



Page High Wrestling
New Head Coach, Benji Gray
gray.benji@gmail.com

Practice schedule:

Preseason workouts: Monday, Wednesday, and Friday (3:00-4:30)

Season begins on Nov. 2

*Practice will be every day after school from 2:45-5:30

*Wednesday practices are til 4:30 to give time for anyone who attends Wednesday night church service

Preseason tournament: Nov. 7 at Blackman High School. Please let Coach Gray know if you are interested in attending.

A little about Coach Gray:

Halls High School 1996-2000

University of Tennessee 2000-2005

-B.A. in French; minor in Exercise Science

Lincoln Memorial University 2006-2009

-Master's of Education

Wrestling Background

*4 year varsity starter at Halls High School (103, 119, 135, 145 lbs classes)

*Captain my junior and senior years

*4 year TSSAA state qualifier

*6th place in TSSAA state tournament my senior year

*Wrestled on UT's NCWA (National Club Wrestling Association) club team the first two years of its existence

*Placed 4th in 2002 in SEC regional's

*Placed 8th in the NCWA national tournament (All-American recognition)

*Coached Halls High School wrestling team from 2004-2009

*Team won 3 District Titles (2007-2009)

*Team won the 2009 Regional Dual Championship and qualified for the TSSAA state duals for the first time in 19 years.

*Coached over 20 state individual qualifiers, 10 state medalists, and 2 state champions

Other Fun Facts about Coach Gray:

*Former University of Tennessee mascot "Smokey"

-paid full scholarship for my entire college career

*Won the 2001 Mascot National Championship

-finished in the top 3 every year from 2000-2005

*2 time Capital-One/ESPN All-American Mascot Team

*Currently the UCA National Mascot Director

-teach and train mascots all across the nation from youth ages to collegiate mascots