



NITTANY LION WRESTLING CLUB NEWS

Volume 27 Number 2 Fall, 2025

Website: www.nittanylionwrestlingclub.com

Instagram or Twitter: @nittanylionwc

NLWC WRESTLERS IMPRESS ON WORLD STAGE!!!

The NLWC's National and World Impact in 2025

At the U20, U23, and Senior World Levels, there are 30 spots on the U.S. Men's Freestyle National Teams each year.

The top wrestlers in the U.S. compete for these spots, and then the opportunity to earn a World Medal.

National Stage

In the 2025 season, Nittany Lion Wrestling Club wrestlers earned 15 of the 30 possible spots on the U.S. National Teams!

Marcus Blaze-U20

Luke Lilledahl-U23

Rocco Welsh-U23

PJ Duke-U20

Marcus Blaze-U23

Josh Barr-U23

Will Henckel-U20

PJ Duke-U23

PJ Duke-Senior

Connor Mirasola-U20

Mitchel Mesenbrink-U23

Levi Haines-Senior

Cole Mirasola-U20

Levi Haines-U23

Kyle Snyder-Senior

World Stage

Not only did the NLWC wrestlers make-up half of the weight classes on the U.S. National Teams, they also had outstanding performances on the World Stage-6 Gold Medals, 2 Silver Medals, and 3 Bronze Medals!!!

Marcus Blaze-U20 Gold

Levi Haines-U23 Gold

Connor Mirasola-U20 Bronze

PJ Duke-U20 Gold

Kyle Snyder-Senior Gold

Cole Mirasola-U20 Bronze

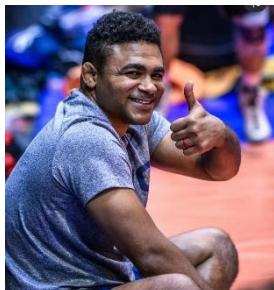
Luke Lilledahl-U23 Gold

Will Henckel-U20 Silver

PJ Duke-U23 Bronze

Mitchell Mesenbrink-U23 Gold

Levi Haines-Senior Silver



A Look in the Background of the National and World Stages

At the same time that we recognize and appreciate the success of the NLWC World Medalists, let's not forget that it's a team effort that puts these wrestlers on the world podium... **support from family members, coaches, NLWC RTC training partners, and the Club's many, many financial supporters and volunteers make it all possible!**

Left-Franklin Gomez, Training Partner at the U23 World Championships

Right-Coach Cody Sanderson with Jordan Conaway, Training Partner at the U23 World Championships



Much of the NLWC's success can be directly attributed to the hard-working, dedicated, and humble NLWC coaching staff and training partners who are not interested in the spotlight or taking credit! The NLWC is greatly appreciative of you!

Supporting the Nittany Lion Wrestling Club for the Sept. 1, 2025 – Aug. 31, 2026 Campaign

Thanks for your previous financial support of the Nittany Lion Wrestling Club!

Your gifts have played an integral part in the success of the Club!

The NLWC has been a major contributor to the outstanding Olympic performances of USA Wrestling as well as the remarkable success of the Penn State Wrestling program. The NLWC has also provided valuable training and development opportunities for wrestlers in Central Pennsylvania. We hope you see the tremendous impact of your support!

To support the NLWC this membership year, please visit the Club's website at www.nittanylionwrestlingclub.com and click on the JOIN/DONATE tab, or you can mail in the membership/sponsorship form included on page 15 this newsletter. If you are not sure if you have already joined/donated for the current membership year, a current list of NLWC members and sponsors is located on pages 12-14 of this newsletter.

Thank You! Thank You! Thank You!

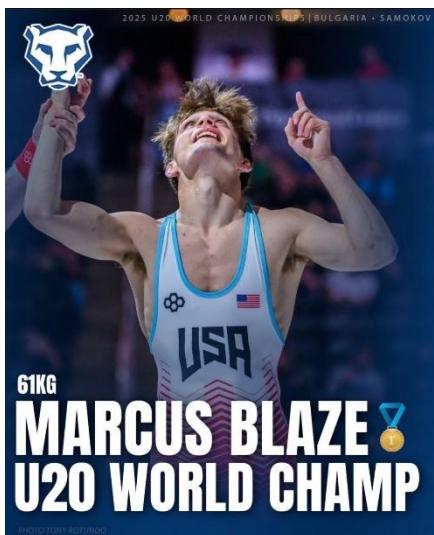
2025 WORLD CHAMPIONSHIPS

The NLWC had wrestlers compete at the 2025 U20, U23, and Senior World Championships!



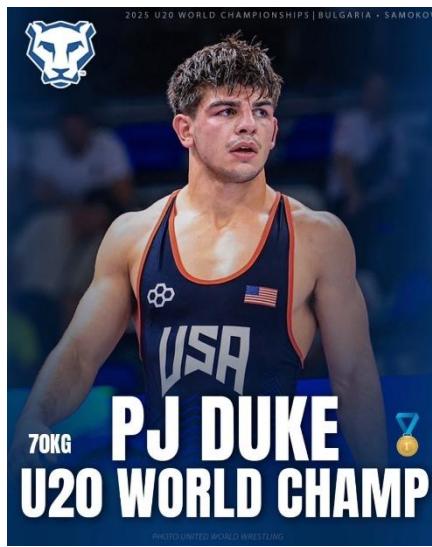
U20 World Championships

The U20 Men's Freestyle World Championships took place in Samokov, Bulgaria in late August. To say that the performance of the young Nittany Lions was outstanding would be an understatement. Five Nittany Lion wrestlers (making up half of the men's freestyle team) competed, and all five won world medals! In addition, the U.S. team won the U20 World Championship!



Marcus Blaze (61 kg) won the gold medal with a 5-0 mark, winning an incredible four matches by technical fall and one by disqualification! In the gold medal match, Marcus won by 10-0 technical superiority over Iran's Ahora Khateri!

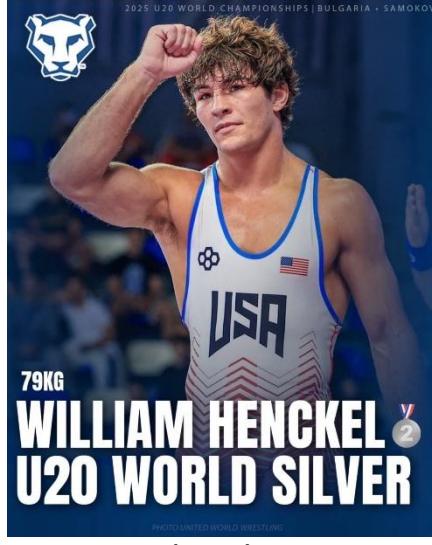
PJ Duke (70 kg) also won the gold medal with a 5-0 mark, including two technical falls and a fall. In the



70KG PJ DUKE U20 WORLD CHAMP

PHOTO: UNITED WORLD WRESTLING

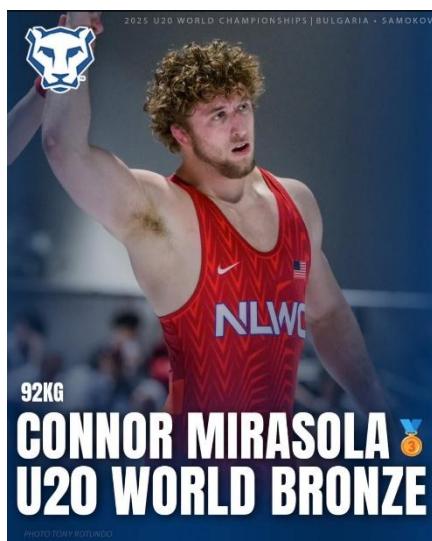
finals, PJ scored an exciting 7-5 win over Alexandre Gaidar of Moldova!



79KG WILLIAM HENCKEL U20 WORLD SILVER

PHOTO: UNITED WORLD WRESTLING

Will Henckel (79 kg) won 4 straight matches to advance to the finals where he dropped a hard-fought 8-6 decision to Iran's Mahdi Hajivar.



92KG CONNOR MIRASOLA U20 WORLD BRONZE

PHOTO: TONY RUTUNDO

Connor Mirasola (92 kg) won his first match by technical fall but lost his second match by a close 7-5 decision to a wrestler from Kazakhstan. He then wrestled back for bronze, defeating Azerbaijan's Ana Jafarli 10-0 in the bronze medal match.



125KG COLE MIRASOLA U20 WORLD BRONZE

PHOTO: UNITED WORLD WRESTLING

Cole Mirasola (125 kg) had two wins to advance to the semifinals where he lost to a wrestler from Kazakhstan. In the bronze medal match, Cole defeated Narantulga Darmaabazar of Mongolia by 12-2 technical fall.



Coaches Cody Sanderson & Nick Lee Working with PJ Duke at the World Championships. Special thanks to the NLWC Coaching Staff for everything they do to help develop the NLWC Wrestlers!



Senior World Championships

The Senior World Championships took place in Zagreb, Croatia in mid-September. The NLWC had three wrestlers compete in men's freestyle: PJ Duke (70 kg), Levi Haines (79 kg), and Kyle Snyder (97 kg).



KYLE SNYDER WINS GOLD IN SHORT TIME!

SCORES WITH 10 SECONDS TO GO!

Kyle Snyder (97 kg) looked spectacular on his way to winning another world title. He defeated Cristian Sarco Colmenarez (Venezuela) by 10-0 technical fall, Zbigniew Baranowski (Poland) by 5-0 decision, and Arash Yoshida (Japan) by 9-1 decision to reach the finals. **In a rematch of last year's world bronze medal match, Kyle came out on top this time in a hard-fought 3-2 decision over Amirali Azarpira (Iran).**

Levi Haines (79 kg) started the competition with a 5-2 win over Khidir Kurban A Saipudinov



WORLD CHAMPIONSHIPS LEVI HAINES WIN WORLD SILVER MEDAL

DROPS FINAL BOUT 3-2

PHOTO: TONY ROTUNDO

(Barhain) and a 10-0 technical fall over Bumgee Seo (Korea). **In the quarter finals, he had a huge 3-2 buzzer beater decision over 2023 World champion and current European Champion Akhmed Usmanov (UWW), and in the semifinals, he defeated Suldkhuu Olonbayar (Mongolia) 4-1. In the finals, Levi dropped a hard-fought 2-3 decision to Georgious Kougioumtsidis (Greece).**

PJ Duke (70 kg) the reigning U20 World Champion, finished 1-1 at the World Championships. He defeated Shuang Chen (China) by 11-0 technical fall in his first match but dropped his second match by 7-11 decision to the defending World champion Nurkozha Kaipanov (Kazakhstan). When Kaipanov lost in the semifinals, PJ did not get the chance to wrestle back for bronze.

U23 World Championships

The 2025 U23 men's freestyle World Championships took place over the in Novi Sad, Serbia in late October. **Of the ten total wrestlers on the the U.S.'s Men's Freestyle U23 team, seven were NLWC/Penn State wrestlers!!! Their performance was outstanding!!!**

Luke Lilledahl (57 kg) defeated Honghang Liao (China) by 10-0 tech. fall, Senior Asian silver medalist



U23 WORLD CHAMPIONSHIPS LUKE LILLEDAHL WINS U23 WORLD GOLD AT 57KG!

NOW A U17, U20 AND U23 CHAMP!

PHOTO: UNITED WORLD WRESTLING

Milad Valizadeh (Iran) by 11-5 decision, and Aiandai Ondar (UWW) by 7-1 decision to reach the gold medal match.

In the world finals, Luke controlled Yutu Kituchi (Japan) 4-0! Luke looked impressive throughout the tournament and controlled the action in every match. His mat savvy, technique, speed, and condition were simply outstanding!



U23 WORLD CHAMPIONSHIPS MESENBRINK WITH A TECH FOR U23 WORLD GOLD!

WINS 12-2 IN THE FINALS!

PHOTO: UNITED WORLD WRESTLING

Mitchell Mesenbrink (74 kg) scored a fall in 2:10 over Aliaksandr Hulnik (UWW), a 10-0 technical fall over Parvinder (India), and a 12-2 technical fall over Omar Mourad (Egypt) to reach the semifinals.

In the semis, he scored an outstanding 7-4 win over current Senior World Champion

Yoshinosuke Aoyagi (Japan). Mitchell's relentless pace and outstanding attacks wore Aoyagi down and made the difference.

In the gold medal match, Mitchell gave up the first takedown to Muhammed Ozmus (Turkey) but roared back with six-straight takedowns to earn a 12-2 technical and the U23 World Gold Medal!



Levi Haines (79 kg) defeated Mahdi Yousefihajivar (Iran), 7-0, Aykan Seid (Bulgaria), 10-0 technical fall, and Davud Daudov (UWW), 11-4 to reach the world finals.

In the gold medal match, Levi won by 11-1 technical fall in the first period over Ibrahim Yaprak (Turkiye)! Levi dominated every match and looked tough in every position in an outstanding gold medal performance!

PJ Duke (70 kg) defeated Begijon Kuldashev (Uzbekistan) by 7-1 decision, Rostislav Leicht (Germany) by 10-0 tech. fall, and Kaito Morita (Japan) by 9-3 decision to reach the semifinals. In a close semifinal match, Kanan Heybatov (Azerbaijan) caught PJ in a trapped arm gut wrench to break the match open and get the victory.



PJ had an impressive performance in the bronze medal match, winning by pin in the first period over Davit Margaryan (Armenia)! Congratulations PJ!

Marcus Blaze (65 kg) and **Rocco Welsh (86 kg)**, and fell just short in hard-fought battles against top opponents. Both of those opponents then dropped very tight matches in the semi-finals and as a result, Marcus and Rocco did not get the chance to wrestle back for bronze.

Josh Barr (92 kg) won his first match but suffered a loss in his second match and was unable to wrestle back for the bronze.

OTHER NLWC COMPETITIONS

Real American Freestyle 01 (RAF 01)

Real American Freestyle, a new professional freestyle wrestling promotion, held its first competition on August 30 in the Wolstein Center in Cleveland, Ohio. The two NLWC athletes competing both had nice wins!

Kyle Dake defeated 2025 NCAA Champion Dean Hamiti from Oklahoma State by 11-0 technical fall at 190 lbs.

Bo Nickal won by 6-4 decision over Jacob Cardenas at 205 lbs.



Jake Varner Wrestling in the Bryce Jordan Center in RAF02.

Real American Freestyle 02 (RAF02)

Real American Freestyle hosted its second competition on October 25 in Penn State's Bryce Jordan Center. The NLWC had two wrestlers compete.

In the main event, two-time Olympic bronze medalist **Kyle Dake** retained the Men's Cruiserweight belt with a 7-1 decision over two-time World medalist Boris Makoev, who competed internationally for Russia and Slovakia.

London Olympic champion and current NLWC head coach **Jake Varner** stepped back onto the mat and controlled past U.S. World Team member Pat Downey with a 5-1 decision in his first competition in seven years.

Champions League of American Wrestling (CLAW)

CLAW, a new professional wrestling league with rules implemented to increase action, scoring, and strategy, had its first competition in late October.



Coach Cael and Zain Retherford at a CLAW

Competition. Tony Rotundo,
wrestlersarewarriors.com, Photo)

NLWC Coach **Zain Retherford** competed for the Cradle City Cicadas in the league's opening season. Zain finished 3-0 on the season with wins over Ian Parker, Jonathan Millner, & Zach Sherman.



Zain Retherford in on a Leg Attack at a CLAW Competition (Tony Rotundo, wrestlersarewarriors.com, Photo)

Bill Farrell Memorial International Tournament (NYAC)



NLWC Wrestler **Tyler Kasak** (70 kg) had a tremendous performance at the Bill Farrell Memorial Tournament held in New York City in early November.

Tyler won by 10-0 technical fall over Zachary Clark in the quarterfinals. In the semifinals, **Tyler scored a 6-3 decision over Virginia Tech national champion Caleb Henson**. In the championship match, Tyler scored a 3-2 decision over U.S. National Team member Ian Parker to win the gold medal!

Franklin Gomez: NCAA Champion, World Silver Medalist, & 3X Olympian, also assists as a coach
Bo Nickal: 4X NCAA Finalist, 3X NCAA Champion, Hodge Trophy Winner, & U23 World Gold Medalist, also assists as a coach
Josh Rodriguez: Pan American Gold Medalist & U.S. Open National Championship Finalist

Kyle Snyder: 3X NCAA Champion, 3X World Champion, 2X World Silver Medalist, 2X World Bronze Medalist, Olympic Gold Medalist, & Olympic Silver Medalist

NLWC COACHING STAFF

Jordan Conaway, Casey Cunningham, Nick Lee, Morgan McIntosh, Mark McKnight, Zain Retherford, Cael Sanderson, Cody Sanderson, and Head NLWC Coach Jake Varner



Coach Cael Drilling with Rocco Welsh at the U23 World Championships. (Tony Rotundo, wrestlersarewarriors.com, Photo)

CURRENT NLWC RESIDENT ATHLETES

The NLWC currently has 8 athletes training at the Club's Olympic Regional Training Center as part of the R.A. Program. These wrestlers help with the coaching and development of the younger wrestlers training in the Olympic RTC practices, and several also perform additional coaching and other duties for the Club.

Roman Bravo-Young: 2X NCAA Champion, 2024 Olympian for Mexico

Anthony Cassar: NCAA Champion & Big 10 Champion

Kyle Dake: 4X NCAA Champion, 4X World Champion, World Silver Medalist, & 2X Olympic Bronze Medalist

Ceron Francisco: 2X NAIA All-American, NAIA National Finalist

Nittany Lion Wrestling Club

Board of Directors

Terry Chandler	President
James English	Vice President
David Becker	Bill Buckley
Sam Condo	Edward Dare
Darrel Zaccagni	

Staff

Clay Steadman	General Manager cms5406@psu.edu
Jake Varner	Director/Head Coach
Dave Hart	Exec. Director, Treasurer, Membership, & Secretary davehartnlwc@gmail.com

Regional Training Center & Resident Athlete Program Coaching Staff

Casey Cunningham	Cael Sanderson
Cody Sanderson	Nick Lee
Morgan McIntosh	Jordan Conaway
Zain Retherford	Jake Varner
Mark McKnight	

Kyle Snyder

**It would take an entire newsletter to list Kyle's wrestling accomplishments.*

A Few Highlights:

Olympics-1 Gold & 1 Silver

World Championships-4 Golds,

2 Silvers, 2 Bronze

Zero Domestic Losses-Last Decade

**Congratulations on your
2025 World Title, Kyle!**

Coach Jake Varner and Kyle Snyder Share a Moment after Kyle wins the 2025 World Championship. (Tony Rotundo, wrestlersarewarriors.com, Photo)



Kyle Snyder with Coaches Casey Cunningham and Jake Varner after Winning the 2025 World Championships

NLWC 2026 Potential Competition Dates (Note: Dates of tournaments may change.)

Jan. 16-18, 2026-Grand Prix de France Henri Deglane International Tournament in France

Feb. 4-8, 2026-International Ranking Tournament in Croatia

Feb. 25-Mar. 1, 2026-International Ranking Tournament in Albania

Apr. 21, 2026-US Open Championship in Las Vegas, NV

May 7-10, 2026-Senior Pan-American Championships in Coralville, IA.

May 14-15, 2026-Senior World Team Trials in Kentucky

May 28, 2026-U23 Nationals and U20 World Team Trials in Geneva, OH

June 13, 2026-Final X

June 18-20, 2026-U23 Pan-American Championships in Venezuela

July 9-11, 2026-U20 Pan-American Championships in Brazil

Aug. 17-23, 2026-U20 World Championships in Slovakia

Oct. 12-18, 2026-U23 World Championships in Las Vegas

Oct. 24-Nov. 1, 2026-Senior World Championships in Bahrain

Nov. 13-14, 2026-Bill Farrell Memorial International Tournament in New York City

Other NLWC Events to Mark on Your Calendar (Visit the NLWC Website for More Info on these Events.)

Jan. 6-Feb. 24, 2026-Youth Fitness & Balance & Introduction to Wrestling on Tuesday evenings in PSU Wrestling room

Jan. 11, 2026-Probable Date of Clinics of Champions Series-Clinic in PSU Wrestling Room

Jan. 24, 2026-Probable Date of Clinics of Champions Series-Clinic in PSU Wrestling Room

Jan. 31, 2026-Probable Date of Clinics of Champions Series-Clinic in PSU Wrestling Room

Feb. 14, 2026-Probable Date of Clinics of Champions Series-Clinic in PSU Wrestling Room

Feb. 21, 2026-NLWC hosts Clinics of Champions for Youth Wrestlers at Penn State.

Feb. 22, 2026-NLWC hosts Youth and Jr. High Tournament in Penn State's Rec Hall.

May, 2026-Probable Date of NLWC's Clinton Country Club Golf Tournament in Mill Hall, PA.

August/September, 2026-Probable Date of NLWC's State College Golf Tournament held at the Penn State Golf Courses

Oct. 12-18, 2026-U23 World Championships in Las Vegas

NLWC Online Auctions

The NLWC ran its first online auction in August, 2025. Many very nice items were auctioned off, and it was a great fundraiser for the Club. **Special thanks to the many donors who contributed items to the Auction. Your generosity made the auction successful. Donors are listed on p. 10 of this newsletter.** Stay tuned...the NLWC plans to occasionally run additional Online Auctions. Information on the upcoming online auctions will be sent to the Club's email list.



NLWC Online Store is Open

The team store is now live! **Christmas items will be removed on Nov. 30th, but everything else will continue to be available after the 30th.** There are many new and very nice items available! A link to the store is available at the NLWC website under the SHOP tab. We hope you enjoy your new NLWC gear.

NLWC to Run Fitness & Balance and Introduction to Wrestling Programs

Fitness and Balance (January 6 – January 27) & Introduction to Wrestling (February 3 – February 24)

Time: Tuesdays, 6pm - 6:45pm

Location: Penn State Wrestling Room

Age: 4-9 years old

Cost: \$50 for Fitness & Balance

\$50 for Introduction to Wrestling

\$80 if you register for both Fitness & Balance and Introduction to Wrestling

Experience: Beginner to 2 years. *Program is not designed for experienced wrestlers. It is for beginners.

Registration: Visit www.nittanylionwrestlingclub.com, EVENTS & REGISTRATION tab, to register.

Description: The **Fitness & Balance Program** will provide children (both boys and girls) an opportunity to participate in a dynamic and fun workout. The emphasis will be on basic body movements, using a wide variety of drills and games. This program will help children develop balance, strength, and confidence in different body movements. Although this program will take place in the wrestling room, wrestling skills and techniques will not be taught, and there will be no actual wrestling contact.

The Fitness & Balance Program will transition into the Introduction to Wrestling Program.

Wrestling is a great foundation for all sports. It teaches the fundamental skills (balance, hand eye coordination, footwork, strength, etc.) necessary for any other physical activity. This recreational program is non-competitive and will focus on exposing children to wrestling and these basic skills, setting the groundwork for future sports and activities. The goal is to ensure kids have a fun and a positive first experience with the sport, and they leave excited about wrestling.

Questions: Contact Ceron Francisco at crfrancisco7@gmail.com or Josh Rodriguez at joshrod125@gmail.com.

NLWC to Run Clinics of Champions Series in Jan. & Feb., 2026

These clinics will be run by the Nittany Lion Wrestling Club in the Lorenzo Wrestling Complex. The emphasis will be on learning wrestling techniques, plus clinicians will be available for autographs and photos after the clinic.

Clinicians

Ceron Francisco

2X NAIA All-American and National Finalist

Anthony Cassar

NCAA Champion

Jordan Conaway

NLWC Olympic RTC Coach & 2X NCAA All-American

Kyle Dake

4X NCAA Champion, 4X World Champion, World Silver Medalist, & 2X Olympic Bronze Medalist

Franklin Gomez

NCAA Champion, World Silver Medalist, & 3X Olympian

Morgan McIntosh

NLWC Olympic RTC Coach, 3X NCAA All-American, & World Military Champion

Mark McKnight

NLWC Olympic RTC Coach, NCAA All-American, & Pan American Champion

Bo Nickal

4X NCAA Finalist, 3X NCAA Champion, Hodge Trophy Winner, & U23 World Gold Medalist

Zain Retherford

NLWC Olympic RTC Coach, 3X NCAA Champion, 2X Hodge Trophy Winner, World Gold Medalist, & Olympian

Josh Rodriguez

Pan American Gold Medalist & U.S. Open National Championship Finalist

Kyle Snyder

3X NCAA Champion, 3X World Champion, 2X World Silver Medalist, 2X World Bronze Medalist, Olympic Gold Medalist, & Olympic Silver Medalist

Roman Bravo-Young

2X NCAA Champion, 2024 Olympian for Mexico

Jake Varner

NLWC Olympic RTC Head Coach, 4X NCAA Finalist, 2X NCAA Champion, World Bronze Medalist, & Olympic Gold Medalist

NOTE: While the clinicians and coaches are planning to be at the Clinics, the NLWC 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.

Dates: Jan. 11, Jan. 24, Jan. 31, Feb. 14, & Feb. 21, 2026

Time: TBD-Visit the NLWC website for times.

Location: Penn State Wrestling Room (In Rec Hall-Curtin Rd, State College, PA.). *University may charge a parking fee.

Age: Elementary & Jr. High

Registration: Will take place at the NLWC's website, www.nittanylionwrestlingclub.com, EVENTS & REGISTRATION tab.

Questions: Contact Jake Varner at jvnlwcc@gmail.com



presents the

2026 Nittany Lion Wrestling Tournament

at Penn State on Sunday, February 22, 2026

One of the Largest One-Day Open Tournaments in the East!

*Girls Divisions
added again for the
2026 season!*

Held in Rec Hall-Home of the National Champion Penn State Wrestling Team!

Start Time: 8:00 a.m. on Sunday, February 22nd, All Divisions

Registration: Entry fee is \$50.00. No Walk Ins. **No refunds** or transfers of registration for any reason.

Go to www.nittanylionwrestlingclub.com to register for the tournament. Registration will open in January.

Registration will close whenever 900 entries are reached or at 5 p.m. on Thursday, February 19th.

Registration will be limited to the first 900 registrants.

Weigh-Ins & Skin Checks: All Divisions must weigh in Sat., February 21st, from 5pm - 8pm in the South Gym in Penn State's Rec Hall.

For those who want to weigh-in earlier than the time specified above, there will be a Sat. weigh-in from 11am – 1pm also in the South Gym in Penn State's Rec Hall. **Tournament participants who want to weigh-in during this 11am-1pm time slot will be required to pay an additional \$20 at the door.**

Clinics of Champions participants competing in the tournament will be given weigh-in cards at clinics and will be able to weigh-in immediately following clinics. Refer to clinic info sheet (www.nittanylionwrestlingclub.com) for times.

There will be no Sunday weigh-ins. Weights can be changed at weigh-ins. **Singlet is required** at weigh-ins.

No satellite weigh-ins permitted. No weight allowances for singlet or for any wrestler in any division at weigh-ins.

Tournament Location: Rec Hall-Penn State University (Curtin Rd., State College, PA)

Location: Admission-\$10 Adults, Students Free. Parking fee may be charged by the University.

Age Divisions: Age as of the day of the tournament. Proof of age/copy of birth certificate is required if contested. Any challenges must take place prior to start of match.

Boys

6 & Under	40, 45, 50, 55, 60, 75 lbs.
7 & 8	45, 50, 55, 60, 65, 75, 90, 110 lbs.
9 & 10	55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 120, 150 lbs.
11 & 12	65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 135, 145, 160, 200 lbs.

Girls

6 & Under	*Depending upon number of entries, weight classes may be formed using the Madison System. 40, 45, 50, 55, 60 lbs.
7 & 8	45, 50, 55, 60, 65, 75, 90, 110 lbs.
9 & 10	55, 60, 65, 75, 85, 95, 105, 120 lbs.
11 & 12	65, 75, 85, 95, 105, 115, 125, 145 lbs.

Jr High Division: Proof of grade is required if contested. Any challenges must take place prior to start of match.

Boys

Jr.High (7th-9th) 82, 89, 96, 103, 110, 117, 124, 132, 140, 147, 157, 172, 192, 212, 252 lbs.

Girls

Jr. High (7th-9th) 77, 83, 89, 96, 103, 110, 117, 125, 135, 148, 165, 185

All wrestling will be folkstyle. Boys may wrestle in two boys' divisions or two boys' weight classes-two registration fees are required. Girls may wrestle in both boys' and girls' divisions-two registration fees are required. Girls may wrestle in the girls' age divisions and the girls' jr. high divisions-two registration fees are required. Should a case occur where a wrestler is called for two matches at the same time, there will be no rest time between matches, and the wrestler has the responsibility to inform the other mat. Bout numbers will be displayed on mat side clocks and on the big scoreboards in Rec Hall. There will be no announcing of names. If a wrestler does not show up at a mat within 2 bouts, it will be a forfeit. 7th Graders who meet the age requirements to wrestle in the 11 & 12 Age Division are permitted to do so.

Rules/Format: PIAA modified rules. Double Elimination. Unseeded Tournament. Referee's decision is final.

Age Divisions are 1-1-1; overtime is 1 min, 30 sec ride out.

Jr. High Division is 2-1-1; consolations are 1-1-1; overtime is 1 min, 30 sec ride out.

Tournament directors reserve the right to combine weight classes if necessary.

Awards: Age Divisions: Awards for 1st, 2nd & 3rd Places. Jr. High Division: Awards for 1st Place, 2nd & 3rd Places.

Hotels: TBD

For questions, contact tournament directors:

Morgan McIntosh at morgan.b.mcintosh@gmail.com or Jordan Conaway at jconaway125@gmail.com

THE 2025 NLWC GOLF TOURNAMENTS-FUN EVENTS AND SUCCESSFUL FUNDRAISERS

The NLWC hosted two golf tournaments in 2025. The first was the **Clinton Country Club Tournament** in Mill Hall, PA in May, while the second was the 31st annual **State College Area Golf Tournament** at the Penn State Golf Courses in August.

Clinton Country Club Golf Tournament



The goal of the tournament was to raise money for the NLWC's Resident Athlete Program, and there was excellent participation by golfers and sponsors. Although the weather was a bit challenging, it was a fun day of golf and socializing, and there was a tremendous selection of auction items available at the post golf banquet. Many NLWC wrestlers and coaches stopped by to say hi and thank golfers and sponsors.

Special thanks to **Billy Edwards, Craig Russell, Greg Kunes, Steve Turchetta**, and the many other volunteers who worked very hard at making the tournament a success. Thanks also to all of the golfers and sponsors who supported the NLWC through the Clinton Country Club Tournament!

The Club would especially like to thank **Miller Brothers Auto Sales** for their *Donation of a Car*, **Billy Edwards** for the *donation of the banquet dinner*, **\$5,000 Platinum Sponsors** **The Hartman Group, Paul Goodwin, & Rennie Rodarmel Agency** and **\$2,500 Golden Fall Sponsors** **Greg & Elizabeth Moyer, Roger & Grace Moyer, and Keystone Payroll**. The Club is truly grateful for your willingness to sponsor and make this event very successful!

State College Golf Tournament at Toftrees



This was the 31st annual NLWC State College Area golf tournament. Using both the Penn State Blue and White Golf Courses, the tournament went well and was a very nice event and successful fundraiser for the Club's Resident Athlete Program.

The Club would thank everyone who helped with the tournament... **special thanks to Grace Condo and Norma Zaccagni who spend an extraordinary amount of time and effort in making the tournament run smoothly**. They were also assisted by numerous volunteers who helped with registration, prizes, and contests on the course. On behalf of the NLWC, thank you!!!

The NLWC would especially like to thank the many sponsors who contributed to making the tournament an excellent fundraiser. **Austin & Pam Shanfelter, David & Iris Pattillo, and Ed & Eric Dare (PFG/Vicus Captial)** generously led the way with *\$10,000 Wrestling Team Sponsorships*. **First Citizens Community Bank, Galen Dreibelbis, Dave Cipriani, Sheri Lane (in Memory of Marty Lane), Wienken Wealth Management, Wilsbach Distributors & the Sourbeer Families, and Pyramid Healthcare** all were *\$5,000 Platinum Sponsors*. Many other individuals and business also made generous contributions.

Penn State Blue Course Golf Tournament Results

1st Place Champ. Flight-52

Billy Edwards
Trent Miller
Matt Storeman
John Cattoni

2nd Place Champ. Flight-52

Bo Nickal
Dane Young
Tim Peters
Chris Warner

3rd Place Champ. Flight-56

Blaise Alexander
Ed Brown
Cody Kylor
Wes Rhone

Prize Winners

#6-Straightest Drive-Bill Weigel
#10-Longest Putt-Mike Bodgon
#14-Closest to Pin-Andy Way
#17-Closest to Pin-Jason Yoder
#18-Longest Drive-Matt Storeman

1st Place First Flight-66

Dave Cipriani
Paul Krasinski
Dan Ignasiak
Larry Morton

2nd Place First Flight-68

Barrett Trout
Matt Maurer
Troy Amberman
Gerrit Strathmeyer

3rd Place First Flight-69

Ian Frederick
Jeremy Vent
Perry Schram
Dave Wasson

Penn State White Course Golf Tournament Results

1st Place Champ. Flight-53

Adam Smith
Timmy Cooper
Allison Wix
Ben Smith

2nd Place Champ. Flight-54

Chris Wagner
Jim Pringle
Glen Sekunda
Matt Dougherty

3rd Place Champ. Flight-56

Mike Fullington
Nick Accardino
Dan Swanson
Mike Braniff

Prize Winners

#3-Straightest Drive-Jeff Wilson
#7-Closest to Pin-Damian Mochan
#16-Closest to Pin-Thomas Heller
#17-Longest Putt-Mike Braniff
#18-Longest Drive-Dan Swanson

1st Place First Flight-65

John Selfe
Karl Weber
Steve Selfe
Joe Shulman

2nd Place First Flight-66

Randy Woolridge
Fred Carlin
Bob Ricketts
Dave Brinjac

3rd Place First Flight-66

Tyler Ritzman
Jacob Kinzer
John Zook
Nate Metzler

The Nittany Lion Wrestling Club would like to thank the golfers, volunteers, and sponsors of the
Nittany Lion Wrestling Club-2025 Clinton Country Club Golf Classic

held at the Clinton Country Club Golf Course on May 23, 2025

Special Thanks:

Miller Brothers Auto Sales-Donation of a Car Billy Edwards-Donation of the Banquet Dinner

Platinum Grappler Sponsors (\$5,000)

Paul Goodwin-STONEDOG INDUSTRIES Rennie Rodarmel Agency The Hartman Group

Golden Wrestler Fall Sponsors (\$2,500)

Greg & Elizabeth Moyer and Roger & Grace Moyer Keystone Payroll

Hole Sponsors (\$500)

Scott Walker-Hearthstone Homes, Inc.

Closest to the Pin, Hole-in-One, & Auction Sponsors

Bob McCully Carter Machinery Clinton Country Club Pro Shop JD's Bait & Tackle
Jeff Bertz Jeff Byers Joe's Rentals Lazer Car Wash Kaiser Brothers
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Team Package Foursomes (\$1,200)

J.R. Cattoni Team	James Au Team	Gold Key Real Estate Appraisal	Punn n Snuff	Brenntag-JT Hill
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Amy Laubscher Team	Glenn O. Hawbaker Team	Lou Ann Kloss Team	Mark Doner Team	John Engle Team
Doug Hazel Team	Dave Harger Team	Mike Ketchel Team	Gary Lauscher Team	Brock Shemory Team

The Nittany Lion Wrestling Club would like to thank the golfers, volunteers, and sponsors of the

Nittany Lion Wrestling Club-2025 State College Golf Classic

held at the Penn State Golf Courses on August 22, 2025

Honorary Wrestling Team Sponsor (\$10,000)

Austin & Pam Shanfelter David & Iris Pattillo-Pattillo Family Fund Ed & Eric Dare-PFG/Vicus Capital

Platinum Grappler Sponsors (\$5,000)

Dave Cipriani First Citizens Community Bank Galen Dreibelbis In Memory of Marty Lane-Sponsored by Sheri Lane
Pyramid Healthcare Wienken Wealth Management Wilsbach Distributors & the Sourbeer Families

Golden Wrestler Fall Sponsors (\$2,500)

1Benefit Solutions JEB Environmental Technologies Rennie Rodarmel Agency Tom Goulionis

Silver Wrestling Major Decision Sponsors (\$1,000)

Bonney Forge Corporation Brian Stover, Kasak Family & www.nittfoods.com Bruce Heim CNB Bank-Zane Morgan
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Bronze Wrestling Takedown Sponsors (\$500)

Bill & Kim Kerlin	Brian Romesburg	Chris & Laura Lee	Dan Ombalski-Ellingson DTD	David & Barbara Sanders
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Hole Sponsors (\$250)

Andy Duff/Marty Duff Brian Stover, Kasak Family & www.nittfoods.com Bruce Balmat Gary Green-College Heights Service Station
David Joyner Family In Loving Memory of "Foxy" Moyer-sponsored by Marie Moyer, Belinda and Brett Tyson
In Memory of Edwin M. Poorman and Kevin M. Poorman-Sponsored by Donna Poorman Richard & Susan Crouse

Silent Auction Sponsors and Golfer Giveaways:

CAT CUSTOM WOODWORKS,Morgan McIntosh Studio Joel & Janeice Kasak Family
J.M. DeLullo Stone Sales Puff n Snuff Rennie Rodarmel Vortex Yeti

Special Thanks:

*Blaise Alexander Auto Dealership for the Donation of 4 Vehicles as Hole-In-One Prizes
Bonfire Catering and Terry & Judy Chandler-Banquet Meal and Logan Beverage, Terry Delbaglio-Drinks*

The Nittany Lion Wrestling Club would like to thank many generous donors who contributed items to the Club's first-ever

Online Auction Event

Bidding opened at the beginning of August and closed at 3:00 pm on Aug. 22.

Donors

Bear Hunt with Levi Haines & Tyler Kasak-Gene Huntington & Steward Green Wildlife Habitat Solutions	Custom Bamboo Fly Rod-Michael Reck & Ghost Fly Rods
Bonfire Catering 20 Person Catering Package	Penn State Wrestling Home Match Broadcast-Jeff Byers
Firewood-Mike Masullo and Shonnie Robb	Golf Bag-Donated by W.R. Hickey
Penn State Wrestling 3-D Collage and Flat Collages-Steve Szynal	Pictures-Bob McCully
Week Stay in Williamsburg, VA-Darrel and Norma Zaccagni	Pictures- Jeff Bertz
WE ARE INN, Philipsburg, PA Meal and Room	Yeti Package
	Vortex Packages
	Weekend at the Lion's Den B&B

Don't wait! Sponsorships are available now for the Club's Golf Tournament to be held in May, 2026 at the Clinton Country Club. See sponsorship form below or visit the NLWC website!

Nittany Lion Wrestling Club Clinton Country Club Golf Tournament Sponsorship Form

The NLWC invites you to participate as a sponsor for the **NLWC Golf Tournament** on Friday afternoon (four-person scramble with a **12:00 p.m. start**), [**tentative date sometime in May, 2026-will be finalized soon**] at the **Clinton Country Club (CCC)** in Mill Hall, PA. The Club is excited to host this event and looks forward to making it a fun day for all participants.

As a Tournament Sponsor, you will enjoy many benefits, including complimentary golfer registration(s) based on the level of sponsorship you choose. If you wish to add golfers to your team in addition to those which are complimentary, the tournament registration fee is \$300/golfer. Along with the golf, there will be great food, outstanding prizes, silent auction items, live auction items at the post-golf dinner, putting contest, and the opportunity to spend a day with the NLWC wrestlers/coaches and other wrestling fans!

We hope that you will consider sponsoring the 2026 NLWC Golf Classic as a way of supporting the NLWC. Your sponsorship may be tax deductible, and it goes toward a great cause. If you have any questions, please do not hesitate to contact us: Craig Russell (570-295-9848/russ1616@comcast.net) or Dave Hart (814-574-7799/davehartnlwc@gmail.com).

About the Nittany Lion Wrestling Club

The NLWC is a tax-exempt, charitable, educational organization [IRS code Sec 501(c)(3)]. The NLWC serves wrestling at all levels with particular emphasis on Olympic development. Penn State University has been designated as a **U.S. Olympic Regional Training Center (RTC)**. The NLWC serves as the administrator of the Training Center and conducts RTC practices in the Penn State Wrestling Room.

The goal of the NLWC Golf Tournament is to raise money for the NLWC's Resident Athlete Program! The Resident Athlete Program is comprised of elite wrestlers whom the NLWC coaching staff has recruited to live in Central Pennsylvania and train at the NLWC Regional Olympic Training Center. This program is designed to provide the coaching, training environment, and financial support necessary for these individuals to compete for and win Olympic and World Championships.

Current Resident Athletes are **Josh Rodriguez, Kyle Dake, Bo Nickal, Kyle Synder, Anthony Cassar, and Ceron Francisco**. These athletes are some of the top wrestlers in the world!

The above athletes are coached by **Cael and Cody Sanderson, Casey Cunningham, Jake Varner, Mark McKnight, Nick Lee, Jordan Conaway, Morgan McIntosh, Franklin Gomez, and Zain Retherford**.

Sponsorship Opportunities

\$10,000	Honorary Wrestling Team Sponsor	\$1,000	Silver Wrestling Major Decision Sponsor
*12 Complimentary Golfers			*2 Complimentary Golfers
\$5,000	Platinum Grappler Sponsor	\$500	Hole Sponsor
*8 Complimentary Golfers			
\$2,500	Golden Wrestler Fall Sponsor		
*4 Complimentary Golfers			

*Complimentary Golfers-Includes cart, greens fees, lunch, dinner immediately following the tournament, tee box gift, and the opportunity to win plenty of great contest, team, & door prizes. Also includes mulligans and entry into the putting contest.

*Sponsorship Levels include recognition in NLWC Newsletters and company sign displayed on day of tournament.

Sponsorship Form for the NLWC's 2026 Clinton Country Club Golf Tournament

To sponsor, please complete and return this form or go to www.nittanylionwrestlingclub.com and click on the EVENTS/REGISTRATION tab to complete your sponsorship and pay on-line with a credit card.

For more information, contact Craig Russell (570-295-9848/russ1616@comcast.net) or Dave Hart (814-574-7799/davehartnlwc@gmail.com).

After receiving your sponsorship information, we will contact you for the names and shirt sizes of your complimentary golfers and sign information.

Please make checks payable to Nittany Lion Wrestling Club and mail form to: Nittany Lion Wrestling Club, PO Box 316, State College, PA 16804.

Name _____ Organization _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

(please print carefully)

_____ \$10,000 – Honorary Wrestling Team Sponsor
_____ \$5,000 – Platinum Grappler Sponsor
_____ \$2,500 – Golden Wrestler Fall Sponsor

_____ \$1,000 – Silver Wrestling Major Decision Sponsor
_____ \$500 – Hole Sponsor
_____ Door Prizes/Auction Items _____

Current NLWC Membership List

for the Sept. 1, 2025-Aug. 31, 2026 Membership Year

Thank you for your support! For those who haven't renewed, we hope you will continue your support of the NLWC by renewing for the 2025-26 Season!

*\$100	**\$250	***\$500	****\$1,000	*****\$2,500	*****\$5,000	*****+\$10,000	*****+\$20,000+
Abdioglu, Juma	Bowes, Robert "Tink" **	Davis, John *	Gibboney, Frank & Traci Evans ***				
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Sharf, Howard *
Shawver, Kenneth E. ***
Shelton, Jesse, Kate, Owen, & Kaelyn
Sherman, Bryan & Ashley
Shirey, Jeffrey & Susan
Shuffstall, Bill & Peggy *
Shuler, Mickey *
Sieg, Phil & Janice *****+
Sitler, Harvey & Bernice *
Slachta, Dr. Greg & Dr. Patricia
Slocum, David, Emma, & Evan
Slowey, Michael **
Sloyer, J & J
Smith, Charles H. *
Smith, David
Smith, David, Vickie, & Edward ***
Smith, Scott & Roxanna
Smith, Thomas & Lisa
Smoker, Mike & Cheryl
Smychinsky, Michael **
Snyder, Brian & Jodi *
Snyder, Kyle
Songer, Tom & Sara **
Soura, Gary & Julie ***
Souto, Jim *
Spaulding, Harold
Stafford, Jim & Wendy *
Stahl, Gray
Stahl, Robert & Linda *
Stauch, Jr. James & Doris
Steadman, Clay, Kristin, Bruce, Lorelai, & Walter **

\$100 **\$250 ***\$500 *\$1,000 *****\$2,500 *****\$5,000 *****+\$10,000 *****+\$20,000+**

Steiner, Cory & Jennifer *	Tyson, Brett & Belinda *	Wayne, Charlie	Woolridge, Andrew, Nickolena, & Austin ***
Stemmler, Terence	Ulp, Daryl, Karen, & Brienna *	Weaver, Laura, Andy, & Cooper	Woolridge, J. Randall *
Stephens, Benson *	Urion, Robert **	Weaver, Mark & Darlene	Wright, Landis, Cortney, Emersyn, Paisley, & Parker
Stetter, Matt & Luke	Valentin, Jaime, Sarah, Miguel, Maddox, & Mattingly **	Weaver, Wayne & Valerie J.	Wright, Nola
Stidinger, Dennis & Jamie	Vallimont, Dan & Patricia **	Weaverling, Michael **	Wright, Quentin, Lauren, Breyton, & Bohan
Stine, D.O., Matthew *****	Van Blarcom, Robert & Donna ***	Weber, Dave & Candice Whitsel *	Wright, Tom *
Stolbach, Andrew, Sue, & Mike	Van Nuys, Walt & Loretta ****	Weigel, William & Nancy **	Yankanic Family, John
Stone, Dennis & Linda *	Van Tilburg, Gerrit *	Welshans, Jim & Jane *	Yocum, Keith & Sherry *
Stover, Gary & Margaret	VanHorn, Joan	Wendt, Thadd & Kimberly	Yocum, Scott & Glenda **
Stover, Jeffrey & Lori *	Varner, Jake	Werley, Ken	Yonushonis, Mary Ellen & Jim
Stover, Jon, Judy, Preston, & Bizzie **	Vernon, Robert	Wert, Gary	Yost, Herbert, Diane, & Will *
Strayer, Marty & Eleanor ***	Vile, Kevin, Amy, Jake, & Adam *	Wetzel, Ralph *	Young, Don & Margie
Stuart, Thomas A. **	Vogel, John & Leslie *	Whipple, Nancy & Ron **	Young, James R. & Shirley Jean *
Stuck, Barry F.	Vongehr, W. Frank	Whipple, Robert B.	Young, Scott, Michelle, Noah, Luke, & Scotty ***
Sturniolo, Thomas	Wagner, Marshall & Linda	White, Don M. **	Zaccagni, Darrel & Norma *
Styers, Jolene	Wagner, Rich & Lori **	Willauer, William	Zeamer, Stan & Gina ****
Sunday, Ted & Nancy **	Waksmunski, Gary & Elizabeth *	Williams, Jamie *	Zecchini, Adam
Swanger, Mitchell *	Walker, Doak **	Williams, Thomas A.	Zeeger, Kevin *
Swanger, Wayne & Mary **	Walker, Larry *	Wilson, Doug & Tracy *	Zerbe, John *
Sweitzer, Gregory, Deborah, & Austin *	Walker, Ross, Lisa Matukaitis, Evan	Wilson, Ken & Linda *	Zerbe, Richard & Margaret
Swope, Jerry & Darla	Walker, Brooks Walker, Bennett	Wilt, Jack & Adina ***	Zerby, Michael L.
Thaete, F. Leland *	Cohen, & Ethan Cohen	Winck, Susan	Zielinski, Eugene
Thomas, Geoff & Gerri	Walker, Scott & Cathy *	Winters, Don & Kaye *	Zimmerman, Judy
Thomas, Patrick & Noah **	Walker, Ted A.	Witherite, David, Scott, & Kelsey	Zook, Pam & Scott
Tomedi, John, Dan, John, Brennan, Josh, & Melissa	Waltz, Daniel **	Witmer, Gary	
Travis, Susan & Donald	Warner, Todd & Elaine	Wittrig, Mike & Becky	
Trimmer, Gary & Janet *	Wasson, David B. & Melissa B.	Wolfe, Lee & Betsey Bloom *	
Turner, Marcella	Watson, Robert T.	Wood, Richard & Brian	
	Watts, Gary & Nicole	Woodall, Jason & Sheri **	
	Watts, Sherry, Jason, & Emma	Woodrow, Wayne *	

**Listed Below: New NLWC Members for the Sept. 1, 2025-Aug. 31, 2026 Membership Year
Welcome and Thanks for Your Support!**

Aurand, Laurie & Marc	Gilchrist, Troy, Jan, Nathan, Cameron, & Quinn	Lucas, Tyler	Romano, Pat Jr, Jennifer, Pat III, AJ, & Miki
Brenneman, William, Kasey, Gavin, & Finly	Gillian, Greg, Krista, Ella, & Owen	Lusk, Kenneth Berkenstock, & Matthew Berkenstock, Anne	Roszyk, Greg & Marnie
Brown, Robert A. & Shellie L.	Golder, Joanne & Charles	Miller, Brian	Shelton, Jesse, Kate, Owen, & Kaelyn
Buterbaugh, John & Beverly	Grerco, Mark & Kyle	Miller, Brian	Shirey, Jeffrey & Susan
Capri, Robert	Griffith, Robert	Minemier, David & Kathy	Shuffstall, Bill & Peggy
Caruso, Rich	Harris, Jeffrey & Jean	Montgomery, Lloyd & Maureen	Walker, Ross, Lisa Matukaitis, Evan
Clutter, Samuel & Mason	Ho, Curti & Kathrine	Mussmon, Tim	Walker, Brooks Walker, Bennett
Daugherty, Jennifer & Nicolus	Jang, Peter, Albert, & Eric	Newman, Jay	Cohen, & Ethan Cohen
Davis, John	Kauffman, Chad, Dawn, & Noah	Newman, Jay	Watts, Sherry, Jason, & Emma
Dawson, Thomas, Susan, & Scott	Keck, Kevin, Kimberly, Mason, & Maddox	Preston, Vernon & Margaret	Weaver, Laura, Andy, & Cooper
Eshleman, Kevin	Kreiser, Jeanne, Laura, & Liz	Pringle, James, Heather, Emma, & Addie	Zecchini, Adam
Frew, Ron & Andrea	Kurecian, Peter & Colleen	Reck, Michael, Jayne, Matt, & David	
Garner, Jesse	Lody, Angela, John, & Caden	Rockey, David & Melissa	



Pyramid Healthcare
AN INTEGRATED BEHAVIORAL HEALTHCARE SYSTEM

Special Thanks to NLWC Sponsors



2025 Clinton Country Club Golf Tournament

Sponsor Rennie Rodarmel Agency Team
(Bob McCully Photo)



2025 Penn State Golf Tournament

Sponsor Perry Schram (Pennoni Inc., Consulting Engineers), Sponsor Dave Wasson (Wasson Insurance Agency), Ian Frederick, & Jeremy Vent

Happy Holidays

from the Nittany Lion Wrestling Club

If you haven't already done so, we hope you will continue your support of the NLWC by renewing for the 2025-26 Membership Year!

The Nittany Lion Wrestling Club MEMBERSHIP APPLICATION & SPONSORSHIP FORM September 1, 2025-August 31, 2026

PAST MEMBERS AND SPONSORS

The Nittany Lion Wrestling Club would like to thank you for your support. Because of your generosity, the NLWC has had some very successful years, and many wrestlers have been given the opportunity to reach the highest levels of the sport. With your continued support through membership and sponsorship, we hope to continue to expand upon this success. Attached below is the NLWC's 2025-26 Membership Application and Sponsorship Form. We hope that you will again join and continue to support the NLWC during the upcoming season!

*If you wish, you can quickly and conveniently renew your membership on-line
at the Club's website, www.nittanylionwrestlingclub.com under the JOIN/DONATE tab.*

For NLWC supporters who may wish to support the Club by donating on a monthly basis, that option is available at the Club's website. Details are given under the JOIN/DONATE tab.

ABOUT THE NLWC

The NLWC's mission is to promote (a) the education and training of persons in scholastic, collegiate, and international wrestling rules and techniques as well as in physical and mental fitness; (b) the education of persons who aspire to coach wrestling; and (c) the education of the general public in the sport of wrestling. The Club does its best to provide opportunities for top wrestlers who want to train and develop the skills to become National, World, and Olympic Champions.

The NLWC runs a USA Wrestling Olympic Regional Training Center where many of the U.S.'s top senior level, collegiate, and high school wrestlers train. The Club's outstanding Olympic Regional Training Center coaching staff is comprised of Cael Sanderson, Cody Sanderson, Casey Cunningham, Jake Varner, Mark McKnight, Jordan Conaway, Morgan McIntosh, Zain Retherford, and Thomas Gilman.

The NLWC is a tax-exempt, charitable, educational organization [IRS code Sec 501 (c) (3)].

NITTANY LION WRESTLING CLUB MEMBERSHIP APPLICATION AND SPONSORSHIP FORM

September 1, 2025 – August 31, 2026

(Or if you prefer, you can now join the NLWC on-line at www.nittanylionwrestlingclub.com!)

Please Print:

Name(s): _____ Home Phone: (_____) _____

Address: _____ Cell phone: (_____) _____

City, State, & Zip: _____

E-mail address (please print carefully): _____
*Please make sure that your e-mail address, written above, is clearly written. In addition to the NLWC's fall and spring newsletters, we will also occasionally e-mail updates on currently NLWC events and tournament results.

Membership/Sponsorship Levels

\$25	Individual/Family Membership	\$1,000	U.S. Olympic Silver Medalist
\$100	U.S. National Champion	\$2,500	U.S. Olympic Gold Medalist
\$250	U.S. Olympic Team Member	\$5,000	U.S. Olympic Coach
\$500	U.S. Olympic Bronze Medalist	\$10,000	U.S. 2X Olympian
		\$20,000+	U.S. 2X Olympic Medalist

* The NLWC is a tax-exempt, charitable, educational organization [IRS code Sec 501 (c) (3)].

Please make checks payable to
Nittany Lion Wrestling Club and mail to:

NLWC Membership
P.O. Box 316
State College, PA 16804

Nittany Lion Wrestling Club News

P.O. Box 316

State College, PA 16804



**The NLWC Welcomes
Roman Bravo-Young
Back to the Club!
RBY Winning the
Gold Medal at the
2025 Pan American
Championships** (Tony Rotundo,
wrestlersarewarriors.com, Photo)



Marcus Blaze-U20 World Champion
Marcus won gold with a 5-0 mark, winning four matches by technical fall and one by DQ! (Tony Rotundo, wrestlersarewarriors.com, Photo)



Luke Lilledahl-U23 World Champion
Luke looked impressive, controlling the action in every match. (Tony Rotundo, wrestlersarewarriors.com, Photo)



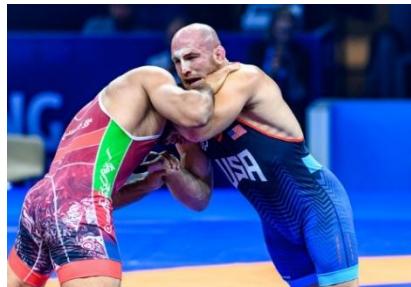
Levi Haines-U23 World Champion
Levi dominated every match including a 1st period technical fall in the finals. (Tony Rotundo, wrestlersarewarriors.com, Photo)



PJ Duke-U20 World Champion
PJ won the gold medal with a 5-0 mark, including two technical falls and a fall! (Tony Rotundo, wrestlersarewarriors.com, Photo)



Mitchell Mesenbrink-U23 World Champion
Mitchel scored a fall and 3 technical falls, including one in the gold medal match. (Tony Rotundo, wrestlersarewarriors.com, Photo)



Kyle Snyder-Senior World Champion
Kyle looked spectacular, winning another world title, including a hard-fought 3-2 final's decision. (Tony Rotundo, wrestlersarewarriors.com, Photo)

The Nittany Lion Wrestling Club-6 World Champions in 2025!!!

Leading the USA to Team Golds in the U20 & U23 World's, & Silver in the Senior World's!