



# Parkland Trojans

Allentown, PA

[parklandwrestling.wikispaces.com](http://parklandwrestling.wikispaces.com)

@ParklandWrestle

Head Coach: **Ryan Nunamaker**

Pennsylvania AAA, District XI

## 2014-15 Highlights

- PA AAA State Duals Qualifier
- PA State Tournament 20<sup>th</sup>
- District XI Duals 2<sup>nd</sup>
- Northeast Region Tournament 5<sup>th</sup>
- District XI Tournament 3<sup>rd</sup>
- Escape the Rock 10<sup>th</sup>

## Key Returnees (projected weights):

<b>Nick Dolak, SO, 113</b>	Region Qualifier, District 4 <sup>th</sup> , Escape the Rock 8 <sup>th</sup>
<b>Zach Ortman, SO, 120</b>	Region Qualifier, District 5 <sup>th</sup> , Escape the Rock R12
<b>Andrew Mastrangelo, SR, 126</b>	Region Qualifier, District 6 <sup>th</sup> , Escape the Rock R12
<b>Jacob Lizak, SR, 132</b>	3x PA State Qualifier, 2014 State 5 <sup>th</sup> , Escape the Rock 6 <sup>th</sup> , 3x Escape the Rock Medalist, Cadet Freestyle AA <i>Nationally ranked HM Junior (Intermat)</i>
<b>Lee Todora, SR, 138</b>	Region Qualifier, District 6 <sup>th</sup> , 2013 State Qualifier, Escape the Rock 7 <sup>th</sup>
<b>Brayson Haas, SR, 145</b>	Escape the Rock R12
<b>Frank Guida, JR, 182</b>	PA State Qualifier, Region 2 <sup>nd</sup> , Escape the Rock R12, NHSCA Soph AA
<b>Jahan Worth, SO, 220</b>	District 7 <sup>th</sup>

## Possible Impact Newcomers:

<b>Brandon Kassis, FR, 106</b>	District XI Junior High Champ (102)
<b>Joe Guida, FR, 152</b>	PA Junior High 3 <sup>rd</sup> (147)
<b>Adam Lizak, SO, 160</b>	2014 District XI Junior High 3 <sup>rd</sup>