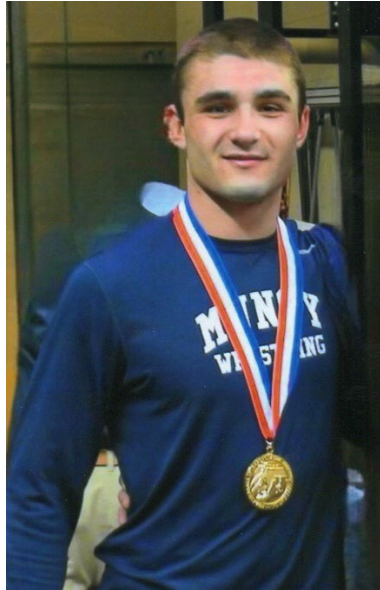


RYAN HEMBURY-Class of 2011



Ryan Hembury was an outstanding athlete who excelled in several sports at Muncy High School including Wrestling and Football. He moved on to George Mason University in Fairfax, Va. after receiving a Scholarship to compete in wrestling. After College he accepted, a teaching and coaching position at Sullivan County High School. He's currently Head Coach which he's held since 2020 after serving as Assistant a couple of seasons, while also Coaching the Varsity baseball two seasons, one as head coach. In Muncy Wrestling Ryan proved hard work paid off as he lettered four years at 145 lb. to 189 lb. his senior and compiled a 133-25 overall record. He was a Top Hat Champion his Jr. and Sr. years. In his Senior year was his time to shine as he ran the table at 189 lb., winning Sectionals, Districts, Regionals and the State Championship, along with Zach Strickland who also Captured a State Gold Medal at 152 lb.. Hembury's and Strickland's State Titles were the first ones in 55 years when Larry Lauchle won at 112lb. in 1956. In football Ryan lettered four years and was an exceptional tail back rushing for a career 3,088 yards. He tallied 34 TDS, 17 each of his Jr. and Sr. Seasons and averaged 6.8 yards per carry. He had two 1400 yards seasons. He was selected to the First All-Star teams in Jr. and Sr. seasons.