

# Coach Alex Joseph Bio



In high school, Coach Joseph wrestled for Chaparral High School in Parker, Colorado. He then went on to wrestle at the University of Northern Colorado. While in college, Coach Joseph was a three year starter for the University of Northern Colorado wrestling team. After college, he started coaching at the high school level. Coach Joseph was the head coach at Palmer Ridge High School in Monument, CO, from 2008 to 2012. In the last two seasons under Coach Joseph's direction, Palmer Ridge had thirteen state qualifiers and five state placers. In 2009, Coach Joseph started the 7352 School of Wrestling, an advanced freestyle and Greco-Roman club for youth and high school wrestlers in the Colorado Springs area. In 2012, Coach Joseph became an assistant coach at Broomfield High School in Broomfield, CO. In 2013, Broomfield won the 4A Colorado state title as well as the Top of the Rockies tournament to establish itself as the best team in Colorado during that season. From 2009 to 2013, Coach Joseph was also a board member and junior national team coach for Colorado USA Wrestling. In the fall of 2013, Coach Joseph left high school coaching and returned to college where he was a volunteer alumni coach for Northern Colorado. In 2014, Coach Joseph moved to Stillwater, Oklahoma, where he was an assistant coach for Stillwater High School, which was ranked as high as 10<sup>th</sup> in the nation. Stillwater won the 2015 Oklahoma dual state title and had five athletes go on to wrestle at the NCAA Division I level.

In addition to coaching, Coach Joseph has been blessed to have had the unique opportunity to study and learn from some of the greatest college and Olympic coaches in the world while spending time at the Olympic Training Center in Colorado Springs as well as the Cowboy Wrestling Club at Oklahoma State University. Coach Joseph also has volunteer experience working at high level wrestling events such as the NCAA Championships, the U.S. Olympic Trials, and the World Championships. He is a USA Wrestling Bronze certified coach.

## Coaching Experience Highlights

### **1. Head Wrestling Coach, Palmer Ridge High School, Monument, CO 2008 - 2012**

- 5 State Placers
- 13 State Qualifiers

### **2. Founder of 7352 School of Wrestling, Monument, CO 2009 – 2013**

- 11 State Placers
- 7 State Champions
- 3 Division 1 NCAA Wrestlers
- 2 Division 2 NCAA Wrestlers
- 2 JUCO Wrestlers
- 1 Fargo Runner up
- 1 Junior World Team Member
- 1 Reno TOC Runner Up
- 1 Reno TOC Champion
- 8 Freestyle State Champions

### **3. Assistant Coach, Broomfield High School, Broomfield, CO – 2013 (State Champs 4A)**

- Team Champions
- 13 State Qualifiers
- 7 State Placers
- 2 state Champions (1-4X Champ)
- 4 Utah TOC (80+ Teams) Champions

- 1 Ironman placer
- 2 Double Cadet (FS/GR) All-Americans
- 1 Junior Greco All-American
- 3 Division 2 NCAA Wrestlers
- 1 JUCO Wrestler

**4. Colorado USA Board Member and Junior Duals and FargoCoach, Colorado Springs, CO 2008 – 2013**

**5. Volunteer Alumni Assistant, University of Northern Colorado, Greeley, CO-2013 – 2014**

**6. Assistant Coach, Stillwater High School/JH, Stillwater, OK. 2014 – 2015 (2015 6A Dual team State Champs, Individual Team runner-up, ranked 11<sup>th</sup> in the country**

- 5 State Finalist
- 6 Division 1 NCAA Wrestlers (1 Current NCAA All-American)
- 3 Kansas City Stampede Champions
- 5 Nationally Ranked Wrestlers
- 3 Top Three Placers at the USA Wrestling Freestyle Junior Nationals (“Fargo”) (1 Champ)
- 2 UWW World Team Trails Placers
- 2 U.S. Open Junior Freestyle Placers
- 4 Team members of the 2015 Oklahoma USA Wrestling Freestyle Junior Duals National Championship Team
- 5 Members of the 2015 USA Wrestling Junior Freestyle (“Fargo”) National Championship Team

**7. Founded a youth wrestling program named Lebanon Academy of Wrestling, Lebanon, IN 2015-2016**

**8. Volunteer Coach at Indiana Pride Wrestling Academy, Indianapolis, IN 2016**

**Wrestling Experience:**

- Wrestled at Chaparral High School in Parker Colorado.
- Freestyle state and Greco state champ and national team member in high school.
- Wrestled as a starter for the University of Northern Colorado.
- Competed in the Dave Schultz International (FS) in Colorado Springs, CO.

**Other Experience:**

**1. USA Wrestling Volunteer:**

- Pan American Championships
- Colorado USA Wrestling Volunteer
- Preseason Nationals (+Coaching)
- Women’s World Team Trials
- Dave Schultz Memorial International
- Kiki/Jack Pinto Cup
- Folkstyle Tour of America (+Coaching)
- Fargo (+Coaching)
- Junior National Duals (+Coaching)
- U.S. Open (+Coaching)
- 2012 Olympic Trials
- Junior World Team Trials (+Coaching)
- 2015 World Championships
- World Team Trials (\*Spectator only)
- Cadet World Team Trials (Coaching)

**2. Other volunteer experience:**

- NCAA Championships (Towel Tapper)
- Save Olympic Wrestling Effort