

2008-09 STRENGTH & CONDITIONING COACH
RICK ZIMNY



Coach Zimny is a native of Shelbyville, Indiana, and graduated from Indiana University with BS and MS degrees in Education. Rick was a varsity wrestling coach for 15 years; 6 while at Warren Central High School. He started his WCHS career in 1984 and became the head strength coach and started the current weight program in 1990. Coach Zimny served as head strength coach until 2005 and is currently serving as assistant strength and conditioning coach.