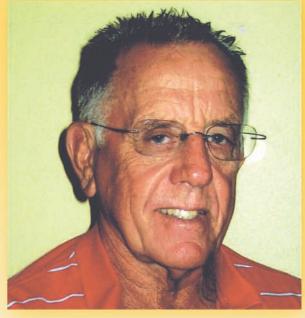
BRECHER



Fred Recher has always been a man with a mission. Highly motivated, intelligent and driven, Fred has been successful in any and every activity he has engaged in: wrestling, coaching, teaching, weight training, business — you name it. Fred was and is gifted in many ways, but was uniquely endowed with wonderful people skills.and he made lasting contributions in the lives of hundreds of young men and women throughout his career.

Fred began his wrestling career at Roslyn High School. He went on to wrestle at Springfield College, and graduated after only three years. At Springfield, Fred competed and was Champion in the New England Freshmen Wrestling Championships in his first year of college. Then, at 157 lbs. Fred won two consecutive New England Championships Also during Fred's junior year, he won the prestigious Four "I" Tournament, and wrestled into the quarterfinals of the NCAA Championships before being eliminated by a referees split decision.

After graduating from Springfield College in the Fall of 1961, Fred accepted a teaching and coaching position at Hicksville H.S. in Nassau County. Fred coached and taught at Hicksville for four years before moving over to North Shore High School in 1966. At North Shore, Fred transformed the wrestling program and took it to a higher level, competing against many of the best teams in Nassau and Suffolk Counties. During his coaching career at North Shore he coached both Varsity and Middle School up until his retirement from coaching after the 1981-1982 season. Fred also spent time during his tenure at North Shore as High School Athletic Director and Wrestling Chairman of the North Shore Athletic League.

At the helm of the North Shore Varsity program, Fred led the Viking wrestlers to six division championships, and several strong showings in the North Shore and Nassau County tournaments. Fred coached numerous individual champions — including seven

Nassau County Champions, and one Nassau County Most Valuable Wrestler. For his efforts, Fred was named Nassau County Wrestling Coach of the Year in 1973. In 2006, he was also inducted into the North Shore High School Athletics Hall of Fame for his excellence in coaching.

Fred was very well respected by his wrestlers, the parents of his wrestlers, and fellow coaches. But the real story about Fred was the relationships he built with his students and wrestlers. In the words of Joseph Doherty, who had all four of his sons wrestle for Fred, "Fred spent lots of time off the mats guiding kids through their difficult teen years. Coach Recher was a great teacher and a very impressive role model with strength of body and character. He led by example, helping kids prepare for the 'wrestle backs' of life. He also helped kids avoid trouble. He never gave up on them, especially his wrestlers..." Fred selflessly gave of himself just as much off the mats as he did on the mats. And despite his busy schedule, he always made himself available.

Fred Recher was also an innovative coach. Early in his tenure at North Shore he introduced a kiddie wrestling program, helping to infuse a significant number of young "recruits" who would eventually wind up in his line-up. He was also an avid weight trainer and body builder. Next to the wrestling room in the basement of North Shore High School, Fred oversaw a top notch weight training facility that would be used to advance the strength and competitiveness of all athletes, but especially the wrestlers.

Fred has a wife Susan and two daughters. He retired from teaching in 1998 and cur-

rently resides in Florida.

