

## **Gaylord Strand**

### **LIFETIME SERVICE TO WRESTLING**

#### **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 coached 95 state placers and 15 state champions and 12 of his wrestlers have been Academic State Ghampions. 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.

360 words