



**ANNUAL ALL-STAR
AWARDS PRESENTATION
MONDAY, APRIL 25, 2022**

IMPORTANT DATES 2022-2023 SEASON

*Subject to change

Hydration: May begin on November 1, 2022

Wednesday, November 16th - GMC Pre Season Meeting 6:00, EBHS

Tryouts: November 21, 22, and 22, 2022

NOTE: No practices allowed on November 24, 25, 26, & 27

Official Practices Begins - Monday, November 28, 2022

Thursday, December 15, 2022 - Opening Day

January 15th - 2 Pound Allowance

GMC GIRLS TOURNAMENT TO BE ANNOUNCED

Thursday, January 26th GMC Seeding Meeting

5:00 at EBHS

No matches on this day

GMC Tournament January 27th and 28th at Piscataway

Saturday, January 28th - Team Playoff Cut Off

Tuesday, January 30th - Team Playoff Seeding Meeting

Saturday, February 4th - 30 Match Limit Cut-Off

SECTIONALS: February 6th, 8th, and 10th

Saturday, February 11th – Girls Regions – Anticipate 3 Regions

Thursday, February 16th District Seeding Meetings

Saturday, February 18th - District Tournaments

Sunday, February 19th – Girls State Tournament at Phillipsburg

Monday, February 20th, Region Seeding Meetings

February 24th and 25th - Region Tournaments

Tuesday, February 28th - State Seeding Meeting

March 2nd, 3rd, and 4th - State Tournament in Atlantic City

Wednesday, March 8th - Post Season Meeting 6:00pm, EBHS



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

2022 All-Star Wrestlers

*All-Star Selections have been Awarded to all Top 4 in the GMCT and Any Other Wrestler Who Placed in the Regions
Girls were done by GMCT Allocation based on size of weight class and Any Other Wrestler Who Placed in Regions*

COLONIA

Noah Bone
Michael Feliciano
Michael Torres

EAST BRUNSWICK

Frankie Distel
Kaleigh Duffy

EDISON

Julian Dawson

JOHN F. KENNEDY

Yousef Abdelaal
Giovanni Maglione

JOHN P. STEVENS

Emely Rodriguez

METUCHEN

Alex Osborn-Jones
Francesco Rossiter

MIDDLESEX

Kevin Beck
Nick D'Alessio
RJ Stradling

MONROE

Aedan Boyle
Omar Cholula-Conde
Anthony Profaci

NEW BRUNSWICK

Kerly Borbor
Bryand Garcia

NORTH BRUNSWICK

Dayana Hoyos
Kristina Jaimes
William Wilson

OLD BRIDGE

Dan Fishman
Avery Mack
Gabby Miller
Logan Roman
Emma Sagi
Tyler Sagi
Jake Tenebruso

PERTH AMBOY

Nazareth Pina
Ahsia Torres

PISCATAWAY

Richard Boetang Baah
Malachi Wyatt

SAINT JOSEPH METUCHEN

Giovanni Alejandro
Zachary Beadling
Anthony Bistany
Nico Calello
Brian Christie
Vincent Genna
Mekai Mathews
Evan Mendez
Jake Tulli
John Whitacre

SAINT THOMAS AQUINAS

Apryl Coffman
Kenny Cohan
Makayla Decker
Ben DiCocco
Owen Disbrow
Isabella Garcia
Landon Kearns
Melissa Martinez
Brian Moyer
Shray Patel
Julianna Van Ness

SAYREVILLE

Ryan Bouchard
CJ McCrea
Jariel Severino
Connor Walsh

SOUTH BRUNSWICK

Jackson Ratcliffe
Nick Wisbeski

SOUTH PLAINFIELD

Eva Altamirano
Tyler Balent
Adam Bowles
Nick Campagna
Jacob DelVecchio
JJ Giordano
Julian Irizarry
Nick Irizzary
Jeffrey Jacome
Andrew Loniewski
Mark Molinaro

SPOTSWOOD

Tony Caron
Connor West

WOODBIDGE

Tyler Boelhower
Jacob Torres

Courageous Wrestler - Kyle Tierney - John P Stevens

Team MVPs - Xavier Villalongo - Carteret, Oscar Wolfe - Highland Park, Marcus Grandiero - South River



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

2022 Special Awards

Courageous Wrestler

Kyle Tierney - John P. Stevens

Tom Flanagan Memorial Scholarship Award

Mekai Mathews, Saint Joseph
Tyler Balent, South Plainfield

Dean Family Scholarship

Ahsia Torres, Perth Amboy

Wrestlers of the Year

107 - Ahsia Torres - Perth Amboy
126 - Nico Calello - Saint Joseph
145 - Gabby Miller - Old Bridge

Senior of the Year

235 - Kerly Borbor - New Brunswick

Junior of the Year

144 - J.J. Giordano - South Plainfield
165 - Apryl Coffman - St Thomas Aquinas

Sophomore of the Year

150 - Nick Campagna - South Plainfield
114 - Emma Sagi - Old Bridge

Freshman of the Year

106 - Zach Beadling - Saint Joseph
132 - Eva Altamirano - South Plainfield

Top Team

South Plainfield

Most Improved Team

John F. Kennedy

Coach of the Year

John Post - Old Bridge

Assistant Coach of the Year

William McMullan - John P. Stevens

Coaching Recognition Award

Robert Januska - South Brunswick (100
wins)

Ron Mazzola Man of the Year

Ron Mazzola

Media Man of the Year

Dan Rispoli, Video Producer

Cliff Loysen Official of the Year

John Niedrich #172



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

STATE TOURNAMENTS

TEAM

Edison

Central Jersey Group 5 Qualifier

John P. Stevens

North 2 Group 5 Qualifier

Middlesex/Dunellen

Central Jersey Group 2 Qualifier

Monroe

Central Jersey Group 5 Qualifier

Old Bridge

Central Jersey Group 5 Semi-Finalist

Saint Joseph

Non Public South A Semi-Finalist

Saint Thomas Aquinas

Non Public, North B Finalist

Sayreville

North 2 Group 4 Qualifier

South Plainfield

Central Jersey Group 3 Sectional Champs
Group 3 Semi-Finalist

Spotswood

Central Jersey Group 1 Qualifier

Woodbridge

North 2 Group 4 Qualifier

INDIVIDUAL

6th Place

120 - Nico Calello, Saint Joseph

7th Place

144 - J.J. Giordano, South Plainfield

165 - Owen Disbrow, St Thomas Aquinas

8th Place

150 - Nicholas Campagna, South Plainfield

Top 12

113 - Logan Roman, Old Bridge

113 - Jeffrey Jacome, South Plainfield

126 - Giovanni Alejandro, Saint Joseph

Top 16

120 - Jacob DeVecchio, South Plainfield

138 - Landon Kearns, St Thomas Aquinas

157 - Tyler Sagi, Old Bridge

Top 24

144 - Anthony Profaci, Monroe

150 - Evan Mendez, Saint Joseph

190 - Brian Christie, Saint Joseph

285 - Brian Moyer, St Thomas Aquinas

Qualifiers

106 - Kevin Beck, Middlesex/Dunellen

106 - Ben DiCocco, Saint Thomas Aquinas

132 - Giovanni Maglione, John F. Kennedy

138 - Francesco Rossiter, Metuchen

144 - Vincent Genna, Saint Joseph

157 - Nick D'Alessio, Middlesex/Dunellen

165 - William Wilson, North Brunswick

175 - Dan Fishman, Old Bridge

175 - Kenny Cohan, St Thomas Aquinas

215 - Nicholas Wisbeski, South Brunswick

285 - Bryand Garcia, New Brunswick

285 - Jake Tulli, Saint Joseph

Girls Wrestling

CHAMPION

107 - Ahsia Torres, Perth Amboy

145 - Gabby Miller, Old Bridge

Runner-Up

235 - Kerly Borbor, New Brunswick

5th Place

120 - Kayleigh Duffy, East Brunswick

6th Place

114 - Dayana Hoyos, North Brunswick

132 - Eva Altamirano, South Plainfield

Qualifiers

126 - Frankie Distel, East Brunswick

132 - Makayla Decker, Saint Thomas Aquinas

152 - Alex Osborn-Jones, Metuchen

165 - Apryl Coffman, Saint Thomas Aquinas



100



Julianna Van Ness – St Thomas Aquinas

A state qualifier in 2021, Juliana won her GMC bracket with a pin and a decision win. She was also just named the Most Outstanding Wrestler at the Kingsway Team State Duals. Just shy of her goals this year, she will take the mat next year with the determination to show what she can do! She will be a senior next year, and will look to be St. Thomas' first female 50-career win wrestler.



107



Ahsia Torres – Perth Amboy

- See Wrestler of the Year -



114



Dayana Hoyos, North Brunswick

Dayana Hoyos is part of North Brunswick's inaugural girls' wrestling team and certainly left her mark as a graduating senior. She is a 3rd year varsity wrestler with a 21-5 record, competing in both the boy's and girl's varsity teams throughout this season. Dayana thrived on the prospect of a challenge and was relentless in her commitment to improvement. Dayana became the first female in NBTHS history to win the 126 pound county title, placed 4th in the North Regions, and placed 6th in the States. Donned by our team as our "fearless leader," Dayana was the heart and soul of our team this year. She has become one of our greatest role models for what is possible when talent, work ethic, and the right mindset converge. Dayana is currently exploring opportunities to wrestle at the college level while she pursues a career in nursing. The Raiders are grateful for her contributions to the wrestling program, and will miss her immensely.

Emma Sagi, Old Bridge

- See Sophomore of the Year -



120



Melissa Martinez, St Thomas Aquinas

After finishing third in the GMC Tournament in 2020, Melissa worked hard to ensure that she was a champion this year, winning all of her tournament matches in dominating fashion by first period pin. Melissa is STA's first 4-year wrestler, and amassed 26 career wins. Melissa will be attending Kean University next year, working on her Exercise Science degree and playing her main sport, Softball. We wish her the best of luck in the classroom and on the field!

Kaleigh Duffy, East Brunswick

Kaleigh started wrestling the first year girls wrestling was sanctioned in New Jersey. She had an amazing natural ability from the start, finishing 4th in her first region tournament as the 9 seed. After just missing qualifying for states her sophomore year and missing the region tournament in 2021 despite being selected to participate, Kaleigh finally reached her goal of qualifying for the State Tournament in this year. Kaleigh missed most of this season due to injury and was only cleared to participate February 1st. She finished 4th in the Region tournament with her only 2 losses coming from the same wrestler. One week later, Kaleigh beat this wrestler in the blood round of States to become the first girl to place in the NJSIAA State Tournament in East Brunswick History. She was also named the 120lb wrestler for the All- Central Jersey for girls. It is hard to imagine how dominant Kaleigh could have been if she had been able to compete for the Bears for 4 full seasons.



126



Isabella Garcia, St Thomas Aquinas

In a best of three series at the GMC Tournament, Bella took only two matches to quickly pin her opponent and be crowned GMC champion. As a two-sport athlete, she was a leader on and off the mat. Her presence and energy in the practice room will be missed next year. She will be studying Business Management at Caldwell University next year, and will be competing on the Acrobatic and Tumbling team.



132



Eva Altamirano, South Plainfield

- See Freshman of the Year -

Frankie Distel, East Brunswick

****(Also an All-Star at 126)

Frankie transferred to East Brunswick after a very successful first wrestling season at New Providence. A team captain, Frankie was a leader in the room for both the boys and the girls on the team. With their natural athleticism and relentless commitment to improving, Frankie went on to become East Brunswick's first state Girls GMC Champ and state qualifier. They were also named the 126lb wrestler for the girls All Central Jersey team. Frankie always rose to the challenge when the coaches cherry-picked the toughest matches. They finished the season the winningest wrestler on the team, including the boys, with 23 wins and their only losses were to state place winners, including a loss to the eventual State Champ by 1 point. Frankie always encouraged everyone in the room to work hard and was a huge help in recruiting more girls to join the team. They will be attending Ithaca in the fall, where they are considering continuing their wrestling career.



138



Kristina Jaimes, North Brunswick

Kristina Jaimes is a member of North Brunswick's inaugural girls' wrestling team. She is a 3rd year varsity wrestler, with a 8-7 record with this season unfortunately cut short due to injury. Kristina was fearless throughout the season as she faced tough competitors in both the boys and girls' matches. In her final season, Kristina placed 2nd in the county tournament, and has medaled in various tournaments throughout her wrestling career. Kristina worked hard to encourage and help train novice wrestlers this year. The Raider family is grateful for her dedication and wishes her well.

Gabby Miller, Old Bridge

- See Wrestler of the year -

****(Also an All-Star at 145)



145



Makayla Decker - St Thomas Aquinas

One of our Freshman this year, Makayla was willing to do what was asked for the benefit of the team without any hesitation. She started her high school career taking 4th at the Queen of the East and continued her winning ways throughout the season. Coming up shy in the GMC finals, she will look to battle back next year and take the crown. She had a great season, taking 4th in Regions and qualifying for the NJ State Tournament. She has shown tremendous abilities and looks to have a bright future.

Emely Rodriguez, John P Stevens

Emely began wrestling for JP Stevens her freshman year. She quickly solidified herself as the first serious female wrestler to enter our room. Emely caught on fast building quality mat time on the JV level her first season. Emely also went on to record the first female victory in our school's history. At the conclusion of Emely's freshman year she made it very apparent that her next goal as a wrestler was to win the GMC girl's tournament. Unfortunately her sophomore year was cut short due to covid making her goal set for her junior season (2022). Emely went on to win a county championship this season accomplishing the goal she intended just two seasons prior. In addition to this excellent feat, Emely has also served as a role model for other females who are now part of our wrestling program. She has served as a leader and teacher for the younger girl's who are now fully invested into wrestling.



152



Alex Osborn-Jones, Metuchen

Alex Osborn-Jones made great strides in her Junior campaign, she put a lot of work into the season and it showed when it counted. Alex showed her resilience and toughness this postseason placing 1st at the GMC's and 5th in a very tough North Region weight class. Alex had the privilege to compete at the Girls NJSIAA Individual State Championships, finishing top 8 in the state. Alex is leading the way for a new era of Girls Bulldog wrestling, she looks forward to her Senior campaign.



165



Apryl Coffman, St Thomas Aquinas

- See Junior of the Year -



185/235



Kerly Borbor, New Brunswick

- See Senior of the Year -



106



Zach Beadling, St Joes Metuchen

– see Freshman of the Year

Kevin Beck, Middlesex-Dunellen

Kevin is a senior who has been with the Middlesex wrestling program since he was a kid. Once he came to high school we knew he was going to be something special. And he didn't disappoint. He's just one of those guys who works extremely hard, and his work has paid off. Kevin is a 3-year captain, a 3-time GMC tournament placewinner including a championship this past season, a 3-time district placewinner, took 6th at the super region, and placed 5th and most recently 4th in the region to punch his ticket to Atlantic City. He also finished his career with 103 victories. When it's all said and done, Kevin is one of the most accomplished wrestlers in Middlesex history. He has done so much for our program and is a great role model for the younger wrestlers. He will be attending Kutztown University and we wish him the best of luck in his future endeavors.

Ben DiCocco, St Thomas Aquinas

Benny "beat down" DiCocco used a relentless feet attack and a crazy glue-like ride to beat and hold down many opponents. Joining the trojans in his sophomore year, Benny brought with him a love for the discipline, conditioning, competition and family that makes this sport of wrestling that we all love so special. His attitude and work ethic immediately elevated everyone around him in our wrestling room and established Benny as a leader of the Trojans. While helping the team to a division title, sectional final and 3rd place in the GMC Benny put up a record of 26 - 6 improving his career total to 35-7. He was all division, 2nd in the GMC, 2nd in the district and 3rd in the region. His Leadership will be counted on next season to help a young and hungry trojans team compete for division, sectional and district titles. With great listening skills and a relentless mindset and work ethic his coaches believe the skies the limit, Aim high! Congratulations and good luck next year Benny.

Nicholas Irizarry, South Plainfield

Nicholas started out his freshman season on a great note by finishing third at the Morris Knolls Tournament. As Nick entered the dual meet portion, he turned in an impressive performance going undefeated in the Red Division earning bonus point wins in a majority of those matches. Nick also came up big by recording a big pin against Southern and a momentum changing overtime win against Lacey at the Boresch Duals. Nicholas also turned an impressive performance in the GMC Tournament finishing 4th. Nick also earned important wins by fall in the sectional semi-finals and finals. He capped off his freshman campaign by placing second in the district and making the quarterfinals of the Region that included the State Champion and third place finisher. The coaching staff is expecting big things from Nick as he continues to grow as a wrestler. Congratulations Nick on a terrific freshman year.



113



Jeffrey Jacome, South Plainfield

Jeffrey followed up an outstanding Junior campaign with another great season. He finished with a 34-2 record as he finished 1st at the Morris Knolls Tournament and earned his first GMC Tournament Title scoring bonus points in each one of his matches. In between those two tournaments, Jeffrey would go on to have an undefeated dual meet season earning a big win in the dual against Old Bridge. Wrestling with an injured elbow, Jeff was able to earn important wins as the Tigers went deep into the Team post-season and would go on to win his first district and region tournaments as he dominated through the post-season. Jeff fell one win short of making the podium at the State Tournament finishing in the round of 12. Jeffrey is a tireless worker and someone that truly exemplified what South Plainfield wrestling is about. The coaching staff will miss Jeffrey as he looks to continue his wrestling success and education at Gardner-Webb University. We wish him the best of luck and congrats on an outstanding career!!

Cj McCrae, Sayreville

CJ McCrea wrestled 113 and 120 this year. A sophomore he placed 3rd in the GMC, 3rd in the District and took a team best 5th place finish in the Region Tournament. Along with Connor, Cj had a team best 26 wins. Cj is a year-round wrestler who has put the time and energy into showing. He dedicated himself this season to wrestling and continued to work in the off season. Along with wrestling, Cj is a cross country runner who uses that time to stay in shape for wrestling. Cj will have a large roll for the Bombers in the upcoming seasons

Shray Patel, St Thomas Aquinas

Having never wrestled before high school, Shray “ MINI-ROCK “ Patel quickly developed a love of the sport of wrestling becoming a rock that the trojans could lean on. He immediately displayed the commitment and work ethic needed to go from a first year wrestler to leader, great teammate and varsity wrestler. Wrestling 120lbs as a sophomore 2nd year wrestler he was unafraid to step into the varsity line-up when the team needed him and as a junior and senior he sacrificed to make 113lbs to fill the spot for the team. His love of wrestling, his work ethic, his unselfish team attitude exemplifies what the trojan wrestling family is all about. Congratulations and good luck Shray , the STA wrestling family will always be there for you.

Logan Roman Old Bridge

2022 was a breakout season for Logan Roman, and this talented sophomore was ready to rise to the occasion. Due to the covid-shortened season as a freshman, he was denied the opportunities generally presented through a typical post-season and jumped on the chance at a district title this season. Logan began the year with a 21-0 run, including an Icebreaker and Hunterdon Central Invitational championships. He beat several state-ranked opponents during the year and was ranked as high as #8 in the NJSIAA rankings. Injury denied Logan the opportunity at a GMC championship, but he made the most of districts with a pin in the finals. Logan went on to finish 2nd in Region 5, losing to the eventual state champion in the region final. Logan's first run at states saw him fall one win short of the podium as an NJWB4. Old Bridge is proud of Logan, and eagerly await what lies ahead, as we have no doubts that the podium is in the future for this young man.

John Whitacre, St Joes Metuchen

This season was John's first at St. Joe's and he wrestled at 113 pounds for most of the season picking up various big wins for the Falcons while navigating an extremely hard schedule and still finding success picking up 23 varsity wins. John wrestled 8 state qualifiers this year keeping the matches close to save valuable team points for St. Joe's, and also scored an incredible 17 wins by fall in dual meets this year. John won the Rahway Tournament winning in the finals by fall over a Region placer from the previous year, made it to the GMC Tournament finals, was a District finalist, and wrestled into the blood rounds of Region 5. The future looks bright for the young sophomore.





120



Noah Bone, Colonia

A second year wrestler for the patriots, who was a strong leader by example every day in the room. He finished 3rd in the Ricky I Tournament to start the season and continued through the year taking on top flight opponents as a sophomore. Noah continued his success into the GMC tournament where he took a 4th place medal home for Colonia. Noah was a key element in the Patriots winning 11 matches this year . He concluded his season with a 4th place in the district 15 tournament, almost knocking off the one seed in the semi-final. The future is very bright for this up and coming sophomore.

Nico Calello, St Joes Metuchen

- See Wrestler of the Year -

Julian Dawson, Edison

Julian Dawson is a junior with a career record of 60-21. This season Julian was 28-8 . Julian won the Inaugural Mike Dessino Classic, placed 3rd in the GMC tournament and advanced to the SEMI FINALS of the REGION 5 tournament before eventually placing 6th. Julian was a GMC All White Division selection at 120 pounds.

Jacob DelVecchio, South Plainfield

Jacob turned in another successful season for the Tigers. He finished the year with a 29-7 record. Jacob placed 1st at the Morris Knolls Tournament, 6th in the Sam Cali, 2nd in the GMC Tournament, and won his second District title. Throughout the dual meet portion of the season, Jacob was counted on to earn bonus points in very tight team matches, including pins in the Old Bridge and Delsea dual meets. He would go on to place 2nd in Region 4 earning his second trip to the state tournament. Jacob would finish 2-2 in the state tournament putting him into the round of 16. All of Jacob's seven losses were to wrestlers that either placed in the state tournament or finished no lower than the round of 16. The youngest, in a long line of DelVecchios, Jacob kept the tradition going, having an outstanding career in a Tiger uniform. Jacob was a leader on and off the mat and gave the team a true vocal presence in the practice room. The coaching staff would like to wish Jacob the best of luck as he looks to continue his academic and athletic careers at the Division One level. Congrats on a great career, you will be missed!



126



Giovanni Alejandro, St Joes Metuchen

Gio has been a staple for St. Joe's the past 3 years and this year presented himself as one of the team's top wrestlers right off the bat. Gio wrestled at the always tough Beast of the East and made it to the round of 16 before dropping a tough match 8-3 to nationally ranked Matty Lopes of Blair. Gio would then knock off two more wrestlers before falling in the blood round to go 5-2 down at Beast in an impressive opening season performance by the junior. Gio turned around and won the Rahway Tournament, won by tech fall in the finals of the GMC Tournament, shut out his opponent in the District finals, and qualified for states by placing top 4 in the Region 5 tournament. Down at states, Gio as a 27 seed nearly knocked off the 6 seed falling 2-1 in the opening round; he then won 3 straight matches before falling to Joe Manno in the blood round to place. Gio has already cemented himself as one of the best wrestlers in Falcon history and currently has 85 career wins even with a shortened COVID year that limited him to 13 wins as a sophomore. Huge things are on the horizon for this rising Junior moving forward.

Aedan Boyle, Monroe

Aedan Boyle enjoyed a breakout junior season where he amassed 29 wins and became a GMCT and District 24 finalist. Boyle benefited from developing a more aggressive and physical approach on the mat this season. With another strong offseason the Falcons are looking forward to seeing what Boyle can achieve during his senior campaign.

Tony Caron, Spotswood

A 4 year starter with the Chargers, Tony had a fantastic Senior campaign for Spotswood. Mr. Caron compiled a 27 - 5 record for the season while staying undefeated in divisional matches. Tony finished 4th in the Greater Middlesex Conference tournament and 3rd in district 18. This year he received the Ron Mazzola award at Spotswood's Winter Sports Banquet.

Julian Irizarry, South Plainfield

Julian finished his senior season with a 22-10 record. Julian opened his season by placing first at the Morris Knolls Tournament. He would go on to place 3rd in the GMC and 2nd in the District Tournament. Julian wrestled very well during the dual meet portion of the season as he earned big wins against North Hunterdon, Lacey, and Hopewell Valley. Julian's work ethic, athleticism and competitiveness made him quite a unique wrestler. Julian will be missed by all of his teammates and the coaching staff. We would like to wish him the best of luck in his future endeavors. Congratulations Julian on a great career!



132



Anthony Bistany, St Joes Metuchen

Anthony can be considered the original St. Joe's wrestler after the rebirth of the program in 2018. Anthony started off his career as a 97-pound freshman forced to wrestle up at 106 despite his small stature. Despite this, Anthony still placed in the GMCs and in the District as a freshman. Anthony over the course of his career was a 4-time Region qualifier and picked up 88 career wins even with the shortened COVID year that hurt his junior year. Anthony this year wrestled tough to start the season, wrestling Anthony Santaniello and almost upsetting Mayson Harms in the wrestle backs down at Beast of the East. From that point forward, illnesses held Anthony out for a short period of time but then he hit the ground running, reaching the GMC finals and District finals. Anthony picked up huge 2-0 victories over both his opponents from Don Bosco and Camden Catholic which helped catapult St. Joe's to upset victories over both teams. St. Joe's line up will miss Anthony next year as it will be the first time taking the mat without him in the starting lineup.

Andrew Loniewski, South Plainfield

Andrew turned in a very successful season in his junior year. He finished the season with a 29-8 record, finished 2nd at the Morris Knolls Tournament, 3rd in the GMC Tournament, and 2nd in the District Tournament. Andrew would go on to earn huge wins against very good wrestlers from North Hunterdon and Lacey. In the region tournament, Andrew would go on to place 6th after suffering a broken nose in the wrestle-back semi-finals ending his season. The coaching staff is excited to see what Andrew will have in store for his final season in a Tiger Uniform. Andrew can compete with the best wrestlers in the state and they are excited to see him do that! Congratulations to Andrew on a great season!

Giovanni Maglione, JFK

After coming off a 9-1 shortened season a year ago, Giovanni Maglione (junior) had his goals set high for this year as we returned back to normal. Giovanni Maglione compiled 33 wins on the year. Over the course of the season, he finished 2nd at the Old Bridge Ice Breaker Tournament, 2nd in District 13, 4th in Region 4, qualified for the state tournament in Atlantic City, but most impressive, took 1st at 132lbs in the GMC Tournament. He was also awarded the GMC lower weights Outstanding Wrestler. As one of our 3 team captains, he led our team to the best dual meet finish in 8 years, posting a record of 14-9. With one more year to go, Gio's goals will become even bigger and hopes to eclipse 100 career wins as a Mustang

Jake Tenebruso, Old Bridge

Jake's freshman year was one to remember. This young man improved every day and brought a focused approach in the practice room that led to tangible results in his matches. Never deterred by losses and setbacks, always looking to learn and grow from his mistakes, we saw Jake reverse the outcomes of several early season losses in later matches as the season went on. Jake demonstrated his potential time and time again, always fighting and wrestling through positions and through the whistle. He never looked discouraged or outmatched, even when a majority of his competition was against much more experienced upperclassmen. We are very excited to see what the future holds for this talented freshman.



138



Tyler Boelhower, Woodbridge

Tyler turned in one of the finest freshman campaigns in the GMC. Tyler finished with a 27- 6 record and a 4th place finish in the GMC at 138 lbs. Tyler led the Barrons in both Pins and Wins this year. Tyler played a huge role in the Barrons success helping lead them to a 15-6 record and the # 2 seed in N2 Group 4. Tyler has an extremely bright future and the sky is the limit.

Landon Kearns. St Thomas Aquinas

Landon “ KILLER” Kearns used a razors edge attack with bullet speed and a tight waist that would make coach Tonzola skinny to put together a murderous junior campaign. After being unfairly voted out of the super regions as a sophomore Landon used that motivation to tear through a 38 - 6 record taking down many of those seeded ahead of him in the process while improving his career record to 74-16. Landon was 2nd in the Ricky 1 tournament but later avenged that loss twice, he was GMC champion, 2nd in the District , 3rd in the region and top 16 in the state. He also earned all division honors for the third time and all conference honors while helping the team earn its 4th straight division title. Landon will be counted on to lead a young and hungry group of wrestlers competing for division sectional and district titles. His coaches can't wait to see what his senior year will bring as Landon continues to grow , work and listen to his coaches. Way to go Landon good luck!!!!

Jackson Ratcliffe, South Brunswick

Finishing up his senior year as a 4 year starter for South Brunswick, Jackson has put together an impressive resume as a Viking wrestler. Jackson had a strong sophomore season which included a 1st place finish and the tournament's lower weight outstanding wrestler award at the GMC Tournament. After the covid year, Jackson again showed well and placed 2nd at this year's GMC championship tournament. At the District 18 Tournament Jackson swept the competition placing first and once again received the OW award for the tournament. He competed in the Region V Tournament and just missed making it to the NJSIAA state wrestling championship. Overcoming a team shutdown and an early season injury, Jackson recorded 20 victories this season. Jackson's leadership, work ethic and high academic standing has helped set the bar high for the Vikings still in the wrestling room and those to come. The team and coaching staff will miss Jackson immensely and wish him luck as he finalizes his college plans soon.

Francesco Rossiter, Metuchen

Francesco Rossiter had a historic year for the bulldogs, he is the first NJSIAA State Qualifier for Metuchen wrestling in two decades. Francesco won a District 19 title, the school's first in 7 years. Boasting 32 season wins, 65 career wins, a third place County finish and Pioneer Classic Title, Francesco is one of the most dominant wrestlers in the County. Francesco is a poised student athlete, determined to have a very strong finish for his Senior campaign.



144



Vincent Genna, St Joes Metuchen

Vincent Genna jumped levels this year as the junior 144 pounder won the Rahway Tournament and won his first District title by defeating rival Jack McGowan 7-1. Most impressively, he broke through in the Region tournament to reach the finals and qualify for his first state tournament. The season defining win for Vincent came against Alex Auletta from Raritan in the region semi-finals, where Vincent put on a takedown clinic finishing 6 takedowns and winning 12-9 to propel him into the state tournament. Down at states, Vincent ran into a tough draw seeing both state placer DiStefano and Chase Casey, but the experience of being there should be the catalyst for Vincent to have an amazing follow up senior year. With a year left in high school, expect huge things from this senior to be.

JJ Giordano, South Plainfield

- See Junior of the Year -

Anthony Profaci, Monroe

Anthony Profaci finished his career as a four-year starter, 2x GMC Finalist, 3x Region Qualifier, a District Champion, and a NJSIAA State Tournament Qualifier. He has been a fan favorite in Monroe for the last couple seasons and accomplished so much for the program. From being a key contributor and the last active wrestler of the 2020 GMCT Championship, to keeping Monroe's eleven-year individual district champion/state qualifier streak alive as the team's sole district champion and state qualifier in 2022. Along the way this season Anthony broke the school record for pins this season with 28.

Jacob Torres, Woodbridge

Jacob is a wrestler that has steadily improved throughout his career. Jacob went from a JV wrestler as a freshman to a 4th place finisher in the GMC as a senior at 144lbs. Jacob finished the season with a 26- 9 record, 3rd place finish in the Rahway Holiday Tournament, and a 3rd place finish in the District 19 Tournament. Jacob was a team captain this year and was undoubtedly a leader for the team. Jacob finishes his career as a 3-year starter for the Barrons, and will continue his wrestling career in College!



150



Nicholas Campagna, South Plainfield

- See Sophomore of the Year -

Evan Mendez, St Joes Metuchen

Evan Mendez was the most improved wrestler in the St. Joe's lineup this year after missing all of the 2021 season due to a shoulder surgery. Evan had a lot of transition in his life after his freshman year at Edison between moving to Piscataway, enrolling in St. Joe's, undergoing surgery, and switching wrestling clubs, but has shown incredible mental strength and went on to have a breakout junior year. Week after week, you could see Evan get better and better against opponents of a higher and higher caliber. It finally showed through against Middletown South, as Evan hit a 5 point move late in the match to upset state qualifier Alex Quintano, who he would later dominate in the Region semi-finals, winning 5-0. The progression Evan showed this entire season was amazing and ultimately led him to win his first District title and then upset Nick Canonica from Hunterdon Central in the finals of the Regions for his first Region championship. The sky is the limit for this junior who looks to reach the podium next year in his final high school season.

RJ Stradling, Middlesex-Dunellen

RJ is a Junior who recently moved to Middlesex this year. We knew he was a good wrestler but we didn't know exactly what to expect. He started off the season with a bang, placing 1st place at the 1st Annual Mike Dessino Invitational beating some tough wrestlers along the way. After that we knew he was gonna be a huge part of our line up. During the season, he has one a lot of big matches for us and is always willing to do whatever it takes to help the team. He works hard in the room and always goes 100%. He makes the people around him better and is always looking to get better as well. He's a tough kid with a lot of heart. We are happy to have him for another season and we're looking forward to seeing what he can do. He has a lot of potential and we are excited to see how far he can go. He's a great addition to our team and program.

Jariel Severino, Sayreville

Jariel capped a terrific career with an outstanding 24 wins this season. As captain of the Sayreville wrestling team, he led his team during practice and every match to reach their fullest potential. Jariel set the tempo in the wrestling room each day. He loves to battle and enjoys the grind. Jariel always looks to wrestle the best competition he can find. In the GMC Jariel placed 3rd. He battled back after a tough loss. As a 3-sport athlete he put his heart into everything he did. Jariel is a starting football player, 24 win captain of the wrestling team, and breakout pole vaulter on the track and field team. Jariel will be impossible to replace and the three teams he competes for will miss him. We all wish him the best of luck in his new ventures and know he will do well in anything he sets his mind to.



157



Yousef Abdelaal, JFK

Entering his 3rd season ever wrestling, Yousef Abdelaal made tremendous strides this year. He compiled 23 wins on the season, more than his first 2 years combined. He was named team captain at the beginning of the season due to his leadership and work ethic. Yousef's biggest accomplishment this season was placing 3rd at 157lbs in the GMC Tournament. With one more year left, Yousef looks to capitalize on a strong season and make his senior year his best

Mekai Matthews, St Joes Metuchen

- See Tom Flanagan Memorial Award Winner -

Mark Molinaro, South Plainfield

Mark made the most of his first season as a starter in the South Plainfield line-up. Mark finished his season with an 18-6 record. He placed 2nd in the GMC Tournament and 3rd in the District Tournament. Mark would also wrestle well as the dual meet season came to a close as he reversed a major decision earlier in the year to end up majoring the same wrestler in the group semi-finals against Delsea. Mark was also the biggest surprise at the county tournament as he entered as the 14th seed and marched his way into the finals before falling to Tyler Sagi. Mark's potential has never been questioned as the coaching staff feels that he has the ability to be an outstanding wrestler as long as he puts in the work this off-season. Congrats on a good season!!

Tyler Sagi, Old Bridge

Tyler picked up his season where he left off during his sophomore year. He came in with goals to lead by example, and did so wrestling to a 43-4 record, with 98% of his wins being scored in bonus points. Tyler won the Ice Breaker, the GMC Tournament (OW) and his second District 19 title in as many attempts. Sagi was ranked as high as 5th in the NJSIAA rankings. Tyler finished 3rd in a loaded Region 5 157 lbs. bracket, and although ultimately, he fell short of his goal of reaching the podium, Tyler did wrestle to NJWB3 criteria with a major and a technical fall in Atlantic City. Tyler has already begun his off-season with the intent of achieving the ultimate goal: a state championship. Tyler enters his senior season with a 95-11 career record. We have nothing but faith in Tyler's efforts and abilities, and we look forward to him finishing his career off in emphatic fashion.



165



Tyler Balent, South Plainfield

- See Tom Flanagan Memorial Scholarship -

Nick D'Alessio, Middlesex

Nick is a senior and the epitome of hard work. Nick is one of those kids who just gets it. He works hard, and was always looking to get better. He was 2-7 his freshman year but we knew he was something special. He was athletic and extremely determined. After his freshman season, Nick worked his butt off. He started wrestling in the off-season and coming into his sophomore year he was ready and never looked back. Nick is a 2-year captain, placed 4th in the GMC tournament, a 2-time district placewinner, a super region qualifier, and placed 4th in the region this past season to qualify for states. Not too bad for someone who finished 2-7 his freshman year. Nick also is a great student. He has a 4.0 GPA. He has been a great example of what hard work and dedication can do. He's come a long way and it's been a pleasure to watch him grow as a wrestler and a person. He has exemplified what our program is all about.

Owen Disbrow, St Thomas Aquinas

Owen "THE DOMINATOR" Disbrow in dominating fashion, cemented his legacy as one of BGA/STAs' greatest wrestlers ever. With a work ethic second to none his impact on Trojan wrestling was immediate from day one of his freshman year. Joining a team that was 3-19 He led the trojans to 4 straight division titles, 4 straight sectional finals, his junior year he led the team to its highest county ranking (2nd) and his senior to our highest county team place of 3rd. Owen as team captain set the pace in our wrestling room setting the example for the younger wrestlers. This season Owen compiled a record of 39-5 Improving his career mark to 120-27. Along with being 4x all division, He is a 4x county place winner 2x champ, 4x district placewinner 3x champ and a 3x region place winner. With an incredible work ethic and listening to his coaches Owen was able to improve from top 24 as a sophomore to top 16 as a junior to 7th in the state in his senior year. Owen is still weighing his options for next year looking for the right opportunity, wanting to follow in his fathers footsteps and become a fireman and stay involved in the sport he loves, wrestling. Whether as a competitor or a coach, he is already coaching kids, the staff at STA know Owen will do the work needed to be a success. We will miss you (so come to practice) Congratulations and good luck, the STA wrestling family will always be there for you.

Michael Feliciano, Colonia

A strong sophomore season for this young man, who is a quiet leader of this team on and off the mat. To start the season he finished 3rd in the Ricky I Tournament. He took that momentum into the regular season and had success against almost all his opponents. With no tournaments last season, Mike made a strong statement in the GMC tournament, where he took a 3rd place medal home for the patriots. Mike was a big reason the Patriots had a winning record this year, with his tireless work ethic he brings to practice every day. He concluded his season with a 3rd place in the district 15 tournament. Mike also made a deep run in the region tournament, turning a lot of heads along the way. The Colonia staff is really excited for this kid's future on the mat!

William Wilson, North Brunswick

William Wilson is a 3rd year varsity wrestler, with a 23-7 record in his Junior year. In Wilson's breakout season, he secured the 165 pound District 18 title, placed 4th in Region 5, and was a state qualifier. We look forward to Wilson's senior year where we expect him to lead from the front as he continues to improve his wrestling record and will undoubtedly work hard to return to states.





175



Adam Bowles, South Plainfield

A first year starter in the Tiger line-up, Adam had a very successful season. He opened the year by finishing 1st at the Morris Knolls Tournament, 4th in the GMC Tournament, and 2nd in the District tournament. Adam finished the dual meet season with only one loss in the Red Division earning him All Red-Division honors. The coaching staff feels that Adam has the ability to become a very successful wrestler and is excited to see his growth over the next two years. If he puts in the work, the sky is the limit for him. Congrats to Adam on a successful sophomore season.

Kenny Cohan, St Thomas Aquinas

"CALM, COOL, COLLECTED" Kenny Cohan with ice water in his veins never getting ruffled, winning many matches in the final tics, put together an amazing 31-10 senior campaign. He improved his career mark to an impressive 92-33. With incredible ABS(Always Be Scoring) work ethic Kenny competed against top competition with 8 of his 10 losses coming to state qualifiers and avenging one of the losses in the county finals. His relentless attack of drilling in practice helped him perfect his craft scoring non-stop in every match and helping the Trojans win the blue division title and finish 3rd in the GMC. He earned first team blue division and all conference honors. A 2 year captain Kenny also led the Trojan football team to an undefeated regular season. His coaches are thankful to have shared two wonderful seasons of Kennys wrestling journey with him. Kenny is going to continue his football career at Wagner University. Way to go Cool Hand Kenny we will miss you, good luck, the STA wrestling family will always be there for you.

Daniel Fishman, Old Bridge

Dan, or DC as those he is closest with know him, is the consummate professional when it comes to being a committed program wrestler. DC transferred to Old Bridge after his freshman year at St. Joe's and immediately got involved in every off-season opportunity that was presented. We saw right away Dan's dedication to improving himself and he was always willing to learn from those around him. Dan's progress from his sophomore year as an 8-8 wrestler, to becoming a state qualifier his senior year is a testament to his dedication and hard work. DC's approach is something he will take with him throughout his adult life, and we have no doubts that Danny will continue to strive for excellence in the future. We are very proud of our senior captain.

Michael Torres, Colonia

A 4 year starter and 2 year Captain for the patriots, who was a strong leader this year for Colonia. He started the season with a hard fought Ricky I tournament championship in the opening weekend. Mike was instrumental in the patriots winning dual meets this year. A consummate leader during practice and the off season. He continued his success into the gmc tournament where he took a 2nd place medal home for patriots. He recorded 29 victories this season and has 67 career victories, with a shortened covid season. He concluded his season with a district 15 finals appearance. He also made a long region run beating a lot of top flight competition along the way. Mike will be attending the University of Tampa next year. We couldn't be prouder of mike, and hope the best for him in his future.



190



Omar Cholua-Conde, Monroe

Omar Cholula had a successful sophomore season as he reached the 25-win mark. Along the way he made his first appearance in the GMCT Finals and became a region qualifier. This season, Cholula demonstrated that he never stops wrestling until the final whistle. His technique and stamina were major factors in his accomplishments this year. Despite only being a sophomore, Cholula led the Falcons as a team leader, both on and off the mat. As his junior year approaches Cholula will put forth a strong offseason and look to build on the success he found this year.

Brian Christie, St Joes Metuchen

When you consider the schedule Brian wrestled, you would never assume that he would end up 4th in the State for wins by fall. Brian wrestled 14 returning state qualifiers this year and 2 nationally ranked wrestlers, yet somehow found a way to pin 30 people this season. Brian won his first 28 matches by fall, then defeated Nazareth Pina 12-7 in the Regions for his first win not by pin all year long. Brian was in the blood round at Beast of the East and would go on to qualify as a sophomore for his 1st State tournament, after finishing top 20 in the state last year. Brian's ability to never be out of a match comes from his freestyle background but his toughness, grit, and determination are major factors in how Brian wins most of his matches. Never scared to challenge someone's gas tank for a full 6 minutes, Brian is always a threat to win any match he is wrestling in. As a sophomore with a 48-15 career record and 44 career pins, Brian is quickly moving his way up the St. Joe's wrestling record books.

Avery Mack, Old Bridge

Avery rejoined the line-up in the 2021-22 season after missing a year during Covid. Although he missed time, his impact in the line-up was immediately felt. Avery was the Swiss Army Knife of the upper weights, shifting between 165-175-190 throughout the season. He pinned his way through the 175 lbs. bracket of the Ice Breaker before moving up to 190 lbs for a majority of the season. Always dangerous in a match, Avery recorded 14 of his 19 wins via pinfall. Ultimately Avery finished 4th in a tough 190 lbs bracket in the GMC and 4th in a loaded 190 lbs bracket in D19. Avery is putting in a strong effort so far in the off-season, and we look forward to seeing him close out his high school career in strong form next season.

Nazareth Pena, Perth Amboy

After having no season last year, Naz, a sophomore, has exceeded all of our expectations. We did not know what we had in Naz, but he proved to his team and coaches what hard work, dedication, and freak athleticism can do for you. He went 26-3, won the Old Bridge Ice Breaker tournament opening weekend, became a GMC Champion, 2nd in District and finished Top 8 at Region 5. Naz is a humble, respectable and coachable student-athlete. We are so proud of him and cannot wait what the next two years have in store for this talented young man.



215



Richard Boateng Baah, Piscataway

Richard has come a long way in the past few seasons. He stepped on a mat for the first time his freshman year. Last year needs no explanation but he missed the last portion of that shortened season due to injury. Even as a 3 sport athlete he put in the work in the off season and was determined to be successful this year. Richard had an impressive 3rd place finish at the Middlesex Mike Dessino Invitational, eventually avenging his one loss later on in the season. He also earned a 3rd place finish at our GMC tournament and went on to cumulate 28 wins for the season! As one of the captains for the Chiefs this season, he set a good example to the younger wrestlers and the rest of the team by always pushing the pace in practice and his matches even for a bigger wrestler. The coaching staff is very excited to see what he will bring to the table for Piscataway in his senior year.

Ryan Bouchard, Sayreville

Senior captain Ryan Bouchard was one of two seniors for the wrestling team. Ryan capped off his senior campaign by winning the GMC championships at 215lbs. Ryan is a three-year starter who ended with 55 wins. Along with wrestling Ryan is a standout football player for the division championship football team. Ryan is heartbeat to the Bombers wrestling team. Day in and day out Ryan is holding the team accountable. He is a large part of the reason this young team did so well. We wish Ryan the best of luck and are excited to watch him grow.

Connor West, Spotswood

A 2 year starter with the Chargers, Conor had a fantastic Senior season for Spotswood. Mr. West compiled a 22 - 9 record for the season. Conor finished 4th at the GMC while avenging 2 previous losses. As a sophomore Conor was the Junior Varsity GMC champion. This year Conor received The Most Improved Wrestler award at Spotswood Winter Sports Banquet.

Nicholas Wisbeski, South Brunswick

Finishing up his third year as a full time starter for South Brunswick, Nick has left his mark on the Viking wrestling program. Nick had one of the Vikings more successful seasons of late. Nick's accomplishments included a 2nd place finish at the GMC Tournament, a 1st place finish at the District 18 Tournament, a 4th place finish at the Region V Tournament and the first Viking wrestler to qualify for the NJSIAA state wrestling championship in 9 seasons. Nick recorded 23 victories this season and was the team leader in wins. Nick's leadership and focus had a huge impact on this Viking team. Nick's wholesome fun loving attitude will be greatly missed. Both the team and the coaching staff wish Nick luck in college.



285



Bryand Garcia, New Brunswick

In 2022, Bryand Garcia culminated one of the most impressive wrestling careers in New Brunswick High School history. Bryand finished his career with 98 wins, placing him 3rd in all time wins in NBHS history, and that is including an abbreviated 2021 season. Bryand bumped up to 285 this year, and captured the championship at the GMC tournament for the first time, making him the 3rd NBHS wrestler to capture a county title. Bryand finishes his career with 3-Top 4 finishes at the GMC, making him one of the most accomplished Zebras ever at the GMC Tournament. This year, Mr Garcia captured his first District Championship and placed second in the Region V Tournament which qualified him for the state tournament for the second time. Bryand joins 2020 graduate Keshon Davila, as the first state qualifiers for New Brunswick since 1971. Bryand Garcia was selected to the 1st Team All-GMC, 1st Team All NJUWL and All White Division. Bryand finishes his career as one of the most accomplished wrestlers in New Brunswick history. Bryand will be missed by many for his ability to make one laugh, and for his explosive wrestling style.

Brian Moyer, St Thomas Aquinas

Brian "BEAST MODE" Moyer didn't start wrestling until his sophomore year of high school, suffering through a below .500 season. As a junior due to the covid shortened season and a lengthy decent plan he was only able to get 5 matches. Put that all together and what we see is an unbelievable accomplishment of a senior season. Brian had a season record of 31-11 making his career mark 46-30. He earned all division and all conference honors while placing 2nd in the GMC, 1st in the district and 4th in the region to advance to the state tournament. Once there he was able to knock off the region 1 champion from Phillipsburg to earn top 24 in the state of NJ. Brian was also a captain of the undefeated regular season football team. He plans on continuing his football career at Milford Academy. We will miss you, congratulations and good luck, the STA wrestling family will always be there for you.

Jake Tulli, St Joes Metuchen

Jake's story is pretty amazing in a multitude of ways. Jake went from a raw wrestler taking 5th in the GMC to knocking off 3 wrestlers in the Districts and Regions who beat him earlier in the season to advance to the Region tournament and then the State tournament. Watching Jake grasp the sport and soak up knowledge in the wrestling room was amazing as a coaching staff and he slowly took on a leadership role amongst the team. However, all these accomplishments take a backseat to what Jake did prior to the season. Jake weighed in early November at 348 pounds and by December 28th was down to 285 pounds and eligible for the heavyweight weight class, an incredible weight loss of 63 pounds in about 5-6 weeks. The weight loss not only helped his quickness, agility, and movements but it helped him mentally as the struggle to lose the weight sometimes would mentally wear on him. Jake would push through and make weight and pick up 26 wins for the Falcons in his first varsity season in over 2 years and qualify for the state tournament in what was an amazing state-run to watch. We cannot wait to see what senior year holds for this individual.

Connor Walsh, Sayreville

Connor Walsh came into his sophomore year with questions about his place in the county. Last season Connor went 4-4 on the shortened season. This year Connor broke out and had a team leading 26 wins. Connor was one of only two sophomores in his region heavyweight bracket where he placed 6th in the Region Tournament. Connor showed that he can wrestle with anyone in the state. Like Ryan, Connor is a standout football player. Connor was a key part to the division championship football team. With two more seasons left Connor is eager to continue to prove himself and will have a large role on the team in the upcoming seasons.

Malachi Wyatt, Piscataway

Malachi finished a very successful Junior season, and his first as a Chief. As a transfer this season, Malachi quickly became a leader in the practice room and was named a captain. He started off the season with a 3rd place finish at the Mike Dessino Invitational. Malachi kept improving throughout the season and had 3rd place finishes in the GMC and District 19 Tournament. Malachi went 0-2 in the Region 5 tournament, losing both matches to eventual state qualifiers. Piscataway looks forward to having Malachi return as a senior where he will continue to display his leadership and guidance to the rest of the team.



TEAM MVP'S



Marcus Grandiero, South River

Marcus was without a doubt, the leader of the 2021-22 South River Wrestling Team. Having Marcus in the wrestling room was so important because he was the hardest worker and his work ethic led all of the other wrestlers to attempt working as hard as him. He finished with a record of 18-5. He placed 2nd in the Old Bridge Ice breaker tournament. He finished 6th in the GMC tournament, 2nd in the district tournament and the team Outstanding Wrestler. Marcus finished his career with 75 career wins. Off the mat, Marcus excelled in football, his true love. In the fall, Marcus was also the leader of the South River Football team. Week in and week out, he was the leading tackler for the Rams. He also played excellently as the team's fullback. Marcus will continue his football career at Wilkes University.

Xavier Villalongo, Carteret

Xavier demonstrated tremendous leadership skills for a very young, inexperienced team coming off of a year off due to Covid. Xavier is a 3 year varsity starter and knows what expectations we have as a team. He took the leadership role and ran with it as one of our team captains! Like his first two seasons, he improved this season and was always in a position to put up a fight in tough matches. As a Senior, his leadership will definitely be missed next season. Upon graduation, Xavier will be going into the Army National Guard.

Oscar Wolfe, Highland Park

Bio not submitted.

FINAL GMC STANDINGS

Red Division Division Overall

1)	South Plainfield	7-0	16-3
2)	Old Bridge	6-1	18-8
3)	Monroe	5-2	21-4
4)	South Brunswick	4-3	9-9
5)	JP Stevens	2-5	8-12
6)	Piscataway	2-5	7-15
7)	East Brunswick	1-6	6-19
8)	Perth Amboy	1-6	3-12

White Division Division Overall

1)	Saint Joseph	6-0	20-4
2)	Colonia	5-1	11-10
3)	Woodbridge	4-2	15-6
4)	Sayreville	3-3	15-7
5)	Edison	2-4	7-10
6)	JFK	1-5	14-9
7)	New Brunswick	0-6	11-14

Blue Division Division Overall

1)	Saint Thomas Aquinas	7-0	19-8
2)	Middlesex/Dunellen	6-1	15-10
3)	Metuchen	5-2	11-12
4)	North Brunswick	4-3	5-9
5)	Spotswood	3-4	8-14
6)	Highland Park	2-5	7-18
7)	South River	1-6	1-9
8)	Carteret	0-7	1-22





All Conference



Conference Champion: South Plainfield

Conference Runner-Up: Saint Joseph

- 106: Kevin Beck - Middlesex/Dunellen**
- 113: Jeffrey Jacome - South Plainfield**
- 120: Nico Calello - Saint Joseph**
 - Jacob Del Vecchio - South Plainfield**
- 126: Giovanni Alejandro - Saint Joseph**
- 132: Giovanni Maglione - John F Kennedy**
 - Anthony Bistany - Saint Joseph**
- 138: Landon Kearns - Saint Thomas Aquinas**
 - Jackson Ratcliffe - South Brunswick**
- 144: JJ Giordano - South Plainfield**
 - Anthony Profaci - Monroe**
- 150: Nicholas Campagna - South Plainfield**
- 157: Tyler Sagi - Old Bridge**
- 165: Owen Disbrow - Saint Thomas Aquinas**
 - Tyler Balend - South Plainfield**
- 175: Kenny Cohan - Saint Thomas Aquinas**
 - Michael Torres - Colonia**
- 190: Nazareth Pina - Perth Amboy**
- 215: Ryan Bouchard - Sayreville**
 - Nick Wisbeski - South Brunswick**
- 285: Bryand Garcia - New Brunswick**
 - Brian Moyer - Saint Thomas Aquinas**

Coach of the Year: John Post - Old Bridge



All Red Division



Division Champion: South Plainfield

- 106: Nick Irizarry - South Plainfield
- 113: Jeffrey Jacome - South Plainfield
Logan Roman - Old Bridge
- 120: Jacob DeVecchio - South Plainfield
Adolfo Malabanan - John P. Stevens
- 126: Aedan Boyle - Monroe
Jesse Koczon - Old Bridge
- 132: Andrew Loniewski - South Plainfield
- 138: Jackson Ratcliffe - South Brunswick
- 144: J.J. Giordano - South Plainfield
Anthony Profaci - Monroe
- 150: Nick Campagna - South Plainfield
- 157: Tyler Sagi - Old Bridge
Mark Molinaro - South Plainfield
- 165: Tyler Balent - South Plainfield
- 175: Dan Fishman - Old Bridge
Adem Bowles - South Plainfield
- 190: Nazareth Pina - Perth Amboy
Avery Mack - Old Bridge
- 215: Nick Wisbeski - South Brunswick
- 285: Malachi Wyatt - Piscataway

***COACH OF THE YEAR:* John Post - Old Bridge**

Sportsmanship Award: Perth Amboy



All White Division



Division Champion: Saint Joseph

- 106: Zachary Beadling - Saint Joseph
- 113: CJ McCrea - Sayreville
John Whitacre - Saint Joseph
- 120: Nico Calello - Saint Joseph
Julian Dawson - Edison
- 126: Giovanni Alejandro - Saint Joseph
- 132: Giovanni Maglione - John F. Kennedy
Anthony Bistany - Saint Joseph
- 138: Mark Roche - John F. Kennedy
- 144: Vince Genna - Saint Joseph
Jacob Torres - Woodbridge
- 150: Evan Mendez - Saint Joseph
- 157: Jariel Severino - Sayreville
Nicholas DiLauro - Woodbridge
- 165: Andrew Bouchard - Saint Joseph
Michael Feliciano - Colonia
- 175: Michael Torres - Colonia
- 190: Brian Christie - Saint Joseph
- 215: Ryan Bouchard - Sayreville
- 285: Bryand Garcia - New Brunswick
Connor Walsh - Sayreville

***COACH OF THE YEAR* - Mike Carbone - Saint Joseph**

Sportsmanship Award: New Brunswick



All Blue Division



Division Champion: Saint Thomas Aquinas

- 106: Kevin Beck - Middlesex/Dunellen
- 113: Shray Patel - Saint Thomas Aquinas
- 120: Reed Kerstetter - Saint Thomas Aquinas
- 126: Tony Caron - Spotswood
Omar Elhomossy - North Brunswick
- 132: Madden Obado - Spotswood
Xavier Vilboloqugo - Carteret
- 138: Landon Kearns - Saint Thomas Aquinas
Francesco Rossiter - Metuchen
- 144: Liam Zeh - Saint Thomas Aquinas
Jack McGowan - Metuchen
- 150: RJ Stradling - Middlesex/Dunellen
Jon Howarth - Saint Thomas Aquinas
- 157: Nick D'Alessio - Middlesex/Dunellen
- 165: Owen Disbrow - Saint Thomas Aquinas
William Wilson - North Brunswick
- 175: Kenny Cohgan - Saint Thomas Aquinas
- 190: Calvin Clark - Highland Park
- 215: Marcus Grandiero - South River
- 285: Brian Moyer - Saint Thomas Aquinas

COACH OF THE YEAR: Ryan Boyd - Middlesex/Dunellen

Sportsmanship Award: South River

COURAGEOUS WRESTLER AWARD



Kyle Tierney



Kyle Tierney began wrestling for the JP Stevens program as a freshman. It was very clear from the beginning that Kyle was fully invested in bettering every aspect of our team. At the end of Kyle's Junior year he was blindsided with news that one of his biggest supporters, and most influential figures was about to begin the battle of all battles; Kyle's father was diagnosed with advanced stage cancer.

News of this magnitude can and will cripple many who are confronted with it, but not Kyle. During the summer Kyle made every off season workout, and encouraged others to follow suit. He began attending a wrestling club to help improve other aspects of his craft.

He went on to be named Team captain where he led our program to its first postseason appearance in more than a decade, and two red division victories. Kyle himself placed top 8 in our county tournament and finished with a double digit winning record. This all occurred while Kyle served as a leader at home, supporting his mother and younger sister.

From a coach's perspective I cannot thank Kyle enough for what he was able to not only accomplish, but demonstrate for the other members of our program; a no quit attitude, and total commitment to his team. I cannot think of a more deserving recipient of the courageous wrestler award.

SCHOLARSHIP SPONSORS

We Thank The Generosity of the GMCWCA Sponsors!!!

House of Pain
houseofpainllc44@gmail.com
908-616-3777

K2 Landscaping.
Ken Beck
732-560-9741

Oh Boyd Media
908-229-1545
OHBoydMedia.com

Heilmann's Gulf
Facebook
973-377-8168.

Integrated Pain Management
551-285-4250
INTGPain.com

Jack Pedersen Realty
Realtor Mike Jakubik
MikeJakubik@JackPedersenRealty.com

Absolute Fire Protection Company
908-757-3600
AbsoluteFire.com

Rosenfarb Center for Acupuncture
908-928-0060
AcuVisionTherapy.com

Caliber Home Loans
Sam Pauls, 908-803-1060
CaliberHomeLoans.com/SPauls.

Elite Wrestling
Steve Rivera
EliteWrestlingNJ.com

Special Thanks



www.chickwrestler.com

**True Comfort Heating & Air
Conditioning
TrueComfortHC.com.
732-409-3112**

Ruby Sports & Entertainment
Danny Rubenstein
RubySE.com

Dry Master Restorations
David Saley
DMRinNJ.com

Lake Flowers Florist
LakeFlowersNJ.com
732-382-5253

Ivy Masters Learning Center
www.ivymasters.com
732-485-6480

Cohen Eye Institute
732-679-6100
CohenEyeInstitute.com

Robert Morris Photography
@StudioRob on Instagram
973-703-1336

Plaza Chiropractic Center
732-723-0023

plazachiro.com

Misty Morn Fishing Charters
www.mistymornfishing.com
732-721-2892

John Poz & Son
Masonry
732-574-9084

Motives Movement
732-252-5101
MotivesLife.com

Ellery's Grill & Pub
732-356-2444
EllerysGrill.com

New Image Landscaping
www.newimagelandscapersnj.com
908-822-1000

Raspa Jewelers (In Memory of
Anthony)
4 North 10th Ave, Highland Park
732-572-0400

Gras Landscaping Services - Tom
Rich
888-679-4727
GrasLawn.com

Homecare Rehab - Dr. Ed Marion
www.homecarerehab.com
732-715-5544

LaRosa Chicken & Grill
Now with 14 locations!
www.larosagrill.com

Eat Clean Bro
www.eatcleanbro.com
866-258-1890

TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD



Tyler Balent
South Plainfield



South Plainfield senior, Tyler Balent, is the winner of the 2015 GMCWCA Tom Flanagan Memorial Scholar Wrestler Award. Tyler finished his senior season with a record of 29-7, winning 62 matches in his career.

Tyler was a staple in the South Plainfield line-up over the past three seasons, helping them win two Red Division Titles, one Conference Title, two District Titles, and two Sectional Titles, during his varsity campaign. During his senior year, Tyler once again solidified the team's upper weights, serving as a key component to South Plainfield's Division, Conference, 7th consecutive Sectional Title and 37th consecutive District Title.

Individually, he was the runner-up at both the Morris Knolls and GMC Tournament and was crowned District 17 tournament champion, making him a three-time Region qualifier. Off of the mat, Tyler's accomplishments are just as impressive, earning a grade point average of 4.5 and a class ranking of 6 out of 280 while taking a rigorous course load consisting of many Advanced Placement and Honors classes. He has also scored a 1420 on the two-part SAT. He is also a member of the National Honors Society.

Tyler has just agreed to continue his education and wrestling career at the prestigious Rochester Institute of Technology in Rochester, NY. Wherever life takes Tyler, we are certain that the same success he has earned on the mat and in the classroom will follow him throughout. The Tigers coaching staff will miss his hard work, dedication, and leadership. Congratulations to South Plainfield's Tyler Balent on being named the Tom Flanagan Memorial Scholar Wrestler Award winner.

TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD



Mekai Mathews
Saint Joseph



Mekai came out for the wrestling team as a freshman with no wrestling experience. Usually when that happens, a wrestler gets a chance to learn and hone their skills on JV. Unfortunately, for Mekai it was St. Joe's first year back wrestling and he was thrust into a varsity line up with zero experience and wrestling up a weight class. Four years later through hard work, determination, and grit Mekai finds himself as a GMC All Star after taking 4th in the GMC Tournament and winning 18 matches his senior year.

Mekai, a four-year varsity starter, was a fan favorite amongst the crowd and his teammates. He was known for never being out of a match because of his conditioning and heart. Ten times in his career he was trailing by a major decision and ended up winning the match, which acted as a lightning rod to the St. Joe's team and the wrestlers that followed behind him. Mekai's work ethic in the wrestling room will be missed this next upcoming season.

Off the mat, Mekai boasts a 4.33 GPA. He has also earned multiple academic honors, including Principal's List, Computer Science Award, and Rotary Student of the Month for January 2022. Mekai is a member of the National Honor Society, Campus Ministry, incoming freshman mentor, and several leadership roles within St Joes. Mekai credits wrestling with giving him "the determination and will to push through any challenges". He plans on furthering his education at either Rutgers, Colgate, or Villanova.



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION



To: John Dean, Chick Wrestler
From: Ron Mazzola, GMCWCA Director

December 21, 2021

John,

On behalf of the Greater Middlesex Conference Wrestling Coaches Association we want to thank you for your extreme generosity.

I know when it comes to girls wrestling we are on the same page, to grow the sport as much as we can.

In 2020, when we held our first Girls Conference Tournament (the first sanctioned conference tournament in New Jersey) we had 55 girls participate, this year we anticipate 80 ... even after last years "lost season" we think this is great and it goes to show that our member schools and coaches are committed to girls wrestling.

With your donation not only can we continue to offer the girls a first class event, but more importantly we will be able to fund a scholarship exclusively for a girl wrestler!!! We would also like to discuss with you the naming of this scholarship, whether it be the Chick Wrestler or Dean Family etc. Scholarship.

The GMC Girls Wrestling Tournament will be held on MONDAY, January 17th, 2022, which is Martin Luther King Day. The tournament is at Saint Thomas Aquinas High School and is open to ALL GIRLS of the GMC. We hope to make this holiday the permanent date for the GMC Girls Wrestling Tournament.

Again, thank you for your generosity and your continued support!

A handwritten signature in black ink that reads "Rachel Daddio".

Rachel Daddio
Assistant Director

A handwritten signature in black ink that reads "Ron Mazzola".

Ron Mazzola
Director

A handwritten signature in black ink that appears to read "Luca Rispoli".

Luca Rispoli
Treasurer

Helping make a difference for boys and girls high school wrestlers in Middlesex County



GMC Wrestling



@GMC_Wrestling



@GMCWrestling



GMC Wrestling Finals

Dean Family Scholarship & **OUTSTANDING WRESTLER AWARD**



**Ahsia Torres
Perth Amboy**



When Ahsia arrived three years ago, she did not know what this great sport was and where it was going to take her. As a freshman, she wanted to try something new and found her way to the wrestling mat. She went 6-4 and did not make the State tournament, but what we observed very quickly was she was an athlete with unbelievable talent; we all thought as coaches, we might have found our next State Champ.

She decided that in order to improve at this sport you have to put in the work during the off-season. By the end of her sophomore year, (2020), Ahsia became a household name. She won her first of two GMC titles, was voted most outstanding wrestler 2x, and had one the greatest 3rd place matches at the North Region tournament by pinning a returning state place winner to advance to the State tournament. She finished 5th in the State that year and decided it was not good enough. Soon after she decided to take her wrestling to the next level by weight training, powerlifting and attending wrestling clubs 3/4x a week. Ahsia never missed a practice. She is always looking to improve, even when she wins/pins, she is never satisfied with her performance.

In Feb. 2021, her junior year, she was on her way to win a State title, at two pre-season events, she pinned two wrestlers who went on to win state titles and pinned a 2x state champion. It gave her so much confidence going into the season, she was ready, and then COVID hit. Perth Amboy canceled all winter sports; it was devastating news for all of us. It was very difficult for Ahsia to cope without being on the mat competing but she persevered and continued to work hard with the strength training and club practices. The summer of 2021, she

made the NJ Freestyle Fargo National team and was a few wins away from becoming a Fargo All- American.

Finally, her senior year arrived. We told her to go out and dominate her opponents, and she did just that. It began with a pre-season event in November when she wrestled in the Garden State Scrap held in the Prudential Center. Wrestling alongside Rutgers University wrestling team, she once again displayed her talents by defeating her opponent, whom at the end of this season also became the 114lbs State Champion. She went on to win the Queen of the East crown where she pinned the returning state champion. At the Sommerville jamboree she pinned two state place winners and majored another one by score of 14-0. She pinned her way through the North Regionals and ended her high school career with a pin in the State Finals. 1st State Champion for Perth Amboy in 32yrs. She finished the season undefeated, (boys/girls), and was voted NJ.com Female Wrestler of the Year!

It has been an honor to be in her corner the whole time. Watching her grow and develop as a wrestler was an amazing experience for all of us coaches. Amazing how once she steps onto the mat and the referee blows the whistle, she turns from being a shy, timid, humble young lady, to a beast that executes her plan and is the best wrestler in the gym.

What a journey it has been, a journey filled with blood, sweat, injuries and plenty, plenty of tears. She has left her mark and joined the list of the many greats from Perth Amboy. She is a great role model for all future young female wrestlers. She along with her teammates, Yuma, Nicole and Narlie, are the first Senior Girls Wrestling class of Perth Amboy. They are trailblazers of this era who will be missed and always be remembered.

Ahsia has a great support system around her. Her parents are her heroes and have sacrificed so much to get her to this level. All the hours of training, enrolling in college courses, Honor/AP classes, she stayed focused, and maintained a 3.9 GPA. She is truly an incredible student-athlete.

We are excited to see what the next chapter of her life will bring her. She is planning on wrestling in college and with her passion, work ethic, and dedication, we are all looking forward to see what she can accomplish. She is a NJ STATE CHAMP, her name is Ahsia Torres, and the H is silent.

OUTSTANDING WRESTLER AWARD



Nico Calello
Saint Joseph



The list of accomplishments for Nico and his wrestling career could take up an entire page in itself. At Watchung Hills Nico had 2 County Championships, a District title, and a Region title. After transferring to St. Joe's, the accolades kept coming as Nico was a District Champ, Region Champ, Super Region Champ, took 3rd in the State at 106 and now this year the Wrestler of the Year in the GMC took 6th in the State at 120 pounds.

The concern at 120 pounds was the depth in the weight class which could be respectfully considered the hardest weight class in the state. Names such as Jack Basatarrika, Taisei Kurachi, Gavin Hawk, and Clayton Utter all failed to place in the weight class and that's not including the amazing individuals that did place in the state at 120 pounds.

Nico's calm and cool presence in even the hardest of situations allowed him to come out on top of a lot of tough matches throughout the regular season, Region, and State tournament. Nico's perseverance this year was on full display as he would regularly win big time matches by 1 or 2 points but it felt like he was in control the entire time.

Nico's highlight match of the year came as he was trailing Jackson Young in the sectional quarterfinals 2-1 in the second part of TB-1 and with 3 seconds left found an improbable reversal that set the St. Joe's gym into a frenzy and propelled St. Joe's into an upset win over the #19 team in the state at the time. Nico will be sorely missed in the St. Joe's wrestling room but the memories he has created will not soon be forgotten.

OUTSTANDING WRESTLER AWARD



Gabby Miller
Old Bridge



Gabby has been a stalwart of our program since she arrived following her sophomore year. After two very successful years at Monroe, we understood when Gabby came to our program, we were inheriting a wrestler with long-term goals that would help elevate the team around her.

In her junior year she served as a varsity member of our boys' team, wrestling to a 6-7 record prior to going undefeated (7-0) against girls en route to her 2nd state championship and first region championship.

Gabby's presence in our line-up during the last two seasons has provided a much-needed veteran's perspective. She served as team captain during her senior year, and her pre-match speeches set the tone for the team as a whole heading into crucial conference and division matches. The team truly valued her input and approach, and applied much of her lessons, as she led by example.

Gabby has left her mark on New Jersey, completing a career that includes 4 state finals appearances and 3 state championships which leave her as the most accomplished female wrestler in NJSIAA history. I have no doubt she will continue her successful career at the collegiate level

Senior of the Year



Kerly Borbor New Brunswick



As a freshman, Kerly Borbor captured championships at the Garden State Classic, Buc Classic and had runner up finishes at the Middlesex County Tournament and Buc Classic. She posted a 15-4 record overall, and finished 3rd in the Region to qualify for the State Tournament. Along with Katy Ayala and Donna Walker, Kerly was part of the triumvirate of ladies who became the first State Tournament qualifiers from New Brunswick since 1971. Borbor placed third at the State Tournament in 2019, and along with the two other females, became New Brunswick High School's first state medalists.

In her sophomore campaign, Kerly Borbor elevated her wrestling to the next level. Kerly posted an undefeated season, compiling a 17-0 record on her way to a State Championship. Her dominant season included 16 of Kerly's wins coming by pin fall, and she did not allow a point to be scored on her until the State Finals. Kerly's also captured a title at the prestigious Bloomfield Tournament and won the GMC Championship at 180.

In the 2021 Covid shortened season, Kerly once again placed Top-3 in the state by taking third at 185. She also was a runner-up at the Girls North Region and posted a 8-2 record on the season. Along with 2021 graduate, Kerly became the first 3x state medalist in New Brunswick High School history.

In her senior season, Kerly Borbor put the proverbial cherry on top of one of the most impressive careers in New Jersey Girls wrestling history. After placing Top 3 as a freshman, sophomore, and junior at 185 lbs, Kerly bumped up to 235 lbs in for the 2022 postseason and placed 2nd in the state. Kerly also placed 2nd in the North Region, making her a 4x Region placewinner. In addition to her postseason success, Kerly won the prestigious Queen of the East Championship to start off the season. Kerly's 17 wins on the season gave her 55 wins for her career, which is near the top of All Time wins for female wrestlers in the state of NJ. According to the publication, Jersey Wrestling, Kerly Borbor is recognized as the 4th most accomplished female wrestler in New Jersey wrestling history.

Kerly Borbor was stellar on the mat, represented by being a 4x State medalist (all finishes in the Top 3), with the high water mark of winning a state championship in 2019. Aside from her exploits on the mat, Kerly is a kind and compassionate teammate and friend. She grew into a leadership role on the team and helped set a new bar for what can be expected from female wrestlers at New Brunswick High School. She graduates as the most successful female student-athlete in New Brunswick High School history, and one of the best wrestlers ever from the GMC. She will be greatly missed by her coaches and teammates, but the future is bright for Kerly Borbor.

JUNIOR OF THE YEAR



J.J. Giordano **South Plainfield**



J.J. turned in another outstanding season for his Junior year. He finished with a 38-5 record and his career record sits at 72-13. As a Junior, J.J. demonstrated he was a true leader and someone the team could rely on in big matches. He handled it with the maturity and capability we have come to expect from him. J.J. battled his way to his first Morris Knolls and second GMC Tournament title.

J.J. always known for being a slick wrestler on his feet really demonstrated his ability to turn wrestlers from the top position making him even more dangerous. He would continue his winning ways as the Team Postseason approached as he went 4-0 scoring bonus points in all but one of those matches.

J.J. would continue his incredible season into the individual postseason as he won his first district and region titles, qualifying him for the state tournament for the first time in his career. J.J. entered the State tournament as the 10th seed and earned two close wins including scoring the go ahead takedown after a restart with four seconds left in the round of 16. J.J. would drop his quarterfinal about to a very tough wrestler from Delbarton 3-1. He won his next bout securing a top 8 finish in the state of New Jersey. On Saturday of the state tournament, J.J. would dominate in his 7th place match to secure a higher spot on the podium.

While extremely proud and happy to accomplish this goal, he is hungry and excited to have another shot to climb higher on the podium and win a state title. J.J.'s relentless pressure combined with his tireless work ethic proves why he earned bonus points in almost 75% of his victories this year. The coaching staff will look to J.J. as a leader for the Tigers both on and off the mat. We cannot wait to be a part of his Senior campaign. Congratulations J.J. on being named the GMCWCA Junior Wrestler of the Year!!!

JUNIOR OF THE YEAR



Apryl Coffman **Saint Thomas Aquinas**



Going from St. Thomas Aquinas' 2021 Most Improved Wrestler to 2022 Most Outstanding Wrestler, Apryl Coffman learned early and often the humility wrestling provides.

As a first-year wrestler at 205 pounds her freshman year, Apryl went 1 – 3. Her only win was by forfeit, and she was pinned in all of her losses. She never saw the 3rd period the entire season. Her sophomore year started with a conversation in the coach's room. "Coach, I don't think I am going to wrestle this year. I didn't win a match last year! I don't know if I can go through that again, especially during the pandemic." After a long discussion, the coaches asked for her to trust the process, trust the game plan, and to have faith in her natural abilities.

With a shortened season due to Covid-19, there were very limited opportunities, but she seized every available chance to wrestle. Going 7-7 on the year, she placed 3rd at the Middlesex County Tournament, 5th place at regions, and earned a replacement bid to wrestle at the state tournament.

Apryl stayed the course and set additional goals for the next season – she wanted to be lighter, stronger, and she wanted to place at states. Dedicating her off season to achieving her goals, she dropped from 220 lbs to 165 lbs the following year. Her hard-work and efforts rewarded her with a GMC Championship, a Region 3rd place, and she earned her opportunity to compete at the NJ State Tournament, coming up short on the top 6 finish.

With three full seasons under her belt, a GMC championship, and two state tournament appearances, Apryl will look to stand on the podium at the NJ State Championship in her senior year.

SOPHOMORE OF THE YEAR



Nick Campagna
South Plainfield



Nick had an outstanding Sophomore season for Tigers. He captured his first Morris Knolls tournament title in dominating fashion with a major decision win over Dereck Giordano of Montville. Nick would also go on to place 2nd at the prestigious Sam Cali Invitational at the end of December.

As the dual meet portion of the season got into full swing, Nick was firing on all cylinders as he did not lose another match until the State Quarterfinals and earned key bonus point wins in close dual meet matches against North Hunterdon, Southern, Old Bridge, and Lacey.

Nicholas dominated in the GMC Tournament scoring bonus points in each match on his way to his first County Title and helping the team capture their conference title. Nicholas would turn in another perfect performance the week of the Team State Tournament going 4-0, scoring bonus points in three of the four wins.

During the postseason, Nicholas showed he was one of the state's top 150lb.ers. on his way to winning his first District and Region titles. Anthony won his first two matches at the state tournament making it to the quarterfinals before dropping his next match to the eventual runner-up 3-0. Nick would go on to win his next match securing a top 8 finish in the state by placing 8th.

Another impressive stat for Nicholas is that he had only one win during the regular season in which he did not score bonus points. A year-round wrestler, Nick has dedicated himself to having an even better Junior season and is planning on breaking through to climb high up on the podium in Atlantic City. The South Plainfield coaching staff will look for Nick to be a leader for the Tigers next year. Congratulations to Nicholas on becoming this year's GMCWCA Sophomore of the Year!

SOPHOMORE OF THE YEAR



Emma Sagi Old Bridge



Emma began her wrestling career this past off-season with a handful of matches at the Long Branch Summer Duals after deciding to give wrestling a try. Emma had always been a cheerleader, but she wanted to see if she could achieve success in a similar fashion to her brother.

While her growing pains in the sport came early, as they do for everyone, she proved to be a quick learner. Emma came into the season after several months of hard work and had developed a reliable skillset in that short period of time.

While her opportunities were limited while she balanced the dual responsibilities of cheerleading and wrestling, Emma found success early and often. She earned her way to a 2nd place finish in the GMC, and with her efforts and Gabby Miller's Old Bridge with only two entrants to the girls GMC finished 2nd as a team.

Emma is only a sophomore, and while a scheduling conflict with cheer this season kept her out of participation in the Girls South Region tournament, we are confident in her abilities to ultimately earn a spot on the podium over the next two years.

FRESHMAN OF THE YEAR



Zach Beadling
Saint Joseph



Zach's freshman year got off to a rough start down at Beast of the East as he wrestled the #1 ranked Freshman in the nation to start his career and followed that up with by losing 6-0 to the eventual 5th place wrestler at Beast. Zach seemed down on himself after his 0-2 performance down at Beast but his attitude would not stay down for long.

Zach would go onto win 33 of his next 39 matches, including pinning 17 of his opponents, as well as winning the Rahway Tournament, taking 3rd in the GMC Tournament, winning his first District title in upset fashion, and then taking 5th in the Region tournament.

Everyone knows some years certain Region brackets are loaded with talent and this year was no exception for Zach at 106 pounds as he needed to beat returning state qualifier Ricky Gomez 6-4 just to take 5th in the Region. Zach pinned 3 wrestlers who qualified for states at his weight class this year, and defeated another 3 wrestlers who qualified for states.

Most individuals would sit and make excuses for themselves and say in another Region they would have qualified but Zach maintained the status quo that he needs to get better and next year will be his year. A great attitude for a wrestler who is definitely going to make waves moving forward at the state level.

FRESHMAN OF THE YEAR



Eva Altamirano **South Plainfield**



Eva turned in an outstanding and historic freshman season for the Tigers. Many females have tried to come out for the wrestling team and Eva was only the second one to make it through the entire season. Not only did Eva make it through the entire season, but she excelled and worked as hard as she could to quickly earn the respect of her teammates and earn a varsity letter!

Eva started off her season by finishing second at the Mustang Zoo Girls Tournament. Eva would also place 2nd at the GMC Girls tournament and the Lady Pioneer Tournament at Somerville. Tired of finishing second, Eva broke through to win her first high school tournament capturing the title at 132lbs. at the Lady Minuteman Classic in Elizabeth. This win gave Eva a ton of momentum entering the North Region Qualifier.

Eva entered the tournament as the #5 seed and quickly announced her presence by winning her first two matches by fall putting her into the semi-finals against the #1 seed from Morris Hills. Eva dominated the match and was on her way to a tech fall, but unfortunately her opponent got hurt and had to injury default. Eva would go on to lose by fall in the finals in a back and forth match against a returning place-winner from last year.

Entering the state tournament as the #6 seed, Eva was able to battle her way onto the podium with a 6th place finish. Eva accomplished a goal she set for herself at the start of her season, but the coaching staff feels we are just beginning to scratch the surface of her potential. She is already committed to getting better as she begins to hit the freestyle circuit this off-season.

We are extremely excited to see what the next three years has in store for her. Congratulations Eva on becoming the GMCWCA Girls Freshman of the Year!!!



TOP TEAM



South Plainfield Tigers

South Plainfield had another successful season. Having to replace six varsity starters from the previous year was a tall order; however, the Tigers were able to reload as they usually do. The Tigers began the season capturing the Morris Knolls Tournament title and competing at the prestigious Sam Cali Invitational where they had four place-winners. They rattled off a 3-0 record, including capturing the programs 800th win by defeating J.P. Stevens 67-9 on January 12th, before entering the Henry Boresch Duals. The Tigers were missing four starters and still managed to go 2-1 at the duals finishing 3rd in the tournament. South Plainfield defeated an improving Newton team 50-21 in the first round before falling to State Power and Sectional Champion North Hunterdon 35-33 suffering their first loss of the season. The Tigers needed to rebound quickly and were able to do so in order to defeat Sectional Finalist, Lacey Township, 44-28 to secure third place. The Tigers returned home to win the Greater Middlesex Conference Red Division and Conference Tournament Titles. They also captured a Sectional Title, defeating Robbinsville 53-15 in dominating fashion, before calling to Delsea in the group semi-finals 35-22, finishing their dual meet season with a 16-3 record. The Tigers rounded out their team season by capturing their state record 37th District Team Title.

Individually, the Tigers crowned six Morris Knolls Tournament Champions, three GMC Tournament Champions, five District 17 Champions, qualified 12 wrestlers for the Region 4 Tournament, and four for the State Tournament in Atlantic City. All four Tigers who qualified wrestled deep into the state tournament as the two wrestlers JJ Giordano and Nicholas Campagna were able to garner state medals finishing 7th and 8th respectively. The South Plainfield Wrestling team capped off its season by finishing as the #20 team in the State of New Jersey in the State Coaches' Poll and the #18 team by NJ.com and the State Writers Poll. Seniors Tyler Balent, Jack Campagna, Jacob DelVecchio, Julian Irizarry, Jeffrey Jacome, and Aidan MacKenzie, combined to compile a 130-45 record for their senior year. The Tigers will miss their leadership and dedication to wrestling. Congratulations to all South Plainfield wrestlers and the High School coaching staff of Steve Johnston, John Nye, Shane Raymond and volunteer coaches Patrick Hunter, Craig Salvatore, and Jeremy Nurnberger on another successful season!

MOST IMPROVED TEAM



JOHN F KENNEDY Mustangs



Going into the 2021-2022 season, the expectations were very unknown for the Kennedy Mustangs. After battling through a Covid season, which caused the Mustangs to only have 9 total wrestlers all year, there was a lot of work to be done.

The Mustangs improved drastically from a participation standpoint. They quadrupled the number of wrestlers that came out from the season prior. Having over 35 wrestlers in a practice room changes the dynamics drastically. One, it provides more competition for everyone involved. But, most importantly, the Mustangs were able to go into a match without forfeiting 4-5 weight classes.

Then the challenge was teaching the 30 new wrestlers, who have never stepped on a wrestling mat before! But to the coach's surprise, this turned out to be not as difficult as expected. Each wrestler completely bought into the program and dedicated themselves every day to get better.

Now with a complete lineup that filled every weight class, the Mustangs became more competitive. HALF their varsity starting lineup this year consisted of 1st-year wrestlers. Of those 1st year wrestlers, 6 out of 7 of them ended the season with double-digit wins.

As a team, the Mustangs won 14 matches this season (first time with double-digit wins in 7 years.) They took 8th as a team in the GMC Tournament (best finish in 8 years). They had 10 wrestlers with double-digit wins (5 wrestlers with 20+). 1st county champion and state qualifier in 6 years.

The Mustangs look to build off the success they had this season and hopefully make 2022-2023 an even better season!

COACH OF THE YEAR



**John Post
Old Bridge**



It was an honor to be voted coach of the year by the GMC Wrestling Coaches' Association. To be recognized and voted on by my peers was a tremendous recognition. I think the reason our program has had a recent resurgence is largely due to the dedication and commitment of our athletes. They are working year-round, pushing themselves in the off-season, and always learning and improving during the season. They have bought in to long-term goals that we are still actively working toward, looking forward to next year. This is a culture we hope to maintain year-in, year-out.

To maintain success in our sport is a difficult task, but with such a supportive community within Old Bridge, we have been able to shift our rebuilding process into the next gear. Ron was such a large part of our wrestling community in Old Bridge, and he was a big part of the resurgence we have recently experienced. His efforts and enthusiasm for the sport rubbed off on our student athletes, parents and supporters. He embodied the community that is GMC Wrestling. There are so many dedicated coaches in the GMC, and to earn their recognition through the hard work and results that our program has delivered on is an acknowledgment that we are doing the right things in Old Bridge.

ASSISTANT COACH OF THE YEAR



William McMullan
John P Stevens



Coach William McMullen, aka “Coach Mac” began serving as an assistant coach at JP Stevens in 1989. Throughout his 30 plus year tenure he would go on to assist five head coaches, all of which knew how vitally important McMullens role at JP was.

With respect to accomplishments, McMullen played a vital role in the Hawks 2004 state sectional championship, as well as helping coach two state finalists, a state place winner, and seven region champions. Although many outside our wrestling room will find his resume to be most impressive, it was McMullens unwavering commitment that made him so special to our program.

Whether it be the state finals, or a JV jamboree on a Sunday, Coach Mac always gave our kids 100%. He is the reason why many chose to stick with Wrestling and reap the reward of its lifelong lessons. His character alone pushed all he encountered to be the best versions of themselves regardless of experience or ability. We want to wish Coach Mac the best in his retirement from wrestling, but most importantly thank him for all he has done to better JP Stevens Wrestling.

MORE MEDIA & MORE ...

COACHES AWARDS

The Home News Tribune - All Area

Mike Carbone - Saint Joseph

The Star-Ledger - Middlesex County

Mike Carbone - Saint Joseph

NJWCA District Coaches of the Year

Nick Tonzola - Saint Thomas - D16

Mike Monaco - Woodbridge - D19

COACHING ACHIEVEMENTS

**Robert Januska - South Brunswick -
100 Wins!**

WRESTLING MAN OF THE YEAR



Ron Mazzola

By Luca Rispoli

The legend of Ron Mazzola and his introduction to the sport of wrestling began almost ten years after his graduation from Madison Central (now Old Bridge) in 1978. Ron has always been a “sports junkie”. A longtime coach and board member with many sports leagues in Old Bridge, it wasn’t until 1987, when Brian Brady (’94 state champion MCHS), a 6th grader at Jonas Salk Middle School, joined the wrestling team that Ron’s connection to wrestling was made. In 1988, Ron helped run his first wrestling tournament at the head table at a Middle School Tournament. In 1996, along with Judy and Frank Brady, Ron ran the “unofficial Big East Tournament” at Rutgers at the request of then Rutgers Coach, John Sacchi. Ron was the Public Address announcer for Rutgers wrestling for three seasons.

Ron became involved with OBHS when Brian went to high school and forged an immediate bond with Hall of Fame coach Ken Scott. Ron helped at Old Bridge by doing things to take pressure off the coaching staff but also found ways to add value to the program using his skills and talents.

Ron’s involvement with the GMCWCA began in 1995 when he was first asked to emcee the All Star Banquet. Since then, he has been the official emcee to this day. Ron did so much to improve the banquet, organizing it, creating a masterful dinner book meant to commemorate the occasion for the all-star wrestlers and their families, and even produce the awards with such precision it’s been nearly impossible to replicate every detail Ron thought of. Ron was a part of the Old Bridge Wrestling Festival, Central Jersey Summer Duals, New Providence, East Brunswick, Hunterdon Central, Bayonne, Long Branch, and of course the Districts, the Regions, and the NJSIAA State Tournament in Atlantic City. In 2019, Ron, on behalf of the GMCWCA, formally petitioned the GMC to sanction the official Girls GMC Tournament. Ron rescued the Matawan Icebreaker from folding and brought it to Old Bridge. Old Bridge will be renaming the Icebreaker, The Ron Mazzola Memorial.

Ron loved the GMC tournament, both boys and girls. It was more than just the wrestling. It was a social event that he got to share with his wrestling family that he cherished so dearly. And that's why every year he wanted to make it as special as possible, because it was one of the few ways he was able to express how much he cared about everyone. Ron loved being able to see all of our kids doing what they loved. He always said that wrestlers don't do this crazy sport unless they love it and it's too hard to do it without the support of some great parents and many are here today.

Ron wanted our wrestling community to get the recognition they deserved. Ron actively befriended the media and was the president of the NJ Wrestling Writers Association. He has been honored several times by the GMCWCA. In 2017, Ron received the NJSIAA Wrestling Sports Award for his dedication to wrestling. In 2019, Ron was inducted into the Old Bridge High School's Wall of Fame.

The Greater Middlesex Conference Wrestling Coaches Association is indebted to Ron for his decades of dedication, commitment, friendship and love to wrestling and the wrestling community and will perpetually honor Ron by renaming this award, The Ron Mazzola Man of the Year Award!





MEDIA PERSON OF THE YEAR

Dan Rispoli

Dan is a 2003 graduate of Old Bridge High School. At the urging of his brother Luca, Dan started wrestling his freshman year for the Knights that was led by Hall of Fame coach Ken Scott, longtime coaches Bryan Garnett, Keith Cousens, & Mike Corrigan. He was always a tough match and ended his career as a District 20 champion. After high school, Dan pursued an education in communications with a major in digital film making. After college he landed an opportunity working on the set of an episode in Syracuse of the hit Travel Channel show, Man v Food with Adam Richman. Following that, Dan filmed a season for the women's professional soccer team, Sky Blue FC.

He then landed a job for MSG Varsity where he had the chance to record the GMC Wrestling Finals in 2011. In 2015, Dan was presented with the opportunity to film Old Bridge Football games on a routine basis for Ron Mazzola, succeeding Frank Brady. In 2016, Dan was recruited again by Mazzola to film the GMC tournament for the GMCWCA. He then created and managed the YouTube channel, GMC Wrestling Finals and does so to this day. He continued his freelance career traveling the country to film wrestling, football, basketball, baseball, soccer, lacrosse, 5K races, dance competitions/recitals, school board meetings, town council meetings, graduations, and even a wedding.

Dan has been a resident of Old Bridge for most of his life until purchasing a home in Colonia in 2020. Dan is the youngest of three brothers and has incredible family support; his parents Anne Marie & Agostino, brothers Tony (2001 Region 5 qualifier) & Luca, and most importantly his wife, Nancy. Dan is the proud father of his newborn son, Vincenzo, who was born January 22nd this year, strategically wedged in between the girls and boys tournaments. He is currently employed by Tenafly Public Schools in the media center where he runs the public access station and librarymedia.net as well as helping students with special needs to video edit. Dan would like to thank Ron Mazzola for believing in him and the GMCWCA for recognizing his efforts to showcase GMC wrestling in the best possible angle.

CLIFF LOYSEN MEMORIAL OFFICIAL OF THE YEAR



John Niedrich #172

John started his wrestling career in 1999 as a freshman at Christian Brothers Academy. After a childhood of little athletic success in other sports, John found the wrestling mats and never looked back. With the mentorship of his head coach, Mike Baldi, and club coach, Vinny Santaniello, he achieved more than he thought he could from that first day he stepped on the mat. John capped off his high school career with a Region 6 title and an offer to wrestle Division 1 at Drexel University. At the college level he was able to make the starting lineup his first season, but after one year decided that Division III wrestling was a better fit. John finished his wrestling career as team captain, Academic All-American, and national qualifier for York College of Pennsylvania where he graduated with a Bachelor's Degree in Finance.

As a referee, John has just completed his 6th season wearing the gray pinstripes. In that short time, John has had the honor of officiating the Boys State Tournament four times and Girls State Tournament once. He has also officiated the Region Finals, Sectional Finals, and Group Semifinals one time each. His refereeing philosophy is to referee every match with equal importance, because for the wrestlers involved it is important. He strives to continually improve and learn from the wrestling community as we all work to make New Jersey wrestling the best in the nation.

Currently, John works for Sea Bright Solar where he has been for over a decade. He has proudly helped this once small company grow in the competitive New Jersey solar market. He attributes the hard work and team loyalty he developed on the wrestling mat as a motivating factor in the business world. In his spare time John has been able to continue his grappling career using his experience and wrestling knowledge to excel at Brazilian Jiu Jitsu. He is currently a brown belt and continues to develop his skill set in combat sports. John lives in Jackson with his newly wedded wife, Marissa, on their developing homestead.

John would like to thank the GMCWCA for this award. It is an honor for him to receive and it could not have been possible without the guidance of Stu Kohn and the late Gary Kuzniak during his cadet years and beyond. He is grateful for the encouragement and comradery from all of the other GMC officials and the (sometimes) fair criticism from our great GMC coaches.