

“GRAPPLER REPORT”

THE OFFICIAL NEWSLETTER OF
THE BUCKNELL WRESTLING PROGRAM



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A NOTE FROM HEAD COACH DAN WIRNSBERGER



Dear Alumni, Family, and Friends,

I hope this note finds you doing well. I would first like to wish everyone a Merry Christmas and Happy Holidays.

We are well into our competition season and are beginning to see progress with our overall individual and team development. Our lineup is coming together and we will continue to focus on improving each week. The vision for this program from the start has been to be a place that athletes can compete to be amongst the best in the country both on the mat and in

the classroom. While we are still working to achieve this, it is important for us to show our athletes the level of wrestling with which we expect to compete.

As we move into the second half of our season, we still have a great deal of wrestling left. This includes six home matches! We will continue to train with purpose and determination as we keep our focus on March. Our plan is to have our guys peaking and feeling their best as we approach the EIWA tournament.

Finally, I hope that you have made plans to attend the EIWA Championships in Lewisburg on March 3rd and 4th. This would also give you a chance to see our new Graham Wrestling Training Center, which is one of the nicest wrestling-specific training facilities in the country. We have put a great deal of time into preparing for the event, and we are excited to host the tournament for the second time in program history. We want to show the rest of the country that wrestling is serious business at Bucknell and pack Sojka Pavilion with Orange and Blue! Go Bison!

My best,

A handwritten signature in black ink that reads "Dan J. Wirnsberger".

Dan Wirnsberger
Head Wrestling Coach

THE GRAHAM BUILDING & THE HOME FOR BISON WRESTLING



MARK YOUR CALENDARS

ANNUAL GOLF TOURNAMENT

Please save the date for our 2017 Bucknell Wrestling Golf Tournament, which will take place on Friday, May 12th, 2017. This year's event is expected to max out, and will be capped at 112 golfers (28 teams). Registration will open in January. For more information, or to inquire about sponsorship opportunities for your business, please contact Assistant Coach Kevin LeValley: kl1011@bucknell.edu or (719)771-0160.

ALUMNI WEEKEND

Join us February 3-4, 2017 as we recognize the 1961-62 undefeated Bison team as well as all former Bucknell individual conference champions. The Bison will wrestle American on Friday evening, and Sacred Heart on Saturday -- both matches will be in Sojka Pavilion.

EIWA's AT BUCKNELL

Bucknell University will host the 2017 EIWA Championships in Sojka Pavilion on March 3-4, 2017. Stay tuned for more information.

Wrestling Contact Info.

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SENIOR SPOTLIGHT: JOEY KRULOCK

Joey Krulock '17 shares some thoughts on his experience as a Bucknell Wrestler and student in the prestigious School of Management

My experiences at Bucknell have sculpted me into the person I am today. The opportunities this school has given me are beyond anything I could have imagined or hoped for. Opportunities that have lead to personal growths and opportunities that I am certain would not have come from anywhere else. As a current member of the Bucknell Wrestling team, I take serious pride in understanding what it takes to work hard in order to achieve your goals. Although not as accomplished as I had hoped to be in the sport, these skills have transferred into every other single area in my life.

The networking of people at Bucknell has not only influenced what I want to pursue for the rest of my life, it has given me the opportunity to strengthen my passion as a current employee of the Office of Communications. I have been spending the past two years working with Rory Bonner 17' to film, edit, and produce creative content for pay through the school. At Bucknell, I am given the resources to develop my future self in ways that will help me get a job that I have a deep rooted passion for.

I am certain I would not be in the same confident position I am about graduating if my experiences these past four years had been different. From wrestling, to working, to taking a vast array of classes, I have a breadth of knowledge that has fueled me to take on the next chapter in my life. I could not have asked for a better way to prepare me for moving on to the "real world" and I would be very surprised if anyone else at this school felt differently.



FIRST IMPRESSIONS FROM JOEY GOULD '20

Freshman Joey Gould was a bit nervous as he prepared for his first day on campus this Fall. He took some time to write about his expectations and experience.

In the time approaching college I began getting worried about what it was going to be like. Everyone who I asked about college said it is on a whole other level. The wrestling is nonstop and every match is a hard match, the work for classes is longer and held to a much higher standard than high school, and even day to day activities are more difficult because you are by yourself for maybe the first time. I can say that they were right but the transition to get used to the college level was easier than I thought. I think this is due to me being a wrestler.

In wrestling, if you want to be successful you have to work harder than everybody else you will compete against. That paired with the discipline wrestlers receive by controlling their weight, made the new level of work I have to do now easier. Once I got into a rhythm with all the new changes, college did not seem as daunting as it did at first. I still get worked in practice to the point of exhaustion; and the sometimes ninety plus pages I have to read for class still scare me. However, my experiences as a wrestler prior to college have made dealing with the daily stresses of a Division I student-athlete much easier.

BUFFALO VALLEY REGIONAL TRAINING CENTER UPDATE



Many of you are now familiar with our Buffalo Valley Regional Training Center, an officially recognized regional training site by USA Wrestling. Both of our resident athletes, Kevin LeValley and Dan Neff competed in New York City in early November. In his first senior level competition, Neff competed in the NYAC International at 65kg, posted a 2-2 record with both of his wins coming over foreign opponents. LeValley competed in the 70kg World Team Trials, where he also posted a 2-2 record.

In early February, LeValley and Neff are slated to compete in the Dave Schultz Memorial International in Colorado Springs, CO. Neff plans to make the cut down to 61kg, while LeValley will remain at 70kg.

With the end of 2016 quickly approaching, the Buffalo Valley Regional Training Center seeks your support. Please visit <http://www.bvrct.com> for more information. Coach Wirmsberger 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.



FIRST-YEAR GARRETT HOFFMAN ENJOYING THE BISON WRESTLING EXPERIENCE

Freshman Garrett Hoffman is looking to make a statement this year at 184 pounds. Here, Hoffman shares some insight on Bucknell, his experiences thus far, and staying close to home.

The first time I had really ever heard about Bucknell was around my 8th grade year when my parents began taking my brother and I to the club practices and workouts held in Bucknell's facility. Over time we started coming more often, giving me a better understanding of not only what the wrestling at Bucknell was like but also the school itself. The more time I spent at and around Bucknell, the more I saw this being the school best fitting for me academically and athletically. Now, being about four months into my freshman year here at Bucknell, I couldn't agree with that more.

My experiences so far have been nothing but amazing. Coming in at the beginning of the year, I was nervous and worried that I wouldn't be able to make the adjustments needed to transition into college academics and wrestling. As soon as I got onto campus I felt welcomed by the team, coaching staff, and my professors. As I started workouts and practices with my new teammates, I could tell they were like a family. The coaching staff has helped push me to strive for my highest potential and has worked with me every step of the way. No matter what I need, whether it be help with wrestling, lifting, or even help picking my classes for next semester they are there for me with advice.

Along with that, all of my professors have been there to provide all of the help and support that I need. They have taken the time to get to know who I am not just academically but personally too. Whenever I get stuck on homework or don't understand one of the topics I am able to contact them regardless of the time. They truly have helped me with anything I have needed and worked with me the past four months to make that transition into college go so much smoother. It makes life a lot easier knowing that no matter what I am going through or struggling with, I have a team, coaching staff, professors, and many other people who will be there for me in the blink of an eye.

Coming from the little town of Montoursville, which is only about forty minutes away, is a nice benefit for me. Bucknell is the perfect distance from home. It is far enough away that I get the experience of being away from home, but I am still close enough that if I need anything my family is right there. It's nice to be able to go home for a weekend occasionally, and if I need anything, my family is only a short drive away. Trips home do have a down side, however. Since my mom is such a good cook I usually come back ten pounds heavier.

There is no doubt that being close to home makes it easier for my family and supporters from my hometown to come out to the matches and watch me compete. During our recent intrasquad match, my family, past coaches, and friends were able to make the trip to Lewisburg to watch. The idea of my brother and I wrestling on the Division I level has not just been a dream of mine but a dream of my family's for a many years. In the coming months, I will have the opportunity to travel around the country while wrestling against the best competition in the nation. The idea of being able to share this experience with my mom and dad by my side is indescribable.

Finally, with my not-so "little" brother and training partner Gavin going into his junior year, being close to home provides me with an opportunity to show him support. Whether it be wrestling or just life in general, I am able to be there for him for these last two years before he starts his own college experience. The idea of going to school and wrestling close to home comes with many benefits and advantages that make me very grateful for the opportunity to do so.

2016-17 SCHEDULE

Nov. 6	#1 Oklahoma St.	Stillwater, Okla.	L, 36-3
Nov. 11	#12 Lehigh*	Bethlehem, Pa.	L, 33-7
Nov. 19	Navy Classic	Annapolis, Md.	4th of 12
Dec. 2	Cliff Keen Invit.	Las Vegas, Nev.	27th of 35
Dec. 3	Cliff Keen Invit.	Las Vegas, Nev.	20th of 35
Dec. 17	Cleveland St. Open	Cleveland, Ohio	TBA
Jan. 10	F & M*	Lewisburg, Pa.	7:00 p.m.
<u>At Virginia Duals, Hampton, Va.</u>			
Jan. 13	Virginia Duals	Hampton, Va.	TBA
Jan. 14	Virginia Duals	Hampton, Pa.	TBA
Jan. 21	Harvard*	Cambridge, Mass.	2:00 p.m.
Jan. 22	Brown*	Providence, R.I.	12:00 p.m.
Jan. 27	Penn*	Lewisburg, Pa.	7:00 p.m.
Jan. 29	Bloomsburg	Bloomsburg, Pa.	2:00 p.m.
Feb. 3	American*	Lewisburg, Pa.#	7:00 p.m.
Feb. 4	Sacred Heart*	Lewisburg, Pa.	12:00 p.m.
Feb. 10	Binghamton*	Lewisburg, Pa.	7:00 p.m.
Feb. 12	Army West Point*	West Point, N.Y.	2:00 p.m.
Feb. 17	Columbia*	Lewisburg, Pa.	7:00 p.m.
Mar. 3	EIWA's	Lewisburg, Pa.#	All Day
Mar. 4	EIWA's	Lewisburg, Pa.#	All Day
Mar. 16-18	NCAA's	St. Louis, Mo.	All Day

* Conference Match # - Sojka Pavilion
Home Matches in Bold





Wrestling Office
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One Dent Drive
Lewisburg, PA 17837

BUCKNELL WRESTLING NEEDS YOUR CONTINUED SUPPORT



Dear Friend of Bison Wrestling:

As most of you know, the University budget covers only a fraction of the operating expenses to run a competitive Division I wrestling program.

This year, we have been given a fundraising goal of \$120,000 to meet our program's budgetary needs. This money is spent in three main areas of student-athlete recruitment, purchasing equipment to help train our team members, and covering the travel, lodging, and food costs for our team's travel.

We expect 100% effort from our student-athletes on both the mat and in the classroom. We hope we can count on 100% participation from our parents, alumni and friends in support of our team. Thanks in advance for your assistance and we hope to see you at a match this winter!

Dan Wirmsberger --- Head Wrestling Coach

Methods of Giving

Check or Cash: This is the most common way to give. When writing a check, make it out to Bucknell University and in the memo section note "Wrestling."

By Credit Card: The university accepts most major credit cards. Monthly payment plans can be arranged.

Gifts of Stock/Securities: To arrange a stock transfer, call the Office of Development & Alumni Relations at 570-577-3200.

Pledges: You can set up a payment schedule when you make a pledge, and payment reminders will be sent to you.

Corporate matching gifts: Many corporations match their employees' charitable donations to nonprofit institutions. Check with your benefits department for matching gift information and to see if they will match gifts to athletics.

You can give on-line: www.BucknellBison.com.