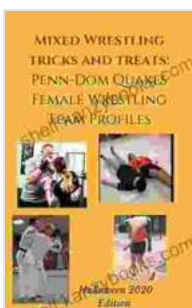


Mixed Wrestling Tricks And Treats Penn Dom Quakes Female Wrestling Team Profiles

By [Author's Name]

Mixed Wrestling Tricks And Treats Penn Dom Quakes Female Wrestling Team Profiles is a must-read for any fan of women's wrestling. The book provides an in-depth look at the Penn Dom Quakes, one of the most successful women's wrestling teams in the country. The book features profiles of the team's top wrestlers, as well as insights from the team's coaches and staff.

The Penn Dom Quakes have won two national championships and have produced some of the top women's wrestlers in the country. The book provides an inside look at the team's success, and offers insights into the training and techniques that have made the Quakes one of the most dominant teams in the country.



Mixed Wrestling Tricks and Treats Penn-Dom Quakes Female Wrestling Team Profiles: Halloween 2024

Edition by Ken Phillips

★★★★★ 5 out of 5

Language : English
File size : 4652 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 69 pages
Lending : Enabled



The book also features profiles of the team's top wrestlers, including:

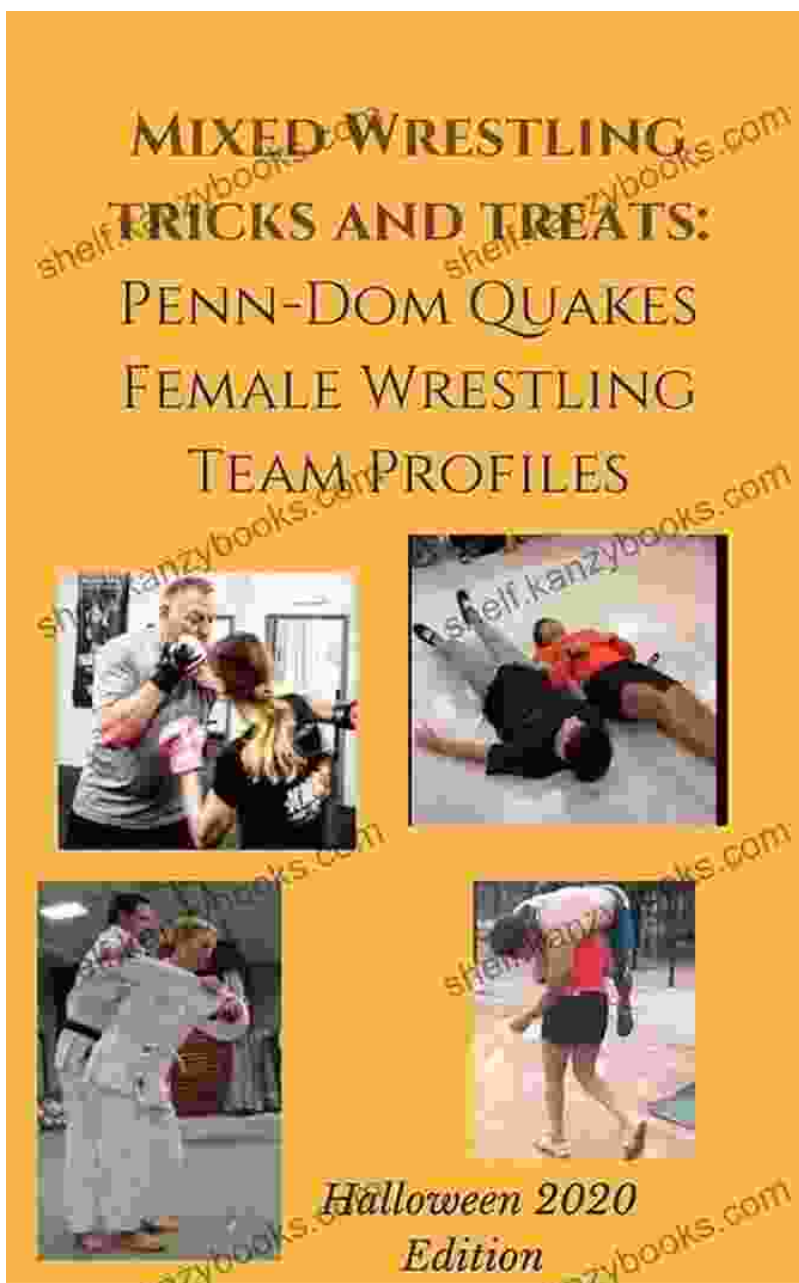
- **Kayla Miracle**, a two-time national champion and one of the most decorated wrestlers in Penn Dom history
- **Mallory Velte**, a three-time All-American and one of the top pound-for-pound wrestlers in the country
- **Emily Shilson**, a two-time All-American and one of the most promising young wrestlers in the country

The book also includes insights from the team's coaches and staff, including:

- **Head coach Jeff Sweigard**, who has led the Quakes to two national championships
- **Associate head coach John Cunningham**, who has been with the Quakes for over 20 years
- **Assistant coach Nikki Thomas**, a former All-American wrestler

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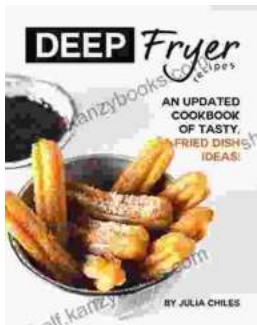
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