

Training Champions of Today and Tomorrow
Nittany Lion Wrestling Club
School Program
2008-2009

Mission of the NLWC School

To provide state, national, and world-level wrestling opportunities for elementary, junior/senior high school, and collegiate wrestlers.

NLWC School Program

SEMESTER DATES

Fall: September 28 – November 23, 2008
Winter: November 30 – February 25, 2009
Spring: March 1 – April 29, 2009

PRACTICE TIMES

Sundays: 1:00 p.m. – 3:00 p.m.
(Note: When PSU wrestling match is home, practices will usually be held following the match, about 3:00 – 5:00 p.m.
Check our Web site for practice calendar.)

Wednesdays: 6:30 p.m. – 8:00 p.m.

The NLWC School limits its weekday services to participants living within a 50-mile radius of University Park, PA.

COSTS

Team Membership:

\$600/semester or \$1,500 for Fall/Winter/Spring

Individual Membership:

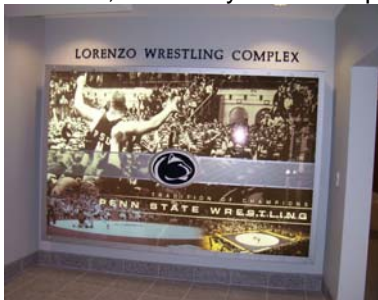
\$ 10/session \$130/Fall Semester
\$ 200/year (Sundays only) \$140/Winter Semester
\$ 350/year (Sun. & Wed.) \$120/Spring Semester

Includes:

- All K-12 wrestlers in school district
- Club insurance (no USA Wrestling Card required)
- Free admittance to home PSU Wrestling matches
- One gray NLWC workout t-shirt
- Singlet with \$350/yr. (Sun/Wed) membership

LOCATION:

Lorenzo Wrestling Complex
Penn State, University Park Campus



Parking is available across the street from the complex.

NLWC Coaching Staff

NLWC Director



Dave Hart
Former Assistant Coach, Penn State; Former Volunteer Coach, Penn State; 2x All-American, Penn State

Head Coach



Aaron Anspach
NCAA All-American, Penn State; former Director of Operations, Penn State

Associate Coach



Troy Letters
2x PIAA Champ, Shaler Area High School; National Champion & 3x All-American, Lehigh University

NLWC Coach



John Fritz
Former Head Coach, Penn State; 1998 Big Ten Coach-of-the-Year; NCAA Champion, Penn State; 3x All-American, Penn State

NLWC Coach



Pat Flynn
2x Maryland State Champ; 2x NCAA Qualifier; former U of MD, F&M, & Navy Assistant Coach; Bellefonte Assistant Coach

NLWC Coach



Mike Maney
Bellefonte Head Coach; PIAA State Champ, Bald Eagle; 2x All-American, Lock Haven University

Contact Us

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State College, PA 16804

Web site: <http://www.nittanylionwrestling.com>

NLWC is a non-profit 501-C-3 organization