



Parkland Trojans

Allentown, PA

parklandwrestling.wikispaces.com

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Head Coach: **Ryan Nunamaker** (12th year)

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

2016 will be the 11th 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
- 46 Individual PIAA State Medalists
- 32 Individual Regional Champions
- 45 Individual District XI Champions
- 7 Parkland Alums NCAA Division 1 Wrestling All Americans

2014-15 Highlights

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

Medal Outlook:

Jacob Lizak will be a top seed as he looks to bring home his first ETR belt. **Nick Dolak** and **Lee Todora** are returning medalists and look to repeat. **Josh Ortman & Frank Guida** look to take the next step and are serious podium threats. Talented frosh **Brandon Kassis** is a solid choice to bring home some hardware. Andrew **Mastrangelo & Brayson Haas** have been knocking on the door and will again battle for medals. **Nathan Feyrer** could surprise with a good tournament and end up on the stand. Parkland will be in contention for the team title with a very solid team. **Prediction: 1 finalist, 7 medals**

106	Brandon Kassis	FR	Powerade 3rd, District XI Junior High Champ
<i>Brandon is ranked #6 at 106 in PA (PA Power)</i>			
113	Nick Dolak	SO	Region Qualifier, District 4th, ETR 8th, Penn Manor Champ
<i>Nick is ranked #15 at 113 in PA (PA Power)</i>			

120	Zach Ortman	SO	Region Qualifier, District 5th, ETR R12, Powerade 5th
<i>Zach is ranked #14 at 113 in PA (PA Power)</i>			
126	Andrew Mastrangelo	SR	Region Qualifier, District 6th, ETR R12
132	Lee Todora	SR	Region Qualifier, District 6th, ETR 7th, 2013 PA State Qualifier
<i>Lee is ranked #17 at 132 in PA (PA Power)</i>			
138	Jacob Lizak	SR	3x PA State Qualifier, 2014 PA State 5th, 3x ETR Medalist, 3x Powerade Medalist, Fargo Cadet Freestyle AA
<i>Jacob is nationally ranked HM-JR Class (Intermat) & committed to wrestle at the University of Pennsylvania</i>			
145	Brayson Haas	SR	Escape the Rock R12
152	Malcom Christman Adam Lizak	JR SO	Penn Manor 8th
160	Joe Guida	FR	PA Junior High 3rd
170	Frank Guida	JR	PA State Qualifier, Region 2nd, NHSCA All American
<i>Frank is ranked #11 at 182 in PA (PA Power)</i>			
182	Ethan Moscat	SO	Penn Manor 8th
195	Nathan Feyrer	JR	Penn Manor 2nd
220	Jahan Worth	SO	Penn Manor 2nd
285	Jaad Elias	JR	