

# Phil Bergsrud ('95)



## Career:

- 91 Varsity Wins (no forfeits)
- 2 times All-Conference
- 3 times Varsity Captain
- 4 times Varsity Letterman

## 1994-95 Season:

- 5th: IHSA "AA" State Tournament  
(first All-State Wrestler in LFHS's history)
- IHSA Sectional Champion
- IHSA Regional Champion
- Prospect Tournament Champion
- Ott-Bay Tournament Runner-Up
- The Bob Moore Tournament (Fourth Place)
- 211.0 Team Points (LFHS record)
- 37-7 Senior Record (13 falls, 13 majors, 1 tech, and 10 decisions)
- Category Leader in 3- and 2-point near falls, escapes, take-downs, and major decisions.
- Most Valuable Wrestler
- Chicago Tribune* Athlete of the Week
- LFHS Booster Athlete of the Year
- Pioneer Press All-Lakeshore Team
- Pioneer Press All-Lakeshore Male Athlete of the Year

