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2006-07 CAA Wrestling Awards Hofstra's Shifflet Coach of the Year Hofstra's Griffin Wrestler of Year Hofstra's Ruggirello Rookie of Year

LAWRENCEVILLE, NJ—The Colonial Athletic Association has announced the 2006-07 Wrestling Coach of the Year, Wrestler of the Year, Rookie of the Year and the All-Rookie Wrestling team.

Tom Shifflet, the first-year head coach at Hofstra University, was named the CAA Coach of the Year. Hofstra had nine CAA place winners, including seven championships, in winning the CAA Championship this year, and came home from Nationals with four All-Americans.

Junior Charles Griffin of Hofstra, who placed third at Nationals at 141, was named the CAA Wrestler of the Year. The All-American was the 11th seed before winning six of seven bouts at Nationals. He defeated the sixth and tenth seeds, and revenged a loss to the third seed to place third.

Lou Ruggirello of Hofstra was named the CAA Rookie of the Year. The five-time CAA Rookie of the Week, Ruggirello won the 133 pound weight class at the CAA Championships, the only freshman to win a weight class.

The 2006-07 All-Rookie Team

125 Kyle Hutter, Old Dominion
133 Lou Ruggirello, Hofstra
141 Cory Dunn, Sacred Heart
149 Kaylen Baxter, ODU
157 Chris Brown, Old Dominion
165 Robbie Morrison, Rider
174 Josh Patterson, Binghamton
184 Mike Miller, Rider
197 Ed Backus, Binghamton
285 Matt Pellar, ODU