TOM THOMSEN

 Head wrestling coach at Mission San Jose High in Fremont since 1984, Tom Thomsen has led the Warriors to 14 top-10 North Coast Section team finishes and three Mission Valley Athletic League championships. His teams have won more than three-quarters of their meets.

 Two of Thomsen’s wrestlers became state champions,15 became North Coast Section champs, 88 won MVAL titles and three were named high school All-Americans.

 Thomsen also has served as MSJ’s athletic director since 1999. He was named North Coast Section Athletic Director of the Year in 2005 and California Coaches Association AD of the Year in 2014.

 Thomsen is a Hall of Famer not just as a coach, but as an athlete, too. At Castro Valley High, Thomsen was the Hayward Area Athletic League heavyweight champion three years in a row, was undefeated in league dual meets his junior and senior seasons, won the North Coast Section his senior year, captured 19 tournament titles and qualified for the state tournament three times.

 Thomsen went on to wrestle at Chabot, going undefeated in Golden Gate Conference competition and winning the Northern California junior college heavyweight championship in 1979 after finishing second the previous year. He was named Northern California Wrestler of the Year his final season at Chabot and is a member of the Chabot College Hall of Fame.

 In football at Castro Valley, Thomsen earned first team All-South County honors as a defensive lineman and was named to the Alameda County All-Star team. He was a three-year starter on both offense and defense.

 Later, Thomsen played football at Cal State Hayward, was again a three-year starter on defense and was named second team All-Far Western Conference in 1981.

 Tom and his wife, Teresa, live in Fremont. They have one son, Zack, and a daughter, Sarah.