

PENNSYLVANIA WRESTLING ROUND-UP



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Penn State adds Aaron Anspach, Adam Lynch to coaching staff

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Penn State Sports Information

The Penn State Nittany Lion wrestling staff is now complete with the addition of former Nittany Lion stand-outs Aaron Anspach and Adam Lynch. Anspach is returning to his position as an assistant coach (volunteer status) while Lynch has been named the director of operations.

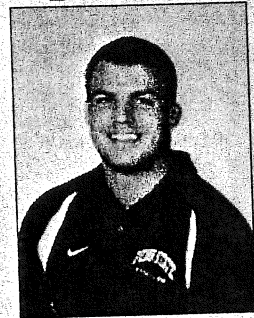
Anspach, an All-American for Penn State, has returned to his position as volunteer assistant coach for the Penn State Nittany Lions. Anspach, who has served as an assistant coach, director of operations and club coach with the Nittany Lion Wrestling Club during his four

years at Penn State, will assume the duties of assistant coach (volunteer). The national runner-up at heavyweight in 2007, Anspach went 22-4 during a senior season that saw him earn his first All-America honor in his first full and injury-free season. The native of Columbia, Pa., graduated from Penn State in the spring of 2007 with a degree in crime, law and justice. Despite a career plagued with injuries that forced him to miss nearly all of two seasons, Anspach left Penn State with a 43-15 career record. His 2007 season went down as one of the most successful heavyweight campaigns in Penn State history, short only of Kerry McCoy's national title runs in 1994 and

1997 and Bill Oberly's title in 1955. He went 16-2 in duals in '07 and of his four total losses, three were to two-time national champion Cole Komrad of Minnesota.

"Aaron will be tremendous addition to the staff," head coach Cael Sanderson said. "He has a relentless work ethic, a team mentality and a strong passion for Penn State Wrestling. Coming from his previous position working with the Nittany Lion Wrestling Club, where he did an outstanding job, Aaron will be a great mentor and coach for our student-athletes."

Lynch is entering his first season on the staff at Penn State, taking on the role of di-



ANSPACH

rector of operations for the Penn State wrestlers for the upcoming season. He was a member of Penn State's 2011 Big Ten and NCAA championship team.



LYNCH

Lynch ended his Penn State career as one of the team's leaders, coming back for a fifth year

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to continue the work of building a championship. As a junior in Sanderson's first season (2009-10), Lynch went 13-3 overall but posted a superb 6-2 record in the Big Ten duals. He debuted in the national rankings at 141 in February of that year. Last year, the fifth-year senior went 7-3

with three pins. Over the course of his career, Lynch posted a 46-38 overall record, an 8-8 dual meet mark (6-3 in Big Ten action), had nine pins and 34 dual meet points. Lynch received his bachelors of science in kinesiology in the movement science option in December of 2010 and is currently working towards a graduate degree in sports

management and sports administration. He is a native of Mifflinburg, Pa.

"We are very excited to add Adam Lynch to our staff," Sanderson said. "His initiative, strong work ethic, attention to detail, knowledge of the program, selfless attitude and get-it-done mentality are exactly what we need for this very important position."