

# “GRAPPLER REPORT”

THE OFFICIAL NEWSLETTER OF  
THE BUCKNELL WRESTLING PROGRAM



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## A NOTE FROM HEAD COACH DAN WIRNSBERGER



Greetings from Lewisburg!

I hope this letter finds you and your family well as you are enjoying the fall. Another exciting year is upon us and we look forward to the challenges that await us. There are several new faces that have joined our program this fall. We have finished our preseason, and now begin the preparation process for our November 10th match vs. Nebraska. Our young group of student-athletes continues the development process both on and off the mat, so our focus is to improve one day at a time and control

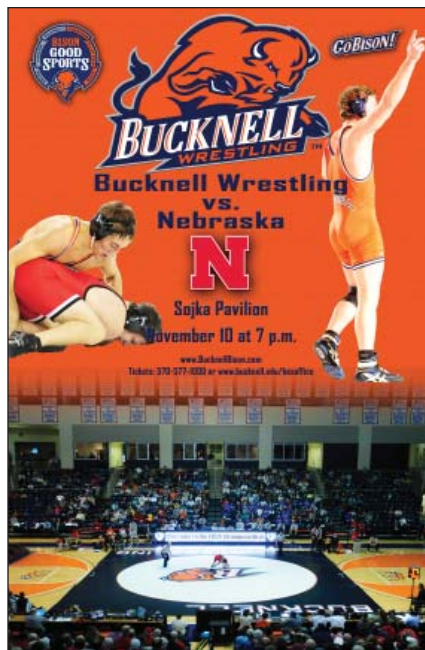
what we can; which is today. This is the most challenging and competitive season our student-athletes will face thus far. This is also the youngest group we've had since the 2006-07 season, which was our reinstatement year with all freshmen. My message to our student-athletes this year is summed up in one word, "PRIVILEGE". It is a privilege to be at Bucknell with the opportunity it provides both academically and athletically, so with privilege comes responsibility. Most people associate privilege with entitlement, but to me, privilege carries a responsibility to do things right and represent our families and this program to the best of our abilities.

Finally, I'd like to thank everyone who continues to support our program. We have many needs and our generous endowment only covers so much, so financial support is still essential for our continued growth. Our sport is becoming more and more competitive, which makes facilities, recruiting, and team travel a top priority. We need to compete with the best and to do that we must come together as a wrestling family. Several top programs are moving to a new level with enhanced facilities and scholarship money. We compete in one of the most competitive conferences in the country, and I am proud of Bucknell's wrestling history and tradition. I am asking you to make a financial commitment to support Bison Wrestling or increase the amount of support you currently give. I am well aware that we are still in a difficult time economically, but at the same time, our program needs your financial support in order to continue our quest for excellence. Your earmarked contribution for "Wrestling" to the Bison Club will help make this a reality. We hope we can count on 100% participation from everyone on our support team. Thanks in advance for your assistance.

I hope that many of you will return to Lewisburg for a match or catch us on the road.

Respectfully,

Dan Wirnsberger  
Head Wrestling Coach



### Bison Wrestling Contact Information

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# ALUMNI CORNER WITH SHANE RICCIO '10

Shane Riccio, affectionately known to many as “Sugar,” was part of the first graduating class in the newly reinstated wrestling program. As a Bison, Riccio was a three-time NCAA Qualifier, and still sits at #5 on the All-Time Career Wins list. Now in the working world, Riccio has landed a job in center city Philadelphia for the man that made all of this possible, Mr. Bill Graham.

***What was your first job after graduating from Bucknell?***

My first job out of college was in NYC working for Mitsubishi Securities UFJ Securities.

***Where do you live now, and what are you doing?***

Today I work for the Graham Company in Philadelphia as a “Producer”. It’s an insurance brokerage firm that focuses on complex insurance programs for high risk and high revenue clients. The CEO Bill Graham is the benefactor and proud supporter of the Bucknell Wrestling team, as am I.

***Are you married? Do you have any children? If so, what are their names and ages?***

I am not married. Far from it at this point... who’s asking?

***What’s the best piece of advice you can give to a current Bison wrestler?***

The best piece of advice I could give to a Bison wrestler would be to attack your future and have no regrets doing it. This means you must improve yourself both on and off the mat. Performing both functions on a daily basis will make you a better wrestler and more marketable when it comes time to be a young professional.

***What weight did you compete at for the Orange and Blue and what is your most memorable experience as a Bison wrestler?***

I competed at 174 lbs. The most memorable moment I had at Bucknell was my Junior year at EIWA’s when the team took 3rd place in one of the toughest conferences in NCAA wrestling. That moment put Bucknell wrestling on the map and to be a part of that meant the world to me.

***Who was your favorite teammate while you were a Bison wrestler, and do you still keep in touch?***

My favorite teammate was my brother Tyler Riccio, hands down. He has been my best friend my entire life and for him to compete next to me on the same mat was a special thing not many other wrestlers get to have.

***How has being a Bison wrestler helped prepare you for the real world?***

Being a Bison Wrestler gave me a competitive advantage over any other college student when I showed up for work the first day of my job. Wrestling in college is not an easy thing to do. I must admit, my body and mind broke multiple times throughout my four years as I was pushed to my limit, and then asked to do more. However, I always found that you can go on, you can do it, and you don’t stop until the job is done. It’s called mental toughness, and if you don’t have it, the real world will eat you up and spit you out.

***When was the last time you saw a Bucknell wrestling match, and who is your favorite current Bison wrestler to watch compete?***

My friends and I spent a week in March in Philly watching a former teammate of mine, Kevin LeValley, compete in the NCAA’s. I was very proud of him. He is an entertainer to say the least. I keep in touch with him still to this day. My favorite current wrestler is Corey Lear. He was my workout partner my senior year. He wrestles a very similar funky style as I did which is probably why I enjoy his matches so much.

***You were part of the first class back on the mats after the reinstatement. What was that experience like, jumping into a serious D1 program with 20 other true-freshman?***

As a true-freshmen with no upperclassmen guidance, I took a few beatings the first half of the year. But, with the support of my coaches and the success of the team, I held myself together stood back up, and ended the season with a winning record which helped bring the young team into the record book.

***With no upperclassmen around to provide guidance and leadership, how was the team able to accomplish what they did right away (tied school record for wins, sent three guys to NCAA’s, etc.)?***

All in all, we were fearless, including the coaches. The schedule wasn’t easy, by any means, yet we attacked every opponent with a nothing-to-lose type of attitude...and we won.

***Having no lead to follow, you guys were able to start your own traditions and set the standard for every class to follow. Do you think that coming into such a young program was helpful or hurtful?***

For me, the young program was exactly what I needed to have a successful career. Most collegiate wrestlers are second string at least one or two years of their career. For me to have a chance to start all four years was a very special opportunity that I did not want to miss out on.

***How do you feel about the current direction of the Bucknell wrestling program? Do you feel that it’s in good hands?***

The current wrestling program is in good hands with the experienced coaching staff and dedicated athletes. I believe in the coaches and the direction they are taking the program. They coach an aggressive style of wrestling which is very successful at the college level.

***You played in the Inaugural Wrestling Alumni Golf Tournament this past July; what were your thoughts on the tournament, and will you be back this May for the 2nd Annual Tournament?***

The first tournament was so much fun. It was a great networking event and a chance to catch up with some old friends. I will be at the 2nd annual... For sure!



# GETTING TO KNOW ... JOHN REGAN

John Regan is the lone senior on the Bucknell Wrestling roster, but many faithful Bucknell Wrestling fans might not know him that well. Regan, unfortunately, has been at the same weight as Kevin LeValley for most of his career, and in October of 2010 he suffered a season-ending knee injury. Now in his last year, Regan is healthy, focused, and poised to make a run at an NCAA title.

***What was your area of study in your time here as a Bucknellian?***

I am currently an accounting major. The accounting program here at Bucknell incorporates many different aspects of business related studies including economics, marketing, corporate finance, and of course accounting.

***What are your plans after you graduate this Spring?***

I plan on expanding my accounting studies after I graduate in order to qualify for the requirements to sit for the CPA Examination. I am also looking into taking the Becker Review for extra preparation. I want to be a CPA and the only way to become one is through dedication.

***You suffered a pretty serious injury last Fall. How are you feeling physically and mentally about moving forward?***

My coaches and trainers are monitoring my injury on a day to day basis. Physically, I feel stronger than ever. Last year's injury allowed me to prioritize my life, seeing as all I could do was lift and watch my teammates helplessly. This was the first time in my life I had taken off such a large time period from wrestling. This season I'm ready to compete and I am hungrier than ever.

***What are your goals for the upcoming post-season, both individually and for the team?***

Rather than setting an end goal, I have been setting myself weekly goals and even sometimes individual workout goals. I tell myself that I can go harder even when my body tells me otherwise. I only feel accomplished when I can barely stand after a workout and I'm so tired I want to sleep as soon as I'm back in my room. We have a very young team. Many may see this as a disadvantage, but I see it as an opportunity. The sky is the limit for a young team if we're all pulling in the same direction. As long as they seize the moment and don't listen to those around them that say, "It's ok, I'll do it next year," we can do big things.

***What has been the greatest/favorite moment in your career as a Bison wrestler?***

My favorite match to this date was Bucknell vs. American my sophomore year. The coaches told me the dual meet was a tossup depending primarily on my match and one of my teammate's matches. I ended up winning 8-2 and we defeated American but that particular match wasn't the fulfilling part. Later that same year at EIWA's, that same wrestler that I had nearly majored made the finals and wrestled a strong match against one of the Nation's best. Though I had not competed as well I wanted to at EIWA's and didn't make the finals, I saw that anything was possible. Anyone can beat anyone on any given day; it just depends on who shows up.

***Who is your favorite wrestler on the team and why?***

Alex Pellicciotti is one of my favorite wrestlers on the team. He puts in max effort and doesn't take anything from anyone. Regardless if you're a 125lber or 184lber, you better get ready, because he's coming full force. Alex is also really fun to watch wrestle. His approach to wrestling includes a lot of high caliber moves taking you from feet to back in an instant. I'm curious to see how he does this season now that he has experience. We'll be expecting big things from him.

***What freshman has caught your eye this Fall that you made an immediate splash?***

Brandon Pesarchick has really caught my eye this preseason. We work out a lot and he does a lot of additional work. He's tough, gritty, and most importantly, hungry. He can make big things happen this year.

***Other than your teammates, who is your favorite wrestler to watch compete and why?***

Jordon Burroughs is hands down my favorite wrestler to watch. Neutral is my favorite position and he puts on a show regardless of who he's wrestling. All I can say is "got doubles?"

***What is the best piece of advice you can give to an incoming freshman that is looking to have an immediate impact?***

Don't wait. I'm a senior and because of injury and not putting in enough focused extra work I have not accomplished much. 4x National Champions and All-Americans start their reign the first time they step out onto the mat in college competition. The person they face is just a name, a name that blocks the light that they want shining on theirs. Take advantage of your competition not knowing you and come out swinging this season. Make sure they remember the beating you gave them every time they hear of Bucknell.

***What current wrestler do you most want a chance to wrestle this season and why?***

I am purposely keeping my head out of the internet ranking hype that most get tangled in. Statistics mean nothing and anyone and everyone can lose. I'm looking forward to taking each match one at a time regardless of the opponent. I don't want my goals being affected by other's doubt, people that have never even seen me workout. The internet is an opinion, the match is fact. I look forward to wrestling everyone on the schedule.

***What's your favorite thing to do when you aren't training or wrestling?***

I really enjoy watching documentaries. My roommate/teammate and I watch hours of documentaries a week on many different topics from business to technology. I prefer watching over reading and as long as it is presented well, you can learn a lot.

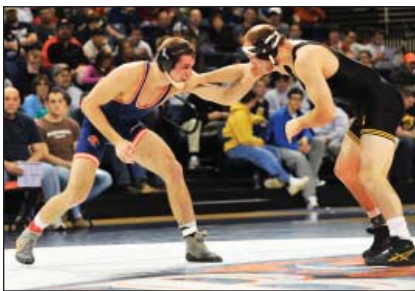




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## SAVE THE DATE --- ALUMNI RECEPTION DEC. 3



The Bucknell Wrestling team will open their season and home schedule on November 10th as they host the Nebraska Cornhuskers in Sojka Pavilion. Last year, the Bison traveled to Lincoln, NE, and nearly pulled a huge upset as they split the 10 bouts, but eventually fell due to bonus points, 19-16. Nebraska will have to replace their program's first two-time NCAA Champion (and now World Champion), Jordan Borroughs; while Bucknell looks to replace two-time All-American, Kevin LeValley.

On December 3rd, there will be an Alumni Reception prior to the dual meet vs. Michigan State in Davis Gymnasium. Finger foods and refreshments will be served at the reception, which will take place at 5:00 p.m. in Krebs Fitness Center Hall of Fame (2nd floor outside Davis Gymnasium). As many of you know, MSU is the Alma Mater of head coach Dan Wirnsberger. As a Spartan, Wirnsberger was a three-time NCAA All-American, Big 10 Champion, and NCAA finalist. In 1995, Wirnsberger led MSU to a 3rd place Team finish at the NCAA Tournament and left as the winningest wrestler in program history with 120 wins (now sits 4th all-time). Since that time, Michigan State has fallen on hard times, posting only four winning seasons since 1995 and no top-10 team finishes since 1996. However, the Spartans are returning nine NCAA qualifiers, and look to once again become a Big 10 and national power.

To attend the alumni reception prior to the Michigan State match on December 3rd, kindly RSVP to Kelly Pastuszek at [kelly.pastuszek@bucknell.edu](mailto:kelly.pastuszek@bucknell.edu) by November 26, 2011.

## SAVE THE DATE --- ANNUAL GOLF TOURNAMENT MAY 18

First, thanks again to all of our sponsors and to everyone who came out and played in our Inaugural Golf Tournament this past July; the event truly could not have taken place without you. To those of you who missed out, shame on you, you missed a really fun time. However, you have a chance to redeem yourself by coming to the 2nd Annual Wrestling Alumni Golf Tournament on **May 18, 2012** at the Bucknell Golf Club. So, mark your calendars now and start reaching out to some old friends and teammates and make this year's tournament even