



MITTANY LION WRESTLING CLUB *News*

Volume 15 Number 2

FALL 2013

www.nittanylionwrestlingclub.com

Olympic Dreams Renewed for Wrestlers Everywhere. NLWC Regional Olympic Training Center Sees Brighter Future.

Our newsletter last Spring joined a world-wide chorus — of wrestlers, coaches, wrestling organizations and historians — to preserve wrestling as an Olympic sport. On September 8, 2013, the International Olympic Committee selected Wrestling as the one “provisional sport” to be included in the 2020—24 Olympics. So the struggle to keep our sport securely in the games beyond 2024 continues.

USA Wrestling’s Executive Director, Rich Bender, emphasized the need to keep fighting. This is not a time to bask in the glow of a temporary success: “Now the work really starts for wrestling. We need to capitalize on the opportunity . . . We must continue to be passionate and aggressive in promoting and improving wrestling in the US and around the world.” The campaign to “improve” international freestyle wrestling has already begun with international rule changes

designed to encourage offence over defense (or, more precisely, over stalling). Collegiate wrestling also is already on board with efforts to make our sport more fan friendly. Collegians, for example can no longer escape being pinned by getting only their shoulders out of bounds. Stay tuned to how new rules reduce the number of, for example, 1-1 freestyle matches decided by a tie breaker from the problematic “clinch” position.



Coaches and Resident Athletes welcome players to the 2013 NLWC Golf Classic on Penn State’s Blue Course. (See page 8)

*Shawn Contos, Les Sigman, Adam Lynch, Nick Fanthorpe, Quentin Wright, Mark McKnight, Cael Sanderson, Jake Varner, Cody Sanderson.
Not in picture Casey Cunningham, Jaime Espinal, Franklin Gomez*

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 IRS approves the NLWC as a tax-exempt, charitable, educational organization [IRS code Sec 501(c)(3)]. All contributions above regular membership dues are tax deductible.

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NLWC Resident Athletes Begin new Campaigns

Since the 2013 Summer Olympics, our Resident Athletes, in the wake of two years of remarkable successes as USA World and Olympic team members, have taken some breaks to recover from bruises, spend time with families, and wrestle with decisions about future campaigns. Jaime Espinal, for instance, who won Silver in London — the first-ever Olympic wrestling medal for Puerto Rico — has been overwhelmed by public-relations appearances for his government.

In the coming year, both continuing and exciting new RAs will be signing up for a host of USA and other World Team qualifying events for 2014, especially the **Dave Schultz Memorial International** at the end of January, the **Las Vegas/Asics U.S. Open Wrestling Championships** in April, and the **U.S. World Team Trials** in Ann Arbor, MI in May.

Below is the current list of NLWC returning and new RAs in the coming year. The NLWC Coaching Staff — Cael Sanderson, Cody Sanderson, Casey Cunningham and Nick Fanthorpe — has retained or recruited elite athletes that have made our Regional Olympic Training Center one of — if not “the best” — in the country. Cael was USA Wrestling’s choice in 2012 as their Freestyle Coach of the Year.

CURRENT RESIDENT ATHLETES

Francisco Soler (74 kg/163 lbs.)

Francisco is one of Puerto Rico’s young and talented middle weights. He was a 2012 FILA Pan American Championships Qualifying Tournament Silver Medalist, and he was a 2012 Olympian at 74 kg.

Quentin Wright (96 kg/211.5 lbs.).

The former Penn State star was a 2x NCAA Champion and 4x All-American in college. He wrestles an exciting fun-to-watch style and is expected to become one of the U.S.’s top freestyle upper weights.

Shawn Contos (55 kg/121 lbs.)

Shawn, who also serves the Penn State Wrestling team as their Strength and Conditioning Coach, has developed into one of the top 121 lbs. wrestlers in the U.S. A 2012 Olympic Trials Qualifier, Shawn has had wins over several of the top competitors at this weight, including current World Team member Obe Blanc.

Mark McKnight (55 kg/121 lbs.)

A former All-American for Penn State, reached the 2012 Olympic Trial semi-finals before dropping a close decision to the eventual champion. Mark placed 2nd at the 2013 Dave Schultz International Tournament. Especially noteworthy at this tournament was that on his way to the finals, he defeated Amit Kumar of India who in addition to being India’s 2012 Olympian, was also ranked

number #1 in the world at 55 kg by FILA. Also in 2013, Mark won a Pan American Games Gold Medal and placed 4th at the U.S. Open.

Franklin Gomez (60 kg/131 lbs.)

A former NCAA Champion and All-American for Michigan State, Franklin, representing his native Puerto Rico, earned a silver medal at the 2011 World Championships and was a 2012 Olympian. Franklin has defeated almost every top competitor in the World at this weight class, including Russia’s Besik Kudukhov, a multiple time World Champion and Olympic Medalist.



Franklin Gomez



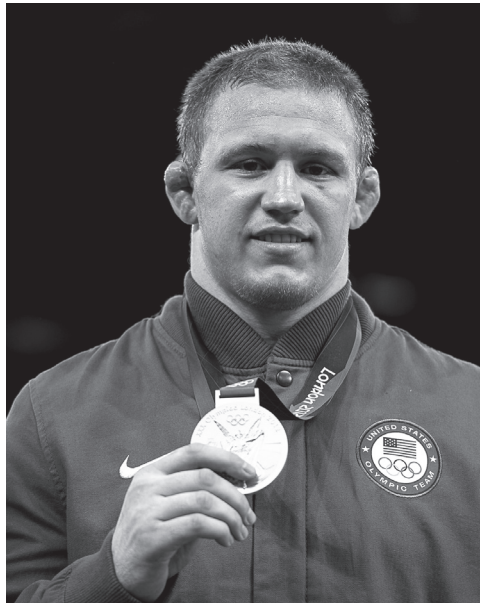
Mark McKnight

Jaime Espinal (84 kg/185 lbs.)

Also representing Puerto Rico, Jaime had a tremendous season in 2012 and won an Olympic Silver Medal at 84 kg. Jaime was a successful international wrestler before he started training with the NLWC in 2010. However, with his tremendous attitude and with the help of the NLWC training partners and coaching staff, Jaime quickly developed into one of the top 84 kg competitors in the world.



Jaime Espinal



Jake Varner



Les Sigman

Jake Varner (96 kg/211.5 lbs.)

A former 2x NCAA Champion and 4x All-American at Iowa State, Jake followed his 2011 World Bronze Medal performance with a Gold Medal at the 2012 Olympic Games. A tough competitor who developed into an Olympic Gold

Medalist under the coaching of the NLWC Regional Training Center Coaches Sanderson, Sanderson, and Cunningham, Jake sets an excellent example for his teammates and for the NLWC's Collegiate and Scholastic Athletes.

Les Sigman (96 kg/211.5 lbs or 120 kg/264.5 lbs)

A 4x NCAA Division II National Champion in college, Les was the 2010 U.S. Open and World Team Trials Champion, and in 2012, placed 2nd in the U.S. Olympic Trials. He has consistently been one of the top U.S. upper weights for several years.

Note on Website News:

We will produce a newsletter next June that summarize's results of this seasons campaigns.

Those who want more up-to-date reporting should check out Nick Fanthorpe's: new NLWC website to "Get Fans and Supporters More Involved with Coaches, Managers, NLWC School Members and Resident Athletes - in Training and On The Road." <http://www.nittanylionwrestlingclub.com>

The Website also includes coaches and wrestler bios, schedules and results, competition photos and videos, and an on-line blog.

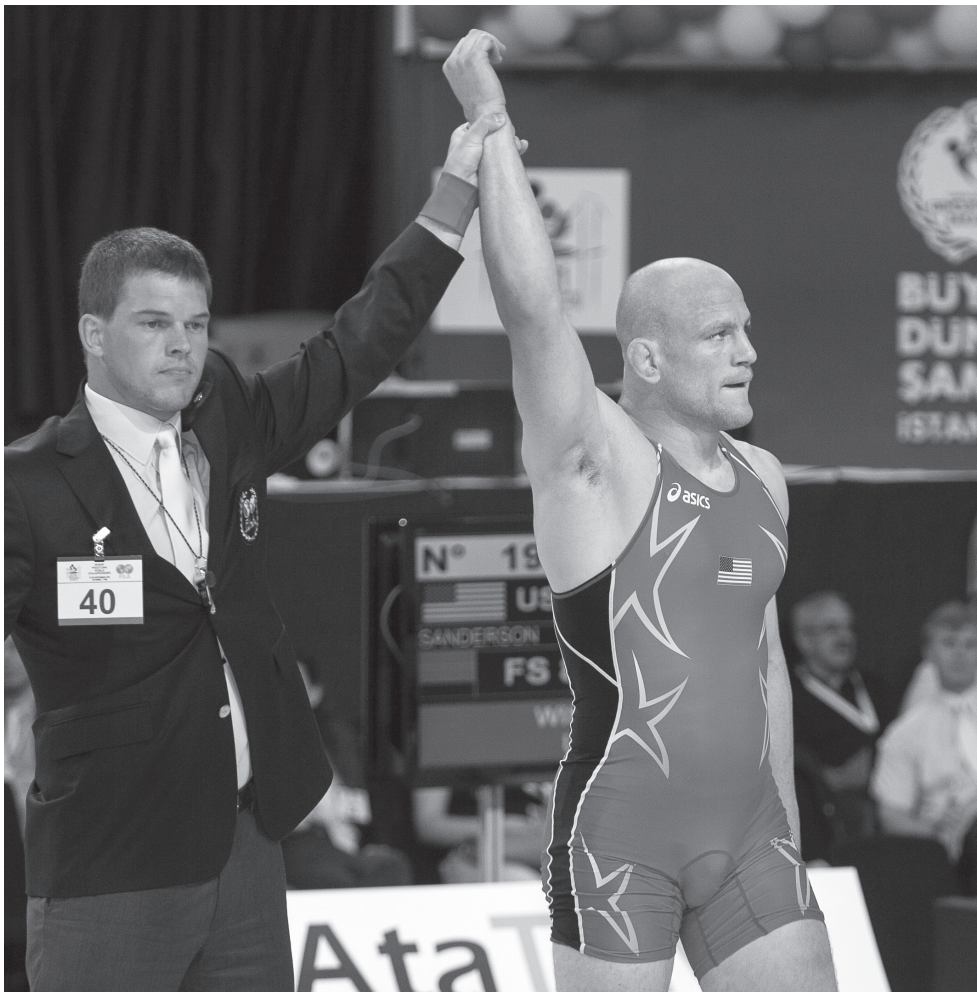
The Text of USA Wrestling's Choice of Cael as Their 2012 Freestyle Coach of the Year Award.

Many of our readers already know of Cael's honor. Many of you, however, have probably not read USA Wrestling's text explaining their choice.

Cael Sanderson (State College, Pa./ Nittany Lion WC) has been named 2012 Freestyle Coach of the Year by USA Wrestling. It is the first time that Sanderson has received this prestigious award.

This award is named after the late wrestling legend Terry McCann, a 1960 Olympic champion wrestler. McCann was a long-time coach with the successful Mayor Daley Youth Foundation club, which won numerous national titles in freestyle and Greco-Roman and produced champion athletes for the United States. McCann also served as USA Wrestling President and a FILA Bureau member.

Sanderson is coach of the Nittany Lion Wrestling Club, which is located at Penn State University and is one of the most successful Regional Training Centers in the nation. The Nittany Lion WC is the full-time training location for a number of top Senior-level men's freestyle wrestlers, and also supports a strong age-group international program.



2012 FreeStyle Coach of the Year, Penn State's Coach Cael Sanderson

Sanderson was club and personal coach to Jake Varner, who made the 2012 U.S. Olympic Team at 96 kg/211.5 lbs. and won the Olympic gold medal in his weight class. Varner first competed for Sanderson when he was an undergrad at Iowa State. When Sanderson accepted the head coaching job at Penn State, Varner completed his college career at Iowa State, where he was a two-time NCAA champion. After college, Varner moved to State College, joined the Nittany Lion WC to train again under Sanderson. Varner was also a 2011 World bronze medalist under Sanderson's tutelage.

In addition to Varner, two members of the Nittany Lion WC earned spots in the 2012 Olympic Games in London Games for other nations after training with Sanderson. Jaime Espinal of Puerto Rico won an Olympic silver medal at 84 kg/185 lbs. Franklin

Gomez of Puerto Rico, a 2011 World silver medalist, also competed in the London Olympics.

Nittany Lion WC wrestler Les Sigman, a 2010 World Team member, placed second at the 2012 U.S. Olympic Team Trials at 120 kg/264.5 lbs. Seven members of the Nittany Lion WC qualified to compete at the 2012 U.S. Olympic Team Trials in Iowa City, Iowa.

Two athletes from Puerto Rico, who train with the Nittany Lion WC, competed in the 2012 Olympic Games, 2012 Olympic silver medalist Jaime Espinal at 84 kg/185 lbs. and 2011 World silver medalist Franklin Gomez at 60 kg/132 lbs.

Sanderson serves as the head wrestling coach of Penn State. In the 2012 year, the Nittany Lions won their second

straight NCAA Div. I national title under Sanderson, led by three NCAA champions, Dan Hodge Trophy winner David Taylor at 165 lbs. and Frank Molinaro at 149 pounds and Ed Ruth at 174 pounds. In 2012, the Nittany Lions had six All-Americans. In his four years with the Nittany Lions, including the 2013 season, his team has won three NCAA titles and placed ninth in his first season.

Sanderson's coaching career began at his alma mater at Iowa State, where he was on the coaching staff in a variety of positions from 2003-06. In 2007, he was named head coach for Iowa State, and led the Cyclones for three seasons, winning conference titles each year and placing second, third and fifth in the NCAA Championships team standings.

Sanderson won a Olympic gold medal at 84 kg/185 lbs. in men's freestyle at the 2004 Olympic Games in Athens, Greece. He also won a silver medal at the 2003 World Championships held in New York, NY. Sanderson was also a 2000 University World champion. He qualified for the 2001 and 2002 U.S. World Teams, but was unable to compete in either event. He made a comeback in 2011, qualified for the U.S. World Team and placed fifth at the World Championships.

He is considered one of the greatest college athletes of any sport of all time, winning four NCAA titles for Iowa State and finishing his career with a 159-0 record. Sanderson won three Dan Hodge Trophies as the nation's top college wrestler and was a four-time NCAA Most Outstanding Wrestler. His achievement was named the No. 2 college sports achievement of all time by Sports Illustrated, he received an ESPY award and he was featured on a Wheaties box.

Originally from Heber City, Utah, Sanderson was a four-time state champion, Junior National champion and Cadet World bronze medalist.

NLWC 2013-14 Programs for Scholastic Wrestlers

The following programs have already attracted 235 entrants. By Scholastic-Tournament-Time in March, that number will be substantially larger. Bear in mind that all participants in these programs will have many opportunities to be both inspired and trained by both our distinguished coaches and RAs.

Jr. & Sr. High Pre-Season Training (October 7 - November 11)-6 Week Training Cycle

Approximately 75 wrestlers participated

Age: Jr. & Sr. High Wrestlers

Cost: \$10/workout (individual)

\$200 (team)

*Includes Winter Breakfast Club also.

*Each participant gets a NLWC T-shirt.

Description: A mix of technique, drilling, and live wrestling practices. The emphasis is on perfecting existing techniques, learning new techniques, and doing some live wrestling. Wrestlers of all skill levels can benefit from the individualized instruction and one-on-one attention — excellent preparation for the regular wrestling season, beginning in mid-November.

Fitness and Balance (October 7 - October 28) -4 Week Program

40 girls and boys signed up.

Time: Mondays, 6pm - 6:45pm

Age: Pre-School – Grade 3

Cost: \$20

Description: The 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 helps 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 main goal of the program will be to have fun!

For those who wish to do so, this program will be excellent preparation for first-year wrestlers to begin actual elementary wrestling practice in the **NLWC Youth Rec Wrestling Program.**

Youth Rec Program (November 5 - December 14)-6 Week Program

Time: Tuesdays, 6:00pm-7:00pm

Saturdays, 9:00am-10:00am

Age: Grades K-6 (Beginning Wrestlers)

Cost: \$70 *Each participant gets a NLWC Youth Rec Program T-shirt.

Description: Wrestling is a great foundation for all sports. It teaches the fundamental skills (balance, hand



Pre-Season Training for Junior and Senior High Wrestlers.

eye coordination, footwork, strength, etc.) necessary for any other physical activity. This recreational program is non-competitive. It will focus on exposing your child to wrestling and these basic skills, setting the groundwork for future sports and activities. Our goal is to ensure they have a fun and a positive first experience with the sport. We want the kids leaving the program excited about wrestling. There will be one practice and one match per week for six weeks. More advanced wrestlers looking for additional opportunities beyond the Youth Rec Program should register for the **NLWC Elite Elementary Program**.

Elite Elementary Program

Fall Session (November 13 - December 18)-6 Week Training Cycle

60 wrestlers signed up for Fall

This is a new program directed by Mark McKnight who has proven himself remarkably effective and appealing to both youngsters and their parents.

Winter Session (January 13 - March 19)-10 Week Training Cycle

Time: Mondays, 6:30pm-8:00pm

Wednesday, 6:30pm-8:00pm

Age: Grades 3-6 (Experienced Wrestlers)

Cost: \$100 for Fall Session

\$150 for Spring Session

\$200 if pay for both fall and spring sessions at the beginning of the fall

The 1st session is free for those who want to check it out before signing up for a session. If paying on a per practice basis, the cost is \$20 per practice.

*Each participant gets a NLWC T-shirt.

Description: This program is designed for experienced elementary wrestlers who are ready to transition from practices/programs such as the **Youth Rec Program** into more structured workouts. These practices will include technique, drilling, wrestling, and conditioning situations that are designed for the elementary level. To participate in these practices, wrestlers must be ready to handle this training. This program is geared toward the more advanced and competitive elementary wrestler. As these wrestlers develop through this comprehensive program, the foundation will be laid for them to improve to the highest level of competition.

Winter Breakfast Club (January 12-February 16)-6 Week Training Cycle

Time: Sundays, 9:00am - 10:30am

Age: Jr. High and Sr. High Wrestlers

Cost: \$10/workout (individual)

(continued page 8)



Nick Fanthorpe and Jake Varner teach sessions in the Fitness And Balance program for the very young.



Mark McKnight leads both Elite Elementary Sessions (top) and Fitness and Balance Programs (bottom).



Jake Varner with the Fitness And Balance kids.

Breakfast Club only team rates are available.

*Each participant gets a NLWC T-shirt.

Description: The Breakfast Club practices are hard workouts. Little technique is covered in these 1 ½ hour practices. Although there is drilling and some conditioning, the main emphasis is on a lot of live wrestling, including technique situations, match situations, both short and long duration goes in certain positions, round robins, and live matches. The goal is to provide both an intense and a positive atmosphere

where dedicated and hard-working workout partners make each other better.

Last year, we had 25 Breakfast Club wrestlers qualify for the PIAA State Championships. This included 4 Champions and many place finishers.

Spring Freestyle Program

Time: TBA (will likely start at the end of March)

Age: All Age Groups

NLWC Resident Athlete Program Benefits from \$20,000 Raised by Our “NLWC Golf Classic.”

124 Golfers including a host of sponsors listed in our annual “Thanks to Golfers, Volunteers, and Sponsors” (p. 10) filled Penn State’s Blue Course on a perfect golf day – partly sunny, cool and dry. They were looked after by about 40 volunteers recruited by the Tournament Committee chaired by former Lion Wrestler Matt Gaul. That’s what it takes to register players, set up pre-match breakfasts and dinner, deliver snacks around the course, and keep records at holes around the course where players competed for driving and putting prizes. This year, players arrived to see lots of colorful, new sponsor signs hung beyond the entrance gates and flanking the Club House. Dave Hart and his team had arrived at 5 AM to get them in place in time to impress the first arrivals.

The competition generated some ribbing among rivals for bragging rights. Joe Bastardi and his team carried a banner with them bragging about his son’s team taking a major prize home last year. And Coach Sanderson gloated over Dave Becker when Sanderson’s team took 1st in the “Gross Score” contest. Becker’s team (representing the leading tournament sponsor, Wienken Wealth Management) have been consistent winners and placers over the years). This year, Dave’s team didn’t place.

For the record, here’s the list of prize winners:

1st Team Gross Score (52): Sanderson, DeAugustine, Biz, Pomponi.

1st Team Net Score (57): Mosebach, Handschue, Kline,

Dayton.

2nd Team Gross (56): Bastardi, Bastardi, Strunk, Young.

2nd Team Net (60): Lucas, Lucas, Nastase, Hazel

3rd Team Gross (58): Dailey, Reichert, Raup, McClure.

3rd Team Net (62): Duff, Duff, Duff, DeBow.

Closest to Pin on #4: J. Strunk, 9’10”. #8, J. Varner, 6’3”. #14 J. Walcott 5’6”. #17, J. Pamponi, 3’11”.

Straightest Drive on #6: Cody Sanderson.

Longest Putt on #10: Ed Poorman, 26’10’.

Longest Drive on #18: Vince DeAugustine.



*1st Place Gross Score Winners
Sanderson, DeAugustine, Biz, Pomponi.*



*1st Place Net Score Winners
Mosebach, Handschue, Kline, Dayton.*



*2nd Place Gross Score Winners
Bastardi, Bastardi, Strunk, Young*



*2nd Place Gross Score Winners
Lucas, Lucas, Nastase, Hazel*

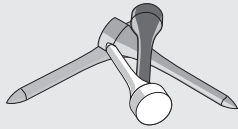


*3rd Place Gross Score Winners
Dailey, Reichert, Raup, McClure*



*3rd Place Net Score Winners
Duff, Duff, Duff, DeBow*

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



Nittany Lion Wrestling Club 2013 Golf Classic

held on the Penn State Blue Course on August 10, 2013

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We hope that you will join us for the 2014 NLWC Golf Classic!

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



Geoge Edwards, Marty Strayer, Kim Ortenzio-Neilsen, & Dr. Robert Nielsen. All sponsor the tournament. Marty under **Central Nursing Care, Inc.** and the others individually.



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NLWC Membership 2013-2014 Season

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Thank you for all your support throughout the past year!

If you haven't yet renewed your membership for 2013 -2014, we hope you do. We need your support.

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Wright, Frank L. ***
Wright, Landis, Skyler, & Emersyn
Wright, Paul & Nola
Wright, Quentin
Yoder, Paul T & Paula *
Yonushonis, Mary Ellen & Jim
Zaccagni, Darrel & Norma *
Zangerle, Jeannette & Charles ***
Zerbe, John
Zerbe, Richard W.
Zerby, Michael L.
Zielinski, Eugene

* \$100

** \$250

*** \$500

**** \$1000

***** \$2,500

***** \$5000+

Special Fund-Raising Message from NLWC Executive Director Rich Lorenzo

First, I want to thank you all for your contributions to the Nittany Lion Wrestling Club. 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 many of you are aware, I am the Executive Director of the Nittany Lion Wrestling Club (NLWC). During the past year, I was approached by several supporters of the NLWC who wanted to take a more active role in supporting the NLWC's Regional Training Center and its development of senior level wrestlers who aspire to be World and Olympic Champions. These supporters were very impressed by the NLWC wrestlers' success at the National Level and also at the most recent World and Olympic Championships where Jake Varner won a Gold Medal and Jaime Espinal a Silver Medal.

While recognizing this success, these supporters also wanted to make sure that these same opportunities would continue to be available for current outstanding collegiate wrestlers who have World and Olympic Goals and wish to continue competing after they graduate from college. To enable this, it is very important that the Resident Athlete Program be adequately funded for this next Olympic Cycle (2013-2016). The goal of the NLWC and these supporters is to keep State College, PA, as the location where the U.S.'s best young talent goes to train and compete!

As a result of these inquiries and to supplement our yearly membership donations and golf/wrestling tournament fund-raisers, NLWC Coach Cael Sanderson, NLWC Co-Director Dave Hart, and I have initiated a special fund-raising drive for those individuals, families, or businesses who wish to make a commitment to help the NLWC raise money for its Resident Athlete Program through the 2016 Olympic Games. We have named this fund-raising drive the "2016 Olympic Gold Fund-Raising Campaign". This initiative has already received tremendous support, and we have had numerous individuals and businesses make commitments through 2016.

Since the campaign is off to a great start, and we've heard that there may be others who would be interested in joining, I wanted to inform our membership of this opportunity. If you have any questions or are interested in being a part of this campaign, please call or e-mail us anytime. You may call me at (814) 574-1441 or Dave at 814-574-7799 or e-mail at davehart3@verizon.net.

As it has always been for the NLWC, this is a family affair that takes a group effort to succeed. We greatly appreciate your help in making this fund-raising campaign a success.

Sincerely,

Rich Lorenzo, NLWC Executive Director

2016 Olympic Gold NLWC Fund-Raising Campaign

Donor's Names (s): _____ Organization: _____

E-mail: _____ Phone: _____

Address: _____

City, State, & Zip: _____

Suggested Sponsorship Levels:

2013	_____ \$500	_____ \$1,000	_____ \$2,500	_____ \$5,000	_____ >\$10,000
2014	_____ \$500	_____ \$1,000	_____ \$2,500	_____ \$5,000	_____ >\$10,000
2015	_____ \$500	_____ \$1,000	_____ \$2,500	_____ \$5,000	_____ >\$10,000
2016	_____ \$500	_____ \$1,000	_____ \$2,500	_____ \$5,000	_____ >\$10,000

***Total Amount of Intended Sponsorship for Entire Campaign (2013-2016) \$** _____

***If you want to contribute to this campaign but prefer to make a one-time lump sum payment instead of yearly payments, please note and list the amount of your contribution:** _____

***If you prefer, donations to the NLWC can now be made with your credit card on-line at the NLWC's completely updated website: www.nittanylionwrestlingclub.com.**

***Please make checks payable to
NITTANY LION WRESTLING CLUB and mail to:**

NLWC 2016 Olympic Gold Fund-Raising Campaign P.O. Box 316 State College, PA 16804
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Note: NLWC membership comes automatically with sponsorship at these levels. Contributions to the NLWC are tax deductible. The IRS approves the NLWC as a tax-exempt, charitable, educational organization [IRS code Sec 501 (C) (3)].

Support Nittany Lion Wrestling!

Nittany Lion Wrestling Club Membership Application & Sponsorship Form September 1, 2013 through August 31, 2014

***You don't need to mail a membership application and check to join/sponsor the NLWC for the 2013-14 membership year. You can do it on-line at the Club's new and updated website: www.nittanylionwrestlingclub.com. Take a moment and check it out!**

-  The goal of the **Nittany Lion Wrestling Club** is to remain the premier wrestling club in the United States. **We are asking for your support!**
-  The **Nittany Lion Wrestling Club** serves wrestling at all levels-Scholastic, Collegiate, and Olympic.
-  The **Nittany Lion Wrestling Club** sponsors resident athletes to live and train in the Centre Region under the direction of the Club's outstanding coaching staff.
-  The **Nittany Lion Wrestling Club** provides training opportunities for State College area collegiate-level wrestlers.
-  The **Nittany Lion Wrestling Club** offers in-season and off-season camps and practices for scholastic-level wrestlers.
-  The **Nittany Lion Wrestling Club** funds travel for resident athletes, collegiate-level wrestlers, and scholastic-level wrestlers to attend designated regional, national, and international tournaments and training camps.

The IRS approves the NLWC as a tax-exempt, charitable, educational organization [IRS code Sec 501 (C) (3)].



NLWC Membership Application /Sponsorship Form; 9/1/13 – 8/31/14.

Please Print:

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

Address: _____ Cell: () _____

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 current NLWC events and tournament results.

Membership/Sponsor Levels:

_____ \$25	Individual/Family Membership	_____ \$500	U.S. Olympic Bronze Medalist
_____ \$100	U.S. National Champion	_____ \$1000	U.S. Olympic Silver Medalist
_____ \$250	U.S. Olympic Team Member	_____ \$2,500	U.S. Olympic Gold Medalist
_____ \$5,000+	U.S. Olympic Coach		

**All membership dues and donations are tax deductible.*

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

NITTANY LION WRESTLING CLUB NEWS

P.O. Box 316

State College, PA 16804

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**The NLWC wishes all
it's members, sponsors,
coaches, RAs and
School-member families**

**our warmest
Season's Greetings**