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## Blue Devils Add Ramos to Coaching Staff

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**DURHAM** – Duke wrestling head coach **Glen Lanham** has added another member to his staff, announcing the addition of **Ethan Ramos** as an assistant coach effectively immediately.

Ramos is no stranger to the ACC, having spent a decorated collegiate career as a wrestler at North Carolina from 2013-18. A 2015 All-American, Ramos compiled a 106-39 record over his five years as a Tar Heel, reaching the NCAA Championship on four occasions. Ramos was a two-time ACC Champion at 174 pounds, winning titles in 2016 and 2018.

“Ethan was a very tough competitor for North Carolina that made it onto the podium,” said Lanham. “I’m grateful to have someone of his character, coaching and wrestling ability in our program.”

In his career at North Carolina, Ramos reached a high of No. 2 in the nation according to InterMat and helped the Tar Heels reach national rankings his entire collegiate career. Ramos earned his best NCAA Championship finish in 2015, finishing sixth in the 165-pound division to secure an All-America distinction.

“I’m really excited to be a part of the Blue Devils program,” said Ramos. “I’m looking forward to being a part in building the team up to be a top team in the nation.”

Prior to joining the Blue Devils, Ramos has served as a resident athlete with the Scarlet Knight Wrestling Club, helping to train wrestlers four times a week, while maintaining physical shape to continue wrestling with Team Puerto Rico. Ramos was an accomplished student at North Carolina, being named to the ACC Honor Roll all five years and graduating with a bachelor’s degree in exercise and sport science, and a minor in Hispanic studies.

The Blue Devils will open the season later this fall with a full season of competition after a reworked 2020-21 schedule due to the COVID-19 pandemic.

To stay up to date with Blue Devils wrestling, follow the team on Twitter, Instagram and Facebook by searching "DukeWRES".

**#GoDuke**

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