

Training Champions of Today and Tomorrow

Nittany Lion Wrestling Club

School Program

2010-2011

NLWC School Program

SEMESTER DATES

Fall: (Sun & Wed) September 26 – November 21
Winter: (Sun Only) December 12 – March 6
Spring: (Mon & Wed) March 14 – April 27

PRACTICE TIMES

Sundays: 12:00 p.m. – 2:00 p.m.
Wednesdays: 6:00 p.m. – 7:30 p.m.

(Note: When Penn State has a home wrestling match, practice times will change. Check our website for changes to the practice calendar.)

COSTS

Team Membership: (all K-12 wrestlers in school district)
Up to \$500/semester – Contact Dave Hart for details.

Individual Membership:
\$10/session

Both memberships include:

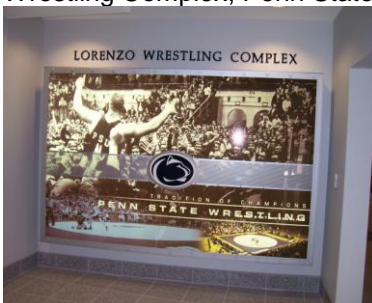
- FREE 1st visit to check us out
- Club insurance (no USA Wrestling Card required)
- Free admittance to home PSU Wrestling matches
- One gray NLWC workout t-shirt

REGISTRATION

Blank registration sheets are available at the door when you come to practice. Or to save time, print it from our website and bring it with you. Parent signature required.

LOCATION

Lorenzo Wrestling Complex, Penn State University



Parking is available across the street from the complex. Please note that the University MAY occasionally charge to park depending upon events in Rec Hall.

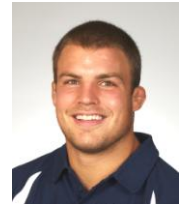
Contact Us

Dave Hart, NLWC School Director
E-mail: davehart3@verizon.net Phone: 814-574-7799
Web site: <http://nittanylionwrestling.com>
NLWC is a non-profit 501(c)(3) organization.

NLWC School Coaching Staff



Dave Hart
2x NCAA All-American,
Big 10 Champion
Univ. Freestyle National Champion



Aaron Anspach
NCAA Finalist
Big 10 Finalist
Univ. Freestyle National Finalist
2009 Sunkist Open Champ



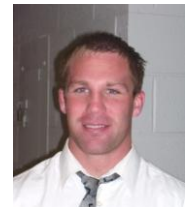
Doug Umbehauer
2009 NCAA All-American
(3rd)
2x CAA Champion
4xNCAA Qualifier



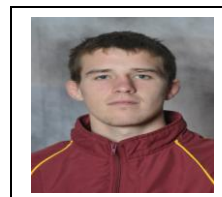
John Fritz
Former Head Coach, Penn State,
1998 Big Ten Coach-of-the-Year;
NCAA Champion
3x NCAA All-American



Pat Flynn
Former Asst. Coach, U. of MD,
F & M, and Navy
NCAA Qualifier
Bellefonte HS Asst. Coach



Mike Maney
2x NCAA All-American
4x PSAC Champion
Bellefonte HS Head Coach



Nick Fanthorpe
2x Illinois St. Chp.
NCAA All-American
2x Big 12 Champion
4x NCAA Qualifier



Cyler Sanderson
3x-Utah State Champion
2x- NCAA All-American
Big Ten Champion
Big 12 Champion

Dan Vallimont (picture unavailable)
NCAA Runner-up, 2x NCAA All-American
2x New Jersey State Champion