

ROBERT EMMONS

A "Coaches" Coach



Robert Emmons's father was killed in a truck accident when he was just a year old. His brother Steve, who was eleven years older, helped guide Bob toward sports. Bob started wrestling in the 5th and 6th grades. In junior high he met his scholastic coach, Harold Earl, who became a Hall of Fame coach. As a 7th grader Bob attended a Long Island Wrestling Championship at the famed Mendham High School in Bellmore, NY. The gym floor was covered with small gym mats that were pushed together and then covered with a mat cover. Valley Stream Central High School, which was the district Bob would attend, had five Long Island Champions. At this point, he was sold on wrestling and wanted to be a Long Island champ!

Bob's junior high wrestling career was as impressive, he pinned every opponent but one! Bob had a stellar high school career at Valley Stream Central. He was a member of the first undefeated team in 32 years. He was All League four times, of which he was a two time league champion. He was four times All County, twice being a runner-up. In addition, he placed fourth twice in the Long Island Championships.

Bob Emmons first coaching job was as an assistant during his senior year in college at Shanley High School in Fargo, ND in 1965. Bob's first head coaching job was in Manville, NJ in 1966. Bob was there for one year and the team improved to 3-9. His next job was at Kings Park,

NY, high school in 1968. His first year there he assisted Hall of Fame coach John Smith. The next year Emmons was the head coach and the team went 9-3. An interesting side bar; during Bob's first year at Kings Park he recruited a guy named Jack Spates to the wrestling team while he was on cafeteria duty. Spates did well his first year placing 2nd in the league tournament. Unfortunately for Emmons, after his 10th grade year, the Spates family moved to Smithtown where he eventually won the NY State Wrestling Championship in 1970 at 107 lbs. Spates went on to be the outstanding head coach of Oklahoma University!

After Kings Park, Emmons became the assistant coach of East Hampton, New York High School. They won the league championship his first year there. The following year Bob was interim head coach. The team finished with a 4-3 record. They had one wrestler take 2nd in the Suffolk County championships.

Bob became assistant coach at Hampton Bays High School in NY in 1980, and would be Hall of Fame Coach Mike Fitzgerald's trusted assistant for another twenty years. Mike always said Bob was the "perfect" assistant coach. Together, they coached 9 league championship teams, 3 Suffolk County Class B championship teams, 30 Suffolk County place winners, 6 Suffolk County champions and 6 NY State place winners.

"Bob's patience and expertise with technique made him a great assistant coach."

—Paul Bass

Emmons last coaching destination brought him to Westhampton Beach High School in NY in 2002. He spent nine years assisting Paul Bass. Bass said Bob's "patience and expertise with technique" made him a great assistant coach. During Bob's tenure, the Westhampton Beach Hurricane's had a fine 100-34 dual meet record. They

won the league championship twice. They had 4 Suffolk County champions, 24 Suffolk County place winners and 4 NY State place winners.

Robert Emmons dedicated his life to the sport of wrestling, involved as a wrestler or coach for over fifty years. His love and dedication to coaching helped to mold many wrestlers into champions. While assisting wrestlers perfect their technique, he always displayed the patience required to complete the task. Bill Parcels, the great New York Giants football coach, once answered a reporter's question by saying "Coaches coach." Robert Emmons was the epitome of this.