

# *Indiana High School Wrestling Coaches Association*



This Certifies That

**Tristyn Messmer**  
of  
**Jasper High School**

Merits this Award of Distinction

***Jr. 1st Team Academic All-State***  
for the 2023-2024 Season

Presented by:

**Indiana High School Coaches Association**

**Sponsored by: Dr. Donald K. Shelbourne - M.D.**

*Ed Pendowski - Carmel HS*

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