



Hofstra Wrestling

The Pride

#StrengthInPride



Preseason 2015

Pride Newsletter



Inside

Wrestle-Offs

The annual Blue and Gold wrestle-offs went off great and showcased Hofstra Wrestling. 2

Hofstra Strength

An introduction to Jimmy Prendergast and all he is doing to make Hofstra Wrestling strong! 3

The Start of a New Year

Preseason has just finished up with another spectacular Blue and Gold wrestle-off. The wrestlers have continued to give back to the community and are ready for a great year. The season start is this week with the Binghamton Open. Help make 2015-16 one of the best years in Hofstra Wrestling history.

Follow us on...



Hofstra Wrestling Weight Breakdown

5



Wrestle-Offs

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do” Derek Jeter

The Hofstra Wrestling team held its annual Blue-Gold Wrestle-Offs at the Mack Sports Complex Friday night, October 30.

Hofstra Head Wrestling Coach Dennis Papadatos, who is entering his second season in 2015-16, said he thought his team was tentative in their matches but that would not be a deciding factor on who makes the starting line-up for the Binghamton Open on Sunday, November 8 and the Journeymen/Asics Northeast Duals on Sunday, November 15.

The night started with an exhibition match between Cory Damiana and Frank Affronti. The two battled it out for the full seven, but in the end Frank took the “W.”

Up next, Omar Haddad and Mike Oxley faced off at 197. There was not a lot of action, but Omar secured two takedowns to win this match.

The battle of the Connors, Connor Muli and Connor Burkert, saw Burkert run away with the victory with a ten to one major decision.

Following that match, Aaron Hartman and Alex Miranti squared off for the 149 pound wrestle-off. Aaron took it to the mat and never looked back with a series of four point turns. In the end, Aaron came away with a tech fall.

Jahlani Callender and Freshman Jake Kaminsky took to the mat at the 157 pound weight class. There was not a lot of scoring, but in the end Jahlani came out on top with the riding time point.

At 165, Bobby Fehr and Cory Goshkagarian battled it out on the mat. In the end Bobby came out with a 9-1 major decision.

The second exhibition of the night featured Travis Passaro and Bryan Damon. There was very little scoring and the match ended 1-0 in favor of Travis.

Frank Affronti took to the mat a second time in his dual against Jermaine John. This was a tight match that ended at 3-2 in favor of Frank.

The third and final exhibition of the night saw Mike Hughes and Omar Haddad wrestle for only 34 seconds. Mike got the takedown and quickly put Omar on his back.

The final match of the night, Jamel Hudson and Connor Burkert ended in two minutes. Jamel pushed the pace and ended the match with a fall.

Hofstra Strength



The wrestling team has made huge strides in getting stronger. They have put in a great summer of lifting and have continued it into the preseason. Lifting 3 times a week with strength coach Jimmy Prendergast, the team has kept their strength up even while cutting down for the wrestle-offs. As the season takes off we will continue to train three days a week out at Margiotta Hall Weight Room. This will allow our guys to maintain their strength through the wrestling season.



Jimmy Prendergast is in his fifth year on the strength and conditioning staff and his second as associate head strength and conditioning coach at Hofstra University. Prendergast began his career at Hofstra as an intern on the strength and conditioning staff and moved into his current role in July 2014.



Prior to joining the Hofstra staff, Prendergast served as a student personal trainer through the Hofstra Recreation Center during the 2008-09 academic year. In 2007-08 he completed a 200-hour internship at Institute 3E, an elite sports performance facility, in Huntington, New York.



Hofstra Probable Weighs

125 Pounds:

EIWA Returner **Bryan Damon** with a record of 14-15

New addition **Marcus Begey**

133

EIWA Returner **Travis Passaro** with a record of 10-12

Returner **Kyle Krasavage** with a record of 6-6

True Freshman **Connor Burkert**

141

Returning National Qualifier **Jamel Hudson** with a record of 24-6 and a fifth place finish in the EIWA Championships

Redshirt Freshman **Connor Muli**

True Freshman **Ryan Burkert**

149

Redshirt Freshman **Aaron Hartman** with a record of 14-10

Returning **Alex Mirante**

157

EIWA Returner **Jahlani Callender** with a record of 16-15

True Freshman **Jake Kaminsky**

Senior **Cory Goshkagarian**

165

Redshirt Freshman **Bobby Fehr** with a record of 12-9

EIWA Returner (184) **Jermaine John** with a record of 3-8

174

EIWA Returner **Frank Affronti** with a record of 17-15

184

Returner **Cory Damiana** with a record of 9-19

197

EIWA Returner **Michael Oxley** with a record of 6-22

True Freshman **Omar Haddad**

285

EIWA Returner **Mike Hughes** and a record of 23-11 with a seventh place finish in the EIWA Championships

Community Service and Pride Cup

This year brings new challenges. Our team has made a commitment to win the Pride Cup challenge. This is a competition between the different athletic teams on campus that includes academics and athletic success, as well as community service and inter-team support. Hofstra Wrestling is currently in first place as we have gone to every event they have thrown our way.



Mike Hughes, our new team captain, has made it his mission to get 26 or more community service events this year. He wants to earn the Hofstra Community Service Award at the end of the year banquet.

If you have any community service events that Mike and the team can assist with please reach out to us. We would be happy to check out your event and see if the wrestlers can make an appearance.



A Look Forward

Our first event will be the Binghamton Open. This tournament will include teams from all over the Northeast and beyond. Last year the tournament saw teams from Binghamton, Cleveland State, Old Dominion, Lehigh, Cornell, Princeton, and several others. We expect all Hofstra wrestlers to be in attendance and are excited to see how well they do! If you are coming let us know so we can get a section for Hofstra supporters!



The Year Ahead

The 2015-16 Hofstra schedule is listed below. For more information and updates, please visit the [Hofstra Wrestling](#) website. We would like to have you attend as many events as you can. Events in bold are home matches.

Schedule

10/30/15 at Wrestle-Offs
11/8/15 at Binghamton Open
11/15/15 at NE Duals
11/22/15 at NYS Collegiate Invite
11/30/15 at Grapple at the Garden
11/4-5 at Las Vegas Inv
12/29/15 at Lock Haven Invite
1/3/16 VMI Dual
1/3/16 Bloomsburg Dual
1/9/16 at Pitt Duals
1/16/16 at Army Dual
1/17/16 Binghamton Dual
1/24/16 Columbia Dual
1/24/16 Sacred Heart Dual
1/24/16 Clarion Dual
2/6/16 at Edinboro Open
2/11/16 at Rider Dual
2/14/16 Drexel Dual
2/19/16 at Harvard Dual
2/20/16 at Brown Dual
3/5-6 at EIWA Championships
3/17-19 at NCAA Championships

