

NITTANY LION VEWS WRESTLING CLUB NEWS

Volume 17 Number 1 5PRING 2015

www.nittanylionwrestlingclub.com

The US Army Joins the NLWC's Regional Olympic Training Center!

Note: The following comments are indebted to Jen Mattson in "NCO Journal," 5/11/15 and Jim Carlson "Special to PennLive, 4/29/15.

Let me explain. In our last issue we mentioned the decision by the US Army to support some of their best wrestlers by moving them to State College to train with our four-year-old NLWC Regional Olympic [Wrestling] Training Center. This year - for the second year in a row - our Center won the US Open National Championship Regional Training Center Title. Each of these 30 Centers are self-funded. Together they have hugely enlarged the available training support available to post-collegiate wrestlers with Olympic ambitions that greatly expands USA Wrestling's long established Training Centers in Colorado Springs and Lake Placid New York. So just why did the Army come to us? Bear in mind that our armed services have always competed in sport against each other and against other military sport teams around the world. Individual US military athletes have participated in World and Olympic qualifying events and championships since 1896.

Army, however, 1997. The in founded WCAP (World Class Athlete Program), which uniquely promotes and supports their Army athletes with World and Olympic potential in a range of sports - from marksmanship and 50 kilometer race-walking, to Wrestling, Track and Field, Rugby, and Paralympic events. WCAP has long supported Greco-Roman Wrestlers and has had an impact on American success internationally. They now

want to provide greater support to Freestylers. And that's why they started looking at all the Regional Training Centers approved by USA Wrestling. They concluded that the NLWC, with its own Resident Athlete Program and with strongly committed volunteer coaching support [from Cael and Cody Sanderson and Casey Cunningham] also offered the best group of workout partners, had an advantageous proximity to a top collegiate program in the heart of a state with a great wrestling tradition, and with access to Penn State's world class training facilities. Like all such USA Wrestling Regional Olympic Training Centers, all the athletes in training, are eligible to participate in NCAA college wrestling practices through two Olympic cycles (i.e. eight years). Shon Lewis, the WCAP Grecco Roman Coach who won four national Greco titles in the '90s, and Jason Kutz, the current WCAP freestyle Coach and an Altoona native - were two of the three who scouted the NLWC's Center and made the decision to join it.

There have already been discussions of including a Greco Roman emphasis in the NLWC's program, but that's not in the immediate future. Most top American collegians with justifiable Olympic ambitions are drawn to freestyle and that is where support for such ambition, has been most wanted by post-collegians. That is why these independently funded Regional Centers have been such a boon to USA Wrestling, and have already contributed significantly to America's

heightened freestyle competitiveness. An obvious example of a postcollegiate Army wrestler with Olympic dreams is Penn State's latest NCAA Champion, Matt Brown. He's an Army ROTC graduate who also graduated as an Academic All American with the highest cumulative GPA among Division 1 wrestlers. Matt plans to stay in town in the immediate future as a Nittany Lion Regional Training Center Resident Athlete. After further training as an Army Officer, he will remain in town, but as an Army officer training with us as a member of the Army's WCAP.

The Nittany Lion Wrestling Club Newsletter is published & distributed free of charge to all club members in recognition of their support of the NLWC Program.

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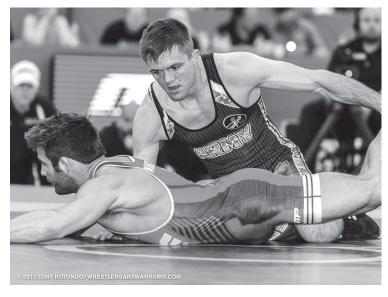
The three WCAP wrestlers who are already enrolled here include:

Moza Fay, was 2X AA, and 2nd at both Military World Championship, and 2014 U.S. Open National Championship, at Northern Iowa and among the current contenders for a spot on the 2015 USA World team (at 70 kg / 154 lb). Fay finds his new training facilities exciting: "There's a plethora of great partners to work out with, and great coaches, so we decided this would be the best place to train." The Army, not the NLWC, will cover their living, training and competition expenses. In the recent US Open, Fay lost in the semis to the ultimate Champ, Nick Marable and wound up 6th.

Fay will be joined by **Vladysav Dombrosky** (also at 70 kgs). Vlad, originally from the Ukraine, was a 2X Ukraine Cadet National Freestyle Champ. He spent his final high-school year in California and won a California State Championship, spent a year in a community college, joined the Army, and was invited to join the Army's WCAP. He was selected by WCAP to join the NLWC Olympic training Center in State College.

The third WCAP wrestler to transfer to State College is **Victor Terrel**, who hails from Modesto California. He was 3X All American, and the 2012 National Champion for Division 2's Grand Canyon University in Phoenix, Arizona. He placed (8th) in the recent US Open.

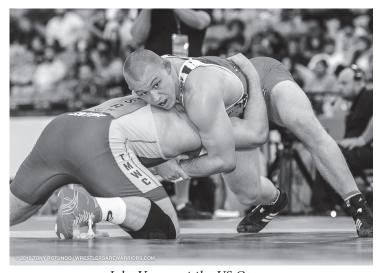
Army's WCAP expects to fund three additional, highly qualified Army wrestlers in the near future. In the longer run, WCAP hopes they can support up to ten, but there is no schedule yet for expanding beyond a half dozen. They will add much to the excitement about wrestling at all levels in the Centre Region especially, but also throughout Pennsylvania and beyond. In addition to being additional workout partners for our NLWC Resident Athletes, they will also be free to workout with specifically qualified collegians (including Penn Staters) and high-school wrestlers.



Army WCAP Wrestler Moza Fay taking down Nick Marable.

Current Resident Athletes (w/Notes on Recent competitions and other NLWC Club activities).

Jake Varner, 2x NCAA Champ for Iowa State. Now the US's best at 97 kgs (213 lbs), won with World Bronze in 2011, Olympic Gold in 2012 and will continue to compete through the 2016 Olympics. Recent successes: In the World Cup Dual Championships the US lost to Iran in the final, but Varner won. In the dual with Cuba, Jake beat the 2014 World Bronze Medalist, 3-0. In the Championship Dual against Iran, Jake won a 3-3 match on criteria. Against Mongolia, he won 3-0. His only loss was 0-4 to Russia's 2010 World University Champion. At the US Open, he was edged 1-2 by Ohio State's young sensation, Kyle Snyder. They're likely to meet again soon.



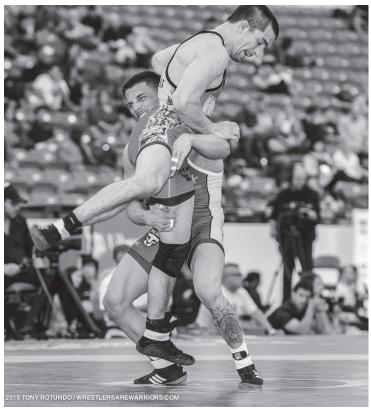
Jake Varner at the US Open.

Franklin Gomez: NCAA Champ for Michigan State. World Silver Medalist 2011 and 2012 Olympian for Puerto Rico. Recently rated #2 in the world. He is still training as an NLWC Resident Athlete, but will soon be travelling to Italy for a training camp from May 29 – June 10. His competition scheduling is just developing

Mark McKnight (57 kg / 125.5 lb), Penn State All American, 2012 Olympic Trials semi-finalist, 2013 Pan American Gold winner, placed 4th at US Open. In 2014, he qualified for World team Trials.

Eric Thompson (125 kg / 275lb), 3X NAIA Champ is now making a mark among the post-grad elite. In January, he was a Silver Medalist at the Guelph Open in Canada. He went 2-2 at the US Open, losing to winner Tervel Dlagnev and 3rd-placer Dom Bradley.

Frank Molinaro (65 kg / 143 lb), NCAA Champ for Penn State and more recently a Rutgers Coach, placed 4th at the US Open last Spring and 3rd in the USA World Team Trials. In January he won Gold at the Guelph Open in Canada (as did NLWC Collegiate Athlete, Nico Megaludis). Frank beat 2013 US Open Champ, Kellen Russell, in the final. Frank finished 5th at the US Open. He was edged 2-4 in the semis



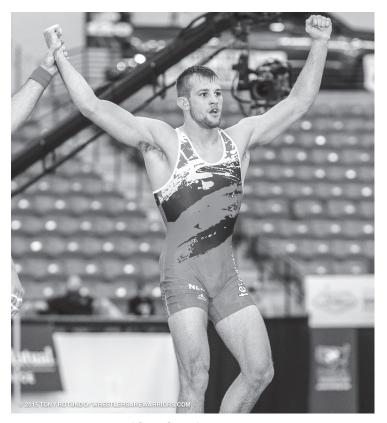
Frank Molinaro taking down Brent Metcalf.

by Champion Brent Metcalf and sent to the match for 5th in a 6-9 loss to Ohio State's Logan Steiber.

David Taylor (74 kg / 163 lb), 2X NCAA Champ and 2X Hodge Award winner has lost epic battles with Olympic and World Championship Gold medalist, Jordan Burrowes. This May, he won Gold at the US Open in Vegas, a win which may yield another meeting with Burrows in the finals of the upcoming USA World Team Trials. In the US Open semis he TF'd Tyler Caldwell and, in the finals, edged Andrew Howe. In March, at the tough Yasur Dagu Tournament in Istanbul with top wrestlers from about 40 countries, Taylor finished 5th-after scoring two tech falls and a pin against strong entries from Georgia, Turkey and Iran. He was sent to the match for 5th with losses to a Russian 3X World Champion, and then to another Russian who was the 2014 World Champion. He's suffered some frustrations, but he's making great progress also. In the recent "Beat the Streets" extravaganza in the middle of Time Square he beat the Cuban who in 2012 won Olympic Bronze and is still ranked # 3 in the world. Their match was tied 6 - 6 at the half way point before Taylor exploded with a throw, take-downs, and tilts, on the way to an 18 to 7 TF.

Quentin Wright (86 kg / 189 lb), 2X NCAA Champ, He went 2-2 at the Schultz Memorial Tournament. He was injured and withdrew from the US Open.

Cyler Sanderson (70 kg / 154 lb), 2X AA, Big 12 and Big 10 Champ, and recent coach for Utah Valley, is now competing for the NLWC. He placed 5th at the Grand Prix in Paris. He was 1-2 at the recent US Open (He was injured in his 2nd loss and declared an injury default.



David Taylor wins at US Open.

Good Bye, Good Luck, and Thanks to Former Resident Athletes.

In case you didn't catch our note in the last Newsletter, we'll say again how much we appreciate the accomplishments of – and the services provided to the NLWC by – two great international competitors among our earliest Resident Athletes, before they moved on.

Before **Les Sigman** decided to retire from wrestling and settle down to family life (and not risk further injuries), he was a multiple USA World Teamer who contributed substantially to the NLWC's reputation as a leading training center.

Jaimie Espinal, along with Franklin Gomez, has represented Puerto Rico in international competition, but Jaime did not arrive in State College with anything like Franklin's NCAA Championship and subsequent international successes behind him. But Jaime surprised the World in 2012 when he brought home a Silver Olympic Medal and has now returned home to accept a dream job as Athletic Director of a Sports Facility in Puerto Rico.

Ed Ruth, after winning his 3rd NCAA title for Penn State in 2014 (the only three-timer in Penn State history), and then moving on to the USA World team only a few months later. He has decided to move to Arizona State and the Sunkist Club, to coach and continue training. The move was prompted mostly because he is also looking forward to a career in Mixed-Martial Arts and the center of the MMA world (from training centers, to match-making management, to competition showcasing) is out there

(and in Vegas) where Ed feels he can best keep in touch with MMA opportunities.

As a member of the USA World Team last April, Ed competed in the World Duals Championship in Los Angeles. He had both one glorious and one disastrous match. First the glorious match: bear in mind that Ed had not placed at the World Championships. In the US Dual against Cuba, Ed faced Reineras Salas who had won Silver in the individual Worlds. Salas led Ed 7-6 at the break. Salas leaped ahead 13-6 in the final period. In the last 3 minutes, Ed roared back to win 22-13. The disaster was in his next match against the Russians. The US won the dual, but Ed was pinned in 51 seconds. But that wasn't the disaster. The pin came after Ed had the Russian in a cradle and was about to turn him for a Fall when some muscle pulled and he fell to his back and was instead pinned by the Russian. Ed did not wrestle in the next two matches against Mongolia and the final against Iran in which alternate Clayton Foster took Ed's place in the lineup. At the US Open, Jake Herbert avenged his earlier loss to Ruth by edging him in the Semis – 11-13. Ed wrestled back for 3rd.

We are proud of everything these three Resident Athletes have achieved under an NLCW banner. They leave with our thanks and best wishes.

A Note on **Brad Pataky**. After graduating from Penn State as a fan favorite at 125 – partly because of the great talents that made him a high-school legend and partly because of his courage in repeatedly fighting his way back from injuries throughout his Penn State career. Brad spent the past two years coaching with former teammate Brian Pearsall at West Point. He entered the US Open and beat Mark McKnight who was coming back from injury. Neither Mark nor Brad continued after their match at the Open, but the NLWC coaches think that both are now looking good and seem ready to move up together in future competition on the World Team ladder.

Winter Breakfast Club Attracts Top High School Talent in 2015.

In our last Newsletter (Fall,2014), we reviewed all our NLWC School Programs for the 2014 -2015 season. We continue to enroll about 450 youngsters each year from preschoolers to high-schoolers. We are especially pleased with our second year offering of an Elite Elementary Program aimed at young wrestlers in grades 3 -6, who we are certain are ready for – and who are themselves asking for – more challenging workouts, drills, conditioning, and competitive live wrestling suitable to their ages.

But we limit detailed reports in this newsletter, however, to our Sunday Morning [9:00 – 10:30 AM] Breakfast Club in January and February. It draws High School wrestlers looking for more challenging and more varied workout partners than are available in their school wrestling rooms., and often to help them prepare for dual matches, and then for district, regional and state tournaments. 193 wrestlers participated in these sessions.

Mark McKnight runs the elite elementary programs with help from our Resident Athletes, Coach Fritz, and local high-school coaches: Ryan Cummins (State College), Pat Flynn (St. Joseph's Academy), and Mike Maney (Bellefonte) who also assist with the Breakfast Club practices.

BREAKFAST CLUB PARTICIPATING SCHOOL DISTRICTS

This past year our participants came from the following school districts:

Altoona
Bald Eagle Area
Bellefonte
Brockway
Cambria Heights
Central Cambria
Central Mtn.
Clearfield

Curwensville
DuBois
Elk County Catholic
Forest Middle, VA
Galloway, NJ
Glendale
Hollidaysburg
Huntingdon

Indiana
Jefferson Morgan
Juniata
Kane
Lewisburg
Line Mountain
Mifflin County
Mifflinburg

Montgomery H.S. Montoursville Mount Union Northern Lebanon Penns Valley Philipsburg-Osceola S. Williamsport Saint Josephs

Shippensburg
Southern Huntingdon
State College
Tussey Mtn.
Warwick
West Branch

A quick note on the success of the 2015 State College Youth Tournament.

The breadth of service the NLWC provides to the development of young wrestlers, is reflected in the 1,100 elementary through high school youngsters who showed up in Rec Hall accompanied by Coaches and family members. The weather cooperated. We are grateful to the many dozens of volunteer tournament arrangers, set up crews, table help, record keepers, and floor runners who kept it all on track. It was both a hectic and gratifying day.

BREAKFAST CLUB QUALIFIERS AND PLACERS AT THE STATE TOURNAMENT.

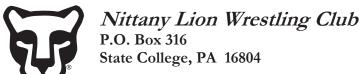
Not every participant keeps us informed about his tournament successes. But we are proud to report on those who have let us know about their qualifications for — and placements at States.

	•	-	
SCHOOL	NAME	GRADE	PLACEMENT/QUALIFIER
Altoona	DJ Hollingshead	12	2nd
BEA	Joshua Fye	11	Q
BEA	Seth Koleno	9	Q
Bellefonte	Brock Port	10	6th
Brockway	Mason Lindenmuth	11	7th
Cambria Heights	Hunter Campbell	10	Q
Central Cambria	Max Murin	10	1st
Clearfield	Luke McGonigal		Q
Curwensville	Shae Blooom	11	у
DuBois	Kolby Ho	9	Q
Huntingdon	Collin Glorioso	11	Q
Huntingdon	Jacob Oliver	10	2nd
Jefferson Morgan	Gavin Teasdale	9	1st
Lewisburg	Brian Friery	11	Q
Mifflinburg	Cole Walter	12	1st
Montoursville	Keith Batkowinski	11	6th
Montoursville	Gavin Hoffman	9	6th
Montoursville	Garrett Hoffman	11	8th
Mount Union	Jake Boozel	11	Q
Northern Lebanon	Luke Funck	10	Q
Penns Valley	Curtis Decker	11	Q
Penns Valley	Corey Hazel	12	2nd
S. Williamsport	Nathan Jones	12	8th
Shippensburg	Chandler Olson	10	6th
West Branch	Buzzy Maines	12	1st

ELITE ELEMENTARY ROSTER

The Elite Elementary Program is aimed at young wrestlers in grades 3 -6. The list of registrants is a clear indication of it's rapidely growing popularity.

AN APPEAL FROM RICH LORENZO FOR NLWC SUPPORT.



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Dave Hart-Co-Director, Treasurer, and Membership Chair-davehart3@verizon.net, (814) 574-7799 Frank Molinaro-Coach and Co-Director

Dear Supporters of the Nittany Lion Wrestling Club and Penn State,

First, I want to thank you all for your contributions to the Nittany Lion Wrestling Club (NLWC). Each of you play a significant role in making the Nittany Lion Wrestling Club such a proud and successful program. I cannot thank you enough!

As most of you are aware, the NLWC has been designated by USA Wrestling and the United States Olympic Committee (USOC) as a U.S. Olympic Regional Training Center. One of the most important aspects of this designation has been the development of NLWC Resident Athlete Program for which the Regional Training Center coaching staff (Cael and Cody Sanderson and Casey Cunningham) recruit top wrestlers in the country to live and train in the Penn State Wrestling room year around. This program has been a tremendous success, and as a result of your support, the Club has been able to provide an opportunity for many fine young men to chase their dreams of World and Olympic Championships. These young men have also given back to the Club by contributing their time and expertise to all the Club's youth programs. The current Resident Athletes are Mark McKnight, Franklin Gomez, Frank Molinaro, Cyler Sanderson, David Taylor, Quentin Wright, Jake Varner, and Eric Thompson.

At this time of year, we begin to change our focus to next season and its corresponding membership/sponsorship campaign. In addition to thanking you for your past support, I also want to remind those of you who are Penn State Wrestling fans of the importance of the Resident Athlete Program to the Penn State Wrestling team. On a daily basis, Penn State wrestlers are training with the Resident Athlete Program wrestlers who are among the top senior-level wrestlers in the United States and in the World. These daily workouts greatly help Penn State wrestlers to prepare themselves to win All-American and NCAA Champion honors. The quality of the workout partners in the NLWC Resident Athlete Program also attracts recruits considering Penn State.

Your tremendous support has enabled the Nittany Lion Wrestling Club to emerge as the top U.S. Olympic Regional Training Center in the U.S. At the same time, the majority of the other top NCAA collegiate programs have also committed to hosting Regional Training Centers, and are trying to catch us. Rich Bender, USA Wrestling Executive Director, gives the Ohio Regional Training Center major credit for the Ohio State NCAA Championship title last season. He states: "Ohio State is not the only college program that has successfully developed a Regional Training Center. A majority of the most successful Div. I college teams have made a commitment to the Olympic program and to the future of their undergraduate student-athletes by providing the facilities, staff, financial support and structure for a Regional Training Center. These programs also provide much to the wrestling community in their local region, as their resident athletes get involved in the community in many ways. This is truly a WIN-WIN situation."

To remain strong, the NLWC Resident Athlete Program must remain well-funded. We want to keep State College, PA, as the place where the U.S.'s best young talent goes to train. So we hope we can count on your continued financial support. There are at least two good ways to do that: through the NLWC annual golf tournament, and/or the clubs membership/sponsorship campaign. We also hope you will encourage your friends with NLWC or Penn State connections to join in supporting us. The NLWC has always been a family affair, so invite as many of your friends as you can to join the family in making this campaign successful. **If you might be interested in personally sponsoring a Resident Athlete, please let us know.**

Sincerely,

Rich Lorenzo Executive Director, Nittany Lion Wrestling Club

Support Nittany Lion Wrestling!

Nittany Lion Wrestling Club Membership Application & Sponsorship Form

September 1, 2014 through August 31, 2015

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 young men 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 2015-16 Membership Application and Sponsorship Form. We hope that you will again join and continue to support the NLWC.

If you wish, you can also quickly and conveniently renew your membership on-line at the Club's website, www.nittanylionwrestlingclub.com.

ABOUT THE NLWC

The goal of the NLWC is to become the premier wrestling club in the United States. We want to be the "go-to location" where the nation's top wrestlers train to become Olympic and World Champions. In addition to providing a variety of specialized training programs for scholastic wrestlers, the NLWC also runs a U.S.A. Wrestling Olympic Regional Training Center where top Collegiate Athletes train along with the Resident Athletes the Club sponsors to live and train in Central Pennsylvania. The Club's outstanding Olympic Regional Training Center coaching staff is comprised of Cael Sanderson, Cody Sanderson, and Casey Cunningham.

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

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Please make checks payable to NITTANY LION WRESTLING CLUB and Mail to: NLWC Membership, PO Box 316, State College, PA 16804



NLWC Membership the New Season Sept. 1, 2014 through Aug. 31, 2015



Thank you for all your support throughout the past year!

We hope you will continue your support of the NLWC by renewing your membership for the 2015-2016 season.

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THE NITTANY LION WRESTLING CLUB INVITES YOU TO PARTICIPATE IN THE NLWC GOLF CLASSIC ON SATURDAY, AUGUST 15, 2015 AT THE MOUNTAIN VIEW COUNTRY CLUB.

We received very positive feedback from the golfers who participated in the last year's tournament at the Mountain View Country Club, and we look forward to hosting the tournament there again this year. Nestled among the hills and offering panoramic views of Tussey Mountain and Mount Nittany, it is now considered one of the best golf courses in the area. It (100 Elks Club Road, Boalsburg, PA 16827) is located across Rt. 322 from the Tussey Mountain Ski Slope.

Proceeds from the NLWC Golf Classic help provide training expenses for NLWC Resident Athletes. This enables the NLWC to bring top international wrestlers to live and train in Central PA. The NLWC Golf Classic has been one of the primary fund raising activities for the NLWC for the past 21 years. In addition, participants have the opportunity the opportunity to spend a day with NLWC wrestlers, coaches, friends, and fans of wrestling.

The NLWC Golf Classic is a four-person scramble with a 9:00am shotgun start. Each player must contribute 2 drives (par 3 holes excluded). Golfers who are 65 or older and have a handicap of 10 or higher will be permitted to hit from the gold tees. You can choose to register your own team or let our committee pair you with other golfers. Since 2002, we have awarded four hole-in-one prizes including new automobiles and other exciting gifts.

The registration fee is \$175 per golfer and includes: cart, greens fees, continental breakfast & lunch on the greens, social and dinner buffet immediately following the tournament, shirt, and plenty of great team and door prizes! To register, please complete and return the registration form or go to www.nittanylionwrestlingclub.com and complete your registration on-line.

Sponsorship opportunities are also available. For sponsorship opportunities, please contact Dave Hart at (814) 574-7799 or at davehart3@verizon.net, or you can also visit www.nittanylionwrestlingclub.com and complete a sponsorship form on-line.

Sincerely,

Matt Gaul, NLWC Golf Classic Director & Dave Hart, NLWC Golf Classic Asst. Director

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2015 NLWC Golf Classic Registration *To guarantee your spot *Please complete and return the fo *After registe *If you have any questions concerning regi	in this year's tournamen rm below or go to www. ring, you will be sent eit	nittanylionwrestlingl her a confirmation lett	cub.com to reger or an e-mail	gister and pay on-line.			
if you have any questions concerning regi	istration, please contact C	race and Sam Condo a	(014) 333-434	is of condograce@yanoo.cc	,111		
Please register the following 4	-somePl	Please register me (us) with other players.					
Business/Organization Name (if applicable	2):				_		
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To guarantee receipt of shirt at tour Additional dinner guests are welcom	ne @ \$25/guest. Nam Nam	e(s):			_		
Total amount enclosed: \$175.00/gol	lfer x golfe	er(s) = \$					
Payment must accompany registrati	ion. Make checks pay	yable to NLWC.					
Please mail this form and payment to:	NLWC Golf Classic c/o Sam and Grace C 157 Lower Julian Pik Port Matilda, PA 168	Condo e	ww.nittanylio	onwrestlingclub.com			

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



Nittany Lion Wrestling Club 2014 Golf Classic



held on the Mountain View Country Club Course on August 2, 2014

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The NLWC also thanks the following contributors:

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We hope that you will join us for the 2015 NLWC Golf Classic held on the Mountain View Country Club Course on August 15.

The *Nittany Lion Wrestling Club* is a tax-exempt, charitable, educational organization [IRS code Sec 501 (C) (3)]. Visit our Web site: http://www.nittanylionwrestlingclub.com

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