

WRESTLING

# Former state champ is lending his expertise

By ANNIE FOWLER  
SPORTS EDITOR

Bob Coleman is still trying to figure out which is harder — college wrestling or farming.

With his agricultural business degree in hand, Coleman graduated from Oregon State University in the spring, and has been helping with the family farm since his return to Hermiston.

When farming becomes frustrating, as it did earlier this week, Coleman can work out his frustrations with his former high school wrestling team.

“I think that is one of the things we hope for,” Hermiston coach Kyle Larson said of former wrestlers coming back to help out. “Maybe an expectation. These guys go on to the next level, then come back and pass it back to the next generation. We have had a lot of phenomenal alumni support.”

Coleman won the Pac-12 184-pound title for Oregon State University last March, and went to the NCAA Championships, but the 2016 Hermiston graduate said he did not start the sport as a natural.

“I didn’t just magically get good at wrestling,” said Coleman, who won the Oregon 5A 182-pound state title in 2016. “It took a lot of people to help me. I’m just paying it forward. Hermiston has a village when it comes to wrestling.”

Coleman, 21, has been working with wrestlers like Trevor Wagner (160-170 pounds), Sam Cadenas (220), Jon Lee (220) and a few others that fall a few pounds on either side of his size.

“It’s funny,” Coleman said. “People know I won a Pac-12 title, but some of these kids think I won worlds. College wrestling is a dog-fight every day at practice. You don’t know if you will come out with a bruised face or a broken leg. Everyone has to pay their dues.”

If Coleman can teach the young Bulldogs a thing or two, that’s great, but part of him still craves the sport.

“You miss aspects of wrestling, but this allows you to go back and help someone else miss it later on,” he said.

Coleman, who could have wrestled one more year at OSU, decided to take his degree and go to work.



Staff photo by Ben Lonergan

**Bob Coleman, right, grapples with Hermiston High School’s Samuel Cadenas, 16, during wrestling practice at the high school on Thursday afternoon. Coleman, a 2016 state champion at Hermiston, and a 2019 Pac-12 champ at Oregon State, helps out his former team when he can.**

“Academically, when I was at Hermiston, I got about a third of my credits before I went to college,” said Coleman, who was named to the Pac-12 All-Academic second team in March. “I accomplished more than I ever thought I would in wrestling. I wasn’t just going to stay to wrestle. This gives me the opportunity to stay involved in the sport. As long as my body holds out, I will. When it won’t, I will help with the little kids.”

Larson, who also helped with the program before taking over as coach, appreciates whatever help Coleman and other alumni can offer.

“Anytime Bob touches anyone in the room, and wrestles with them, they are going to get better,” Larson said. “Sometimes it’s hard to get four coaches, let alone guys like Bob who come in. It’s a steal.”

The Bulldogs also get an occasional appearance in the room by two-time state champion Brent Parks, who now is a construction/woodshop teacher at Hermiston High.

“He is tougher than nails,” Larson said of Parks. “He’s another alumni who helps us out. My brother Jeremy used to come in too, but his (dental) practice is pretty busy.”



FOOTBALL

# Hermiston’s Bradshaw, Coughlin headed to Blue-Grey Game

By ANNIE FOWLER  
SPORTS EDITOR

Football season isn’t quite over for a pair of Hermiston offensive linemen.

Chase Bradshaw and Dustyn Coughlin have been invited to play in the Blue-Grey All-American Bowl on Jan. 20 in Arlington, Texas.

“I’m pretty excited for them,” Hermiston coach David Faaeteete said. “I hope they do well and have a good time. I don’t think Hermiston has had a player selected before.”

The game will be played at AT&T Stadium, home of the Dallas Cowboys.

“It was super awesome to be invited, but it’s not cheap to go,” said Bradshaw, who said the trip cost each player about \$2,500. “That is the nicest stadium in the



Coughlin



Bradshaw

to the Blue Team.

Players from 22 eastern states and 17 western states will report on Jan. 18. There will be two days of practices and other events before the game.

More than 650 college coaches will be in attendance or will view the game. Over the years, the game has been a recruiting bonanza for college coaches.

“There will be some shock and awe at first, but I think they will be fine,” Faaeteete said. “It will be awesome for them to play against guys who have already signed, and see how they match up. The competition level will be up there, but I think they will be all right.”

Though they will play in front of college coaches next week, Bradshaw and Coughlin will take a recruiting trip to Western Oregon University this weekend before they head to Texas.

Both players have been wrestling since football ended, so they will be in shape come game time.

Coughlin, who tips the scales at 300-plus pounds during football, is down to 279. The weight limit for heavyweights is 285 pounds.

“I will be quicker and I will have endurance,” he said.

The Blue-Grey Game has a rich history, with the likes of Patrick Mahomes (Kansas City Chiefs), who played in the game in 2014, and Brett Rypien (Boise State), who played in 2015.

Faaeteete, who played defensive tackle at University of Oregon, said he never got an invite to the Blue-Grey Game, but he did play in the Les Schwab Bowl.

The game will be carried by the Impact Football Network and streamed across the country. Game time is 4 p.m. (PST).

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David Faaeteete, Hermiston coach

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