



Parkland Trojans

Allentown, PA

parklandwrestling.wikispaces.com

@ParklandWrestle

Head Coach: **Ryan Nunamaker** (11th year, 119-44)

PIAA AAA, Northeast Region, District XI, Eastern Pennsylvania Conference

2015 will be the 10th consecutive year Parkland is at ETR. The Trojans were ETR Champions in 2013.

History (school established in 1949)

- PIAA State Duals 2nd (2010)
- 5x PIAA State Tournament Top 5 (1979, 1990, 1998, 2011, 2014)
- Northeast Regional Tournament Champions (2012)
- 2x District XI Tournament Champions (2010, 2013)
- 6x District XI Dual Runnerups (1998-99, 2010, 2012-14)
- 9 Individual PIAA State Champions
- 45 Individual PIAA State Medalists
- 31 Individual Regional Champions
- 44 Individual District XI Champions
- 7 Parkland Alums NCAA Division 1 Wrestling All Americans

2013-14

- PA AAA State Tournament 4th
- PA AAA State Duals Qualifier
- PA AAA Northeast Regional 2nd
- District XI AAA Tournament 3rd
- District XI AAA Dual 2nd
- Powerade 3rd
- King of the Mountain 2nd
- Escape the Rock 3rd
- 20-4 Dual Meet Record

Medal Outlook

Omar Haddad took 2nd last year and has the ability to take home the belt in a 220 field stacked with nationally ranked competitors. **Jacob Lizak** looks for his 3rd ETR medal in an equally strong 126lb weight class. **Lee Todora** and **Frank Guida** are in consideration to be seeded and are medal threats, as will either **Nick Bauer** or **Nick Dolak** at 106. **Zach Ortman** is a heralded freshman who is also a threat to hit the stand. **Bryson Haas** is not projected to be seeded but has come up 1 match short of placing the last two years. Credentialed newcomers **Jahan Worth** and **Nathan Feyrer** look to make their mark at ETR. **Andrew Mastrangelo** and **Rob Wetherold** have made runs at placing in significant tournaments and could surprise.

Projected ETR Lineup:

106 **Nick Dolak** (9) PJW 2nd, District XI JH 3rd, 5x MAWA/PJW Placewinner
Ranked #25 PA AAA 106 by PA Power Rankings
OR **Nick Bauer** (10) 13-10

- 113 **Zach Ortman** (9) PJW Champion, 2x District XI JH Champion, 4x MAWA/PJW Placewinner
Ranked #20 PA AAA 113, #25 PA Incoming Freshman by PA Power Rankings
- 120 **Andrew Mastrangelo** (11) 8-8, Powerade R12
- 126 **Jacob Lizak** (11) 44-12, PA State 5th, 2013 PA State Qualifier, Region 1st, District 3rd, ETR 3rd, 2013
ETR 3rd, Powerade 3rd, Fargo Cadet FR 4th
Nationally ranked #HM JR (IM), Ranked #5 PA AAA 126 by PA Power Rankings
- 132 **Tom Yankanich** (12) 4-5
- 138 **Bryson Haas** (11) 14-14, ETR R12, 2013 ETR R12
- 145 **Lee Todora** (11) 14-6, 2013 PA State Qualifier, Region Qualifier, District 5th
- 152 **Anthony Chidiac** (12)
OR **Alex Reede** (10) District XI Jr. High 5th
- 160 **Rob Wetherold** (11) 18-21, ETR R16
- 170 **Frank Guida** (10) District 6th, ETR R12, 2013 PJW 2nd
- 182 **Nathan Feyrer** (10) District XI Jr. High 1st
- 195 **Jahan Worth** (9) PJW 6th, District XI Jr. High 2nd, 2013 PJW 3rd
- 220 **Omar Haddad** (12) PA State 7th, 2013 PA State Qualifier, Region 3rd, District 2nd, ETR 2nd, 2013
ETR 6th, Powerade 1st
Nationally ranked HM (FLO), Ranked #2 PA AAA 220 by PA Power Rankings