

APPALACHIAN STATE UNIVERSITY MOUNTAINEERS



SPORTS INFORMATION

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Wrestling

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Friedl, Fisk Added to ASU Wrestling Staff

BOONE, N.C.- **Pete Friedl** and **Matt Fisk** have joined the Appalachian State University wrestling staff as assistant coaches, head coach **JohnMark Bentley** announced on Wednesday.

"I am very excited about adding Matthew and Pete to our staff," said Bentley. "They are going to be tremendous assets in helping reach our goal of becoming a top-20 program."

Friedl joins the Mountaineer staff after a stellar career at the University of Illinois where he was a three-time All-American and Big Ten champion. Friedl finished his career as the third-winningest wrestler in Illini history with 125 victories. Throughout his career, Friedl proved himself as a clutch wrestler. His dramatic victory in the 2004-05 Big Ten Championship final captured the title for the Illini. In 2005-06, his overtime win at the Midlands Championship final gave the Illini their third-straight tournament crown.

After graduating in May 2006 with a degree in community health, Friedl stayed at Illinois and worked as an assistant with the strength and conditioning program.

Friedl, who hails from Sandburg High School in Orland Park, Ill., was a two-time Junior National All-American and an undefeated state champion in his senior year.

"I'm excited to become a part of the Appalachian State family," said Friedl. "The campus and the town of Boone are beautiful. The team has a ton of potential and a lot of talent in the returners and the newcomers. I'm excited to get my coaching career started at a university like ASU."

Fisk comes to Appalachian after an outstanding career at Lehigh, where he was just the seventh wrestler in program history to captain the team three-consecutive years. Fisk is no stranger to success, having been a four-time NCAA qualifier for the Mountain Hawks.

Fisk amassed a career record of 88-37 and led his team in wins during in his final season. Fisk finished his senior campaign ranked second on the team in falls and bonus wins.

In 2006, Fisk became the first true freshman for Lehigh to qualify for the NCAA championships since 1992.

Fisk obtained a B.A. in biology from Lehigh in 2010.

The Wyalusing, Pa.-native wrestled for his father, Walt, at Wyalusing High School, where he was a two-time state champion. Fisk, who previously owned the Pennsylvania high school record for career wins and falls, compiled a 175-9 record with 117 falls.

"I'm glad to be here at Appalachian and I'm excited to be on a great coaching staff and have the opportunity to gain valuable experience under Coach Bentley," said Fisk. "I'm also anticipating the opportunity to get in the room with the guys. I am looking forward to getting the chance to teach the guys, as well."

The Mountaineer wrestling squad open its 2010 campaign on November 7, at the Virginia Tech Open.