

Columbia  Wrestling

Coach Michael Merhige

Modified Head Coach – 7th Season

**Jamestown CC / Hudson Valley Community College Graduate 2006
A.S. Degree**

Columbia High School - Class of 2002

Occupation:

Teacher Assistant at Goff Middle School
& House Counselor for the Center of Disabled

Wrestling Coaching Career at Columbia:

Head Modified Coach (2010-2011)
Volunteer Assistant (2004-05)
Program Assistant (2005-2009)
JV Assistant (2009-2010)
Head Youth Wrestling Instructor (2004-2010)

Football

Head Modified Coach (2009-Present)
Modified Assistant Football Coach (2007 – 2008)

Track

Varsity Assistant Coach (2010-Present)

Wrestling:

Section II Class A Champion: 2002
Section II Place finisher: 4th in 2002
Empire State Games **GOLD MEDALIST** / Greco-Roman: 2002
NCJAA National Qualifier at Jamestown Community College

Personal:

Michael currently coaches three sports at Columbia in Wrestling, Football and Track. Coach Merhige is also a former Wrestling club coach at T-N-T in Albany. Michael is married to Kacey O`Connell and they are expecting their first child in October 2011. Coach Merhige has one sister Valerie and is the son of Tammy Merhige and the late Tom Merhige.