



Wrestling USA

1999 Assistant Coaches of the Year

Dominic Disabato - Mike Bulugaris - Matt Stout

Editor's Note: All head coaches recognize the importance of a good assistant to the overall success of a wrestling program. The Assistant Coach of the Year is chosen on the basis of contributions to the high school program in and out of season as well as additional characteristics that aid in providing young people a positive experience in the sport of wrestling. In this case, Tri-Coaches of the Year may be an applicable title! - Cal Johnson

Dublin Coffman High School in Dublin, Ohio, has a unique coaching situation. According to head coach Bob Stoll, his three assistants act as "mini-head coaches". They serve in much the same capacity as football coordinators.....each assistant being responsible for a very significant area of the team.

In the case of Coffman, those areas are determined by weight classes. MATT STOUT serves as the lightweight coach, handling weight classes 103 through 130 lbs. The middleweight coach is DOMINIC DISABATO, who deals with weight classes 135-160 lbs. And serving as heavyweight coach for 171 through 275 lbs. is MIKE BULUGARIS.

When an individual wrestler goes to the mat he is joined by the head coach and his specific weight class coach. Each assistant helps by scouting opposing



Left to right: Dominic Disabato, Mike Bulugaris and Matt Stout

wrestlers in weight classes other than those for which he is responsible.

All three arrived at Coffman in the past three years, beginning in Stoll's second year as head coach after moving to Dublin from Bishop Ready High School. The coaching organization has been productive. Since splitting into two schools in Stoll's first year, the "new" school has won the league championship the past two seasons, built a 16-1 dual record, and produced the school's highest individual placer in the state tournament.

All three assistants contribute a great deal of time and effort during the off-season. DiSabato, who was a three-time state champ and NCAA qualifier for Ohio State, helped coach the Ohio

team in the Junior Nationals. Stout, who wrestled for Michigan, is instrumental in taking wrestlers to summer camps such as the University of Michigan Team Camp. And Bulugaris, who was a MAC runner-up for Miami University, is in charge of the Freestyle Club. They are each in charge of specific practice duties as well as other activities such as fundraising (DiSabato) and kids club (Stout).

Wrestling USA Magazine congratulates Matt, Dom, and Mike for their contributions to the Dublin Coffman wrestling program! They were nominated by head coach Bob Stoll and athletic director Jerry Bell.

ASSISTANT COACH OF THE YEAR

Runner-Up

Rick Stegmaier

Sycamore High School
Cincinnati, OH

Nominated by Melissa Stegmaier
and numerous parents

