

Muncy High School Athletic Hall of Fame

Don "Jake" Poust

Class of 1957

Induction Year: 2007

Don "Jake" Poust, currently living in Langhorne, was a three-year letter winner in football and wrestling at Muncy High School. In football, he was a center on offense and linebacker on defense, and played on the undefeated West Branch Champion 1955 squad, which finished 9-0-1.

In wrestling, Don compiled a 26-2-2 dual meet record (.929 winning percentage). He wrestled at 145 and 154 pounds, respectively, while winning sectional, district, and regional titles his senior year. He was on the 1955 West Branch Championship team which went 13-2 and the 1956 team who were West Branch co-champs at 11-3. He capped off a stellar high school career with his senior team posting a 13-1 record and winning the District IV team championship.

While attending Bloomsburg University, Don lettered three years in wrestling (1959-1962). He won a silver medal in 1960 at the N.A.I.C. at 191 pounds, a silver medal at the PA State Athletic Conference (PSAC) tournament in 1961 at 177 pounds, and won a the 1962 state championship in the PSAC at 177 pounds.

A Bucks and Montgomery County wrestling official for 10 years, Don is an honorary member of the Delaware Valley Chapter of the PIAA wrestling officials. He also coached at the Woodrow Wilson High School, where he served as an assistant wrestling coach for two years, an assistant track and field coach for three years, and head track and field coach for two years.