



Mount Union Football

RAIDERS Newsletter



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9 Time Division III Football National Champions
1993, 1996, 1997, 1998, 2000, 2001, 2002, 2005, 2006

MAY 2007

RAIDERS Complete Spring Semester With Final Strength Testing

As spring practice and the academic semester came to an end, the Purple Raiders had a few final tests to complete before heading home for the summer. Each player completed tests in the bench press, squat, and hang clean to see what their 3-5 rep. max was, which is then calculated into a one repetition max weight. From there, the totals for each lift that the player has completed is added together to obtain the players overall total in pounds (Example: 300 lb bench press + 400 lb squat + 300 lb hang clean = 1000 lb total). This spring there was a record 74 players who made the "1000 Lb Club".

Spring Testing Results



Tony DeRiggi



Nick Parr

1400 Lb Club

Clantz Liggett - Fr. (DT)	1420 Lbs
Tony DeRiggi - Jr. (LB #47)	1405 Lbs
Nick Parr - Jr. (DT #33)	1400 Lbs

1300 Lb Club

Derek Blanchard -Jr. (OL #75)	1350 Lbs
Chas Yoder - So. (LB #45)	1325 Lbs
Samy Guerrero - Fr. (OL)	1315 Lbs

1200 Lb Club

Kelvan Elkins - Fr. (DT)	1285 Lbs
Steve Linturn - Fr. (OL)	1280 Lbs
Isaac Fields - So. (DT)	1265 Lbs
Caleb Jones - Jr. (DE #99)	1265 Lbs
Pat McCullough- Jr. (DT #22)	1260 Lbs
Geoff Dartt - Jr. (OL #74)	1255 Lbs
Eric Safran - Jr. (OL #65)	1235 Lbs
James Bird - Fr. (OL)	1215 Lbs
Zac Saum - Fr. (DT)	1210 Lbs
Matt Williamson - Fr. (DT #51)	1205 Lbs
Troy Chaffin - So. (LB #44)	1200 Lbs
Trevor Bruney - Jr. (RB #5)	1200 Lbs

RAIDERS Top All-Time Lifting Totals By Position

In light of the intense competition between players to obtain the highest lifting totals at their positions, the coaches went back and looked at weight totals from previous years to compile lists of the top totals for each position. Some records were unable to be located so we can't be 100% sure that these are the correct rankings, but from the records we were able to pull from, here's what we came up with:

Linebackers

1. 1430 Lbs - Joe Culler 2004
2. 1405 Lbs - Tony DeRiggi 2007
3. 1355 Lbs - Shawn Spisak 2004
4. 1335 Lbs - Jason Perkins 2001
5. 1245 Lbs - Stan Watson 2001

Defensive Backs

1. 1210 Lbs Shawn Moore 1995
2. 1170 Lbs Nate Crosby 1998
3. 1155 Lbs Jamoni Robinson 2004
4. 1145 Lbs Ross Watson 2004
5. 1130 Lbs Luke Kontras 2006
6. 1055 Lbs Chris Kappas 2007
7. 1035 Lbs Cameron Rose 2006
8. 1025 Lbs Keith Spivey 2001
9. 1020 Lbs Robert McDavid 2004

Defensive Line

1. 1420 Lbs - Josh Ludwig 2004
1420 Lbs - Clantz Liggett 2007
3. 1400 Lbs - Josh Lahmers 2001
1400 Lbs - Nick Parr 2007
5. 1390 Lbs - Johnny Josef 2004
6. 1355 Lbs - Nick Lesniak 2001
7. 1330 Lbs - Jesse Wells 2004
8. 1314 Lbs - Greg Brauer 2005
9. 1300 Lbs - Matt Taylor 2001
10. 1280 Lbs - Kelvan Elkins 2007

Offensive Line

1. 1410 Lbs Tom Manning 2004
2. 1350 Lbs Derek Blanchard 2007
3. 1315 Lbs Samy Guerrero 2007
4. 1310 Lbs Rick Prescott 2004
5. 1280 Lbs Steve Lintern 2007
6. 1255 Lbs Geoff Dartt 2007
7. 1215 Lbs Jeff Goodwill 2004
8. 1210 Lbs Eric Safran 2007
9. 1205 Lbs Adam Indorf 2000
10. 1200 Lbs Ryan Creachbaum 2005

Running Backs

1. 1446 Lbs Kelechi Ibeh 2005
2. 1200 Lbs Ryan Gorious 1998
3. 1190 Lbs Jeff Strauch 2004
4. 1150 Lbs Trevor Bruney 2007
5. 1130 Lbs Aaron Robinson 2004

Wide Receivers

1. 1160 Lbs Jason Cavell 2004
2. 1100 Lbs Max Smith 2006
3. 1066 Lbs Nick Ciani 2005
4. 1020 Lbs Robert Knapp 2007
5. 1005 Lbs Darin Kershner 1998

Tight Ends

1. 1305 Lbs Grant Monachino 1998
2. 1215 Lbs Drew Hanley 2004
3. 1095 Lbs Chad Reynolds 2007

Quarterbacks

1. 1085 Lbs Danny Harris 2007
2. 1060 Lbs Sean Fisher 2007
3. 1035 Lbs Bill Borchert 1995

Player Spotlight: Matt Kostelnik

Matthew Lawrence Kostelnik

Year: Junior

Position: Strong Safety

Jersey #: 9

Hometown/Highschool: Avon Lake/Avon Lake High School '04

Major/ Minor: History/ Secondary Education

Activities: Football, Alpha Chi Omega Powder Puff Football Coach, Tutor at Alliance Middle School, Coach at Mount Union Summer Football Camps.

Athletic Honors/ Accomplishments: High School: 1st Team All-Conference, District, and State Division II as a Safety. Member of 2003 Division II State Championship Team. State Championship Game MVP. Voted by team as Defensive MVP. Baseball - Team Captain as a Senior. Basketball - Honorable Mention All Conference and All County. Team Captain. Defensive MVP as a Junior and Senior and team MVP as a senior. Voted athlete of the year at Avon Lake High School in 2004. College: 2005 - Honorable Mention All-OAC Safety. 3rd on the defense in tackles. Scored two defensive touchdowns. 2006: First Team All-OAC Safety. First Team All-North Region. D3Football.com 2nd Team All-American. 3rd on team in tackles. Scored four defensive touchdowns (2 on interceptions, 2 fumble recoveries), recorded five interceptions, and three blocked kicks.

Why did you chose Mount Union? "I wanted to come to a place with a good education program and a great winning tradition."

What other schools were you considering?

Baldwin Wallace and Allegheny College

So far, what are two of you favorite memories?

"Obviously winning the national championships, and I'd have to say watching the coaches run a lap on Monday in the rain after we lost to Ohio Northern two seasons ago."

On the Program: "This is a place where you learn a lot more than just football. My experiences here so far have taught me many things that I will carry with me throughout my life and hopefully pass down to my children. I am truly blessed to be a surrounded with such great people. Coming here was one of the best decisions of my life."



2006 Statistics |-----Tackles-----| |-Sacks-| |---Pass Def---| |-Fumbles-| Blkd

DEFENSIVE LEADERS	GP	Solo	Ast	Total	TFL/Yds	No-Yds	Int-Yds	BrUp	QBH	Rcv-Yds	FF	Kick	Saf
Matt Kostelnik	15	35	25	60	12.5-66	7.0-51	5-86	10	.	2-34	1	3	.

INTERCEPTIONS No. Yds Avg TD Long

Matt Kostelnik 5 86 17.2 2 29

FUMBLE RETURNS No. Yds Avg TD Long

Matt Kostelnik 1 34 34.0 2 34

The Mount Union Fleet of Coaches

For years Mount Union has had a strong education program and over the years many football players have gone on to achieve great success in the business world. As our football program has grown to become a national powerhouse, the Purple Raiders have developed an outstanding reputation for producing successful coaches at all levels of football.



At the professional level, **Dom Capers** has had a very successful career. Heading into his 21st season as a coach in the NFL, Capers has served as head coach of the Houston Texans and Carolina Panthers, and is currently serving as the defensive coordinator of the Miami Dolphins under head coach Cam Cameron.

At the Division 1 level, several Mount Union grads are making a name for themselves. This list includes Coach **Matt Campbell** who is entering his first season as the head offensive line coach at Bowling Green State University, **Jay Sawvel**, who is serving as an assistant coach at Southern Illinois University, **Brian Flinn** is as an assistant coach at Villanova University, and **Zac Bruney** and **George Momirovic** are working as graduate assistant coaches at the University of Toledo.

Dave Sartin is carrying on the Mount Union winning ways as a graduate assistant coach at Grand Valley State University. The Lakers won their second consecutive Division II National Title in 2006.

Several former players and coaches are currently serving as head coaches at the college level. **Mike Sirianni** will be entering his 5th season as head coach at Washington and Jefferson College, **Don Montgomery** is entering his 3rd season as head coach at Emory & Henry College, **Mike Hallet** was recently named head coach at Heidelberg College, **Dean Paul** is entering his 4th year as head coach of Ohio Northern University, **Erik Raeburn** is heading into his 7th season as head coach of Coe College in Iowa, and **Jim Zebrowski** is the head coach at Lakeland College in Wisconsin.

RAIDERS

At the high school level, several Mount grads are experiencing success as head football coaches. Head high school coaches include:

- **B.J. Payne** - Lexington High School
- **Bob Spait** - Columbiana High School
-Bob will also be the head coach of the North team for the Ohio North-South All-Star Game.
- **John Smith** - Bexley High School
- **Jeff Starkey** - St. Henry High School - 2006 D5 State Champions
- **Jason Hall** - Nordonia High School
- **Mike Elder** - Avon High School
- **Larry Pinto** - Mayfield High School
- **Beau Balderson** - Padua High School
- **Jim Lunardi** - Revenna High School
- **Brett McClean** - St. Clairsville High School
- **Jason McElhaney** - West Middlesex High School (PA)
- **Steve Evans** - Teays Valley High School
- **Jay Sirianni** - Southwestern High School (NY)

Here is a complete list of the Mount Union Fleet of Coaches

Atwood, Rob	Asst. Brush H.S	Brush High School
Balderson, Bo	Head Football Coach	Padua High School
Blegen, Mark	Professor Springfield College MA	
Blume, Dan	Asst. Football Coach	Mount Union College
Brock, Eric	Asst. Waynedale H.S.	Waynedale High School
Bruney, Zac	Asst. Football Coach	Toledo University
Bubonics, Ed	Asst. Solon H.S.	Solon High School
Buckler, Tony	Asst. Brush H.S	Brush High School
Campbell, Matt	Asst. Football Coach	Bowling Green State University
Candle, Jason	Asst. Football Coach	Mount Union College
Capers, Dom	Defensive Coordinator	Miami Dolphins
Caponi, Matt	Asst. Washington & Jefferson	Washington & Jefferson College
Carter, Kacy	Asst. East Canton HS	

Ciccone, Ricky	Asst. Marietta College	Marietta College
Coy, Scott	Asst. Westminster College PA	
DeAngelis, Marcello	Asst. Valley Forge H.S.	Valley Forge High School
Elder, Mike	Head Football Coach	Avon High School
Evans, Steve	Head Football Coach	Teays Valley High School
Fertig, Dwight	Asst. Maumee High School	Maumee High School
Flinn, Brian	Asst. Villanova Univ.	Villanova University - Dept of Athletics
Frate, Anthony	Asst. Emory & Henry	Emory & Henry College
Froelich, Chuck	Asst. Deuquene U. PA	
Frye, Bob	Asst. Alma College MI	
Gibbons, Mike	Asst. Lake Catholic H.S.	
Gorius, Ryan	Asst. Chagrin Falls H.S.	Chagrin Falls High School
Grinch, Alex	Asst. Univ. of New Hampshire	University of New Hampshire - Field House
Hall, Jason	HFC Nordonia HS	
Hallet, Mike	Head Football Coach	Heidelberg College
Hogya, Ed	Asst. Football Coach	Mount Union College
Ibeh, Kelechi	Strength GA	
Indorf, Adam	Asst. Football Coach	Norwayne HS
Kehres, Larry	Head Football Coach	Mount Union College
Kehres, Vince	Asst. Football Coach	Mount Union College
Knapp, Jason	Asst. Wadsworth H.S.	Wadsworth High School
Leigh, Joe	Retired	
Lewis, Nick	Asst. Louisville H.S.	Louisville High School
Ludwig, Josh	Asst. East Liverpool H.S.	East Liverpool High School
Lunardi, Jim	Head Football Coach	Ravenna High School
Lynn, Ron	Retired	
Malone, Mike	Asst. Strength U. of Minnesota	
Marino, Adam	Asst. Perry H.S.	Perry High School
Martig, Jeff	Asst. Western Reserve HS	Berlin Center
McClellan, Brett	HFC	St. Clairsville HS
McCullum, Jody	Asst. Monroe HS MI	
McElhaney, Jason	HFC West Middlesex HS PA	
McElroy, Jeremy	Asst. Kettering Fairmont H.S.	Kettering Fairmont High School
McGwire, Shawn	Asst. Bellevue H.S.	Bellevue High School
Miller, Mike	Asst. Cuyahoga Falls H.S.	Cuyahoga Falls High School
Momirovic, George	Asst. U. of Toledo	University of Toledo
Montgomery, Don	Head Football Coach	Emory & Henry College
Notestine, Bruce	Asst. Auburndale HS Florida	
Paul, Dean	Head Football Coach	Ohio Northern University
Payne, B.J.	Head Football Coach	Lexington High School
Pechac, Mike	Asst. Beechcroft H.S.	Beechcroft High School
Penny, Charles	Asst. Warren Harding HS	
Pinto, Larry	Head Football Coach	Mayfield High School

Pollack, Ed	Asst. Mentor H.S.	Mentor High School
Prescott, Rick	Asst. East Liverpool H.S.	East Liverpool High School
Raeburn, Erik	Head Football Coach	Coe College
Ricketts, Vic	Asst. Aurora H.S.	Aurora High School
Rybarczyk, Keith	coaching in Tennessee	
Rychel, Bill	Asst. Ohio Northern Univ.	Ohio Northern University
Sartin, Dave	Asst. Grand Valley State	Grand Valley State University
Sawvel, Jay	Asst. Southern Illinois	Southern Illinois University Carbondale
Sciavone, Joe	Asst. Twinsburg HS	
Sharkey, Rudy	Retired	
Sirianni, Jay	HFC Sothwestern HS NY	
Sirianni, Mike	Head Football Coach	Washington & Jefferson College
Sirianni, Nick	Asst. Indiana Univ. of PA	Indiana University of Pennsylvania
Slopek, Adam	Asst. Springfield HS	Springfield High School
Smith, John	Head Football Coach	Bexley HS
Spaite, Bob	HFC Columbiana HS	
Starkey, Jeff	Head Football Coach	St. Henry High School
Tyla, Brian	Asst. Brush H.S.	Brush High School
Wable, Ken	Retired	
Wallace, Jon	Asst. Football Coach	Mount Union College
Watson, Ross	Asst. Football Coach	Mount Union College
Watson, Stan	Asst. Emory & Henry	Emory & Henry College
Weimer, Joe	Asst. Painesville Riverside H.S.	Riverside High School
Wells, Jesse	Asst. Football Coach	Mount Union College
Wells, Josh	Asst. Brush H.S.	Brush High School
Wervey, Brian	Asst. Aurora H.S.	Aurora High School
Wojtowicz, Jeff	Asst. Football Coach	Mount Union College
Wolf, Buddy	Asst. Brunswick H.S.	Brunswick High School
Zebrowski, Jim	HFC Lake Forest College	

If you know of any other Mount Union graduates that are currently coaching football anywhere, please let us know.



M Club Golf Outing

The M Club will be holding a golf scramble on Saturday July 7 and Tannenhaut Golf Club starting at 1pm. The cost is \$90 per person, which includes:

- 18-hole round of golf with a cart
- A NIKE golf shirt
- A steak dinner

*Beverages are provided during dinner, but all others need to be purchased during the round.



Teams can be mixed with coaches, family, friends, M Club members and alumni. If you want a specific partner(s) or have a team of four, please indicate so on the reservation form or contact the Mount Union Office of Alumni and College Activities by phone at 330-823-2030 or e-mail at alumni@muc.edu.

There will be two categories of participants, Seniors and Regular. To qualify for the senior category, each participant must be 60 years of age or older and the combined team age must total 240 years or more. All other ages can compete in the regular scramble.

The winners of each category will receive prizes in addition, there will be many door prizes as well as “special prize” categories.

Support the golf outing even if you cannot attend by sponsoring a hole for \$100. Advertise your business. For \$100 your name and/or company will be placed on a hole.

M Club Golf Scramble Reservation Form

Please RSVP by June 29, 2007

Name _____

Year of Graduation _____ Sport _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Golf Shirt Size S M L XL XXL

Sponsor a hole(s) Quantity _____ Total(\$100 each)\$ _____

Name to Advertise _____

Requested Partner(s) if you would like to golf with a specific individual(s) _____

Team Members if you already have a foursome

1. _____ 2. _____

3. _____ 4. _____

I/We will not compete in the scramble, but will attend the steak dinner (only \$30)

Payment Information Check Credit Card

Name as it appears on card _____

Account Number _____

Exp. Date _____ Last three digits on back _____

Please make all checks payable to Mount Union College

Please mail payment, along with the M Club Golf Scramble Reservation Form, to the Office of Alumni and College Activities, Mount Union College, 1972 Clark Ave., Alliance, OH 44601

The reservation deadline is June 29, 2007

RECOGNIZING GREATNESS

There will be a recognition ceremony of the 1996, 1997, and 1998 National Championship teams at the 2007 Wilmington home game on October 13th. More details to follow.

Larry Kehres Football Camp 2007

This summer will mark the 8th year of the Larry Kehres football camp for young football players from grades 6-12. The camp's philosophy is to provide a non-contact football camp for the development of each athlete's football skills under the direction of the Mount Union Coaching staff.

The camps feature a low athlete to coach ratio allowing for significant one-on-one attention. Current Mount Union players will be on staff to assist the coaches with the campers. There will be three sessions of the camp:

Session 1: Monday, June 11 - Wednesday, June 13

Session 2: Thursday, June 14 - Saturday, June 16

Session 3: Monday, June 18 - Wednesday, June 20

For more information on the Larry Kehres Football Camp, go to the Football page of the MUC website, or send an email to Coach Vince Kehres at Kehresvg@muc.edu



The Raider Newsletter is written and distributed by players and coaches of the Mount Union Football Team. If you know other people that would like to receive a copy of the newsletter, please contact Coach Vince Kehres by email at Kehresvg@muc.edu. The newsletter is written by Chris Kappas, any comments, questions, or ideas for newsletter articles can be forwarded to Kappascw@muc.edu.