

# Clinics of Champions

The Nittany Lion Wrestling Club will host 2 different clinics in the Penn State Wrestling room on March 2<sup>nd</sup>, 2024 the same day as the weigh-ins for the 2024 State College Tournament.

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

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

## Clinicians

<b>Roman Bravo-Young</b>	2X NCAA Champion, 5X NCAA All-American, Mexico Fed. Grand Prix Champion
<b>Anthony Cassar</b>	NCAA Champion
<b>Jordan Conaway</b>	2X NCAA All-American
<b>Kyle Dake</b>	4X NCAA Champion, 4X World Champion, Olympic Bronze Medalist, World Silver Medalist
<b>Max Dean</b>	NCAA Champion and 4X All-American
<b>Thomas Gilman</b>	Olympic Bronze Medalist, World Champion, 2X World Silver Medalist
<b>Franklin Gomez</b>	3X Olympian, World Silver Medalist, NCAA Champion
<b>Nick Lee</b>	2X NCAA Champion, U.S. Open & Final X Champion and U.S. World Team Member
<b>Morgan McIntosh</b>	World Military Champion, 3X NCAA All-American
<b>Bo Nickal</b>	3X NCAA Champion, Hodge Trophy Winner, U23 World Gold Medalist
<b>Jason Nolf</b>	3X NCAA Champion, 2X U.S. Open National Champion
<b>Jennifer Page</b>	World Bronze Medalist, Junior World Bronze Medalist, 2X Pan-American Gold Medalist
<b>Zain Retherford</b>	World Champion & World Silver Medalist, 3x NCAA Champion & 2X Hodge Winner
<b>Josh Rodriguez</b>	Pan American Gold Medalist, U.S. Open National Championship Finalist
<b>Kyle Snyder</b>	Olympic Gold & Silver Medalist, 3X World Champion, 8X World & Olympic Medalist
<b>David Taylor</b>	Olympic Gold Medalist, 3X World Champion, 2X NCAA Champion & 2X Hodge Winner
<b>Jane Valencia</b>	Mexico's First-Ever Women's Wrestling Olympian

\*The clinics will be directed by NLWC Coaches **Mark McKnight** and **Jake Varner (also an Olympic Gold Medalist)**. Many other top wrestlers will also be assisting with the clinics. **\*\*\*PLEASE NOTE: While the clinicians are planning to be at the Clinics, these wrestlers are actively competing, and there is always the possibility that a clinician(s) could be out-of-town due to competition, travel, or training camp.**

## Details

<b>Date:</b>	March 2, 2024
<b>Time:</b>	Clinic #1: 1:00 pm-2:30 pm      Clinic #2: 2:45 pm-4:15 pm
<b>Location:</b>	Penn State Wrestling Room (In Rec Hall-Curtin Rd, State College, PA.). *University may charge a parking fee.
<b>Age:</b>	Elementary & Jr. High
<b>Cost:</b>	\$85 Pre-registered
<b>Registration:</b>	Will take place at the NLWC's website, <a href="http://www.nittanylionwrestlingclub.com">www.nittanylionwrestlingclub.com</a> . Registration will open in early January. <b>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.</b> Wrestlers can sign up for both Clinic #1 and Clinic #2, but must pay the \$85 fee for each clinic. If space remains, walk-ins will be permitted on the day of the clinics.
<b>Refunds:</b>	<b>There will be no refunds or transfers of registration for any reason for wrestlers who have signed up for the clinic and are not able to participate.</b>

## 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, plus clinicians will be available for autographs and photos before clinics. After (not before 2:30 pm) the clinics are over, clinic participants who are also competing in the tournament can take the weigh-in cards they are given at the clinic and immediately walk upstairs to South Gym and weigh-in for the next day's tournament.

**Questions: Contact Jake Varner at [jvnlwc@gmail.com](mailto:jvnlwc@gmail.com) or Mark McKnight at [mmcknightnlwc@gmail.com](mailto:mmcknightnlwc@gmail.com).**