Morrisonville State Mustangs

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

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

At Morrisonville 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 2005, Morrisonville 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 the wrestling’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 Monticello. The team has won 25 Conference Championships and won runner-ups 17 times. Morrisonville has produced four NJCAA National Champions and 30 NJCAA All-Americans. In all, 13 have been selected to the New York State Tournament All-State team and numerous have earned Northeast District Regional Champions.

In 2006, Morrisonville 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, Monticello’s Bryan Gomez (Saffire, 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 Monticello State among the top Division III competitors in the New England Region.

Aljamaan Steffing (Utica, NY) wrestled to a 35-14 overall record, pinning seven opponents, while leading the team with 134 points. Steffing placed seventh at the New York State Championship while placing in nearly all tournaments and intermittently throughout the season.

Coaching Staff

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

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 when he coached its 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 (2004, 2005, 2006) 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 2005.

In 2005, Thomas was named a NAIA Champion 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.monticello.edu or call 800.288.0111
2009-2010 Schedule
11/7/2009  @ Ithaca College Bomber Interstational  TBA
11/8/2009  @ Ithaca College Bomber Interstational  TBA
11/15/2009 SUNY Oneonta Red Dragons Interstational  TBA
11/21/2009  @ SUNY Cortland TBA
12/1/2009  @ RIT Interstational  TBA
12/5/2009 @ North/South Duals (held at Utica College) TBA
1/19/2010  Redshoter Institute of Technology  TBA
1/23/2010  New York State Championships (held at Cornell University) TBA
1/24/2010 New York State Championships TBA
1/9/2010 @ North/South Duals (held at Utica College) TBA
11/21/2009  @ SUNY Oneonta Red Dragon Invitational  9:30 AM
11/8/2009  @ Ithaca College Bomber Invitational  TBA
11/7/2009  @ SUNY Oswego  TBA
1/29/2010  @ Wheaton College Invitational  TBA
1/24/2010 New York State Championships TBA
1/23/2010 New York State Championships TBA
1/19/2010 Rochester Institute of Technology TBA
1/23/2010 New York State Championships TBA
1/9/2010 @ North/South Duals (held at Utica College) TBA
10/31/2009  @ University of Scranton Duals  TBA
11/2/2010  @ New York University  TBA
12/1/2010  @ SUNY Cortland TBA
12/1/2010  @ SUNY Cortland TBA

Season Records
Most Matches Wrestled:
Aljamain Sterling 49 2007-08
Pat Bennett 41 2003-04
Dan Trau 40 2001-02
Jake Herzog 39 2000-01
Kevin Kinnear 39 2004-05

Most Wins:
Aljamain Sterling 35 2007-08
Pat Bennett 31 2001-02
Anthony Antoniades 27 2000-02
Bryan Gusec 25 2006-07
Kevin Kinnear 24 2004-05

Most Pins Recorded:
Pat Bennett 50 2003-05
Kevin Kinnear 44 2005-07
Anthony Antoniades 40 2000-02
Jake Herzog 39 2000-02
Andy Cae 39 2002-04

Most Pins Recorded:
Pat Bennett 27 2001-05
Geoff Humpston 21 1999-00
Anthony Antoniades 18 2000-02
Kevin Kinnear 16 2003-05
Andy Cae 15 1999-00

Most Team Points Recorded:
Pat Bennett 282 2001-05
Aljamain Sterling 134 2007-08
Kevin Kinnear 121 2004-05
Andy Cae 115 1999-00
Anthony Antoniades 115 2001-02

Career Records
Most Matches Wrestled:
Pat Bennett 67 2001-05
Kevin Kinnear 66 2003-07
Dan Trau 66 2001-05
Jake Herzog 64 2000-02
Anthony Antoniades 59 2000-02

Most Wins:
Pat Bennett 50 2003-05
Kevin Kinnear 44 2005-07
Anthony Antoniades 40 2000-02
Jake Herzog 39 2000-02
Andy Cae 39 2002-04

Most Pins Recorded:
Pat Bennett 27 2001-05
Geoff Humpston 21 1999-00
Anthony Antoniades 18 2000-02
Kevin Kinnear 16 2003-05
Andy Cae 15 1999-00

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 Mustang State College RecPlex houses two regulation-sized rinks and serves as home ice for the men’s hockey team. Several community organizations also call the RecPlex home. Within the man-basement facility are classrooms that provide hands-on training, a fitness center, 11 locker rooms, offices, a game room, pizza and soda 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. The renowned Recreation Center also features a new athlete training room, which will help the ability to serve athletes’ daily needs as well as rehabilitative needs following injury. It is equipped with a variety of weights and strength equipment and machines. The facility also contains a new

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 30 degrees programs are Thaddeus University curricula where the use of laptop computers is fully integrated into academic life.

With, 3,138 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 supportive learning environment. Morrisville State College’s academic programs include general education electives as well as courses in student’s field of concentrations.

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 87 percent of the student body receives financial aid in the form of scholarships, grants, loans or on-campus jobs. Many students participate in varsity and intramural sports programs. On-campus interviews are required for students applying to bachelor degree programs. Financial aid is available on the basis of need. Students are encouraged to apply for financial aid by completing the Free Application for Federal Student Aid (FAFSA) by March 15 of the year they plan to enroll.

Residential Life
Eleven residence halls offer a variety of living arrangements for students and a variety of dining facilities provide different meal options. Residents have access to academic and athletic facilities 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 hookups.

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
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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 Orthopedic Office located 10 minutes from Morrisville State College.