

# “GRAPPLER REPORT”

THE OFFICIAL NEWSLETTER OF  
THE BUCKNELL WRESTLING PROGRAM



SEPTEMBER 2016 • VOL. 9, NO. 1 • LEWISBURG, PA 17837

## A NOTE FROM HEAD COACH DAN WIRNSBERGER



Dear Alumni, Family, and Friends,

I hope that this note finds you well. It's was a quick summer and it's hard to believe that a month of the new school year has already passed us by. The wrestling season is upon us. We are coming off another record breaking year, both academically and athletically. Twenty-four of twenty-eight of our wrestlers had over a 3.0 GPA last spring, with 13 making the Dean's List, WOW!

There are a lot of fantastic things to talk about with our program. First and foremost, we have officially moved into the Graham Building. This building is home to our new, state-of-the-art wrestling-specific training center. It is a significant upgrade, and is considered one of the nicest wrestling facilities in the country. There is no doubt that this building is vital to our future success both on and off the mat.

The Graham Wrestling Training Center will house our largest roster since the reinstatement of the program. We will begin this academic year with thirty-five wrestlers on the roster. This says a great deal about both retention and bringing the right type of student-athlete to Bucknell. This roster size will provide much needed depth and will make the practice room even more competitive.

We will continue to challenge our team with another competitive schedule. Our year is hi-lighted by a November 6th trip to Oklahoma State. Five days later (November 11th) we will travel to Lehigh. There will be plenty of challenges throughout the season, helping to prepare us to host the EIWA Championships in Sojka Pavilion on March 3rd and 4th. We look forward to building on the success we have had over the past couple years, and once again bring home a trophy from the EIWA Championships.

Another subject that needs pointed out is the addition of the Buffalo Valley Regional training Center (BVRTC). There is no doubt that this will allow us to take our program to another level. It creates opportunity for senior level athletes to train and compete to make World and Olympic teams. This endeavor will need support and funding. More detailed information is laid out further in this newsletter.

We are also excited about the addition of our new volunteer assistant coach and BVRTC resident athlete, Dan Neff. Coach Neff joins us from Lock Haven University, where he was a 2015 NCAA All-American at 141 pounds. He will spend a lot of time developing our light weights.

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. GO BISON!

My best,

Dan Wirnsberger  
Head Wrestling Coach

## DAN NEFF JOINS STAFF AS VOLUNTEER ASSISTANT COACH



Bucknell Wrestling is excited to announce the addition of Dan Neff as volunteer assistant for the 2016-2017 season. A 2015 NCAA

All-American at 149 pounds and four-time NCAA Qualifier at Lock Haven University. Neff was a 2016 Eastern Wrestling League champion, and compiled an impressive career record of 109-46, which places him 11th on the Lock Haven career wins record board. Prior to his time at Lock Haven, Neff was a 2011 Pennsylvania State Champion for Solanco High School.

In addition to his duties as volunteer assistant, Neff will represent the Buffalo Valley Regional Training Center as a resident athlete, where he will train and compete to represent the United States at the World and Olympic Level.

According to Head Coach Dan Wirnsberger, "I am thrilled to welcome Coach Neff to the Bucknell Wrestling Family. His passion for the sport and unique style are sure to provide an immediate impact on Bucknell's light weights."

## Bison Wrestling Contact Information

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**Volunteer Coach:** Dan Neff ..... E-Mail: danielneff149@gmail.com  
**Web Site:** www.bucknellbison.com

## RECORD TURNOUT FOR 9/11 HEROES RUN

In just its' second year, the 9/11 Heroes Run with Bucknell Wrestling and the Travis Manion Foundation attracted 164 participants and over 30 volunteers, raising more than \$5000 in proceeds for the Travis Manion Foundation.

While our entire roster helped to put on the event, five student-athletes: Grim Gonzalez, Victor Lopez, Ben Bliss, Tom Sleigh, and Tyler Smith worked together as members of the 9/11 Heroes Run Committee. This committee worked diligently to plan and promote the event throughout the summer and early fall.

These efforts helped to encourage several large groups to participate in the event, including Bucknell Women's Lacrosse, Bucknell Men's Lacrosse, Bucknell Baseball, and Danville High School Field Hockey.

Bucknell Alumni and two-time All-American, Andy Rendos '10 attended the event for the second straight year. He and his wife, Chelsey completed the 5k while pushing their newborn daughter, Audrey Ann in a stroller.

Travis Manion Foundation (TMF) empowers veterans and families of fallen heroes to develop character in future generations. In 2007, 1stLt Travis Manion (USMC) was killed in Iraq while saving his wounded teammates. Today, Travis' legacy lives on in the words he spoke before leaving for his final deployment, "If Not Me, Then Who..." Guided by this mantra, veterans continue their service, develop strong relationships with their communities, and thrive in their post-military lives. As a result, communities prosper and the character of our nation's heroes live on in the next generation.



## ZACH VALLEY'S SUMMER INTERNSHIP IN GERMANY

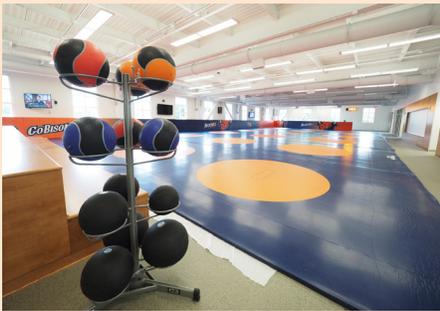
*Rising junior Zach Valley had a very unique summer internship. This is what he had to say about his experience:*

This summer I was blessed with an opportunity unlike any other. From May 12th through the July 11th, I interned with the German branch of MC2, an international tradeshow company. During my time abroad I learned a vast amount about the industry of trade, and everything that goes into tradeshows. Throughout the two months I spent with the company, I was assigned many different tasks, all of which I completed to the best of my ability and with 110% effort.

On May 12th, I landed in Düsseldorf, Germany at 7:40 AM, where I was greeted by an employee of the company who drove me directly to the office to begin my first day of work. For the following three weeks I worked every day, working up to 17 hours on the busiest days. It was not easy adjusting to the culture and language with so little time away from work, but wrestling has taught me to be disciplined and determined. With these traits I was able to immerse myself in both the culture and the language. Fortunately, I am a German minor, and with the two semesters of German courses under my belt, I was able to quickly excel in speaking the foreign language.

On July 11th, I returned to the United States. In just two short months, I worked in cities throughout Germany, France, and Switzerland. In addition, I was able to travel to Ibiza, Spain and Torún, Poland where I met many new people and learned about their unique cultures. This opportunity was unimaginable for me until it came to life. I was able to use the skills that I have learned as a student-athlete at Bucknell to make the most of my journey, and I return with new skills and knowledge that I am sure will benefit both Bucknell University and Bison Wrestling.

## BUFFALO VALLEY REGIONAL TRAINING CENTER UPDATE



In April's newsletter, we introduced the Buffalo Valley Regional Training Center as an officially recognized regional training site by USA Wrestling. As the Buffalo Valley Regional Training Center continues to develop, we have two exciting announcements. First, the Buffalo Valley Regional Training Center is now a non-profit, 501(c)(3) tax exempt organization. Second, the official website of the Buffalo Valley Regional Training Center is up and running. Please visit <http://www.bvrvc.com> for more information, and be on the lookout for more updates in the coming months! Coach Wirnsberger and his staff have begun and will continue to pursue communications on annual program contributions and additional financial support of the Buffalo Valley Regional Training Center.

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



## A SUMMER WITH SOPHOMORE BEN BLISS



*Rising sophomore Ben Bliss had a busy summer doing research and training here at Bucknell. Here is what he had to say:*

***You just spent a full summer on campus. Can you describe your typical week at Bucknell during the summer?***

My typical week day during the summer usually began at 5:15 am, when I made breakfast and had a quick cup of coffee before a lift at 6. I worked in the Environmental Geology research lab for about six hours before wrestling practice in the afternoon. I tried to get four to five hard cycling workouts in per week, which usually lasted between two and three hours in the evenings. On Friday nights, I went to the local theater to see a movie. On the weekends I tried to get out for a longer bike ride and then relax with a book.

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

I love reading, so when I'm not wrestling, I'll probably be somewhere reading Harry Potter or Game of Thrones. I love cycling as well, and try to do that as much as possible.

***As a rising sophomore, what are your personal goals/expectations for the coming season?***

My goals this year include winning the EIWA championships, both individually and as a team, and achieving All-American status.

***What advice would you give to our incoming freshman?***

Get ready for the hardest year of your life (both physically and mentally) as D1 wrestling and Bucknell's academics are at a much higher level than high school. Remember that getting better is a process and does not happen without plenty of setbacks along the way.

***What do you like most about Bucknell in regard to academics?***

I have developed relationships with all of my professors here at Bucknell. I try to stop by each of their offices at least once a week to have a chat with them. It is a really rewarding and fun experience that I think would be hard to replicate at a larger school. Departments here are generally small, so you get to know other students and faculty really well. I find that there is also an incredible amount of opportunity at this school if you look for it and work hard.

***Where do you see yourself in five years? Ten?***

Five years from now I could see myself teaching high school science and coaching wrestling, or working in the field of Geology somewhere (preferably in Vermont, as I'd like to move back there after school). As long as I have a good job that I like, I don't really mind. In 10 years I'll probably have started a family.

## 2016-17 SCHEDULE

|   |                      |                        |                   |
|---|----------------------|------------------------|-------------------|
| Nov. 6  | Oklahoma St.         | Stillwater, Okla.      | TBA               |
| Nov. 11                                       | Lehigh*              | Bethlehem, Pa.         | 7:00 p.m.         |
| Nov. 19                                       | Navy Classic         | Annapolis, Md.         | All Day           |
| Dec. 2  | Cliff Keen Invit.    | Las Vegas, Nev.        | All Day           |
| Dec. 3  | Cliff Keen Invit.    | Las Vegas, Nev.        | All Day           |
| Dec. 17                                       | Gardner Webb         | Boiling Springs, N.C.  | TBA               |
| <b>Jan. 10</b>                                | <b>F &amp; M*</b>    | <b>Lewisburg, Pa.</b>  | <b>7:00 p.m.</b>  |
| <b><u>At Virginia Duals, Hampton, Va.</u></b> |                      |                        |                   |
| 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.        |
| <b>Jan. 27</b>                                | <b>Penn*</b>         | <b>Lewisburg, Pa.</b>  | <b>7:00 p.m.</b>  |
| Jan. 29                                       | Bloomsburg           | Bloomsburg, Pa.        | 2:00 p.m.         |
| <b>Feb. 3</b>                                 | <b>American*</b>     | <b>Lewisburg, Pa.#</b> | <b>7:00 p.m.</b>  |
| <b>Feb. 4</b>                                 | <b>Sacred Heart*</b> | <b>Lewisburg, Pa.</b>  | <b>12:00 p.m.</b> |
| <b>Feb. 10</b>                                | <b>Binghamton*</b>   | <b>Lewisburg, Pa.</b>  | <b>7:00 p.m.</b>  |
| Feb. 12                                       | Army West Point*     | West Point, N.Y.       | 2:00 p.m.         |
| <b>Feb. 17</b>                                | <b>Columbia*</b>     | <b>Lewisburg, Pa.</b>  | <b>7:00 p.m.</b>  |
| <b>Mar. 3</b>                                 | <b>EIWA's</b>        | <b>Lewisburg, Pa.#</b> | <b>All Day</b>    |
| <b>Mar. 4</b>                                 | <b>EIWA's</b>        | <b>Lewisburg, Pa.#</b> | <b>All Day</b>    |
| Mar. 16-18                                    | NCAA's               | St. Louis, Mo.         | All Day           |

\* Conference Match

# - Sojka Pavilion

Home Matches in Bold



**Jr. Tyler Smith**  
141



**Jr. Tom Sleigh**  
184



**Sr. Victor Lopez**  
149



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## BUCKNELL WRESTLING'S NEW HOME - THE GRAHAM BUILDING

The Graham Building, which houses a wrestling training center and campus health and wellness center, opened its doors in the summer of 2016. The 36,000-square-foot facility is centrally located on campus adjacent to Sojka Pavilion.

Named in honor of lead donor and former Bison wrestler Bill Graham '62, the building serves as a resource to the entire campus. The first floor is the home for Bucknell Student Health, the Counseling and Student Development Center, Bucknell Nutrition, Physical Therapy, and the Be Well Program.

The Graham Wrestling Center is located on the upper level. The area includes ample wrestling space featuring video-replay technology, weight room, coaches' offices, locker rooms, athletic training suite, and team study area. Click on this link to get a video tour of the facility: [http://www.bucknellbison.com/mediaPortal/player.dbml?id=5603747&db\\_oem\\_id=32100](http://www.bucknellbison.com/mediaPortal/player.dbml?id=5603747&db_oem_id=32100)

