

Chris Bono Bio



NCAA and US Nationals Champ

2001, 2002, and 2005 Freestyle World Team Member

Biography

Born 2-13-1974

Chris started wrestling at the age of five in Philadelphia, PA. He followed in the footsteps of older brother, Ernie. Chris had instant success at this age, pinning competitors who were age 10 and 11.

His family moved to Florida when Chris was in 4th grade. Wrestling began in junior high in Florida, therefore, he attended junior high/senior high practices but was not allowed to compete at their level. In 7th grade, Chris made the varsity team at The Bolles School in Jacksonville. He wrestled at 98 lbs. placing 4th in the high school state tournament. 9th grade was another 4th place finish and then on to 3 state titles his Sophomore, Junior, and Senior seasons. Chris also wrestled freestyle in High School, claiming cadet National Runner-Up status and was a Junior National All-American.

He accepted a scholarship to Iowa State University where as a Freshman had a losing record and barely escaped to the NCAA tournament. Chris then went on to be a 3-time All American and a 1996 NCAA Champion. He is currently 3rd on the ISU all-time career wins list.

Graduation came in 1997 and Chris then became the assistant wrestling coach for ISU under Bobby Douglas. In 2005, he became an assistant coach at the University of Tennessee-Chattanooga, then head coach in 2006. In 2009 he moved back to Ames as assistant coach under Kevin Jackson.

Chris retired from coaching in 2010 to reside in Lexington, SC, employed with Stryker as a sales representative for endoscopic medical equipment.

He's now back in wrestling as head coach for a fairly young Division I South Dakota State University team, with the 2012-13 season his first at SDSU.