



ASSISTANT COACH-OF-THE-YEAR AWARD

TRAVIS MCCORMACK

Holland, Pennsylvania

Council Rock High School South, located in Holland, PA opened its doors in 2002. Assistant Coach Travis "TRAP" McCormack made an immediate and lasting impact. He helped create the culture for kids in the wrestling room: a culture that includes what it means to be a SOUTH Golden Hawk Wrestler, a culture with high expectations, a culture of hard work and year round training, like club wrestling and training for Cadet and Junior Nationals. One of his coolest ideas was to have the wrestlers throw CRS Wrestling T-Shirts into the stands as they run out onto the mat for warm ups. It's a tradition that continues today.

Trap's most obvious assets are his incredible technical skills and innovative approaches to training. He's a technique junkie, not only from his own wrestling days, but in trying to find new techniques for kids on the team to use and strategize with. He continues to learn as a coach, doing research on what the best wrestlers and teams around the country are doing. Then he finds ways too incorporate them into the teams very own practices. He's constantly scouting, managing lineups, and working strategies to help put the kids in the best situation possible to be successful.



*Travis McCormack
Holland, PA*

This past year he helped overhaul the strength and fitness training model. As always there are all those little things that assistants do that go unnoticed - managing equipment needs, being at every morning workout and being actively involved in fund raising with the booster club.

During the off season, Coach Trap has been extremely influential with Apache Wrestling Club which gives wrestlers an opportunity to continue training. During his time with the club he helped train 10 Cadet National All Americans and 5 Junior National All Americans.

More important than championships (an AAA state championship in '05) and wins and losses is the impact that Coach Trap has on the wrestlers as people. He helps shape them into young men. He is a true role model to the student athletes of CRS. Former Golden Hawk Super Star, Mark Rappo (2008 PIAA State Champion attending the University of Pennsylvania) said, "Coach Trap is simply someone you look up to. He has his priorities in life set, and for teaching me to do the same that's what I am most grateful for." CRS's short history would not have been possible without Trap's unwavering loyalty and dedication to the kids in the program. There is a direct relationship between his efforts and the success of this program.

NOMINATED BY:

Brad Silimperi
Head Wrestling Coach

