



Nittany Lion Wrestling Club

P.O. Box 316
State College, PA 16804

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Dave Hart, Business Mgr. and Director of Programs davehart3@verizon.net, (814) 574-7799

Dear Coach, Wrestler, Parent,

I am contacting you as the Director of the Nittany Lion Wrestling Club (NLWC) School in State College, Pennsylvania. We are very excited about the upcoming wrestling season and are looking forward to working with all of the wrestlers who will be attending our practices. Attached is an info sheet that gives more detailed information about this year's practice times, membership costs, and coaching staff. Also listed are some of the benefits of membership. **Take special note that the Penn State wrestling team has an incredible home schedule this year, and free admittance to PSU wrestling home matches comes with your membership.**

About the Scholastic Program

Over the past several years, the NLWC School has been a great success. We believe in teaching fundamental wrestling positioning and good solid technique, and we continuously reinforce these positions and techniques through review and hard drilling. At the same time, we occasionally mix in more dangerous and specialist-type moves to keep practices interesting and to expose young wrestlers to a variety of techniques which they may see in competition. Along with the technique instruction and drilling, we do a lot of live wrestling and some hard conditioning. Based on the age and experience level of wrestlers attending, we sometimes run separate workouts at the same time. We train and work hard, but we also use good judgment when working with the different age/ability group wrestlers who attend practice. We want to teach the sport and create good work habits, but we do not want to make wrestling and wrestling practice a miserable experience that young wrestlers want to discontinue.

Last Year

During the past season, over 460 wrestlers participated in the School Program. School members represented 55 different schools. Sixteen schools had team memberships: Bald Eagle Area, Bellefonte, Central York, Chestnut Ridge, Clearfield, Huntingdon, Indian Valley, Juniata Valley, Moshannon Valley, Mt. Union, Penns Valley, Philipsburg-Osceola, Southern Huntingdon, State College, Tyrone, and West Branch.

Five current and former NLWC school members won PIAA Championships last March: Andrew and Dylan Alton (Central Mountain), Mitchell Port (Bellefonte), Spencer Myers (Selinsgrove), and Zane Retherford (Line Mountain). Eleven other members were PIAA placers: Nate Brown (Lewisburg), Trey Easter (Bedford), Luke Frey (Mountoursville), Ronnie Garbinsky (Tyrone), Eric Galloway (State College), Caleb Lomax (Mountoursville), Garth Mahosky (Canton), Cody Mason (Jersey Shore), Garrett Pisani (Ridgway), Nick Roberts (North Star), and Tom Traxler (Bellefonte). Many other school members were PIAA qualifiers as well as district and regional placers, and many younger club members were very successful competing in their age-group tournaments.

Coaching Staff

We have one of the best staffs in the country. Our school coaching staff (listed on the attached info sheet) is full of former college wrestlers and coaches and also includes many senior level wrestlers who are still competing internationally in freestyle. These coaches will be at practice every week. In addition to our regular school coaching staff, we also have the Nittany Lion Wrestling Club resident athletes and the resident athlete coaching staff running practices on a regular basis. Check out the Club website, <http://www.nittanylionwrestling.com>, to get up-to-date scheduling of when these coaches will be running practices. These coaches include the following:

Cael Sanderson-NLWC Res. Athlete Program Coach, Penn State Head Coach, Olympic Champ, 4x NCAA Champ
Cody Sanderson-NLWC Res. Athlete Program Coach, Penn State Asst. Head Coach, 2x NCAA Finalist, Freestyle World Team Member
Casey Cunningham-NLWC Res. Athlete Program Coach, Penn State Asst. Coach, NCAA Champ and 2x NCAA All-American
Troy Letters-NLWC Res. Athlete Program Coach, Penn State Volunteer Coach, NCAA Champ and 3x NCAA All-American
Matt Dernlan-Director of Fund Raising and Operations for the Resident Athlete Program, 3x Ohio State Champ
Les Sigman-2010 US Open and World Team Trials Freestyle HWT. Champ, 4x NCAA Division II Champ
Teyon Ware-2x NCAA Champ and 4x NCAA All-American
Jake Varner-2009 US Open and World Team Trials Freestyle 96 kg. Champ, 4x NCAA Finalist, 2x NCAA Champ
Franklin Gomez-NCAA Champ, 2x NCAA All-American

More Information

In addition to the School, the NLWC also offers many other services such as outreach clinics, commuter camps, summer tournament travel assistance. More detailed information on these services is available on the Club's website, <http://www.nittanylionwrestling.com> or by calling or e-mailing Dave Hart (cell: 814-574-7799 or e-mail: davehart3@verizon.net).

Sincerely,
Dave Hart, NLWC School Director