

**From:** Utah Valley Athletics [noreply@mail.collegiateathleticnews.com](mailto:noreply@mail.collegiateathleticnews.com)  
**Subject:** UVU WRE: Utah Valley wrestling inks Fouret & Cosio to NLI's  
**Date:** April 24, 2019 at 3:12 PM  
**To:** [lanny@wrestlingusa.com](mailto:lanny@wrestlingusa.com)



#### Utah Valley wrestling inks Fouret & Cosio to NLI's

4/24/2019 | Wrestling

**OREM, Utah** - Head Utah Valley University wrestling coach [Greg Williams](#) has announced the signing of Kekana Fouret and Ryan Cosio to National Letters of Intent. Fouret and Cosio will both come to UVU in the fall of 2019-20 and will wrestle at 157 and 174/184 pounds, respectively, for the Wolverines.

Fouret, who hails from Nampa, Idaho, is a three-time Idaho State Champion for Columbia High School (160, 145 & 132 pounds). He is also a four-time high school state placewinner, as he previously took fifth at state during his freshman campaign.

"Kekana is a great addition to our program. He reminds us a lot of Demetrius (Romero) the way he stays active and attacks," Williams said. "He was actually referred to us initially by Demetrius' high school coach and a great wrestling mind, Kevin Wood. As we did our homework on Kekana, we kept hearing how great his work ethic is and what a serious student he is and what a great young man he is. He just fit all of our criteria to be part of our Wolverine family. He will be a great leader in our room after he gets adjusted to college life. We are excited about his future."

Fouret is also a three-time NHSCA Academic All-American, as well as NHSCA Junior Nationals fifth-place finisher. He also recently wrestled his way to a third-place finish at the Reno Tournament of Champions in December.

Cosio, who is from Temecula, California, is a four-time state qualifier and a two-time state placewinner for Temecula Valley High School (third & fourth). He is also a 2017 USAW Folkstyle National Champion, as well as a 2019 NHSCA All-American where he posted a fourth-place finish in his weight class.

"We are excited to have Ryan join the Wolverine family. He is a perfect fit at UVU as he embraces the challenges of excelling both in the classroom and on the mat," Williams added. "We have built a tradition here of having great academic performances from our student-athletes and we are now competing at the top level on the mat. Ryan has extremely high goals in both of these areas. We are confident our fans will love watching Ryan perform. Our coaching staff has been impressed with how he stays active, always looking to score more points."

Cosio is also a four-time CIF placewinner and a three-time CIF champion (2017, 2018 & 2019). He was also recently tabbed the Press-Enterprise's Wrestler of the Year in 2019 as well as the Southwestern League MVP.

Fouret and Cosio will help bolster a Utah Valley program that posted arguably its best finish in school history in 2018-19. The Wolverines sent a program-best six grapplers to the NCAA Championships this past season as well as crowning their first Big 12 Conference champion in junior 165-pounder Demetrius Romero. UVU also spent a program record of 10 weeks in the NWCA Top 25 Coaches Poll in 2018-19 and posted its best team finish at both the NCAA Championships as well as the Big 12 Championships.

**Staff Faculty - University Communications Contact:**

**Clint Burgi (MSoc, WBB)**

Assoc. AD/Comms. & Mktg. | clint.burgi@uvu.edu | 801-863-8644 | @clintburgi

**Jason Erickson (MBB, MGO, WSOC)**

Asst. AD/Communications | jason.erickson@uvu.edu | 801-863-5451 | @jasonerickson\_

**James Warnick (WGO, VB, WRE, BSB)**

Asst. Dir. of Sports Info. | james.warnick@uvu.edu | 801-863-6231 | @jameswarnick

**Lexi Naegele (CC, T&F, SB)**

Asst. Dir. of Sports Info. | lexi.naegele@uvu.edu | 801-863-5452 | @lexi\_naegele