

Mark Burrell won two National Titles for the Mules and still holds the school record for wins in a single season.

44 - MULES WRESTLING NATIONAL CHAMPIONS



mike
GARCIA

1982 - 134 lbs.

Inducted into the CMSU Athletic Hall of Fame in 2003

FIRST ROUND

Defeated Al Plante
(Minnesota-Duluth), 14-5

SECOND ROUND

Pinned Dom Marino
(C. W. Post), 1:55

QUARTERFINALS

Defeated Pete Dalaker (S. Connecticut

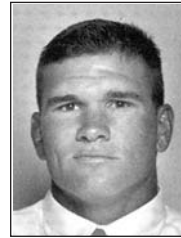
State), 5-2 (OT)

SEMIFINALS

Defeated John Winter (Wisconsin-Parkside), 9-5

FINALS

Defeated Charlie Cheney
(Cal State-Bakersfield), 10-4
Overall Record 26-3-1



chris
MIHLFELD

1991 - 158 lbs.

Inducted into the CMSU Athletic Hall of Fame in 2002

FIRST ROUND

Defeated Scott Horrillo
(Cal State-Chico), 9-4

QUARTERFINALS

Defeated Eric Cluck
(Lake Superior), 5-4

SEMIFINALS

Defeated Joe Thoreson (Mankato State), 7-5

FINALS

Defeated Mark Anderson
(North Dakota State), 3-2
Overall Record 26-5-1



mark
BURRELL

1989, 1990 - 126 lbs.

Inducted into the CMSU Athletic Hall of Fame in 1999

1989

FIRST ROUND

Defeated David Rowan
(Cal State-Chico), 18-7

QUARTERFINALS

Defeated Steve Irving
(Buffalo), 12-5

SEMIFINALS

Defeated Phil Johns
(SIU-Edwardsville), 10-5

FINALS

Defeated Rick Travis (California), 20-10

Overall Record 44-6-2

1990

FIRST ROUND

Defeated Ron Higdon
(Nebraska-Omaha), 8-1

QUARTERFINALS

Defeated Chris Anderson
(Colorado Mines), 20-5

SEMIFINALS

Defeated Rick Goodwin
(San Francisco St.), 13-5

FINALS

Defeated Phil Johns (SIU-Edwardsville), 7-2

Overall Record 40-3-1



plamen
PASKALEV

2006 - 197 lbs.

FIRST ROUND

Pinned Dustin Martin
(Fort Hays State), 1:44

QUARTERFINALS

Pinned Michael Fowler
(Pittsburgh Johnstown), 1:03

SEMIFINALS

Defeated Jeff Slyvester (Nebraska-Kearney), 4-3

FINALS

Defeated Corey Jacoby
(Shippensburg), 5-3

Overall Record 18-0

Mules Wrestling All-Americans

1965-1966

Steve Boozell 137 4th

1968-1969

Miles Hack 177 6th

1972-1973

Randy Hughell 150 4th

Duane Fritchie 190 4th

1974-1975

Jim Haub 142 5th

1977-1978

Randy Marker 167 6th

Les Gatrell 190 6th

1978-1979

Greg Anderson 118 4th

Dave Streibig 126 8th

1979-1980

Les Gatrell 190 3rd

1980-1981

Mike Garcia 134 4th

1981-1982

Mike Garcia 134 1st

1982-1983

Randy Cowden 134 6th

Sam Williams 167 8th

1985-1986

Mark Danner 142 2nd

Bob Burrows 134 8th

1986-1987

Mark Danner 142 5th

Bob Burrows 134 6th

1987-1988

Robert Lilly 126 6th

Chris Mihlfeld 167 6th

1988-1989

Mark Burrell 126 1st

Mike Frizzell 118 7th

1989-1990

Mark Burrell 126 1st

John Moddrell 142 7th

1990-1991

Chris Mihlfeld 158 1st

1991-92

Tony Griffith 126 8th

1992-93

Matt Cox 158 5th

1995-96

Jeron Quincy 167 6th

1996-97

Jeron Quincy 167 2nd

Mike Bailey 118 8th

1997-98

Mike Bailey 125 5th

Matt Johnson 184 5th

Jason Moehlman . . . 197 8th

1998-99

Ryan Hintz 133 6th

1999-00

Drew Passley 125 6th

Luke Shaw 133 4th

Matt Johnson 174 4th

Willie McCowan . . . Hwt. 8th

2000-01

John Rolling 184 4th

Stas Khaitin 141 5th

Willie McCowan . . . Hwt. 5th

Matt Johnson 174 7th

2001-02

Luke Shaw 133 5th

John Rolling 184 7th

2002-03

Plamen Paskalev . . . Hwt 4th

Drew Passley 125 7th

2003-04

Willie McCowan . . . Hwt 4th

Brett Barbarick 174 5th

2004-05

Plamen Paskalev . . . 197 3rd

Mike Hansen 133 5th

Wade Killgore 141 7th

2005-06

Plamen Paskalev . . . 197 1st

Jesse Sheets 174 8th

2007-08

Jeremy Hudson 184 8th

1960s

Ron Mirikitani (130) 1964
 Jerry Lorenzini (145) 1964

Jim Earle (115) 1966
Steve Boozell (137) 1966
Bill Graham (145) 1966
Buzz Matson (152) 1966
Reggie Coates (167) 1966
Gary Givens (191) 1966

Bill Graham (145) 1967
 Buzz Matson (152) 1967
 Tom Coil (160) 1967
 Reggie Coates (167) 1967

Bill Graham (145) 1968
Rich Otte (160) 1968

John Mellor (160) 1969
 Miles Hack (177) 1969

1970s

Skip Watkins (118) 1970
Gerrri Matson (134) 1970
Ken Legernes (150) 1970
Ray Lodes (158) 1970
 Gary Simpson (190) 1971

Marc Stevener (118) 1972
Jim Blackmon (126) 1972
Dan Power (142) 1972
Ray Stockdale (150) 1972
Randy Hughell (158) 1972
Duane Fritchie (190) 1972

Marc Stevener (118) 1973
 Jim Blackmon (126) 1973
 Jim Haub (134) 1973
 Ray Stockdale (142) 1973
 Randy Hughell (150) 1973
 Craig Guthier (177) 1973
 Duane Fritchie (190) 1973

Jim Blackmon (126) 1974
Jim Haub (142) 1974
Craig Guthier (177) 1974

Jim Haub (142) 1975
 Craig Guthier (190) 1975
 Willie Humphrey (Hwt.) 1975

Jimmy May (126) 1976
Les Gatrel (177) 1976
Craig Guthier (190) 1976

Greg Anderson (118) 1977
 Jimmy May (126) 1977
 Steve West (142) 1977
 Merrill Norris (150) 1977
 Les Gatrel (177) 1977
 Mark Simpson (190) 1977

Greg Anderson (118) 1978
Dave Streibig (126) 1978
Steve West (142) 1978
Randy Marker (167) 1978
Mark Simpson (177) 1978
Les Gatrel (190) 1978

Greg Anderson (118) 1979
 Dave Streibig (126) 1979

1980s

Mike Hagerty (118) 1980
Dave Streibig (126) 1980
Greg Thomas (142) 1980
Kevin Readshaw (158) 1980
Les Gatrel (190) 1980

Brad Fredrickson (118) 1981
 Mike Garcia (134) 1981
 Greg Thomas (142) 1981

Mark Sells (126) 1982
Mike Garcia (134) 1982
Sam Williams (167) 1982
Ken Lein (190) 1982

Gary Mayabb (118) 1983
 Randy Cowden (134) 1983
 Sam Williams (167) 1983

Mark Danner (142) 1985
Kevin Klemm (150) 1985

Bob Burrows (134) 1986
 Mark Danner (142) 1986
 Larry Eide (Hwt.) 1986

Bob Burrows (134) 1987
Mark Danner (142) 1987
Mike Snelling (150) 1987
Dan Raney (158) 1987
Larry Eide (Hwt.) 1987

Tony Griffith (118) 1988
 Robert Lilly (126) 1988
 Mike Snelling (142) 1988
 Terry Dorman (158) 1988
 Chris Mihlfeld (167) 1988
 Pat Robbins (177) 1988
 Bryan Elam (190) 1988

Mike Frizzell (118) 1989
Mark Burrell (126) 1989
Mike Snelling (150) 1989
Chris Mihlfeld (167) 1989
Bryan Elam (190) 1989

1990s

Mike Tuck (118) 1990
 Mark Burrell (126) 1990
 John Moddrell (142) 1990

Mike Tuck (118) 1991
Chris Mihlfeld (158) 1991

Tony Griffith (126) 1992
Matt Cox (158) 1993

Joel Sherman (134) 1995
 Chris Heckadon (142) 1995
 Jeron Quincy (167) 1995
 Mike Hazen (177) 1995
 Sahib Hinkle (Hwt.) 1995

Chris Heckadon (134) 1996
Jeron Quincy (167) 1996
Jason Moehlman (190) 1996

Mike Bailey (118) 1997
 Jeron Quincy (167) 1997

Mike Bailey (118) 1998
Ryan Hintz (133) 1998
R.J. Pizzi (149) 1998
Doug Yeager (157) 1998
Matt Johnson (184) 1998
Jason Moehlman (197) 1998

Ryan Hintz (133) 1999
 Luke Shaw (141) 1999
 Dean Leaders (157) 1999
 Matt Johnson (174) 1999
 John Rolling (184) 1999

2000s

Drew Passley (125) 2000
Luke Shaw (133) 2000
Lee Gatlin (157) 2000
Matt Johnson (174) 2000
John Rolling (184) 2000
Korak Simmons (197) 2000
Willie McCowan (Hwt.) 2000

Ian McGeorge (125) 2001
 Luke Shaw (133) 2001
 Stas Khaitin (141) 2001
 Wes Reynolds (149) 2001
 Ryan Hunter (157) 2001
 Brett Barbarick (165) 2001
 Matt Johnson (174) 2001
 John Rolling (184) 2001
 Willie McCowan (Hwt.) 2001

Luke Shaw (133) 2002
Drew Passley (141) 2002
Eric Pizzi (149) 2002
Jared Lien (157) 2002
John Rolling (184) 2002
Willie McCowan (Hwt.) 2002

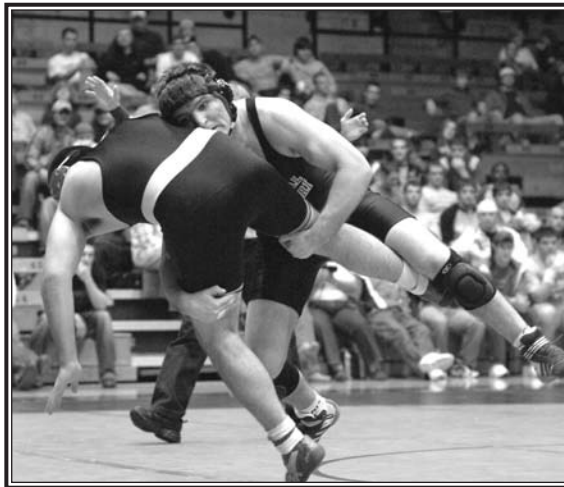
Drew Passley (125) 2003
 Eric Pizzi (149) 2003
 Ryan Hunter (157) 2003
 Lee Gatlin (165) 2003
 Brett Barbarick (174) 2003
 Seth Shippy (197) 2003
 Plamen Paskalev (Hwt.) 2003

Mike Hansen (133) 2004
Ryan Hunter (157) 2004
Brett Barbarick (174) 2004
Kevin Grece (184) 2004
Willie McCowan (Hwt.) 2004

Mike Hansen (133) 2005
 Wade Killgore (141) 2005
 Plamen Paskalev (197) 2005

Wade Killgore (141) 2006
Jesse Sheets (174) 2006
Plamen Paskalev (197) 2006
Dan Moore (Hwt.) 2006
 Mark Carey (149) 2007
 Jeremy Hudson (184) 2007

Caleb Hulse (125) 2008
Cory Bloodgood (141) 2008
Vince Bertucci (157) 2008
Jesse Sheets (165) 2008
Travis Barbarick (174) 2008
Jeremy Hudson (184) 2008
Kevin Domian (197) 2008
Cody Beck (Hwt.) 2008



Plamen Paskalev (2003-06) was a three-time All-American during his career at Central Missouri and became the school's fourth individual champion and the first to finish the season with a perfect record at 18-0 as a senior.

Individual Records

Highest Winning Percentage

Season: 1.000, Plamen Paskalev, 2005-06 (18-0)
Career: .928, Plamen Paskalev, 2003-06 (64-5)

Most Wins

Season: 44, Mark Burrell, 1988-89
Career: 136, Jeron Quincy, 1993-97

Most Falls

Season: 27, Jeron Quincy, 1996-97
Career: 75, Willie McCowan, 1999-2004

Fastest Fall

:09, Ed Cyman, 1994-95

Most Technical Falls

Season: 9, Ryan Hunter, 20003-04
Career: 22, Ryan Hunter, 1999-2004

Most Major Decisions

Season: 10, Matt Cox, 1992-93

Most Team Points

Season: 167, Mark Burrell, 1988-89
Career: Willie McCowan, 482.5, 1999-2004

Most Takedowns

Season: 169, Mark Burrell, 1988-89
Career: 337, Greg Thomas, 1976-77, 78-81

Most Nearfalls

Season: 96, Ryan Hunter, 2003-04
Career: 255, Ryan Hunter, 1999-2004

Most Escapes

Season: 87, Doug Yeager, 1997-98
Career: 231, Jeron Quincy, 1993-97

Most Reversals

Season: 30, Mike Bailey, 1996-97

Career: 95, Jeron Quincy, 1993-97

Team Records

Most Wins

Season: 14, 1964-65 (14-4-1); 1988-89 (14-10-1); 2000-01 (14-5-1)

Highest Winning Percentage

Season: .917, 1971-72 (11-1-0)

Most Points Scored

Dual Meet: 60, 12-1-99 vs. Knox College
Season: 685, 1988-89

Fewest Points Scored

Dual Meet: 0, several times, most recent 1/26/08 vs. Minnesota State-Mankato (42)
Season: 175, 1993-94

Most Points Allowed

Dual Meet: 53, 1-22-94 vs. Southwest MO (UCM 0)
Season: 595, 1992-93

Fewest Points Allowed

Dual Meet: 0, several times, latest 12-1-05 vs. Bacone College (UCM 53)
Season: 105, 1972-73

Most Falls Scored

Dual Meet: 8, 1-10-75 vs. Missouri-Rolla

Most Falls Allowed

Dual Meet: 6, 2-14-74 by Northern Iowa

Mules All-Time Leaders

Single-Season Leaders

Winning Percentage

1. Plamen Paskalev, 1.000, 18-0 (2005-06)
2. Ken Legernes, .967, 14-0-1 (1968-69)
3. Erkin Tadzhimetov, .944, 17-1-0 (2001-02)
4. Plamen Paskalev, .938, 30-2-0 (2004-05)
5. Dan Power, .920, 23-2-0(1972-73)
Mark Burrell, .920, 40-3-1 ..(1989-90)

Wins

1. Mark Burrell, 44-6-2 (1988-89)
2. Jeron Quincy, 43-11 (1996-97)
3. Jeron Quincy, 41-18 (1995-96)
4. Mark Burrell, 40-3-1 (1989-90)
Luke Shaw, 40-10 (1999-00)

Falls

1. Jeron Quincy, 27 (1996-97)
2. Larry Eide, 24 (1986-87)
3. Jeron Quincy, 23 (1995-96)
4. Willie McCowan, 22 (2001-02)
5. Willie McCowan, 19 (2000-01)

Fall Time

1. Ed Cyman, :09 (1994-95)
2. Mark Burrell, :15 (1988-89)
Korak Simmons, :15 (1999-00)
4. Boby Short, :16 (1990-91)
Willie McCowan, :16 (2003-04)

Technical Falls

1. Ryan Hunter, 9 (2003-04)
2. Mark Burrell, 8 (1988-89)
Mike Frizzell, 8 (1988-89)
4. Ryan Hunter, 5 (2001-02)
Ryan Hunter, 5 (2002-03)

Takedowns

1. Mark Burrell, 169 (1988-89)
2. Chris Mihlfeld, 149 (1988-89)
3. Matt Cox, 137 (1992-93)
4. Greg Thomas, 134 (1980-81)
5. Jeremy Hudson, 116 (2007-08)

Major Decisions

1. Matt Cox, 10 (1992-93)
2. Matt Johnson, 9 (1998-99)
Korak Simmons, 9 (1998-99)
Korak Simmons, 9 (1999-00)
John Rolling, 9 (1999-00)

Team Points

1. Mark Burrell, 167 (1988-89)
2. Larry Eide, 159 (1986-87)
3. Jeron Quincy, 158 (1995-96)
4. Willie McCowan, 141 (2003-04)
5. Willie McCowan, 139.5 (2000-01)

Nearfalls

1. Ryan Hunter, 96 (2003-04)
2. Ryan Hunter, 63 (2000-01)
3. Ryan Hunter, 58 (2002-03)
4. Bobby Burrows, 56 (1985-86)
5. Mike Garcia, 50 (1980-81)

Escapes

1. Doug Yeager, 87 (1997-98)
2. Wade Killgore, 82 (2002-03)
3. Lee Gatlin, 79 (1999-00)
4. Jared Lien, 77 (2001-02)
5. Ryan Hintz, 74 (1997-98)

Reversals

1. Mike Bailey, 30 (1996-97)
2. Mark Danner, 29 (1986-87)
Jeron Quincy, 29 (1994-95)
4. Bobby Burrows, 28 (1985-86)
5. Bobby Burrows, 26 (1984-85)

Career Leaders

Winning Percentage

1. Plamen Paskalev, .928, 64-5 (2003-06)
2. Mark Burrell, .890, 84-9-3 (1988-90)
3. Ken Legernes, .865, 44-6-2 (1967-70)
4. Ray Stockdale, .833, 45-9 (1971-73)
5. Mike Garcia, .815, 59-13-1 (1979-82)

Wins

1. Jeron Quincy, 136-64 (1993-97)
2. Willie McCowan, 129-44 (1999-2004)
3. Matt Johnson, 119-69 (1997-01)
4. Luke Shaw, 118-49 (1997-02)
5. John Rolling, 102-59 (1997-02)

Falls

1. Willie McCowan, 75 (1999-2004)
2. Jeron Quincy, 65 (1993-97)
3. Bill Graham, 53 (1964-68)
4. Larry Eide, 42 (1985-87)
5. Lester Gatrel, 42 (1976-80)

Technical Falls

1. Ryan Hunter, 22 (1999-04)
2. Mark Burrell, 10 (1989-90)
3. Mike Frizzell, 8 (1988-90)
Mark Danner, 8 (1984-87)
5. Matt Cox, 6 (1989-93)
Robert Lilly, 6 (1987-90)

Team-Points

1. Willie McCowan, 482.5 (1999-04)
2. Les Gatrel, 399.75 (1975-80)
3. Jeron Quincy, 392 (1993-97)
4. Matt Johnson, 384 (1996-01)
5. Bill Graham, 320 (1964-68)

Takedowns

1. Greg Thomas, 337 (1976-81)
2. Jeron Quincy, 328 (1993-97)
3. Chris Mihlfeld, 304 (1987-91)
4. Luke Shaw, 280 (1997-02)
5. John Rolling, 262 (1997-02)

Nearfalls

1. Ryan Hunter, 255 (1999-04)
2. Jeron Quincy, 130 (1993-97)
3. Kevin Grece, 98 (2000-05)
4. Bob Burrows, 84 (1984-87)
5. Willie McCowan, 82 (1999-04)

Escapes

1. Jeron Quincy, 231 (1993-97)
2. Wade Killgore, 222 (2001-2006)
3. John Rolling, 217 (1997-02)
4. Jeremy Hudson, 216 (2004-08)
5. Matt Johnson, 208 (1996-01)

Reversals

1. Jeron Quincy, 95 (1993-97)
2. Bobby Burrows, 74 (1984-87)
3. Mark Danner, 73 (1984-87)
4. Matt Johnson, 52 (1996-01)
5. Paul Jamison, 47 (1980-83)

UCM Graduates Who Are Head Wrestling Coaches in Missouri High Schools

Brett Barbarick – Raymore-Peculiar

Mike Hammer – Liberty

Bill Biggerstaff – Lee’s Summit North

Gary Mayabb – Staley

Phil Dorman – Platte County

Roger Offield – Odessa

Bill Erneste – Park Hill

Ray Stockdale – Knob Noster

Ron Franklin – Pleasant Hill

Joe Greim – Excelsior Springs

Tony Griffith – Parkway South

Scott Vitek – Smithville

Mike Hagerty – Blue Springs

Putting the Student in Student-Athlete

Wanna Play? Know the Rules

By the National Collegiate Athletics Association

Over the last few years, the NCAA and its member colleges and universities have worked hard to emphasize the student in the term student-athlete. Academic standards and rules have been developed and changed to ensure that student-athletes can excel in the classroom as they do in their sports. The result of these reforms has been that student-athletes are more likely than ever before to succeed in the collegiate environment.

The CHAMPS/Life Skills program was developed by the NCAA to help prepare student-athletes for the challenges of life beyond the playing field. The focus of the program is on commitments viewed as critical to personal growth: academic excellence, personal development, service, and career development. In addition, NCAA schools work hard to offer further academic support programs to help student-athletes prosper. These programs offer access to study facilities and tutors as well as monitor student-athlete progress.

One result of these programs is that NCAA Division I student-athletes have been consistently graduating at a rate higher than the rest of the student body. For the class entering college in 1989, 57 percent of the overall student body at NCAA Division I institutions graduated, while Division I student-athletes graduated at a rate of 58 percent. The rate does not include student-athletes who transfer to and graduate from other institutions.

Minimum academic requirements that student-athletes must meet to play sports as freshmen in college are one reason for the higher graduation rates. In 1982, a group of college presidents, sponsored by the American Council on Education, proposed a set of minimum academic standards to determine freshman athletics eligibility. The first set of standards was implemented in 1986. They required that freshmen graduate high school with a minimum grade-point average of 2.000 in 11 core academic courses and a minimum standardized test score of 700 on the SAT or 15 on the ACT to be eligible to play sports and receive an athletics scholarship.

Two years ago, the number of required core academic courses was raised to 13 and last fall, a grade-point average and test-score sliding index went into effect. This scale allows student-athletes with higher grades to qualify with lower test scores, and vice versa.

Any high school student who is interested in playing sports at the NCAA Division I or II level should learn about the standards as early as possible. In addition, high school student-athletes should talk to their guidance counselors and coaches to learn more.

High school students can also call the **NCAA Eligibility Hotline, 1-800-638-3731**. This number features recordings with information on a number of freshman eligibility topics, including accommodations for students with learning disabilities. Students can also order a free copy of the "Guide for the College-Bound Student-Athlete" by calling the hotline and following the prompts.

The **NCAA's Initial-Eligibility Clearinghouse** ensures that student-athletes have met the academic requirements and certifies their eligibility to play sports as a freshman. High school student-athletes aspiring to play Division I or II athletics should register with the clearinghouse after completing their junior year.

Clearinghouse information and registration forms are available from high school guidance counselors; from the **NCAA Eligibility Hotline (1-800-638-3731)**; or from the **NCAA Clearinghouse, P. O. Box 4044, Iowa City, IA 52243-4044, telephone 319-337-1492**. The clearinghouse keeps registered student-athletes informed about the qualifications they have and have not met concerning freshmen eligibility.

Once student-athletes are enrolled in college, there are more academic standards to be met. Student-athletes must show continuing progress toward a degree each year, including a minimum number of credits passed. From the junior year on, these standards place great emphasis on progress made toward a specific degree program and ensure that student-athletes don't accumulate large numbers of credits that won't help them earn a specific degree.

The NCAA also has established various scholarship and grant programs to encourage student-athletes to pursue their undergraduate and postgraduate degrees. The Degree-Completion Grant program assists those who have exhausted their eligibility for institutional financial aid. There are also Women's and Ethnic Minority Enhancement programs and several postgraduate scholarship opportunities.

The end result? Student-athletes are now more likely than ever to enter their collegiate programs prepared and ready to succeed athletically and academically.

