



**ANNUAL ALL-STAR
AWARDS PRESENTATION
MONDAY, March 31, 2025**

IMPORTANT DATES 2024-2025 SEASON

*Subject to change

Hydration: May begin on November 1, 2025

Wednesday, November 19th - GMC Pre Season Meeting

Tryouts: November 24, 25, and 26, 2025

NOTE: No practices allowed on November 27, 28, 29, & 30

Official Practices Begins - Monday, Dec 1, 2025

Monday, December 8, 2024 - Opening Day - ** can scrimmage or have matches but once matches start, you can no longer scrimmage **

January 1st - 2 Pound Allowance

GMC GIRLS TOURNAMENT 1/18 @ Churchill
Boys GMC Tournament 1/23 and 1/24 @ Piscataway

Postseason TBD



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

2025 All-Star Wrestlers

CARTERET

Drissana Rodriguez Bravo

COLONIA

Hudson Platt
Zoe Poznanski

EAST BRUNSWICK

Emily Cuomo
Ari DeMaio
Jake Gujski
Dominick Lezark
Olivia Mitchell
Soleil Nguyen
Jose Rosado
April Sarmiento
Faith Marie Soto
Marisol Torra

EDISON

Fernando Avellan
Nicholas Campanelli
Jeremy Negron
Tyler Northern

HIGHLAND PARK

Noah Berlin-Langston

JOHN F KENNEDY

Evangelia Kotsonis
Armani Maglione

METUCHEN

Celeste Falkovich
Daniel Montemurno
Caelum Ritzdorf

MIDDLESEX

Jack Griffin
Aubrey Ramos

MONROE

Kyle Capodanno
Anthony Caponegro
Nick Cavallo
Aman Cheema
Anthony Marcos
Natale Pitti
Josh Shumsky
Matt Shumsky

NEW BRUNSWICK

Libni Gijon
Zedekiah Pollard

NORTH BRUNSWICK

Melani Contreras
Rahkai Degrasse
Victoria Longo
Jayko Luna
Janiya Orihuela
Gabrielle Roberts
Sophia Rodriguez
Melanie Luna Vasquez

NORTH PLAINFIELD

Dalilah Dodds
Maya Mohammed
Amaree Walker

OLD BRIDGE

Julia Berk
Mackenzey Brennan
Samantha Larkin
Madison Magrino
Griffin Nugent
David Peoples
Dominic Paulino
Aiden Roman
Michayla Smith
Sofia Sousa
Jake Tenebruso
Gavin Young
Zach Florio

PERTH AMBOY

Fernando Grande
Leeah Gutierrez

PISCATAWAY

Sean Love
Jane Rodrigues
Aidan Wallace

SAINT JOSEPH METUCHEN

Julian Arango
Mason Atkins
Zach Beadling
Sebastian Blumberg
Andrew Bouchard
Nico DeRado
Daniel Internoscia
Ivan Rego
Morgan Schwarz
Giovanni Spallino
Tyler Whitford

SAINT THOMAS AQUINAS

Jahir Aguilar
Isabella Bonilla
Makayla Decker
Aniyah Garcia
Jon Howarth
Kayleigh Howarth
Reed Kerstetter
Anthony Pasquale
Caden Sternlieb
Saniyah Queen

SAYREVILLE

Robert Fritz
Bryce Bouchard
Kacper Trzeciak
Michael Zaunczkowski

SOUTH BRUNSWICK

Sruthi Murugan

SOUTH PLAINFIELD

Eva Altamirano
Ryan Balent
James Bermingham
Justin Culver
Ava Fusaro
Nicholas Irizarry
Jose Rodriguez
Joseph Stanzione

SPOTSWOOD

Valerie Cicero

WOODBIDGE

Tyler Boelhower
Genesis Cruz
Zack Guzman
Lucas Perez
Noah Perez



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

2025 Special Awards

Courageous Wrestler

Arielle Holeman, East Brunswick

Tom Flanagan Memorial Scholarship Award

Samantha Larkin, Old Bridge
Ryan Balent, South Plainfield

GMCWCA Scholar Athlete

Garv Sen, South Brunswick

Wrestlers of the Year

138 - Saniyah Queen, St Thomas Aquinas
157 - Sean Love, Piscataway
165 - Tyler Whitford, Saint Joseph

Senior of the Year

132 - Zach Beadling, Saint Joseph
215 - Noah Berlin Langston, Highland Park

Junior of the Year

165 - Sofia Sousa, Old Bridge

Sophomore of the Year

107 - Olivia Mitchell, East Brunswick
113 - Gavin Young, Old Bridge
120 - Nico DeRado, Saint Joseph

Freshman of the Year

120 - Zoe Poznanski, Colonia
120 - Nicholas Campanelli, Edison

Top Team

Boys - Saint Joseph Metuchen
Girls - North Brunswick

Best Team

Girls - East Brunswick
Group I, II, III - South Plainfield
Group III, IV, V - Monroe

Most Improved Team

Group I, II, III - Spotswood
Group III, IV, V - North Brunswick

Coach of the Year

Dave Saley, North Brunswick

Assistant Coach of the Year

JP Donatelli, North Plainfield

Coaching Recognition Award

Steve Johnston, South Plainfield - 100 wins
Dan Grasso, Colonia - 200 wins

Man of the Year

Cesar Samaniego, Woodbridge

Media Man of the Year

Andy Mendlowitz

Cliff Loysen Official of the Year

Don Smith



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

STATE TOURNAMENT TEAM

East Brunswick

Central Jersey Group 5 Qualifier

Edison

Central Jersey Group 5 Sectional Semifinalist

Metuchen

Central Jersey Group 1 Sectional Semifinalist

Monroe

Central Jersey Group 5 Sectional Champions
Group 5 Semifinalist

Old Bridge

Central Jersey Group 5 Sectional Finalists

Piscataway

North Jersey Section 2 Group 5 Qualifier

North Brunswick

Central Jersey Group 5 Qualifiers

Saint Joseph

Non Public A Qualifier

Saint Thomas Aquinas

Non Public B Qualifier

Sayreville

North 2 Group 4 Qualifier

South Plainfield

North Jersey Section 2 Group 3 Sectional
Finalists

Woodbridge

North Jersey Section 2 Group 4 Qualifier



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

STATE TOURNAMENT INDIVIDUAL

Boys Wrestling

5th

157 - Sean Love, Piscataway

165 - Tyler Whitford, Saint Joseph Metuchen

6th

157 - Morgan Schwarz, Saint Joseph Metuchen

Top 24

113 - Julian Arango, Saint Joseph Metuchen

113 - Gavin Young, Old Bridge

120 - Nico DeRado, Saint Joseph Metuchen

132 - Zach Beadling, Saint Joseph Metuchen

215 - Noah Berlin- Langston, Highland Park

215 - Zach Florio, Old Bridge

215 - Daniel Internoscia, Saint Joseph Metuchen

State Qualifier

126 - Ivan Rego, Saint Joseph Metuchen

138 - Anthony Caponegro, Monroe

138 - Robert Fritz, Sayreville

157 - Jose Rodriguez, South Plainfield

175 - Andrew Bouchard, Saint Joseph Metuchen

190 - Giovanni Spallino, Saint Joseph Metuchen

215 - Anthony Pasquale, Saint Thomas Aquinas

285 - Caden Sternlieb, Saint Thomas Aquinas

Girls Wrestling

Champion

138 - Saniyah Queen, St Thomas Aquinas

6th

138 - Gabrielle Roberts, North Brunswick

7th

145 - Caelum Ritzdorf, Metuchen

165 - Sofia Sousa, Old Bridge

8th

107 - Olivia Mitchell, East Brunswick

132 - Eva Altamirano, South Plainfield

235 - Rahkai Degrasse, North Brunswick

State Qualifier

100 - Jane Rodrigues, Piscataway

120 - Aman Cheema, Monroe

120 - Zoe Poznanski, Colonia

165 - Makaya Decker, St Thomas Aquinas



100

**Samantha Larkin, Old Bridge**

- See Tom Flanagan Scholarship -

Victoria Longo, North Brunswick

Victoria Longo, a junior, continues to showcase her impressive skill, guts, and determination on the mat. To kick off her season, she took 6th at Rumble in the Pines. She continued to work hard and placed 4th at this year's 2025 GMCT. Even when moving up in weight class, Victoria continues to dominate on the mat, taking down opponents and solidifying herself as a fierce competitor.

Madison Magrino, Old Bridge

Madison Magrino has shown incredible growth in her second year of wrestling, finishing with a 19-13 record at 107 lbs., despite consistently bumping up a weight class throughout the season. Her determination and adaptability were on full display as she earned 3rd place at the GMC tournament and 4th place at the Ron Mazzola tournament. Madison's background in soccer has translated well into her wrestling career, providing her with a strong foundation in agility and conditioning. Her ability to compete at a higher weight class while still achieving success speaks volumes about her perseverance and skill. Madison's hard work and commitment have set her up for continued success in the future

Jane Rodrigues, Piscataway

This was a year full of "firsts" for Jane, in the wrestling room and on the mat. In the wrestling room, she was selected to be the first girl ever to be team captain for the boys and girls Piscataway Wrestling Team. On the mat, she started her season off strong with a 1st place finish at the Ron Mazzola Memorial tournament. This was followed up with a third place finish at the EB Lady Bear tournament. Jane bounced back nicely and became Piscataway's first girl GMC Champion. Jane also became Piscataway's first girl region champion as she pinned her way through the Girls Region North II tournament, qualifying her for the NJSIAA State tournament for the second straight year. Jane's dominance showed throughout the season as 22 of her 25 wins were pins, and two of those were against boys. We look forward to what next year will bring for Jane as she tries to achieve her goal of becoming Piscataway's first girl state champion.



107



Valerie Cicero, Spotswood

This was Val's third season wrestling for the Chargers. She has a career record on the girls' side of 41 - 20 over the past three seasons. She has also been the starting 106 on the boys' lineup in her sophomore and freshman years, collecting over 62 wins overall between the boys' and girls' lineups. With the growth seen in Girl's Wrestling, this was Val's first season to have a full girls' season. This year, she placed 4th in the East Brunswick Tournament, 4th in the GMC tournament, and placed 5th in the Central Girls Regional Tournament.

Leeah Gutierrez, Perth Amboy

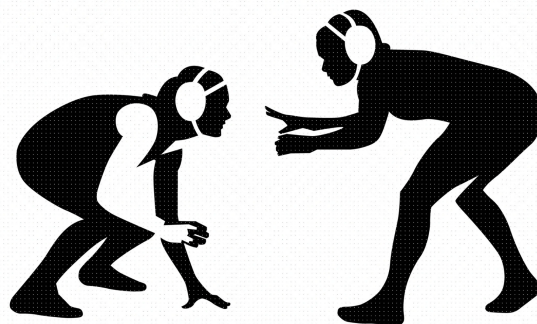
Leeah, a Junior, was determined to secure her third GMC title but fell just short of her goal. However, this season was far from a loss for our team leader and captain. She claimed her second Bloomfield Tournament title and finished the season with an impressive 24-10 record. Despite not achieving all her goals this year, Leeah is already back in the weight room and wrestling club, training harder than ever. With her sights set on another GMC, a Region, and State title, she remains focused and driven. Leeah has 75 career wins and entering her final high school season, we are all excited to see her make history as the first female wrestler to reach 100 wins.

Evangelia Kotsonis, JFK Iselin

Eva was a third year wrestler this season. After finding success last season in the GMC tournament she worked hard during the off season to continue. She went from just over .500 last season to over .700 this season by doubling her victories. She recorded 22 wins this season 19 of which she earned bonus points including 16 pins. This helped Eva to earn her second straight 3rd place finish in the GMC tournament this season. Eva served as one of the team captains this season and pushed herself each practice.

Olivia Mitchell, East Brunswick

- See Sophomore of the Year -





114



Julia Berk, Old Bridge

Julia Berk's journey in wrestling has been nothing short of inspiring, especially considering she was a first-year wrestler and brand new to the sport. As a sophomore competing at 114 lbs., Julia finished with a solid 14-13 record, earning 4th place at the GMC tournament. Her athletic background in track helped her transition into wrestling, where she quickly showcased her work ethic and dedication. Julia was instrumental in the rebuilding team's success, playing a key role in the win over state-ranked North Brunswick, a highlight that showed her ability to rise to the occasion. With her drive and determination, Julia's future in wrestling is full of promise as she continues to improve and contribute to her team's success.

Isabella Bonilla, Saint Thomas Aquinas

Bella is a two year starter. Is one of the most athletic wrestlers we have. She is always ready to wrestle. She was a county champion and is a two time county finalist. She was state place winner in 2024. It will be exciting to see her wrestle for the next two years.

Aman Cheema, Monroe

In her senior season, Aman Cheema made a significant impact, achieving an impressive record of 14-4. Her dedication and determination earned her a spot as a finalist in both the GMC tournament and the Region tournament. Continuing to showcase her exceptional talent, she advanced to the quarterfinals of the girls' state tournament before her season ended. Her leadership and tenacity set a strong example for her teammates, making her a crucial figure within the team. As she wraps up her high school wrestling career, she leaves a legacy of excellence, resilience, and inspiration for future athletes.

Libni Gijon, New Brunswick

Libni had the best season of her career with a 23-7 record on the season and finishing with her best placement in the GMC tournament. She is a Four year letter winner and has shown improvement every year. She was a great leader for the underclassmen. incredibly hard working and had a never give up attitude.



120



Emily Cuomo, East Brunswick

At the end of her first season last year, Emily dedicated herself to be a year-round wrestler and set some very hefty goals for her Junior year. Emily was someone that the team could rely on to wrestle tough. Emily's special skill was her attention to detail, always wanting to do a move exactly as shown. This can be attributed to her experience as a dancer and her many years of watching wrestling before she started competing herself. As only a second year wrestler, Emily had one of the best records on the team, but no matter how successful she was, she always wanted more. This drive and dedication will surely bring her success in her senior season with the Bears!

Natale Pitti, Monroe

Natalie Pitti made an impressive debut during her freshman wrestling season, finishing with a strong record of 8-4. She quickly established herself as a formidable competitor, earning a place as a GMC finalist. Natalie's determination, skill, and hard work on the mat have set a solid foundation for her future in wrestling. As she continues her athletic journey at Monroe, she is poised to build upon this early success and further elevate her performance in the upcoming seasons.

Zoe Poznanski, Colonia

- See Freshman of the Year -

Aubrey Ramos, Middlesex

Aubrey Ramos has cemented her legacy in Middlesex wrestling history, becoming the program's first-ever Girls' County Champion. Her dedication and relentless work ethic have not only propelled her to the top of the county but also earned her a Region 5/6 finish for the second consecutive year. Aubrey's impact goes beyond individual accolades. As a leader and role model, she has been instrumental in growing the girls' wrestling program, inspiring more female athletes to step onto the mat. Her commitment to improvement is evident in her training—always pushing herself, always striving to refine her technique, and always setting a standard of excellence.



126



Mackenzzy Brennan, Old Bridge

Mackenzzy Brennan has made an incredible impact in just her second year of wrestling, finishing with an impressive 24-3 record at 126 lbs. She capped off her season by winning the GMC Championship, solidifying her status as one of the top wrestlers in her weight class. Mackenzzy also earned 3rd place at the Ron Mazzola tournament and received GMC All-Conference honors for her outstanding performance throughout the season. Beyond wrestling, she is also an accomplished soccer player, demonstrating her versatility and athleticism. Mackenzzy's impressive achievements as a sophomore are a clear indication of her talent and potential, and her future in wrestling is bright as she continues to grow and develop as an athlete.

Aniyah Garcia, Saint Thomas Aquinas

Aniyah is a two year starter for the girls. She comes to practice everyday ready to learn something new and is eager to get better as a wrestler every time that she is in the room. She was a county finalist. In the years to come she shows signs of being able to add to her success.

Janiya Orihuela, North Brunswick

Janiya Orihuela, a sophomore, racked up 20 career pins in the 2024-25 season as a rookie. She battled through tough tournaments, coming out on top as champion at the New Year's Ball Drop Tournament in Hillsborough. Facing fierce competition, she proved her mettle as she fought her way to 3rd place at the GMCT and 6th at Central Girls Regions.

April Sarmiento, East Brunswick

The growth that April has shown in the last 3 years, both on the mat and as a person, has been completely unmatched. As she honed her wrestling skills, she also built strong relationships with her teammates, always bringing positivity to those around her. Even when the situation seemed dire, April could never be counted out of a match. Her signature move was huge come-from-behind wins, often helping us clinch matches as a team. Her ability to never give up on the mat truly set an example for the other girls that anything is possible and to wrestle to the last whistle. April's biggest asset was her fearlessness. She never researched her opponent or stepped on the mat scared. She genuinely believed she could beat anyone and she was not afraid to say that! April will be very missed as she moves on to college, but she will always be remembered at East Brunswick as one of the wrestlers on our first girls team and an integral part of the Bear's success in these early years of girls wrestling!



132



Eva Altamirano, South Plainfield

Eva Altamirano turned in another solid campaign for the Lady Tiger wrestlers. She finished the season with a 9-1 record. Unfortunately an injury sustained early on in the pre-season kept her sidelined for a majority of the season. Eva was still able to capture her 3rd GMC Tournament title in dominating fashion as she teched or pinned her way through the tournament. Eva would then compete in the North 2 Region Tournament and captured her second Region championship again in dominant fashion tech falling and pinning her away through the tournament including earning a fall against the returning 5th place finisher in the state from a year ago. Eva entered the state tournament and unfortunately suffered an injury and had to default to 8th place. While the state tournament did not go the way Eva had hoped she still finished her career as a 3 time state placewinner and has paved the way for future Lady Tiger wrestlers. She is the true definition of a trailblazer in the town of South Plainfield and we could not be any more proud of her and what she has accomplished in her four years with her. Eva's college plans are still undecided, but she does plan on competing at the next level. We wish her the best of luck and are excited to see what the future holds. Congratulations to Eva on a great high school career!!

Melani Contreras, North Brunswick

Melani Contreras, a senior, has dedication and skill that have earned her a spot among the best in the sport. She started her season by racking up wins at Beast of the East in Delaware. Then, back in Jersey she took 5th at Rumble in the Pines. Became a 2x GMCT finalist and she secured a 3rd place win at the Central Girls Regional tournament, punching her well deserved ticket to Atlantic City for the NJ State Individual Wrestling Championship. Melani has over 50 career victories. Her hard work and determination proves Melani as a team captain as she leads her team to victory.

Arianna DeMaio, East Brunswick

Ari DeMaio turned a lot of heads in only her sophomore season. Despite being a 3-sport athlete and limited work in the off season, her wrestling abilities and natural talent were right up there with the best in the state. Ari was a fixture in our line-up, never missing a match, knowing she would be given the toughest opponent we could match her up with. She never disappointed. Ari finished the regular season with 32 wins, the most on the team. Of these 32 wins, only one of her wins all season was by decision - a come-from-behind win against a state qualifier a weight up. Her few losses on the season only came from previous or eventual state qualifiers or place winners. Ari placed 5/6 in the Region tournament and we look forward to seeing her wrestle for a place on the podium at Boardwalk Hall next year!

Kayleigh Howarth, Saint Thomas Aquinas

Kayleigh is a two year starter. She is somebody that has been putting in a lot of hard work since day one and she is a three sport athlete which is not seen too much anymore she is also a gymnast and plays lacrosse. She finished fourth in the county.



138



Ava Fusaro, South Plainfield

Ava had an outstanding season as a first year wrestler for the Lady Tigers. She is a tireless worker that loves to compete and enjoys the process. Ava is continually working on getting better at the sport which was very impressive for someone who had never stepped on a wrestling mat before September of her Freshman year. Ava finished the season with an 11-6 record with four of her six losses coming to wrestlers that competed at the State Tournament. Ava went 1-1 at the Lady Vikings Jamboree, 2-1 at the Elizabeth Tournament, and 2-1 at the Lady Rebels Jamboree. Her most impressive performance was at the Girl's county tournament where she went 4-1 on the day enroute to a third place finish. At the Region tournament, Ava was in a battle with the 8th seed and as the match was tied 0-0 deep into the 2nd period, Ava got caught in a headlock ending her freshman season. What we did not know at the time was that her opponent would go on to place in the state tournament. The coaching staff is very proud of what Ava has accomplished during her first year as a wrestler and we're very excited for the next three years. Currently, Ava is preparing to open some eyes on the softball field this spring, but if she puts some time into wrestling as well, the sky's the limit for her. Congrats Ava on a great freshman season!!

Maya Mohammed, North Plainfield

A varsity starter for North Plainfield as a Sophomore. Maya Mohammed bolstered a record of 15-14 on the season. Maya placed 4th in the Girls GMC Tournament. We are excited to see the growth of Maya as she comes back for two more years of wrestling.

Caelum Ritzdorf, Metuchen

Caelum is a shining star in the GMC and for the Metuchen HS Bulldogs wrestling team. Caelum has excelled on the mat and in the classroom. Caelum culminated her wrestling career with a North 2 Region Championship and a 7th place finish at the State tournament. Caelum helped to recruit members to the girls wrestling team every year and has helped pave the way for girls wrestling in Metuchen. Caelum will surely be missed from the Metuchen High School Wrestling Program.

Gabrielle Roberts, North Brunswick

Gabrielle Roberts, a senior, and dominant force at 138 lbs, kicked off her 2024-25 season in Delaware at the Beast of the East tournament, where she fought her way to a 5th-place finish, and earned HS All-American honors. She followed that with a championship win at the Rumble in the Pines, cementing her status, as she went on to become a 2x GMC and Central Girls Region Champion. Gabrielle capped off her season by securing the #6 spot in the NJ State Individual Wrestling Championship. With 80 career victories, HS All-American recognition, and the leadership of a team captain, Gabrielle sets the standard with grit, determination, and a warrior's mindset



145



Dalilah Dodds, North Plainfield

A varsity starter and Captain for North Plainfield as a Senior. Dalilah Dodds bolstered a record of 16-14 on the season. Dalilah placed 3rd in the Girls GMC Tournament and placed third in the inaugural Lady Cutter Tournament. We are sad to see Dalilah go but are forever grateful for the contributions she had to growing girls wrestling in North Plainfield

Saniyah Queen, Saint Thomas Aquinas

- See Outstanding Wrestler Award -

Sophia Rodriguez, North Brunswick

Sophia Rodriguez, a senior, has demonstrated her technique throughout her high school career. In the 2023-24 season, she placed 4th at the GMC Championships and in the 2024-25 season placed 4th at Rumble in the Pines. She continued to build on her experience, finishing as a GMCT finalist in the 2025 season.

Drissana Rodriguez Bravo, Carteret

Drissana, a freshman for the Carteret wrestlers has been a great asset to our team and an inspiration to others. Drissana being the first girl from carteret to place in the girls gmc tournament has been an inspiration for the next generations to come. This is only her second ever year of wrestling. She has a great work ethic never skipping practices, She is continuously learning from her matches, studying what works for other competitors and watching her teammates. Carteret Is looking forward to what Drissnan will achieve in her future!





152



Genesis Cruz, Woodbridge

Genesis has been a two year starter for Woodbridge. She worked hard during the offseason and improved immensely between her freshman and sophomore seasons. Genesis served as one of the team captains this season. Genesis showed consistent improvement during this season resulting in a fourth place finish in the GMC tournament. After dealing with an injury that slowed down her season she returned to get top eight in the North II Region tournament. We expect Genesis to continue to improve and have an even better season next year.

Celeste Falkovich, Metuchen

Celeste took to the mats during this past off-season and all of hard work showed during this 2024-25 wrestling season. Celeste won the GMC title at 152 lbs improving on her 2nd place finish from a season ago. Celeste has the best attitude of any of our wrestlers in the Metuchen High School Wrestling program. She brings a smile to the room everyday of practice which is contagious in our practice room. Celeste was unfortunately sidelined with an injury during the region tournament cutting her 2025 season to an abrupt end. The sky is the limit for Celeste and another off-season of hard work will payoff for this Bulldog.

Zedekiah Pollard, New Brunswick

A three year varsity letter winner for New Brunswick, serving as captain in their final two years. Zedekiah's work effort on the mat was unmatched, always staying to improve and put more time in. Their best win comes from the quarterfinals of regions beating an eventual state medalist from Point Pleasant Boro. Z took fourth and the region tournament but that is not where their story ended. They are planning to continue at the next level.

Soleil Nguyen, East Brunswick

Soleil quickly went from a girl who wanted to try wrestling to a dedicated year-round wrestler. Whether it was open mats as a team or a club practice, she went to as many as she could possibly get to. Her dedication immediately paid off, winning first place at our opening tournament in Garfield. Soleil amassed almost 30 wins in only her second season, including multiple wins over state place winners. Soleil thrived when she was focusing on the team, rather than herself. Her best wrestling was when she would throw caution to the wind and wrestle offensively. She finished her season as a GMC 3rd, becoming a first time All-Star wrestler and a Region 5/6 after previously not winning a match in the region. The sky's the limit for Soleil's potential and we look forward to seeing how far she will go next year!



165



Makayla Decker, Saint Thomas Aquinas

Makayla was a four year starter finishing second in the county and was a region champion.

Michayla Smith, Old Bridge

Michayla Smith has demonstrated impressive resilience and growth in her second year of wrestling, finishing with an 11-10 record at 165 lbs. Despite frequently bumping up in weight class throughout the season, Michayla earned 3rd place at the GMC tournament, proving her skill and adaptability. Her contributions were crucial in key division victories, showing her leadership and determination in important matchups. Michayla continues to improve with every match, always striving to better herself and her technique. Her commitment to the sport and her consistent progress make her a vital member of the team, and her future in wrestling looks incredibly promising.

Faith Marie Soto, East Brunswick

Faith was a part of the team we did not even realize we were missing. She immediately fit right in and kept the pace with the more experienced girls. As a first year wrestler, she shocked many more experienced girls (and her coaches) with her unorthodox technique that she somehow found success with. From day 1, Faith had a trust in her coaches that enabled us to wrestle her at multiple different weight classes, wherever was the best fit for the team. She fought to keep her weight up high enough to be bumped to wrestle girls more than 30 lbs more than her. Win or lose, she was always smiling and always encouraging her teammates. Her athleticism, strength, and will to win enabled her to fight off her back in a way that she would go from a millimeter away from getting pinned to pinning her opponent out of nowhere. Whether she was headlocking her opponent to a quick pin, or wrestling to a 29-26 decision, she always brought the entertainment. A little more knowledge combined with her own style will be a dangerous combination next season!

Sofia Sousa, Old Bridge

- See Junior of the Year -





185



Sruthi Murugan, South Brunswick

Sruthi is a junior and a three-year letter winner for the South Brunswick Viking wrestling program. Over the last three seasons, she has steadily improved, proving herself to be a wrestler to watch. Competing in the 185lb weight class this season, she has demonstrated remarkable skill, determination, and resilience, culminating in her 1st-place finish at the Greater Middlesex County Conference Tournament. Known for her strategic mind and competitiveness, Sruthi has quickly established herself as a leader among her teammates. With one more year remaining in her high school wrestling career, the Vikings' coaching staff expects big things from her next season.

Marisol Torra, East Brunswick

The personal growth that Marisol showed between her first and second season was truly astounding. She emerged as a true leader and filled a hole in the team in more ways than one. When we had a spot at 185 that was open, Marisol did not hesitate to bump up for pretty much the entire season and fill that spot. Despite being more than 20lbs under the weight class, she found success, both individually and for her team. Her ability to save team points at this weight she made her own, clinched many dual meets for us. The pinnacle of her season was the GMC tournament, where she wrestled back from a first round loss and secured her 3rd place finish and All Star status with 3 consecutive pins. The entire team is so lucky to have Marisol. She was the example to the girls when it came to attendance, perseverance, teamwork, sportsmanship, and leadership. Marisol will make a great captain next year as she continues to work towards individual and team success.

Melanie Luna Vasquez, North Brunswick

Melanie Luna Vasquez, a senior, wrestling at 185 pounds, has been competing since her sophomore year. A two-time GMC finalist, she gained valuable experience over the years and showcased it during her final season on the mat.





235



Rahkai Degrasse, North Brunswick

Rahkai Degrasse, a senior, and a powerhouse in the heavyweight division. A 2x GMCT Champion, three time finalist, she battled her way to a 3rd place finish at Beast of the East (DE) and locked in the #8 spot at the NJ State Individual Wrestling Championship. With 76 career victories, HS All-American honors, and the prestigious Never Back Down Scholarship Award, she leads as team captain, setting the standard with power, resilience, and an unbreakable fighting spirit.

Amaree Walker, North Plainfield

A varsity starter and captain for North Plainfield as a Sophomore. Amaree Walker bolstered a record of 13-5 on the season. Amaree Walker placed 2nd in the Girls GMC Tournament. We are excited to see the growth of Amaree as she comes back for two more years of wrestling.





106



Kyle Capodanno, Monroe

Kyle Capodanno had an impressive debut season for Monroe wrestling, making a statement as a freshman at 106 pounds. Capodanno quickly established himself as a rising star, capturing the GMC championship and placing third at the district tournament. His standout performances continued as he battled tough competition to earn a fifth-place finish at regions. Kyle's determination, discipline, and relentless approach set him apart on the mat and positioned him as a promising talent for Monroe's wrestling future. His impressive freshman campaign not only brought individual accolades but also provided inspiration and energy for the entire team. With three more seasons ahead, Capodanno is poised to build on his early success and continue making a significant impact both as a competitor and a leader for Monroe wrestling.

Jayko Luna, North Brunswick

Jayko Luna, a standout sophomore wrestler, whose dedication and commitment embodies the saying, "summer wrestling makes winter champions." Competing at 106 pounds, Jayko kicked off his 2024-25 season by becoming the Hunterdon Central Invitational Champion. His determination and growth is evident as he went from 3rd place at the JV GMC's last year to 4th place at the GMCT this year. Jayko capped off his season by breaking school records and securing 3rd place at the District 17 tournament.

Noah Perez, Woodbridge

Noah enjoyed one of the best freshman seasons in school history. Noah recorded 29 victories this season and was part of the Barrons 1-2 punch at 106 and 113 lbs with his brother Lucas. Noah this season was an Elizabeth Tournament Champion and OW, 3rd place in the GMCT, District 19 106 lb Champion and a 6th place finisher in Region 5. Noah was fantastic for the Barrons all season and was a big part of the team's success this season. Noah will be a name that we will continue to hear after setting the bar so high in his freshman campaign. Great Season, Noah!

David Peoples, Old Bridge

David Peoples had an impressive freshman season, finishing with a 21-12 record at 106 lbs. He earned recognition as a GMC Runner-Up and a Hunterdon Central Runner-Up, showing his skill and determination on the mat. His hard work paid off in District 17, where he finished in 4th place, demonstrating his growth and potential as a wrestler. David's strong performance throughout the season earned him a spot as a GMC All-Star, setting the stage for even greater achievements in his wrestling career. With his tenacity and drive, David is poised for continued success in the years to come.



113



Julian Arango, Saint Joseph Metuchen

Julian as a junior came out hot and went 5-2 down at the prestigious Beast of the East and ended up in the bloodrounds, finishing top 12 down in Delaware. It was one of the highest finishes down their in St. Joseph's history and showed that Julian was going to have a much improved season this year. This would jump start a very good season for the Falcon wrestler as Julian would dominate is weight class at the John Goles Invitational, then claim his 3rd straight top 3 in the GMC Tournament, win his 2nd straight District title, and qualify for his 2nd straight trip to Atlantic City. The junior who has been a fixture in the line up over the past 3 years headlined the lower weights and this year picked up his 70th career win, as well as posted a career high 14 pins on the season as well. Julian is primed for a big senior year and ca
Tyler Northern, Edison

Tyler Northern, Edison

Tyler had an outstanding sophomore campaign with a record of 30-6. Tyler eventually finished 5th in Region 5. Along the way Tyler was champion at the Mike Dessino Invitational and the East Brunswick Bear Invitational. Tyler gained county finals earning his career best win in the semifinal match. Tyler went on to be a District 2nd and finalist before winning two matches at the Region 5 Tournament. A great season for a sophomore with goals of making the State Tournament next season.

Lucas Perez, Woodbridge

Lucas missed all of his freshman season due to injury, but enjoyed a breakout sophomore season. Lucas was part of a 1-2 punch the Barrons enjoyed at 106 and 113 lbs this season along with his brother Noah. This season Lucas has a 5th place finish in the Elizabeth Tournament, a 4th place finish in the GMCT, and a 3rd place finish in the District Tournament making him a Region qualifier. Lucas would bump up weight classes routinely to seek better competition and it has paid off. Lucas is an extremely hard worker and will be one of the staples and leaders in the Barrons lineup in the years to come. Great Season Lucas!

Gavin Young, Old Bridge

- See Sophomore of the Year -



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**Nicholas Campanelli, Edison**

- See Freshman of the Year -

Nick Cavallo, Monroe

Nick Cavallo, a junior, has demonstrated exceptional effort and emerged as a respected leader for our team. His consistent dedication led him to secure third place in the GMC tournament and an impressive finish as a District finalist. Nick's discipline and leadership have significantly contributed to the team's growth and motivation. His determination on and off the mat sets a strong example for his teammates. As he moves into his senior year, Cavallo is looking forward to building on his successes and continuing to help guide his team to greater achievements.

Nico DeRado, Saint Joseph Metuchen

- See Sophomore of the Year -

Aiden Wallace, Piscataway

Aiden started his senior campaign with a 1st place finish at the A-Nice Invitational tournament. He continued this high caliber of wrestling throughout the year as he piled up 11 pins and 5 technical falls. Aiden wrestled to a 4th place finish in this year's GMC tournament and a 3rd place finish at the District 19 tournament, which qualified him for his first Region 5 tournament. As a team captain, Aiden's leadership, on and off the mat, will be missed tremendously next year. The coaches and team wish him nothing but success and good luck as he enters his next chapter post high school.





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Dominick Lezark, East Brunswick

Dominick continues to be one of East Brunswick's most talented wrestlers, achieving his third consecutive 20+ win season. He began strong, winning 9 of his first 10 matches and securing his second Bears Invitational title. Throughout the season, Dominick consistently delivered crucial pins for the team. He concluded with a 4th place finish at the GMC, a District Runner-Up, and Regional qualifier. We are looking forward to seeing what Dominick will do next season.

Armani Maglione, John F Kennedy

Finished the 2024-2025 season with a record of 31-6. 28 of those wins earned bonus points for the team. Over the course of the year he took 2nd at the Mike Dessino Invitational, 1st at the Rahway Tournament where he won OW, 2nd in the Greater Middlesex Conference Tournament, and captured the OW after winning the District 16 Tournament at 126lbs.

Hudson Platt, Colonia

After an impressive freshman season, Hudson entered his sophomore year determined to compete and dominate in the lower half of Colonia's lineup. He quickly gained momentum, capturing the title at the Ricky I Tournament and carrying that success through the regular season, proving himself against nearly every opponent he faced. Hudson made a statement at the GMCs, finishing 3rd in his weight class, showcasing both his natural talent and relentless work ethic. He capped off his season with a runner-up finish at the District 15 Tournament and an impressive 5th place at Regions. The Colonia coaching staff is excited to see what the future holds for this rising star on the mat!

Ivan Rego, Saint Joseph Metuchen

Ivan came into this season a relative unknown after starting 20 matches for St. Joe's as a freshman but not wrestling in any post-season tournaments. That quickly changed as Ivan knocked off multiple state qualifiers early in the season and garnered himself the 2 seed in the GMC Tournament. Four rounds later and Ivan won his first GMC title with an 8-2 victory in the finals. A few weeks later Ivan would pin his way through the Districts and pick up his first District title. Entering Regions Ivan picked up an upset in the first round then fell in the semifinals to go into the bloodrounds where he would defeat his opponent 10-0 and eventually take 4th in the Region. Sky is the limit for this young sophomore.



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Jahir Aguilar, Saint Thomas Aquinas

Jahir was a three year starter for the Trojans. He wrestled his freshman year at Franklin High School before transferring to St. Thomas. Jahir was a leader in the practice room. His wrestling was at a different level than others, and he was always willing to share his love of the sport with the others on the team. Jahir won the Ricky I Tournament and also was the county champion; unfortunately, Jahir suffered an injury which prevented him from wrestling in the postseason.

Zach Beadling, Saint Joseph Metuchen

- See Senior of the Year -

No

Justin Culver, South Plainfield

Justin had a solid Junior season for the Tigers in his first year as a full-time starter. He started out the year by placing 4th at the Morris Knolls tournament as he defeated a region 6th place finisher in UTB in the quarterfinals. As the dual meet season began, Justin would go 4-2 in the Red Division and pick up some important wins throughout to help propel the Tigers to a bounce back season from last year. After sustaining an injury in the practice room during the week of the conference tournament, Justin was still able to battle to a 4th place finish. During the team postseason, he helped propel the Tigers to a sectional final berth. As the individual postseason began, Justin would turn in a solid performance in the district as he upset the returning district champion in the semi-finals qualifying him for the region tournament for the second time in his career. Justin put in a ton of work last off-season and with even more effort into this coming off-season, we expect him to jump levels. Justin is a leader in and out of the wrestling room and we are excited to see what he has in store for his senior season. Congrats Justin on a great year.

Jeremy Negron, Edison.

Jeremy Negron is a junior for Edison High School. He had an outstanding record this year of 36-6 and he owns a career record of 91-25. Jeremy was champion of the Mike Dessino Invitational and the East Brunswick Bear Invitational Tournament. He was one of four county finalists for the Eagles being narrowly defeated in the finals. Jeremy was additionally a District finalist and most impressively led the state of New Jersey with 34 pins! Jeremy notably pinned four wrestlers from the 132 lb Atlantic City State Bracket. Edison eagerly awaits Jeremy's senior season!



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**Anthony Caponegro, Monroe**

Anthony Caponegro had an exceptional junior season, making a significant impact for Monroe wrestling. Caponegro showcased his dominance by securing first place in both the GMC tournament and District competition at his weight class. His remarkable performance continued with a solid third-place finish in the region, earning him a spot as a state qualifier. Anthony's commitment, resilience, and competitive spirit have distinguished him as a standout leader and an essential component of the Monroe wrestling team. With these remarkable accomplishments already achieved, Caponegro is set to further enhance his skills and continue leading his team toward greater success.

Robert Fritz, Sayreville

Robert Fritz Sayreville So. 138lbs Record 25-7 (24-25) 49-19 (Career) GMC N/A Dist. 1st State Qualifier. A two year starter for Sayreville Robbie has had an incredible career so far. Fritz also took first at the Elizabeth Minutemen Tournament. He continues to find new ways to improve his technique and he brings that into our wrestling room.

Jake Gujski, East Brunswick

Jake's exceptional work ethic propelled him to a standout season for East Brunswick. He demonstrated his determination by winning the Ron Mazzola Invitational and the Bear Invitational, followed by a remarkable 28-6 record, including a 17-match winning streak. Jake is a dangerous wrestler who could put his opponents to their back from any position. His season culminated in a GMC Runner-Up, a District 3rd place, and Region Qualifier. As a junior, Jake's return next season promises continued success.

Griffin Nugent, Old Bridge

Griffin Nugent showcased his talent and determination throughout his sophomore season, finishing with a 24-14 record at 138 lbs. His hard work earned him GMC All-Star honors, as he battled through a tough schedule and consistently performed at a high level. Griffin had strong showings at multiple tournaments, placing fourth at the GMC Championships and fourth at the Ron Mazzola Invitational, while also claiming an impressive championship victory at the Hunterdon Central Tournament. His postseason run continued with a fourth-place finish at District 17, proving his ability to compete against top-tier competition. With his drive and dedication to the sport, Griffin has established himself as a rising star in the conference and is poised for even greater success in the years ahead.

Joseph Stanzione, South Plainfield

Joseph turned in another stellar year for the Tigers during his Junior year. He started off the season by placing 2nd at the Morris Knolls Tournament and going 2-2 at the Sam Cali Tournament. Joe had an especially challenging schedule as 7 of his 13 losses were to wrestlers that made the state tournament. He would go 4-3 in the Red Division and 4-1 at the county tournament placing 3rd for the second straight year in an extremely deep weight class. The theme of deep weight classes would stick with Joseph as he entered the district tournament as he finished 3rd behind two wrestlers that made the blood round at the state tournament this year. Joe wrestled well in the region tournament as he narrowly missed out on making the state tournament as he placed 6th which was his deepest postseason run in high school. The Tigers and coaching staff will look to Joe to take a leadership role and put in a successful off-season for his senior season. Congratulations to Joe and another great year.



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Mason Atkins, Saint Joseph Metuchen

Mason had a tough junior year missing almost two months of the season with a knee injury to both knees. Upon return Mason had to put in extra time to get himself back in wrestling shape while still dealing with the pain that was going to be there the rest of the season. Once Mason came back into our line up it provided St. Joe's with much needed power and depth in our line up. Mason is now a two time top 4 finisher in the GMC and has qualified for Regions every year. Looking forward to Mason's senior year where he can wrestle a fully healthy season and max out his potential after two injury riddled seasons.

Fernando Avellan, Edison

Fernando Avellan continued his outstanding career this year. This HOME-GROWN EAGLE was named MOST OUTSTANDING WRESTLER in the GMC TOURNAMENT for the 2nd consecutive season. Avellan was also champion at the Mike Dessino Invitational and East Brunswick Bear Invitational Tournament. He was 39-2 this year and remained undefeated until the Region 5 Tournament. He was 99-17 for his career. His 29 pins for the season were among the highest in the state. Edison looks forward to his senior season for this humble champion and watching him get his 100th win and a trip to Atlantic City.

Nicholas Irizarry, South Plainfield

Nick had an outstanding senior season for the Tigers. After taking a year off and deciding to come back out to wrestle midway through December, it became evident that Nick had not missed a step. In his first match back, he ended up winning by technical fall over a multiple time region qualifier from Lenape Valley. Not only did Nick help bolster the Tiger line up, but he also made the practice room better adding depth in the middle of our line up with our workout partners. Nick ended up going 4-1 in the Red Division and finished as a GMC Tournament runner up earning him All-Red Division and All Conference honors. As the team postseason rolled in, Nick cut down to 138 to fill a spot due to an injury and helped the Tigers get back to the sectional finals. For the individual postseason, Nick placed 4th in the districts in an extremely deep weight class finishing the year with an 18-5 record. Nick's work ethic and competitive nature will be missed as he will continue his athletic career playing baseball in college. The coaching staff wishes him congratulations on a great season and the best of luck in the future.

Aiden Roman, Old Bridge

Aiden Roman's wrestling journey is a testament to his dedication and growth, having only started wrestling as a sophomore. After a year of learning and developing, he became a first-year starter last season and made an immediate impact. In his senior year, Aiden finished with a 25-14 record at 144 lbs., with standout performances including 3rd place finishes at the GMC, Ron Mazzola, and Hunterdon Central tournaments. He also claimed the District 17 Runner-Up spot, showcasing his ability to compete at a high level. Aiden's exceptional season earned him a well-deserved place on the GMC All-Star team. His rapid development and work ethic have made him a key contributor to the team's success.



150



Sebastian Blumburg, Saint Joseph Metuchen

Sebastian made a hard cut this year down to 150 pounds to better the St. Joseph line up and the team responded with it's 3rd straight Top 20 finish in the State. Sebastian was a major part in the line up going 28-9 throughout the season and constantly battling some of the other teams best wrestlers. Everyone of his losses came to a state placer or state qualifier and he also defeated 5 returning state qualifiers this year. "Bash" won his first GMC title this year and now joins his father as a GMC Champion as well (Adam won for Madison Central), and also qualified for his second straight Region tournament by being a District finalist. Despite tearing his labrum in his shoulder halfway through his freshman year and missing time his sophomore year because of it, Sebastian graduates St. Joseph's with 76 career wins in basically two seasons of work. Quiet the accomplishment for this young man.

Ryan Balent, South Plainfield

- See Tom Flanagan Memorial Schoarship -

Reed Kerstetter, Saint Thomas Aquinas

Reed was a four year starter for the Trojans and was one of the leaders in the practice room since the day he entered STA; he worked at a level where others could not keep up and his work ethic showed itself when he worked his way back from last year's season-ending shoulder injury . He finished second in the Ricky I Tournament; second in the GMC; District 24 champion and sixth in the region.

Joshua Shumsky, Monroe

Josh Shumsky, a senior and team captain, demonstrated exceptional leadership and skill throughout his final wrestling season. Shumsky secured third place in the GMC tournament, captured first place in the Districts, and earned a notable fifth-place finish in the region. As a respected leader, Josh provided crucial guidance and motivation for his teammates. His accomplishments on the mat and his ability to lead by example made him an essential part of Monroe wrestling, leaving a lasting impact as he concludes his high school career.



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Sean Love, Piscataway

- See Outstanding Wrestler Award -

Jose Rodriguez, South Plainfield

Jose had a great season for the Tigers in his final year at South Plainfield. He dominated his way to a Morris Knolls Tournament championship. Jose would also come up big, earning important wins against Paulsboro and Edison to help propel the Tigers to much needed wins. Jose would ultimately finish with a 5-2 division record and a 5th place finish in the GMC Tournament. As the Tigers prepared for the sectional tournament, Jose would go 2-1 on the week with another key win in the sectional semifinals against Warren Hills which helped the team reach the sectional finals. Jose saved some of his best wrestling for the individual postseason. After suffering a heartbreaking loss in last year's region consolation semi-finals, he was determined to make the state tournament. After advancing to the Region tournament this year earning a 3rd place finish in the districts, he set himself up with an opportunity to get to the state tournament. Although he lost his quarterfinal match-up he battled his way back to a 4th place finish making him a state qualifier. Jose's hard work and dedication to the South Plainfield wrestling program will be missed and the coaching staff wishes him the best of luck as he continues his academic and wrestling career at SUNY Cortland. Congrats Jose on a great season!

Morgan Schwarz, Saint Joseph Metuchen

Morgan made a huge statement in his junior year, having the best finish of his career by placing 6th in the State at 157 pounds down in Atlantic City. To get there though Morgan faced many obstacles, especially after an injury plagued sophomore year limited him to only 27 matches as he made a late run into the bloodrounds at 138 pounds. Coming out of the off-season bigger, stronger, and more confident Morgan picked up huge wins early down at Beast of the East and then majored Brendan Boyer from CBA, and everyone knew Morgan was due to have a breakout year. Morgan won the John Goles Tournament in impressive fashion, then won his first GMC title, and worked his to a 2nd place finish in the District and 3rd place finish in the Region. Down in Atlantic City Morgan let it fly going 4-3, including defeating Luke Sinkiewicz from Del Val in the bloodround, then Ryan Gavrish from St. John Vianney, and nearly pulled off the upset against Max Nevlin, falling 10-7. Morgan's 6th place finish is hopefully just the starting point for him as he gears up for his final season as a Falcon.

Matthew Shumsky, Monroe

Matthew Shumsky concluded his senior wrestling season with notable accomplishments, showcasing his leadership and competitive spirit for Monroe wrestling. Shumsky placed fourth in the GMC tournament and earned an impressive second-place finish at Districts. As a captain, Matthew consistently stepped up in crucial matches, demonstrating reliability and determination when his team needed him most. His leadership qualities and ability to perform under pressure were instrumental in guiding and motivating his teammates throughout the season. As he concludes his wrestling career at Monroe, Matthew leaves behind a legacy of hard work, dedication, and resilience.

Jake Tenebruso, Old Bridge

Jake Tenebruso capped off an incredible wrestling career with 111 career victories and a 31-10 senior season at 157 lbs. His high school journey has been defined by consistent excellence, highlighted by a state qualification as a sophomore. This season alone, Jake earned 3rd place at the GMC and District 17 tournaments, and Runner-Up finishes at both the Ron Mazzola and Hunterdon Central tournaments. He also placed 6th at Region V, further cementing his place among the top wrestlers. Additionally, Jake's accomplishments extend beyond the mat as he is ranked #6 overall in his class, which includes over 650 students. His exceptional talent and leadership earned him spots on the GMC All-Red Division and GMC All-Star teams. Jake's dedication and hard work have left a lasting impact on the Old Bridge wrestling program.





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James Bermingham, South Plainfield

James had a monster turnaround year for the Tigers. After a 2-15 season as a Sophomore, James committed himself to getting better at wrestling and getting a lot stronger as he turned in a 26-11 record as a Junior. James finished 3rd at the Morris Knolls Tournament and was 5th at the Walter Woods Holiday Tournament, but you could see the improvement in his wrestling. He finished 5-2 in the Red Division and finished 3rd in the GMC Tournament avenging an early season loss to a very good East Brunswick wrestler after not making it to Day 2 of the GMC Tournament as a Sophomore. James would go 2-1 during sectional week as he prepared for the individual postseason. He advanced to the region tournament by placing third in the districts. James is by far the most improved wrestler on our team and the coaching staff is excited to have one more year with him. He will be counted on to be a leader in and out of the wrestling room. Congrats on a great season!!

Tyler Boelhower, Woodbridge

Tyler is a four-year starter and two-year captain for the Barrons. Tyler was a fantastic leader and had one of the best careers in school history. Tyler in his career has compiled 121 wins, which is 4th most in school history and 95 pins which is a school record. Tyler is a 3x GMC All Star, 3 X Elizabeth Tournament Champion and OW, East Brunswick Tournament Champion, 3 x District place winner, 2x Region place winner, and recorded a victory in the 2024 individual state championships. Tyler had one of the most decorated careers in school history, and accomplished all of this while maintaining a 3.82 GPA and a 14/427 class rank. Tyler helped lead the 2025 Barrons to their first division title in 8 years this season. Tyler was an extremely hard worker, fantastic teammate, and he will be greatly missed. Tyler will undoubtedly be successful in his next chapter, Thank you Tyler!

Jack Griffin, Middlesex

Jack Griffin's wrestling journey is a story of remarkable growth. As a freshman, he won just two matches, but through relentless effort and an unwavering commitment to improvement, he transformed himself into one of Middlesex's top wrestlers by his senior year. In his final season, Jack's hard work in the off season paid off in a big way. He claimed 1st place at the Mike Dessino Invitational, took 3rd in the Pioneer Classic, placed 4th in the GMC Tournament, and finished as the District Runner-Up. Along the way, he racked up an impressive 27 wins and was recognized as a 1st Team All-GMC White Division selection. Jack's progression from a struggling freshman to a standout senior shows what's possible with hard work and persistence. His growth and success set a strong example for future wrestlers, proving that commitment and effort pay off.

Tyler Whitford, Saint Joseph Metuchen

- See Outstanding Wrestler -



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Andrew Bouchard, Saint Joseph Metuchen

Andrew came into this season with goals of making the State tournament down in Atlantic City and wrestling his best in each match he had this year. This no pressure approach led to the senior Captain having the best year of his career. Andrew started off the year with some close matches against returning state placers and then knocked off two returning state qualifiers. At that point, Andrew started believing that he belonged on the mat with all these individuals. Starting off at the John Goles Tournament Andrew blew through the competition taking home Gold and defeating everyone by bonus points. Entering into the GMC Tournament, Drew once again dominated the opposition, winning by Tech Fall or Fall on route to his second straight GMC title. Drew would then enter the District tournament as the 2 seed and knock off returning state qualifier Tyler Boelhower 1-0 in a close fought battle to win the second District title of his career. In a reoccurring theme, Drew entered the Region as the 2 seed, and in the semifinals knocked off Boelhower 8-0 to advance to his first state tournament but his work was not finished. In the finals Anthony Verdi who had defeated Drew at Beast of the East 10-2 and in the dual meet 13-4 awaited him. In a tie match with 10 seconds left Drew shot a high crotch and came out the backdoor and secured a takedown to win the match and his first Region title win under a second left. Drew became just the 10th Region Champ in St. Joe's history. A great career this young man has had over 4 years here.

Zack Guzman, Woodbridge

Zack is Woodbridge High Schools most improved wrestler in 2025. In his first year as a full time starter Zack, recorded 24 victories and a 4th place GMCT Finish. Zack also has 5th place finishes in both the 2025 Elizabeth and East Brunswick tournaments. Zack was bonus point machine for the Barrons helping them secure their first division title in 8 years. Last season Zack was a JV county champion and he transitioned that JV success to the varsity mat beautifully. Zack provided great leadership and was a fierce competitor. Zack will be missed. Thank you Zack!

Daniel Montemurno. Metuchen

A two year starter for Metuchen, Danny is one of the leaders of the Metuchen High School wrestling team program. This year he won the Bloomfield Holiday Tournament and placed 2nd at the New Providence Invitational Tournament. We relied on Danny in every dual meet during the season and helped the team to a 14-9 record. Danny is a multi-sport athlete that has already begun training for next season, and hopes to build on a very good junior campaign.

Michael Zaunczkowski, Sayreville

Michael Zaunczkowski Sr. 175lbs Record 25-7 (24-25) 86-34 (Career) GMC 2nd Place, District 3rd. Michael was a four year starter for Sayreville, and served as one of the Bombers' captains. Michael also took 2nd at the Elizabeth Minutemen tournament and continually came up big for Sayreville in duals. Michael has committed to Kings College to wrestle.



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Bryce Bouchard, Sayreville

Bryce Bouchard Sayreville Sr. 190lbs Record 33-5 (24-25) 89-35 (Career) GMC 1st (2025) Dist. 1 (25) A four year starter for Sayreville, Bouchard served as one of the Bombers' captains. Bryce is an incredible leader and represented Sayreville well. Bryce was a huge asset to team not only as a leader but also leading the team in pins.

Jonathan Howarth, Saint Thomas Aquinas

Jonathan was four year starter for the Trojans. He was returning from an injury from last year that kept out of the football season. Jon was a strong force in our line up. He was dependable when we needed a strong performance. He finished 4th in county and 4th in the district.

Dominick Paulino, Old Bridge

Dominic Paulino capped off his high school wrestling career with a stellar 28-9 record at 190 lbs. His season highlights include a GMC Runner-Up finish and a Hunterdon Central Championship, showcasing his competitive spirit and skill. Dominic also earned a District 17 Runner-Up finish and placed 6th at Region V, solidifying his reputation as one of the top wrestlers in his weight class. His outstanding contributions were recognized with selections to the GMC All-Conference, GMC All-Red Division, and GMC All-Star teams, a testament to his exceptional wrestling ability. Dominic's accomplishments reflect his hard work and dedication, making him a true standout on the mat.

Giovanni Spallino, Saint Joseph Metuchen

Giovanni came out of nowhere this year and posted a 26-14 record, as well as winning his first tournament by taking 1st Place up at the John Goles Tournament. In the finals he posted a wild 12-9 win and the season seemed to be falling in place for him. In the GMC Tournament this year he placed a career high 3rd and helped St. Joe's collect it's 3rd straight GMC title. Come postseason time Giovanni really picked up his pace. After falling in the District finals to Bouchard from Sayreville 12-8, he entered the Regions as the 6 seed and pretty much an afterthought in the bracket. After winning his opening match, he fell in the quarterfinals to the 3 seed and then won his first wrestleback putting himself into the bloodround to advance to states but standing in his way was Dominic Paulino from Old Bridge who Gio was 0-3 against in his career. After falling down early he used his pace to get back into the match and eventually take the lead, and then iced it in the final seconds with a takedown to advance to his first state tournament. Very proud of this senior for all he has done for St. Joe's in 4 years.



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Noah Berlin-Langston, Highland Park

- See Senior of the Year -

Zachary Florio, Old Bridge

Zach Florio's junior season was a testament to his resilience and determination. Despite an injury-shortened sophomore season, Zach bounced back stronger, finishing with a 26-7 record at 215 lbs. His tenacity was evident this year as well, as he fought through an elbow injury that kept him sidelined for nearly a month, only to return just before the GMC tournament. Zach's hard work and perseverance paid off with a GMC Runner-Up finish, a Ron Mazzola Championship, and a District 17 title. He also earned a Region V Runner-Up finish and ranked among the Top 24 wrestlers in New Jersey. His impressive performance throughout the season earned him spots on the GMC All-Red Division and GMC All-Star teams. Zach's ability to overcome adversity has made him a key leader for Old Bridge wrestling and sets the stage for an even stronger finish to his high school career.

Danny Internoscia, Saint Joseph Metuchen

Daniel came into the year a very undersized 215 pounder never weighing in over 202 pounds. That did not deter Dan as he found ways to use his quickness and savvy to win 25 matches for St. Joe's this year and advance to his first State Tournament. Dan found ways to win matches this year, which started at the John Goles Tournament as he took 1st there and started his season off right. From there Dan would place 3rd in the GMC Tournament, take 2nd in the District 19 tournament, and then enter the Regions as the 5 seed. After winning his opening round match, he fell in the quarterfinals and went into the wrestlebacks where he needed to win two matches to get to States. In the bloodround, Dan found his offense and won the match 8-0 to finish in the final 4 of the Region tournament. Down at state Dan won a match in the first wrestleback for his first career win down in Atlantic City. The entire team could not have been more proud of Dan for his postseason run.

Anthony Pasquale, Saint Thomas Aquinas

Anthony was a three year starter he filled in at 285 early in the season because the need was there. He continued to work hard throughout the season and really came on at the end. finishing 2nd in the district and 3rd in the region.

Jose Rosado, East Brunswick

Jose excelled as a senior captain for the Bears this year. His dedication, demonstrated through consistent off-season training, tournaments, and camps, culminated in a remarkable 27-win season, far surpassing his previous 16 career wins. This effort earned him 4th place at the GMC tournament and District Runner-Up honors. Jose's leadership was evident both on and off the mat.



285



Fernando Grande, Perth Amboy

Fernando, a Junior, had a breakthrough moment this season by advancing to his first GMC finals with an impressive pin in his semifinal match. While his Districts performance mirrored last year's with a 4th-place finish, Papi Grande is more determined than ever. He's ready to put in hard work this offseason to take his wrestling to the next level.

Anthony Marcos, Monroe

Anthony Marcos, a junior, truly came into his own this season as a heavyweight wrestler. Demonstrating significant growth and competitiveness, Marcos earned a commendable fourth place finish in the GMC tournament. Anthony is eager to build upon this success and further develop his skills as he moves into his senior year. His determination and continuous improvement have made him a valuable member of the Monroe wrestling team, and he looks forward to contributing even more next season.

Caden Sternleib, Saint Thomas Aquinas

Caden has been a three year starter. Caden's season started a little later than he would have liked due to him playing football at a heavier weight but he worked hard everyday to get the weight off and when he did he was ready to go. Finishing 3rd in the county. He was a district champion and finished 2nd in the region.

Kacper Trzeciak, Sayreville

Kacper Trzeciak Sayreville Jr. 285 Record 33-6 (24-25) 37-8 (Career) GMC 1st. District 2nd. Region 6th. He also took 1st at the Elizabeth Minuteman Tournament. A first year starter for Sayreville, Kacper has shown tremendous improvement over the last three years. We are excited to see what is in store for his senior year.



FINAL GMC STANDINGS

Red Division ***Division*** ***Overall***

1)	St Joes Metuchen	7-0	18-4
2)	Old Bridge	6-1	15-8
3)	Monroe	5-2	18-15
4)	South Plainfield	4-3	15-6
5)	Sayreville	3-4	16-9
6)	East Brunswick	2-5	8-13
7)	Edison	1-6	15-9
8)	St Thomas Aquinas	0-7	4-19

White Division ***Division*** ***Overall***

1)	Woodbridge	7-0	16-6
2)	Colonia	6-1	17-5
3)	Metuchen	5-2	14-9
4)	Piscataway	4-3	9-12
5)	JFK-Iselin	3-4	13-10
6)	Middlesex	2-5	10-14
7)	South Brunswick	1-6	6-19
8)	Perth Amboy	0-7	6-13

Blue Division ***Division*** ***Overall***

1)	North Brunswick	7-0	14-11
2)	North Plainfield	6-1	20-5
3)	Spotswood	5-2	13-11
4)	John P Stevens	3-4	9-14
5)	New Brunswick	3-4	7-15
5)	Highland Park	3-4	8-19
7)	Carteret	1-6	3-17
8)	South River	0-7	3-18





AII Conference



Conference Champion: Saint Joseph

Conference Runner-Up: Old Bridge

- 106: Kyle Capodanno, Monroe
- 113: Gavin Young, Old Bridge
- 120: Nico DeRado, St. Joseph
- 126: Ivan Rego, St. Joseph
- 132: Jahir Aguilar, St. Thomas
Zach Beadling, St. Joseph
- 138: Anthony Caponegro, Monroe
- 144: Fernando Avellan, Edison
Nicholas Irizarry, South Plainfield
- 150: Sebastian Blumberg, St. Joseph
Reed Kerstetter, Saint Thomas Aquinas
- 157: Morgan Schwarz, St. Joseph
Sean Love, Piscataway
- 165: Tyler Whitford, St. Joseph
Tyler Boelhower, Woodbridge
- 175: Andrew Bouchard, St. Joseph
Michael Zaunczkowski, Sayreville
- 190: Bryce Bouchard, Sayreville
Dominick Paulino, Old Bridge
- 215: Noah Berlin-Langston, Highland Park
- 285: Kacper Trzeciak - Sayreville

Coach of the Year: Dave Saley, North Brunswick



AII Conference



Conference Champion: North Brunswick

Conference Runner-Up: East Brunswick

- 100: Jane Rodrigues, Piscataway
Samantha Larkin, Old Bridge**
- 107: Olivia Mitchell, East Brunswick**
- 114: Isabella Bonilla, Saint Thomas Aquinas
Aman Cheema, Monroe**
- 120: Aubrey Ramos, Middlesex**
- 126: Mackenzy Brennan, Old Bridge**
- 132: Eva Altamirano, South Plainfield
Melani Contreras, North Brunswick**
- 138: Gabrielle Roberts, North Brunswick
Caelum Ritzdorf, Metuchen**
- 145: Sanyah Queen - St Thomas Aquinas
Sophia Rodriguez, North Brunswick**
- 152: Celeste Fakovich, Metuchen
Zedekiah Pollard, New Brunswick**
- 165: Sofia Sousa - Old Bridge
Makayla Decker, Saint Thomas Aquinas**
- 185: Sruthi Murugan, South Brunswick
Melanie Luna Vasquez, North Brunswick**
- 235: Rahkai Degrasse, North Brunswick**

Coach of the Year: Rachel Daddio, East Brunswick



All Red Division



Division Champion: Saint Joseph

- 106: Kyle Capodanno, Monroe
- 113: Gavin Young, Old Bridge
- 120: Nico DeRado, Saint Joseph
- 126: Ivan Rego, Saint Joseph
- 132: Jahir Aguilar, Saint Thomas Aquinas
Zach Beadling, Saint Thomas Aquinas
- 138: Anthony Caponegro, Monroe
Jake Gujski, East Brunswick
- 144: Fernando Avellan, Edison
Nicholas Irizarry, South Plainfield
- 150: Sebastian Bumberg, Saint Joseph
Reed Kerstetter, Saint Thomas Aquinas
- 157: Morgan Schwarz, Saint Joseph
Jake Tenebruso, Old Bridge
- 165: Tyler Whitford, Saint Joseph
- 175: Andrew Bouchard, Saint Joseph
Michael Zanczkowski, Sayreville
- 190: Bryce Bouchard, Sayreville
Dominic Paulino, Old Bridge
- 215: Zach Florio, Old Bridge
- 285: Kacper Trzeciak, Sayreville

***COACH OF THE YEAR:* Joe Eurell**

Sportsmanship Award: Sayreville



All White Division



Division Champion: Woodbridge

- 106: Noah Perez, Woodbridge
- 113: Lucas Perez, Woodbridge
- 120: Hudson Platt, Colonia
Aiden Wallace, Piscataway
- 126: Armani Maglione, John F Kennedy
Joshua Parks, Colonia
- 132: Leo Morales, Woodbridge
- 138: Nate DeCoite, Metuchen
Damian Estrada, Perth Amboy
- 144: Garv Sen, South Brunswick
- 150: Lukas Valentin, Woodbridge
- 157: Sean Love, Piscataway
- 165: Tyler Boelhower, Woodbridge
John Monasterio, Piscataway
- 175: Danny Montemurno, Metuchen
Jack Griffin, Middlesex
- 190: Zach Guzman, Woodbridge
Ben Michaliszyn, Metuchen
- 215: Joseph Figueira-Oyola, Colonia
Marcos Cordero, Woodbridge
- 285: Fernando Grande, Perth Amboy

COACH OF THE YEAR: Mike Monaco

Sportsmanship Award: Perth Amboy



All Blue Division



Division Champion: North Brunswick

- 106: Jayko Luna, North Brunswick
James Gonzalez, New Brunswick
Joel Pinzon, North Plainfield
- 113: Malcolm Ballard, Spotswood
- 120: Antonio Pizza, North Brunswick
- 126: Adolfo Malabanan, John P Stevens
Colton Schmitz, Spotswood
- 132: Sean McNulty, North Brunswick
- 138: Elijah Hunter, North Plainfield
- 144: Alez Meza, North Plainfield
- 150: Julius Martinez, Carteret
Jordaniz Quinones-Guerra, North Plainfield
Sean Cannon, North Brunswick
- 157: Joldin Miranda, North Brunswick
Jacob Quiros Porras, Highland Park
- 165: Joe Stanaway, Spotswood
- 175: Wilfredo Villalongo, Carteret
- 190: Filipe Grandiero, South River
- 215: Noah Berlin-Langston, Highland Park
John Colon, North Brunswick
- 285: Yexon Mercado, North Painfield

***COACH OF THE YEAR:* Dave Saley**

Sportsmanship Award: Carteret

COURAGEOUS WRESTLER AWARD



Arielle Holeman
East Brunswick



Arielle joined the wrestling team as a sophomore and immediately fell in love with the sport. She dedicated herself in the off-season to improve her conditioning and hone her technique. Her junior season started off with a bang and her growth as a wrestler and as a leader on the team was evident. Unfortunately, this was short lived. On December 31st, 2023, Arielle sustained a concussion that derailed her junior season.

After following up with concussion specialists, physical therapists, occupational therapists, and neuro-ophthalmologists, Arielle was finally cleared to return to wrestling after 51 weeks. It was clear in the room that even after many months of recovery, her skills were still sharp. In her first week back, Arielle eagerly jumped back into competition. This included a big win for the team in our match against Saint Thomas Aquinas. But as quickly as she came back, she suffered a scare in one of her matches that made her reevaluate her current readiness to compete and her comfort on the mat at this stage of her recovery.

As an athlete, knowing when to stop is often harder than pushing yourself to keep going. It is not a decision many in her shoes would have been able to make. Despite not being able to compete herself, Arielle stayed true to her role as team captain. She truly was the heart and soul of East Brunswick wrestling this season. Many girls stepped on the mat and did their best for Arielle. She encouraged the new wrestlers not to give up and motivated our seasoned girls to get to the next level. She never missed a practice, match, or tournament, always running warm ups, conferring with the coaches, or getting her teammates ready for their next match. Despite having started wrestling only 2 years ago, Arielle's knowledge and love of the sport spread to the girls on the team.

With over a 4.0 GPA, Arielle's options for college are plentiful. She is still improving every day and is considering getting back on the mat in the future. She also hopes to coach wrestling one day and bring the love she found in this sport to others. One thing is clear: she would be an asset at whatever program she ends up at. There will be big shoes to fill for next year's captain, but Arielle's passion for wrestling will continue to pulse through the East Brunswick wrestling community for years to come.

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TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD



Samantha Larkin
Old Bridge



Samantha Larkin's wrestling journey has been nothing short of impressive, especially considering she only began wrestling last year. In her senior season, she finished with a strong 23-9 record at 100 lbs., proving her quick progression and determination. Samantha earned a spot as a GMC Finalist and placed 4th at the Central Region, showcasing her skill at a competitive level. She also earned 4th place at the Ron Mazzola tournament, further establishing herself as a top contender. As a former GMC Champion, Samantha's experience and leadership were crucial to the team's success. Her hard work earned her GMC All-Conference honors, and as Senior Captain, she led by example both on and off the mat.

In addition to her athletic accomplishments, Samantha is the recipient of an academic scholarship from the GMC, recognizing her excellence both in the classroom and on the mat. She will continue her wrestling and field hockey careers next year at Arcadia University. Samantha's remarkable growth in such a short time is a testament to her dedication, passion, and ability to balance academics with athletics.

TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD



Ryan Balent
South Plainfield



Ryan Balent saved his best season for the South Plainfield High School wrestling program for last. He started off the season winning the Morris Knolls Tournament for the first time in his career scoring bonus points in each match and helping the Tigers win the team championship. Ryan would go 4-3 against Red Division competition and score important wins in numerous dual meets to help propel the Tigers to an overall 15-6 record. At the GMC Tournament, Ryan would battle and fight his way to a 4th place finish. During the week of sectionals, Ryan would go 2-1 scoring a momentum changing fall in an extremely close match which helped vault the Tigers to a 33-32 win over Warren Hills sending them to the sectional finals. Ryan would go on to finish 4th in the district tournament in a w

eight class that featured two eventual state qualifiers which unfortunately ended his season. Ryan was a leader for the Tigers in and out of the practice room as he was named Captain entering his senior year. He also starred as the starting quarterback and free safety for the football team and is gearing up for his final season on our baseball team as a top pitcher and outfielder for the Tigers. Ryan is a leader in every sense of the word and the coaching staff is extremely proud of him and his four years of dedication to the wrestling program.

As outstanding of an athlete as Ryan is, what is even more impressive are his academic accomplishments. Ryan has taken eight AP and nine honors courses during his four years at South Plainfield High School and his GPA currently stands at 4.469. He has earned the mark of High Honor Roll in 14 marking periods and one mark of honor roll. He is an outstanding student and an example of the type of Student Athlete that coaches love to coach. Ryan also spends a lot of time volunteering for various organizations including helping out at youth football, baseball, and wrestling clinics and events. He also participated in town wide clean ups and is always looking for ways to improve his school and community. While Ryan's college plans are currently undecided, he certainly has his pick of top institutions and is looking forward to continuing his athletic career at the next level. Congratulations to Ryan on being named as the recipient of the GMCWCA Tom Flanagan Memorial Scholarship!!

GMCWCA Scholar Athlete Scholarship



Garv Sen **South Brunswick**



Garv Sen is a dedicated senior wrestler and a four-year letter winner who has made a significant impact both on and off the mat. Garv has proven his skill and determination by qualifying for Regions three times. As a two-year team captain, he has displayed exceptional leadership, motivating and guiding his teammates to achieve their best. His outstanding academic record, including a 4.45 GPA and 1560 SAT score, earned him the GMC Coaches Scholarship, exemplifying his excellence as both a student and an athlete. Garv founded the non-profit dholforcharity.com, which raised and donated several thousand dollars to date. Garv has been accepted to several colleges and is likely to attend The University of Michigan next year, where he will undoubtedly continue to excel. His resilience, sportsmanship, and passion for wrestling define his remarkable journey.

OUTSTANDING WRESTLER AWARD



Saniyah Queen
Saint Thomas Aquinas



Sanyah was a three year starter for the Trojans. She wrestled for Elizabeth her Freshman year. She is a three time county champion. She is a three time region champion. She is a four time state place winner. 2025 State Champion.

OUTSTANDING WRESTLER AWARD



Sean Love
Piscataway



Sean is a true student of the sport of wrestling. He has a vast knowledge of details and techniques and is critical of himself which causes him to constantly work to get better. One of the factors that has caused him to make a lot of improvements is that he holds himself accountable when no one is looking. His determination and work ethic have resulted in him making big improvements from season to season. Sean kicked off the season strong by winning both the Mike Dessino Tournament and Roselle Park A-Nice Invitational. Throughout the dual meets we knew we could count on Sean to get us rolling or bring up the morale if the energy level was not where it should have been. In the 2024-2025 season Sean went undefeated in dual meets securing victories over many region and state qualifiers at 157 and 165. We quickly learned that you can never count Sean out in a wrestling match. Regardless if he is down by 5, down by 1 or only winning by a point, he is going to wrestle hard until the end and keep looking to score points.

In his second year as captain for the Chiefs he did a good job not only getting warm ups going each day, he set the pace and the tone in the practice room. He is constantly trying to motivate kids to work harder and improve by setting a good example for our younger and newer wrestlers. He made the GMC finals for his second year in a row finishing as the runner up. He then avenged that loss in the district finals capturing his second district title along with his second district OW award. In a loaded region 5 bracket he made the finals securing his spot at the state tournament once again. Having achieved smaller goals thus far it was time for him to reach his main goal this year of standing on the podium in AC. Sean battled through the wave of emotions that wrestling in Boardwalk Hall can bring and finished on the podium in 5th place. The coaches are proud of his nonstop efforts to be the best that he can be and are very excited to see what his senior year will bring.

OUTSTANDING WRESTLER AWARD



Tyler Whitford
Saint Joseph



Season Record: 36-6

Career Record: 109-20

GMC Tournament: 2nd 144 (2023); 1st 157 (2024); 1st 165 (2025)

District Tournament: 1st 144 (2023); 1st 157 (2024); 1st 165 (2025)

Region Tournament: 3rd 144 (2023); 3rd 157 (2024); 1st 165 (2025)

State Tournament: SWB2 144 (2023); SWB2 157 (2024); 5th 165 (2025)

Tyler came into this year disappointed in his performance in his past two state appearances and vowed he was going to get on the podium this year. Not only did Tyler accomplish this, but he went 5-2 in Atlantic City, placing 5th in the State. In Tyler's bloodround match, things looked bleak as he trailed 4-0 to Bergen Catholic's AJ DiGiovanni but Tyler slowly closed the gap and eventually secured a takedown to go up 5-4. After a stalling call would brought the match to overtime, Tyler found a takedown with just under 20 seconds remaining to vault himself onto the podium for the first time. The run he made in Atlantic City was very impressive as Tyler defeated multiple wrestlers that had beaten him earlier in the year.

Throughout the season Tyler was a vital part of the line up, stabilizing the middle of our line up and picked up over 20 bonus point wins this year helping lead St. Joseph to a top 20 finish in the State as a team. As only a junior Tyler picked up his 100th win and now sits at 109 wins in his career, only 16 wins away from tying the school record. Tyler already owns the school record for wins in a season, which he set as a sophomore when he went 40-5. Tyler won multiple matches down at Beast of the East, then took Gold at the John Goles Tournament, where he beat two state qualifiers from this season in the process. Tyler also picked up his 2nd GMC title, his 3rd District title, and his 1st Region title, avenging an earlier loss in the season to Rumson's Cole Pangborn, defeating him 5-2. Next year Tyler will look to become the first ever St. Joseph wrestler to win 3 GMC titles and only the 2nd to win 4 District titles.

Tyler is currently considering Drexel, George Mason, and Clarion University for college options, but the junior has plenty of time to make his decision. Look for Tyler's senior year to be a big one as he continues his ascent up the St. Joe's record books.

Senior of the Year



Zach Beadling
Saint Joseph Metuchen



Season Record: 29-10

Career Record: 113-34

GMC Tournament: 3rd 106 (2022); 1st 120 (2023); 3rd 132 (2025)

District Tournament: 1st 106 (2022); 1st 120 (2023); 1st 126 (2024); 1st 132 (2025)

Region Tournament: 5th 106 (2022); 6th 120 (2023); 1st 126 (2024); 2nd 132 (2025)

State Tournament: SWB2 126 (2024); SWB2 132 (2025)

Zach graduates from St. Joseph High School as one of the most decorated wrestlers in the program's history. His senior year, he put together a record of 29-10, bringing his career record to 113-34 as he became the 4th wrestler in school history to eclipse the 100 win mark in his career.

Zach's senior year schedule was brutal as he encountered 3 nationally ranked wrestlers, 3 state placers, and 8 state qualifiers during his final high school season. Zach defeated 4 of these opponents and was very much in the match with many of the others, helping save team points during our dual meets against heavily favored opponents. Eventually Zach would finish top 24 at Beast of the East, 2nd at the John Goles Tournament, 3rd at the GMC Tournament, 1st in the District, 2nd in the Region, and won a match down in Atlantic City.

Zach finishes his career as the first ever St. Joseph wrestler to win 4 District titles going a combined 12-0 in the District tournament over his 4 years in high school. This year was especially impressive as in the District finals Zach defeated a wrestler 8-6 who had previously pinned him in the dual meet. An illustrious career saw Zach win a County championship and place 2 other times at Counties, win a Region title as a junior, and reach the Region finals as a senior. Zach also was a bonus point machine for the Falcons as 64 of his 113 wins were by fal. His presence in our line up will be extremely missed, but the senior plans to continue his wrestling career in college at either Sacred Heart University, TCNJ, or Tarleton State University who is planning to become the only Division 1 program in the State of Texas.

Senior of the Year



Noah Berlin Langston Highland Park



Noah Berlin Langston started wrestling as a sophomore. After a rough start to his career where he went 5-18 in his first season, Noah dedicated himself to getting better. He made tremendous progress between his sophomore and junior seasons and went 33-4 in his junior year winning a title at the New Providence Tournament and placing 2nd in District 20.

After a disappointing one point loss in the region wrestlebacks last year, Noah once again dedicated himself to getting better. He attended numerous clubs, camps and clinics to improve his craft. All of his hard work paid off this year as he finished his senior season with a 38-4 record.

He was 3rd at the Sam Cali Invitational, 1st in the GMC tournament, 1st in District 19 and 1st in Region 5. He became Highland Park's first state qualifier in 5 years and only our 2nd region champion in school history. His transformation over the past three years has been astonishing. His progress set an excellent example of what can be accomplished if you are willing to work hard enough and his story will be told to Highland Park wrestlers for years to come.

In addition to being an excellent wrestler, Noah is a fantastic teammate. On top of greatly improving his own skills, Noah was instrumental in developing younger wrestlers in our program. Not only was he a role model for them to emulate, he was like having an extra coach in the room. He was an absolute pleasure to coach and brought all that he learned outside of our room back home to make our team better. We are certainly sad to see him go but are very pleased that he will continue his wrestling career next season at Stevens Institute of Technology in Hoboken.

JUNIOR OF THE YEAR



Sofia Sousa
Old Bridge



Sofia Sousa earned All-Conference honors in the GMC after an exceptional junior season, finishing with an impressive 30-7 record at 165 lbs. She captured the GMC Championship title, solidifying herself as one of the top wrestlers in the conference. Her success extended beyond the county, as she placed third in the highly competitive Central Region and earned a remarkable seventh-place finish in the entire state of New Jersey. Sofia also showcased her dominance at tournaments, winning the prestigious Ron Mazzola Championship and securing third place at the Lakewood Tournament. Her hard work and dedication were further recognized as she earned Junior of the Year honors. With experience dating back to middle school, Sofia has consistently demonstrated her commitment to the sport, putting in countless hours training at clubs and competing in offseason tournaments. Her passion and relentless drive continue to set her apart as one of the most accomplished wrestlers in the GMC.

SOPHOMORE OF THE YEAR



Olivia Mitchell East Brunswick



Season Record: 35-6

Career Record: 64 - 15

GMC Tournament: 1st 114 (2024); 1st 107 (2025)

Region Tournament: 2nd 107 (2024); 3rd 107 (2025)

State Tournament: SWB1 107 (2024); State 8th (2025)

Olivia came into her sophomore season with something to prove. She had a disappointing end the previous year and she knew she could have done better. She started her season at Beast of the East, at her own insistence, where she went 4-2 and took 4th place. She then went on to take 2nd place at the Lady Bear Invitational. Of her 35 wins this season, 30 of them came with bonus points. Olivia went the entire regular season with only 1 win by decision against an out of state opponent.

One of Olivia's signature wins this year came early in the season against Saint Thomas Aquinas. Despite being sick and unable to practice several days before the match, Olivia chose to bump up to 114 to wrestle an opponent she lost to the prior season in the state tournament, who went on to place 6th in the state. Despite everything stacked against her, Olivia won this match 13-2. This was a pivotal moment for Olivia, and helped to be the momentum behind a 17-match win streak, beating multiple state place winners and state qualifiers along the way. Olivia won her second GMC title, but was named Outstanding Wrestler for the first time.

Throughout the season, Olivia was focused on only 1 thing: getting on the podium at Atlantic City. In a stacked weight in the Central Region, with 2 multiple-time state placewinners vying for the top 3 spots with Olivia, there was no room for error. Momentarily letting the pressure get to her almost derailed Olivia's postseason goal when she won her quarter final match by just 1 point. After losing to 2x state placewinner Ava Bonilla 6-3 in the semi final, Olivia wrestled back for 3rd place, pinning her opponent she barely beat earlier that day.

Olivia controlled her first match in Atlantic City, advancing to the quarter finals, where she would face the 1 seed and 2x state champ, Gabriella Conte. In her blood round match, Olivia secured her spot on the podium with a quick pin. Unfortunately, in her next match, Olivia was injured and unable to compete. While we know she could have climbed further up the podium, we are so proud of her for state placement.

With 64 career wins as a sophomore, 2 State Tournament appearances, and a State 8th, Olivia is already the most successful female wrestler in East Brunswick history. There is no limit to her potential and we truly believe Olivia could find a place at the top of the podium. We look forward to her future success with the Bears!

SOPHOMORE OF THE YEAR



Gavin Young
Old Bridge



Gavin Young had an outstanding sophomore season, compiling an impressive 34-8 record at 113 lbs. He proved himself as one of the top wrestlers in the conference, capturing the GMC Championship and earning All-Conference, All-Red Division, and GMC All-Star honors. Gavin dominated in tournament competition, securing titles at both the Ron Mazzola Invitational and the Hunterdon Central Tournament. His postseason success continued with a District 17 Runner-Up finish and a fourth-place showing at Region V, ultimately placing him among the top 24 wrestlers in New Jersey at his weight class. His remarkable season was even more impressive considering he was coming off a freshman year cut short by injury, which forced him to withdraw from the Region Tournament, denying him the opportunity to compete for a spot at states. Overcoming that setback, Gavin displayed resilience, determination, and a relentless work ethic, establishing himself as one of the conference's elite competitors with a bright future ahead.

SOPHOMORE OF THE YEAR



Nico DeRado
Saint Joseph



Season Record: 28-10

Career Record: 57-23

GMC Tournament: 2nd 113 (2024); 1st 120 (2025)

District Tournament: 1st 113 (2024); 1st 120 (2025)

Region Tournament: 2nd 120 (2025)

State Tournament: SWB2 120 (2025)

Nico had an amazing year as a sophomore qualifying for his first state tournament, picking up his first County title, winning a second District title, and appearing in the Region finals for the first time. The difference in Nico's wrestling style, confidence, and approach on the mat and off were aspects that started to set him apart and will continue to set him apart in the future.

This year Nico defeated 3 wrestlers who the previous year had defeated him, and almost walked away with a Region title falling in UTB by score of 5-4 against a wrestler who earlier in the season had defeated him 7-0. All the success that Nico had in-season is an attribute to all the adjustments that he made throughout the year, but his toughness was on display all year.

Just after the GMC Tournament, Nico separated his shoulder in a rematch of the County finals and hung in the match despite losing by decision to save team points. Two weeks later wrestling against Goldstein from Immaculata in a close match, Nico strained his MCL and LCL in his knee and not only continued wrestling in the match but won by a score of 7-2. It is that toughness and grit that has become a lightning rod for this team.

Nico also picked up wins this year on 1 returning state placer, 4 returning state qualifiers, and was named Outstanding Wrestler at the John Goles Tournament in Warren Hills. As his junior year approaches, we expect big things out of Nico as he hopefully reaches his end goal of getting on the podium down in Atlantic City.

FRESHMAN OF THE YEAR



Zoe Poznanski Colonia



Zoe is a first year wrestler with an excellent work ethic. She went to practice each day and worked hard to learn wrestling. She always maintained a positive attitude even when she had a tough match or made a mistake. While Zoe was new to wrestling she has a lot of experience with grappling.

Zoe has competed in jiu-jitsu for several years and understands that hard work leads to success. Her previous accomplishments in jiu-jitsu include a 14-15 year old NJ State Championship. Zoe captured the 116 pound Pan American Games Championship in 2024. She also placed 3rd at the Pan American Games in 2023. She found success using her background in jiu-jitsu and translated that into wrestling.

Zoe started finding tournament success in the GMC tournament where she earned a 3rd place medal. Her momentum continued when she entered the North II Region tournament and placed 3rd earning a spot in the State Tournament. Zoe is the first girl from Woodbridge Township to qualify for the State tournament. With more mat time leading into next season we expect her to have an outstanding sophomore season.

FRESHMAN OF THE YEAR



Nicholas Campanelli Edison



This year's FRESHMAN OF THE YEAR is from Edison. Nicholas Campanelli earned an outstanding record of 35-6 in his freshman campaign. Nick placed 3rd at the Mike Dessino Invitational and won his first high school title at the East Brunswick Bear Invitational. He was also named the outstanding wrestler of the tournament. Nick was one of four Edison wrestlers to earn county finals. He lost but avenged that defeat just four days later. Nick earned wins against several top wrestlers in the GMC in his 120 lb weight class and narrowly missed his first Atlantic City trip placing 5th in Region 5. The future is bright for this freshman who would more than hold his own at the State level right now.

TOP TEAM



St Joes Falcons



After a couple close wins over out of state opponents and then a close loss to rival CBA, St. Joseph started off their year with a bang finishing in the Top 30 of the Beast of the East tournament, their second highest finish ever at the tournament. From here St. Joseph would go to the 66th Annual John Goles Tournament, one of the most prestigious tournaments in New Jersey and would beat defending champion Delaware Valley by 62.5 points and at this point we thought this team might be something special. With minimal depth down low, staying under the match limits became complicated as St. Joseph was forfeiting anywhere from 1-3 matches a night but still continued its winning ways. One of its major highlights of the season was defeating Paramus Catholic 35-33 who at the time was #12 in the state. St. Joseph had previously been 0-5 against Paramus Catholic since restarting up its program in 2018-19, and this was a signature win over a Big North opponent.

From there St. Joseph took off and defeated each Red Division opponent giving them their 3rd consecutive Red Division title, and 5th in a row as they had also won 2 White Division titles previous to moving to the Red Division. Entering the GMC Tournament St. Joseph put 11 wrestlers into the top 3 with 6 wrestlers making the finals, and 5 making the 3/4 matches. St. Joseph would walk away with a clean sweep winning all 6 championship matches, as well as the 5 third place matches. As a team it was St. Joseph's 3rd consecutive GMC team title. From there St. Joseph would head into the Districts with more championship aspirations. As a team they won their 4th consecutive District team title and crowned 6 individual champions and advanced 11 to the regions. In the Region 5 tournament St. Joseph took 2nd in the team scores, produced two champions in Andrew Bouchard and Tyler Whitford, and put a school record 9 wrestlers into the state tournament, which was the 5th most in the state amongst all teams. Through out the season St. Joseph defeated 2 teams that were Group Champs/Finalists, defeated 4 teams that were Group semifinalists, and defeated another 6 teams that were sectional finalists. St. Joseph's only losses came to St. Peter's Prep, CBA, Delsea, and Paramus Catholic (2nd meeting) all of whom finished in the Top 20 of the State Rankings. The overall success of this season came on the back of a senior-laden group, which led the way. This group of seniors has seen 4 Division title, 4 District titles, 3 County titles, 3 Top 20 rankings, and a Region #1 ranking in 4 years. They have built the foundation for the future Falcon wrestlers to strive for.

TOP TEAM - *Girls*



North Brunswick Raiders



The North Brunswick Township High School girls wrestling team had an outstanding 2024-2025 season under the guidance of head coach David J. Saley. The Lady Raiders achieved a remarkable 15-3 overall record, reflecting their dedication and competitive spirit.

The girls broke school records and history by becoming GMC Champions and qualifying for the girl's state sectional tournament. The team was led by senior captains Rahkai Degrasse, Gabrielle Roberts, and Melani Contreras, who exemplified leadership and excellence throughout the season. Their contributions, along with the collective efforts of the entire roster, have solidified the Lady Raiders' status as a formidable force in girls' wrestling.

MOST IMPROVED TEAM LARGE SCHOOLS



North Brunswick Raiders



The North Brunswick Township High School boys wrestling team had a standout 2024-2025 season under the leadership of head coach David J. Saley. The team achieved a 14-11 overall record, marking a significant improvement from the previous season's 6-16 finish. Under team captains Jayko Luna, John Colon, Joldin Miranda , and Antonio Pizza the boys dominated the GMC Blue Division with a perfect 7-0 record, securing the division title. Additionally, the Raiders made history by qualifying for state sectional tournament and two division placewinners for the first time in school history, highlighting the program's continued growth and success.

MOST IMPROVED TEAM SMALL SCHOOLS



Spotswood Chargers



This year, the Spotswood Chargers improved their record to 13-11 during the 24-25 campaign, a nine-win improvement over last year's 4-12 season. Running a similar schedule to the year prior, Spotswood avenged multiple losses they suffered throughout the 23-24 season.

The Chargers had three wrestlers post over twenty wins and gain All-Division status. Colton Schmitz (12) led the team with 28 wins, followed by Joe Stanaway (10) with 22, and Freshman Malcolm Ballard finished in third with 21 wins.

Outside of dual meets, the Chargers also saw drastic improvements in tournaments. In the East Brunswick Christmas Tournament, seven out of the nine wrestlers entered placed. Three Spotswood wrestlers reached the finals, while another four competed in the consolation finals. Spotswood had representatives on Day 2 of the GMC tournament for the first time in two years, with Schmitz at 126 and Hinds at HWT. Also a first in the past two years, Chargers Freshman Malcolm Ballard avenged a loss from earlier in the season and punched his ticket to the regional tournament, the first freshman Charger to do so since 1999.

This incredible turnaround reflects the wrestlers' dedication, their families' support, and their coaching staff's guidance.

BEST TEAM - *Girls*



East Brunswick Lady Bears



In what was thought to be a rebuilding year with a very young team and only 6 returners in the starting lineup, the Bears were still able to find success this season. East Brunswick Girls wrestling grew to almost 30 girls this year and, for the first time, the Bears were able to fill every weight class. These numbers provided depth and the ability to move around the lineup like never before, accounting for much of the success this season.

While new to the sport, many girls on the team found success. Despite wrestling a tough schedule, including almost all the top 10 teams in the state and 30 matches by the cut-off, the girls stayed tough until the last day of the season. We had 12 girls medal at the GMC tournament, one champion, and took second overall as a team. The pinnacle of our dual meet season was qualifying for the first-ever Girls Dual Team Championship, in which we won a match securing a top 10 finish in the state.

The team was led by senior captains Arielle Holeman and April Sarmiento and also included state ranked Olivia Mitchell. Juniors Soleil Nguyen, Marisol Torra, Emily Cuomo, and Olivia Belen had a combined 76 wins. Sophomore Ari DeMaio and first-year wrestler Faith Marie Soto were integral to the Bear's lineup and could always be counted on to bring the excitement in tough matches. East Brunswick also had 12 freshmen join the team this year and regularly stepped up to wrestle in the starting lineup. Despite being new, these freshmen often won big for the Bears.

The Bears finish the season 19-6, with wins over several tough opponents, such as state-ranked Vernon (47-15) and Ridgefield Park (42-29), ranked #9 in the state, as GMC tournament runners-up, and a co-champion of the first ever GMC Girl's division. The young team looks to keep up the momentum and continue to build on the success of this season in the coming years. We will graduate only 1 starter this year and look to come back even stronger in the 25-26 season!

East Brunswick compiled a record of 19-6, with wins over several tough opponents, such as state-ranked Vernon (47-15) and Ridgefield Park (42-29). By the end of the season the bears obtained a #9 ranking in the state, a GMC tournament second place, and a co-championship of the first ever GMC Girl's division. The young team looks to keep up the momentum and continue to build on the success of this season in the coming years. We will graduate only 1 starter this year and look to come back even stronger in the 25-26 season!

BEST TEAM - LARGE SCHOOLS



Monroe Falcons



The Falcons earned this year's "Best Team-Large School" honor by capturing the Central Jersey Group V sectional title with a gritty, goal-driven squad that embodied what it means to compete as one. This team wasn't built on individual stardom alone—it was built on heart, strategy, and selflessness. Every wrestler knew their role, whether it was saving crucial bonus points or going out and getting them. From top to bottom, this group had one mission in mind, and they stayed locked in until they achieved it. A true team effort from a truly deserving group.

BEST TEAM - SMALL SCHOOLS



South Plainfield Tigers



After a disappointing 7-13 2023/2024 season, the South Plainfield High School Wrestling team dedicated themselves to having a much improved 2024/2025 season. Many wrestlers made sure they wrestled at their clubs and local practices 4 to 5 nights a week and competed in individual and dual meet tournaments in the off-season. The coaching staff saw the impact of the off-season work paying off from the very beginning. The Tigers opened the dual meet season with a convincing win over a tough East Brunswick team and boarded a bus the very next day to compete in the Morris Knolls Tournament capturing the team title over some very good programs in Warren Hills, Watchung Hills, and West Morris Central. Up next for the Tigers was the Henry Boesch Duals where they would finish 6th losing battles against Group 4 Champion North Hunterdon and Governor Livingston and defeating Paulsboro High School. They also finished with a 4-3 record in the Red Division. The Tigers continued to wrestle against tough out of conference competition earning lopsided wins against Livingston and Matawan. After finishing 10th in the GMC Tournament the previous year, South Plainfield was able to battle to a 3rd place finish this year finishing ahead of sectional champion Monroe and behind Old Bridge and St. Joseph's Metuchen. The Tigers entered 13 wrestlers into the conference tournament and had nine wrestlers finish in the top 6 of their respective weight classes. As the team post-season portion rolled around, the Tigers were rewarded for a challenging schedule as they earned the 2 seed in the North Jersey section 2 Group 3 Tournament. After defeating Mendham High in the quarterfinals, they were pitted against Warren Hills in the semifinal and after a back and forth contest featuring numerous lead changes, the Tigers prevailed 33-32 sending them back to the sectional finals which they have found themselves in 27 of the past 28 seasons (excluding the COVID year when no team titles were given out). Unfortunately, the Tigers postseason run came to an end against a very tough Cranford team. As the individual portion of the season began, the Tigers battled their way to a 3rd place finish in District 16 which was one of, if not the deepest districts in the state as they qualified seven wrestlers to the Region 4 tournament. At the Region tournament, the Tigers found themselves battling against some very tough competition, but were able to qualify one male wrestler to the State Tournament. South Plainfield finished the year with an overall record of 15-6. The coaching staff would like to congratulate the senior wrestlers for their hard work and dedication to the program and we wish them the best of luck in their future endeavors. Congratulations to South Plainfield on their bounce back year and being named best team in Groups 1, 2, and 3 by the GMCWCA!!

COACH OF THE YEAR



David J Saley
North Brunswick



In just two seasons as head coach, David J. Saley has transformed North Brunswick Township High School's wrestling program, leading both the boys and girls teams to unprecedented success. Under his leadership, the boys team made school history this season by securing their first-ever GMC Blue Division title, with a perfect 7-0 record, and qualifying for the state sectional tournament for the first time. Meanwhile, the girls team has continued to rise, finishing with an impressive 15-3 record, state ranking number 4, qualifying for state sectional tournament, and becoming GMC and Division Champions.

Coach Saley's impact goes beyond team accomplishments. He has coached North Brunswick wrestlers to 3 HS All-Americans, 4 GMC champions, seven state qualifiers, two state placers, and two District 17 placers. His philosophy is simple but powerful: "You get what you put in." Whether it's pushing his athletes in practice, breaking down film, or working with wrestlers after hours, he ensures that each wrestler reaches their highest potential.

His dedication doesn't stop when the season ends, Coach Saley runs an intense off-season program, keeping his wrestlers focused and improving year-round. His relentless work ethic, passion for the sport, and commitment to his athletes has elevated North Brunswick Wrestling to new heights. With his leadership, the program continues to thrive.

ASSISTANT COACH OF THE YEAR



JP Donatelli **North Plainfield**



JP Donatelli is in his 4th year of coaching wrestling at North Plainfield High School. An alumni of the high school, class of 2017, JP Donatelli returned to North Plainfield to coach Football and Wrestling as a Volunteer in 2019. Since stepping away from Football in 2022, Coach Donatelli believed that the Wrestling program in North Plainfield had a lot of untapped potential. By working in the North Plainfield school district Coach Donatelli increased enrollment in the wrestling program from 20 kids to just shy of 60 kids in 3 years. Establishing a summer wrestling program in 2023 helped improve the team from a 6-13 record to a 17-10 record in 2024, which earned the 2024 Group I, II, III, Most Improved Team award. In 2024, Coach Donatelli established the first-ever girl's program, where Junior 185-pounder, Naylani Delvalle, became the program's first State Finalist since Coach Jim Miller in 1979. In 2025 the Boys Wrestling team finished with a final record of 20-5, the first 20-win season for a North Plainfield team in program history. Coach Donatelli loves to instill the sport of wrestling in the young men and women of North Plainfield because he believes that the sport of wrestling helps build tough character, an essential characteristic for a fulfilling life.

COACHES AWARDS

NJWCA District Coach of the Year

Joe Eurell - Monroe - D18

Mike Monaco - Woodbridge - D19

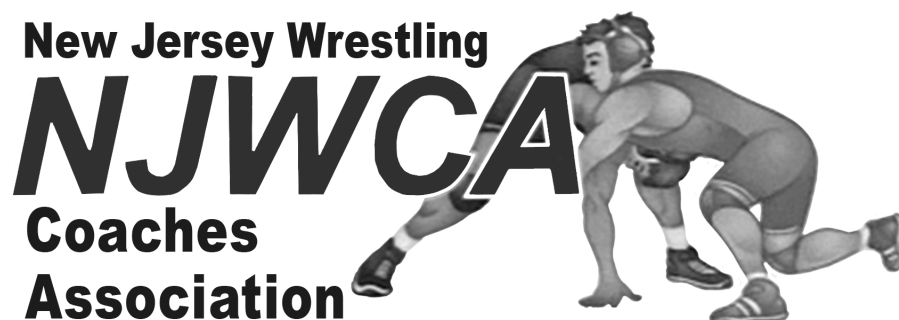
NJWCA District Assistant Coach of the Year

JP Donatelli - North Plainfield - D15

Cesar Samaniego - Woodbridge - D19

NJWCA Region Coach of the Year

Joe Eurell - Monroe - Region 5



MORE MEDIA & MORE ...

COACHES AWARDS

The Home News Tribune - All Area

Boys - Joe Eurell - Monroe

Girs - Dave Saley - North Brunswick

The Star-Ledger - Middlesex County

Dave Saley - North Brunswick

COACHING ACHIEVEMENTS

Steve Johnston - 100 Wins

Dan Grasso - 200 Wins

Ron Mazzola

WRESTLING MAN OF THE YEAR



Cesar Samaniego

Cesar Samaniego is retiring from teaching and coaching at the conclusion of this school year. Coach Sam has worked in education for 35 years. Throughout those 35 years, wrestling has played a major role in Coach Sam's life. He has been a referee for 27 years and has had multiple coaching stops along the way. His first coaching job was with the Woodbridge Rec Dept. Then he was given his first assistant coach job at Woodbridge High School for 7 seasons from 1986-1992 with Coach Ben LaSala, friend and mentor. Here Coach Sam helped Ben take the Barrons from 1-15 the first season to 15-2, the season Ben moved on to Cranford. When LaSala left, he was replaced by Gary Kuzniak, Coach Sam's former high school coach, friend, and mentor. During their first year together, the Barrons hosted and won the District 19 title. Coach then spent the '92-93 season as Assistant Coach at Edison High School with Hall of Fame Coach Gerry Niscovaccia where he helped win another District 19 title alongside Assistant Coach Vinnie Geoffrey. Coach Sam then returned to Woodbridge Township Schools as Assistant Coach at Colonia High from 1995-1998, again with Ben LaSala and Anthony Reinoso, then as Assistant Coach at JFK with Mike Volpe whom he coached back in Rec days from 2000-2004. At JFK, Coach won the Blue Division and was awarded the GMC Assistant Coach of the Year. He eventually became Head Coach at his alma mater, JFK High School after that Coach left coaching.

At that point, Coach focused on being a wrestling official. He was a member of the Central Jersey Chapter of the NJWOA where he served as chapter secretary, vice-president, and eventually president. When Coach Monaco, whom he taught and coached at Colonia High School, took over in Woodbridge in 2018, Coach Sam returned for his second seven-year stint with the Barrons. In Coach Sam's return to Barrons Wrestling, the Barrons have recorded a 92-45 overall record, earned four NJSIAA team sectional berths, clinched their first division title, and achieved the highest county finish in eight years this season. Coach has been a tremendous role model, leader, and friend to all who know him. The Barrons wrestling program and Woodbridge Township Schools will miss Coach Sam tremendously. The Barrons Wrestling Family would like to thank him for his hard work and dedication to the program, the township, and the sport of wrestling. This may have been his last official season on the bench, but he will forever be a part of the Barrons Wrestling Family, and the GMC Wrestling Community! Coach Samaniego would like to thank his family, especially his wife Carol and children Erik and Michele for their support over the years, allowing him to do something that he loves, almost as much as them.

MEDIA PERSON OF THE YEAR



Andy Mendlowitz

If there was an alternative universe and Andy could transform himself into a sporting superstar, it wouldn't be playing for the Yankees or dunking for the Knicks. It would be as a dynamo wrestler seamlessly putting together moves and topping podiums.

That's how much respect he has for wrestlers and appreciates the authentic purity that goes into the sport. It's not just mastering technique or going to the gym. It's everything about it from the offseason drilling and long runs to sprints after practice to laying off the fast food to going on the mat all by yourself with your classmates and family watching.

Especially in this day and age of safely sitting in front of a social media screen, not everyone is willing to leave their comfort zone and expose themselves to failure. So anyone that does, whether they're a state placewinner or a third-stringer, Andy admires them for not being afraid to try.

Long before picking up a pen, he wore headgear and earned two letters wrestling at East Brunswick last century seeing some varsity time but never cracking the lineup as a fulltime starter. But he's proud that he didn't quit as a senior and was willing to stick it out to the end. That's why he likes writing about wrestling so much – he knows what goes into it and how hard it is to succeed.

Andy started covering wrestling for MyCentralJersey and the Home News Tribune during the 2016 postseason with the great Greg Tufaro. He took over as the main – and only – wrestling writing when Greg left in the spring 2021 (remember the state tournament at Phillipsburg on baseball opening day?) and covers Middlesex, Somerset, Hunterdon and some of Union county for both boys and girls.

That's a broad area but he always tries to spread around coverage, no matter the team's record, and is always sorry for missing any stories. He feels strong ties to the GMC as Ron Mazzola was once his Little League coach while growing up in Old Bridge and he's now writing about kids of his friends (not that he feels old or anything!)

Andy's thankful for all the busy coaches and wrestlers who give him time and information. Also, a big thanks to Rachel for always helping him with info, as well as Matt Pazinko and all the other GMC officials and athletic directors. Getting this Media Man of the Year award for him is like reaching the podium and he's grateful for the recognition.

CLIFF LOYSEN MEMORIAL OFFICIAL OF THE YEAR



Donald Smith #185

Donald Smith recently completed his 5th season as a wrestling official (3rd as a carded official). Donald is a 2009 graduate of Carteret High School, where he wrestled under Coach Dan Farrar.

Donald is currently a Driver's Theory and Physical Education Teacher at his alma mater. He served as both an Assistant and Head Coach of the school's wrestling program for 13 years. During the 2020-21 covid season, Carteret cancelled their wrestling season. In order to stay on the mat, Donald enrolled in the cadet program and began his requirements to become a carded official.

Donald learned the importance of allowing mechanics to tell a story while out on the mat. These mechanics, along with positioning and knowledge of the rules have allowed him to earn opportunities officiating some of the most prestigious events in New Jersey. This season Donald was assigned to the girls GMC tournament, his first boys GMC finals, and his first trip to the State Tournament in Atlantic City.

Donald currently lives in Piscataway with his wife Kristine, daughter Ryleigh, and their two dogs - Nash and Cooper.

Donald would like to thank the GMC Wrestling Coaches Association and all of the wrestlers in the GMC for making this season so memorable. This is an honor that he does not take lightly and will continue working to be the best official he can possibly be.