

# Clinics of Champions

The Nittany Lion Wrestling Club will host 2 different clinics in the Penn State Wrestling room on March 1st, 2025 the same day as the weigh-ins for the 2025 State College Tournament.

**Clinic #1: 1:00 pm-2:30pm**

**Clinic #2: 2:45 pm-4:15 pm**

## Clinicians

<b>Aaron Brooks</b>	4X NCAA Champion, Hodge Trophy Winner, U23 World Champion, & Olympic Bronze Medalist
<b>Anthony Cassar</b>	NCAA Champion
<b>Jordan Conaway</b>	NLWC Olympic RTC Coach & 2X NCAA All-American
<b>Kyle Dake</b>	4X NCAA Champion, 4X World Champion, World Silver Medalist, & 2X Olympic Bronze Medalist
<b>Franklin Gomez</b>	NCAA Champion, World Silver Medalist, & 3X Olympian
<b>Morgan McIntosh</b>	NLWC Olympic RTC Coach, 3X NCAA All-American, & World Military Champion
<b>Mark McKnight</b>	NLWC Olympic RTC Coach, NCAA All-American, & Pan American Champion
<b>Bo Nickal</b>	4X NCAA Finalist, 3X NCAA Champion, Hodge Trophy Winner, & U23 World Gold Medalist
<b>Zain Retherford</b>	NLWC Olympic RTC Coach, 3X NCAA Champion, 2X Hodge Trophy Winner, World Gold Medalist, & Olympian
<b>Josh Rodriguez</b>	Pan American Gold Medalist & U.S. Open National Championship Finalist
<b>Kyle Snyder</b>	3X NCAA Champion, 3X World Champion, 2X World Silver Medalist, 2X World Bronze Medalist, Olympic Gold Medalist, & Olympic Silver Medalist
<b>Jake Varner</b>	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

<b>Date:</b>	March 1, 2025
<b>Time:</b>	Clinic #1: 1:00 pm-2:30 pm      Clinic #2: 2:45 pm-4:15 pm
<b>Location:</b>	Penn State Wrestling Room (In Rec Hall-Curtin Rd, State College, PA.). *University may charge a parking fee.
<b>Age:</b>	Elementary & Jr. High
<b>Cost:</b>	\$100 Pre-registered
<b>Registration:</b>	Will take place at the NLWC's website, <a href="http://www.nittanylionwrestlingclub.com">www.nittanylionwrestlingclub.com</a> . Registration will open in early January. <b>Only the first 125 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.</b> Wrestlers can sign up for both Clinic #1 and Clinic #2, but must pay the \$100 fee for each clinic. If space remains, walk-ins will be permitted on the day of the clinics.
<b>Refunds:</b>	<b>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.</b>

## Description

These clinics will be run by the Nittany Lion Wrestling Club before weigh-ins for the State College Wrestling Tournament. The emphasis will be on learning wrestling techniques, plus clinicians will be available for autographs and photos before clinics. After (not before 2:30 pm) the clinics are over, clinic participants who are also competing in the tournament can take the weigh-in cards they are given at the clinic and immediately walk upstairs to South Gym and weigh-in for the next day's tournament.

**Questions: Contact Jake Varner at [jvnlwc@gmail.com](mailto:jvnlwc@gmail.com) or Mark McKnight at [mmcknightnlwc@gmail.com](mailto:mmcknightnlwc@gmail.com).**