

**From:** App State Sports News [appalachiansid@gmail.com](mailto:appalachiansid@gmail.com)  
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### **Wrestling**

**ONLINE:** <https://appstatesports.com/news/2022/5/6/patterson-joins-app-state-wrestlings-coaching-staff.aspx>

**BOONE, N.C. —** Jarrod Patterson has joined App State Wrestling's coaching staff, head coach JohnMark Bentley announced Friday.

Patterson earned All-America and Academic All-America honors at the University of Oklahoma before beginning his college coaching career at Brown University of the Ivy League. For the last four years, he has been the head coach at Sand Springs High School in his home state of Oklahoma, where he mentored eight OSSAA state placers and three state finalists.

"I am very excited for this opportunity in Boone," Patterson said. "App State has a great coaching staff, and I look forward to joining the program."

Like Bentley, head assistant coach Ian Miller and assistant coach Randall Diabe, Patterson was a state champion at the high school level before excelling at the college level and making a successful transition into coaching.

He won four state titles in high school and posted a 107-32 career record at Oklahoma from 2009-14. He qualified for the NCAA Championships four times, reached the blood round three times and was an All-American at 125 pounds as a sophomore.

Patterson, who earned a bachelor's degree in criminology and master's degree in human relations from Oklahoma, was a three-time Academic All-American and four-time Academic All-Big XII selection.

"I am extremely excited to have Jarrod join our staff," Bentley said. "He brings a wealth of knowledge and will be a huge asset to our lightweights."

App State's 51-5 conference record over the last eight seasons ranks among the six best league records in Division I wrestling during that span, and returning standout Jonathan Millner has earned All-America honors in each of the past two seasons. App State's roster has returning wrestlers at 125, 133, 141, 149, 157 and 165 pounds who have qualified for the NCAA Championships or possessed top-33 national rankings in the last two seasons.

The Mountaineers went 9-2 overall as a team and 7-0 in SoCon duals during the 2021-22 season, highlighted by a 19-13 home win against Campbell in a dual that decided the league title. They placed 28th in the team standings at the NCAA Championships.

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