



Cleveland State University

VIKING UPDATE

WRESTLING

2011 - 2012 Cleveland State Wrestling

COACHES CORNER

CSU Alumni, Family, and Friends:

I hope everyone had a happy, fun, and safe holiday season.

As you may know, the Viking Wrestlers have been very busy during this winter break. This is the time in which the team makes its biggest strides in training and competition. This break the team traveled to The University of Tennessee Chattanooga for the Southern Scuffle. This is one of the best tournaments in the nation, with many nationally ranked opponents in attendance. Many of the Vikings competed well against strong competition and true sophomore Nick Flannery (133) finished in 7th place.

In recruiting news, the Vikings added R.J. LaBeef (Pomfret, Conn.) during the early signing period. R.J. has had a stellar high school career at The Pomfret School, winning the Western New England two years in a row. As a Junior, he was ranked 27th by USA Wrestling magazine at 119lbs and he is projected to compete at 141lbs for the Vikings.

After a great winter break of two-a-day workouts and practices, the Vikings have EWL Conference duals for the remainder of the season. Senior night will be hosted at Woodling Gymnasium against West Virginia on Feb. 19th, 2012 at 2pm. Seniors being honored are captains Josh Palivoda and Lawrence Cavello.

Josh Palivoda (141) came to CSU from Raymond, OH. Josh has started all four years as a Viking, wrestling at 133 lbs and 141lbs. He finished fifth as a Sophomore in the EWL tournament. His parents Paul and Tory Palivoda grew up in the Cleveland area and both Josh's dad and uncle, Joe, wrestled for CSU.

Lawrence Cavello (149) comes from Willard, OH where his parents Rob and Beth Cavello still reside. He started for the Vikings at 149lbs all four years of eligibility. As a redshirt Freshman, Lawrence finished sixth at the EWL tournament.

Theses seniors have put in a tremendous amount of work over the past five years to improve themselves and the program. Please come out to support the team and theses seniors for their last home dual meet as a Viking.



Mat Talk - Winter 2012

CSU OPEN 2011

CSU Open was held on December 18, 2011. During that day, 270 wrestlers from 27 different universities and colleges competed at Woodling Gymnasium. The gym held over 2,000 fans that were there in support of Wrestling.

The CSU Open is one of the programs main fundraising events. This was the first year that the tournament was ran completely by only CSU staff, family, and friends.

The CSU Wrestling staff and wrestlers would like to thank those who volunteered their time and energy for helping us run a successful tournament this year. Without your presence this tournament would not have run so well.

Thank You,

CSU Coaching Staff and
Wrestlers

Open Tournaments

The open tournament schedule is an integral part of the Viking schedule. This years Viking wrestlers competed extremely well during the first half of the schedule. Ben Willeford (125), Andrew Brown (125), and Sheldon Brandenburg(157/165) have all placed in open tournaments so far this year.

Ben Willeford captured the First place crown at our own Cleveland State Open. Andrew Brown placed Fourth in the Fresh./Soph. division at the Eastern Michigan Open and took First place at the Mercyhurst Open. Sheldon Brandenburg placed Fourth at the Purple Raider Open. This is only the beginning for the open tournament schedule.

Season Overview

The Vikings have shown tremendous improvement from last year. The team currently has seven wrestlers with double digit victories this season. Ben Willeford and senior captain Josh Palivoda (141) currently have fifteen and fourteen wins respectively. Willeford and Corey Carlo (165) both hold seven dual meet victories, while Palivoda and Nick Flannery (133) sit at eight and nine dual meet wins. Thus far, Flannery has nineteen wins, most on the team, and is one pin away from tying the dual meet pin record jointly held by Tim Payne and CSU All-American, Tony DiGiovanni. The team concluded the winter break sweeping three dual meets against VMI, Davidson, and GMU. They currently sit at a 6 - 9 dual meet record.

Congratulations to our Above 3.0 Student-Athletes:

Bobby Blankenship

Josh Palivoda

Corey Carlo

John Sims

Michael Carlone

Brandon Sommers

Nick Flannery

Ben Willeford

Mitchell Gross

Michael Monson

Box Scores

Cleveland State 22, The Citadel 12

125: Richard Alarcon (Citadel) Dec. Ben Willeford (CSU) 11-5
133: Nick Flannery (CSU) Fall Kyle Casaletto (Citadel) 2:00
141: Josh Palivoda (CSU) Dec. Jordan Dix (Citadel) 7-5
149: Mike Mencini (CSU) Dec. David Ivashchenko (Citadel) 5-4
157: Pierre Frazile (Citadel) Dec. Tanner Lemon (CSU) 7-4
165: Corey Carlo (CSU) Maj. Mike Harper (Citadel) 14-4
174: Turtogtokh Luvsandorj (Citadel) Dec. Aric Thurn (CSU) 4-0
184: Corbin Boone (CSU) Dec. Jack Duane (Citadel) 4-1
197: Kelby Smith (Citadel) Dec. Nick Anthony (CSU) 7-3
285: Chris Weber (CSU) Dec. Justin Sparrow (Citadel) 3-2

Boston 24, Cleveland State 12

125: Chris McGinley (Boston) Dec. Ben Willeford (CSU) 10-7
133: Nick Flannery (CSU) Fall Ryan Dowd (Boston)
141: Josh Palivoda (CSU) Dec. Peter Ishiguro (Boston) 9-4
149: Nestor Taffur (Boston) Maj. Mike Mencini (CSU) 10-1
157: Nick Tourville (Boston) Dec. Tanner Lemon (CSU) 4-1
165: Corey Carlo (CSU) Dec. Mitchell Wightman (Boston) 9-2
174: Kyle Czarniecki (Boston) Dec. Aric Thurn (CSU) 8-4
184: Alex Najjar (Boston) Maj. Corbin Boone (CSU) 19-6
197: John Hall (Boston) Fall Nick Anthony (CSU)
285: Kevin Innis (Boston) Dec. Chris Weber (CSU) 12-6

Old Dominion 29, Cleveland State 9

125: Ben Willeford (Cleveland State) Dec. Aaron Runzo (ODU) 3-1
133: Scott Festejo (ODU) Dec. Nick Flannery (CSU) 10-8
141: Josh Palivoda (CSU) Dec. Brandon Choate (ODU) 5-3
149: Justin LaValle (ODU) Dec. Lawrence Cavello (CSU) 2-1
157: No. 13 John Nicholson (ODU) Tech. Tanner Lemon (CSU) 23-8
165: Corey Carlo (CSU) Dec. Tristan Warner (ODU) 9-8
174: No. 8 Te Edwards (ODU) Dec. Aric Thurn (CSU) 9-4
184: Billy Curling (ODU) Inj. Def. Corbin Boone (CSU)
197: Joe Budi (ODU) Fall Nick Anthony (CSU) 3:42
285: Matt Tourdot (ODU) Dec. Chris Weber (CSU) 5-2

Cleveland State 29, John Carroll 9

125: Ben Willeford (CSU) Fall Jeff Holy (JCU) 4:27
133: Nick Flannery (CSU) Maj. Dec. Phil Kail (JCU) 11-3
141: Josh Palivoda (CSU) Dec. Doug Hayes (JCU) 4-0
149: Lawrence Cavello (CSU) Fall Mauricio Gonzalez (JCU) 3:56
157: Tanner Lemon (CSU) Dec. Terner Gott (JCU) 14-12
165: Corey Carlo (CSU) Dec. Sean Gill (JCU) 12-5
174: Todd Gaydosh (JCU) Dec. Aric Thurn (CSU) 8-3
184: Bryan Steinmetz (JCU) Dec. Corbin Boone (CSU) 4-3
197: Jim Nemunaitis (JCU) Dec. Nick Anthony (CSU) 6-4
285: Chris Weber (CSU) Maj. Dec. Alec Barker (JCU) 11-3

Eastern Michigan 33, Cleveland State 9

125: Jared Germaine (EMU) Dec. Ben Willeford (CSU) 7-4
133: Nick Flannery (CSU) Fall Jake Byers (EMU) 6:52
141: Josh Palivoda (CSU) Dec. Seth Schaner (EMU) 7-3
149: Jaylyn Bohl (EMU) Fall Lawrence Cavello (CSU) 3:59
157: Aaron Sulzer (EMU) Fall Tanner Lemon (CSU) 2:44
165: Lester France (EMU) Dec. Sheldon Brandenburg (CSU) 10-5
174: Phillip Joseph (EMU) Fall Aric Thurn (CSU) 2:25
184: Mike Curby (EMU) Dec. Corbin Boone (CSU) 6-3
197: Nick Whitenburg (EMU) Dec. Nick Anthony (CSU) 11-5
285: Wes Schroeder (EMU) Dec. Chris Weber (CSU) 3-2

No. 9 Pittsburgh 39, Cleveland State 3

125: No. 13 Anthony Zanetta (Pitt) Maj. Ben Willeford (CSU) 9-1
133: No. 20 Shelton Mack (Pitt) Maj. Nick Flannery (CSU) 16-5
141: Travis Shaffer (Pitt) Maj. Josh Palivoda (CSU) 10-0
149: No. 4 Tyler Nauman (Pitt) Fall Mike Mencini (CSU) 4:33
157: No. 32 Donnie Tasser (Pitt) Maj. Tanner Lemon (CSU) 14-0
165: No. 33 Tyler Wilps (Pitt) Maj. Corey Carlo (CSU) 12-5
174: No. 18 Ethan Headlee (Pitt) Fall Aric Thurn (CSU) 2:15
184: No. 28 Max Thomusseit (Pitt) Maj. Corbin Boone (CSU) 19-8
197: No. 5 Matt Wilps (Pitt) Maj. Nick Anthony (CSU) 14-3
285: Chris Weber (CSU) Dec. Joel Yahner (Pitt) 3-1

Cleveland State 49, Cumberland (Tenn.) 0

125: Ben Willeford (CSU) Dec. Eddie Ortiz (CU) 8-3
133: Nick Flannery (CSU) Fall Ethyn Holbrook (CU) 1:56
141: Josh Palivoda (CSU) Maj. William Scheve (CU) 8-0
149: Mike Mencini (CSU) Tech. Michael Gonzalez (CU) 16-0
157: Tanner Lemon (CSU) Maj. Brandon Isbell (CU) 8-0
165: Koort Leyrer (CSU) Fall Nick Sasfy (CU) 1:53

174: Aric Thurn (CSU) Fall Scott Stewart (CU) 4:57
184: Corbin Boone (CSU) Dec. Cody Linton (CU) 4-2
197: Nick Anthony (CSU) wins by forfeit
285: Garry Yarborough (CSU) Fall Joe Hill (CU) 2:52

No. 22 Kent State 43, Cleveland State 6

125: Nic Bedelyon (KSU) Dec. Ben Willeford (CSU) 6-0
133: Nick Flannery (CSU) Fall Troy Opfer (KSU) 2:45
141: Tyler Small (KSU) wins by forfeit
149: Ian Miller (KSU) Fall Tyler Green (CSU) 2:00
157: Mallie Shuster (KSU) Tech. Tanner Lemon (CSU) 19-0
165: Tommy Sasfy (KSU) Dec. Koort Leyrer (CSU) 3-0
174: Brandon Johnson (KSU) Fall Aric Thurn (CSU) 2:09
184: Casey Newburg (KSU) Tech. Corbin Boone (CSU) 17-1
197: Keith Witt (KSU) Dec. Nick Anthony (CSU) via 15-8
285: Brendan Barlow (KSU) Fall Rock Davis (CSU) 1:57

Northern Illinois 38, Cleveland State 0

125: Nick Smith (NIU) Maj. Ben Willeford (CSU) 12-1
133: Rob Jillard (NIU) Dec. Nick Flannery (CSU) 7-5 SV1
141: Kevin Fanta (NIU) Fall Josh Palivoda (CSU) 1:39
149: Matt Smith (NIU) Dec. Mike Mencini (CSU) 9-7
157: Tyler Loethen (NIU) Dec. Tanner Lemon (CSU) 8-2
165: Matt Mouglin (NIU) Fall Koort Leyrer (CSU) 2:36
174: Caleb Busson (NIU) Dec. Aric Thurn (CSU) 6-3
184: Brad Dieckhaus (NIU) Maj. Corbin Boone (CSU) 14-2
197: Mike Lukowski (NIU) Dec. Nick Anthony (CSU) 8-4
285: Jared Torrence (NIU) Dec. Garry Yarborough (CSU) 5-1

Chattanooga 37 - Cleveland State 3

125: Ben Willeford (CSU) Dec. Blake Thomas (UTC) 4-2
133: No. 14 Nick Soto (UTC) Dec. Nick Flannery (CSU) 12-9
141: Shawn Greevy (UTC) Maj. Josh Palivoda (CSU) 4-0
149: Kelly Felix (UTC) Tech. Mike Mencini (CSU) 18-2
157: Dan Waddell (UTC) Dec. Brandon Sommers (CSU) 4-2
165: Brandon Wright (UTC) Dec. Corey Carlo (CSU) 2-0
174: Levi Clemons (UTC) Fall Aric Thurn (CSU) 4:28
184: Robert Prigmore (UTC) Dec. Corbin Boone (CSU) 3-1 SV1
197: Niko Brown (UTC) Maj. Nick Anthony (CSU) 18 - 5
285: Kevin Malone (UTC) Fall Garry Yarborough (CSU) 5:45

Appalachian State 31, Cleveland State 6

125: Antonio Graveley (ASU) Dec. Ben Willeford (CSU) 9-3
133: Brett Boston (ASU) Fall Nick Flannery (CSU) 0:39
141: Mike Kessler (ASU) Dec. Josh Palivoda (CSU) 5-1
149: Russell Benner (ASU) Maj. Tyler Green (CSU) 11-0
157: William Powell (ASU) Dec. Brandon Sommers (CSU) 3-2
165: Kyle Blevins (ASU) Dec. Corey Carlo (CSU) 5-2
174: Aric Thurn (CSU) Dec. Andrew Downs (ASU) 8-4
184: Austin Trotman (ASU) Fall Corbin Boone (CSU) 0:20
197: Nick Anthony (CSU) Dec. Jesse Johnson (ASU) 12-6
285: Paul Weiss (ASU) Dec. Garry Yarborough (CSU) 10-6

Campbell 30, Cleveland State 10

125: Ben Willeford (CSU) Maj. Grabiell Soto (CU) 9-0
133: Nick Flannery (CSU) Dec. Tanner Bidelspach (CU) 7-1
141: Josh Palivoda (CSU) Dec. Jordan Tolbert (CU) 4-3
149: Mark Hartenstine (CU) Maj. Lawrence Cavello (CSU) 11-0
157: Nick Rex (CU) Maj. Brandon Sommers (CSU) 15-1
165: Paul Duggan (CU) Dec. Corey Carlo (CSU) 4-2
174: Ryan Kreckler (CU) Tech. Koort Leyrer (CSU) 23-7
184: James Cook (CU) Dec. Aric Thurn (CSU) 12-9
197: John Weakley (CU) Tech. Nick Anthony (CSU) 18-2
285: Joe Nolan (CU) Fall Garry Yarborough (CSU) 1:16

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Box Scores Continued...

Cleveland State 22 - VMI 15

125 - Ben Willeford (CSU) win by Forfeit
 133 - Nick Flannery (CSU) Dec. Goodsell (VMI) 8-6
 141 - Stewart (VMI) Dec. Josh Palivoda (CSU) 8-6
 149 - Mike Mencini (CSU) Dec. Yost (VMI) 10-8
 157 - Brandon Sommers (CSU) Dec. Burnett (VMI) 6-5
 165 - Corey Carlo (CSU) Dec. Joseph (VMI) 9-3
 174 - Brock (VMI) Fall Aric Thurn (CSU) (4:35)
 184 - Dommert (VMI) Dec. Robert Blankenship (CSU) 3-0
 197 - Nick Anthony (CSU) Maj. dec. Garcia (VMI) 12-3
 285 - Embree (VMI) Dec. Garry Yarborough (CSU) 8-1

Cleveland State 31 - Davidson 6

125 - Ben Willeford (CSU) Maj. Dec. Zarth (DC) 13-4
 133 - Elias (DC) Dec. Nick Flannery (CSU) 9-7
 141 - Birmingham (DC) Dec. Josh Palivoda (CSU) 9-7
 149 - Lawrence Cavello (CSU) Dec. Ray (DC) 3-0
 157 - Brandon Sommers (CSU) Maj. Dec. Talevi (DC) 14-4
 165 - Corey Carlo (CSU) Dec. Mullen (DC) 6-5 Decision
 174 - Aric Thurn (CSU) Tech. Cirenza (DC) 16-0 (4:55)
 184 - Robert Blankenship (CSU) Dec. Solcz (DC) via 5-2 Decision
 197 - Nick Anthony (CSU) Dec. Isola (DC) via 9-2 Decision
 285 - Garry Yarborough (CSU) win by Forfeit

Cleveland State 25 - George Mason 12

125 - V. Rodriguez (GMU) Dec. Ben Willeford (CSU) 8-4
 133 - Nick Flannery (CSU) Dec. Isenhour (GMU) 6-4
 141 - Josh Palivoda (CSU) Inj. Def. Herndon (GMU) (2:33)
 149 - Mike Mencini (CSU) Dec. Takagi (GMU) 7-1
 157 - Bethea (GMU) Dec. Tanner Lemon (CSU) 4-1
 165 - Corey Carlo (CSU) Dec. Knepp (GMU) 5-1
 174 - Aric Thurn (CSU) Maj. Dec. Robertson (GMU) 16-4
 184 - Robert Blankenship (CSU) Dec. Hembury (GMU) 6-2
 197 - Tovuujav (GMU) Fall. Nick Anthony (CSU) (0:25)
 285 - Garry Yarborough (CSU) Dec. Stanley (GMU) 10-4

2011-2012 Wrestling Schedule (remaining)

01/28/12	Shaker Hts. v. Medina Youth vs. EDINBORO *	Cleveland, Ohio	5:00 p.m. ET 7:00 p.m. ET
02/03/12	at Lock Haven *	Lock Haven, Pa.	7:00 p.m. ET
02/04/12	at Bloomsburg *	Bloomsburg, Pa.	1:00 p.m. ET
02/11/12	at Clarion *	Clarion, Pa.	1:00 p.m. ET
02/19/12	vs. WEST VIRGINIA * (Senior Night)	Cleveland, Ohio	2:00 p.m. ET
03/04/12	EWL Tournament	Clarion, Pa.	10:00 a.m. ET

Bold/CAPS = Home Dual * = Conference Dual



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