



COACH'S WIFE-OF-THE-YEAR

TERESA PRASKA

Pocatello, Idaho

Editor's Note:
 As is the tradition with this award, we let the nomination letter tell the story. Although we sometimes have to edit the letter slightly, the following is for the most part the original words of Coach Todd Praska of Pocatello, Idaho. We also received supporting letters from USA Idaho Director Jackie Smith and wrestling parent Kay Neilsen. Wrestling USA Magazine wishes to thank Teresa Praska for exceptional dedication to the sport of wrestling. – Cal

I would like to nominate **Teresa Praska** from Pocatello, Idaho, for the National Coach's Wife-of-the-Year Award! When I discovered that *Wrestling USA Magazine* gave this award, I felt obligated to nominate my wife because she has done more for me, our team and wrestling in the state of Idaho than should be expected of a coach's wife.

Our relationship started when I met her after an Idaho State wrestling practice in which her brother and I were participating. This was 1985, and we have been together ever since. For the last twenty-five years almost everything she has done has been dedicated to my career, our family or our team.....and all have been for the betterment of the sport of wrestling.

We have two children. Our son Tyler is a wrestler and our daughter Kaylee is a dancer and soccer player. Teresa is very involved in everything they do. In addition, during fourteen years as a head coach's wife, she has done countless things for our team, our region and our state to make wrestling better. For our team she makes "lucky" muffins for



*Teresa Praska
 Pocatello, Idaho*

every tournament, packs coolers with snacks for tournaments, runs our concession stand, washes warm-ups and singlets after every event, serves as director for our high school and junior high tournaments, houses athletes from out of town, helps with fundraisers, gives parents rides to out-of-town events, takes pictures and videos, and keeps stats when needed. She puts on a London broil feed at our house when the team wins a trophy (4-5 times a year). At the post season banquet she gives all senior and varsity wrestlers an individualized scrapbook that the boys embrace for the rest of their lives.

When the high school season is over Teresa volunteers her time as our region's secretary/treasurer and the head pairer. She puts on two clinics in the region to teach pairing. She has paired at many state, western regional and national tournaments. She served

as the team leader for two Schoolboy National Duals teams and one Cadet Dual team. And at the same time she fulfills her obligations as the controller for an oil company in Pocatello.

Because of Teresa's help we have put together very successful high school and club programs. None of this would have happened if she hadn't pushed me toward my goal of being a teacher and coach. To say "thank you" would be an understatement, but I still want to thank her for all she does for me, Pocatello High School, and Idaho wrestling.

NOMINATED BY:

Todd Praska
 Head Wrestling Coach
 Pocatello High School



RUNNER-UP

Lynne Bath
 Douglas High School
 Douglas, Wyoming
 Nominated by Coach Bob Bath