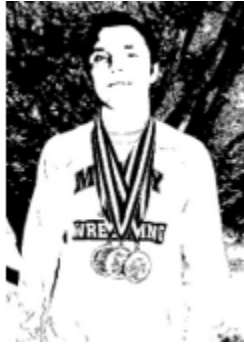


TROY HEMBURY-Class of 2013-Inducted 2024



Troy is one of the best all-around athletes to ever come out of Muncy. He lettered 4 years in wrestling, 3 years in football and 1 year in baseball!

Troy holds Muncy's record for most career wins with 166 and 20 losses. Troy is a 3x Central Sectional Champ, 3x District IV Champ, 3x time NE Regional Champ, 3x PIAA State Place Winner, finished 5th as a Sophomore, 4th as a Junior and Runner-up as a Senior. Troy won the District IV Coach's Association Scholarship his Senior year!

Troy won a Scholarship to Columbia University and lettered 3 years competing at 184 & 197. In International Wrestling he was a 2x Fargo All-American in freestyle & Greco, 2x Fila Cadet All-American, 4 time member of Pa. State freestyle team, 4th place world team trials for 4-20'S, 2X Gold Medalist for USA at the Pan-American Games.

Troy has been an assistant Coach at Lycoming College the past 6 years. He coached 3 All-Americans and 1 National Champ.

In football Troy rushed for a career 1609 yards, while rushing for 1266 yards and 18 touchdowns his senior year!

During the 2010-2011 wrestling season Ryan & Troy accomplished as brothers, something that seldom happens. Together they became Sectional, District IV and Regional Champions. At States they were both in the Semi-Finals together and then with best friend Zack Strickland led Muncy to a highest ever 4th place team standing. Best in Muncy High School Wrestling's History!!!