

# Clinics of Champions

The Nittany Lion Wrestling Club will host 2 different clinics in the Penn State Wrestling room on February 21, 2026 the same day as the weigh-ins for the 2026 Nittany Lion Wrestling Tournament. Clinics will be run by Team NLWC wrestlers/coaches.

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

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

## Team NLWC

<b>Roman Bravo-Young</b>	2X NCAA Champion, 2024 Olympian for Mexico
<b>Anthony Cassar</b>	NCAA Champion
<b>Jordan Conaway</b>	NLWC Olympic RTC Coach & 2X NCAA All-American
<b>Kyle Dake</b>	4X NCAA Champion, 4X World Champion, World Silver Medalist, & 2X Olympic Bronze Medalist
<b>Ceron Francisco</b>	2X NAIA All-American & National Finalist
<b>Franklin Gomez</b>	NCAA Champion, World Silver Medalist, & 3X Olympian
<b>Morgan McIntosh</b>	NLWC Olympic RTC Coach, 3X NCAA All-American, & World Military Champion
<b>Mark McKnight</b>	NLWC Olympic RTC Coach, NCAA All-American, & Pan American Champion
<b>Bo Nickal</b>	4X NCAA Finalist, 3X NCAA Champion, Hodge Trophy Winner, & U23 World Gold Medalist
<b>Zain Retherford</b>	NLWC Olympic RTC Coach, 3X NCAA Champion, 2X Hodge Trophy Winner, World Gold Medalist, & Olympian
<b>Josh Rodriguez</b>	Pan American Gold Medalist & U.S. Open National Championship Finalist
<b>Kyle Snyder</b>	3X NCAA Champion, 4X World Champion, 2X World Silver Medalist, 2X World Bronze Medalist, Olympic Gold Medalist, & Olympic Silver Medalist
<b>Jake Varner</b>	NLWC Olympic RTC Head Coach, 4X NCAA Finalist, 2X NCAA Champion, World Bronze Medalist, & Olympic Gold Medalist

\*The clinics will be directed by NLWC Head Coach **Jake Varner**.

**\*\*PLEASE NOTE:** While Team NLWC wrestlers are planning to be at the Clinics, they are actively competing, and there is the possibility that wrestlers and coaches could be out-of-town due to competition, travel, or training camp.

## Details

<b>Date:</b>	February 21, 2026
<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>	\$100 Preregistered
<b>Registration:</b>	Will take place at the NLWC's website, <a href="http://www.nittanylionwrestlingclub.com">www.nittanylionwrestlingclub.com</a> . Hover over the EVENTS & REGISTRATION tab and click on Nittany Lion Wrestling Tournament. 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 \$100 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 Nittany Lion Wrestling Tournament Wrestling Tournament. The emphasis will be on learning wrestling techniques, plus Team NLWC wrestlers and coaches 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).**