

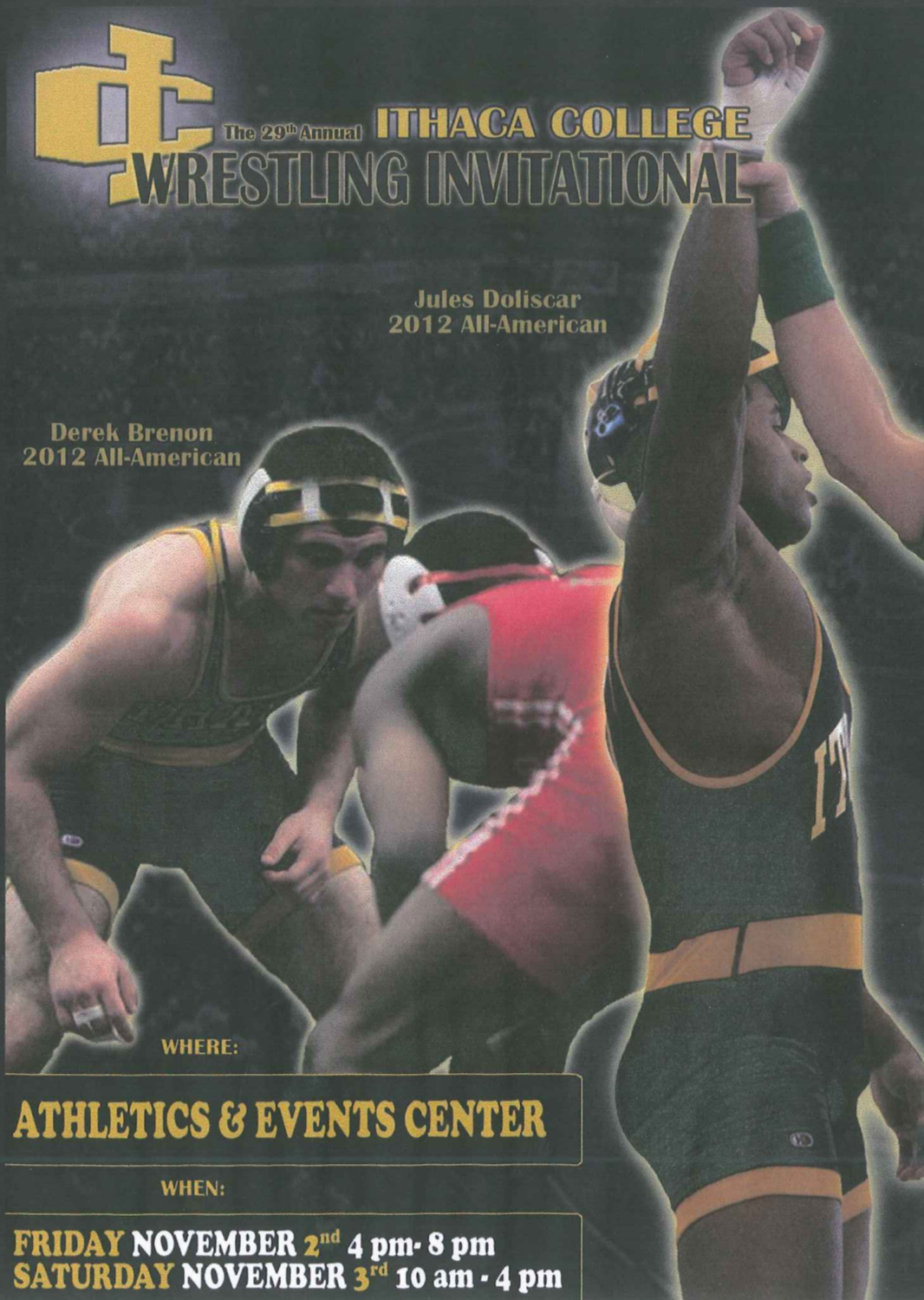


The 29th Annual

ITHACA COLLEGE WRESTLING INVITATIONAL

Jules Doliscar
2012 All-American

Derek Brenon
2012 All-American



WHERE:

ATHLETICS & EVENTS CENTER

WHEN:

FRIDAY NOVEMBER 2nd 4 pm - 8 pm
SATURDAY NOVEMBER 3rd 10 am - 4 pm

About Ithaca College

Ithaca College is a private college located on the South Hill of Ithaca, New York. The school was founded by William Egbert in 1892 as a conservatory of music. The college has a strong liberal arts core, but also offers several pre-professional programs and some graduate programs. The college is set against the backdrop of Cayuga Lake, Cornell University, and several waterfalls and gorges.

To provide a foundation for a lifetime of learning, Ithaca College is dedicated to fostering intellectual growth, aesthetic appreciation, and character development in our students. The Ithaca College community thrives on the principles that knowledge is acquired through discipline and tempered by experience, and that character is developed when competence is exercised for the benefit of others.

A comprehensive college that since its founding has recognized the value of combining theory and performance, Ithaca provides a rigorous education that blends liberal arts and professional programs of study. Learning at Ithaca extends beyond the classroom to encompass a broad range of residential, professional, and extracurricular opportunities.

Ithaca College is committed to attracting a diverse body of students, faculty, and staff. All members of the College community are encouraged to achieve excellence in their chosen fields and to share the responsibilities of citizenship and service in the global community.

About the Ithaca College Athletics & Events Center

Opened in fall 2011, the \$65.5 million Athletics and Events Center, mostly funded by private donations, gives the Ithaca College community a state-of-the-art place to gather, learn, train, and compete. Designed by the architectural firm Moody-Nolan, it is one of the largest indoor venues in Tompkins County and the largest construction project ever at the College.

Alfred State College of Technology Pioneers



About Alfred State College of Technology

- Located in Alfred, N.Y.
- Two-year college; enrollment: 3,600
- Member of the NJCAA
- Contacts: Dr. Daryl Arroyo (607) 587-4361; Paul Welker (607) 587-4563

About the Coach

George Porter begins his 11th year as head coach of the Pioneers. During his time at Alfred State, Porter has had 36 wrestlers compete at the NJCAA National Championships and has coached five All-Americans. Porter has a 27–43–1 career record in dual meets. He was named Region III Coach of the Year after the 2005-2006 season.

Last Year

- Placed 5th at the Northeast Districts and tied for 33rd place at the NJCAA National Championships
- Sent two wrestlers to NCJAA National Championships
- Four wrestlers earned All-Region honors and were named All-WNYAC
- Finished with a 4–5 dual meet record

Top Returners

Josh Simons, Soph.

- Qualified for the NCJAA National Championships last year in the 165 lb. weight class

Matt Sowers, Soph.

Ithaca Invitational History

Last year

- Placed 9th in first appearance at Ithaca Invitational
- Sophomore Tyler Peet won the 149 lb. weight class

Q&A with Head Coach George Porter

Q: What are your overall expectations for this upcoming season?

A: "We are real young this year with only 3 returnees, so our main goal is to get them through the adjustment from high school to the collegiate level of wrestling. That being said, we have a number of quality kids who should do well at this level."

Q: This is your first match of the season, how are you preparing to get the team in shape to perform?

A: "Probably the same as all coaches, conditioning and hopefully teaching what needs to be taught to succeed at this level."

Q: Who are some key returning players who you expect to not only contribute in this tournament, but also throughout the season?

A: "I have three returners, one of which will not be wrestling as he is just completing soccer and won't be ready. My other two are Josh Simons at 165, who qualified for the Ju-Co nationals last year and is looking bigger and stronger this year while still maintaining 165. I am looking forward to a great year for Josh. My other returner is Matt Sowers, who will be competing at 184 to start but will probably end up at 174. Matt had a decent year last year but has shown steady improvement all along and we are looking to have him qualify for the nationals this year."

Baldwin-Wallace University

Yellow Jackets



About Baldwin-Wallace University

- Located in Berea, OH
- Enrollment: 3,518
- Member of the Ohio Athletic Conference
- Contacts: Kevin Ruple (440) 826-2327; Jeff Miller (440) 826-2780

About the Coach

Jamie Gibbs begins his second season as head coach of the Yellow Jackets. He is the first full-time head coach in the history of the program. Gibbs came to Baldwin-Wallace from UNC-Pembroke, where he coached seven Division-III All-Americans and posted a 51–40 record in dual meets.

Last Year

- Overall: 13–5
- 1–6 in dual matches

Top Returners

Joe Georgian

- 3–2 in 2011-2012 competing in the 184 lb. weight class
- 19–13 record as B-W's starting heavyweight in 2010-2011
- Placed second at the 2010 RIT and John Summa Invitationals with 51 takedowns and three pins

Sam McIntosh

- 17–13 in 2011-2012 competing in the 149 lb. weight class

Andrew Taylor

- 12–16 in 2011-2012 competing in the 125 and 133 lb. weight classes
- Competed in three different weight classes as a freshman in 2010-2011, posting a 20–18 record.

Ithaca Invitational History

- This is the first time Baldwin-Wallace is competing at the Ithaca Invitational

Centenary College Cyclones



About Centenary College

- Located in Hackettstown, N.J.
- Enrollment: 1,507
- Member of the Colonial States Athletic Conference

About the Coach

John Garriques begins his 7th season as head coach of the Cyclones. Under Garriques' direction, the Cyclones have posted a 51–34–1 mark and have sent at least one wrestler to the NCAA tournament in five of the past six seasons.

Last Year

- Captured a second consecutive Metropolitan Conference Championship
- Head-to-head: 8–5
- Sent four members to the NCAA Division III Wrestling Championships.

Top Returners

Chris Burge, Jr.

- 31–3 in 2011-2012
- 4th-ranked in the 157 lb. weight class in 2011-2012
- Fifth-place finish at the NCAA Tournament
- Four first-place finishes in 2011-2012
- 2012 All-American selection

J.D. Zitone, Sr.

- 29–2 in 2011-2012 (Finished regular season 26–0)
- 5th-ranked in the 285 lb. weight class in 2011-2012
- Seventh-place finish at the NCAA Tournament
- 2012 All-American selection

Ithaca Invitational History

Last year

Chris Burdge, Jr. (157-pound division) - 1st place
Tim Lutke, Sr. (184-pound division) - 1st-place
J.D. Zitone, Sr. (285-pound division) 1st-place
William Miller (197-pound division) - 2nd-place
Craig Montgomery, Sr. (141-pound division) - 3rd place
Nick Bach, Jr. (165-pound division) - 3rd place

Centenary College's history at Ithaca Invitational:

- 2011-2012 (1st of 9 teams)
- 2010-2011 (2nd of 11 teams)
- 2009-2010 (9th of 10 teams)
- 2008-2009 (8th of 15 teams)
- 2007-2008 (6th of 15 teams)
- 2006-2007 (11th of 17 teams)
- 2005-2006 (14th of 16 teams)
- 2004-2005 (12th of 17 teams)

Q&A with Head Coach John Garriques:

Q: What are your overall expectations for this upcoming season?

A: "To get Centenary College's first National Champion, and finish top-five in the country!"

Q: This is your first match of the season, how are you preparing to get the team in shape to perform?

A: "Working hard on and off the mats."

Q: What are some of your most memorable experiences when participating in the Ithaca Invitational Tournament?

A: "My first year coaching at Centenary, I tried to get a couple of guys seeded, and the coaches pretty much laughed me out of the room, because Centenary was not known for wrestling. Finished 10th.

"My first year coaching Centenary, the officials kept telling me to sit down Centenary, and showed us zero respect. Last year we won Ithaca, priceless!"

Ithaca College Bombers



About Ithaca College

- Located in Ithaca, N.Y.
- Enrollment: 6,159
- Member of the Empire College Wrestling Conference
- Contact: Joe Gladziszewski (607) 274-3825

About the Coach

Marty Nichols is entering his 17th year as Head Coach of the Bombers. During his tenure, Nichols has compiled a career record of 179–68–1. He has been named ECWC Coach of the Year six times and New York State Coach of the Year twice (2009, 2011). Under Nichols, the Bombers have finished in the top-10 in Division III each of the last four seasons, including fifth overall last year.

Last Year

- 14–2 record in dual meets
- Seth Ecker '12 and graduate student Jeremy Stierly won national championships in their respective weight classes.
- Ecker became the first two-time national champion wrestler in the history of Ithaca College, and only the second Bomber in any sport (along with track runner Emma Dewart) to accomplish the feat.

Top Returners

Derek Brenon, Sr.

- 13–4 record in 157 lb. weight class last year
- ECWC champion in 2010-2011
- Ranks 17th on program's career pins list with 17

Jules Doliscar, Sr.

- 36–4 in 174 lb. weight class last year
- ECWC Champion in 2011-2012
- All-American
- Won the Ithaca Invitational in 2011, where he pinned four of his five opponents

Alex Gomez, Soph.

- 16–9 record in 141 lb. weight class last year
- Named to D3Wrestle.com Freshman Team of the Year in 2011-2012
- Picked by D3Wrestle as the nation's top freshmen in the 141 lb. weight class
- Only freshman to reach ECWC finals (Finished 2nd)

Top Incoming Freshmen

Tyler Edwards, 141 lbs. - Two-time prep All-American

Zack Conner, 184 lbs. - New York place winner

Dan Glinko, 184 lbs. - Two-time New Jersey regional place winner

Ithaca Invitational History

Last year

- All-Americans Derek Brenon and Jules Doliscar have won titles at the Ithaca Invitational. Brenon has won twice (2009-10 and 2010-2011) and Doliscar once (2011-2012).
- Ithaca finished second overall in last year's Ithaca Invitational with a score of 208 points, behind only Centenary College's score of 216.5.
- The Bombers last won the Ithaca Invitational in 2010, with a score of 191.0. That total was 15.5 points ahead of second-place Centenary.

Johnson & Wales University Wildcats



About Johnson & Wales University

- Located in Providence, R.I.
- Enrollment: 17,000
- Member of the New England Wrestling Association
- Contacts: Mel Graf (401) 598-4949; Dan Booth (401) 598-1632

About the Coach

Lonnie Morris begins his 17th year as head coach of the Wildcats. During his tenure, Morris has coached 10 All Americans and 21 Academic All-Americans, as well as 20 conference champions. Morris boasts a 216–106–4 career record in dual meets. Morris is supported by assistant coaches Brian Allen, James Gilbert and Kyle Kanaga.

Last Year

- Placed 3rd out of 14 teams at the NEWA Championship in February
- Finished the season with a 17–4 dual meet record
- Had a seven meet win streak from Jan. 7 to Jan. 22
- Ranked first in 2011-12 New England Division III NEWA Coaches Poll

Top Returners

Joe Pronk, Sr.

- Led team with 16 reversals and posted a 23–11 record in 125 lb. weight class

Connor Nelson, Sr.

- Led team with a 24–14 record in 184 lb. weight class

Sean Prell, Soph. (165) Finished season at 22–11

- Led team with 96 takedowns and 48 escapes

Colin Lenhardt, Sr.

- 2010 All-American at the 174 lb. weight class

Ithaca Invitational History

Last Year

- Finished in 4th place with 162.5 points
- Sophomore Terrance Bennett finished 2nd in 157 lb. weight class with a 3–1 record
- Joe Pronk finished 3rd in 125 lb. weight class with a 5–1 record

New York University Violets



About NYU

- Located in New York, N.Y.
- Enrollment: 43,911
- Member of the Centennial Conference
- Contact: Jeffrey Bernstein (212) 998-2031

About the Coach

Bruce Haberli begins his 18th season as head coach of the Violets. A graduate of Lehman College in 1990, Haberli has compiled a career record of 190–152–3 and has coached 8 All-Americans. Haberli has led the Violets to five UAA titles (1999, 2000, 2006, 2008 and 2012), and the team's best finish under his leadership was a 12th-place finish at the 2008 NCAA Championships. He has been honored as UAA Coach of the Year six times (1999, 2002, 2006, 2008, 2010, 2012).

Last Year

- 2011-2012 University Athletic Association champions
- Overall: 12–9
- Conference: 5–3

Top Returners

Janik Santana-Quintana, Sr.

- 24–10 in 2011-2012
- Nine falls
- Finished in the top five in four different tournaments last season

Matt DiGiovanni, Soph.

- 26–16 in 2011-2012
- Seven falls
- UAA All-Association selection

Patrick Sheehan

- 20–12 in 2011-2012
- Six falls

Ithaca Invitational History

Last year

David Rice, Sr. (165-pound division) - 1st place
Steve Massey, Sr. (197-pound division) - 1st place
Janik Santana-Quintana, Jr. (125 pound division) - Runner up
Patrick Sheehan, Fr. (157 pound division) - Fourth Place

NYU's History at Ithaca Invitational

- 2011-2012 (6th of 9 teams)
- 2010-2011 (8th of 11 teams)
- 2009-2010 (5th of 10 teams)
- 2008-2009 (4th of 15 teams)
- 2007-2008 (5th of 15 teams)
- 2006-2007 (8th of 17 teams)
- 2005-2006 (13th of 17 teams)
- 2004-2005 (10th of 17 teams)
- 2003-2004 (10th of 17 teams)
- 2002-2003 (12th of 16 teams)

Niagara Community College Thunderwolves



About Niagara Community College

- Located in Sanborn, N.Y.
- Enrollment: 6,300
- Member of the Western New York Athletic Conference
- Contacts: Bob McKeown (716) 614-6271; Amanda Pucci (716) 614-6259

About the Coach

Keith Maute begins his second season as head coach of the Thunderwolves. Maute coached two All-Americans last year and had 10 qualifiers for the national tournament. He was named the 2011 NJCAA Coach of the Year.

Last Year

- Overall: 9–4
- Finished 13th in the nation
- Won the 17th Region III championship in program history

Top Returners

Kris Schimek, Soph.

- 2012 North East District 1 All-District Team in 165 lb. weight class

Irvin Buck, Soph.

- 2012 North East District 1 All-District Team in 157 lb. weight class

Ithaca Invitational History

- This is the Thunderwolves' first year competing at the Ithaca Invitational

Norwich University Cadets



About Norwich University

- Private military college located in Northfield, Vt.
- Enrollment: 2,100
- Member of the New England Wrestling Association
- Contacts: Anthony Mariano (802) 485-2232; Derek Dunning (802) 485-2902

About the Coach

Alex Whitney begins his first season as head coach of the Cadets. Whitney served as assistant for the last four seasons, including the last two under former head coach John Hartuppee. Whitney graduated from Norwich in 2008.

Top Returners

Anthony Joyce, Jr.

- Voted team MVP
- First 20-match winner for Norwich since 2008-09
- 285 lb. weight class

Abe Bray, Sr.

- 165 lb. weight class

Last Year

- 2-12 record in dual meets
- 6th place at Futures Invitational
- 7th place at RIT Invitational
- 8th place at All-Academy Meet
- 9th place at Roger Williams Invitational
- 9th place at Red Dragon Invitational
- 14th place at New England Championships

Ithaca Invitational History

Last year

- Finished 8th at 2011 Ithaca Invitational

A Word From Head Coach Alex Whitney

"I am expecting my wrestlers to take a big step this year turning the corner and realizing their potential. The Ithaca Invitational is an exceptional early season tournament for my wrestlers to get some needed mat time to grow as wrestlers. The Ithaca Invitational has always been a staple in the Norwich Wrestling schedule. It is a great tournament to see a lot of teams that we do not have the opportunity to see anywhere else."

Springfield College Pride



About Springfield College

- Located in Springfield, Mass.
- Enrollment: 3,621
- Member of the NEWMAC
- Contact: Brian Magoffin (413) 748-3341

About the Coach

Jason Holder begins his second season as the head coach of the Pride. In his first year as Springfield's head coach, Holder led the Pride to a 14-3 dual meet record and NEWA Duals Championship. Under Holder's direction, Springfield finished the season ranked 21st nationally and had three wrestlers at the NCAA Championships.

Last Year

- Finished second at the NEWA Championships.
- Head-to-head: 14-3
- Won the Williams Invitational

Top Returners

Derrik Longo, Sr.

- Ranked third in the nation in 165 lb. weight class

Joseph Grippi, Sr.

- Ranked seventh in the nation at 133 lb. weight class

Ithaca Invitational History

Last year

- Finished fifth with 158 points

Springfield's History at Ithaca Invitational

- 2010-2011 (5th of 11 teams)
- 2009-2010 (4th of 10 teams)
- 2008-2009 (6th of 15 teams)
- 2006-2007 (6th of 17 teams)

SUNY Oswego Lakers



About SUNY Oswego

- Located in Oswego, N.Y. on the shore of Lake Ontario
- Enrollment: 7,300
- Member of the SUNYAC
- Contact: Adele Burk (315) 312-2488

About the Coach

Mike Howard begins his 24th season as head coach of the Lakers. During his tenure at Oswego, Howard has compiled a career record of 137–223–5. Howard's squads have been ranked in the top 25 of Division III in nine of the last 16 seasons.

Last Year

- Overall: 3–12

Top Returners

Omar Santiago, Sr.

- 21–9 overall record in 133 lb. weight class
- Scored 12-1 and 6-4 wins to advance to 2011 Ithaca Invitational semifinals.
- Named co-Empire Collegiate Wrestling Conference Wrestler of the Week (11/22) and Oswego State Athlete of the Week (11/21)
- Finished sixth at the ECWC Championships with a 1–3 record, including a pin in just 39 seconds against RIT's Dan Haughton.

Kyle Sheridan, Sr.

- 23–11 overall record in 285 lb. weight class
- Finished in 3rd place at 2011 Ithaca Invitational with a 4–1 record, including a pin in just 51 seconds against Alex Lawrence of Norwich.
- Won the 2011 RIT Invitational with a 4–0 record
- Finished fifth at the 2011 ECWC championships with a 2–2 record

Blake Fisher, Sr.

- 15–11 overall record in 165 lb. weight class

SUNY Oswego's History at Ithaca Invitational

- 2011-2012 (7th of 9 teams)
- 2010-2011 (6th of 11 teams)
- 2009-2010 (8th of 10 teams)
- 2008-2009 (9th of 15 teams)
- 2007-2008 (11th of 15 teams)
- 2006-2007 (11th of 17 teams)
- 2005-2006 (3rd of 16 teams)
- 2004-2005 (5th of 17 teams)

Q&A with Head Coach Mike Howard

Q: What are your overall expectations for this season?

A: “The expectations for the Oswego State wrestling team are to continue to make improvements and return the Laker wrestling program to the level it was a few years ago.”

Q: This is the first match of the season, how are you preparing to get the team in shape to perform?

A: “The tournament gives us a good gauge of where we are at with our first-year wrestlers and will give us feedback on what we will need to improve upon as the season progresses. Since it is early in the season we are concentrating on improving our wrestling technique and mat positioning.”

Q: What are some past experiences in the Ithaca Invitational?

A: “As far as performance, the Lakers have experienced some success at this event, the team has finished as high as third in the past. Over the many years that the Oswego State wrestling program has participated, the Bomber wrestling program, the medical staff, the event staff, and administration has always done a fantastic job conducting the Invitational. Not too long ago this invitational was considered the toughest early season tournament in the country, wrestlers who had success in this event would usually have success throughout the year.

“My father, Jim Howard, is an Ithaca College grad and former Bomber wrestling All-American. So it is always good to make the trip to Ithaca.”

Thiel College Tomcats



About Thiel College

- Located in Greenville, Pa.
- Enrollment: 1,096
- Member of the Presidents' Athletic Conference
- Contact: William Becque (724) 589-2241

About the Coach

Craig Thurber enters his ninth season as head coach of the Tomcats. Thurber is a Greenville native who has coaching experience from Division I, II, and the high school ranks. He has led the Tomcats to six Presidents' Athletic Conference championships and has taken 13 wrestlers to the Division III National Championships, with six Tomcat student-athletes earning All-America honors.

Last Year

- Overall: 9–6
- Presidents' Athletic Conference champions

Top Returners

Shawn King, Jr.

- 9–14 overall record in 141 lb. weight class in 2011-2012
- Runner-up at the 2011-2012 PAC Championship

Jacob Lowry, Soph.

- 29–6 overall record in 174 lb. weight class in 2011-2012
- Eight pins
- Won 2011-2012 PAC Championship
- Second place finish at the Midwest Regional Tournament

Stephen Ceremuga

- 13–8 overall record in 184 lb. weight class in 2011-2012
- Eight pins
- Won 2011-2012 PAC Championship
- Fifth place finish at the Midwest Regional Tournament

Zack Stouffer

- 9–13 overall record in 125 lb. weight class in 2011-2012
- Eight pins
- Fourth place finish at the John Summa Tournament on Feb. 4

Ithaca Invitational History

Last year

- Thiel placed fourth in its first appearance at the Ithaca Invitational last year

Q&A with Head Coach Craig Thurber

Q: What are your overall expectations for this upcoming season?

A: "Academically, we always strive to be in the top-10 in the country for overall team GPA, and the past two seasons we have finished in 7th place. We also would like to have three or more individual scholar All-Americans. Athletically, our goals are to place in the top three in each of the five individual tournaments we participate in and win 75% of our dual meets, win our conference, and qualify three individuals for the NCAA's."

Q: This is the first match of the season, how are you preparing to get the team in shape to perform?

A: "We started practice a couple weeks ago, and we have been doing a lot of drilling, technique and live situation wrestling. I am not concerned with our conditioning so much this early in the season, as the season is five months long, and we will be increasing our endurance training each week."

Q: Who are some key returning players who you expect to not only contribute in this tournament, but also throughout the season?

A: "We have a few kids that we have high expectations for this upcoming weekend and throughout the season, including our 133: Zack Stouffer, 157: Sean Byham was second here last year, 174: Jerrold Roosa was third last year, 184: Jacob Lowry won 29 matches as a freshmen last year and was 2nd in our national qualifier, 197: Stephen Ceremuga, and our 285: Will Ringer. These are our leaders this year and we are expecting them to set the tone for next weekend and all season long."

Q: What are some past experiences when participating in the Ithaca Invitational tourney?

A: "Last year was our first time ever participating in the event, we finished 3rd as a team. We had a great experience, the competition was great for the first weekend, and the facilities are outstanding."

Acknowledgments

Program created by Fall 2012 sport media relations class

Kyle Woody - Instructor, Department of Sport Media

Class Members:

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