



Tom Seamans

Inducted 2019

(Plaque # 220)

Tom Seamans began his coaching career in 1984 at Green River High School and ended his 32-year coaching career at Campbell County High School. He served as an assistant coach in numerous sports, but is best known as the head wrestling coach for both of those schools.

During a 29-year span as head coach, his teams won:

- 18 State Championships**
- 24 Regional Championships**
- 23 Conference Championships**
- He was chosen Conference Coach of the Year 20 times**
- Wyoming Coaches' Association Wrestling Coach of the Year 16 times**
 - NHSACA Region 7 Coach of the Year once.**

Tom would like to thank the following. The parents for their unwavering support of their children and the wrestling program. They never complained about the 2-a-day practices and showed up in force for tournaments and duals. The hardworking and highly skilled assistant coaches who put in countless hours working with the athletes, but rarely received the credit. The Campbell County Athletic Department Office whose support made it easy to coach. The athletes that graced the wrestling room. They showed up ready to go to work and managed to have fun in a sport that can be quite grueling at times. They took pride in how they practiced; put out great effort at all levels from JV to Varsity, pushed each other, and seemed to have their best performances when it counted most. Lastly, he would like to thank his loving

wife Janet and their three children, Lauren, Julia, and Garrett, whose support for his coaching was unconditional.