

Clinics of Champions Series

The Nittany Lion Wrestling Club will host a clinic in the Penn State Wrestling room on December 6, 2025.

Clinic Time: 9:30am-11:00am

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

*The clinics will be directed by NLWC Coaches **Mark McKnight** and **Jake Varner**. Many other top wrestlers will also be assisting with the clinics. *****PLEASE 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.**

Details

Date:	December 6, 2025
Time:	9:30am-11:00am
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 Pre-registered
Registration:	Will take place at the NLWC's website, www.nittanylionwrestlingclub.com . Only the first 100 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.
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 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.

Questions: Contact Jake Varner at jvnlwc@gmail.com