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WRESTLING

**BEAU
BARTLETT**
141

**PENN
STATE**

**PENN
STATE**

LEHIGH

**SUNDAY
DECEMBER 3
2 PM**

REC HALL

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2023-24 PENN STATE WRESTLING INDIVIDUAL RECORDS & STATS - 0-0 OVERALL, 0-0 B1G, 0-0 HOME, 0-0 ROAD, 0-0 NEUTRAL

Wrestler, Wt.	Overall Record	Collegiate Record	Dual Record	Big 10 Dual Record	Dual Pts. For/Against	SV W-L	TB W-L	MD W-L	TF W-L	Pins W-L	Fastest Fall
Donovan Ball, 184	1-2	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Josh Barr, 184	7-0	0-0	0-0	0-0	0/0	0-0	0-0	2-0	2-0	0-0	----
Terrell Barraclough, 165	6-1	0-0	0-0	0-0	0/0	1-0	0-0	2-0	0-0	1-0	7:20
Beau Bartlett, 141	7-0	0-0	0-0	0-0	0/0	2-0	0-0	1-0	0-0	4-0	1:29
Brian Borden, 174	3-2	0-0	0-0	0-0	0/0	0-0	0-0	1-1	0-0	0-0	----
Aaron Brooks, 197	3-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	1-0	2-0	2:33
Lucas Cochran, 184/197	2-1	0-0	0-0	0-0	0/0	0-0	0-0	1-0	0-0	1-0	2:57
Braeden Davis, 125	7-0	0-0	0-0	0-0	0/0	0-0	0-0	2-0	3-0	0-0	----
Aurelius Dunbar, 174	2-4	0-0	0-0	0-0	0/0	0-1	0-0	0-1	0-0	0-1	----
David Evans, 141	6-2	0-0	0-0	0-0	0/0	1-0	0-1	1-0	1-0	0-0	----
Alex Facundo, 165	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
AJ Fricchione, 197/285	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Kyison Garcia, 133	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Erik Gibson, 165	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Levi Haines, 157	3-0	0-0	0-0	0-0	0/0	0-0	0-0	1-0	1-0	1-0	4:22
Imran Heard, 149	1-2	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Robert Howard, 125	3-4	0-0	0-0	0-0	0/0	1-0	0-0	0-2	0-0	1-0	4:45
Tyler Kasak, 141	3-1	0-0	0-0	0-0	0/0	0-0	1-0	2-0	0-0	0-0	----
Jack Kelly, 184	0-2	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-1	0-0	----
Greg Kerkvliet, 285	3-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	1-0	0-0	----
Joe Lee, 174	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Matt Lee, 165	5-3	0-0	0-0	0-0	0/0	0-1	0-0	2-0	0-0	2-0	2:25
Timothy Levine, 141	0-2	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Kurt McHenry, 125	1-2	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Mitchell Mesenbrink, 157/165	7-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	4-0	1-0	2:15
Aaron Nagao, 133	4-0	0-0	0-0	0-0	0/0	0-0	0-0	1-0	2-0	1-0	0:57
Connor Pierce, 149	3-3	0-0	0-0	0-0	0/0	0-0	0-0	1-0	0-0	1-0	2:07
Karl Shindledecker, 133	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Baylor Shunk, 133	2-5	0-0	0-0	0-0	0/0	0-0	0-0	1-1	1-1	0-0	----
Carter Starocci, 174	3-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	1-0	3-0	2:15
Gary Steen, 125	6-2	0-0	0-0	0-0	0/0	0-1	0-0	1-1	3-0	1-0	4:23
Bernie Truax IV, 184	3-0	0-0	0-0	0-0	0/0	0-0	0-0	2-0	0-0	0-0	----
Shayne Van Ness, 149	3-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	3-0	1:30
Marco Vespa, 125	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Sean Wang, 133	1-3	0-0	0-0	0-0	0/0	0-0	0-0	1-0	0-1	0-1	----
Branden Wentzel, 125	0-0	0-0	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Dual Forfeit losses											
TOTALS	95-41	0-0	0-0	0-0	0/0	6-3	1-1	20-6	20-3	20-2	0:57

SV - sudden victory • TB - tiebreak • MD - major decision • TF - technical fall

PENN STATE WRESTLING 2023-24 ROSTER

NAME	Wt.	YR./EL.	HOMETOWN/HIGH SCHOOL
Donovan Ball	184	Gr./Sr.	New Cumberland, Pa./Cedar Cliff
Josh Barr	184	Fr./Fr.	Davison, Mich./Davison
Terrell Barraclough	165	Sr./Sr.	Kaysville, Utah/Layton
Beau Bartlett	141	Sr./Sr.	Tempe, Ariz./Wyoming Seminary (Pa.)
Brian Borden	174	Jr./So.	Rupert, Idaho/Minico
Aaron Brooks	197	Sr./Sr.	Hagerstown, Md./North Hagerstown
Lucas Cochran	184/197	Jr./So.	Perry, Utah/Box Elder
Braeden Davis	125	Fr./Fr.	Belleville, Mich./Dundee
Aurelius Dunbar	174	Sr./Jr.	Greencastle, Pa./Mercersburg Academy
David Evans	141	Sr./Jr.	Tunkhannock, Pa./Tunkhannock
Alex Facundo	165	Jr./So.	Essexville, Mich./Davison
AJ Fricchione	197/285	Fr./Fr.	Duryea, Pa./Bergen Catholic
Kyison Garcia	133	Fr./Fr.	South Jordan, Utah/Mountain Ridge
Erik Gibson	165	Fr./Fr.	South Fork, Pa./Bishop McCort
Levi Haines	157	So./So.	Arendtsville, Pa./Biglerville
Imran Heard	149	Gr./Gr.	Pittsburgh, Pa./St. Paul's School (Md.)
Robert Howard	125	Jr./So.	Cranford, N.J./Bergen Catholic
Tyler Kasak	141	Fr./Fr.	Doylestown, Pa./Bethlehem Catholic
Jack Kelly	184	Jr./So.	Little Silver, N.J./Rumson-Fair Haven
Greg Kerkvliet	285	Sr./Sr.	Inver Grove Heights, Minn./Simley
Joe Lee	174	Sr./Sr.	Evansville, Ind./Evansville Mater Dei
Matt Lee	165	Sr./Jr.	Evansville, Ind./Evansville Mater Dei
Timothy Levine	141	Sr./Jr.	Costa Mesa, Calif./St. John Bosco
Kurt McHenry	125	Gr./Sr.	Leesburg, Va./St. Paul's School (Md.)
Mitchell Mesenbrink	157/165	So./Fr.	Hartland, Wis./Arrowhead
Aaron Nagao	133	Jr./So.	La Habra, Calif./Esperanza
Connor Pierce	149	So./Fr.	Erie, Pa./Harbor Creek
Karl Shindledecker	133	So./So.	Fayetteville, Pa./Chambersburg
Baylor Shunk	133	Gr./Sr.	Centre Hall, Pa./Penns Valley
Carter Starocci	174	Sr./Sr.	Erie, Pa./Cathedral Prep
Gary Steen	125	Jr./So.	Hermitage, Pa./Reynolds
Bernie Truax IV	184	Gr./Gr.	Oceanside, Calif./Rancho Buena Vista
Shayne Van Ness	149	Jr./So.	Somerville, N.J./Blair Academy
Marco Vespa	125	Sr./Jr.	Monroe, N.Y./Monroe Woodbury
Sean Wang	133	Jr./So.	Great Neck, N.Y./Great Neck South
Branden Wentzel	125	Fr./Fr.	Montoursville, Pa./Montoursville

Head Coach: Cael Sanderson (Iowa State '02)
Associate Head Coach: Cody Sanderson (Iowa State '00)
Head Assistant Coach: Casey Cunningham (Central Michigan '99)
Assistant Coach: Jimmy Kennedy (Illinois, '11)
Director of Operations: Adam Lynch (Penn State '10)

PENN STATE vs. LEHIGH | 12/3/23 | 2:00 P.M. -- REC HALL | UNIVERSITY PARK, PA.

WT	CONTESTANTS	CHOICE	MATCH SCORE			S.V.	1st :30	2nd :30	UTB	RIDING TIME	MATCH SCORE/FALL TIME	TEAM SCORE	
			FIRST PERIOD	SECOND PERIOD	THIRD PERIOD							HOME	VIS.
125													
133													
141													
149													
157													
165													
174													
184													
197													
285													

KEY: T2 = Takedown; E1 = Escape; R2 = Reversal; N2, N4 or N5 = Nearfall; RT1 = Riding Time; W = Stalling Warning; C = Caution; P1 = Penalty

TOTAL

POTENTIAL LINE-UPS

#1 PENN STATE NITTANY LIONS (0-0, 0-0 B1G)

WT	NAME	EL	HT/HS	REC
125	Robert Howard	So.	Cranford, N.J./Bergen Catholic	3-4
	Gary Steen	So.	Hermitage, Pa./Reynolds	6-2
	Braeden Davis	Fr.	Belleville, Mich./Dundee	7-0
133	#3 Aaron Nagao	So.	La Habra, Calif./Esperanza	4-0
141	#2 Beau Bartlett	Sr.	Tempe, Ariz./Wyoming Seminary (Pa.)	7-0
149	#2 Shayne Van Ness	So.	Somerville, N.J./Blair Academy	3-0
157	#1 Levi Haines	So.	Arendtsville, Pa./Biglerville	3-0
165	#16 Mitchell Mesenbrink	Fr.	Hartland, Wis./Arrowhead	7-0
174	#1 Carter Starocci	Sr.	Erie, Pa./Cathedral Prep	3-0
184	#2 Bernie Truax	Gr.	Oceanside, Calif./Rancho Buena Vista	3-0
197	#1 Aaron Brooks	Sr.	Hagerstown, Md./North Hagerstown	3-0
285	#1 Greg Kerkvliet	Sr.	Inver Grove Heights, Minn./Simley	3-0

#20 LEHIGH MOUNTAIN HAWKS (0-1)

WT	NAME	EL	HT/HS	REC
125	#33 Luke Stanich	Fr.	Roxbury, N.J./Roxbury	5-0
133	#5 Ryan Crookham	Fr.	Hellertown, Pa./Saucon Valley	7-0
	Connor McGonagle	Jr.	Danville, N.H./Timberlane	2-0
141	#10 Malyke Hines	Jr.	Kissimmee, Fla./Osceola	7-1
149	Matt Repos	Fr.	Palmyra, Pa./Central Dauphin	3-3
157	#24 Max Brignola	Jr.	Fair Haven, N.J./Rumson-Fair Haven	6-1
165	#32 Jake Logan	Jr.	New Rochelle, N.Y./New Rochelle	6-2
174	Thayne Lawrence	So.	Perryopolis, Pa./Frazier	2-3
184	Caden Rogers	Fr.	Lancaster, Pa./Malvern Prep	4-2
197	#10 Michael Beard	Jr.	Reading, Pa./Malvern Prep	7-1
285	#12 Nathan Taylor	So.	Brookville, Pa./Brookville	7-2

Individual Rankings listed are InterMat and Team Rankings are InterMat Tournament Power Index (as of 11/28/23)

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LUCAS COCHRAN TAKES THIRD AT MAT TOWN OPEN

Sophomore Lucas Cochran posted a 2-1 record, plus a win over a non-collegiate wrestler, to take third place at the Mat Town Open at Lock Haven on Nov. 26. Cochran majored Virginia's Krystian Kinsey and then dropped a tough 13-6 decision to #6 Jacob Cardenas of Cornell. He pinned Cayden Bevis of Binghamton (2:57) and beat a non-collegiate wrestler in the third place bout. Kurt McHenry went 1-2 at 125 and both Sean Wang (133) and Timothy Levine (149) competed as well.

FIVE NITTANY LIONS WIN TITLES AT BLACK KNIGHT INVITE; BARTLETT'S THREE PINS EARN HIM B1G W.O.W.

Five Nittany Lion wrestlers won titles at the Black Knight Invite at West Point on Nov. 19. True freshman Braeden Davis went 4-0 at 125 to win the title, including victories over No. 31 Tristan Lujan of Michigan State and No. 30 Ethan Berginc of Army West Point. Aaron Nagao went 4-0 in his Penn State debut at 133, including a pin over No. 33 Braden Basile of Army West Point in the title bout. Beau Bartlett went 4-0 with three pins to reign supreme at 141. Mitchell Mesenbrink went 4-0 at 165, including a 25-6 tech over No. 21 Brevin Cassella of Binghamton and a pin of No. 22 Anthony White of Rutgers, to win his title. True freshman Josh Barr went 4-0 at 184, including a win over No. 13 Jacob Nolan, to win the crown as well. Bartlett's three pins earned the Lion senior a share of the Nov. 21 Big Ten Wrestler of the Week honor.

12 OF PENN STATE'S 17 ENTRIES PLACE AT BLACK KNIGHT

Including the five champions listed above (Davis, Nagao, Bartlett, Mesenbrink, Barr), 12 of Penn State's 17 competitors placed at the Black Knight Invite on Nov. 19. Robert Howard went 2-2 for 4th at 125; Gary Steen went 4-1 for 5th at 125; Tyler Kasak went 3-1, losing to Bartlett in the finals, for 2nd at 141; David Evans went 4-1 for 5th at 141; Terrell Barraclough went 3-1, including a pin of No. 9 Caleb Fish of Michigan State, for 2nd at 165 (losing to Mesenbrink in the finals); Matt Lee went 3-2 for 6th at 165; and Brian Borden went 3-2 for 6th at 174.

FIVE NITTANY LIONS COMPETE AT NWCA ALL-STAR EXHIBITION, HOSTED IN REC HALL ON NOV. 21

Five Penn State Nittany Lion wrestlers competed in the 2023 National Wrestling Coaches Association All-Star Exhibition. The event took place on Tuesday, Nov. 21, in Penn State's very own Rec Hall. The exhibition was not an official NCAA event and does not count towards any competitor's win/loss record or RPI. Shayne Van Ness rolled to a 5-1 win over Arizona State's Kyle Parco at 149, Carter Starocci majored Mekhi Lewis 11-0 at 174, Aaron Brooks majored Tanner Sloan 11-2 at 197 and Greg Kerkvliet notched an 18-2 tech fall over Wyatt Hendrickson at 285.

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WHATEVER IT TAKES.



THIS WEEK'S ACTION

THIS WEEK'S ACTION:

UNIVERSITY PARK, Pa.; Nov. 29, 2023 -- The Penn State Nittany Lion wrestlers (0-0, 0-0 B1G), under the guidance of head coach Cael Sanderson, open up dual meet action this weekend, hosting Lehigh (0-1) on Sunday, Dec. 3. The dual meet, a 2 p.m. start in Rec Hall, is a Big Ten Network national telecast. All rankings listed are InterMat/InterMat TPI.

Penn State did not compete last weekend and was last in action at the Black Knight Invite on Nov. 19 and the NWCA All-Star Classic Exhibition on Nov. 21 in Rec Hall. Five Nittany Lions won titles at the Black Knight. True freshman Braeden Davis went 4-0 to win at 125, sophomore Aaron Nagao went 4-0 to win at 133 in his Lion debut, senior Beau Bartlett went 4-0 to win at 141, redshirt freshman Mitchell Mesenbrink went 4-0 to win at 165 and true freshman Josh Barr went 4-0 to win at 184. Five All-Americans competed at the All-Star exhibition in bouts that were not official NCAA results. Shayne Van Ness (149), Carter Starocci (174), Aaron Brooks (197) and Greg Kerkvliet (285) came way with big wins while Bernie Truax (184) dropped a close bout to the top-ranked wrestler at his weight class.

The Nittany Lion line-up features nine ranked wrestlers. Sophomore Aaron Nagao is 4-0, ranked No. 3 at 133 and will make his Rec Hall dual debut. Senior Beau Bartlett is 7-0 and ranked No. 2 at 141. Sophomore Shayne Van Ness is 3-0 and ranked No. 2 at 149. Sophomore Levi Haines is 3-0 and ranked No. 1 at 157. Freshman Mitchell Mesenbrink is 7-0 and ranked No. 16 at 165. Senior Carter Starocci is 3-0 and ranked No. 1 at 174. Graduate Bernie Truax is 3-0 and ranked No. 2 at 184. Senior Aaron Brooks is 3-0 and ranked No. 1 at 197. Senior Greg Kerkvliet is 3-0 and ranked No. 1 at 285.

Lehigh, ranked No. 20 in InterMat's TPI, is coming off a loss to Pitt on Nov. 19. The Mountain Hawks are being led by seven ranked wrestlers. Luke Stanich is No. 33 at 125; Ryan Crookham is No. 5 at 133; Malyke Hines is No. 10 at 141; Max Brignola is No. 24 at 157; Jake Logan is No. 32 at 165; Michael Beard is No. 10 at 197; and Nathan Taylor is No. 12 at 285. Penn State leads the all-time series with Lehigh 73-34-3, including a 24-12 win last year at Lehigh on Dec. 4, 2022. Penn State won the last meeting in Rec hall, 23-16, on Dec. 5, 2021.

The Nittany Lions continue dual meet action next weekend, hosting Hofstra in Rec Hall on Sunday, Dec. 10, for a 1 p.m. dual.

All rankings listed are InterMat individual/InterMat TPI. The 2023-24 Penn State Wrestling season is presented by the Family Clothesline. Penn State Fans are encouraged to follow Penn State wrestling via X at @pennstateWREST, on Penn State Wrestling's Facebook page at www.facebook.com/pennstatewrestling and on Instagram at www.instagram.com/pennstatewrest. This is PENN STATE. WRESTLING lives here.

2023-24 BIG TEN STANDINGS
(as of 11/27/23)

Pl.	Team	Big Ten		Overall	
		W-L-T	PCT	W-L-T	PCT
1	PENN STATE	0-0-0	.000	0-0-0	.000
	Illinois	0-0-0	.000	3-1-0	.750
	Indiana	0-0-0	.000	1-0-0	1.000
	Iowa	0-0-0	.000	3-0-0	1.000
	Maryland	0-0-0	.000	1-1-0	.500
	Michigan	0-0-0	.000	2-0-0	1.000
	Michigan State	0-0-0	.000	0-0-0	.000
	Minnesota	0-0-0	.000	4-0-0	1.000
	Nebraska	0-0-0	.000	2-0-0	1.000
	Northwestern	0-0-0	.000	0-0-0	.000
	Ohio State	0-0-0	.000	4-0-0	1.000
	Purdue	0-0-0	.000	3-1-0	.750
	Rutgers	0-0-0	.000	2-1-0	.667
	Wisconsin	0-0-0	.000	1-1-0	.500

BIG TEN WRESTLERS OF THE WEEK

- 11/7 Rocco Welsh, Ohio State
- 11/14 SHAYNE VAN NESS, PENN STATE
Dean Hamiti, Wisconsin
- 11/21 BEAU BARTLETT, PENN STATE
Yaraslau Slavikowski, Rutgers
- 11/28 TBA

HONORS WON

- BEAU BARTLETT, 141**
Big Ten Wrestler of the Week (11/21)
- AARON BROOKS, 197**
NWCA All-Star Classic Exhibition
- LEVI HAINES, 157**
NWCA All-Star Classic Exhibition
- GREG KERKVLIIET, 285**
NWCA All-Star Classic Exhibition
- CARTER STAROCCI, 174**
NWCA All-Star Classic Exhibition
- BERNIE TRUAX IV, 184**
NWCA All-Star Classic Exhibition
- SHAYNE VAN NESS, 149**
NWCA All-Star Classic Exhibition
Big Ten Wrestler of the Week (11/14)



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HONORS WON

- AARON BROOKS, 197**
NWCA All-Star Classic Exhibition
- LEVI HAINES, 157**
NWCA All-Star Classic Exhibition
- GREG KERKVLIIET, 285**
NWCA All-Star Classic Exhibition
- CARTER STAROCCI, 174**
NWCA All-Star Classic Exhibition
- BERNIE TRUAX IV, 184**
NWCA All-Star Classic Exhibition
- SHAYNE VAN NESS, 149**
NWCA All-Star Classic Exhibition



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HEAD COACH CAEL SANDERSON

THE PENN STATE YEARS

Sanderson led Penn State to a 13-6-1 dual meet record in his first season at Penn State (2009-10), much improved over the prior year's 8-12-2 mark. After a year outside the top 10, Sanderson led the Lions back to their place among the nation's elite with a ninth-place finish at the NCAA Championships and a No. 10 final dual meet ranking from the NWCA Coaches. Sanderson picked up three more All-Americans (including a national finalist) and a Big Ten Champion in younger brother, Cylar Sanderson.

In 2010-11, Sanderson reached the pinnacle of the collegiate coaching mountain by guiding Penn State through a stunning season filled with records, championships and memories that thrilled the Penn State faithful. Sanderson led the Nittany Lions to their first-ever Southern Scuffle Co-Championship and first Virginia Duals Championship since 1991. While guiding Penn State to a 6-1-1 conference mark, Sanderson equaled the highest Big Ten dual meet wins in Penn State history (1998). He led Penn State to the school's first ever Big Ten Championship and was named 2011 Big Ten Coach of the Year. He became the first coach in NCAA history to be named both the Big Ten and Big 12 Coach of the Year. Saving the best for last, he led the Nittany Lions to the 2011 NCAA National Championship in Philadelphia, Penn State's first since 1953 and Sanderson's first as a collegiate head coach.

During the 2011-12 season, the nation watched as Sanderson led Penn State to a 13-1 dual mark, including a school record 7-1 Big Ten dual record to earn a share of the 2012 Big Ten dual meet championship. Sanderson then made it two in a row by leading Penn State to the 2012 Big Ten Championship at Purdue. He was named 2012 Big Ten Coach of the Year, earning the honor for the second-straight season. Two weeks later, Sanderson led Penn State to a second-straight NCAA crown, helping Penn State to become the fifth team in NCAA history to win back-to-back titles. He was named NWCA National Coach of the Year for the second time in his career at the conclusion of the championships in Des Moines.

In 2012-13, Penn State posted an identical 13-1 mark, 7-1 Big Ten dual record and won its third-straight Big Ten Championship in Illinois in March. Sanderson earned his third-straight Big Ten Coach of the Year honor (co) in the process. Two weeks after that, Sanderson guided Penn State to a thrilling third-straight NCAA crown, helping Penn State to become just the third team in NCAA history to win three-straight team titles. At the tournament's end, he was named NWCA National Coach of the Year.

In 2013-14, Penn State went 15-1 overall and won a share of the Big Ten dual meet title with a 7-1 record. The Nittany Lions won their fourth-straight Big Ten Championship in Madison, Wisconsin, helping Sanderson win his fourth-straight Big Ten Coach of the Year honor. Two weekends later, the Nittany Lions won their fourth-straight NCAA title, becoming the third team in NCAA history to win four-straight NCAA titles.

In 2014-15, Sanderson led Penn State to an 11-4 dual meet record, a fifth-straight Southern Scuffle title, garnering five All-Americans and another individual National Champion at the NCAA Championships as Matt Brown won the 174-pound title.

In 2015-16, he added a sixth-straight Southern Scuffle championships, a third Big Ten dual meet title (co-) and the 2016 NWCA National Dual Series championship. He led Penn State to its fifth Big Ten Championship in six years in Iowa City and followed that up with his fifth NCAA National Championship in six years in New York City's Madison Square Garden.

In 2016-17, Sanderson led Penn State to its second-straight NCAA title and sixth in seven years. Penn State posted a perfect 14-0 dual meet record, won the 2017 Big Ten regular season (dual meet) title and the NWCA Dual Championship Series crown for the second-straight season. Sanderson's team posted a gaudy 35-6 record at NAAs and won five-straight individual championships to close out the national finals.

In 2017-18, Sanderson led Penn State to its seventh NCAA title in eight years and third-straight. Penn State posted a perfect 14-0 dual meet record and won the Big Ten regular season (dual meet) title yet again. Sanderson's team posted a superb 39-9 record at NAAs. Penn State ended the season riding a 45-dual win streak and set an NCAA record for attendance at an indoor dual meet with 15,998 in the BJC for a win over Iowa.

In 2018-19, Sanderson closed out a decade as Penn State's mentor by leading Penn State to its eighth NCAA title in nine years and fourth-straight for the second time in his first ten years as head coach. Penn State posted a perfect 14-0 dual meet record for the fourth-straight year, won the Big Ten regular season (dual meet) and Big Ten Tournament Championship. Sanderson's team posted a 35-11 record at NAAs and had the team title clinched before the finals began Saturday night. Penn State ended the season riding a 59-dual win streak. Sanderson was named Big Ten Coach of the Year and InterMat National Coach of the Year.

In 2019-20, the Lion mentor led the team to a 12-2 overall record and a near-perfect 8-1 Big Ten dual meet mark. Penn State dropped two duals by a total of three points. Penn State crowned two more Big Ten Champions in true freshman Aaron Brooks and senior Mark Hall. Brooks was named Big Ten Freshman of the Year. The Nittany Lions advanced seven wrestlers to the 2020 NCAA Championships before the NCAA canceled the event. The NWCA named the top eight seeds at each weight first team All-Americans after the tournament was canceled, giving Sanderson five more All-Americans.

In 2020-21, Sanderson guided Penn State through a season that was shortened and altered by the NCAA's reaction to a virus. The Nittany Lions went a perfect 6-0 in dual meets (all in the Big Ten) and earned a share of their seventh Big Ten dual meet title. Roman Bravo-Young and Aaron Brooks won Big Ten titles in the BJC and Carter Starocci was named Big Ten Freshman of the Year. Penn State took nine wrestlers to nationals and the Nittany Lions went a perfect 4-0 in the NCAA finalist in St. Louis, with Bravo-Young, Nick Lee, Starocci and Brooks all claiming their first individual titles. Freshmen Michael Beard and Greg Kerkvliet each placed seventh to give Sanderson six All-Americans for the year.

In 2021-22, the Nittany Lions roared into Detroit and claimed their ninth NCAA team title since Sanderson's arrival. Penn State, winning the 9th NCAA crown in the last 11 tournaments, brought home six All-Americans (a tournament high) and went a Penn State Perfect 5-0 in the NCAA finals (following up 2021's 4-0 run). Roman Bravo-Young, Nick Lee, Carter Starocci, Aaron Brooks and Max Dean all won individual titles while Greg Kerkvliet placed fourth. Sanderson was named 2022 NCAA Coach of the Championship by the NWCA at the conclusion of the event. The 36.5-point margin of victory over the second place team was the largest since the Lions outdistanced the field by 40 points in 2019.

In 2022-23, the Nittany Lions stormed into Tulsa, Okla., to claim their 10th NCAA title under Sanderson (and the 10th in the last 12 tournaments). The Nittany Lions crowned two more NCAA Champions (Carter Starocci and Aaron Brooks), had five NCAA finalists and eight All-Americans. Sanderson's team won the NCAA team title with 137.5 points and posted the fifth largest winning margin (55.0) in NCAA history. Penn State won the 2023 Big Ten Regular Season Championship and the 2023 Big Ten Championship by dominating the field at the Big Ten tournament in Ann Arbor. True freshman Levi Haines was named Big Ten Freshman of the Year, the third time in the last four years that a Nittany Lion has won the honor (Brooks, Starocci).

In 14 years as Penn State's mentor, Sanderson led the Nittany Lions to eight Southern Scuffle titles, nine B1G dual meet titles, seven Big Ten Championships, 10 NCAA Championships, collected 83 All-Americans, 34 National Champions, including an NCAA record-tying five in both 2017 and 2022, four Goriarian winners, five NCAA Tournament Outstanding Wrestlers, one CoSIDA Academic All-American of the Year, one NCAA Elite 89 winner, one NCAA Top 10 Award winner and five Hodge Trophy winners. Sanderson, who has coached 98 total All-Americans and 36 total National Champions (including his three years at Iowa State), grabbed his 100th win as Penn State's head coach in its 36-6 victory over Stanford in Rec Hall on 11/13/16 and his 100th Big Ten dual win as Penn State's mentor with a 23-14 win over Iowa in the BJC on 1/27/23.

MORE NOTES

SHAYNE VAN NESS RULES THE JOURNEYMEN; 3 WINS, 3 PINS, ALL IN THE FIRST PERIOD, EARNS B1G W.O.W.

Sophomore Shayne Van Ness rolled to a 3-0 record at the Journeymen Collegiate Classic on Nov. 12 in Bethlehem, Pa. All three of his wins were by fall and all three came in the first period. He pinned Army West Point's Eddie Hummel at 2:06, Bloomsburg's Cade Balestrini at 2:58 and Lehigh's Kelvin Griffin at 1:30. In all, Van Ness wrestled 6:34 minutes of a possible 21:00. He was named Big Ten Wrestler of the Week (11/14) for his efforts, sharing the honor with Wisconsin's Dean Hamilt.

NITTANY LIONS ROLL AT JOURNEYMEN COLLEGIATE

Penn State rolled to a 45-15 overall record at the Journeymen Collegiate Classic on Nov. 12 in Bethlehem, Pa. Eleven of Penn State's 20 wrestlers went unbeaten at the event (3-0). The Nittany Lions rolled up 10 pins, 11 tech falls and nine majors as well.

DAVID EVANS DOWNS #6 CJ COMPOSTO OF PENN TO TOP LIST OF NITTANY LION RANKED WINS AT JOURNEYMEN

Junior David Evans took down #6 CJ Composto of Penn in sudden victory to a 4-1 (sv) win at 141 to top the list of Penn State ranked wins at the Journeymen Collegiate Classic on Nov. 12 in Bethlehem, Pa. Evans lost a close 6-4 match to #12 Malyke Hines of Lehigh and got a medical forfeit win over #13 Vince Cornella of Cornell to go 2-1. Beau Bartlett rolled to a 15-3 major over #12 Hines as well, Carter Starocci teched #14 Nick Incontrera of Penn at 174, 21-5 (6:52), and Greg Kerkvliet rolled to a 7-2 win over #8 Owen Trephan of North Carolina State in Penn State's other top ranked wins.

2023-24 RIDGE RILEY AWARD WINNERS (home)

- 12/3 Lehigh
- 12/10 Hofstra
- 1/14 Indiana
- 2/2 Ohio State
- 2/12 Rutgers
- 2/18 Nebraska
- 2/25 Edinboro

2023-24 ERNIE LUCAS AWARD WINNERS (away)

- 1/5 Oregon State
- 1/19 Michigan
- 1/21 Michigan State
- 1/28 Maryland
- 2/9 Iowa

vs. RANKED FOES

Check here throughout the season for Penn State's dual meet results against foes ranked in the InterMat Top 25 Team TPI.

- 12/3 vs. #20 Lehigh

The mat is your happy place.

Whether you're tearing it up on the floor or rooting from the stands, every match is a chance to show off your Penn State pride. This season, Highmark Blue Shield is proud to roar alongside you and the Nittany Lions as you crush the competition.