

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

Roman Bravo-Young	2X NCAA Champion, 2024 Olympian for Mexico
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
Ceron Francisco	2X NAIA All-American & National Finalist
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, 4X World Champion, 2X World Silver Medalist, 2X World Bronze Medalist, Olympic Gold Medalist, & Olympic Silver Medalist
Jake Varner	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

Date:	February 21, 2026
Time:	Clinic #1: 1:00 pm-2:30 pm 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:	\$100 Preregistered
Registration:	Will take place at the NLWC's website, www.nittanylionwrestlingclub.com . Hover over the EVENTS & REGISTRATION tab and click on Nittany Lion Wrestling Tournament. Registration will open in early 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 \$100 fee for each clinic. If space remains, walk-ins will be permitted on the day of the clinics.
Refunds:	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.

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 jvnlwcc@gmail.com.