

WRESTLING USA
MAGAZINE

2008 Coach's Wife-of-the-Year Award

SANDY NICKAL

Rio Rancho, New Mexico

Editor's Note: This is always one of our favorite awards. Look behind the scenes in most high school wrestling programs and you will find a coaches' wife who serves as a part-time mother, assistant coach, and biggest fan. We let the nomination letter speak for itself for this award. - Cal

Behind every great team and coach there has to be a great coach's wife. Rio Rancho, New Mexico is no exception. Few, however, can match the background of **SANDY NICKAL**, wife of head wrestling Coach Jason Nickal.

Sandy has been married to Jason for thirteen years. Four children, four state titles, twenty-six state championships, and 185 dual wins later she is still an inspiration to her husband and his wrestling teams.

Sandy started out as a high school basketball star and played four years of college basketball. That allegiance quickly changed when she married Jason. She now has a passion for wrestling that goes beyond that of most wives ... even to the competitive level. She participates in many Ram wrestling practices and is not afraid to jump into the mix with the boys. If anyone needs a practice partner, she is right there to work out. She not only participates in the practice room, but also is at the side of the mat for many



off-season tournaments. She is a USA Bronze Certified Coach who has traveled to many freestyle and Greco-Roman events across the nation. She has even competed in the Sunkist and Dave Schultz International Wrestling Tournaments.

In addition to a strong dedication to the sport of wrestling, Sandy has been a wonderful mother to four children (Bo, Jordan, Lexis, and Shelby) and has found the time to coach her children's teams in football, soccer, softball, and wrestling.

If all of that is not enough, consider this...she has been a professional football player (Colorado Valkyries), coached high school girls' basketball and tennis, played competitive soccer,

raced horses, and ran 5k and 10k road races.

Sandy Nickal is a wrestling wife that has truly taken it to the next level. She is an inspiration to wives and mothers everywhere. According to Jason, Sandy has definitely been the driving force behind his success.

Wrestling USA Magazine applauds Sandy Nickal for her energy, enthusiasm, competitive nature, and dedication to all sports that contribute so much to the lives of children.

Sandy was nominated by
Jason Nickal, Head Wrestling
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