



Wolverine Wrestling Club

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Kirk Trost enters his 20th season as a member of the University of Michigan wrestling coaching staff and will begin his seventh year as the top assistant coach under Joe McFarland. Honored as the 2005 NWCA Assistant Coach of the Year, Trost has been an integral part of the Wolverines' wrestling achievements. His experience in all styles of wrestling gives him the ability to help the entire team in all phases of the sport.

A teammate of head coach Joe McFarland when both were student-athletes at Michigan, Trost has represented the Wolverine wrestling program at the collegiate and international levels as both a participant and a coach.

Trost capped an outstanding collegiate career by winning the 1986 NCAA heavyweight title. He became Michigan's 12th

different national champion and recorded the program's 17th national crown. A two-time NCAA All-American, Trost was the heavyweight runner-up in 1985. He is one of 13 Wolverine wrestlers to qualify all four years to the NCAA Championships where he compiled a 9-3 record at the 190-pound and heavyweight weight classes.

A four-year Michigan letterwinner (1983, '84, '85, '86), Trost's 139-48 career mark is fifth all-time in wins at Michigan. He compiled 71 victories in dual meets, Big Ten and NCAA tournament competition. Trost posted back-to-back 44-win seasons during his last two years, including an undefeated dual and Big Ten dual campaign as a senior. Trost's 23 straight victories during the 1986 season ranks ninth on Michigan's all-time consecutive wins list.

After a successful collegiate career, Trost pursued an international wrestling career that began with a third-place finish in the 220-pound class at the 1987 Olympic Festival. He went on to claim the 1987 World Cup title, defeating Akmed Atovov, the Soviet Union's top wrestler (8-2), in Mongolia. He also captured the gold medal at the 1990 Pan-American Games and won bronze and the 1990 World Championships and the 1991 World Cup.

Trost competed at the 1988 U.S. Olympic Trials where he was the runner-up at 220 pounds. He traveled to Seoul, South Korea, as an alternate on the U.S. Olympic Team and was the 1990 World Championships bronze medalist. A member of the USA freestyle team since 1987, Trost placed third in the 1992 Olympic Trials and won the 1993 U.S. Freestyle National Championship.

A 1998 inductee to the Illinois Wrestling Hall of Fame, Trost was a runner-up and third-place finisher at the Illinois State High School Championships while a student at Lincoln-Way High School.

A New Lenox, Ill., native, Trost graduated from Michigan in 1986. Trost resides in Pinckney with his wife Theresa, daughter Elise and son Lance.