

CLEVELAND STATE VIKINGS WRESTLING

vs. John Carroll
Nov. 25, 2008
University Heights, Ohio

2008-09 Wrestling Schedule/Results

November

1	Eastern Michigan Open	NTS
9	Michigan State Open	NTS
16	University of the Cumberland	W, 24-19
	Ohio State	L, 13-35
25	at John Carroll	7:00 p.m.

December

7	Penn State Open	8:30 a.m.
14	CSU OPEN	9:00 a.m.
19	at Bucknell	12:00 p.m.
29-30	Midlands Invitational	All Day

January

3	BUFFALO, GARDNER- WEBB, UNIVERSITY OF N. IOWA	12:00 p.m.
11	at Eastern Michigan	3:00 p.m.
17	KENT STATE	7:00 p.m.
24	LOCK HAVEN*	5:00 p.m.
28	at Pittsburgh*	7:00 p.m.
31	BLOOMSBURG*	2:00 p.m.

February

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

March

7	at EWL Championships	10:00 a.m.
19-21	at NCAA Championships	10:00 a.m.

All times Eastern (EST)

* Eastern Wrestling League match

Home matches in **BOLD CAPS**

Setting the Scene: After a week off, the Cleveland State wrestling team will square off against cross-town rival John Carroll on Tuesday, November 25 in University Heights, Ohio. That match is slated to begin at 7:00 p.m.

Previewing the Vikings: The Vikings are coming off their first win of the season defeating the University of the Cumberland Patriots, 24-19, on Sunday (11/16). The Vikings starting line-up going into tomorrow's match have combined for 39 victories, including a team high eight from Rashard Goff and seven from Jordan Keller. In their last nine meetings the Vikings are 9-0 against John Carroll.

Recapping Last Week: The Vikings went 1-1 at the Ohio State Duals defeating the Cumberland Patriots, 24-19, before losing to Ohio State, 35-13. Cleveland State won six of the nine contested matches against Cumberland, including a Rashard Goff pin and major decision victories from Jordan Keller, Josh Palivoda and Corey Carlo. Antonio Nicholson and Dustin Doty also collected victories for the Vikings against the Patriots. In the nightcap against the Buckeyes, Goff and JT Miller collected the lone victories for the Vikings. Miller earned a victory against the 18-ranked Dave Rella while Goff scored a 17-7 major decision.

Goff Keeps on Rolling: Senior Rashard Goff has amassed 80 victories throughout his Viking career, eight of those coming this season. Goff began the year by posting a 3-1 record to earn a second place finish at the Eastern Michigan Open, and followed that up with a 3-0 record at the Michigan State Open bringing home a first place title. The train kept moving this weekend as Goff pinned Cumberland's Jacob Brady at 3:59 and thumped Ohio State's Jason Cook 17-7.

Overall VS. John Carroll: Overall, the Vikings are 33-4-2 against the Blue Streaks, riding a current nine-match win streak dating back to 1999. A year ago, the Vikings dominated John Carroll winning nine of the 10 bouts en route to a 34-3 victory. Robbie Michaels who earned a pin against Tyler Mickley at 2:54 led Cleveland State. Hughes, Palivoda, Nicholson, Miller and Eric Schwartz also posted victories for the Vikings.

Probable Starting Line-up

125	Jordan Keller (7-5)
133	Josh Palivoda (4-5)
141	Lawrence Cavello (4-6)
149	Antonio Nicholson (5-3)
157	Corey Carlo (6-5)
165	Dustin Doty (2-4)
174	JT Miller (2-3)
184	Alek Hughes (0-1)
197	Eric Schwartz (0-4)
HWT	Rashard Goff (8-1)

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Making the Most of Opportunity: Dustin Doty has taken full advantage of his mat time this season. After competing in limited action during his red shirt season, Doty has collected two 5-3 decisions against Olivet's Greg Jaratt and Cumberlands Garrett Harrison at 165 pounds.

Oh Captain My Captain: Antonio Nicholson (5-3) and JT Miller (2-3) are team captains both on and off the mat. The two seniors can be heard shouting encouragement during each Viking match, but also in the practice room offering their time to help the freshman develop their skills. Nicholson is double majoring in criminology and political science, while Miller is majoring in criminology.

The Head Coach:

Ben Stehura (Lock Haven, 2000)
Overall: 27-51-1

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.

Up Next: The Vikings will have a week off before traveling to State College, Pennsylvania to compete in the Nittany Lion Open on Sunday December 7th. The tournament is scheduled to begin at 8:30 a.m.

2008 Cleveland State University Wrestling Roster

Name	Wt.	Yr.	Hometown
Chris Betz	157	Jr.	Solon, Ohio
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
Alek Hughes	184	So.	Bellvue, Ohio
Jordan Keller	125	Fr.	Wichita, Kansas
Ricky King	125	Fr.	South Euclid, Ohio
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
Josh Pankewicz	165	Fr.	Youngstown, Ohio
Mike Rawlings	157	Fr.	North Port, Florida
Eric Schwartz	197	So.	Clyde, Ohio
Thomas Schwartz	141	So.	Clyde, Ohio
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 Wrestling Standings

School	EWL				Overall			
	W	L	T	Pct.	W	L	T	Pct.
Cleveland State	0	0	0	0	1	1	0	.500
Edinboro	0	0	0	0	5	1	0	.833
Pittsburgh	1	0	0	1.000	1	1	0	.500
West Virginia	0	0	0	0	2	0	0	1.000
Bloomsburg	0	1	0	.000	0	1	0	.000
Lock Haven	0	0	0	0	0	2	0	.000
Clarion	0	0	0	0	2	2	0	.500