

LEE PAMULAK (IOWA)

Lee Pamulak is currently the AAU wrestling director for the Iowa District of AAU. He began Iowa AAU wrestling in 1988 with 70 registered wrestlers. He held the first Iowa AAU Kids State Tournament with 1200 registered wrestlers in 1989. By 1990 the Iowa AAU Kids State had to move to a larger facility in Cedar Rapids. In 1999 Lee expanded the Iowa Kids State to include a separate Super Pee Wee State for 2nd grade and under. Currently, Iowa AAU Kids State hosted just under 1500 wrestlers in 3rd through 8th grade who qualified at eight district tournaments. The Super Pee Wee State involved 600+ K-2 grade wrestlers.

Always ready to take on new challenges, Lee hosted the first AAU Folkstyle National Tournament (now called AAU Worlds) in 1993. He has been the host for the AAU National Middle School Duals for the past 5 years. In 1999 Lee became a member of the AAU Wrestling Executive Board, and still holds that position today.

Lee continues to work to increase the number of AAU wrestlers in Iowa. Under his leadership, Iowa has been the district with the highest number of registered wrestlers for several years. From the original 70 in 1988, Iowa was just short of 6,000 AAU wrestlers in 2005.

Lee served USA Wrestling as the local organizer from 1984 to 1988. He is a member of the Iowa Wrestling Coaches and Officials Association. Lee is a past president of Indianola Baseball Inc. and a member of their hall of fame.