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## Campo Wrestler Happy with Losses and Wins

By Cathy Dausman



Campolindo High School wrestler Jeremy Dunbar (right) with his coach Bob McLaughlin. Photo Cathy Dausman

Campolindo High School student Jeremy Dunbar stands over 6 feet tall, but nowadays there is less of him to see. The CHS junior has lost nearly 50 pounds recently "to be more helpful" to his wrestling team.

A former track and field participant, Dunbar has wrestled since his freshman year; going the entire season without a single win. Last year Dunbar wrestled in the 285 weight class on the junior varsity team and had only one win to his credit. Thanks to self-discipline, exercise, and eating on the healthier side - less sugar and fewer carbohydrates, he says - Dunbar, who plans to attend culinary school after graduation now wrestles as a 195-pounder.

Perhaps he was inspired by his coach, who lost a similar amount within the last year, but Dunbar has earned himself a slot on the varsity team. "He's just flowered [this year]," said Coach Bob McLaughlin, whose admiration for the young man comes through loud and clear. McLaughlin recounts a recent cross-town rivalry meet, an away game for Campolindo wrestlers: "Jeremy had to move up to heavy weight class (over 220 pounds). His opponent was 268 pounds. Jeremy gets taken down. Slowly he gets a reversal. Then he throws a half, turns the guy and pins him. The

stands go crazy. Some 20 alumni standing behind our bench start chanting 'Jer-e-my! Jer-e-my!' Think about being that guy and having every stud in your high school standing and chanting your name because you are the victor; you are in the arena and you are still standing."

Dunbar calls that his "deciding match," but said there are a few things he still struggles with - patience and confidence, for example. Wrestling, he said, is a muscle memory sport, and so he continues to improve.

The student who McLaughlin said runs every mile and does every pushup during practice vows to keep working hard - for his teammates, his parents and his older sister.

"Jeremy comes into practice every day with a great attitude, wanting to get better. He has improved day by day, working hard and never giving up," said Campolindo Athletic Director Tom Renno.

"I have coached state champions and high school all-Americans for 19 years - been there, done that," McLaughlin concluded. "Never been so proud!"

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[back](#)

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