The National Wrestling Hall of Fame and the Washington Chapter would like to thank those listed below for their contributions made in honor of this year’s award recipients. Your continued support of the sport of wrestling gives hope for its future.

Cappy & Nellie Anderson  
Steven Anderson (NWHOF-2011)  
Randy Audette  
Donald & Susan Austin  
Stephanie Ball  
Ray (NWHOF-2011) & Dorothy Barnes  
Terry Beckstead (NWHOF-2013)  
Joel and Tiffany Berg  
Martin & Dianne Brown  
Jerry Cameron  
James Cassan  
Randy Connelly  
Doug & Gail Cowan  
Kelly Craig  
Audrey Cruickshank  
John deWeber (NWHOF-2015)  
Dave Engle  
Vic Esth peter (NWHOF-2005)  
Wilson & Linda Estes  
Mark Feigl  
Pat (NWHOF-2010) & Jo Fitzpatrick  
Jim & Brigit Fol k  
Marty & Susan Fortin  
Gery Gehrmann (NWHOF-2009)  
Dave Gilbertson  
Patrick Girtz  
Robert & Janna Greenwell  
Norm & Darfa Hawath  
Angelica Hayes  
Mario & Valerie Hernandez  
Charlie Hinds (NWHOF-2013)  
Warren B. Howe, MD (NWHOF-2003)  
Inland Empire Wrestling Officials Association  
Sandy Ishihara  
Paul (NWHOF-17) & Terry Jackson  
Howard Johnson  
Lance Johnson  

Gary (NWHOF-2011) & Diane Knutzen  
Roger & Sandra Kreis  
Bob Lynn & Connie Ogren  
Tom Maki  
Rafael & Melinda Martinez  
Mat Classic 29 Wrestling Officials  
Mike Mechling  
Mike & Marla Mertel  
Jim Meyerhoff (NWHOF-2003)  
Phyllis Meyerhoff (NWHOF-2009)  
Dan, Kathy & Nancy Morris  
David & Joyce Muszynski  
Bruce & Ingrid Osborne  
Ken (NWHOF-2002) & Carol Pelo  
Jerry (NWHOF-2007) & Susanne Perez  
PG & Sharon Phillips  
Tom Prentice  
Joe (NWHOF-2013) & Jo Reasons  
Don & Chip Reno  
Jeff Roberts  
Tex and Dorothy Ronning  
Mike & Carol Schmidt  
Tom & Tina Seery  
Isamu Segawa  
David Sewell & Jacqui West  
Emma Sewell  
Gary & Tonette Snyder  
John & Wendy Stengall  
David and Chris Strand  
Linda Strand  
Mr. & Mrs. Wallace Stand (Mom & Dad)  
Fred Sturgess  
Shelly Thiel (NWHOF-2007)  
The Matt Tschirgi Family  
Cody Todd  
Ken Whelan  
Kip & Barb Woiwod

Washington Wrestling Family:

It is my pleasure to welcome you to the 2017 Washington Chapter of the National Wrestling Hall of Fame banquet and induction ceremony. This occasion brings together people from the Washington wrestling community as well as our honorees and their family and friends. We are also honored to have past inductees, who represent the great heritage of wrestling in the state of Washington, return annually to join us.

Located in the heart of the United States in Stillwater, Oklahoma, your National Wrestling Hall of Fame works together with our Washington Chapter to serve our mission of preserving our sport’s history, recognizing extraordinary individuals for their achievements and inspiring future generations. As a focal point of wrestling’s past, present and future, your Hall of Fame’s Board of Governors and your State Chapter leaders are proud to provide an educational and entertaining experience for those who attend our ceremonies, visit our museums on our website at www.nwhof.org and interact with us on social media.

As you witness and celebrate the impact that the individuals we are honoring today have made upon the sport of wrestling and in their communities, be sure and take pride and comfort in knowing that this ceremony ensures that their legacies will live on for future generations in the State Chapter area of the newly-renovated National Wrestling Hall of Fame & Museum.

In the spirit of preserving, recognizing and inspiring.

Very Sincerely,

Lee Roy Smith  
Executive Director, NWHOF
2:00 pm: Reception

3:00 pm: Welcome and Banquet
Inductees escorted by State Chapter Hall of Fame Members
Invocation: Darrel White, Washington Chapter

3:45 pm: Introductions, Jim A. Meyerhoff
Distinguished Members of the National Hall of Fame
Distinguished Members of the Washington State Wrestling Coaches HOF
Washington State National Hall of Fame Organizing Committee

Video Presentation of the National Wrestling Hall of Fame

4:00 pm: Induction Ceremonies
Master of Ceremonies: Al Rasmussen
Presenting Awards: Pat Alexander and Jim H. Meyerhoff, Washington Chapter
Presentation of the National Wrestling Hall of Fame jackets
Closing Remarks: Al Rasmussen

National Wrestling Hall of Fame Mission Statement
The future of American society depends upon the existence of a strong citizenry, comprised of individuals with leadership qualities based on self-discipline, self-reliance, and self-confidence. Because the sport of wrestling helps build these characteristics in youth, regardless of their physical, economic, cultural or geographic backgrounds. The National Wrestling Hall of Fame seeks to broaden the understanding and development of these values.

Washington Chapter of the National Wrestling Hall of Fame Organizing Committee
President: Jim H. Meyerhoff  Vice President: Pat Alexander
Sec/Tres: Kevin Kalal  Official: Terry Beckstead
At-Large: Darrel White  State Coaches Assoc: Jim A. Meyerhoff
Eastern WA: Jay Rydell
2002 Honorees, Eastern Washington
Cash Stone, John Rees, Nick Simchuck, Eric Beardsley, Ken Pelo

2003 Honorees, Western Washington
Dr. William "Bill" Tomaras, Jim Meyerhoff, Dr. Warren Howe, Albert "Bo" Campbell, (accepted by Gary Knutzen), Eugene Cerino

2004 Honorees, Eastern Washington
Dick Deane, Jon Lane, Lyle Pugh, Mel Olson, Bill Via

2005 Honorees, Western Washington
Warren Deprenger, Paul Reiman (accepted by son Scott Reiman), Pat Alexander, Vic Eshpeter, Jim Schall, Dick Pruett

2006 Honorees, Eastern Washington
Jim Adamson Jay Rydell, Bill Conrad, Larry Maguire, Chuck Miller, Randy Santora, Tim Owen

2007 Honorees, Western Washington
Back row: Lee Anderson, Shelly Thiel, Gary Frey, Mike Hess (accepted by daughters Erika Hobson and Trina Myklebust). Front row: Jerry Perez, Marty Whitman

Richard "Dick" Muri
Ashland High School, Ashland, Massachusetts 1967-1971
University of Massachusetts-Amherst 1971-1975
Vanden Vikings High School, Fairfield, CA. 1985-1988
Incirlik Air Base High School (Turkey) 1989-1990
Hudtloff Middle School, Lakewood 2001-2003
Volunteer Coach Steilacoom High School 2001-2005

Richard "Dick" Muri was born in Fairbanks, Alaska. He wrestled at Ashland High school in Ashland, MA, graduating in 1971 and was a collegiate wrestler and received his Bachelor of Science degree from the University of Massachusetts Amherst in 1975 and was commissioned as an officer in the United States Air Force in 1975. He earned his navigator wings in 1976 and flew the C-141 as a navigator. Muri is an Operation Urgent Fury and Gulf War veteran and served in the Air Force for 22 years retiring in 1998 as a retired lieutenant colonel.

After his retirement, Muri turned to the public sector serving as a District 6 Pierce County Councilmember from 2003 to 2012. He also served as a board member of the Steilacoom Historic School District #1 from 1997 to 2004. Muri was appointed to the Washington House of Representatives in July 2013 and elected to his first full term in 2014. He serves on many committees and is passionate about helping veterans and current members of the military and meeting the educational needs of students, teachers and parents.

During his military and public service careers he has stayed active in wrestling where he coached at the high school, middle school and club levels wherever he was stationed and resided for 18 years. Muri has been recognized for his contributions to veterans and students receiving the Tacoma-Pierce County Chamber of Commerce, John H. Anderson Military Citizen of the Year in 1996; The District Three Middle School Wrestling Coach of the Year; Inducted in the Fort Lewis Civilian Hall of Fame at Joint Base Lewis- McChord in 2006; 2015 Washington State Department of Veteran Affairs Representative of the Year.

Most recently Rep. Dick Muri sponsored House Bill 1830 to create the Washington State Wrestling special vehicle license plate which was signed into law by Governor Jay Inslee in 2016. Due to a lack of funding there is currently a shortage of college wrestling programs in Washington State. Funds from these special license plates will go to the Washington State Wrestling Foundation to allocate money for new and existing college wrestling programs. After the signing of the bill, Muri stated, "These license plates can potentially fund one or more college wrestling programs for men and women bringing more opportunities for students to participate in this great sport and keep our best wrestling athletes right here in the state of Washington."

Dick and his wife of 37 years, Mary, reside in Steilacoom and have four adult children; Jennifer (36), Jonathan (34), Sarah (32) and Bradley (30). They currently have seven grandchildren.

National Wrestling Hall of Fame
2017 Inductee for Outstanding American

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University of Massachusetts-Amherst 1971-1975
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Jace David Malek was born February 17, 1997 in Roseburg Oregon and was passionate from the start and grew up with a love of John Wayne and all things cowboy, hunting, sports and most especially his family. Quite the athlete, he was involved with sports almost his entire life. He started out wrestling at a very young age and improved as much as he grew. He placed 2nd in State his freshman year for Reardan High School then placed 2nd at State as a sophomore and junior for West Valley High School. Jace completed his high school wrestling career with a phenomenal 101 wins and 8 losses. At the same time, Jace had an outstanding high school football career, a four year starter at offense and defense as a fullback and defensive end. Jace was extended a full football scholarship in September of 2014 becoming the first committed athlete for the University of Idaho Vandals class of 2015.

The pain began in the summer of 2014. The nagging pain in his hip dogged him through his senior season as an Eagle wrestler and revealed after an MRI that Jace was diagnosed with late stage osteosarcoma in January of 2015. Jace began the chemotherapy treatments immediately ending his high school wrestling career prior to the state tournament his senior year. The University of Idaho honored his football scholarship and on February 4th Jace signed his Letter of Intent and was presented his No.99 jersey and a football signed by the entire football team. Amid his treatment, Jace focused on staying positive. Maintaining a normal lifestyle was key to him. In July the doctors were forced to amputate his right leg from the hip down. In September doctors informed Jace that his four rounds of chemo hadn’t worked, and that treatment was no longer an option. He had just three to five months to live.

Even after cancer had taken his leg, Malek refused to let cancer drive him to his knees in surrender and never let it drive the megawatt smile from his face. The Valdal Coaching staff named Jace a Student Assistant Coach with him on the sidelines cheering on his teammates. In May of 2014, Jace started dating Libby Nunley and on October 25th, 2015, they were married in a beautiful ceremony in Rockford, WA. He adored Libby and she was a devoted wife. Though their marriage was cut short, it encompassed more than some marriages do in a lifetime.

Jace passed away peacefully at home in his Grandpa Fred’s cabin, surrounded by his immediate family on Sunday February 28th, 2016. He is survived by his wife Libby, mother Anna Ackerman, father Dan Malek, brother Tate, and sister Kathryn, many grandparents, aunts, uncles and cousins. In May of 2016, the Washington Interscholastic Activities Association created the Jace Malek True Spirit Award to be presented annually. The first award was presented to Malek’s family who accepted the award before the West Valley High School student body. The WIAA Award will guarantee that the story of how Jace Malek lived his life will be a model for all in the future.

Dick Wooding started wrestling in 1958 at Anacortes High School and was coached by Hall of Famer Art Larson. He continued his wrestling as a “Walk-On” at the University of Washington where he graduated in 1964 and along with Paul Jackson was one of 3 co-captains. He then served as a graduate assistant wrestling coach for the Huskies in 1965. As the growth of wrestling increased Wooding was recruited to be the first wrestling coach at Highline Community College in 1966. Dick grew the Highline wrestling program into one of the best in the state over the next 14 years until he left in 1979 as Highline dropped their wrestling program due to limited competition. He then served as a volunteer assistant wrestling coach for 10 years under Sumner’s wrestling coach, Hall of Famer Ed Arima.

During his collegiate coaching career, Highline College and the other community colleges in Washington did not attend the National Championships, but his teams were always very competitive including a dual meet win over the 1971 National Champions, Clackamas CC.

In 1981, Don McConnaughey, Athletic Director, and Dr. Shirley Gordon, President of Highline College, called Dick about resurrecting their wrestling program. Wooding contacted two former wrestlers and developed an agreement where the school would fund 50% of the expenses of a wrestling program and the remaining 50% would come from private sources. They came up with the funding to restart the program. 36 years later the program continues and on several occasions has been recognized as the number one Academic JC wrestling team in the nation. With the promotion of tournaments, clinics, individual donations, some very special coaches and the continued support from Highline’s administration, specifically John Dunn, AD, the program is approaching 50 years of age and is the longest lasting wrestling program in state history.

Dick Wooding has been honored for his timeless promotion of the sport of wrestling when he was inducted in 2002 as a contributor into the National Junior College Athletic Association Hall of Fame. The Washington State Wrestling Coaches Inducted Wooding into their Hall of Fame in 2007.

Dick and his wife Lorna, who from 1961 to 2015 has been in the stands as a vocal supporter of Dick, their sons and grandchildren, and the entire family reside on or near Lake Tapps where Dick recently retired from the family commercial fishing business in Alaska. They have 3 adult sons, Tom (52), Tim (50) and Mike (45) that wrestled and served as voluntary coaches in the Sumner School District. They have 4 granddaughters, Tanner, Lauren, Morgan and Kate. Dick’s grandsons Tyler, Zack and Tucker also wrestled and from 1958 to 2015 completed 3 generations of Wrestling in the Wooding family.

Dick was not the only Wooding that started a wrestling team. In 2010, while attending Lake Tapps Middle School wrote a letter to the principal pointing out the positive reasons they should have a wrestling team and subsequently made a presentation to the school board. The results, a new team, 2 new mats and hiring his brother to be head coach and his dad, Tim, as assistant, positions they currently hold.
Jim Ball received the coveted Gold Award at Puyallup High School, earning 8 varsity letters in football, basketball and baseball only missing a varsity letter in football his sophomore year due to Osgood-Schlater’s. He earned All-State honors in football his senior season. He matriculated to Pacific Lutheran College, earning his B.A. degree while participating in football, basketball and baseball. He was the football team co-caption his senior season in 1953.

After serving in the U.S. Army for two years Ball began his teaching and coaching career at Nooksack Valley High School in 1956, coaching football and baseball, winning a baseball league championship. In 1960 the University Place School District offered a teaching and coaching position at Curtis Junior High. Puyallup High School and Pacific Lutheran teammate, Hall of Famer Ray Barnes, had previously piqued Jim’s interest in the sport of wrestling and he jumped at the opportunity. His wrestling teams went undefeated, winning three consecutive league championships. In 1964 Ball accepted a teaching and head wrestling coaching position at Curtis High School.

From 1964 to 1980 Coach Ball and his wrestlers competed at the State Wrestling Tournament seventeen consecutive years. His practices were grueling. His wrestlers were never out-conditioned and they were incredibly strong. He demanded excellence in five basic skills: takedown, hold down, escape, turns and pinning. Having never engaged in competitive wrestling himself, Ball had to learn technique from scratch often engaging in wrestling clinics in the living rooms of fellow coaches.

Coach Ball’s Curtis Vikings won 5 league championships, two regional championships, placing 3rd in the 1975 AA State Championships and 2nd in the 1977 AAA State Tournament. He coached 24 state placers and 5 state champions and one High School All-American, Paul Baxter. His dual meet coaching record was 209-52-2.

Coach Ball served as president of the West Central District Coaches Association and was the wrestling Sports Representative for the Washington State High School Coaches Association. He was inducted into the Washington Wrestling Coaches Association Hall of Fame in 1988. Ball resides in Lakewood and has three adult children, James W. (62), Stephanie (60) and Donald (58). He also has four grandchildren.
Rick Bowers grew up in Bellingham and wrestled at Bellingham High School for Hall of Fame coach George Yonlick. After graduating from Western Washington University, Bowers moved to Warden in 1976 and coached at the middle school for three years. In 1980 Rick became the head coach at Warden High School for the next 33 years, before retiring in 2013. Under Coach Bowers, Warden High School became the most successful wrestling team in the state at the “A” and “B” classifications. Coach Bowers coaching philosophy stresses that every wrestler who completes their high school career is a success, regardless of state placings, and emphasizes that they take the values taught in the Warden wrestling program with them for the rest of their life.

The Warden Wrestling Program under Bowers leadership won 32 undefeated League Championships, 21 District Championships, 10 Dream Dual Championships and 9 State titles, 4 second place and 2 fourth place State finishes. Warden set and holds the most points scored in the 8 and 16 man brackets in the State Tournament and is tied for the most consecutive state titles in the “A” classifications. Coach Bower’s career coaching record is 600 plus wins with only 35 losses.

Coach Bowers has been honored numerous times for his contributions to wrestling in the State of Washington. He has been awarded the Warden School District Teacher of the Year recognition twice and has received the State Wrestling Coach of the Year award 8 times in his respective classification. In 2006 he received the NFHS Sectional Wrestling Coach of the Year award and in 2009 was inducted into the Washington State Wrestling Coaches Hall of Fame.

Bowers had made wrestling more than a sport in Warden, it is an extended family throughout the community. Rick still assists as the handyman for the Warden community center and serves as the tournament director for all Warden wrestling tournaments. Anne, his wife of 46 years, served as the wrestling cheer coach. Their two sons, Dylan and Kevin wrestled and their two daughters, Sara and Jessica, cheered for the Cougars. Rick and Annie have four grandchildren.

Rich Tschirgi graduated from Eastern Washington University in 1968 and started his teaching career in the Medical Lake School District in 1969. In 1974 he began coaching at the middle school level where he coached multiple sports for the next 21 years. At the same time he began his officiating career with the Inland Empire Wrestling Officials Association in Spokane. He retired from education in 2001 and currently continues his work with Wrestling Officials Association.

Tschirgi coached many sports at the middle school level including girls softball, girls basketball, track and field, wrestling and football where his teams accumulated a record of 148 wins and 20 loses. 68 of his middle school wrestlers went on to place at the Wrestling State Championships including 7 wrestlers who won state championships.

In addition to his successful coaching career, Tschirgi has been a leader for wrestling officials statewide as well as his local association. During his 44 years as a wrestling official he has held many positions of leadership for the Inland Empire Association including president, vice-president, board member and assigning secretary. At the state level he has served on the Washington Officials Association Wrestling committee and has been one of the Mat Classic Officials Evaluators and served the past three years as the lead evaluator. He has been honored by the Frontier League as their Wrestling Referee of the Year and he is also organizes officials for the Spokane area wrestling tournaments.

Rich served in the military where he was honored with the Drill Sergeant of the Year Award and the Armed Forces Person of the Year. He also is a graduate of the Sergeants Major Academy. As a military history enthusiast he has completed seven courses from the Freedom Foundation in Valley Forge, Pennsylvania. Tschirgi currently resides in Spokane with his wife Sheela Steele. They have 5 adult children, Mike Tschirgi (46), Matt Tschirgi (44), Scott Tschirgi (42), Adam Steele (37) and Natalie Steele (34). They have 9 grandchildren and three of them are wrestling.
Gaylord Strand
Yelm High School 1974 to Present

Following a high school wrestling career at Woodburn High School in Oregon, where his team won the state title under Coach LaMont Simons, Gaylord Strand wrestled 4 years at Seattle Pacific University and was a 3-time Division II national tournament competitor. He was a 2-time team captain and most valuable wrestler in 1974 for his college team where he was coached by Frank Furtado who later became the trainer for the Seattle Super Sonics. Strand started his teaching and coaching career at Yelm High School in 1974 as the Head Wrestling coach and physical education teacher, positions he has held the past 42 years.

During his 42 year coaching career at Yelm High School Strand’s teams have been tremendously successful with 14 league championships; 6 regional championships; 9 top-6 state championship finishes winning the state championship in 2010. He has coaches 95 state placers and 15 state champions and 12 of his wrestlers have been Academic State Champions. Strand’s 42 year dual meet coaching record is 317-181-4.

Strand has been active in wrestling statewide as a coach on exchange teams to Mexico and China and coached the 1979 state team at the National Junior Olympic Championships and hosted touring teams from other countries along with numerous freestyle and Greco tournaments. He also officiated at the National Freestyle Championships in Eugene, Oregon.

Coach Strand has been honored by his peers with the league Coach of the Year Award 12-times, the Regional Coach of the Year honors 7-times, and twice has been awarded the WIAA Washington State Sportsmanship Coach of the Year. He was inducted into the Washington State Wrestling Coaches Hall of Fame in 2009. Fellow coaches describe Strand as a “gentleman, competitive, ethical and respected.”

In addition to coaching wrestling Strand has been the throwing coach for the Yelm High School track program for 40 years where he has coached 4 state champions and numerous state placers in the Shot/Discus/Javelin events. Coach resides in Olympia with his wife of 44 years, Sarah. They have two grown children, Kristyn (38) and Gabe (37) and have one grandchild.

Kip Herren
Sterling Junior High School 1976-1979
Auburn High School 1979-1992

Kip wrestled in high school in California where he was a 3 time CIF state placer with a record of 108-17. He then attended San Francisco State University where he was a Western Athletic Conference and Central Coast College Champion and a 3 time Division II NCAA qualifier with a 130-19 won/loss record. He comes from a strong family wrestling tree in San Francisco that included Al Abraham, Bill Smith and Ed Haddad. Following his graduation in 1974, he started his wrestling coaching career as an assistant coach at SFSU for two years before moving to the State of Washington as head wrestling coach at Sterling JH School in Wenatchee. In 1979, Herren became the head wrestling coach at Auburn High School, where he led the Trojans for the next 13 years.

As the head wrestling coach at Auburn, Kip compiled a 139-28-1 dual meet record, had 32 state placers including eight State Champions. His teams were 5 times North Puget Sound League or South Puget Sound League Champions, 5 times Regional Champions and finished 2nd, 3rd, 5th-twice and 6th-twice in the State “AAA” Championships. His teams finished in the Top Ten 9 times in his 13 years, and were twice WIAA Wrestling Academic State Champions.

Herren served as Vice President of the Washington Wrestling Coaches Association from 1985-1989 and was instrumental in putting together the first State Wrestling Poll, and served as color commentator at Mat Classic for Prime Sports Northwest. Kip was also involved in freestyle coaching and coached the West Team in the 1979 Sports Festival and the 1979 World Elite Team. Herren was a very active advocate for the state cultural exchange program and provided clinics at the local and state level. He published articles on wrestling technique, coaching and program building and was one of the early advocates for women’s wrestling. He proposed the 2-entry per weight class for wrestling state qualifiers which was eventually adopted by the WIAA.

Coach Herren was selected as the “AAA” Wrestling Coach of the year in 1986, and was inducted into the Washington State Wrestling Coaches Hall of Fame in 1992. In 1992 Kip Herren received his Doctorate in Education from Seattle University and became the Principal at Auburn High School, and then served as Superintendent of the Auburn School District, retiring in 2015. He was named the Washington State Superintendent of the Year for 2015. Kip and his wife Julie reside in Auburn and have three adult children Dennis (41), who was a NAIA National Champion, Ruth (38) and April (35). Kip and Julie have 8 grandchildren.
Paul Jackson has devoted 36 years to the sport of wrestling as a coach. Paul wrestled at the University of Washington from 1960-1964 and served as a team co-captain in 1964. He spent 3 years as an assistant coach at Skagit Valley Junior College and the University of Washington before coaching for 7 years at South Mercer Junior High School. In 1978 Jackson became the head wrestling coach at Mercer Island High School where he coached for 26 years.

Paul Jackson also serves as a wrestling official for the Pacific Northwest Wrestling Officials Association and has worked 6 state tournaments and served as a college official in the 1970’s. He also worked as a freelance official for many years and was president or vice-president for the PNWOA numerous times. Jackson has been awarded the Jack Reynolds PNWOA “Official of Year” in 2013 and the WOA Meritorious Service Award. Coach Jackson’s Mercer Island High School teams were league champions 5 times, regional champions and 4th in state in 1983. He coached 4 state champions and 37 state placers with 22 of his wrestlers continuing on to compete at the college level. Jackson has been active beyond his high school where he coached Cultural Exchange teams to Japan and Mexico and has hosted 3 exchange teams. He coached at the Washington Centennial Games and the Washington team at the Junior Nationals in 1989 and 1990. Paul has been a longtime member of the Washington State Coaches Association and the National Wrestling Coaches Association. Even in retirement, Jackson has stayed active serving as a State Tournament Officials Evaluator the past 7 years.

Jackson has been recognized by his peers for his contribution to wrestling by being selected as the Kingco “Coach of the Year” in 1984, 2003 and 2004, Regional Coach of the Year in 1984 and inducted into the Mercer Island High School Hall of Fame in 2000. In 2004-2005 he was selected as the KING 5 “Coach Who Makes a Difference” and inducted into the Washington State Wrestling Coaches Hall of Fame in 2008.

Paul and his wife Terry have three adult children Jeff (46), Janna (44) and Jay (43). All three of their children graduated from Mercer Island High School then went on to graduate from Stanford University. The Jacksons have six grandchildren.

Tom Sewell graduated from Blanchet High School in 1969 as one of the team captains of the wrestling team under Hall of Fame coach Bill Herber. He also played football and baseball at Blanchet High then wrestled one year at Shoreline Community College and graduated from Central Washington State College in 1973. Sewell started his coaching career in 1972 and continued coaching for 35 years, often times coaching both at the high school and middle school levels in the same school year and is currently serving as an assistant coach with Edmonds Woodway High School wrestling program. He spent 30 years as the consummate advocate for wrestling in the Northshore School District as the coach at Inglemoor High School and Northshore Junior High School, retiring in 2005.

Coach Sewell’s Inglemoor High School teams compiled a dual-meet record of 260-50-1 and finished in the top ten at state twice. The Vikings won the Kingco Championships 14 times along with a regional title. Sewell coached 36 state placers and five state champions, including his son Mike who was a three-time champ. Both of his sons went on to wrestle at the Division 1 level, Paul at Columbia University and Mike at the University of Virginia. Always the educator, Tom directed the Inglemoor Wrestling camp and the Northshore Wrestling Club for 25 years. He also served as a wrestling official for the Pacific Northwest Wrestling Officials Association for 20 years.

A member of the Washington State Coaches Association, Sewell has been recognized for his contributions to the sport of wrestling by being selected the Kingco League Coach of the Year 9 times; Region II Coach of the Year three times; WIAA 4A Coach of the Year in 2005; and inducted into the Washington State Wrestling Coaches Hall of Fame in 2007.

Currently residing in Bothell, Sewell recently retired as a teacher and director of the Woodinville Community School, a state corrections juvenile facility. He is married to his wife of 37 years, Connie. They have two adult children, Paul (32) and Mike (30).