

Tom Sewell

LIFETIME SERVICE TO WRESTLING

Juanita High School 1972-1973

Alderwood Junior High School 1973-1975

Canyon Park Junior High School 1975-1980

Bothell High School 1975-1978

Northshore Junior High School 1981-2015

Inglemoor High School 1981-2005

Edmonds Woodway High School 2015 to present

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 recognize 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).

383 words