



**STAN WOODS**  
**Emerson Jr-Sr HS /**  
**Park Ridge HS**  
**Wrestling Coach**

Stan Woods is a living legend.

The 78-year old has been the wrestling coach for Emerson, and later the Emerson/Park Ridge co-op, since 1967. During those 51 seasons, his teams have had just one losing season, captured 37 league titles, nine sectional championships and the Group 2 state championship in 2016.

His teams have also won 751 matches, which makes him the winningest wrestling coach in New Jersey history.

Woods is a graduate of Roxbury High School and East Stroudsburg University. He's received numerous awards, such as the Bill Powley Service Award for Bergen County wrestling, induction into the State Coaches Association Hall of Fame, the Harry Lake Award from the New Jersey Wrestling Coaches Association, and recognition by National Wrestling Hall of Fame.

He served on the NJSIAA Wrestling Committee from 1978 through '89, and was also president of the NJWCA from 1973 through '75.

He was named state Coach of the Year in 2007, has been named Bergen County Coach of the Year six times, and has had 11 of his teams named Team of the Year in Bergen County. A total of 100 wrestlers under his guidance have won District championships, and 28 have won Region titles.

In perhaps the greatest show of how much that Stan has meant to his school, the gym at Emerson is named in his honor.