

Training Champions of Today and Tomorrow

Nittany Lion Wrestling Club

School Program

2009-2010

NLWC School Program

SEMESTER DATES

Fall: (Sun/Wed) September 27 – November 22
Winter: (Sun/Wed) December 2 – March 3
Spring: (Mon/Wed) March 8 – April 28

PRACTICE TIMES

Fall/Winter Semesters:

Sundays: 12:00 p.m. – 2:00 p.m.
Wednesdays: 6:30 p.m. – 8:00 p.m.

Spring Semester:

Monday/Wednesday 6:30 p.m. – 8:00 p.m.

(Note: When PSU wrestling match is home, practice time will change. Check our Web site for changes to practice calendar.)

COSTS

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

Individual Membership:

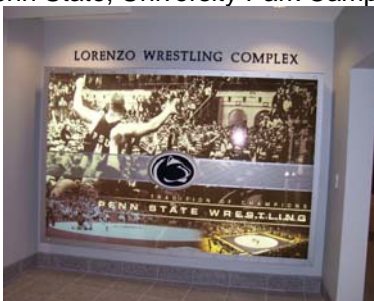
\$ 10/session

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

LOCATION:

Lorenzo Wrestling Complex
Penn State, University Park Campus



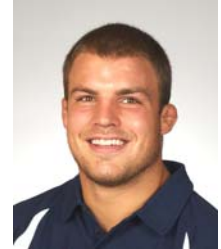
Parking is available across the street from the complex. Please note that the University MAY charge to park depending on events in Rec Hall.

NLWC Coaching Staff



Dave Hart

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



Aaron Anspach

NCAA All-American, Penn State; former Penn State Assistant Coach



Chad Dubin

Former Penn State Wrestler; State College H.S. Coach



John Fritz

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



Pat Flynn

2x NCAA Qualifier; former U of MD, F&M, & Navy Assistant Coach; Bellefonte Assistant Wrestling Coach



Mike Maney

2x All-American, Lock Haven University; Bellefonte Head Wrestling Coach

Contact Us

Dave Hart, NLWC Director of Programs

Email: davehart3@verizon.net

Phone: (814) 574-7799

Sharon Childs, NLWC Business Manager

Email: schilds1@verizon.net

Phone: (814) 777-4993

Mailing address:

Nittany Lion Wrestling Club

P.O. Box 316, State College, PA 16804

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

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