four-year letterwinner at Franklin County... 2004 NHSCA All-American... Two-time Western Valley District Champion... Northwest Regional Champion and 3rd place finish at AAA State competition... 41-5 record as a senior and 107-14 career record... Named All-State and team captain as a senior... Also played football, lettering two years and was named all-district... Tallied 11 sacks and 160 tackles as a senior... Father Daniel played football at Nichols State (La.)... Civil Engineering major.

12 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. Five 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. Three 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 2005-06 schedule contains several challenging tournaments in November and December and our typical duals against SoCon foes Davidson, Chattanooga and The Citadel in January and February. We will also travel to Harrisonburg to participate in the Virginia State Championships and to New York for the All-Academy Championships. And for the first time in the event's history, we will host Mat Jam 2006, when ACC and SoCon Champions will be crowned at Cameron Hall on March 4. This will be an exciting event, with four mats of action all day. This will also give our guys the chance to compete for conference championships on post for the first time since 1986. 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 2005-06 season as well as Mat Jam 2006. 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 Fifth 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

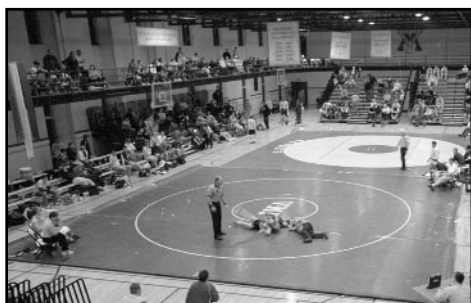
The "Thunderdome"

The home of VMI wrestling has been Cocks 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 Cocks Hall the "Thunderdome" in his public address duties and the name has stuck ever since.

The atmosphere at Cocks Hall for home dual meets is unrivalled 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 Cocks 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 last season. 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 Cocks 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 matchups versus Gardner-Webb and SoCon foes Davidson, Chattanooga and The Citadel.

Record Vs. Opponents (Since 1979-80 Season)

Air Force1-0W1
 American4-2W1
 Anderson (S.C.)1-0W1
 Appalachian St.9-16W2
 Apprentice School (VA)1-0W1
 Arizona State0-1L1
 Ashland (OH)0-1L1
 Brigham Young0-1L1
 Campbell7-1W2
 Carson-Newman (TN)5-1L1
 Central Michigan0-1L1
 Chattanooga5-15L7
 The Citadel18-7L2
 Clemson1-3W1
 Cleveland State0-1L1
 Davidson19-0W19
 Delaware1-0W1
 Drexel1-4L4
 Duke8-3L1
 Eastern Mennonite1-0W1
 East Stroudsburg (PA)1-0W1
 East Tennessee St.2-0W2
 Edinboro (PA)0-2L2
 Furman8-1L1
 Gallaudet (D.C.)1-0W1
 Gannon (N.Y.)0-1L1
 Gardner-Webb3-0W3

Georgia State0-1L1
 George Mason7-9W4
 George Washington3-0W3
 Georgia Tech5-0W5
 Hampden-Sydney5-0W5
 Heidelberg (OH)1-0W1
 Hofstra0-1L1
 Howard1-0W1
 Illinois0-2L2
 Indiana0-1L1
 Ithaca (N.Y.)0-1L1
 James Madison10-16W4
 Juniata (PA)1-0W1
 King's (PA)1-0W1
 Kutztown (PA)1-0W1
 Liberty2-7L4
 Longwood9-0W9
 Lynchburg3-0W3
 Marietta (OH)1-0W1
 Marshall2-0W2
 Maryland1-3-1T1
 Massachusetts1-0W1
 McDaniel (MD)1-0W1
 Miami (OH)0-1L1
 Minnesota0-1L1
 Missouri0-1L1
 Mount Union (OH)1-0W1

Norfolk State3-0W3
 North Carolina0-2L2
 N.C. State2-2W
 Northern Iowa0-1L1
 Old Dominion5-6L1
 Pennsylvania1-0W1
 Pittsburgh0-2L2
 Princeton3-1-1W1
 Richmond3-1W3
 Seton Hall1-1L1
 Shippensburg (PA)2-0W2
 S.C. State1-0W1
 Southern Connecticut St.1-0W1
 Stetson1-0W1
 SUNY Brockport0-1L1
 Tennessee Tech2-0W2
 UNC Greensboro5-4L2
 UNC Pembroke1-0W1
 Virginia3-9L2
 VCU1-1W1
 Virginia Tech12-8-1L3
 Washington & Jefferson (PA)1-0W1
 Washington & Lee5-0W5
 Wilkes (PA)0-1L1
 William & Mary7-7W4
 Wisconsin0-1L1
 York (PA)1-0W1

YEAR-BY-YEAR RESULTS

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

Season	Coach	Overall	SoCon
		Record	Rec./Finish *
2004-05	John Trudgeon	6-6-1	2-3
2003-04	John Trudgeon	7-7	2-3
2002-03	John Trudgeon	8-3	4-1
2001-02	John Trudgeon	11-4	4-1
2000-01	John Trudgeon	2-11	2-3
1999-2000	John Trudgeon	6-7	4-1
1998-99	John Trudgeon	8-4	4-1 co-SoCon Champions
1997-98	John Trudgeon	1-13	1-4
1996-97	John Trudgeon	8-5	4-1 SoCon Tournament Champs
1995-96	John Trudgeon	11-3	2nd
1994-95	John Trudgeon	8-2	T-1st co-SoCon Champions
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
1984-85	Ike Sherlock	12-2	1st SoCon Champions
1983-84	Ike Sherlock	9-3	3rd
1982-83	Ike Sherlock	19-0	3rd
1981-82	Ike Sherlock	16-2	3rd
1980-81	Ike Sherlock	11-3	4th
1979-80	Ike Sherlock	11-2	2nd
1978-79	Ike 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.

SOUTHERN CONFERENCE CHAMPIONS

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

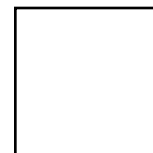
VMI's ALL-AMERICANS

Leslie Apedoe (1995-99)



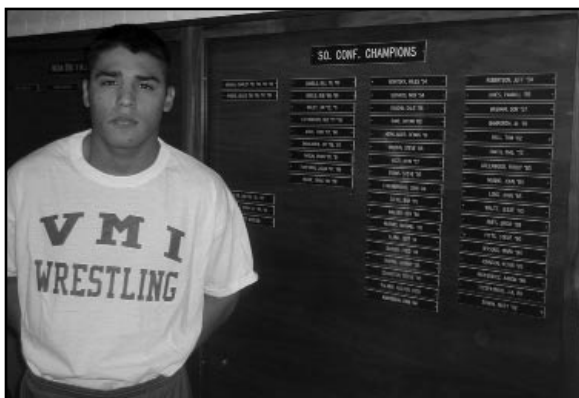
Leslie Apedoe became VMI's second All-American in 1999, when he placed sixth in the heavyweight bracket of the NCAA Championships in State College, Pa. In addition to his All-American achievement, Apedoe also became the first Keydet to win four Southern Conference Championships and make four trips to 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 109-29. 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 very 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 is still currently the winningest wrestler in VMI history 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.

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.

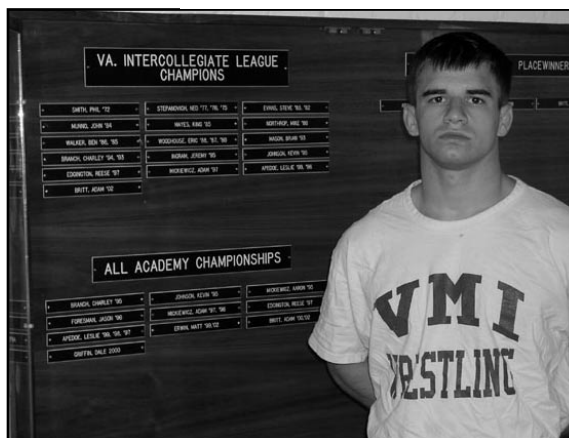


Third classman Sam Alvarenga displays the elite list of VMI Southern Conference Champions. Alvarenga took the 2004 SoCon Championship in the 149 lb. weight class.

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 in the former and three times in the latter.

**VMI Career Wins Leaders
(Since 1978-79 season)**

	<u>Name</u>	<u>Record</u>	<u>Win Pct.</u>
1.	Adam Britt	120-32	78.9%
2.	Leslie Apedoe	119-29	80.4%
3.	Charlie Branch	117-27-1	81.0%
4.	Matt Erwin	109-40	73.2%
5.	Ben Walker	105-31-1	77.0%
6.	John Munno	99-34	74.4%
7.	John Ehrenberger	98-48-2	66.9%
8.	Adam Mickiewicz	93-30	75.6%
9.	Jason Cox	86-67	56.2%
10.	Reese Edgington	82-39	67.8%
11.	Jason Foresman	80-32	71.4%
11.	Eric Woodhouse	80-30-5	71.7%
13.	Isaac moore	77-32	70.6%
14.	Steve Pitts	71-22-2	75.8%
14.	Jesse Waltz	71-28-3	71.1%
16.	Steve Evans	70-26-2	72.4%
16.	John Long	70-21-3	76.1%
18.	Rob Zoeke	65-38-1	63.0%
18.	Steve Green	65-36-2	64.1%
20.	Jay Smaaladan	61-26-4	69.2%
20.	Bobby Kharr	61-39-4	60.5%



16 2004-05 Statistics

Statistics

Name	Class	Wt.	Overall	Dual	Conference	Tourn.	Major	Technical	Pins	Dual Pts.
			W - L	W - L	W - L	W - L	Decision	Fall		By Against
Jeremy Adams	Fr.	125	16-16	4-6	2-2	12-10		1	5	17 25
Sam Alvarenga	So.	149	24-11	9-3	4-1	15-8	6		1	29 11
Tyler Anthony	Fr.	133	12-15	5-5	2-3	7-10		3	1	18 19
Brandon Bryant	Fr.	285	1-5	0-1	0-1	1-4			1	0 6
Scott Buhman	Jr.	285	1-4	0-2		1-2				0 6
John Burton	So.	157/65/97	5-7			5-7	2			
Jay Carter	So.	141	4-12	0-5	0-4	4-7				0 19
Vince Cole	Fr.	141/49	4-6			4-6				
Tommy Cunningham	Fr.	149-65	23-12	9-3	3-2	14-9	4		5	35 12
Bryan Evans	Fr.	197	7-6	3-1		4-5	1		3	13 6
Jochen Granja	Jr.	133	5-7	1-2		4-5			1	2 12
Chris Hardy	Jr.	157/65	12-17	5-7	1-4	7-10	2		1	19 31
Jesse Hills	Jr.	157	2-2			2-2			1	
Olen Johnson	Fr.	149	2-4			2-4				
John Lowery	So.	165/74	4-5	1-2		3-3	1		1	3 6
Tony Martinez	Fr.	125	5-3	1-1		4-2			2	6 6
Mike Maternick	Fr.	165	2-2			2-2			1	
Dustin McCabe	Fr.	165-97	13-17	1-7	1-4	12-10	3	1	2	6 29
David Metzler	So.	141	15-8	7-1	0-1	8-7	3		6	34 6
Corry Murray	So.	184/97	8-8	8-2	2-1	0-6		1	2	32 6
Tim Neal	Fr.	141	0-2			0-2				
P.J. Neumann	Sr.	157	2-4			2-4				
Erik Olson	Fr.	285	2-4			2-4			2	
Jeff Sale	Jr.	174/84	2-15	1-9	1-4	1-6	1			3 32
Patrick Schrafft	Fr.	197	1-1			1-1			1	
Adam Sellwood	Fr.	174/84	3-5			3-5			1	
Chris Smith	So.	157	4-4			4-4	1	1		
Bryan Wells	Fr.	174	5-5	2-1		3-4	1			7 3
Brian Yannetti	Jr.	285	14-9	5-4	2-2	9-5			6	21 15
Totals			198-216	62-62	18-29	136-154	25	7	43	245 250

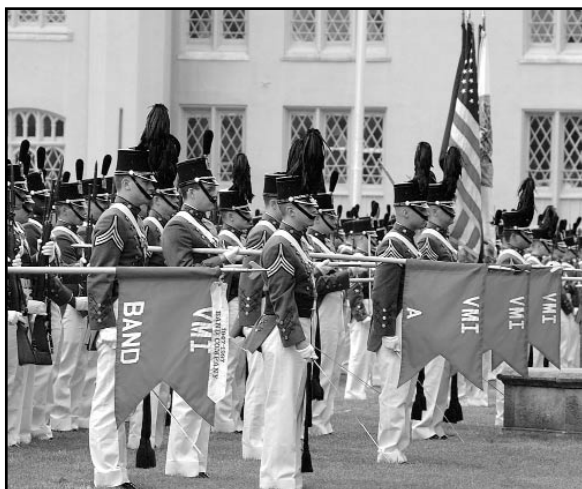
Individual Tournament Results

Dual Meet Results

Keydet Invitational Nov. 7-- Lexington, Va.	3rd Tommy Cunningham 157 lbs.	11/13- Virginia Tech 36, VMI 6
1st Tony Martinez 125 lbs.	3rd Dustin McCabe 165 lbs.	11/13- VMI 37, James Madison 6
1st Tom Cunningham 149 lbs.	4th Jeremy Adams 125 lbs.	11/13- VMI 30, Anderson 10
1st Brian Yannetti 285 lbs.		12/10- VMI 35, Gardner-Webb 6
2nd Jeremy Adams 125 lbs.	W&L Invitational	1/6- Virginia 25, VMI 13
2nd Tyler Anthony 133 lbs.	Jan. 15-- Lexington, Va.	1/14- VMI 22, George Mason 18
2nd Bryan Evans 197 lbs.	1st Dustin McCabe 165 lbs.	1/21- VMI 18, Maryland 18
3rd Dustin McCabe 165 lbs.	3rd Jeremy Adams 125 lbs.	1/27- VMI 27, Appalachian St. 18*
4th Bryan Wells 174 lbs.	3rd Jochen Granja 133 lbs.	2/3- The Citadel 32, VMI 6*
T-5th Chris Smith 157 lbs.	3rd Jay Carter 141 lbs.	2/7- VMI 31, Davidson 12*
T-5th Mike Maternick 165 lbs.	3rd John Burton 165 lbs.	2/11- Old Dominion 27, VMI 11
T-5th Erik Olson 285 lbs.	3rd Adam Sellwood 184 lbs.	2/16- UNCG 28, VMI 9*
Keystone Classic	3rd Patrick Schrafft 197 lbs.	2/20- UTC 50, VMI 0*
Nov. 20-- Philadelphia, Pa.	4th Vince Cole 149 lbs.	* - Denotes SoCon Match
2nd Sam Alvarenga 149 lbs.	4th Erik Olson 285 lbs.	Home Meets in Bold
4th David Metzler 141 lbs.	All-Academy Championships	
Southern Scuffle	Feb. 5-- Charleston, S.C.	
Dec. 29-30-- Greensboro, N.C.	3rd Sam Alvarenga 149 lbs.	
5th Sam Alvarenga 149 lbs.	3rd Chris Hardy 157 lbs.	
Virginia Intercollegiates	4th Jeremy Adams 125 lbs.	
Jan. 8-- Charlottesville, Va.	4th Tommy Cunningham 165 lbs.	
1st Sam Alvarenga 149 lbs.	SoCon Championships	
2nd David Metzler 141 lbs.	Mar. 5-- Charleston, S.C.	
2nd Chris Hardy 157 lbs.	3rd Brian Yannetti 285 lbs.	
2nd John Lowery 165 lbs.	4th Jeremy Adams 125 lbs.	
3rd Tyler Anthony 133 lbs.	4th David Metzler 141 lbs.	
	4th Tommy Cunningham 165 lbs.	

This is the Virginia Military Institute

The Virginia Military Institute is the nation's oldest state-supported military college, founded in 1839 in Lexington, Virginia, located at the southern end of the Shenandoah Valley. VMI offers qualified young men and women a demanding combination of academic study and rigorous military training that exists nowhere else, and grants B.A. and B.S. degrees in fourteen disciplines within the general fields of engineering, science, and liberal arts. The Institute's emphasis on qualities of honor, integrity, and responsibility contributes to its unique educational philosophy. Professional leadership training is provided to all cadets through the Reserve Officers' Training Corps (ROTC) programs, maintained at VMI by the Department of Defense. Cadets are encouraged to pursue commissions in the U.S. Army, Air Force, Navy, or Marine Corps.



In every field of endeavor, whether it's leadership in business, industry, public service, education, the professions, or careers in the military, success comes early to a high number of VMI graduates. In an independent survey of college graduates seeking employment, armed forces commission, or admission to graduate or professional school following graduation, 95 percent of VMI graduates met their goal by the following October.

VMI's academic breadth is diverse, and curricula for the selected major begins the first year. About 30 percent of cadets major in civil, electrical, or mechanical engineering, about half the Corps majors in liberal arts fields, and the two most popular majors are economics/business and history.

For three consecutive years, U.S. News & World Report's "America's Best Colleges," has named VMI as the No. 1 public-supported liberal arts college in the nation, and ranked its engineering program in the top one-third of "Best Undergraduate" accredited programs at schools offering only bachelor's and master's degrees. In separate rankings for engineering specialties, VMI's civil engineering program ranks sixth, its electrical and computer engineering program is ranked 14th, and mechanical engineering program, 17th. For two consecutive years, VMI has been included in the Peterson's "Competitive Colleges," guide. The highly respected book includes information on, "top colleges for top students." In addition, Princeton Review has named VMI to its "Best Mid-Atlantic Colleges" list.

All VMI faculty members teach in the classroom, and 98 percent hold doctoral or terminal degrees in their disciplines. The cadet to faculty ratio is 12:1, permitting a close, "mentor" relationship between a cadet and instructor, and faculty research is frequently conducted in partnership with cadets. ROTC instructors are experienced military officers, and make an outstanding contribution to cadet leadership training.

VMI's demanding academic program reflects established needs and emerging trends of an ever-changing, global society. A robust undergraduate research initiative extends through summer, affording cadets and faculty financial incentives and continuous support for a wide range of investigative projects. The Institute's international programs include faculty and student exchanges with more than a dozen international academies and universities, seven foreign internships, and numerous study-abroad programs each semester and during the summer. The Institute Honors Program offers highly motivated and high-achieving cadets the opportunity to enrich their academic experience, including through competition for prestigious external scholarships. The Institute Writing Program seeks to equip cadets for both academic success and participation in the full range of rhetorical occasions they will encounter in their lives as citizens and professionals.



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.

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.

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

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.



The Charles S. Luck '20 Memorial Weight Room, located in newly renovated Cocke Hall.