

## MILT SHERMAN

Milt Sherman grew up in Arlington, attending Tuckahoe Elementary and Swanson Middle School before graduating from Yorktown High School in 1969. He became a wrestler while at Swanson, and it changed the course of his life. At Yorktown, he was All State, as well as “Outstanding Wrestler” for the D.C. AAU at both the Junior Olympic and Open levels. Then, at East Carolina University, where he attained undergraduate and master’s degrees, he won 88% of his matches as a 4-year starter, won 11 championships while with the Pirates, was an All-American with USA Wrestling, and defeated three NCAA Division 1 national champions and two national runners-up. Settling in rural North Carolina, he became a career educator and coach, teaching at D.H. Conley High School in Greenville, N.C. for 30 years and then part-time at his alma mater ECU for 13 years. As a coach, he won a high school state championship and 2 state runner-up honors over three decades. He coached five high school All Americans, one of whom went on to be a 3-time national champion and Olympics coach. At retirement, Milt ranked # 2 all time in North Carolina coaching wins.

As a writer, Milt has been published nationally over 25 times in Scholastic Coach, Wrestling USA, Amateur Wrestling News, and is author of the novel “Wrestling Spoken Here.” He continues to assist area high school wrestling teams and the ECU club team he founded nine years ago, and competes as a Senior Games athlete in badminton at the state and national level, placing 2<sup>nd</sup> and 3<sup>rd</sup> at national championships and winning 37 golds at North Carolina and Virginia state championships. Milt is an inductee in the ECU Athletic Hall of Fame and the National Wrestling Hall of Fame’s North Carolina chapter.