

**From:** Troy Nickerson noreply@active.com  
**Subject:** NDSU Recap; Back Home versus CBU this Friday 6pm!  
**Date:** January 21, 2025 at 11:31 AM  
**To:** lanny@wrestlingusa.com

TN

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Bears Fans, Friends, and Alumni,

While it was nice to be back home for a change this past weekend, our team suffered a setback in taking a defeat to Big 12 foe North Dakota State. It seems like we get this way as a team once a year and while we are trying to do everything to avoid it, we continue to be victims. Injuries and sickness are part of life. We need to do a better job of managing them. There will be no excuses from me. We competed how we felt instead of continuing to push through tough times.

Over the past few days, we have had some good talks as a team as well as some great workouts. I feel like we are coming back to ourselves and should be ready to go this coming weekend. I hope to see you all this Friday night as we take on California Baptist University. It is vital for the continued success of this program that we fill our Arena. If you are unable to attend, please continue to watch us on FloWrestling!

<https://uncbears.com/news/2025/1/17/wrestling-unc-suffers-setback-to-north-dakota-state.aspx>

[http://www.unc.edu/athletics/mwrestling/unc\\_mwrestling\\_and\\_career\\_center/unc\\_mwrestling\\_and\\_career\\_center.asp](#)

**GO BEARS!**



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