

CLEVELAND STATE VIKINGS WRESTLING

Eastern Michigan
Duals
January 11, 2009
Ypsilanti, Michigan

2008-09 SCHEDULE/RESULTS

November

1	Eastern Michigan Open	NTS
9	Michigan State Open	NTS
16	University of the Cumberlands	W, 24-19
	Ohio State	L, 13-35
25	at John Carroll	W, 25-17

December

7	Penn State Open	NTS
14	CSU OPEN	NTS
19	at Bucknell	L, 15-32
	Wagner	W, 46-3
	Drexel	L, 14-28
29	Midlands Invitational	NTS

January

3	BUFFALO	L,10-32
	UNI	L,12-26
11	Ashland University	1:00 p.m.
	at Eastern Michigan	3:00 p.m.
17	KENT STATE	7:00 p.m.
24	LOCK HAVEN*	5:00 p.m.
28	at Pittsburgh*	7:00p.m.
31	BLOOMSBURG*	2:00 p.m.

February

6	at Edinboro*	7:00 p.m.
14	CLARION*	2:00p.m.
22	at West Virginia	1:00 p.m.

March

7	at EWL Championships	10:00 a.m.
19	at NCAA Championships	10:00 a.m.

All times Eastern (EST)

* Eastern Wrestling League match

Home matches in **BOLD CAPS**

PROBABLE VIKINGS LINE-UP

Wrestler (2008-09 Record) ... Highlights

125: Jordan Keller(15-11) ... team high seven majors.

133: Josh Palivoda(8-12) ... one tech fall this season.

141: Lawrence Cavello(9-10) ... three wins in last four dual matches

149: Antonio Nicholson(14-11) ...has doubled his career win total this season.

157: Corey Carlo(10-13) ... four major decisions his freshman season.

165: Rob Michaels(12-5) ... has five pins in 12 victories this season.

165: Dustin Doty(2-11) ...1-0 in dual meet action this season.

174: Derek Cummins(0-4) ... First action of season at 174 pounds.

184: JT Miller(9-10) ...First action of season at 184 pounds.

197: Forfeit

HWT: Rashard Goff(22-5) ... 8-0 in dual meets.

SETTING THE SCENE: Cleveland State (3-5) Vikings will attempt to even its record on Sunday (1/11), when the Vikings travel to Ypsilanti, Michigan to take on Ashland University and Eastern Michigan University in a dual meet. The Vikings will take on Ashland at 1:00 p.m. and then wrestle Eastern Michigan at 3:00 p.m.

PREVIEWING THE VIKINGS: Several Cleveland State wrestlers are coming in to their own as the Vikings gear up for the bulk of their schedule. Lawrence Cavello has stepped up to become a quiet leader, winning three of his last four dual matches. Rashard Goff continues his impressive season, after his two wins on Saturday (1/3), the senior has a perfect 8-0 record in dual meets.

RECAPING BUFFALO: Giving up 12 points from the start due to forfeits at 133 and 197 pounds turned out to be too much for the Vikings to overcome on Saturday (1/3), as they lost to the Bulls, 26-12. Four Vikings, including Jordan Keller, Rob Michaels, Lawrence Cavello and Rashard Goff were able to notch victories for head coach Ben Stehura.

RECAPING UNI: The Vikings were able to score victories from JT Miller, Goff and Cavello in a 32-10 loss to Northern Iowa. Goff was able to score a last minute, third period takedown securing a 4-1 thrilling victory over Northern Iowa's Christian Brantley.

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Cavello earned an 8-0 victory over Cole Zempel, giving him his first major decision victory of the season.

VS: ASHLAND: The Vikings have an overall record of 19-4 and are currently riding a two-match win streak against the Eagles. In their last two meetings, the Vikings have won in easy fashion recording a 35-10 win in 2007 and a 23-13 win last season.

VS: EASTERN MICHIGAN: The Vikings are 9-4 against the Eagles. Dating back to 2003, Cleveland State is 3-1 in dual meet action against the Eagles, including a 25-18 in Ypsilanti, Michigan in 2007.

CAVELLO RIDING HOT STREAK: After taking the reins at 141 pounds, Lawrence Cavello has been nothing but consistent for the Vikings. Cavello has been riding an impressive hot streak in recent dual meets tallying three victories in his last four matches. Cavello went 2-0 on Saturday (1/3) for the Vikings earning wins against Buffalo's Mark Lewandowski and Northern Iowa's Cole Zempel.

GOFF CONTINUES TO CARRY VIKINGS ON BACK: After posting a 2-0 record on Saturday (1/3), Rashard Goff now has a team high 22 victories. Goff began his Viking career by being named to the 2005-06 Amateur Wrestling News All-Rookie Third Team. The senior has remained a consistent wrestler winning at least 20 matches each season and reaching the NCAA tournament three consecutive seasons.

CARLO WINNING IN CONVINCING MANNER: When Corey Carlo wins, he does so in dramatic fashion. Carlo has 10 wins this season, four of which by major decision, one tech fall and one pin fall.

PINNING HIS WAY TO VICTORY: Rob Michaels has 12 wins this season, five of which have come by pin fall. His fastest pin of the season came against Wagner's Joe Vitucci at 41 seconds. Michael's is currently nine-pins shy of the Cleveland State single season all-time pin record of 14 set by Matt Ghaffari during the 1983-84 season.

CLEVELAND ROCKS: Five of the Viking wrestlers in the starting line-up have double-digit win totals this season. Rashard Goff has a team high 22 wins, while Jordan Keller has 15 wins. Antonio Nicholson has 14 wins, while Rob Michaels has 12 wins and Corey Carlo has 10 victories.

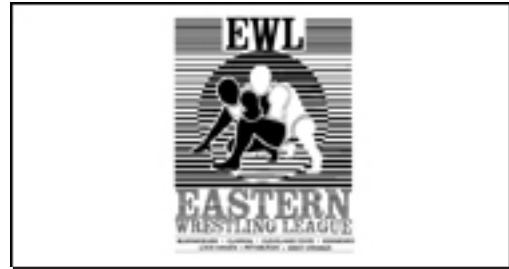
SENIOR DOMINANCE: Three Viking seniors in the everyday starting line-up have accumulated 45 victories this season. Goff has tallied half of those with 22, while Antonio Nicholson has added 14 and JT Miller has nine wins of this own.

CLOSER THAN SCORE INDICATES: Even though the final scores lately have not been in the Vikings favor, they have been able to wrestle hard in the matches that are contested. During Saturday's (1/3) dual meet against the University of Buffalo and Northern Iowa, the Vikings gave up 12 points as a result of two

2008 Cleveland State University Wrestling Roster

Name	Wt.	Yr.	Hometown
Chris Bradley	184	Jr.	Warren, Ohio
Michael Bradley	197	Jr.	Warren, Ohio
Corey Carlo	157	Fr.	Fairview Park, Ohio
Lawrence Cavello	141	So.	Willard, Ohio
Derek Cummins	184	So.	Marengo, Ohio
Dustin Doty	157	So.	Toledo, Ohio
Marcus Effner	164	Sr.	Garfield Heights, Ohio
Rashard Goff	285	Sr.	Brandon, Florida
Jordan Keller	125	Fr.	Wichita, Kansas
John Keller	133	Fr.	Wichita, Kansas
Nate Kmetz	165	Sr.	Maineville, Ohio
Mike McLaughlin	149	Fr.	Rocky River, Ohio
Mike Mencini	133	Fr.	Twinsburg, Ohio
Dan Michaels	165	Fr.	Clyde, Ohio
Rob Michaels	165	So.	Clyde, Ohio
JT Miller	174	Sr.	Garfield Heights, Ohio
Antonio Nicholson	141	Sr.	Solon, Ohio
Josh Palivoda	133	So.	Raymond, Ohio
Mike Rawlings	157	Fr.	North Port, Florida
Aric Thurn	174	Fr.	Clyde, Ohio
Matt Waxman	149	Jr.	Solon, Ohio
Tyler Young	141	So.	Republic, Ohio

Head Coach: Ben Stehura (Lock Haven '00)
Assistant Coach: Anthony Coleman (Cleveland State '04)
Assistant Coach: Steven Mladenovic



2008-09 EWL STANDINGS

School	EWL				Overall			
	W	L	T	Pct.	W	L	T	Pct.
Cleveland St.	0	0	0	.000	3	5	0	.375
Edinboro	0	0	0	.000	5	2	0	.741
Pittsburgh	1	0	0	1.000	1	2	0	.333
West Virginia	0	0	0	.000	2	2	0	.500
Bloomsburg	0	1	0	.000	4	4	0	.500
Lock Haven	0	0	0	.000	4	4	0	.500
Clarion	0	0	0	.000	3	4	0	.429

SEASON/CAREER RECORDS

Wrestler	Season	Career
Jordan Keller	15-11	15-11
Josh Palivoda	8-12	17-33
Lawrence Cavello	9-10	9-10
Tyler Young	1-8	1-8
Antonio Nicholson	14-11	26-22
Mike McLaughlin	3-1	3-1
Matt Waxman	5-6	5-12
Nate Kmetz	0-1	18-43
Corey Carlo	10-13	10-13
Dustin Doty	2-11	2-11
Dan Castillo	6-6	10-39
Rob Michaels	12-5	35-20
JT Miller	9-10	39-53
Derek Cummins	0-4	9-28
Chris Bradley	0-4	0-4
Mike Bradley	0-4	0-4
Rashard Goff	22-5	94-53

forfeits at 133 pounds and 197 pounds.

PARTNERSHIP WITH BECKY'S: Viking wrestling has teamed up with Becky's to provide fans an opportunity to meet the staff and talk Viking wrestling after each home dual meet. For just \$10, each fan will receive a ticket to the home dual meet, as well as a wristband to be handed out at the conclusion of the meet, which is good for light appetizers and three beverage tickets immediately following the wrestling match. Becky's is located at 1762 E. 18th Street (across from Krenzler Field on the CSU Campus), for more information call 216-687-2094.

THE HEAD COACH:

Ben Stehura (Lock Haven, 2000) Overall: 29-55-1

Former Viking graduate assistant coach Ben Stehura is in his first season as head coach. Stehura is only the third head coach for the Viking wrestling program after serving the last five years as the head coach at Division II Limestone College in Gaffney, S.C. The only head coach in Limestone history, Stehura quickly built the program and has already coached one NCAA National Champion, three NCAA All-Americans, five NCAA National qualifiers and eight NCAA All-Academic team members. A 2000 graduate of Lock Haven University with a Bachelor's of Science in Secondary Education, Stehura was a three-year starter, earning fourth and fifth place finishes in the Pennsylvania State Athletic Conference Tournament.

UPNEXT: The Vikings will return home on Saturday, January 17 when they take on 24th-ranked Kent State in the Woodling Gymnasium. The meet is scheduled to begin at 7:00 p.m.

SEASON LEADERS

<i>Wins</i>		<i>Pins</i>		<i>Major Decision</i>		<i>Fastest Pins</i>	
1. Rashard Goff	22	1. Rob Michaels	5	1. Jordan Keller	7	1. A. Nicholson	0:30
2. Jordan Keller	15	2. Rashard Goff	3	2. Corey Carlo	4	2. Rob Michaels	0:41
3. Antonio Nicholson	14	3. JT Miller	2	3. Dan Castillo	3	Rashard Goff	0:41
4. Rob Michaels	12			Rashard Goff	3	4. Rob Michaels	2:03
5. Corey Carlo	10			5. Josh Palivoda	2	5. JT Miller	2:10

2008-09 VIKING STATISTICS

Wt.	Name	W	L	Pins	TF	MD	Dec.	FF
125	Jordan Keller	15	11	0	0	7	7	1
133	Josh Palivoda	8	12	0	1	2	5	0
141	Lawrence Cavello	9	10	0	0	1	8	0
141	Tyler Young	1	8	0	0	1	0	0
149	Antonio Nicholson	14	11	1	1	1	10	1
149	Mike McLaughlin	3	1	0	0	0	3	0
149	Matt Waxman	5	6	0	0	1	4	0
157	Corey Carlo	10	13	1	1	4	3	1
157	Dustin Doty	2	11	0	0	0	2	0
157	Dan Castillo	6	6	0	0	3	1	2
165	Robbie Michaels	12	5	5	1	1	5	0
174	JT Miller	9	10	2	1	1	5	0
184	Derek Cummins	0	4	0	0	0	0	0
184	Chris Bradley	0	6	0	0	0	0	0
285	Rashard Goff	22	5	3	0	3	11	2
285	Mike Bradley	0	4	0	0	0	0	0
CSU TOTALS		116	124	12	5	24	66	7

2008-09 WRESTLING SCHEDULE/RESULTS

November			17	KENT STATE	7:00 p.m.
1	Eastern Michigan Open	NTS	24	LOCK HAVEN*	5:00 p.m.
9	Michigan State Open	NTS	28	at Pittsburgh*	7:00p.m.
16	Cumberlands	W, 24-19	31	at Bloomsburg*	2:00 p.m.
	Ohio State	L, 13-35			
25	at John Carroll	W, 25-17			
December			February		
7	Penn State Open	NTS	6	at Edinboro*	7:00 p.m.
14	Cleveland State Open	NTS	14	CLARION*	2:00 p.m.
19	at Bucknell	L, 15-32	22	at West Virginia	1:00 p.m.
	Drexel	L, 14-28	March		
	Wagner	W, 46-3	7	at EWL Championships	10:00 p.m.
29	Midlands Invitational	NTS	19	at NCAA Championships	10:00 p.m.
January			Home matches in BOLD CAPS		
3	Buffalo	L,10-32	* Eastern Wrestling League match		
	UNI	L, 12-26	All times Eastern (EST)		
11	at Eastern Michigan	3:00 p.m.			

MATCH-BY-MATCH RESULTS

Match 1: Vikings 24, Cumberlands 19**Nov. 16, 2008 Columbus, OH**

125: Jordan Keller(CSU) maj. dec. Peter Martinez(UC), 11-0
 133: Josh Palivoda(CSU) maj. dec. Travis Sullivan(UC), 16-6
 141: Tim Mitchem(UC) dec. Lawrence Cavello(CSU), 2-3
 149: Antonio Nicholson(CSU) dec. Jeff Steele(UC), 4-2
 157: Corey Carlo(CSU) maj. dec. Justin Swilling(UC), 15-4
 165: Dustin Doty(CSU) dec. Garrett Harrison(UC), 5-3
 174: Kyle Stygler(UC) fall JT Miller(CSU), 2:57
 184: Cleveland State forfeit
 197: Rob Nusekabel(UC) maj. dec. Eric Schwartz(CSU), 20-6
 HWT: Rashard Goff fall Jacob Brady, 3:59

Match 2: No. 6 Ohio State 35, Vikings 13**Nov. 16, 2008 Columbus, OH**

125: No. 14 Nikko Triggas(OSU) dec. Jordan Keller(CSU), 5-6
 133: No. 8 Reece Humphrey(OSU) fall Josh Palivoda(CSU), 3:47
 141: No. 1 J Jaggers(OSU) maj. dec. Lawrence Cavello(CSU),
 2-14
 149: Ohio State forfeit
 157: No. 13 Jason Johnstone(OSU) tech. fall Corey Carlo(CSU),
 10-26
 165: No. 16 Colt Sponseller(OSU) fall Dustin Doty(CSU), 2:53
 174: JT Miller(CSU) dec. No. 18 Dave Rella(OSU), 8-5
 184: Cleveland State forfeit
 197: No. 20 Cody Gardner(OSU) tech. fall Eric Schwartz(CSU),
 2-19
 HWT: Rashard Goff(CSU) maj. dec. Jason Cook(OSU), 17-7

Match 3: Vikings 24, John Carroll 19**Nov. 25, 2008 University Heights, OH**

125: Jordan Keller(CSU) dec. Elie Naoum(JC), 13-6
 133: Josh Palivoda(CSU) dec. Kevin Nycz(JC), 6-0
 141: Lawrence Cavello(CSU) dec. Chris Romeo(JC),
 149: Dan Mizner(JC) dec. Antonio Nicholson(CSU), 8-9
 157: John Carroll forfeit
 165: Devon Jurczak(JC) maj. dec. Dustin Doty(CSU), 7-15
 174: JT Miller(CSU) maj. dec. Travis Hammer(JC), 8-0
 184: Cleveland State forfeit
 197: James Nemunaitis(JC) maj. dec. Eric Schwartz(CSU),
 3-14
 HWT: No. 11 Rashard Goff(CSU) fall Tim Lambert(JC),
 4:47

Match 4: Drexel 28, Vikings 14**Dec. 19, 2008 Lewisburg, PA**

125: Jordan Keller(CSU) maj. dec. Michael Gomez(D),
 15-2
 133: Frank Cimato(D) dec. Josh Palivoda(CSU), 4-5
 141: Kyle Palmer(D) fall Lawrence Cavello(CSU), 0:50
 149: Antonio Nicholson(CSU) maj. dec. Robert
 Robinson(D), 10-2
 157: Billy Haydt(D) dec. Corey Carlo(CSU), 2-3
 165: Rob Michaels(CSU) dec. Scott Hunter(D), 10-5
 174: Shawn Fausey(D) maj. dec. JT Miller(CSU), 1-13
 184: Cleveland State forfeit
 197: No. 8 Jon Oplinger(D) fall Eric Schwartz(CSU), 1:34
 HWT: No. 17 Rashard Goff(CSU) dec. Kyle Frey(D), 8-3

Match 5: Bucknell 32, Vikings 15**Dec. 19, 2008 Lewisburg, PA**

125: Derek Reber(B) dec. Jordan Keller(CSU), 1-7
 133: No. 18 David Marble(B) fall Josh Palivoda(CSU),
 2:18
 141: Lawrence Cavello(CSU) dec. Adam Healey(B),
 6-4(ot)
 149: Kevin LeValley(B) dec. Antonio Nicholson(CSU),
 2-3
 157: Tyler Riccio(B) dec. Corey Carlo(CSU), 3-6
 165: Rob Michaels(CSU) fall Nicholas Czaplak(B), 2:03
 174: Shane Ricco(B) fall JT Miller(CSU), 4:03
 184: Cleveland State forfeit
 197: Jay Hahn(B) tech. fall Eric Schwartz(CSU), 0-15, 4:59
 HWT: Bucknell forfeit

Match 6: Vikings 46, Wagner 3**Dec. 19, 2008 Lewisburg, PA**

125: Wagner forfeit
 133: Josh Palivoda(CSU) tech. fall Tyler Harmer(W), 16-1
 141: Lawrence Cavello(CSU) dec. Ryan Cornell(W), 3-1
 149: Antonio Nicholson(CSU) dec. Jake Villaret(W), 9-3
 157: Corey Carlo(CSU) tech. fall Nick Dalcero(W), 18-3
 165: Rob Michaels(CSU) fall Joe Vitucci(W), 0:41
 174: JT Miller(CSU) fall Ryan Malloy(W), 5:36
 184: Peter Morano(W) dec. Dustin Doty(CSU), 2-8
 197: Eric Schwartz(CSU) fall Vinny Tortorella(W), 1:13
 HWT: No. 17 Rashard Goff(CSU) fall Mark Wagner(W),
 0:41

MATCH-BY-MATCH RESULTS**Match 7: Vikings 12, Buffalo 26****Jan. 3, 2009 Cleveland, OH**

125: Jordan Keller (CSU) Dec. Danny Bishop (B), 5-2

133: Cleveland State Forfeit

141: Lawrence Cavello (CSU) Dec. Mark Lewandowski (B),
5-2

149: Desmond Green (B) Dec Antonio Nicholson (CSU), 5-7

157: John Martin-Cannon (B) Dec. Corey Carlo (CSU), 5-8

165: Rob Michaels (CSU) Dec. Ron Majerus (B), 10-5

174: Nate Rock (B) Maj. Dec JT Miller (CSU), 0-11

184: Mikey Moran (B) Maj. Dec Derek Cummins (CSU),
6-14

197: Cleveland State Forfeit

HWT: No. 17 Rashard Goff (CSU) Dec. Brett Correll (B), 4-1

Match 8: Vikings 10, Northern Iowa 32**Jan. 3, 2009 Cleveland, OH**

125: Caleb Flores (UNI) Dec Jordan Keller (CSU), 1-2

133: Cleveland State Forfeit

141: Lawrence Cavello (CSU) Maj. Dec Cole Zempel (UNI),
8-0

149: Charlie Ettelson (UNI) Dec. Antonio Nicholson (CSU), 1-7

157: Trevor Kittleson (UNI) Dec Corey Carlo (CSU), 5-10

165: Moza Fay (UNI) Fall Rob Michaels (CSU), 4:55

174: JT Miller (CSU) Dec. Scott Hazen (UNI), 8-7

184: Alex Dolly (UNI) Tech Fall 5 Derek Cummins (CSU), 6-22

197: Cleveland State Forfeit

HWT: No. 17 Rashard Goff (CSU) Dec. Christian Brantley
(UNI), 4-1