



Muncy High School Athletic Hall of Fame

Larry Sones

Class of 1967

Induction year: 2007

[Larry Sones](#), currently residing in Muncy, lettered in football for three years (1965-1967) and wrestled for two years (1966-1967) at Muncy High School.

In football, Larry was a versatile performer as tailback, fallback, guard, tight end, and linebacker. He was co-captain his senior year and picked up the coveted "Golden Helmet" Award during his senior year for exceptional play and leadership.

In wrestling, Larry wrestled at 127 pounds his junior year and 138 pounds his senior year while compiling a dual meet record of 27-12. He was a key performer on Muncy's 1967 West Branch championship team, who went a perfect 14-0.

While attending Bloomsburg University, Larry competed one year in college football and wrestled three years. His junior year, in which he lettered, he posted a 14-7 record.

Larry returned to his alma mater as an educator and coach, instructing the varsity wrestling team from 1974 to 1978 and recorded a 27-40-3 record in his five-year stint. He was head junior high football coach for 33 years and had three undefeated teams along the way. It's estimated that Coach Sones worked with over 1600 kids during his tenure, while spearheading the Indians' junior high football program.

