



By John Rucosky

jrucosky@tribdem.com

It's not unusual for Tim Rosa to walk into the North Star locker room and find Hunter Tremain doing homework before the start of wrestling practice.

Tremain, who holds a 4.3 grade-point average in addition to being one of the top 195-pound wrestlers in the state, is just as motivated to score points in the classroom as he is on the wrestling mat. He turned down Ivy League opportunities to sign a National Letter of Intent to wrestle for coach Pat Pecora at Pitt-Johns-town, where he intends to study nursing.

And while he wants to become a nurse anesthetist who helps ease people's pain later in life, he's not afraid to cause some temporary pain for his opponents, be it in a match or practice. Just ask Rosa, who often practices with Tremain.

“He’s physical. He’s intense and he doesn’t back down,” Rosa said. “He doesn’t care if it’s a returning district champ or one of the coaches. I think he might go harder with me. It’s not a fun experience.”

[2018-19 High School Wrestling Preview Page](#)

Tremain might be even more driven this season. He was being touted as a potential state finalist last season before an ankle injury forced him to forfeit the regional final – against a wrestler he’d already beaten twice – and miss the PIAA Class AA tournament.

Beth-Center’s Dominic Fundy, who was a state finalist in 2017 but – like Tremain – missed last year’s tournament with an injury, could stand in the way of Tremain’s path to a state title.

Rosa doesn’t think his wrestler will feel any added pressure.

“He’s so focused, I don’t think he hears too much chatter outside. I think he’s focused on what he has to do,” Rosa said. “If there’s a bump or two along the way, I think it will just make him work harder.”

The physical pain from last season’s injury was one thing; the mental strain from knowing the opportunity that he lost was another.

“I was in the downs for a little while,” Tremain said in a telephone interview. “You put all that work in all season long. After that, I just said, ‘I’m going to work to get healthy and shoot for the best and make sure that doesn’t happen again.’ ”

That doesn’t mean he took it easy in the months leading up to the wrestling season. He did his best to lead the Cougars’ undermanned football team.

Ankle, hip and shoulder injuries limited him to six games, but he still ran for 1,146 yards and accounted for nearly 55 percent of North Star’s offensive yards.

He could have easily packed it in and given up on a team that didn't win a game all season, but that's not in his nature.

"I'm not one to quit on anything," Tremain said.

"I just stuck it out and was hoping for the best."

That's also the attitude he took when he saw a man go overboard from a boat on Raystown Lake during his family's annual vacation there this summer. Tremain, who was riding a personal watercraft, saw a boat speed through a no-wake zone, causing a man to fall from another craft.

Tremain quickly sprung into action.

"He was conscious, but he was panicking," Tremain recalled. "I was trying to calm him down. I tried putting a life jacket on, but he wouldn't put it on."

Tremain continued to try to help, even as the situation became more dire.

"I heard him get quiet," he said. "He went into cardiac arrest. I ended up throwing him up into the boat."

Tremain contacted a friend who was trained in CPR and called EMTs, but they were unable to save the man's life. The Army Corps of Engineers honored Tremain with a certificate acknowledging his heroic actions.

"I just wish I could have saved him. That would have been a lot better feeling," Tremain said.

Rosa wasn't at all surprised that Tremain acted so quickly and decisively on the lake.

"That's just typical Hunter," Rosa said. "If he wouldn't have done something, I'd have been more shocked."

As he turns his attention to wrestling season, Tremain has several goals in front of him. The first milestone will be picking up his 100th career victory – he’s stuck at 99 thanks to that ankle injury last year – and he will serve as a leader for a North Star team that’s favored to win a WestPAC title and be one of the top teams in District 5.

Tremain makes the Cougars better, not just because he provides a seemingly endless stream of wins, but also because teammates strive to be like him, his coach said.

“They see his focus,” Rosa said. “A lot of the younger kids see him and realize he’s maybe not the most talented kid to step on a wrestling mat, but boy, he works hard and he earns the things he gets.”

Tremain credits his parents, Kimberly and Dave Tremain, of Boswell, with helping to instill that work ethic in him.

He’ll be able to stay close to home next year, when he attends Pitt-Johnstown.

“I think the main thing was, I went for a visit there, and I really liked all the wrestlers there,” Tremain said. “Coach Pecora seems like a really nice guy. I like to stay around home. I don’t like to travel a lot. I can still hunt, see my family.”

Eric Knopsnyder covers wrestling for The Tribune-Democrat. Follow him on Twitter @Eric_Knopsnyder. Read his blog at papowerwrestling.com.