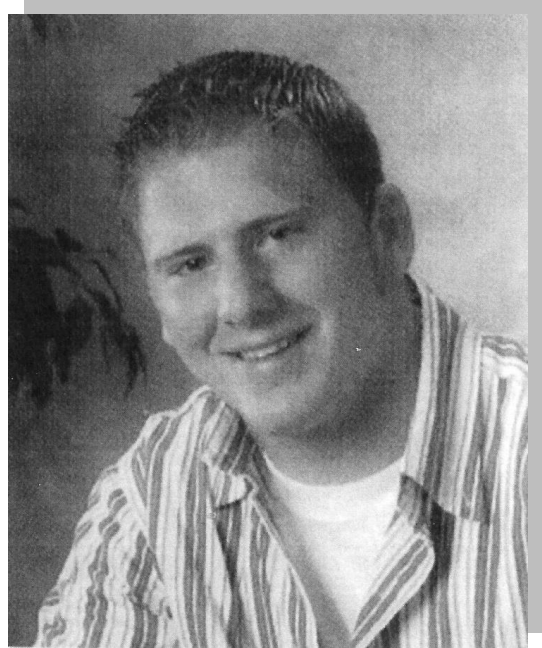


Ben Berhow Class of 2006



Ben Berhow graduated from Albert Lea High School in 2006 where he lettered in football, wrestling and baseball. While a member of the Albert Lea Tigers wrestling team he finished second in the state as an individual at 215 lbs as a junior and capped off his senior year with a heavyweight state championship. He also made Big Nine All-conference teams in football and baseball. Berhow went on to the University of Minnesota where he was a member of the wrestling team for four years including being the Gophers starting heavyweight for three years. Berhow also won a bronze medal in the Pan American games and was a member of the University of Minnesota's national championship team in 2007. As a current graduate assistant wrestling coach at the University of Minnesota Ben is responsible for training of heavy weight wrestlers which includes national champion Tony Nelson in 2012 - 2013.