

## *David Cringan, Class of 1990*



**CRINGAN**

After placing fourth as a sophomore, Cringan captured the Class 1A-2A 112-pound state championship in 1989 and 1990. He was also a two-time state freestyle and Greco champion. Cringan placed third in the Junior World team trials in Greco where he lost to the eventual Olympic silver medalist, and second in the Junior World team trials in Freestyle. His coach, Ken Simmons, called Cringan a takedown machine as he once held RHS records with 251 in a season and 595 in a career and state record of 17 takedowns in a match. He also holds the state record for fastest technical fall (1:26). Cringan wrestled for the US Army Greco team and just missed making the Olympic team.