

# “GRAPPLER REPORT”

THE OFFICIAL NEWSLETTER OF  
THE BUCKNELL WRESTLING PROGRAM



JANUARY 2016 • VOL. 8, NO. 2 • LEWISBURG, PA 17837

## A NOTE FROM HEAD COACH DAN WIRNSBERGER



Greetings and Happy New Year!

I wish everyone the best in 2016. We are currently in the middle of our competition schedule and our team is coming together at the right time. We are as healthy as ever and anticipate a strong dual meet season. Joe Stolfi is back in the lineup and it's nice to have our bookends healthy and hungry.

I am thrilled to announce that this group of young men achieved a term GPA of 3.29 and our cumulative GPA currently stands at 3.21. These guys understand the importance of balance and structure with their social, academic, and athletic lives. They are living out their dream of the best of both worlds that Bucknell offers academically and athletically.

This is a very important time of the season. Our goal is to achieve both individual and team success by March. Our preparation is geared toward our individuals as far as continued skill development through repetition and getting them to feel their best mentally and physically as we approach March. Team practices become shorter and individual instruction and workouts increase.

Please check out our schedule and hopefully you can make the trip to Lewisburg for our remaining home match this Sunday (Jan. 31) or visit us on the road as we close out our dual meet schedule.

Thank you for your continued support!

My best,

Dan Wirnsberger  
Head Wrestling Coach



### Bison Wrestling Contact Information

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## WRESTLING & LIFE

By Paul Petrov '16

The great thing about wrestling at Bucknell is opportunity. Not only have I had the opportunity to wrestle at the Division I level, but I also have had the opportunity to attend an elite academic institution. As a result, I have constantly been faced with challenges on and off the mat. However, the challenges that I have dealt with and have overcome on the mat have helped me become a better person off the mat.



This sport has been a part of my everyday life and has contributed to who I am today. Through the sport of wrestling, I have become a more disciplined person and have learned that hard work truly pays off. To be successful in this sport, you have to put a lot of hard work in. You also may have to do things that you may not necessarily want to do, but in the end know that you are giving yourself the best opportunity to succeed. This is how I try to approach my life outside the wrestling room, which has made every other aspect of my life much easier.

Without these skills, I believe the academic demands of Bucknell would be much more difficult. I do not think I would have been able to manage my busy academic and athletic schedule. I also do not think I would have been able to put in as much time into my studies as I do.

See PETROV, page 2

## PETROV, from page 1

Wrestling has made working hard normal to me. I have become accustomed to it. It is natural to me. I know when I am cheating myself, and I hate it. I always try to push myself as hard as I can and give 100% effort all the time no matter how I feel or what I am doing.

For this reason, I attribute my success off the mat to wrestling. I am thankful for my parents for introducing me to this sport at such a young age and am glad that I have continued to pursue it at the college level. I am especially grateful that I have had the opportunity to wrestle at Bucknell because it has helped shape me into the person I am today. Wrestling at Bucknell has prepared me for the rest of my life and any challenge that I will face in the future.

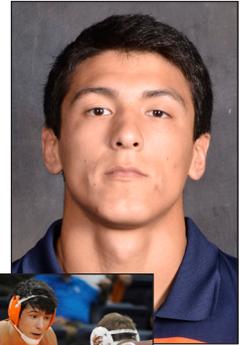


## 2016 BUCKNELL WRESTLING GOLF OUTING

The annual Bucknell Wrestling Golf Outing is set for Friday, May 13th. New to this year's event, we will be partnering with Nested Savings, an organization that works to create business opportunities in rural African communities. If you or someone you know may be interested in golfing or becoming an event/hole sponsor, please contact Assistant Coach, Kevin LeValley via email: [kll011@bucknell.edu](mailto:kll011@bucknell.edu) or phone: (719)771-0160.

# BROTHERLY LOVE FROM VICTOR LOPEZ

A Poway, California native, Victor Lopez doesn't always get the chance to wrestle in front of his family. However, at the Cliff Keen Las Vegas Invitational, the Lopez family was in the stands cheering him on. Victor's younger brother, Nicholas (age 12) just may be the next big thing to come out of the powerful Poway program. In the midst of a successful junior season, Victor took some time to make this list for his younger brother.



### *"For My Brother", by Victor Lopez*

**1. Adjust** - Always realize your position in the match and figure out what you need to do to improve your position.

**2. Improve** - Know what you are good at as well as what you are bad at. Perfect what you are good at and improve on what is more difficult.

**3. Learn** - Never stop learning. There is much to learn in the sport of wrestling and many people to learn it from, so be open to other perspectives.

**4. Attitude** - Your attitude will control the outcome of your match way before it is over. Always believe that you can win no matter what happens.

**5. Body Language** - Don't argue with the referee, let your coach take care of that. All that you can do is control yourself and the way people view you. If you look broken, your opponent will feed off of this and try to finish you off. Stand tall and look ready at all times.

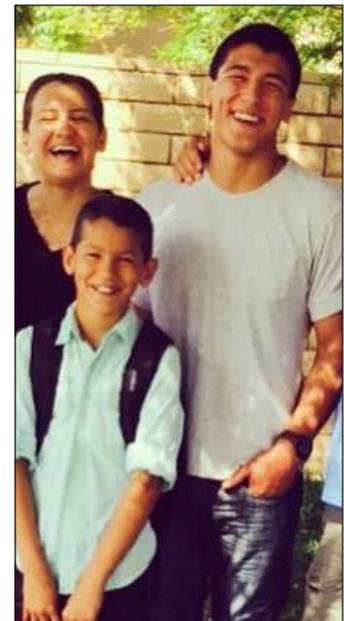
**6. Confidence** - Know that as a wrestler, you have to do things many others would not be willing to do. With that alone, you are a part an elite group of people. Also know that you can beat anyone that steps out on the mat with you.

**7. Discipline** - You must be able to practice discipline in all aspects in your life; from what you put in your body to how many hours you put in into your homework.

**8. Perfect Practice** - The way you practice is the way you will compete in a match.

**9. Well-Balanced Life** - Take care of things right away, don't let problems loom around in your mind for too long. These problems could impact your attitude in practice or in competition and distract you from your goal in that moment.

**10. Hang Around the Right People** - Hang out with people that are going to bring you up. Don't surround yourself with people that have negative attitudes because their comments can infect your mind.



# MEET FRESHMAN D.J. HOLLINGSHEAD

## What solidified your decision to wrestle for Bucknell?

Bucknell's excellent academic reputation, especially in business, along with its elite wrestling program, staff, and beautiful campus made the decision easy for me.

## What is your favorite thing to do when you aren't training?

When I'm not training, I like hanging out with friends. But off campus, I like to fish and go 4-wheeling.

## What are your wrestling goals for this season?

I want to solidify my spot as the 165lb starter, qualify for nationals and become an All-American.

## Where do you need to improve to achieve those goals?

I must continue working hard to make gains in all areas such as strength and technique.

## Who is your favorite wrestler to watch?

I love watching the "magic man," David Taylor, wrestle.

## What are your expectations for the team this year?

I think as a team, we can go on a run and win the remainder of our dual meets, resulting in a Top-20 team ranking.



## BISON IN THE RANKINGS

January finds 5 individuals as well as the team ranked in various national polls:

**125: Paul Petrov** (Wrestling Report 11th, FLO 11th, Intermat 10th)

**141: Tyler Smith** (Wrestling Report 17th)

**174: Rustin Barrick** (Wrestling Report 21st, Intermat 20th)

**184: Tom Sleigh** (Wrestling Report 23rd)

**285: Joe Stolfi** (Wrestling Report 7th, FLO 16th, Intermat 8th)

**Team:** (28th Wrestling Report Tournament Rankings)

## 2015-16 SCHEDULE/RESULTS

Nov. 6	#7 Lehigh*	Lewisburg, Pa.#	L, 23-12
Nov. 13	F & M*	Lancaster, Pa.	W, 33-3
Nov. 15	Michigan State Open	East Lansing, Mich.	Ind.
Nov. 21	Navy Classic	Annapolis, Md.	7th of 10
Dec. 4	Cliff Keen Invit.	Las Vegas, Nev.	18th of 40
Dec. 5	Cliff Keen Invit.	Las Vegas, Nev.	10th of 40
<b>Dec. 19</b>	<b>Gardner Webb</b>	<b>Lewisburg, Pa.</b>	<b>W, 22-16</b>
Dec. 29	Lock Haven Classic		4th of 16
<b>At Virginia Duals, Hampton, Va.</b>			
Jan. 8	vs. The Citadel		W, 32-9
Jan. 8	vs. #5 Virginia Tech		L, 24-6
Jan. 8	vs. Kent State		L, 22-17
Jan. 9	vs. Rider		W, 28-13
<b>Jan. 15</b>	<b>Oklahoma</b>	<b>Lewisburg, Pa.#</b>	<b>L, 23-21</b>
<b>Jan. 21</b>	<b>Lock Haven</b>	<b>Lewisburg, Pa.</b>	<b>W, 24-13</b>
<b>Jan. 23</b>	<b>Brown*</b>	<b>Lewisburg, Pa.#</b>	<b>W, 27-15</b>
<b>Jan. 23</b>	<b>Harvard*</b>	<b>Lewisburg, Pa.#</b>	<b>L, 26-21</b>
<b>Jan. 31</b>	<b>Bloomsburg</b>	<b>Lewisburg, Pa.</b>	<b>2:00 p.m.</b>
Feb. 7	Sacred Heart*	Fairfield, Conn.	4:00 p.m.
Feb. 13	American*	Washington D.C.	11:00 a.m.
Feb. 13	George Mason	Fairfax, Va.	3:00 p.m.
Feb. 14	Penn*	Philadelphia, Pa.	3:00 p.m.
Feb. 19	Binghamton*	Vestal, N.Y.	TBA
Feb. 20	Columbia*	New York, N.Y.	1:00 p.m.
Mar. 5	EIWA's	Princeton, N.J.	All Day
Mar. 6	EIWA's	Princeton, N.J.	All Day
Mar. 17-19	NCAA's	New York, N.Y.	All Day

\* Conference Match

# - Sojka Pavilion

Home Matches in Bold

## 100 WINS FOR STOLFI & PETROV

Earlier this season, Joe Stolfi became the seventh wrestler in Bucknell history to reach 100 career wins when he defeated George Mason's Gary Miltenberger at the Lock Haven Classic. Already the owner of Bucknell's career pins record, Joe has moved up to fifth place on Bucknell's all-time victory list with 110.

And just last weekend, Paul Petrov joined Joe in the exclusive 100-win club with his victory against Brown. He is now a team-best 23-4 this season and owns a 101-34 career mark.

Congratulations to both of these outstanding Bison wrestlers!





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## YOUR SUPPORT MATTERS TO BISON WRESTLING!



Dear Friend of Bison Wrestling:

Energy, passion, and togetherness have been the hallmarks of the Bucknell Wrestling Program for many years. This has been true not only for the wrestlers on the mat, but for the group of supporters who have helped our program each year. As most of you know, the University budget covers only a fraction of the operating expenses to run a competitive Division I wrestling program.

We have been given a fundraising goal of \$110,000 to meet our program's budgetary needs. This money is spent in the 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. As you know, student-athlete recruitment is a year-round and highly competitive and intensive process that is of essential importance in fielding successful teams. In addition, we feel it is important to be able to travel safely, stay in quality hotels, and feed our wrestlers appropriately when we travel.

Our program needs your financial support to continue in our quest for excellence. Your earmarked contribution for wrestling to the Bison Club will help make this a reality. We hope we can count on 100% participation from everyone on our support team. Thanks in advance for your assistance! --- 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](http://www.BucknellBison.com).