



**Larry Goodnature** Larry Goodnature has been a staple of Albert Lea wrestling for 42 years — four as a wrestler and 38 as a coach. For the better part of three decades, Goodnature led the Tigers wrestling program as head coach.

Goodnature wrestled for Albert Lea in 1967 through 1971. He won a state championship at 145 pounds his senior year, back when all wrestlers competed in one class.

That year, the Tigers took home a team state championship, too, and that team still holds the Minnesota state record for most points scored by a team in a state tournament.

After high school, Goodnature headed to Mankato State University, where he earned three NCAA All-American honors. In 1973, he finished fourth in the country at 158

pounds. He took sixth in the same weight class the following year and, in 1976, he finished fifth.

Aside from his five years as a Maverick, Goodnature has been a Tiger all his life. Upon graduating college, Goodnature became the head wrestling coach for Hutchinson Tigers. He coached the Tigers from 1976-79 and won the Suburban West Conference each season at Hutchinson.

In 1979, he moved back to Albert Lea to help coach the Tigers, and he has been with them ever since. In 1992, he became the head coach.

During his 25-year tenure as head coach, Albert Lea managed to win 10 Big Nine Conference titles and made the Minnesota state tournament seven times. His teams made the finals in the state four times, and finished third, fourth and sixth the other three times. He coached 136 state entrants, including sending six to the state tournament in his final year as head coach, 2017. Sixty-seven of the entrants were state place winners and eight were individual state champions.

Goodnature has been named Big Nine Coach of the Year 10 times, Section Coach of the Year 14 times and Minnesota Coach of the Year three times, with the most recent coming in 2015.

Maybe most importantly, he coached seven Minnesota State Academic AAA Champions.

He finishes with a record of 546-166 in dual matches, and his 546 wins ranks him as the 10th all-time winningest coach in Minnesota high school wrestling history.

Adapted from an article by Jarrod Peterson, *Albert Lea Tribune*, May 25, 2017