

Dan McNames (BHS Head Wrestling Coach and School Athletic Trainer) Interview

Interview provided by Mike Hearn

1. Where did you go to High School?

“I went to Winnebago High School, Winnebago, Il. graduated in 1989.”

2. Where did you go to college?

“I graduated from Northern Illinois University.”

3. What sports did you play in High School and/or college?

“I was a 4 year varsity wrestler in high school. In college I wrestled 2 years at Illinois College, then wrestled 1 year at NIU.”

4. What other schools have you coached at?

“I coached wrestling at Flynn Middle School”

5. What do you, as a coach, bring to your sport?

“I think that I bring a lot of enthusiasm, intensity and knowledge to my sport. I have a certain saying that I have tried to install into our wrestling program; “work hard, play hard, get the job done.””

6. What can the fans expect to see when they come and watch your team play?

“I would expect that fans would see wrestlers who are intense, aggressive and relentless. When they see our wrestlers on the mat they should see a never give up attitude. After matches they should see respectable young men who have just given their all to win a match. I believe everyone should witness a wrestling match, or even a practice. I don't think people understand what these young men go through to compete.”

7. What will be the best part of your job as a head coach?

“The best part of my job is seeing our wrestlers succeed. I have been fortunate to have a great staff, and we all have one common goal, make our kids better. Every year there has been something from our season that will be a lifelong memory for me. The overall interaction with the wrestlers makes this job worth every minute.”