

# **Brent Pohorsky**

## **Rockwall High School**

### **Head Wrestling Coach**

#### **2015 – 2016 Texas Wrestling Hall of Honor Inductee**

*Coach Brent Pohorsky will be honored at the UIL State Wrestling Championships, Saturday, February 20<sup>th</sup> prior to the state wrestling finals. Coach Pohorsky is one of five individuals being inducted this season. Pohorsky is being recognized for his outstanding contributions and dedication to the sport of amateur wrestling in the State of Texas as a wrestling coach and a leader. Coach Pohorsky has been very influential in revitalizing our Rockwall Youth Wrestling Organization, which has grown in numbers since his arrival in Rockwall. Pohorsky also presented a RISD Middle School Wrestling proposal that established the foundation for middle school wrestling for male and female student athletes in all three of our middle schools. Since the inception, the middle school program has earned Texas Middle School All-State team honors as well as multiple middle school individual state champions and state placers. In the 2014-2015 season, Pohorsky began a girls wrestling program at Rockwall High School, giving our female student athletes an opportunity to compete at the District and State level.*

#### **26 years of coaching experience: Current Coaching Duties and Honors**

- 2006- Present Head Wrestling Coach at Rockwall High School
  - 2015 Texas High School Coach of the Year (honored by the National Wrestling Coaches Association)
  - 2010-present Region 3 UIL Advisory Committee
  - 2013-2015 President of Texas High School Wrestling Coaches Association
  - Rockwall County Youth Wrestling Advisory Board Member

#### **Notable Career Accomplishment and Honors**

- TX Career Dual Record (152-69 in Texas)
- 4 Team District Titles
- 2 top 10 UIL Championship finishes
- 2 top 10 State Dual Finishes
- 41 District Champions
- 49 State Qualifiers
- 21 State Place Winners
- 1 Individual State Champion
- 1989-99 Head Wrestling Coach Van Buren of Keosauqua, (Iowa)
  - 1999 Southeast Iowa Wrestling Coach of the Year
- 1999-2003 Assistant Coach Fort High School (Iowa)
  - 2000-03 Member of Iowa Cadet National Freestyle Team Staff
  - 2003 North Central Iowa Assistant Coach of the Year
- 2003-04 Head Wrestling Coach Arlington Height HS (Fort Worth ISD)
  - 2004 Coaching Staff Member of Texas All Star Team at Dapper Dan Classic
- 2004-05 Assistant Coach at Lamar High School (Arlington ISD)
- 2005-06 Head Wrestling Coach Lamar High School (Arlington ISD)
  - Head Freestyle Coach for Texas Junior National Team at Junior Duals