

THE GRAPPLER

The Official Newsletter of the Bucknell Wrestling Program

www.BucknellBison.com



NOTES FROM COACH Dan Wirnsberger

Dear Alumni, Family, and Friends of the Program,

I hope that this note finds you well. It was a fast summer, and it's hard to believe that another school year has already started. We are a couple weeks into our pre-season, and the team is looking great! We currently have 36 guys on the roster, which is our largest team since I've been here. Our practice room will be more competitive than ever with so many guys battling for a starting spot. This will most definite-

ly help to prepare our guys for greater success in competition. It is a pleasant feeling as a coach to see the amount of quality depth on our roster.

We will continue to challenge our team with another competitive schedule. Our year is highlighted by a home dual vs. Lehigh on November 10th, and an away dual two days later at Penn State on November 12th. There will be plenty of challenges throughout the season, helping to prepare us for March. We want to give our guys the best chance to succeed at the end of the year, and I feel this schedule will allow this to happen. I ask that you plan to come out and support our Bison wrestlers either at a home match or on the road.

In closing, I would like to thank everyone for their support and loyalty to the Bucknell Wrestling family. I look forward to seeing many of you this fall, and throughout the season!



My Best,
Dan

9/11 Heroes Run

Bucknell Wrestling hosted its' 3rd Annual 9/11 Heroes Run on Saturday, September 9th. This year's event had a record turnout with 156 participants. Our team helped with promotion, route safety, registration, and all other aspects of the event on race day. Over \$3000 was raised for the Travis Manion Foundation Coach Wirnsberger's son, Cade,



placed 2nd overall in the event, while longtime Bucknell Wres-

ting supporter, Dick Pursell, finished 1st in his age group. ■

Quick Quotes from New Faces

New to our newsletter, our "Quick Quotes" section is designed to give a brief glimpse into the thoughts of some of the newest members of the Bucknell Wrestling Family. Look for new quotes from new faces in each edition of our newsletter!

This year's freshman class includes twin brothers David and Jakob Campbell. The Boyertown, PA products spent their summer taking a course at Bucknell, wrestling in BVRTC workouts, and lifting with strength coach Jerry Shreck. After a brief conversation with the Campbell twins, we plucked our favorite quote from each brother.



"I can't wait to put on that Bucknell singlet and really show everyone the hard work that I have been putting in, that I am ready to go out and win right away."

-Jakob Campbell



"Put all your effort into every workout and make sure you get better every day, which is certain to lead to significant growth throughout the season."

- David Campbell

Dan Wirnsberger Travels to Ukraine

with Fellowship of Christian Athletes (FCA)

From July 27 to August 6 of this year, Bucknell head wrestling coach Dan Wirnsberger traveled to the Ukraine with the Fellowship of Christian Athletes (FCA). While in Melitopol, he helped direct a camp for youth, high school and college wrestlers and ran seminars for area coaches of all sports. Wirnsberger, who previously traveled to Russia in 1999 with Athletes in Action, sat down to talk about his experience, which he said was rewarding, eye-opening and humbling all at once.

Q How did you find out about the opportunity?

A I was asked by FCA Wrestling if I wanted to go on a mission trip to the Ukraine, and I committed to doing that. The goal was to support the FCA team in the Ukraine as it extended its ministry into the east, where it hadn't been before. Before I was asked to go on this trip, I had seen the FCA's work in the U.S., but I wasn't aware of its impact globally. To actually be a part of it and experience it firsthand was eye-opening for me.

Q What was it like working with the Ukrainian coaches?

A Our goal was to teach them the methods of 3Dimensional Coaching, where you go beyond teaching the physical components of the sport. We wanted them to understand how important it is to make a meaningful connection with their student-athletes. It was gratifying that the coaches were so receptive to this new style of coaching. In the beginning, they told us that coaching was about discipline. So, for them to be open to getting to know their athletes on a personal level, when that was such a foreign concept to them, was significant. By the end of the week, they understood the importance of building that connection so they could help their student-athletes gain confidence and show them they have a purpose outside of their sport.

Q You were able to make many meaningful connections with the coaches. How about the student-athletes?

A I met an 11-year-old boy named Seroga who had lost his mother on July 8. I was able to make an immediate connection with him because I had lost my dad a few days before I left for the Ukraine. While our experiences were a little different because I spent many years with my dad, I was able to relate to him, and we ended up spending a lot of time together; we ate together, went to devotion together, and I got to know him over the next few days.

Then, he came in one morning and gave me a picture he had drawn. It broke my heart that this 11-year-old boy was that thoughtful. So, on our last day there, I sat down with him and shared more about my dad and presented him with a gold cross necklace to remind him to hold tight to his faith and know he had a purpose. The great thing is we've communicated over Facebook since I've been back in the States,



and he's been talking about how he wants to do well in school and learn English so he can better communicate with me. That's what these trips are all about: to try to connect with people and try to serve where you're at. Hopefully, he can get something out of it and become a better person for it.

Q What did you learn from your time in the Ukraine?

A While we were in Melitopol, we were 80 miles from the front line of the conflict between Russia and the Ukraine. But the people were so friendly to us; they took care of us, fed us beyond what we could possibly eat and went out of their way to show off their city and culture to us.

When I was in Russia with Athletes in Action, I remember there was no upkeep of the buildings, roadways or landscaping. There were also no toilets. The only difference I saw in the Ukraine, 18 years later, was they had plumbing. But everything else looked the same as far as the lack of infrastructure, landscaping and care and maintenance of the buildings and roadways. They just don't have a lot over in the Ukraine, and even the poor amongst us in the U.S. would be considered rich there. But they're very grateful, friendly and happy people, and that was striking to me.

The people are happy through relationships, and they don't get caught up in smaller details that aren't all that significant. Like if something happens to your car, we think it's the end of the world. Over

there, they would just love to have access to a car. They don't have the luxuries we have; I watched a lot of people wear the same clothes the whole week, and it made me really grateful for everything I have.

Q Do you plan to impart the lessons you learned to your student-athletes at Bucknell?

A I think so. We always try to get that message across that it goes beyond the win or the loss here. We want our student-athletes to serve something greater than themselves and give back to the sport or to their community. We also talk a lot about being thankful for what they have. They're in an elite class of athletes who are able to wrestle at the Division I level, and they're also at Bucknell, which is one of the most elite academic institutions in the country. So they have the best of both worlds, and we want them to be thankful for the opportunities they have here. We tell them not to let the opportunities they've been given slide away because these four years could help define the next 40 years of their careers. When they face challenges, because they will face challenges, they're going to become better people through perseverance or knowing to reach out and ask for help if they need it. ■



Coach Wirnsberger and 11-year-old Seroga.

This Q&A originally ran in the program for Bucknell's football game against Holy Cross on Sept. 9, 2017.

Buffalo Valley Regional Training Center Update:

Austin Miller, Resident-Athlete!



The Buffalo Valley Regional Training Center (BVRTC) is excited to announce the addition of Austin Miller as a resident-athlete for the 2017-2018 season. Miller has spent the past year as a student-assistant for the Lock Haven University Wrestling Team. A 2012 NCAA Qualifier, Miller wrestled for both Bucknell University and Oklahoma State University during his time in the collegiate ranks. On the Free-

style circuit, he has twice earned All-American honors at University Freestyle Nationals.

Miller, along with current resident-athletes Dan Neff, and Kevin LeValley, will train and compete to represent the United States in World Championships and Olympic Games. The trio's first competition could be the Dave Schultz Memorial International in Colorado Springs this November.

In addition to his role as a resident-athlete, Miller will work with BVRTC Club coach Denny Harer to train the area's youth wrestlers.

According to Head Coach Dan Wirnsberger,

"I am thrilled to welcome Austin Miller to the Buffalo Valley Regional Training Center and back to the Bucknell Wrestling Family. I firmly believe that Austin has put himself in the right training environment to make an immediate splash both

domestically and internationally. His passion for the sport and unique style are sure to provide an immediate impact on our program."

With our 2017-2018 season in full swing, the Buffalo Valley Regional Training Center seeks your support. Please visit <http://www.bvrtc.com> for more information. Coach Wirnsberger and his staff have begun and will continue to pursue communications on annual program contributions and additional financial support for the Buffalo Valley Regional Training Center.

Once again, we need to emphasize that the Buffalo Valley Regional Training Center is a new initiative and it is crucial that any financial contributions made to the Buffalo Valley Regional Training Center should not take place of yearly contributions to Bucknell University or Bucknell Wrestling. ■

2018 Bucknell Wrestling Golf Tournament

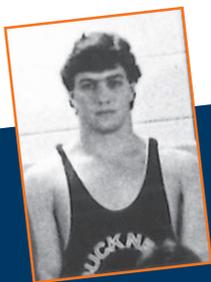


Please mark your calendars for our 2018 Bucknell Wrestling Golf Tournament, which will take place on Friday, May 11th, 2018. Registration will open in the Spring. For more information, or to inquire about sponsorship opportunities for your business, please contact Assistant Coach Kevin LeValley: kl011@bucknell.edu or (719)771-0160.

On Saturday, May 12th, following this year's golf outing, we are working to put together an additional event that caters to those alumni and friends of the program who would like to bring their family to Lewisburg for the weekend. Stay tuned for more information! ■



For some of the best information on all of the EIWA action this season, be sure to visit our conference website: <http://eiwawrestling.org>.



Catching up with Mark Dawson '87

If you frequently attend Bucknell Wrestling events, chances are that Mark Dawson '87 is a familiar face. A local product of Williamsport High School, Dawson spent his time at Bucknell studying Economics while wrestling at 190 pounds for the Bison. He still sits at 7th in the Bucknell Wrestling record books for pins in a season with 13 during his 1986-1987 campaign, and sits at 6th with pins in a career with 30. Dawson was big for his weight class, but not as big as then Bucknell HWT, Ellery Crissman '88 aka "Big E". While Dawson doesn't exactly cherish the memories of losing weight to get down to 190, he has to chuckle when reminiscing about the year that a weight limit was put on the HWT weight class. The new weight limit meant that Bison HWT, Crissman, had to join Dawson and the rest of the team when it came to weight management.

After graduation Mark settled in Montoursville with his wife Jodi, where they have raised two outstanding sons Nick and Nash. In addition to spending time with his family, Dawson has worked as an independent insurance broker for the past 20 years, and has still found time to pursue his other passion, officiating. For the past seven years, Dawson has been officiating wrestling at the college level. While officiating has allowed Dawson to have an up-close and personal view of some of the best wrestling the NCAA has to offer, he is quick to point out that an official's role is a challenging one. The biggest challenge, according to Dawson, is that "You must stay focused and officiate your best match, every match."

Each season, Dawson frequents Bucknell Wrestling events. Whether he is in the stands, officiating a match, or participating in the Bucknell Wrestling Golf Outing, he enjoys connecting with the Bucknell Wrestling Family. "The strides the program has made are unbelievable, and I appreciate each and every opportunity to connect with former teammates, alumni, and friends of the program." So the next time you attend a Bucknell Wrestling Event, take a look around. Mark Dawson is sure to be nearby. ■

2017-18 Bison Wrestling Schedule



DATE	OPPONENT	LOCATION	TIME (EST)	
Sun, Nov 05	CSU Bakersfield	Edinboro, Pa.	10:30 AM	
Sun, Nov 05	Edinboro	Edinboro, Pa.	1:30 PM	
Fri, Nov 10	Lehigh *	Lewisburg, Pa.	7:00 PM	
Sun, Nov 12	Penn State	State College, Pa.	2:00 PM	
Sat, Nov 18	Navy Classic	Annapolis, Md.	10:00 AM	
Fri, Dec 01	Cliff Keen Invitational	Las Vegas, N.V.	1:00 PM	Cliff Keen Invitational
Sat, Dec 02	Cliff Keen Invitational	Las Vegas, N.V.	1:00 PM	
Sun, Dec 17	Pitt	Lewisburg, Pa.	2:00 PM	
Sun, Jan 07	Navy	Annapolis, Md.	2:00 PM	
Fri, Jan 12	Virginia Duals	Hampton, Va.	9:00 AM	Virginia Duals
Sat, Jan 13	Virginia Duals	Hampton, Va.	9:00 AM	
Fri, Jan 19	Harvard *	Lewisburg, Pa.	7:00 PM	
Sat, Jan 20	Brown *	Lewisburg, Pa.	6:00 PM	
Sat, Jan 27	Penn *	Philadelphia, Pa.	12:00 PM	
Sat, Jan 27	Columbia *	New York, N.Y.	7:00 PM	
Fri, Feb 02	Franklin & Marshall *	Lancaster, Pa.	7:30 PM	
Sun, Feb 04	American *	Washington, D.C.	2:00 PM	
Sun, Feb 11	Army West Point *	Lewisburg, Pa.	2:00 PM	
Sat, Feb 17	Bloomsburg	Lewisburg, Pa.	6:00 PM	



All dates and times tentative and subject to change
 *Conference Games



Catching up with Young Alum, Corey Lear '14

Benton, Pennsylvania has long been revered for its storied wrestling tradition. That may be at least part of the reason that Corey Lear '14 has remained involved in the sport for the past three years. A Computer Science major, Corey and wife, Emalee, now reside in the Philadelphia area. In the time since his graduation, Corey has utilized wrestling connections to strategically map out his career progression. And as Corey sees it, "Every single transition I've made has been in some way related to wrestling."

First, he spent time as a Network Specialist in Harrisburg for a company whose CFO had a son who was also a NCAA DI wrestler. Next, a connection shared by Shane Riccio '10, helped Corey to land a gig as a Software Engineer in Haddonfield, NJ. And finally, Mike McMullan, brother of Joe McMullan '13, gave Corey a heads up when a position opened up at UPenn for an IT Services Manager. As Corey sees it, "It has been wonderful to have a wrestling network to tap into, and hopefully be able to give back to one day." As a current volunteer coach for Temple University's club program, Corey has already started the process of giving back. Continued involvement in the sport is something that Corey sees as critical as he tries to guide his 15 year-old brother, Nolan, through the sport. "As Nolan is growing, it is important that I continue to have some relevance in the sport. I have begun to understand that every wrestler has his own personality, which has allowed me to help Nolan grow in his own way." Many may remember Corey Lear for his big win against Oklahoma State's Caldwell in Sojka Pavilion, or his multiple trips to the NCAA tournament. But for Corey Lear, wrestling and life will always be tied together. ■

Another Summer in Lewisburg *Ben Bliss: Undergrad Research 2017*

Lewisburg is a fantastic place to be during the summer months. Not many students are on campus, so there is a very relaxed feel to the place. While some think that a small town offers little in the way of excitement (which is true, to a certain extent; you won't see any Broadway shows here), but there is plenty to do in and around Lewisburg. Weekly farmer's markets, cheap tickets to movies at the historic Campus Theater, a thriving downtown marketplace with great shops and food options, beautiful, quiet country roads through Amish territory, some of the best trout fishing in the world, and a plethora of proximal state parks for hiking and mountain biking are just a few fun things to explore while on campus. And, of course, wrestling and lifting with the coaching staff over the summer months can only improve your athletic skills.

One of the coolest things

about Bucknell is its commitment to undergraduate research (most universities only allow graduate students to conduct research). Aside from the fact that it grants free housing and a stipend for the entire summer, research is an incredible opportunity to apply classroom knowledge in the real world, gain a better understanding of the field in which one aspires to work, and develop relationships with professors and mentors. I have conducted research at Bucknell for the last two years. I am majoring in Geology, so my research is focused within that department. I work with data sets from southeast Alaska, specifically from the Wrangell Volcanic Field. My research this past summer revolved around analyzing detrital U-Pb zircon and Ar40/Ar39 volcanic lithic age dates collected from rivers in the WVF. The goal was to reconstruct magmatic events to better understand the geology and



geologic history of the Wrangell Volcanic Field and AK as a whole and to answer specific questions, like: When did magmatism start?; Was it continuous?; How has magmatism migrated?; How has the Totschunda fault impacted analysis?; and many more.

Bucknell is a great place to conduct undergraduate research. It's a fun and rewarding experience that opens doors to all sorts of opportunities (for example, Bucknell sent me to Denver, CO last year to present my work...all expenses paid). I love spending my summers in Lewisburg! ■

Environmental Studies, Electro-Fishing *Tom Sleight: Undergrad Research 2017*



As a rising senior, environmental studies major, and captain of the wrestling team, my daily routine throughout the academic year can be pretty hectic. This past summer, however, I found a research opportunity that allowed me to sit back, relax, and enjoy the outdoors.

I researched how native fish assemblages are effected by the

Adam T. Bower Memorial Dam near Sunbury. Throughout the summer, I was mentored by Sean Reese, Aquatic Biologist with the Watershed Sciences and Engineering program at the Bucknell Center for Sustainability and the Environment.

On a typical day, I would lift with the team at 6:00 each morning. After the lift, I would work to prepare the necessary

equipment that I would be using to electro-fish that night. During the day, I made time to wrestle, and after wrestling I would head out to electro-fish from 6:00pm until about 2:00am. While the hours were long, I was amazed at the number and variety of fish species that we were able to document in local waters.

This research opportunity not only gave me an in-depth look at native fish species on the Susquehanna River, but I also received free housing, and the privilege to stay on campus to train throughout the summer. There is no doubt that I would recommend summer research to any wrestler or student-athlete at Bucknell University. ■

Bucknell Wrestling's "Dr. J"

Peter Jansson is a man of many talents. He has been an Associate Professor of Electrical Engineering at Bucknell since 2011, is a foster parent, has owned and operated his own consulting firm since 1986 and enjoys playing his guitar in worship at the Bucknell Chapel. His education includes a PhD from Cambridge, an M.S. from Rowan University, and a B.S. from MIT.

More significantly, however, Peter Jansson moved into the home next to the Wirnsberger residence in the summer of 2012. With two nephews that wrestled in high school, it didn't take long for him to become a regular face at home matches. As his connections with the program began to grow, his definition of Bucknell Wrestling started to take shape. "When I saw the type of wrestling program we had, the kinds of student-athletes we attracted, I began to realize what a great impact NCAA Division I wrestling was having on the whole person."

In 2014, Coach Wirnsberger asked Peter Jansson if he would consider being the official academic advisor for Bucknell Wrestling. Bucknell Wrestling's "Dr. J" had officially arrived! Jansson recalls, "When Coach asked me if I would be willing to be an academic advisor for the team, I considered it a privilege."

Over the past few years, Dr. J's role with our student-athletes has continued to grow. He meets with individuals throughout the year and helps them work through the many challenges that can encompass life at Bucknell. Twice a week this season, Dr. J will be spending time in the Graham Building. Whether he is working out, meeting with one of our student-athletes, or just enjoying his lunch, Dr. J will be cherishing his time with our team.

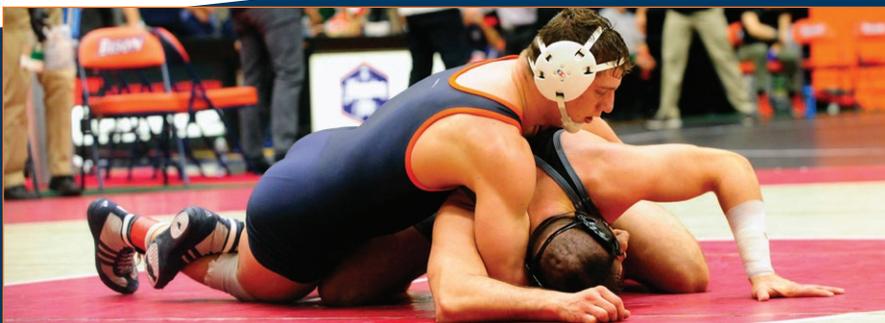
"As I get to know more of the student-athletes and continue to develop relationships with them and the coaching staff, it has become a great honor to be a part of this significant effort to engage and develop the whole person."
-Dr. J ■



Wrestling
Bucknell University
One Dent Drive
Lewisburg, PA 17837



Wrestling Social: Friday, November 10th



WHAT: Social
WHO: Alumni and Friends of the Program
WHEN: Friday, November 10th
(After our home opener vs. Lehigh)
WHERE: Location TBD
(Downtown Lewisburg)

This year's Homecoming Weekend falls on November 3-4, which is just before we open up with our first duals of the season at Edinboro on November 5th. Due to this timing, we will not be offering our typical homecoming weekend open practice.

However, on Friday, November 10th, we open up our home schedule vs. Lehigh. Immediately following the conclusion of the match, we will be hosting a social for alumni and friends of the program. Location TBD. ■

WRESTLING CONTACT INFORMATION

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Assistant Coach: Kevin LeValley / 719-771-0160 / kll011@bucknell.edu
Assistant Coach: Jim Gibson / 570-577-1755 / jmg059@bucknell.edu
Volunteer Assistant Coach: Dan Neff / danielneff149@gmail.com



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Bucknell-University-Wrestling