

Dear Princeton community,

My name is Coach Ryan DeLaVergne, and Princeton ISD is excited to announce the start of a wrestling program. I am thrilled to be the head wrestling coach for both Clark Junior High and Princeton High School.

Starting in the 2017-2018 school year, Princeton will join the fastest growing sport in the nation by adding UIL wrestling at both the middle school and high school level for both boys and girls. We will create leaders academically, athletically and in the community. Wrestling is a great sport for teens to join because of the focus on body control and the discipline required to be successful. The lack of high speed collisions and the fact you are matched up against someone who has your body weight also make it one of the safest sports out there. It is also a fantastic compliment to other sports for athletes who want to improve their ability in any other sport they currently participate in. I have had the pleasure of coaching athletes who share time with football, soccer, volleyball, basketball and track. Most collegiate coaches today are looking for the multisport athlete as opposed to ones who focus on just one sport year-round.

If you are interested in learning more about wrestling, we are hosting a free informational camp this summer to introduce the sport to any student in the community who would like to check it out. This clinic will feature Coach Travis Clark, a former member of the United States Marine Corps Wrestling Team and head wrestling coach at Euless Trinity High School, Coach Cody Johnson, former Division 1 wrestler at Missouri and varsity assistant at Frisco Centennial High School and Coach Karra Stratton, Texas USA Wrestling Women's Director/Head Coach and head girls wrestling coach at Lewisville High School. The clinic will take place at Princeton High School June 26 at 9:30 a.m. after the first morning strength and conditioning session. Again, this will be open to students of all ages. If you wish to put wrestling on your student's schedule, please contact your counselor.

If you have any questions about the program, please feel free to email me at rdelavergne@princetonisd.net.

Respectfully,



Ryan DeLaVergne