



**AARON
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133



WRESTLING

**PENN
STATE**

INDIANA

SUNDAY
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REC HALL

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2023-24 PENN STATE WRESTLING INDIVIDUAL RECORDS & STATS -
3-0 OVERALL, 0-0 B1G, 2-0 HOME, 1-0 ROAD, 0-0 NEUTRAL

Wrestler, Wt.	Overall Record	Collegiate Record	Dual Record	Big 10 Record	Dual Pts For/Against	SV W-L	TB W-L	MD W-L	TF W-L	Pins W-L	Fastest Fall
Donovon Ball, 184	1-2	1-2	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	0-0	0-0	0-0	----
Terrell Barraclough, 165	6-1	6-1	0-0	0-0	0/0	1-0	0-0	2-0	0-0	1-0	7:20
Beau Bartlett, 141	9-0	9-0	2-0	0-0	7/0	3-0	0-0	2-0	0-0	4-0	1:29
Brian Borden, 174	3-2	3-2	0-0	0-0	0/0	0-0	0-0	1-1	0-0	0-0	----
Aaron Brooks, 197	5-0	5-0	2-0	0-0	11/0	0-0	0-0	0-0	2-0	3-0	2:33
Lucas Cochran, 184/197	2-2	2-2	0-1	0-0	0/4	0-0	0-0	1-1	0-0	1-0	2:57
Braeden Davis, 125	9-0	9-0	2-0	0-0	7/0	0-0	0-0	3-0	3-0	0-0	----
Aurelius Dunbar, 174	2-4	2-4	0-0	0-0	0/0	0-1	0-0	0-1	0-0	0-1	----
David Evans, 141/149	7-2	7-2	1-0	0-0	5/0	1-0	0-1	1-0	2-0	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	0-1	0-1	0-1	0-0	0/6	0-0	0-0	0-0	0-0	0-1	----
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	6-0	6-0	3-0	0-0	12/0	0-0	0-0	1-0	1-0	2-0	1:02
Imran Heard, 149	1-2	1-2	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Robert Howard, 125	3-4	3-4	0-0	0-0	0/0	1-0	0-0	0-2	0-0	1-0	4:45
Tyler Kasak, 141/149	5-1	5-1	2-0	0-0	6/0	0-0	1-0	2-0	0-0	0-0	----
Jack Kelly, 184	0-2	0-2	0-0	0-0	0/0	0-0	0-0	0-0	0-1	0-0	----
Greg Kerkvliet, 285	5-0	5-0	2-0	0-0	9/0	0-0	0-0	1-0	2-0	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	5-3	0-0	0-0	0/0	0-1	0-0	2-0	0-0	2-0	2:25
Timothy Levine, 141	0-2	0-2	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Kurt McHenry, 125	1-2	1-2	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Mitchell Mesenbrink, 157/165	10-0	10-0	3-0	0-0	16/0	0-0	0-0	0-0	6-0	2-0	1:24
Aaron Nagao, 133	6-1	6-1	2-1	0-0	9/3	0-0	0-0	2-0	3-0	1-0	0:57
Connor Pierce, 149	3-4	3-4	0-1	0-0	0/4	0-0	0-0	1-1	0-0	1-0	2:07
Karl Shindldecker, 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	2-5	0-0	0-0	0/0	0-0	0-0	1-1	1-1	0-0	----
Carter Starocci, 174	6-0	6-0	3-0	0-0	16/0	0-0	0-0	0-0	3-0	2-0	2:15
Gary Steen, 125	6-3	6-3	0-1	0-3	0/0	0-1	0-0	1-1	3-0	1-0	4:23
Bernie Truax IV, 184	5-1	5-1	2-1	0-0	11/3	0-0	0-0	2-0	1-0	1-0	1:51
Shayne Van Ness, 149	3-0	3-0	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	1-3	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			0-0	0-0	0/0						
TOTALS	119-47119-40	24-6	0-0	109/23	7-3	1-1	24-8	29-3	25-3	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
Donovon 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.	Bellefonte, Pa./Bellefonte
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 Shindldecker	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. INDIANA | 1/14/24 | 1:00 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 T3= Takedown; E1=Escape; R2=Reversal; N2,N3,N4=Nearfall; W=Stalling warning; C=Caution; P1=Penalty; RT1=Riding Time

POTENTIAL LINE-UPS

NOTES

#1 PENN STATE NITTANY LIONS (3-0, 0-0 B1G)

WT	NAME	EL	HT/HS	REC
125	Braeden Davis	Fr.	Bellefonte, Pa./Dundee	9-0
133	#4 Aaron Nagao	So.	La Habra, Calif./Esperanza	6-1
141	#2 Beau Bartlett	Sr.	Tempe, Ariz./Wyoming Seminary (Pa.)	9-0
149	Tyler Kasak	Fr.	Doylestown, Pa./Bethlehem Catholic	5-1
	Davis Evans	Jr.	Tunkhannock, Pa./Tunkhannock	7-2
157	#1 Levi Haines	So.	Arendtsville, Pa./Biglerville	6-0
165	#10 Mitchell Mesenbrink	Fr.	Hartland, Wis./Arrowhead	10-0
174	#1 Carter Starocci	Sr.	Erie, Pa./Cathedral Prep	6-0
184	#5 Bernie Truax	Gr.	Oceanside, Calif./Rancho Buena Vista	5-1
197	#1 Aaron Brooks	Sr.+	Hagerstown, Md./North Hagerstown	5-0
285	#1 Greg Kerkvliet	Sr.	Inver Grove Heights, Minn./Simley	5-0

INDIANA HOOSIERS (*3-0, 0-0 B1G)

WT	NAME	EL	HT/HS	REC
125	Michael Spangler	Sr.	Wichita, Kan./Haysville-Campus	8-5
133	Cayden Rooks	Gr.	Columbus, Ind./Columbus East	7-5
141	#23 Dan Fongaro	Gr.	Lincoln Park, N.J./Boonton	15-1
149	#14 Graham Rooks	Gr.	Columbus, Ind./Columbus East	11-4
157	#21 Brayton Lee	Sr.+	Brownsville, Ind./Brownsville	1-0
	Nico Bolivar	Sr.	Oak Park, Ill./Oak Park	10-9
165	#23 Tyler Lillard	Fr.	Aurora, Ohio/Aurora	13-4
	Derek Gilcher	Sr.	Novi, Mich./Detroit Catholic Central	7-1
174	#9 Donnell Washington	Sr.	Portage, Ind./Portage	11-1
184	Roman Rogotzke	So.	Stillwater, Minn./Stillwater	16-7
197	Gabe Sollars	Fr.	Evansville, Ind./Mater Dei	17-6
285	Nick Willham	Gr.	Greenwood, Ind./Greenwood	4-4
	Jacob Bullock	Sr.+	Cahokia, Ill./Cahokia	4-2

Individual Rankings listed are InterMat and Team Rankings are InterMat Tournament Power Index (as of 1/9/24)
 * Indiana is at Rutgers on Friday, 1/12/24, post-press

PENN STATE DOWNS #18 OREGON STATE IN FRONT OF RECORD CROWD IN CORVALLIS

The Penn State Nittany Lion wrestling team took down #18 Oregon State in front of a record crowd in Corvallis on Jan. 1, 2004. The Nittany Lions won nine of ten bouts in the rousing win, with 8,540 fans packing OSU's Gill Coliseum. Three Penn State freshmen got ranked wins. Braeden Davis downed #15 Brandon Kaylor 11-6 at 125, Tyler Kasak took down #12 Nash Singleton 4-1 at 149 and Mitchell Mesenbrink rolled to a 17-2 tech fall (3:44) over #10 Matthew Olguin at 165. The Nittany Lions tallied four total tech falls in the win.

NITTANY LIONS TALLY 4 FALLS IN 43-10 WIN OVER HOFSTRA

Penn State tallied four falls, three tech falls and a major in a lopsided 43-10 win over visiting Hofstra on Dec. 10, 2023, in sold out Rec Hall. With four freshmen starting as well, Nittany Lions Levi Haines, Mitchell Mesenbrink, Bernie Truax and Aaron Brooks got pins. Aaron Nagao, David Evans and Carter Starocci notched tech falls and Braeden Davis picked up a major at 125 in his Lion dual debut.

BARTLETT AND FACUNDO QUALIFY FOR APRIL'S OLYMPIC TRIALS

Nittany Lions Beau Bartlett and Alex Facundo each finished in the top five of their weight classes at the 2023 Senior Nationals/U.S. Olympic Trials Qualifier in Ft. Worth, Texas, on Dec. 15-17. Bartlett won three straight to advance to the finals at 65 kg. He finished as runner-up with a 3-1 record. Facundo went 5-1 with a pin and a tech to take third place at 74 kg. Terrell Barraclough also competed, going 4-3 for sixth at 74 kg. Gary Steen went 3-2 and took seventh at 57 kg. Timothy Levine (2-2 at 65), Donovon Ball (1-1 at 86) and Josh Barr (3-2 at 86) also competed.

FIVE NITTANY LIONS MAKE REC HALL DUAL DEBUTS IN 30-10 WIN OVER #20 LEHIGH TO OPEN DUAL SEASON

Penn State won seven of ten bouts in the dual meet opener for the Nittany Lions and downed #20 Lehigh 30-10 in Rec Hall on Dec. 3. Five Nittany Lions made their Penn State dual meet debuts in the match (Aaron Nagao, Tyler Kasak, Mitchell Mesenbrink, Bernie Truax, Lucas Cochran). Carter Starocci picked up a pin at 174 to lead Penn State, Greg Kerkvliet majored #12 Nathan Taylor at 285, Levi Haines downed #24 Max Brignola at 157, Mitchell Mesenbrink notched a tech fall over #32 Jake Logan at 165, Bernie Truax picked up a tech fall at 184, Beau Bartlett notched a major at 141 and Tyler Kasak moved up to 149 and downed Drew Munch 7-5 at 149.

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 WHATEVER IT TAKES:



THIS WEEK'S ACTION

THIS WEEK'S ACTION:

UNIVERSITY PARK, Pa.; Jan 10, 2024 -- The Penn State Nittany Lion wrestlers (3-0, 0-0 B1G) open up Big Ten action by hosting Indiana (*3-0, 0-0 B1G) on Sunday, Jan. 14. The dual begins at 1 p.m. in Rec Hall. All rankings are InterMat/InterMat TPI. *Indiana is at Rutgers on Friday, Jan. 12, post-press.

Penn State is coming off a dominant 36-3 road win at No. 18 Oregon State last Friday night. The Nittany Lions used three freshmen wins, four tech falls and won nine of ten bouts to roll to the victory in Corvallis. The dual was wrestled in front of an Oregon State wrestling record crowd of 8,540.

The Nittany Lion line-up begins with true freshman Braeden Davis at 125, who is 9-0. Sophomore Aaron Nagao is ranked No. 4 at 133 and is 6-1 while senior Beau Bartlett is ranked No. 2 at 141 and sports a 9-0 record. True freshman Tyler Kasak is at 149 and is 5-1 overall this season and sophomore Levi Haines, ranked No. 1 at 157, is 6-0. Freshman Mitchell Mesenbrink is 10-0 on the year and ranked No. 10 at 165 and senior Carter Starocci is 6-0 and ranked No. 1 at 174. Graduate student Bernie Truax sports a 5-1 mark at 184 and is ranked No. 5. Senior+ Aaron Brooks is 5-0 at 197 and ranked No. 1 and senior Greg Kerkvliet is 5-0 at 285 and ranked No. 1 as well.

Indiana enters the weekend with a *3-0 mark (IU is at Rutgers on Friday, Jan. 12, post-press). The Hoosiers recently took third at the Southern Scuffle and own wins over Rider, Central Michigan and Princeton. Indiana has a veteran line-up and features five potential ranked wrestlers. Grad student Dan Fongaro is 15-1 at 141 and ranked No. 23. Grad Graham Rooks is 11-4 and ranked No. 14 at 149 and senior+ Brayton Lee is 1-0 and No. 21 at 157. Freshman Tyler Lillard is 13-4 at 165 and ranked No. 23 and senior Donnell Washington is 11-1 overall and No. 9 at 174. Penn State leads the all-times series with the Hoosiers 23-0-1. The Nittany Lions have won the last 10, including a 35-8 win last year at Indiana on Feb. 5, 2023.

Penn State will venture forth on a two dual road swing next weekend. The Nittany Lions visit Michigan on Friday, Jan. 19, for a 6 p.m. dual on the Big Ten Network. Penn State then visits Michigan State on Sunday, Jan. 21, at 1 p.m.

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 @pennstate-WREST, 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 1/10/24)

Pl.	Team	Big Ten		Overall	
		W-L-T	PCT	W-L-T	PCT
1	PENN STATE	0-0-0	.000	3-0-0	1.000
	Illinois	0-0-0	.000	3-3-0	.500
	Indiana	0-0-0	.000	3-0-0	1.000
	Iowa	0-0-0	.000	5-0-0	1.000
	Maryland	0-0-0	.000	2-1-0	.667
	Michigan	0-0-0	.000	2-1-0	.667
	Michigan State	0-0-0	.000	7-0-0	1.000
	Minnesota	0-0-0	.000	5-0-0	1.000
	Nebraska	0-0-0	.000	5-0-0	1.000
	Northwestern	0-0-0	.000	0-1-0	.000
	Ohio State	0-0-0	.000	8-1-0	.889
	Purdue	0-0-0	.000	5-3-0	.625
	Rutgers	0-0-0	.000	7-1-0	.875
	Wisconsin	0-0-0	.000	4-1-0	.800

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 KERKVLJET, 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)

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 Slavikouski, Rutgers
- 11/28 Gabe Arnold, Iowa
- 12/5 Jesse Mendez, Ohio State
- 12/12 John Poznanski, Rutgers
- 12/19 Peyton Robb, Nebraska
- 1/2 Dean Hamiti, Wisconsin
- 1/9 TBA



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2023-24 ATTENDANCE

Please note that Penn State did not allow fans into dual meets and did not permit or track attendance in the 2020-21 season due not being allowed to have fans and/or sell tickets.

12/3	LEHIGH	6,623
12/10	HOFSTRA	6,589
1/14	INDIANA	
2/2	OHIO STATE	
2/12	RUTGERS (BJC)	
2/18	NEBRASKA	
2/25	EDINBORO	
TOTAL		13,212
AVG.		6,606

(Penn State has wrestled in front of 77 of 79 sell-outs at home, including 68-straight in Rec Hall and 9 of 11 in the Bryce Jordan Center)



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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 NCAAs 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 NCAAs. 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 NCAAs 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

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.

2023-24 RIDGE RILEY AWARD WINNERS (home)

12/3 Lehigh Carter Starocci, 174
12/10 Hofstra Mitchell Mesenbrink, 165
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 Tyler Kasak, 149
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 W, 30-10
1/5 at #18 Oregon State W, 36-3

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.

