

DEREK SOLA

EDUCATION

Conrad Weiser High School, '99

Millersville University – B.S. Secondary Education, '04

PA Certificates in English & Social Studies

PLAYING EXPERIENCE

Conrad Weiser High School – (7) Varsity Letters

Wrestling –4 years, 4-time District & Regional Champion, 2-time PIAA Medalist

Football—2 years, IC Champions, District 3 Runner-Up

Track—1 year

Millersville University

Wrestling—PSAC Finalist, 2-time Regional Champion, 2-time NCAA Division Qualifier

COACHING EXPERIENCE

Lampeter Strasburg School District

Varsity Wrestling Head Coach—2005-07

Pennridge School District

Varsity Wrestling Head Coach—2007-09

Hamburg Area School District

Varsity Wrestling Head Coach—2009-present (24-4)

- School record 24 victories in single season

- 2010 Division III Champions

- 2010 HAHS Males Sports Coach of The Year

PROFESSIONAL MEMBERSHIPS

National Wrestling Coaches' Association

Pennsylvania Wrestling Coaches' Association

PROFESSION

High School English Teacher, Hamburg Area School District—2009-present

FAVORITE ATHELTE

Tom Brady / Pat Tillman

FAVORITE COACH

Nick Saban / Bill Belichick