



Emery Rice

*Menasha Wrestling Club
Youth Coach*

ABOUT THE COACH

I am a wrestling club parent with a passion for wrestling. I have a great deal of experience wrestling competitively and desire to help our club kids have the same awesome experience.

PERSONAL WRESTLING HISTORY

I started wrestling as a freshman at Merced H.S., California. I was trained in, Folkstyle, Freestyle, and Greco-Roman. Most of my wrestling success has been in Freestyle and Greco. Freestyle State Champion, 2x Greco State Champion. California National team member. I also competed in the California State Games in 97+98. Additionally, wrestled at Cal State Bakersfield (NCAA D1).



COACHING GOALS

My goal is to train our youth in the fundamentals of wrestling. To build that solid base of knowledge to build up to higher level skills through middle school, high school, and beyond! I hope to assist our club in the expansion into the Olympic styles of wrestling as well as keeping a focus on Folkstyle.

COACHING ACCOMPLISHMENTS

Our Menasha Wrestling Club coaches have helped our wrestlers to learn the importance of the fundamentals of wrestling, the dedication required for success, and that hard work breeds champions. Menasha achieved 1st place as a team at the Chilton wrestling tournament in 2018 due to those concepts. I strive to continually improve and create a name for Menasha in the Wisconsin Wrestling world.

COACHING HISTORY

I started coaching youth throughout high school, for the Merced Wrestling Club. Teaching Freestyle and Greco. I started with the Menasha Wrestling Club as an experienced parent helping on the mat to joining the coaching team in development for our youth wrestlers for the past two seasons.