



Our Lady of Mount Carmel School

Our Lady of Mount Carmel School announces, Hesham Moustafa, has been hired as the Head Coach of the school's wrestling program. An international freestyle wrestling champion for more than two decades, Moustafa brings significant experience as a wrestler and coach at the international, collegiate, and highest levels of wrestling.

"We are tremendously excited to bring such an impressive coach to our community. His impact will be immediate as he has significant experience working to craft great wrestlers and young people," states President Lawrence Callahan.

Moustafa replaces Tim Schoen, a member of the Maryland Wrestling Hall of Fame, who helped begin the program at Mount Carmel eleven years ago. During his tenure the school won consecutive dual meet titles and sent multiple wrestlers to National Preps.

A native of Egypt, Moustafa was a thirty-two time national champion at the junior and senior level from 1985-2005 and 4 time Greco-Roman University National Champion. His international career started when he was fourteen years old that was highlighted by qualifying for the Sydney Olympics in 2000 and winning the 2000 Africa Championship at 66kg. He is also a two time Maryland Open Wrestling Competition Folkstyle Champion.



As a coach, Moustafa is a Silver Certified Wrestling Leader by USAW, a certified educator at United World Wrestling, a Wrestling Educator at the World Academy of Sport and International Freestyle Wrestling Coach as well.

Athletic Director Alex Brylske commented, "we are very excited Coach Sam has joined our community. His passion for working with young people and helping them become their best selves is infectious. He is an excellent motivator and is able to maximize athletes potential as wrestlers and human beings."

Moustafa will begin hosting clinics at the school for wrestlers of all levels beginning this month.