



**Coach Jack Deming – Athletic Coaching Inductee
Football, Baseball, and Wrestling Coach**

Coach Deming served as a teacher, coach, and administrator at Holton High School from 1971-1979. During his time at Holton, Deming started the first varsity wrestling program. Amidst budget cuts, Deming was able to create a competitive and successful program that provided the foundation for Red Devil Wrestling. Coach Deming coached multiple state qualifiers, state champions, and teams that placed at several tournaments including team state finals. In 1975, Coach Deming led his team to a 4th place finish at the team state tournament after defeating Elk Rapids 36-18.

Coach Deming is remembered for his disciplined approach to practices. A firm believer in conditioning, he commonly had athletes running stairs, sprints, calisthenics, and strength training as key components to preparing athletes for the challenge of competition. Under Coach Deming, wrestlers knew that third period matches were won by the wrestler with the most endurance. Mr. Deming also served as a Physical Education teacher who encouraged his students to “be willing to try something new and not give up so easily when something starts to get tough,” said Coach Deming. Using this prerogative, Coach Deming supported students and athletes alike to persevere and strive for greatness.

Mr. Deming went on to serve as an administrator for Wayland Union High School for 23 years. As an educator, Coach Deming has influenced thousands of students to work hard and be the best version of themselves. Holton wrestling would not be the same without the leadership of Coach Deming. For his leadership and contribution to Holton Public Schools, we induct Coach Jack Deming into the Holton Athletic Hall of Fame.