



Press Release – July 13, 2015

**Upstate New York Chapter of the National Wrestling Hall of Fame**

President Carl Koenig of the Upstate New York Chapter of the National Wrestling Hall of Fame is proud to announce that Tristan Rifanburg of Norwich High School has been selected as the Outstanding Wrestler for the Upstate New York area for the 2014-15 season. Tristan who will be attending and wrestling at Binghamton University next year under the guidance of Coach Matt Derlan has had an outstanding career on and off the mat. Tristan was a 3 time Division II New York State Champion, 2 times a runner-up at the New York State championship, a six time Section IV wrestling champion and had accumulated many other honors during his wrestling career at Norwich High School. The award is based on wrestling achievements, academic success in the classroom, character and community service. Tristan will receive the award at the September 20, 2015 Upstate New York Chapter of the National Wrestling Hall of Fame Induction Ceremony at the Double Tree Hotel in East Syracuse. It should be noted that two other Norwich wrestling greats will be inducted into the Hall of Fame posthumously on September 20<sup>th</sup> as well – Frank Giltner, the first wrestling coach at Norwich, and legendary wrestling coach Sam Elia who guided the Purple Tornado wrestlers during the 1940's through the early 1960's.

In addition, the Upstate Chapter will recognize Tim Herman, founder and operator of the Western New York wrestling website, Armdrag.com, with the first Stanbro Award which will be given annually to the sport writer or mass media producer who has done the most to promote high school wrestling in the Upstate New York area. The award will be given in honor of Jack and Sonja Stanbro in recognition for all that they have done to develop and nurture the Upstate New York Chapter of the National Wrestling Hall of Fame.

Tim was a 2-time sectional champion while wrestling at Byron-Bergen High School and then wrestled at Franklin & Marshall College for Mark Faller. Tim founded his website in 2001 and has developed it into one of the best websites in the nation. Armdrag.com covers all aspects of wrestling – past, present and future – in Western New York and beyond, including Section 5, Section 6, Buffalo-area CHSAA and the upstate collegiate teams.

Furthermore, Tim is the perennial computer administrator at several interscholastic tournaments, he is active as a committee member for the Friends of Section V Wrestling and he serves on the Board of Directors for the Upstate New York Chapter of the National Wrestling Hall of Fame. Tim and his wife, Elana, and their two children Violet and Elijah live in Penfield, New York. The Chapter is pleased to present the Stanbro Award to Tim Herman for all that he has done for wrestling in New York State.