

**GREG  
KERKVLIT**  
285



**WRESTLING**

**PENN  
STATE**

**OHIO STATE**

**FRIDAY  
FEBRUARY 2  
6:30 PM**

**REC HALL**

SEASON PRESENTED BY  
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**\$2**





## 2023-24 PENN STATE WRESTLING INDIVIDUAL RECORDS & STATS - 7-0 OVERALL, 4-0 B1G, 3-0 HOME, 4-0 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	1-2	0-0	0-0	0/0	0-0	0-0	0-0	0-0	0-0	----
Josh Barr, 184	11-0	1-0	1-0	1-0	4/0	1-0	0-0	3-0	4-0	0-0	----
Terrell Barraclough, 165/174	7-2	7-2	1-1	1-1	3/3	1-0	0-0	2-0	0-0	1-0	7:20
Beau Bartlett, 141	13-0	13-0	6-0	4-0	17/0	3-0	0-0	3-0	0-0	4-0	1:29
Brian Borden, 174	5-4	5-4	0-0	0-0	0/0	0-0	0-0	1-1	0-0	2-0	1:04
Aaron Brooks, 197	9-0	9-0	6-0	4-0	30/0	0-0	0-0	1-0	5-0	3-0	2:33
Lucas Cochran, 197/285	6-2	6-2	1-1	1-0	3/4	0-0	0-0	1-1	0-0	3-0	1:46
Braeden Davis, 125	13-0	13-0	6-0	4-0	22/0	0-0	0-0	4-0	4-0	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	12-3	12-3	3-0	2-0	11/0	1-0	0-1	2-0	3-0	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	2-2	0-1	0-1	0-0	0/6	1-0	0-0	0-0	0-0	1-1	2:36
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	10-0	10-0	7-0	4-0	28/0	0-0	1-0	1-0	3-0	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	10-1	10-1	3-0	1-0	11/0	0-0	1-0	3-0	1-0	1-0	1:00
Jack Kelly, 184	3-3	3-3	0-0	0-0	0/0	0-0	0-0	0-0	0-2	2-0	0:53
Greg Kerkvliet, 285	8-0	8-0	5-0	3-0	22/0	0-0	0-0	2-0	2-0	1-0	0:55
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	14-0	14-0	7-0	4-0	36/0	0-0	0-0	2-0	6-0	3-0	0:50
Aaron Nagao, 133	8-2	8-2	4-2	2-1	19/9	0-1	0-0	2-0	5-0	1-1	0:57
Connor Pierce, 149	3-5	3-5	0-2	0-1	0/7	0-0	0-0	1-1	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	2-6	2-6	0-1	0-1	0/3	0-0	0-0	1-1	1-1	0-0	----
Carter Starocci, 174	8-0	8-0	5-0	2-0	27/0	0-0	0-0	0-0	4-0	3-0	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	8-1	8-1	5-1	3-0	23/3	0-0	0-0	2-0	1-0	2-0	1:43
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						
<b>TOTALS</b>	<b>175-56</b>	<b>170-48</b>	<b>60-10</b>	<b>36-4</b>	<b>259/38</b>	<b>8-4</b>	<b>2-1</b>	<b>32-8</b>	<b>41-4</b>	<b>37-4</b>	<b>0:53</b>

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

## PENN STATE vs. OHIO STATE | 2/2/24 | 6:30 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			↓N	↓N			↓N	↓N					
133			↓N	↓N			↓N	↓N					
141			↓N	↓N			↓N	↓N					
149			↓N	↓N			↓N	↓N					
157			↓N	↓N			↓N	↓N					
165			↓N	↓N			↓N	↓N					
174			↓N	↓N			↓N	↓N					
184			↓N	↓N			↓N	↓N					
197			↓N	↓N			↓N	↓N					
285			↓N	↓N			↓N	↓N					

KEY T3=Take-down; E1=Escape; R2=Reversal; N2,N3,N4=Nearfall; W=Stalling warning; C=Caution; P1=Penalty; RT1=Riding Time

## POTENTIAL LINE-UPS

### PENN STATE NITTANY LIONS (7-0, 4-0 B1G)

WT	NAME	EL	HT/HS	REC
125	#3 Braeden Davis	Fr.	Belleville, Mich./Dundee	13-0
133	#5 Aaron Nagao	So.	La Habra, Calif./Esperanza	8-2
141	#2 Beau Bartlett	Sr.	Tempe, Ariz./Wyoming Seminary (Pa.)	13-0
149	#12 Tyler Kasak	Fr.	Doylestown, Pa./Bethlehem Catholic	10-1
157	#1 Levi Haines	So.	Arendtsville, Pa./Biglerville	10-0
165	#7 Mitchell Mesenbrink	Fr.	Hartland, Wis./Arrowhead	14-0
174	#1 Carter Starocci	Sr.	Erie, Pa./Cathedral Prep	8-0
184	#5 Bernie Truax	Gr.	Oceanside, Calif./Rancho Buena Vista	8-1
197	#1 Aaron Brooks	Sr.	Hagerstown, Md./North Hagerstown	9-0
285	#1 Greg Kerkvliet	Sr.	Inver Grove Heights, Minn./Simley	8-0

### OHIO STATE BUCKEYES (12-1, 4-0 B1G)

WT	NAME	EL	HT/HS	REC
125	#24 Brendan McCrone	Fr.	Willoughby, Ohio/Lake Catholic	15-8
133	#12 Nic Bouzakis	Fr.	Tampa, Fla./Wyoming Seminary	19-6
141	#3 Jesse Mendez	So.	Crown Point, Ind./Crown Point	19-1
149	#9 Dylan D'Emilio	Sr.	Curtice, Ohio/Genoa	19-6
157	#29 Isaac Wilcox	Sr.	Holiday, Utah/Olympus	13-6
165	#20 Bryce Hepner	Jr.	Avon, Ohio/St. Edward	9-2
174	#11 Rocco Welsh	Fr.	Waynesburg, Pa./Central	14-3
184	#31 Seth Shumate	Fr.	Galion, Ohio/Dublin Coffman	5-3
197	Ryder Rogotzke	Fr.	Lakeland, Minn./Stillwater	13-5
285	#22 Luke Geog	Fr.	Upper Arlington, Ohio/St. Edward	10-5
	#12 Nick Feldman	Fr.	Quarryville, Pa./Malvern Prep	19-4

Individual Rankings listed are InterMat and Team Rankings are InterMat Tournament Power Index (as of 1/30/24)

## BROOKS MAJORS #5 JAXON SMITH TO LEAD PENN STATE TO 42-6 VICTORY AT MARYLAND

Senior+ Aaron Brooks dominated #5 Jaxon Smith of Maryland, rolling to a 13-4 major at 197 pounds, to lead Penn State to a 42-6 road win on Jan. 28. Brooks' win highlighted a lopsided victory for the Nittany Lions. Penn State had four pins in the dual victory (Mitchell Mesenbrink at 165, Carter Starocci at 174, Bernie Truax at 184, Greg Kerkvliet at 285); two technical falls (Braeden Davis at 125, Levi Haines at 157) and two majors (Beau Bartlett at 141 and Brooks) to grab the B1G road win.

## KASAK, BARR, COCHRAN WIN MAT-TOWN 2 TITLES

True freshman Tyler Kasak, ranked No. 12 at 149, went 4-0 with a pin and a major to win the 149-pound title at Mat-Town 2 in Lock Haven on Jan. 28. Kasak downed teammate David Evans, 4-2, in the title bout. True freshman Josh Barr went 3-0 at 184 with two tech falls to win his weight class and sophomore Lucas Cochran went 3-0 with two pins to win the 197-pound crown. Evans went 3-1 overall with a tech and a major to take second at 149.

## PENN STATE SHUTS OUT MICHIGAN STATE IN EAST LANSING

The Penn State Nittany Lions won all ten bouts in a 35-0 shutout victory over Michigan State in East Lansing on Sunday, Jan. 21. The Nittany Lions picked up impressive wins from Levi Haines (9-6 tb2 over #21 Chase Saldade at 157) and Mitchell Mesenbrink (an 18-9 major over #10 Caleb Fish at 165) in the dual. Aaron Nagao (133) and Aaron Brooks (197) added tech falls and two wrestlers moved up a weight and picked up wins. Terrell Barraclough moved up to 174 and downed DJ Shannon 8-1 and Lucas Cochran moved up to heavyweight from 197 to beat Josh Terrill 5-0, securing Penn State's second shutout of the year.

## FRESHMEN DAVIS AND MESENBRINK POST B1G WINS IN MICHIGAN

True freshman Braeden Davis and redshirt freshman Mitchell Mesenbrink each notched impressive wins in Penn State's 27-9 dual meet victory at Michigan on Jan. 19. Davis scored five unanswered points in the third period to beat #5 Michael DeAugustino at 125. He scored an escape and then took the Wolverine down, riding him out to add a riding time point in the 5-1 win. Mesenbrink was dominant in a 12-1 major over #7 Cameron Amine at 165. He forced the Wolverine into four stall warnings, nearly DQ'ing him, and added an escape, two takedowns and riding time in the 12-1 major decision.

## 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)

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WHATEVER IT TAKES.





**THIS WEEK'S ACTION**

UNIVERSITY PARK, Pa.; Jan 31, 2024 -- The Penn State Nittany Lion wrestlers (7-0, 4-0 B1G) host Ohio State (12-1, 4-0 B1G) on Friday, Feb. 2. The Nittany Lions and Buckeyes meet at 6:30 p.m. in Rec Hall in a B1G Network national telecast. All rankings listed are InterMat/InterMat TPI.

Penn State is coming off a dominating 42-6 road win at Maryland on Sunday. The Nittany Lions tallied four pins, two technical falls and two majors in the victory, led by Aaron Brooks' convincing 13-4 major over No. 5 Jaxon Smith at 197. Penn State improved to 7-0 overall, 4-0 in the Big Ten, with the win.

The Nittany Lions have ten wrestlers ranked by InterMat, half of which are underclassmen. True freshman Braeden Davis is 13-0 and ranked No. 3 at 125. Sophomore Aaron Nagao is 8-2 and No. 5 at 133. Senior Beau Bartlett is 13-0 and No. 2 at 141. True freshman Tyler Kasak is 10-1 and ranked No. 12 at 149. Sophomore Levi Haines is 10- and ranked No. 1 at 157. Red-shirt freshman Mitchell Mesenbrink is 14-0 and ranked No. 7 at 165. Senior Carter Starocci is 8-0 and ranked No. 1 at 174. Graduate Bernie Truax is 8-1 and No. 5 at 184. Senior+ Aaron Brooks is 9-0 and No. 1 at 197. Senior Greg Kerkvliet is 8-0 and ranked No. 1 at 285.

Ohio State enters the dual meet with a 12-1 overall record, 4-0 in the Big Ten. Ohio State is coming off a win over Michigan last Friday night. The Buckeyes have ten ranked wrestlers as well. Brendan McCrone is No. 24 at 125, Nic Bouzakis is No. 12 at 133, Jesse Mendez is No. 3 at 141, Dylan D'Emilio is No. 9 at 149, Isaac Wilcox is No. 29 at 157, Bryce Hepner is No. 20 at 165, Rocco Welsh is No. 11 at 174, Seth Shumate is No. 31 at 184, splitting time with Ryder Rogotzke, Luke Geog is No. 22 at 197 and Nick Feldman is No. 12 at 285.. Penn State leads the all-time series with Ohio State 25-12, including the last eight straight. Penn state won 29-9 last season (Feb. 3, 2023) in Columbus.

Head coach Cael Sanderson and company visit Iowa on Friday, Feb. 9, for a 9 p.m. Eastern (8 p.m. local) match-up and then host Rutgers on Monday, Feb. 12, at 7 p.m. in the Bryce Jordan Center.

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 1/31/24)

Pl.	Team	Big Ten		Overall		Wrestler of the Week, (cont.)
		W-L-T	PCT	W-L-T	PCT	
1	Iowa	5-0-0	1.000	10-0-0	1.000	1/16 Michael North, Maryland
2	<b>PENN STATE</b>	4-0-0	1.000	7-0-0	1.000	Jackson Turley, Rutgers
	Ohio State	4-0-0	1.000	12-1-0	.923	1/23 Michael Blockhus, Minnesota
4	Nebraska	4-1-0	.800	9-1-0	.900	1/30 TBA
5	Michigan	3-2-0	.600	5-3-0	.625	
	Rutgers	3-2-0	.600	10-3-0	.769	
7	Indiana	2-2-0	.500	5-2-0	.714	
8	Minnesota	1-2-0	.333	6-2-0	.750	
9	Michigan State	1-3-0	.250	8-3-0	.727	
10	Maryland	1-4-0	.200	3-5-0	.375	
11	Illinois	0-2-0	.000	3-5-0	.375	
12	Northwestern	0-3-0	.000	0-4-0	.000	
	Wisconsin	0-3-0	.000	6-4-0	.600	
14	Purdue	0-4-0	.000	5-7-0	.417	

**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 Nick Feldman, Ohio State

- 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 KERKVLIENT, 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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**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	6,466
2/2	OHIO STATE	
2/12	RUTGERS (BJC)	
2/18	NEBRASKA	
2/25	EDINBORO	
<b>TOTAL</b>		<b>19,678</b>
<b>AVG.</b>		<b>6,559</b>

(Penn State has wrestled in front of 78 of 80 sell-outs at home, including 69-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, Cyler 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

### PENN STATE ROLLS OVER #5 MICHIGAN IN ANN ARBOR

Penn State dominated #5 Michigan 27-9 in Ann Arbor on Jan. 19, winning eight of ten matches and forcing the Wolverines into 11 stall warnings. Penn State picked up ranked wins from Braeden Davis (125), Beau Bartlett (141), Levi Haines (157), Mitchell Mesenbrink (165), Bernie Truax (184), Aaron Brooks (197) and Greg Kerkvliet (285) in the win. The Nittany Lions owned a 15-2 takedown edge in the dual and their only losses came in sudden victory and/or by a point.

### NITTANY LIONS USE 5 TECH FALLS TO SHUT OUT INDIANA; FOUR NITTANY LION FRESHMEN GRAB WINS

The Penn State Nittany Lions shut out visiting Indiana 46-0 on Sunday, Jan. 14, to open up Big Ten dual action. Penn State rode a wave of five technical falls and picked up a total of four wins from freshmen in the victory. Aaron Nagao (133), Tyler Kasak (149), Levi Haines (157), Carter Starocci (174) and Aaron Brooks (197) notched the techs. True freshmen Braeden Davis (125), Kasak (149) and Josh Barr (184) as well as redshirt freshman Mitchell Mesenbrink (165) logged the freshmen wins. The shutout was the first for Penn State since a 46-0 win over Rider on Feb. 20, 2022; and the first Big Ten shutout since a 46-0 win at Maryland on Jan. 7, 2022. Penn State also did not give up a takedown in the victory over the Hoosiers, owning a 35-0 takedown margin.

### 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.

### 2023-24 RIDGE RILEY AWARD WINNERS (home)

12/3 Lehigh	Carter Starocci, 174
12/10 Hofstra	Mitchell Mesenbrink, 165
1/14 Indiana	Tyler Kasak, 149
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	Braeden Davis, 125
1/21 Michigan State	Mitchell Mesenbrink, 165
1/28 Maryland	Aaron Brooks, 197
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
1/19 at #5 Michigan	W, 27-9

# 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.