

Clinics of Champions

**The Nittany Lion Wrestling Club will host 2 different clinics in the Penn State Wrestling room on February 29th, 2020 the same day as the weigh-ins for the 2020 State College Tournament.*

Clinic #1: 1:00 pm-2:30pm

Featured Clinicians

David Taylor 2X NCAA Champ, 2018 World Champion & Honored as World's Top Freestyle Wrestler
Bo Nickal 3X NCAA Champion and 2019 U23 World Champion

Additional Clinicians

Jordan Conaway Penn State 2X All-American
Zain Retherford 4x All American, 3x NCAA Champion, and 2017 & 2019 World Team Member
Franklin Gomez NCAA Champion, 2012 & 2016 Olympian for Puerto Rico, 2011 World Silver Medalist
Bekzod Abdurakhmonov 2014 & 2018 World Bronze Medalist
Jake Varner 4X All-American, 2X NCAA Champion, and 2012 Olympic Gold Medalist

Clinic #2: 2:45 pm-4:15 pm

Featured Clinicians

Kyle Snyder 3X NCAA Champion, 2X World Champion, & 2016 Olympic Gold Medalist
Jason Nolf 3X NCAA Champion & 2019 U.S. National Team Member


Additional Clinicians

Nick Nevills Penn State 2x NCAA All-American
Riley Lefever 4X Division III National Champion (only 2nd wrestler ever to do so) and 2X OW
Josh Rodriguez 2019 Pan American Gold Medalist
Jaime Espinal 2012 Olympic Silver Medalist

*The clinics will be directed by **Mark McKnight**, a former Penn State All-American and current NLWC Scholastic & Olympic Regional Training Center coach and **Eric Thompson**, a former 3x NAIA National Champion and current NLWC Olympic Regional Training Center Coach. Many other top wrestlers will also be assisting with the clinics.

****While the featured and additional clinicians are planning to be at the Clinic, these wrestlers are actively competing at the senior level, and here is always the possibility that a clinician could be out-of-town due to competition, travel, or training camp.***

Details

Date: February 29, 2020
Time: Clinic #1: 1:00 pm-2:30pm Clinic #2: 2:45 pm-4:15 pm
Location: Penn State Wrestling Room (In Rec Hall-Curtin Rd., State College, PA.).
University may charge a parking fee. 
Age: Elementary & Jr. High
Cost: \$60 Pre-registered
Registration: Will take place at the NLWC's website, www.nittanylionwrestlingclub.com. Registration will open at the beginning of January. **Only the first 125 registrants will be accepted for each clinic.** Participants will register and pay on the website and will check-in at the wrestling room for the clinic. Wrestlers can sign up for both Clinic #1 and Clinic #2, but must pay the \$60 fee for each clinic. If space remains, walk-ins (\$70) will be permitted on the day of the clinics.
Refunds: There will no refunds or transfers of registration for any reason for wrestlers who have signed up for the clinic and are not able to participate.

Description

These clinics will be run by the Nittany Lion Wrestling Club before weigh-ins for the State College Wrestling Tournament. The emphasis will be on learning wrestling techniques. After the clinics are over, participants who are also competing in the tournament can immediately go to the State College H.S and weigh-in for the next day's tournament. To get to the State College H.S. North Building from Rec Hall, travel south on Atherton St. 1.1 miles, turn right onto Westerly Parkway, and travel .4 miles to the State College H.S. North Building on your right.

Questions: Contact Eric Thompson at ethompson285@gmail.com