



FRONT ROW: (Center, Chris Cohens) joined by his parents
BACK ROW: Wrestling Coach Tim Correll, HHS Athletic Director, Coach David Craft

Hickory High's Cohens to wrestle for Queens University

Chris Cohens, a senior at Hickory High, has signed to wrestle for Queens University in Charlotte.

"I chose Queens University because of its great rate of students getting jobs right out of college," said Cohens. "I also like the feel of the campus and the institution itself as a whole." Cohens, who earned academic, athletic and grant-based scholarships for his hard work as a student-athlete at HHS, said the coaches at Queens took notice of him as an athlete and as a student.

According to Cohens, the wrestling season for Queens University will start at the end of October. "I will be training as often as possible along with lifting and cardio," said Cohens.

Excited about the opportunity offered through Queens, Cohens shared in particular about his college coach for next year. "Coach Ken Chertow is the wrestling coach for Queens. He was a multi-time All-American wrestler for Penn State. He also was an Olympic team member, medalist, Pan American Games medalist and he coached wrestling at Penn State and Ohio State for a collective nine years," said Cohens.

Cohens plans to major in Exercise Science and become an athletic trainer or strength coach following his education at Queens University.

Cohens says he was a late starter in wrestling, beginning in the sixth grade while his friends who wrestled started when they were six or seven years old. "But wrestling is by far my favorite and

my best sport,” said Cohens. “It’s a very hard sport but I always have fun. It would be a long season if it wasn’t any fun. Wrestling has taught me a lot—as an individual competitor and through being part of a team.

“Wrestling is a collective of individuals working together to reach a common goal and adjusting to different people and their styles of wrestling. Just like in life, you have to adjust to different people and their styles of living,” said Cohens. “With wrestling, I have learned that in life, we all have to adapt to different situations and obstacles every day. In my four years at Hickory High, I have had three different head wrestling coaches. Each one taught me different skills: determination, physical toughness, and mental toughness.

“I will always remember during my freshman year of wrestling that we had 10 or 12 starters make regions—the most our school had achieved in a long time. And then my sophomore year, I was one match away from state and lost by two pints,” said Cohens. “However, during my junior year, I was the first state qualifier in 12 years for Hickory High, so this was an exciting achievement.”

According to Coach Tim Correll, HHS head wrestling coach, Cohens was an undeveloped wrestler his freshman year. “After training hard and going 26-9 missing the ticket to state by just two points, Chris then went on 31-6 his junior year qualifying for regions for a third time. He finally qualified for state being the first one for HHS in 12 years to qualify. Last year, Chris was 1st team all-conference, and was a junior captain. He trains six out of seven days of the week. I’ve coached a lot of wrestlers, but his combined work ethics, both on the mat and in the classroom, are exemplary. I’ve coached him in football and now wrestling and I have to say he is top notch and he is any coach’s dream. Chris is a team leader and deserves this opportunity to get to the next level and wrestle for Queens University,” said Correll.

Cohens participated in track, cross country, football and was a member of the HHS Beta Club. “To my athletic success -- I credit my mom, my club wrestling coaches, and my wrestling partners—who are now in college. I could not have gotten where I am today without them,” said Cohens.

“As for missing my years in high school, I am going to miss the friendships built with my teammates the most,” said Cohens. “Ever since my freshman year, the wrestling team has raised funds for our own warm-ups, singlets, and tournament entry fees—and this has built a bond between us showing what we can do together.”

“I grew up with my mom, Trena Kee, raising me and my grandmother, but more recently, I’ve rekindled my relationship with my father, Chaz Cohens. All of them had the same philosophy that if I am set on something, then I have to do it to the best of my ability. That is one of the reasons I work so hard at what I do,” said Cohens.

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