

# Apple Valley Wrestling

17 Time State Champions

1983 1985 1986 1991 1994 1995 1997 1999 2000 2001 2002 2003 2004 2006 2007 2008 2009

Parents or Guardians, my name is Jim Jackson. I am the Head Wrestling Coach at Apple Valley High School. I would like to take this opportunity to tell you about the Apple Valley Wrestling program and encourage your son to participate in the sport of wrestling.

Wrestling is a sport that builds character, teaches a strong work ethic, self-discipline, humility, perseverance, and self-confidence. Wrestling combines an individual sport with a team sport. Wrestling is a sport that includes all body shapes. You can be tall and lean, short and stout, you can be you. Wrestling is a physical but rewarding sport. Wrestling is a sport that teaches you many life lessons.

I would ask you to keep an open mind about the sport of wrestling. We have no try outs and we NEVER cut anyone from the team, everyone participates. I know that there are numerous choices for kids today. If you already have a commitment for this year, please think about wrestling in the future. I would encourage you to ask people in the community about our program and the sport of wrestling. I am confident of what they will say.

The Apple Valley Wrestling program is one of the premier sports programs in the state and country. In the past 33 years, Apple Valley has won 17 state championships (six in a row from 1999-2004), six times state runner-up, 23 state final appearances, 27 straight section championships, dual meet record of 901-90-7, ranked in the top ten in the nation ten times, 54 individual state champions, 135 state place winners, 22 High School All-Americans, 27 academic all-state wrestlers, two Triple "A" award winners (academics, arts, & athletics), six NCAA National Champions, 41 college All-Americans and a 4x US Open Champion.

We are proud of our accomplishments off the mat as well. Our wrestlers have attended numerous colleges and universities over the years including: Stanford, New York University, Notre Dame, Minnesota, Michigan, Wisconsin, Iowa, Marquette, Oregon, St. Johns, Luther, Air Force Academy, Naval Academy and Kellogg Business School - the list goes on. We have alumni who are teachers, pilots, lawyers, doctors, serve in the military, coaches, own their own business, stay at home fathers, money managers, iron workers, and many other professions. I share this with you so you know we care a great deal about our wrestlers' academics as well as their life after high school.

Personally, I believe wrestling is a great sport and I can honestly say it has made the difference in my life. If you have any questions, feel free to call me anytime.

Thank you for your time and consideration.

Sincerely,

Jim Jackson

Head Wrestling Coach

Apple Valley High School

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