

Title Page & Abstract

An Interview with Peter Alber

Part of the Abraham Lincoln Presidential Library
Illinois High School Association (IHSA) Oral History project

Interview # SIH-A-L-2017-059

Peter Alber, the highly successful high school wrestling coach for Dakota High School, was interviewed on the date listed below as part of the Abraham Lincoln Presidential Library's *Sports Stories - IHSA Oral History project*.

Interview dates & location:

Date: June 1, 2017 Location: Freeport, Illinois

Interview Format: Digital audio

Interviewer: Philip Pogue, ALPL volunteer

Transcription by: _____

Edited by: _____

Total Pages: _____ Total Time: 1:17 / 1.28 hrs.

Accessioned into the Abraham Lincoln Presidential Library Archives on September 13, 2017.

The interview is archived at the Abraham Lincoln Presidential Library in Springfield, Illinois.

Interview being
processed

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Abstract

Peter Alber, *Sports Stories – IHSA*, SIH-A-L-2017-059

Biographical Information Overview of Interview: Peter Alber was born in Freeport, Illinois in July, 1964. He grew up in Dakota, Illinois where he graduated from high school in 1982. In high school, Pete participated in football and wrestling, including an individual state championship. After high school, he worked in a plastic factory and in a metal sharpener factory. In 1991, he formed his own company, Proto-Cutter Inc, located in Freeport. He also helped at his former high school, first as a volunteer wrestling coach and then as an assistant coach for two or three years. In 1996, he became the head wrestling coach at Dakota High School (CUSD 201). The wrestling program is quite strong, with numerous state team and individual championships.

This interview covers the experiences of a successful small school wrestling coach located in northwest Illinois. Alber talks about the rules of wrestling, the scoring for both individual matches and team meets, the number of weight classes (14), body fat testing, and practice drills. He also discusses the IHSA by-laws for wrestling, the IHSA coaches training requirements, sports medicine and safety items, state tournament seeding, and the Grand March. In addition, Alber talks about wrestling cooperative teams, challenges facing smaller schools in fielding a full wrestling program, and the popularity of high school wrestling. He also talks about the difficulty of the sport and what wrestlers learn, including hard work, dedication, discipline, respect, and appreciation for nutrition.

Subject Headings/Key Words: Dakota, Illinois High School (CUSD 201) wrestling; Illinois High School Association (IHSA) high school wrestling rules; scoring high school wrestling matches; wrestling weight classes; body fat testing; Illinois high school wrestling tournament; wrestling's Grand March;

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