

2021 ISD 88 Hall of Fame Bios

Ali Bernard Sprenger – Class of 2004

A 2004 graduate of New Ulm High School, Ali began her wrestling career at 11 years old. It was at that early age that she began to show drive and dedication to the sport. She became a member of the New Ulm High School wrestling team in seventh grade and that passion for wrestling continued to flourish in that environment. It wasn't easy being a female in a male-dominated sport, as she was often taunted by wrestlers and fans from opposing teams. She didn't complain or back down. Her reputation for being a tough, unrelenting opponent grew as did her wins. She went on to wrestle with the Minnesota Storm while in high school. During college, Ali was the first woman to earn five CIS Canadian College National Champion titles. In addition to that, Ali has had many accomplishments over her long wrestling career from being named Junior National Champion in 2003 to being a member of two Olympic wrestling teams. Her commitment to the sport has led to a career as a coach of the Minnesota USA Girls' Wrestling program. She continues to lead and inspire girls in the sport of wrestling through her enthusiasm and coaching expertise. The sport is evolving, leading the way for more girls to participate, Ali has been instrumental in this change not only in the state of Minnesota but across the country.