

# Mustang Wrestling

MORRISVILLE STATE COLLEGE

State University of New York  
College of Agriculture and Technology



## About Morrisville

Morrisville State College, located in Central New York, offers bachelor degrees and a wide variety of associate degrees and options. Considered to be one of the most technologically advanced colleges in the nation for its ThinkPad University program and wireless technology initiative, the college was the first in the nation to comprehensively replace telephones in residence halls with individual cellular phones for students. Morrisville State College was also chosen as one of the top five colleges in the nation for campus activities by Campus Activities magazine. The Morrisville State College Norwich Campus offers programs in business, technologies, liberal arts/education transfer, and nursing to Chenango County area residents and employers.

To be eligible for NCAA competition, all student-athletes must be enrolled in a program leading to a baccalaureate degree and have taken the SAT exam.

## MSC Facts & Stats

Students in all majors: 3,338  
Percent male students: 60  
Percent female students: 40  
Number of active clubs and organizations: 40+  
Outstanding athletic facilities including three gymnasiums, fitness center, IcePlex ice hockey rink, recreation center.  
Several Intramural athletic leagues, tournaments and events and over 70 hours of informal open athletic recreation time is scheduled weekly.  
Six on-campus dining areas and a variety of meal plan options.  
Nextel cellular phones for resident students.

## Academic Majors

Baccalaureate degree programs are listed, followed by related associate degree programs.

### Agricultural Business Development

Related Associate Degree: *A wide range in agricultural fields*

### Automotive Technology

Related Associate Degree: *Automotive Technology*

### Automotive Technology Management

Related Associate Degree: *Automotive Technology*

### Business Administration

Related Associate Degree: *Any Associate Degree*

### Criminal Justice

Related Associate Degree: *Criminal Justice*

### Dairy Management

Related Associate Degrees: *Animal Science—Dairy, Agricultural Business, Agricultural Science*

### Entrepreneurship and Small Business Management

Related Associate Degrees: *Any Associate Degree*

### Equine Science

Related Associate Degrees: *Equine Science and Management, Equine Racing Management*

### Horticulture Business Management

Related Associate Degree: *Horticulture*

### Human Performance and Health Promotion

Related Associate Degree: *Sports, Nutrition and Fitness Management*

### Information Technology—

**Applications Software Development**

**Electronic Marketing and Publishing**

**End-User Support**

**Information Technology—Technology Management**

**Network Administration**

**Web Development**

Related Associate Degrees: *Computer Information Systems, Computer Systems Technology, Office Technology, Business Administration, Accounting (relate to all Information Technology degrees above)*

### Journalism & Communication Online Media

Related Associate Degree: *Journalism Technology*

### Nursing

Related Associate Degree: *Nursing*

### Renewable Resources

Related Associate Degrees: *Natural Resources Conservation, Aquaculture and Aquatic Science*

### Resort and Recreation Service Management:

Related Associate Degrees: *Food Service Administration, Gaming and Casino Management, Restaurant Management, Travel and Tourism: Hospitality Management*

### Science, Technology and Society:

Related Associate Degrees: *Any Associate Degree*



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## Morrisville State Mustangs

Morrisville State College, a residential college located approximately 30 miles between the cities of Syracuse and Utica in Central New York, offers the total college experience. The college allows students to experience the availability of a balance of activities both in and out of the classroom. The athletic program at Morrisville State administers 16 intercollegiate athletic teams and a full schedule of intramural opportunities.

Our athletes have contributed to our long-standing success as an institution and have brought home a number of regional and national titles.

At Morrisville State College, athletes will find outstanding facilities and equipment. A dedicated staff of coaches and trainers act as mentors. The college also offers free tutoring for all students.

The strength of the college's athletic program and its previous success in NJCAA competition has laid a foundation for a smooth transition to the NCAA.

## Wrestling

In 2009, Morrisville State College became an active Division III member of the National Collegiate Athletic Association (NCAA).

While the championships won will always be a part of the fabric of Morrisville's athletic heritage, the Mustangs are anxious to begin forging a new tradition as a member of the National Collegiate Athletic Association (NCAA).

The wrestling team has a long and successful athletic history at Morrisville. The team has won 23 Conference Championships and were runner-ups 17 times. Morrisville has produced four NJCAA National Champions and 30 NJCAA All-Americans. In all, 15 have been selected to the New York State Tournament All-State team and numerous have been crowned Northeast District Regional Champions.

In 2006, Morrisville State competed against nationally ranked Division III programs and carried that same success into the 2007-2008 season.

In their first season of NCAA Division III competition, Morrisville State's Bryan Gomez (Suffern, NY) earned all-State recognition, placing fourth at the annual New York State Championship Tournament, and tallied a record of 25 wins and 11 losses.

In 2007-08, an outstanding freshman class put Morrisville State among the top Division III competitors in the New England Region.

Aljamain Sterling (Uniondale, NY) wrestled to a 35-14 overall record, pinning seven opponents, while leading the team with 134 points. Sterling placed seventh at the New York State Championships while placing in nearly all tournaments and invitationals throughout the season.



Morrisville State looks to carry that same success into next season.

## Coaching Staff

Mario Thomas joined the Morrisville State College athletic department in 2008 as head coach of the Mustangs wrestling program.

Thomas recently served as an assistant coach for two years at Division II Gannon University where he coached six national qualifiers and one NCAA All-American.

The 2005 graduate of Missouri Valley College is a three time NAIA Eastern Region Champion and Collegiate Wrestling All-American (2003, 2004, 2005) at the 184 pound weight class, qualifying for the national tournament in four straight years of competition. Thomas was a member of the Missouri NAIA National Championship team that defeated defending champion, Lindenwood, by a narrow five point margin to claim the national title in 2003. In 2005, Thomas was named a NAIA Champions of Character Honoree as he compiled over 100 collegiate victories in his career at Missouri.

Thomas earned his bachelor of arts degree in philosophy and religion, with a minor in English, from Missouri in 2005, and completed his masters degree in religious education from Gannon University in 2008.



For more information visit [www.morrisville.edu](http://www.morrisville.edu) or call 800.258.0111

*an equal-opportunity institution*

# Mustang Wrestling

## 2009-2010 Schedule

10/31/2009	@ University of Scranton Duals	TBA
11/7/2009	@ Ithaca College Bomber Invitational	TBA
11/8/2009	@ Ithaca College Bomber Invitational	TBA
11/21/2009	@ SUNY Oneonta Red Dragon Invitational	9:30 AM
<b>12/2/09</b>	<b>SUNY CORTLAND</b>	<b>TBA</b>
12/5/2009	@ RIT Invitational	TBA
1/9/2010	@ North/South Duals (held at Ursinus College)	TBA
1/19/2010	Rochester Institute of Technology	TBA
1/23/2010	New York State Championships (held at Cornell University)	TBA
1/24/2010	New York State Championships (held at Cornell University)	TBA
1/29/2010	@ Wheaton College Invitational	TBA
1/30/2010	@ Wheaton College Invitational	TBA
2/6/2010	@ Kings College	12:00 PM
2/9/2010	@ SUNY Oswego	TBA
<b>2/10/2010</b>	<b>SUNY ONEONTA</b>	<b>7:00 PM</b>
2/13/2010	@ New York University	TBA



## Season Records

Most Matches Wrestled:		
Aljamain Sterling	49	2007-08
Pat Bennett	41	2001-02
Dan Toia	40	2001-02
Jake Herzig	39	2000-01
Kevin Kinnear	39	2004-05

Most Wins:		
Aljamain Sterling	35	2007-08
Pat Bennett	31	2001-02
Anthony Champion	27	2001-02
Bryan Gomez	25	2006-07
Kevin Kinnear	24	2004-05

Most Pins Recorded:		
Pat Bennett	16	2001-02
Geoff Hampton	13	1999-00
Ben Morczek	13	2000-01
Tony D'Ambra	12	2001-02
Kevin Kinnear	12	2004-05

Most Team Points Recorded:		
Pat Bennett	146	2001-02
Aljamain Sterling	134	2007-08
Kevin Kinnear	121	2004-05
Andy Shaw	115	1999-00
Anthony Champion	111	2001-02

Quickest Pin Recorded:		
Ben Morczek	00:12	1999-00
Neil Stevens	00:13	2003-04
Pete Madden	00:14	2002-03
Scott Hildenbradt	00:15	2001-02
Jeff Gerber	00:19	2003-04

## Career Records

Most Matches Wrestled:		
Pat Bennett	67	2001-03
Kevin Kinnear	66	2003-05,07
Dan Toia	66	2001-03
Jake Herzig	64	2000-02
Anthony Antoniadis	59	2000-02

Most Wins:		
Pat Bennett	50	2001-03
Kevin Kinnear	44	2003-05,07
Anthony Antoniadis	40	2000-02
Jake Herzig	39	2000-02
Andy Case	39	2002-04

Most Pins Recorded:		
Pat Bennett	27	2001-03
Geoff Hampton	21	1999-00
Anthony Antoniadis	18	2000-02
Kevin Kinnear	16	2003-05,07
Andy Shaw	15	1999-00

Most Team Points Recorded:		
Pat Bennett	242	2001-03
Kevin Kinnear	204	2003-05,07
Anthony Antoniadis	175	2000-02
Geoff Hampton	172	1999-00
Andy Case	172	2002-04



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## About Morrisville State

Students at Morrisville State College choose from bachelor and associate degrees in more than 70 majors and options in the Schools of Agriculture and Natural Resources, Business, Liberal Arts and Science and Technology. Approximately 50 degree programs are ThinkPad University curricula where the use of laptop computers is fully integrated into academic life.

With 3,338 students, Morrisville offers an environment which encourages class participation and exploration and provides students with the opportunity to grow intellectually and personally. The student-to-faculty ratio at Morrisville is low, providing students with an opportune learning environment. Morrisville State College's academic programs include general education electives as well as courses in students' field of concentration.

### Admission

Morrisville State College accepts students on a rolling admission basis. Requirements for admission to academic programs vary. SAT and ACT exams are required for students applying to bachelor degree programs. On-campus interviews are recommended.

### Financial Aid

Morrisville State awards financial aid on the basis of need. More than 85 percent of the student body receives financial aid in the form of scholarships, grants, loans or an on-campus job. Many students participate in state and federal programs such as Pell and TAP grants.

### Residential Life

Eleven residence halls offer a variety of living arrangements for students and a variety of dining facilities provide different meal options. Residence halls provide an opportunity for autonomy and affiliation in a supportive environment and serve as centers for organized social, cultural and educational activities.

Each residence hall offers study and recreational lounges, laundry facilities, wired and wireless computer access and a variety of vending machines. Each room is furnished with desks and chairs, beds, dressers, floor lamps and cable hookup.

There is always something to do on campus with more than 40 clubs and organizations, campus social activities as well as dramatic and musical productions.

## Athletic Facilities

Morrisville State College has a variety of excellent athletic facilities designed to cultivate physical achievement and well-being, both among intercollegiate athletes and the campus community.

The Morrisville State College IcePlex houses two regulation-sized rinks and serves as home ice for the men's hockey team. Several community organizations also call the IcePlex home. Within the twin-rink ice complex are classrooms that provide hands-on training, a first-aid room, 11 locker rooms, offices, a game room, pizza and sub shop and a pro shop.

The college's outdoor facilities include a synthetic 400-meter track, six outdoor tennis courts, and athletic fields for football, field hockey, soccer, softball and lacrosse.

Full-time athletic trainers are available to athletes for care and prevention of athletic injuries. An orthopedic doctor reports to campus once a week to evaluate athletes' injuries. The trainer is associated with the Hamilton Orthopaedic Office located 10 minutes from Morrisville State College.

In the spring of 2006, ground was broken on a \$2 million renovation and expansion of the college's Recreational Center. This project, complete in January 2007, brought an artificial surfaced field house to campus, along with a new wrestling facility that includes a 52' by 52' wrestling area and exercise and strength equipment. The renovated Recreational Center also features a new athletic training room, which will have the ability to serve athletes' daily needs as well as rehabilitative needs following injury. It is equipped with a variety of whirlpools and strength equipment and machines. The facility also contains a new



laundry and equipment room, wrestling room, locker rooms for men and women and several Athletic Department staff/support offices. Future plans are to renovate and expand the college's fitness and wellness center located in the STUAC. The fitness center currently features a variety of weight training machines, treadmills, steppers, elliptical trainers and other aerobic machines. The area reserved for these activities will be expanded as part of the upcoming STUAC renovation.

The current fitness center also contains a hardwood aerobics room. STUAC houses the main gymnasium (seated capacity 1,200), an auxiliary equipment/laundry room, Athletic Department staff offices, and additional men's and women's locker rooms. STUAC renovations, complete in the fall of 2006, brought a new food court and lounge to the student center to better serve all students.

