

“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 well and enjoying the beginning of a happy and successful 2017. We are now deep into the season and it is hard to believe that we are only a couple of weeks away from hosting the EIWA Championships.

Our team continues to perform well both academically and athletically. Our overall team GPA for the fall semester was a 3.2 and we are riding a nine match winning streak. Our young student-athletes are developing and gaining valuable experience, which has given them confidence in the competition arena. There is no doubt that our early season schedule and the challenges we faced throughout November and December have helped prepare our student-athletes to feel and perform their best in February and March. We look forward continuing the tradition of bringing home a trophy from the EIWA Championships, and expect to place multiple student-athletes on the podium at NCAA's.

In closing, I hope to see many of you in Lewisburg at the EIWA Championships on March 3rd and 4th. Thank you for your continued support and loyalty to the Bucknell Wrestling family. GO BISON!

My best,

Dan Wirnsberger
Head Wrestling Coach



VICTOR LOPEZ GARNERS 100th CAREER WIN



In dominant fashion, Senior Victor Lopez recently earned his 100th career win on Friday, February 4th in Sojka Pavilion. Lopez, who is one of three Bison to be nationally ranked, became just the ninth wrestler in program history to reach 100 career wins with a 17-2 victory over Sacred Heart's Paul Curtin.

Lopez is now 101-49 in his career and is just five victories behind eighth place on the program's career wins list.

THE DAY OF GIVING IS COMING!

The chance for you to maximize your gift to Bucknell Wrestling is coming soon! Stay tuned for more information on the BISON MARCH FOR EXCELLENCE ... a 24-hour day of giving to Bucknell Athletics from 12:00 noon on March 21 to 12 noon on March 22.

Any gift to wrestling during that time period will help the program potentially earn extra support in the MARCH FOR EXCELLENCE challenge. Go Bison!

Bison Wrestling Contact Information

Head Coach: Dan Wirnsberger Phone: 570-577-1035
E-Mail: djw020@bucknell.edu
Assistant Coach: James Gibson Phone: 570-577-1755
E-Mail: jmg059@bucknell.edu
Assistant Coach: Kevin LeValley '11 Phone: 719-771-0160
E-Mail: kl1011@bucknell.edu
Volunteer Coach: Dan Neff E-Mail: danielneff149@gmail.com
Web Site: www.bucknellbison.com

BUCKNELL WRESTLING GOLF OUTING: FRIDAY, MAY 12

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 the coming weeks. 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.



BRANDON STOKES '20 --- THE BALANCE

As an incoming freshman looking forward to the big step from high school into college, I found myself very overwhelmed by the vast number of changes I would now have to take on as part of my life. Coming from nearby Milton Pennsylvania, I thought it wouldn't be that hard to transition into the next phase of my life.

I knew I wanted to attend Bucknell from an early age because of the prestigious academic rigor as well as the many campus activities and events that it presented as a school. I decided that I wanted to wrestle in college about half way through my junior year as opposed to play football or baseball. This decision surprised people in my hometown, as many thought baseball was the sport that I excelled at the most. Most people, however, didn't understand that maybe the sport I was best at didn't teach me the most about myself as a person.

Wrestling taught me things about myself and helped me to do things that I never even knew I could do. Wrestling is the most physically demanding sport in my opinion, but what makes it the most difficult is the mental toughness and the discipline required to succeed.

From an early age, my parents signed me up for wrestling and I grew to love it. As a youth wrestler, I would've said that I was average, but always trying to learn the sport. When junior high rolled around, I had gained more knowledge in the sport and my coaches looked to me as a leader. This transitioned into high school as well. Throughout my high school career, coaches looked to me to always provide a leadership role, and I loved it.

As I aspired to wrestle in college, I flashed back to my youth where I dreamed about attending Bucknell and perhaps joining a wrestling team that boasted a very impressive showing at the conference tournament the past few years (not to mention the brand new, state of the art wrestling facility provided by Mr. Graham). As soon as I met the guys on the team and saw the impressive new wrestling room I knew I could see myself wrestling here for the next four years.

Once I stepped foot on campus, classes started and so did wrestling workouts. I quickly realized how much more difficult and demanding being a Bucknell student-athlete was than high school. Time management was crucial. I was taking tough classes like Biology and Calculus as well as wrestling (which is relatable to a full-time job if you want to be successful).

The balance that I needed to find to reach where I wanted to reach was very vague at the beginning of the year, but with the help of the guys on the team and the coaches it was very easy to find a plan and set it into motion. I cannot be more thankful that I chose a school that would challenge me to test my limits as opposed to a school where I could coast through and not experience struggle. Because ultimately, our experiences shape who we are and these struggles have molded and shaped me into the man I am today.



NICK STEPHANI '19 --- OPPORTUNITY

Wrestling has been a major part of my life since I was a little kid and it has taken me places I wouldn't have otherwise gone. In high school my travel was limited, but wrestling in college has provided me a unique opportunity. I've had the privilege to travel across the country with this team and I am grateful for that. Wrestling for Bucknell has allowed me to see many other campuses and towns. I even got the chance to wrestle in Las Vegas. Travelling with this program has opened my eyes up to how vast the world is beyond the small town where I grew up.

Along with the opportunities presented to me through wrestling, Bucknell has provided me with some I could have never imagined. The connections this university has and the reputation this place holds is second to none. I chose to take up Civil Engineering as my field of study and could not be happier with my choice.

This past summer I received an internship with Dalrymple Gravel & Contracting, a road construction company and got to see firsthand what I could possibly be doing for a job. While working under Matt Stephenson and Margaret Collins at Dalrymples, I mainly helped with the construction and planning of small projects in the northern tier of New York and Pennsylvania. I spent most of the summer working on route 6 in Wellsboro, Pennsylvania. We added a turning lane just outside of town. I also had the opportunity to work with our local PennDOT district and some of the inspectors. I learned a lot from that internship and hope to continue working there this summer.

This past semester I got to see another construction project. The American Society of Civil Engineers, headed by Professor James Orbinson and Professor Kelly Salyards, at Bucknell took a trip down Route 15 to Selinsgrove to tour the construction of the Panda-Hummel Power Station. That construction project absolutely blew my mind. The amount of coordination and money required for that project was unimaginable. This project is one of many types of construction that I could possibly be a part of in the future.

Wrestling at Bucknell and a Bucknell education have and will continue to open doors for me. I take pride in attending such a world class university and look to take full advantage of the opportunities presented to me in the coming years. I know that I have and will have opportunities here that I wouldn't receive anywhere else. This university is a great place to get an education and I couldn't ask for a better opportunity to work towards a great career.

ALUMNI SPOTLIGHT WITH JOHN GARDNER '72



Every so often, Bucknell wrestling alum John Gardner sees a familiar face walk into his shop. He prides himself on his ability to recognize old teammates that he hasn't seen since his days on the mat, wrestling anywhere from 126 to 158 pounds for former coach Bill Schumacher in the early 70's.

John's shop, The Lewisburg Studio has been a staple on Market Street since he purchased the studio and camera store in 1980. Although he was new to photography, the reasoning behind the Lewisburg Studio's success becomes very clear after a few minutes of conversation with John, as he states, "I love people, I love art, I am a natural learner, and I take risks."

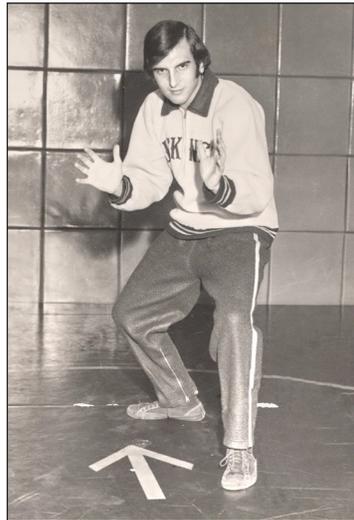
Growing up in Clarkes Summit, PA John didn't start wrestling until the 9th grade when his dad took him to a wrestling tournament without his mother's approval. In the 11th grade John enrolled in the Phillips Exeter Academy, a decision that helped to prepare him for the rigor of a Bucknell education.

At Bucknell, John earned an undergraduate degree in Psychology, a minor in German, and a master's degree in Educational Psychology. In addition to wrestling, John was a founding member of Bucknell's Rugby club. Despite his stature, John credits wrestling to his Rugby success, as he recalls, "I wasn't afraid of anybody".

After Bucknell, John's adventurous personality led him to Europe, where he studied at the University of Heidelberg, Germany where he played Rugby for two years and was a starter for the team that won the University National Championship.

Upon his return to the U.S., John briefly taught in Bucknell's Education Department and worked as a school psychologist for a time before ultimately deciding to stay in Lewisburg and purchase his shop. Three decades later, the Lewisburg Studio caters to the needs of businesses and individuals throughout the region.

So the next time you are in town, take a minute to stop by the Lewisburg Studio, there's a good chance John Gardner will recognize you.



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	NTS
Jan. 10	F & M*	Lewisburg, Pa.	W, 33-6

At Virginia Duals, Hampton, Va.

Jan. 13	vs. Campbell	Hampton, Va.	W, 23-15
	vs. #19 Arizona St.	Hampton, Va.	L, 29-10
	vs. #24 Virginia	Hampton, Va.	L, 27-9
Jan. 14	vs. Chattanooga	Hampton, Va.	W, 20-17

Jan. 21	Harvard*	Cambridge, Mass.	W, 24-16
Jan. 22	Brown*	Providence, R.I.	W, 25-15
Jan. 27	Penn*	Lewisburg, Pa.	W, 22-13
Jan. 29	Bloomsburg	Bloomsburg, Pa.	W, 33-6
Feb. 3	American*	Lewisburg, Pa.#	W, 29-4
Feb. 4	Sacred Heart*	Lewisburg, Pa.	W, 31-9
Feb. 10	Binghamton*	Lewisburg, Pa.	W, 33-7
Feb. 12	Army West Point*	West Point, N.Y.	W, 22-16
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

BUFFALO VALLEY REGIONAL TRAINING CENTER UPDATE

In his first competition of 2017, assistant coach and BVRTC resident athlete, Kevin LeValley, brought a 74kg Gold medal back to Lewisburg from the Dave Schultz Memorial International! This qualifies LeValley for the 2017 World Team Trials, which will be held in Lincoln, Nebraska this June. BVRTC resident athlete Dan Neff also competed in the event, and continues to gain valuable experience while developing his freestyle skill set.

Both LeValley and Neff will compete in the U.S. Open this April, with Neff looking to punch his own ticket to the 2017 World Team Trials.

With 2017 in full swing, the Buffalo Valley Regional Training Center seeks your support. Please visit <http://www.bvrtc.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 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.



Wrestling Office
Bucknell University
One Dent Drive
Lewisburg, PA 17837

DREW PHIPPS '20 --- TWO GOALS



Coming to Bucknell as a freshman student/athlete, I have two main goals that I would like to complete before my four years are up. One of these goals is focused around academics and the other athletics.

Focusing on the academics, I want to graduate from Bucknell with high academic standings and a great degree that will help me get a secure a job for the future. Bucknell's outstanding academic programs were one of my top reasons for choosing Bucknell over a couple of other schools.



Focusing on wrestling, I want to become an All-American and eventually a National Champion for the Bison. Since I was young, one of my biggest dreams has always been to stand on that NCAA podium in March. Now that my opportunity to achieve this dream is finally here, I will do everything in my power to accomplish it. With a great coaching staff and tough workout partners, I know that all the resources to accomplish this dream are standing right in front of me.

I already feel like I have made huge gains since high school, and at a slightly lighter weight than I was at high school, I feel a lot quicker, smoother, and agile in my wrestling. Despite having some tough practices and setbacks where I'm not competing my best or performing how I believe I should, I always just get back up and keep the big picture in mind of making it on the podium in

March. I find that this always helps me to put the past behind me and focus on wining the next drill. Having so many great partners in the room always challenges me and pushes me to compete as hard as possible.

There is no doubt that many of the coaches and upperclassmen have made a huge impact on me. Not just in wrestling practice, but also with things such as lifts, runs, and even school work. They are always there to give me a piece of advice, even if it is something as small as helping me choose what classes to take or how to fine tune one of my techniques. I have had nothing but great experiences so far at Bucknell and have only high expectations and goals moving forward.