

Mr. Christopher Meister

Athletics



A member of the Class of 1998, Chris Meister has continually exhibited excellence, especially in the field of Athletics. Chris calls his decision to attend Archbishop Wood the best decision of his childhood, and so for his constant dedication to Wood, he is being inducted into the Hall of Fame.

During his four years at Wood, Chris was a three-year wrestling team captain, accumulated 118 career high school wins, won the Philadelphia Catholic League Championship three times, and was a two-time High School National Prep All-American, including his National Prep School Championship win in 1998. He went on to wrestle varsity at Lock Haven University, until transferring to Delaware Valley College his senior year, where he placed second at the Division III MAC Conference Championships and missed qualifying for the National Tournament by one match. Coach Meister graduated from Delaware Valley College with a degree in Business Administration - Finance. He also received his Master's degree in Real Estate Finance & Investments from Johns Hopkins University in 2010. He worked in the private sector as a real estate professional, financing, trading and owning real estate investments. After talks of dropping wrestling from the school's athletic program in 2011, Coach Meister took over the position of Wrestling Coach at Archbishop Wood. In 2013, he left the corporate world to focus full-time on coaching, and CrossFit and Olympic weightlifting. He implemented his knowledge of CrossFit and Olympic Weightlifting as part of the team's strength and conditioning program. Chris's efforts resulted in the wrestling program doubling its numbers his second year.

Aside from his business achievements, Coach Meister holds a certification as a Level-1 CrossFit trainer, USA Weightlifting-L1 SP, and CrossFit Olympic Lift Certification. He has been privately training athletes since 2009 and actively participating in CrossFit training for approximately 6-years. Coach Meister has been married to his wife Jenny Lynn for 11 years and the couple has three children. In addition to being a committed family man, he enjoys coaching the Viking Wrestling team, managing real estate investments and privately training athletes, and competing in wrestling and fitness competitions.

For exhibiting qualities of athletic greatness, we are proud to welcome Chris Meister into the Archbishop Wood Hall of Fame.