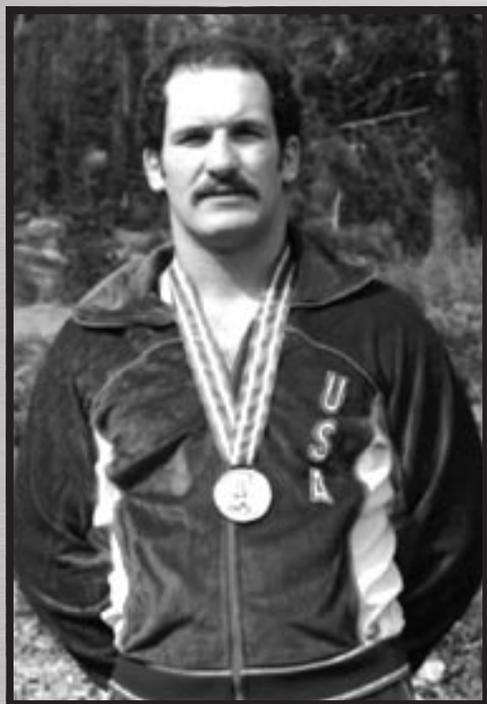




HOWARD LAKE-WAVERLY-WINSTED
Hall of Fame 2016 Inductee
Jerome Schmitz



Jerome “Jerry” Schmitz graduated from Howard Lake-Waverly High School in 1972. While in high school, Jerome participated in football, wrestling, FFA, Letterman’s Club and the AV Club. He was captain of the wrestling team his senior year and qualified for the region wrestling tournament. From HL-W he attended Willmar Junior College and was a State Junior College Champion. After Willmar he attended St. Cloud State where he was a two time NIC champion, OW at the NIC Tournament his senior year and a two time all-American with a runner up finish at the 1976 national tournament.

After college Jerry competed Internationally for the Minnesota Wrestling Club in Greco-Roman wrestling, taking the Silver medal in the 1979 Pan-American games in San Juan, Puerto Rico. He also coached for Minnesota USA Wrestling and was the Cultural Exchange Director for trips to Norway and Australia. He also participated in the 1984 Olympic trials and was inducted into the St. Cloud State Athletic Hall of Fame in 2003. His advice to young students and athletes “Work hard at whatever you are passionate about, nothing come easy but persevere and good things will happen.”