



National Wrestling Coaches Association Names Amsterdam's Benton NYS Coach of the Year

(June 3, 2009) The National Wrestling Coaches Association has named Amsterdam High School's veteran wrestling coach Ken Benton, the 2009 New York State Head Coach of the Year.

"Ken Benton is an outstanding coach. His record ranks among the very best in Section II and New York State," said Rich Romeo, NWCA NYS Representative and President of the NYS Wrestling Coaches Association. "His contributions to the sport and dedication to his student-athletes have enhanced our sport and improved the lives of the wrestlers he has coached over his almost thirty year career".

Named Section II's Class B Coach of the Year three times in his career, Coach Benton marked his 200th win as a varsity coach this past season. His team set a Section II record for the number of wins in a season and finished 19th in the final NYS Sportswriters' Poll for the 2008-09 season.

"The coaches and wrestlers receiving the NWCA State Scholastic Awards have shown the type of work ethic and commitment needed to achieve success on and off the mat. The NWCA applauds the efforts and the achievements of the honorees," said NWCA National Executive Director Mike Moyer.

The National Wrestling Coaches Association, established in 1928, is a professional organization dedicated to serve and provide leadership for the advancement of all levels of the sport of wrestling with primary emphasis on scholastic and collegiate programs. The membership embraces all people interested in amateur wrestling. The NWCA, through its organizational structure, promotes communication, recognizes achievement, recommends rules and regulations, sponsors events, and serves as an educational and informational source. Additionally, the NWCA strives to foster the sportsmanship and integrity that are the cornerstones of athletic competition.

Past NYS Head Coach of the Year award winners were:

- 2008 Michael Conners, G. Ray Bodley HS, Fulton, NY
- 2007 Bill Jacoutot, Spencerport HS



KEN BENTON, NYS Head Coach of the Year
ACCOMPLISHMENTS

- Section II Class B Champions
- Section II Division 1 Runners-up
- Section II Dual Championship Finalists
- North/South Duals Champions
- Montgomery County Duals Champions
- Schenectady Invitational Champions
- Purple/Gold Classics Champions
- CNS Duals Runners-up
- Fox 23 News Team of the Week
- Section II record for number of team wins in a season.
- 28 year career
- Record: 29 – 3 (2008-09) 206 – 48 (career)
- Section 2 Class B Coach of the Year (3x)
- He has brought this team along and broken into the top 10 state rankings with only two seniors.
- He has worked for many years developing his peewee program to build his varsity program.

