

ALUMNI OF THE MONTH -

Name: Nick Nichols

Year of Graduation: 2008

What have you done since graduating from Port Allegany High School?

Following graduation, I attended Seton Hill University, where I also continued my wrestling career. I completed my undergraduate degree in sociology and psychology with a minor in Human Resources. Furthering my education at Seton Hill University, I graduated with my master's degree in marriage and family therapy. Upon finishing graduate school, I moved to Virginia Beach, VA, and received my license to practice as a Licensed Marriage and Family Therapist (LMFT). In 2020, my wife Rebecca and I opened our own performance coaching and therapy practice.



I have continued my athletic pursuits by starting a run coaching business, specifically focusing on ultra-distance running. I personally coach and have run various 50+ mile events, including my furthest distance of 100 miles in 2022. Additionally, I am currently partnering with and will assume a leadership role within the upcoming year with a non-profit organization Valhalla's Mission Force, led by a tier one operator and former Navy SEAL, to provide mindset and art therapy interventions to active duty military members and first responders. Valhalla's Mission Force also provides a custom handcrafted flag to every fallen police officer and firefighter nationwide. We are currently working with an outside entity to soon be able to provide all pre and post-deployment knife and family shield builds while providing direct intervention with decompression efforts.

In 2024, I was honored with induction into the District 9 Wrestling Hall of Fame. Most recently, in 2024, I started a custom knife business, specializing in hunting, fishing, and steak knives.

Where do you currently live?

Chesapeake, Virginia

Who was your favorite teacher in high school? Why were they your favorite?

George Riley inspired me to pursue the field of psychology through his engaging classes and his ability to make learning enjoyable.

What is your fondest memory of Port Allegany High School?

My favorite memory is winning districts as a team and the entire team wrestling at the state tournament in Hershey.