



**ANNUAL ALL-STAR
AWARDS PRESENTATION
MONDAY, APRIL 8, 2024**

IMPORTANT DATES 2024-2025 SEASON

*Subject to change

Hydration: May begin on November 1, 2024

Wednesday, November 20th - GMC Pre Season Meeting

Tryouts: November 25, 26, and 27, 2024

NOTE: No practices allowed on November 28, 29, 30, & Dec 1

Official Practices Begins - Monday, Dec 2, 2024

Monday, December 9, 2024 - Opening Day - * NEW: *can scrimmage or have matches but once matches start, you can no longer scrimmage*

January 11th - 2 Pound Allowance

GMC GIRLS TOURNAMENT 1/20 @ Churchill
Boys GMC Tournament TBD

Postseason TBD



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

2024 All-Star Wrestlers

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

COLONIA

Noah Bone
Michael Feliciano
Joshua Parks
Hudson Platt

EAST BRUNSWICK

Arianna DeMaio
Aliya Graca
Jake Gujski
Dominick Lezark
Abigail Lydon
Olivia Mitchell
Devan Monahan
Aedan Samson Huggins
April Sarmiento
Yisreal Thomas

EDISON

Fernando Avellon

JOHN F KENNEDY

Evangelia Kotsonis
Armani Maglione

METUCHEN

Celeste Falkovich
Caelum Ritzdorf

MIDDLESEX

Aubrey Ramos

MONROE

Yousef Abdeljawad
Miley Appiah
Nick Cavallo
Aman Cheema
Omar Cholula
Josiah Gibson
Anthony Marcos
Josh Shumsky
Matt Shumsky

NEW BRUNSWICK

Zedekiah Pollard

NORTH BRUNSWICK

Kaylee Chiapa Bendito
Melani Contreras
Rahkai Degrasse
Jomar Mena
Gabrielle Roberts

NORTH PLAINFIELD

Naylani Delvalle
Xiana Reymundo Igna
Amaree Walker

OLD BRIDGE

Mackenzey Brennan
Adriana Farese
Zachary Florio
Nuria Kojic
Samantha Larkin
Jenna Magrino
Dominick Paulino
Logan Roman
Emma Sagi
Sofia Sousa
Jake Tenebruso
Emily Valerio
Gavin Young

PERTH AMBOY

Elizabeth Adebola
Audet Gamino
Leeah Gutierrez
Nahomy Martinez
Aaliyah Matias
Diana Sanchez
Leilani Zapata

PISCATAWAY

Brian Butler
Sean Love
Garrett Pech
Jane Rodrigues
Aiden Wallace-Rodriguez

SAINT JOSEPH METUCHEN

Julian Arango
Mason Atkins
Zachary Beadling
Sebastian Blumburg
Andrew Bouchard
Brian Christie
Nico DeRado
Jason Gross
Danny Internoscia
Morgan Schwarz
John Whitacre
Tyler Whitford

SAINT THOMAS AQUINAS

Jahir Aguilar
Isabella Bonilla
Steven Coghlan
Makayla Decker
Ben DiCocco
Vincent Gioffre
Megyn Kerstetter
Anthony Pasquale
Nazareth Pina
Saniyah Queen
Nikolas Rivas
Caden Sternlieb
Liam Zeh

SAYREVILLE

Connor Walsh
Michael Zaunczkowskie

SOUTH BRUNSWICK

Elif Kosker
Isabella Biviano

SOUTH PLAINFIELD

Eva Altamirano
Nolan Hook
Anthony Mateo
Jose Rodriguez
Joseph Stanzione

WOODBIDGE

Tyler Boelhower
Mario Carbonaro
Felix Medina-Rodriguez

Team MVPs - Muhammad Abubakar Carteret, Thomas Nielson South River



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

2024 Special Awards

Courageous Wrestler

Dakota Clark - Middlesex

Tom Flanagan Memorial Scholarship Award

Elizabeth Adebola, Perth Amboy
Logan Roman, Old Bridge

Dean Family Scholarship

Abigail Lydon, East Brunswick

Wrestlers of the Year

126 - Eva Altamirano - South Plainfield
138 - Morgan Schwarz - St Joes Metuchen
152 - Elizabeth Adebola - Perth Amboy
175 - Michael Feliciano - Colonia

Junior of the Year

126 - Zachary Beadling

Sophomore of the Year

165 - Aaliyah Matias

Freshman of the Year

106 - Gavin Young
107 - Isabella Bonilla

Top Team

Boys - Saint Joseph Metuchen
Girls - Old Bridge

Best Team

Girls - East Brunswick
Group I, II, III - St Thomas Aquinas
Group III, IV, V - Monroe

Most Improved Team

Group I, II, III - North Plainfield
Group III, IV, V - East Brunswick

Coach of the Year

Joe Eurell - Monroe

Assistant Coach of the Year

Matt Pazinko - East Brunswick

Coaching Recognition Award

Mike Carbone 200 Wins
Nick Tonzola 350 Wins

Man of the Year

Benny LaSala

Media Man of the Year

Mike Holcombe

Cliff Loysen Official of the Year

Garrett Kohn



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

STATE TOURNAMENT TEAM

East Brunswick

Central Jersey Group 5 Qualifier

Edison

Central Jersey Group 5 Qualifier

JFK

North 2 Group 4 Qualifier

Metuchen

Central Jersey Group 1 Qualifier

Monroe

Central Jersey Group 5 Semi-Finalist

Old Bridge

Central Jersey Group 5 Qualifier

Piscataway

North 2 Group 5 Qualifier

Saint Joseph

Non Public A Quarter-Finalist

Saint Thomas Aquinas

Non Public B Semi-Finalist

Sayreville

North 2 Group 4 Qualifier

South Plainfield

Central Jersey Group 3 Qualifier



GREATER MIDDLESEX CONFERENCE WRESTLING COACHES ASSOCIATION

STATE TOURNAMENT INDIVIDUAL

Boys Wrestling

Top 12

138 - Morgan Schwarz, Saint Joseph Metuchen
175 - Mike Feliciano, Colonia

Top 16

113 - Ben DiCocco, St Thomas Aquinas
190 - Nazareth Pina, St Thomas Aquinas

Top 24

106 - Julian Arango, Saint Joseph Metuchen
106 - Nikolas Rivas, St Thomas Aquinas
126 - Zachary Beadling, Saint Joseph Metuchen
132 - Jahir Aguilar, St Thomas Aquinas
157 - Tyler Whitford, Saint Joseph Metuchen
165 - Tyler Boelhower, Woodbridge
285 - Connor Walsh, Sayreville

State Qualifier

106 - Dominick Lezark, East Brunswick
113 - Logan Roman, Old Bridge
144 - Liam Zeh, St Thomas Aquinas
150 - Sean Love, Piscataway
215 - Brian Christie, Saint Joseph Metuchen

Girls Wrestling

Champion

126 - Eva Altamirano, South Plainfield
152 - Elizabeth Adebola, Perth Amboy

2nd

185 - Nylani Delvalle

4th

126 - Emma Sagi, Old Bridge
145 - Saniyah Queen, St Thomas Aquinas
165 - Aaliyah Matias, Perth Amboy

6th

107 - Isabella Bonilla, St Thomas Aquinas

8th

132 - Jenna Magrino, Old Bridge

State Qualifier

100 - Jane Rodrigues, Piscataway
107 - Leeah Gutierrez, Perth Amboy
107 - Olivia Mitchell, East Brunswick
114 - Leilani Zapata, Perth Amboy
132 - Caelum Ritzdorf, Metuchen
132 - Isabella Biviano, South Brunswick
138 - Gabrielle Roberts, North Brunswick
138 - Celeste Falkovich, Metuchen
152 - Abigail Lydon, East Brunswick
165 - Zedekiah Pollard, New Brunswick
235 - Rahkai Degrasse, North Brunswick



100



Megyn Kerstetter, Saint Thomas Aquinas

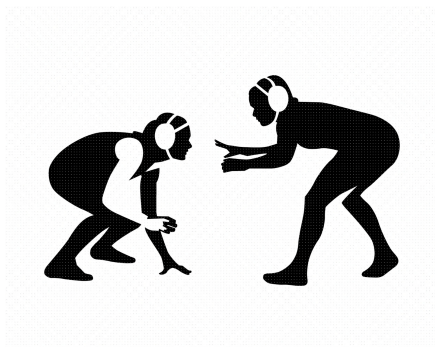
Megyn " KICK IT" Kerstetter kicked it up a notch with each time she stepped on the mat improving everyday with a killer work ethic, strong practice habits and an even stronger desire to win. Every time the whistle blew she kicked it into a high gear constantly moving forward with a relentless attack. In her first year of wrestling Meg put together an impressive record of 16-10, making the GMC finals, placing 2nd and winning a couple matches in the region. With a kick butt attitude there is little doubt that she will continue to improve and find herself high up on the podium soon. Her coaches are excited to be a part of her wrestling journey and what the future holds. Way to go Meg and Congratulations!

Samantha Larkin, Old Bridge

This junior was a first-year wrestler, but you wouldn't know it by looking at her. Sam made the decision in the early fall to wrestle and put the time in at local clubs to learn the sport before we even got started. Her hard work and dedication paid off, as she wrestled to a 16-13 record, boasting a GMC Championship at 100 lbs. along the way. Sam finished 4th in the Ron Mazzola Memorial to open the season and beat several quality opponents during the year. Sam has continued to apply herself this off-season, and we are very excited to see what the future holds for this young lady

Jane Rodrigues, Piscataway

After missing the first two months of the season and skipping the GMC tournament due to injury, Jane had to earn her GMC All-Star status by making it to the state tournament. Starting her season in late January, she quickly made up for lost time by racking up an impressive 14 wins, all by pin, and securing a commendable 3rd place in the North 2 Region, thus qualifying for the state tournament. This achievement also marked her as the first female wrestler in school history to do so. With two more years ahead, the Chiefs not only expect Jane to achieve her goal of medaling at the state tournament, but also to inspire all future wrestlers who join the program.





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Isabella Bonilla, Saint Thomas Aquinas

- See Freshman of the Year -

Leeah Gutierrez, Perth Amboy

Leeah emerged as a formidable force during her sophomore year. With a remarkable 28-5 season record she won her 2nd GMC title. Leeah's triumph extended to the Bloomfield tournament, where she claimed the championship title, and showed her determination by securing 3rd place at the North 2 Region, earning her spot at the State tournament. Despite facing setbacks due to the injuries that hampered her development and conditioning, she demonstrated resilience and her will to win. Unfortunately, these hurdles kept her from achieving a coveted spot on the podium in Atlantic City. While on the sidelines, she played a pivotal role in helping her teammates improve their technique and provided support during competitions. As she reaches the halfway point of her wrestling career and with her record of success, commitment to personal growth, she is on a trajectory to become the most accomplished wrestler in Perth Amboy history.

Evangelia Kotsonis, JFK Iselin

In a sport traditionally dominated by male athletes at JFK, one girl wrestler defied expectations and left her mark on the mat. With a record of 11 wins and 6 losses for the season, her journey was a testament to determination and skill. Throughout the season, she faced formidable opponents, each match a test of strength, strategy, and resilience. With every takedown, pin, and escape, she showcased her dedication to the sport and her unwavering spirit. The pinnacle of her season came at the conference tournament, where she displayed her prowess on the mat and battled her way to a remarkable third-place finish. Her performance was a testament to her hard work and commitment, earning her the respect and admiration of her teammates, coaches, and opponents alike. With each match, she proves that she is not just a wrestler, but a fierce competitor, deserving of recognition and acclaim. Her season may have come to an end, but her legacy as a trailblazer in the sport of wrestling is only just beginning.



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**Aman Cheema, Monroe**

Aman In her second season with the Falcons showed great improvements from her first season. Cheema finished with an impressive 18-5 record and finished 3rd in the GMC. Her work ethic in the room is what sticks out most. That will propel her this off-season and prepare her for a senior season where she will look to punch her ticket to Atlantic City.

Nuria Kojic, Old Bridge

Nuria Kojic is one of Old Bridge's most improved wrestlers from last season to this year. She put a lot of time into the off-season, and it showed. She earned a 22-11 record, up from 8-12 in her first season last year. During the year, she beat several state-ranked opponents and helped propel her team into the ranks of the best in New Jersey. Nuria finished 4th in the Ron Mazzola Memorial, 2nd in the Elizabeth Lady Mintuemen, was a GMC finalist, and is committed to wrestle at the next level at NJCU. We are so proud of Nuria Kojic and know that continued success is in her future!

Olivia Mitchell, East Brunswick

Olivia is a wrestler that the bears have looked forward to having at the high school for years and she did not disappoint! Olivia amassed 30 wins in her freshman campaign, 24 of which were by pin, tech, or major decision. Her only losses came from the eventual state 3rd, 4th, 5th, and 6th at 107lbs and the 3rd and champion at 114lbs. She made short work of winning her first GMC title, winning all of her matches by pin with less than 4 total minutes on the mat. Although only a freshman, Olivia's work ethic and skill immediately made her a wrestler that the other girls looked up to. Even when injured, Olivia would still attend practice and help instruct teammates on technique. While the transition from middle school to high school is not always easy, it is clear to see how much Olivia has grown this year, both on and off the mat. We look forward to 3 more years of even more success!

Aubrey Ramos, Middlesex

Aubrey Ramos has made an indelible mark on the wrestling mats of Middlesex as the first girl wrestler in the school's history. In her impressive freshman year, Aubrey has demonstrated remarkable prowess and potential, taking on the challenge of boys varsity matches at 113 and 120 pounds and securing four victories. Her performance shone brightly as she placed 4th in the Ron Mazzola Girls Tournament and the GMC Tournament. Beyond the accolades and victories, Ramos is acclaimed for her exceptional work ethic and coachable nature, making her a valuable member of the Middlesex wrestling team. Her determination as an athlete extends well beyond personal success; she's a team player through and through, willing to do whatever it takes for the good of her teammates. Her run to the semifinals in the North 2 Girls Region further solidifies her status as a formidable competitor. We look forward to seeing her continued growth and success in the years to come.

Leilani Zapata, Perth Amboy

Leilani, a dedicated sophomore wrestler made her debut in late January. Despite missing all season tournaments, including the GMCs, she quickly regained wrestling shape, securing 10 wins in a short span and all awhile displaying a deep love for the sport of wrestling and love for her teammates. She wrestled with remarkable toughness and grit in the North 2 Regional tournament. Her resilience paid off, earning her a hard-fought 3-2 victory in the 3rd place bout and qualifying for the STATE tournament. Though she didn't place in Atlantic City, Leilani is determined to improve her strength, technique and hopefully securing a spot on the podium next season at States.



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**Mackenzey Brennan, Old Bridge**

This young lady made the most of her time this season. Mackenzey Brennan is a first-year wrestler, and we are glad she gave the sport a try. She wrestled to a 13-11 record after starting the year 2-5. Mackenzey found herself in the starting line-up after injuries limited opportunities for Farese, and she made the most of her chances. Brennan finished top-4 in the Rumble in the Pines, took 3rd in the GMC at 120, only losing to her teammate and eventual champion Farese. We have no doubt that Mackenzey will continue to make her mark in the sport of wrestling over the next three years as she continues to develop and grow.

Adriana Farese, Old Bridge

Adriana Farese is another Knight who made tremendous improvement in only her second year of wrestling. Adriana dedicated herself this past off-season, and experienced the success that hard work often brings. She was 11-2 last season but worked to a 12-7 record this year. Adriana took 1st at the Ron Mazzola Memorial, was a GMC Champion (her second honor), and ultimately fell one round short of a qualifying match for Atlantic City. She battled through injuries all year long and is on her way back to 100% ahead of next year. Adriana is committed to continuing her wrestling career at Ursinus College next season, and we are excited for what the future has in store for her.

April Sarmiento, East Brunswick

After missing several key events last season due to illness, April returned this year with big goals. April is the epitome of the comeback kid and she could never be counted out. Even when down by double-digit points, April would somehow find a way to come back and win a match, whether by points or pin. No one on the team fought harder to get off their back and she never let being down in a match make her give up, always wrestling her hardest all 6 minutes or until the referee slapped the mat. Our starting wrestler at 120, April played a huge factor in our success as a team, recording key pins against Lakewood, Old Bridge, and Saint Thomas Aquinas, and saving team bonus points against a very tough opponent from Scotch Plains and the eventual state champ from Howell. I truly believe April could have made a run to the state tournament this season had it not been for an injury sustained in her first match of the region tournament that sent her to the hospital. We cannot wait to watch April leave it all on the mat in her senior campaign!



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Eva Altamirano, South Plainfield

- See Wrestling of the Year -

Arianna Demaio, East Brunswick

Ari joined the wrestling team this year with zero wrestling experience but an aggressive style that rattled her opponents. She impressed us from day 1 with her no fear attitude. As the season progressed, Ari became more and more dangerous as she learned and fine-tuned her technique. Despite being small for her weight class and looking like she would be overpowered, Ari stunned multiple opponents, beating region qualifiers and an eventual state qualifier. Two weeks after the GMC tournament, Ari even turned around and pinned the wrestler she had lost to for the 3rd place match in a dual meet. She was also always willing to wrestle where the team needed her, never complaining if she was asked to wrestle at 132 instead of her normal 126. Of her 20 wins this season, 18 were by pin, 1 by major decision, and 1 by decision against an eventual state qualifier. Ari's potential is unmatched and we know she will be one to watch next season!

Emma Sagi, Old Bridge

Emma Sagi exemplifies what it means to be a wrestler. Although only two and a half years into the sport, Sagi was prepared to make the full commitment towards herself and her success in the sport. Emma trains year-round, the results are no accident. In her junior year she proved to be a dominant force by placing 5th in the state, but she carried that momentum into this past off-season and continued to improve and better herself, chasing the best competition she could find. Emma ultimately was a Ron Mazzola Memorial champion, she took 1st at the EB Lady Bear Invitational, 1st in the Rumble in the Pines, 1st in the Elizabeth Lady Minutemen, was a GMC finalist, a Central Region finalist and took 4th in the state in one of the toughest brackets in the tournament. Emma earned a 34-5 record and boasts the best career record among girls in school history at 63-14. Emma will continue to succeed at the next level as she continues her wrestling career at Ursinus College.

Diana Sanchez, Perth Amboy

Diana, a senior wrestler and one of our team leaders, recorded 13 wins this season and a 3rd place finish at GMCs. Diana's hard work in practice, asking questions to improve, is evident. Beyond the mat, she's a 2yr varsity softball player and a dedicated student-athlete, maintaining a 3.6GPA. She is a member of the National Honor Society, a Sunday school teacher for elementary students, and works at the local YMCA in Perth Amboy. She has been accepted into NJIT, PACE, Long Island University, KEAN and Montclair University and will major in forensic science. Not only does she excel in academics and sports, but she also showcased her creativity by crafting impressive highlight videos, including a fantastic one for the team this season. Diana is an incredible and intelligent young lady destined for success in any profession she chooses.



132

**Miley Appiah, Monroe**

Miley showed great improvements throughout the season for the falcons. Wrestling every day in practice Miley continually grew as a wrestler and it showed on the mat. She put together a great first season for herself and earned a 3rd place finish in the girls GMC tournament. With a good off-season, we are excited to see what Miley can do on the mat next year.

Isabella Biviano, South Brunswick

Isabella is a freshman and first year letter winner for the South Brunswick Viking wrestling program. As an incoming freshman the Viking coaching staff expected big things from her and she did not disappoint. After placing 7th in the Lady Bear Invitational she showed up strong in the GMC and Region tournaments placing 4th and 3rd, respectively. Her 3rd place medal at Regions qualified her for the state tournament where she displayed her toughness and tenacity by refusing to be pinned and fighting off her back for several minutes against the eventual 3rd place medal winner. Isabella also plays for the Lady Vikings Volleyball team. With three more years of high school wrestling ahead of her the future looks bright for Isabella.

Jenna Magrino, Old Bridge

Jenna Magrino is the athlete that every coach recruiting for their wrestling team is looking for. She came to the sport with a highly successful soccer career, but she has molded herself into the role of a wrestler over the last two seasons. Watching Jenna's growth and development from looking like a fish out of water in her first match during the first girls dual last season against North Hunterdon to her final match this year wrestling for a state medal in Atlantic City has been a sight to behold. She had good success as a junior, finishing 16-11 and qualifying for states, but came focused and determined this season, earning a 26-7 record. Jenna was a Ron Mazzola Memorial champion, took 5th in the Elizabeth Lady Minutemen, was a GMC finalist, a Central Region finalist, and took 8th in the state to cap off her high school wrestling career. Along the way she avenged her GMC finals loss with a victory in the state tournament to advance towards placement. Jenna may not be done wrestling yet as she explores her options at the collegiate level with hopes of being a dual sport athlete in the NCAA.

Caelum Ritzdorf, Metuchen

Caelum is a junior wrestler for the lady bulldogs. She battled her way to a 5th place finish at a loaded Elizabeth tournament this season after a tough loss in the quarters. She had her best tournament of her career at the GMC tournament, where she wrestled super tough earning a 1st place in the 138 bracket. Caelum then wrestled her way into a 3rd place finish in the Region tournament, punching her ticket to Atlantic City. We expect even better performances for Caelum next season during her senior year.



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**Celeste Falkovich, Metuchen**

Celeste is a sophomore wrestler for the lady bulldogs. She battled through some illness during the middle of the season and finished her sophomore year very strong. Celeste wrestled very well during the GMC tournament and placed 2nd place. After practicing hard near the end of the season Celeste wrestled a very smart match in the semi-final of the region tournament to secure a spot to compete in Atlantic City. Celeste has a bright future ahead of her and with some hard off-season work looks to put together a more impressive junior year next year.

Elif Kosker, South Brunswick

Elif is a senior and second year letter winner for the South Brunswick Viking wrestling program. During the preseason conditioning program her hard work and strong leadership earned her a spot as one of three captains. She placed third in this year's GMC tournament. With only 4 wins last season (her first year of wrestling) she is without a doubt one of this season's most improved wrestlers. The only regret the Viking coaching staff has is that they did not have Elif on the team for 4 years! Elif plans to join the military after graduating where the hard work and discipline she displayed while wrestling will serve her well.

Gabrielle Roberts, North Brunswick

Gabrielle is a 2-year Varsity starter who served as a captain this year. Gabrielle shows leadership on and off the mat through her positive attitude and great sportsmanship. She is a technical wrestler who leaves it all on the mat. This past season she was a 1st place finisher in the GMC Tournament, as well as, a 1st Place finisher in the Region Tournament in the Central 138 lbs. bracket. She qualified for Atlantic City and once again left it all on the mat. Gabby is only a Junior, but has aspirations of wrestling in college. We look forward to seeing what she will bring to the team next season.





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**Melani Contreras, North Brunswick**

Melani is a first year wrestler who has seen much success this season. She is a fighter with an immense amount of strength. She tends to overpower her opponents. This season she came in a branch with new wrestlers and quickly became one of our varsity fixtures during all our matches. Individually, she placed 2nd in the GMC and 8th place in the Rumble in the Pines Tournament. Melani is a hard worker and is truly unstoppable. Being only a Junior, we are excited to see her bring home for medals in her Senior Year.

Sanyah Queen, Saint Thomas Aquinas

Sanyah "THE GENERAL" Queen has started her own army of Lady Trojan Warriors ! With 15 underclass girls following her lead Sanyah put together an unbelievable season. Sanyah was champion of the Elizabeth tournament and outstanding wrestler , was champion of the GMC and outstanding wrestler, finishing the regular season 24-0. From here she moved into the North 2 Region where she was champion and again crowned outstanding wrestler. Moving into the state tournament Sanyah lost 2 matches by mere millimeters finishing with her second highest state tournament placement of 4th place. Sanyah finished the season with a record of 28-2 improving her career mark to 72-12. During the season in the states first ever female wrestler all-star meet in dominating fashion Sanyah was able to beat the state champion in her weight class. Sanyah leads her army with an incredible attitude outworking everyone with a smile on her face, not backing down from any challenges. With excitement her coaches are looking forward to her senior campaign as she leads the Lady Trojans in their first ever quest for a division title and to finally taking her spot on the top of the podium. Way to go Sanyah and Congratulations.

Xiana Reymundo Igna, North Plainfield

A varsity starter for North Plainfield as a freshman. Xiana Reymundo bolstered a record of 17-14 on the season. Xiana placed 3rd in the Girls GMC Tournament and made it to the round of 6 in the Region Tournament. We are excited to see the growth of Xiana as she comes back for three more years of wrestling.





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Elizabeth Adebola, Perth Amboy

- See Wrestler of the Year -

Makayla Decker, Saint Thomas Aquinas

Makayla "DRILL SARGEANT" Decker helped to lead a group of young Lady Trojan warriors as she put together an excellent junior campaign. Makayla finished the season with a 23-8 record improving her career mark to 65-24. In true warrior fashion after suffering a knee injury that could have ended her season Makayla Chose to push through and go to war at the region tournament. Although not at her sharpest Makayla showed the heart and toughness of a Warrior. Its these same attributes that had her make her third straight GMC final and win her second county championship. Its these same qualities that infect the team around her and elevate us all to new levels. Her coaches are excited to see what her senior year has in store as Makayla helps lead the lady trojans in the first ever divisional competition. We expect that with her work ethic the sky's the limit with how high Makayla can rise on the podium. Way to go Makayla and Congratulations!

Abigail Lydon, East Brunswick

- See Dean Family Scholarship Award -





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**Kaylee Chiapa Bendito, North Brunswick**

Kaylee had her first full year as a varsity wrestler. Injuries in prior years have held her back, but she came back with a lot of tenacity. She has learned a lot this year, which brought her success in many competitions, especially when placing 4th in the GMC. She fought through an ankle injury mid-way through this season and came out stronger than ever. Her coaches look forward to seeing her grow as a wrestler in the coming years.

Audet Gamino, Perth Amboy

Audet, a sophomore wrestler clinched 3rd place at this year's GMC tournament. Despite limited matches, Audet's wrestling and commitment to the team hasn't escaped the notice of coaches. Known for sporting a perpetual smile during competition, she is a quiet yet formidable force on the mat, displaying a calm, cool, and collected demeanor. Having consistently scored points for the team, Audet looks forward to further improvement next season.

Aaliyah Matias, Perth Amboy

- See Sophomore of the Year -

Zedekiah Pollard, New Brunswick

Zedekiah Pollard only wrestling for their second year, had a year full of accomplishments as part of the Zebras Girls Wrestling Team. Zedekiah from New Brunswick is a junior, yet managed to take 222 wins this past wrestling season and secured second place in one of the biggest girls' tournaments (Elizabeth Lady Minutemen Tournament) in New Jersey history. This season Zedekiah placed second in the girls' region tournament at 165lbs and was one point away from placing at the state championships. Zedekiah showed their leadership skills as a team captain and is looking to reach their full potential next year, and hopefully secure a state championship for the Zebras.

Sofia Sousa, Old Bridge

Sofia Sousa is still just a sophomore, but she has been a solid part of our line-up dating back to last season. Though she finished 4th in the region and one win shy of state qualification for the second year, her growth and improvement from last season to this one was tremendous. Sofia went 11-12 as a freshman to her 24-7 record this year. Sofia finished 3rd in the Ron Mazzola Memorial, was a GMC champion, and finished 4th in the Central Region. Looking toward the future, she has goals of reaching as high on the state podium as possible, and potentially becoming the first 100 match winner in Old Bridge wrestling history for our girls.



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Nylani Delvalle, North Plainfield

A varsity starter for North Plainfield as a Junior. Naylani Delvalle bolstered a record of 18-3 on the season. Naylani placed 2nd in the Bloomfield Holiday Tournament, 2nd in the Lady Patriots Tournament and placed 2nd NJSIAA Girls State Championships. Naylani became North Plainfield's first state finalist since 1979 when Coach Miller reached the state final. We are excited to see the growth of Naylani as she comes back for her senior year of wrestling.

Aliya Graca, East Brunswick

Aliya came back this season as a returning place-winner with a new perspective on wrestling. She put in work in the off-season in an attempt to fine-tune her technique. While the season had its ups and downs, Aliya had a lot of success at this new weight class, first winning her first tournament, the Lady Bear Invitational, and then being crowned GMC Tournament Champion. In addition to her dominant performance in the individual GMC Tournament, Aliya is undefeated against GMC opponents throughout the entire season. Aliya served as a role model to the new wrestlers on the team of what hard work and big goals can accomplish. Unfortunately, a late-season injury occurred right before the region tournament contributing to a difficult time returning to the state tournament. Despite this, she had a very successful run and a renewed hunger for success next year. We look forward to continued success in her senior year where Aliya will become the first 4-year girl wrestler in East Brunswick since girl's wrestling was sanctioned and expect to see her back on that podium in Atlantic City!

Nahomy Martinez, Perth Amboy

Nahomy is a resilient junior wrestler with a season record of 17-7 and a runner-up in this year's GMC tournament. Overcoming an injury setback during the week of the Region, she was one win away from qualifying for the State tournament. (4th) Nahomy is known for being coachable and taking risks on the mat. With her sights set on making the States next season, her Senior year, she's poised for even greater success.

Emily Velerio, Old Bridge

Emily Valerio is a wrestler who continued to improve each time she stepped on the mat. This junior was in her first season of wrestling this past year, but she is a natural in every sense of the word. She boasted a 17-11 record, however injuries cut her season short, and she did not get an opportunity in the Central Region. 15 of her 17 victories were by pinfall, so Emily was a great source of bonus points for the Lady Knights this season. She will look to make the most of the off-season as she continues to recover and eventually reapply herself to honing her craft on the mat. Emily took 4th in the Ron Mazzola Memorial, 4th in the Rumble in the Pines, and placed 3rd in the GMC.



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Rahkai Degrasse, North Brunswick

Rahkai is a second year varsity player and a force to be reckoned with. She has been a solid wrestler in her weight class for the last two years bringing home many wins. She has a never give up attitude and is a positive light for her teammates. She has served as captain this year and clearly has shown she is a true leader. She leads on and off the mat. We are looking forward to seeing her success as she enters her senior year next season.

Amaree Walker, North Plainfield

A varsity starter for North Plainfield as a freshman. Amaree Walker bolstered a record of 7-5 on the season. Amaree Walker placed 1st in the Girls GMC Tournament and placed 6th in the Rumble of the Pines Tournament. We are excited to see the growth of Amaree as she comes back for three more years of wrestling.





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Julian Arango, Saint Joseph Metuchen

Julian Arango's sophomore year did not start off the way he had planned. Following Beast of the East, Julian suffered a very serious ankle injury that would sideline him until mid-January. When he was able to get back on the mat he put in a couple weeks of hard practice, entered the GMC Tournament, and ended up taking 3rd in the County for the second year in a row. However, injury would strike again directly following the GMC Tournament as Julian sustained a concussion and was forced to miss additional time further hindering Julian's strength and conditioning.

Remarkably this young man battled back and not only returned to the wrestling mat but won his first career District title and then after falling in his opening Region match, he won 3 consecutive matches to take 3rd in the Region, and qualify for his first ever State tournament. The resolve that Julian showed this year was incredibly impressive and in his next two years he should be able to accomplish even bigger and better things.

Dominick Lezark, East Brunswick

Dom is part of the young talent at East Brunswick that has helped with the success of the East Brunswick wrestling team. He started the season finishing 3rd at the Ron Mazzola Invitational, with his only loss coming to the eventual Champion. He then went on to win his first Bear Invitational title and a GMC finals appearance, taking 2nd at the tournament and qualifying as a GMC All Star Wrestlers for the first time. He was able to avenge his GMC final loss in the District Semi-finals in impressive fashion with a pin, to become a district finalist and lock in his ticket to the Region tournament. Dom went on to upset 2 wrestlers to take 4th at the Region 5 Tournament to become a first time state qualifier. Dom went on a 22 match win streak this season and 22 of his 32 included bonus points. As a junior, Dom hopes to keep improving and see the top the GMC Podium.

Nikolas Rivas, Saint Thomas Aquinas

Niko "SPIDER" Rivas completed his freshman year at STA as only the third ever freshman to make the state tournament in school history. Catching many wrestlers in his low single, ankle chase and cradle webs Spider Niko finished his freshman campaign with a 27-11 record. Niko went 7-0 in the division helping the Trojans to win the title and earning all division honors. He placed 4th in the GMC, 3rd in district 8 and 4th in region 2. Learning the ropes from senior captain drill partner Ben DiCocco Niko demonstrated a love for the sport of wrestling, a work ethic and a desire to get better every day. The coaches will be counting on his leadership to take the Trojans to new heights. We are excited to see what the future brings for our young Trojan warrior. Way to go Niko and Congratulations!

Gavin Young, Old Bridge

- See Freshman of the Year -



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Nico DeRado, Saint Joseph Metuchen

Nico DeRado had an amazing freshman year at St. Joe's as he ended up winning the Egg Harbor Holiday Tournament, reached the GMC Tournament finals, became a District Champ, and placed 6th in a loaded 113 pound Region 4 Bracket. Nico's career got off to a hot start by making it to Sunday of the Beast of the East tournament and he continued it with an undefeated Red Division record. Nico was an integral part of a St. Joe's team that wrestled one of the hardest schedules in the State and he picked up 29 wins as a freshman. Future is very bright for this young man.

Ben DiCocco, Saint Thomas Aquinas

Ben "DYNAMO" DiCocco with a dynamic, relentless, non stop go, attack in all three positions trojan warrior. Because of this Ben was able to put together one of the finest careers in BGA/STA wrestling history. Finishing the season 37-6 he stamped his career mark in the books at 115-20. Ben was a 4 time district placewinner and 1 time champion, a 3 time GMC finalist and 2 champion, a 3 time region placewinner wrestling 12 matches in Atlantic City over 3 seasons ...WOW.... Besides these incredible wrestling stats Ben was a 2 yr captain of the wrestling and cross country teams. He was a leader in practice, on the mat, in the lockerroom, in the classroom in the hall ways in the school yard, every where he was. Ben was all division 3xs and all conference twice sparking the trojans to 3 straight division titles and its first ever conference finalist award. Ben will be continuing his academic and wrestling Career at Western New England University. His coaches feel lucky and blessed to have coached him as he will be greatly missed. Way to go Benniamino, Good Luck and Congrats see you at alumni match!

Armani Maglione, JFK Iselin

Armani Maglione, a freshman for the Mustangs, finished the season with a record of 28-6. He placed 2nd at the Mike Dessino Invitational, 1st Place at the Rahway Christmas Tournament and Lower Weights Outstanding Wrestling, 3rd in the GMC Tournament, 2nd in District 14, and 7th in Region 4. He led his team to a 2nd consecutive division title by going 7 and 0 with all wins ending in a fall. Armani still has 3 more years to catch brothers Giovanni and Sergio in total wins and post-season advancement.

Hudson Platt, Colonia

A strong freshman season for this young man. Who is a quiet leader of this team on and off the mat. Hudson came to the patriots ready to compete in the varsity line up as a freshman. He started his freshman campaign wrestling tough against high quality wrestlers in the Ricky I and Minuteman tournaments. Hudson proved during the season that he was a real problem for teams at 113lbs, in the dual meet part of the season. He gained momentum through the regular season and had success against almost all his opponents. Hudson got better and better as the season went on learning and growing as a wrestler, He made a big statement in the GMC's finishing 4th at his weight class. His work ethic and natural talent are going to bring him to the next level. He concluded his season with a 3rd place in the District 15 Tournament, and Region Qualifier his first year. He has been turning a lot of heads all season. The Colonia staff is really excited for this kid's future on the mat!

Logan Roman Old Bridge

- See Tom Flanagan Memorial Scholarship -



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Nick Cavallo, Monroe

Nick Cavallo is constantly working to improve on the mat. With a solid season record of 23-12, he achieved notable success, including 2nd place in the GMC Tournament at 120 pounds and 3rd place in the District Tournament at 113 pounds (District 20). Cavallo's consistent improvement and dedication sets himself up for a promising junior season. As he continues to work on his skills in the off season, the sky is the limit with Nick's work ethic.

Jake Gujski, East Brunswick

Jake is one of the most dedicated wrestlers in the GMC. He put in a lot of work this offseason and it showed this season. Jake is a two time All-star for the GMC, last season finishing 4th at the GMC Tournament. This season, he clawed his way up to the top of the podium winning his first GMC Title with a dominant major decision in the finals. Jake finished this season with 31 wins and has 60 career wins as a sophomore, well on his way to smash through 100 career wins. Jake is a 2x region qualifier and finished 5th at the region tournament. Next year Jake is hoping to defend his GMC title and climb his way up to the top of the region podium.

Joshua Parks, Colonia

A strong freshman season for this young man. Who is a quiet leader of this team on and off the mat. Hudson came to the patriots ready to compete in the varsity line up as a freshman. He started his freshman campaign wrestling tough against high quality wrestlers in the Ricky I and Minuteman tournaments. Hudson proved during the season that he was a real problem for teams at 113lbs, in the dual meet part of the season. He gained momentum through the regular season and had success against almost all his opponents. Hudson got better and better as the season went on learning and growing as a wrestler, He made a big statement in the GMC's finishing 4th at his weight class. His work ethic and natural talent are going bring him to the next level. He concluded his season with a 3rd place in the District 15 Tournament, and Region Qualifier his first year. He has been turning a lot of heads all season. The Colonia staff is really excited for this kid's future on the mat!

Aiden Wallace Rodriguez, Piscataway

Aiden made his debut to New Jersey high school wrestling by taking 1st at the Mike Dessino Invitational. Aiden continued a strong showing with a 2nd place finish at the A-Nice Invitational. And, Aiden competed in his first GMC tournament where he finished with a solid 4th place finish. During the season, Aiden achieved an incredible wrestler milestone when he secured his 100th high school career win. Even with a disappointing finish at the District 18 tournament, Aiden still has another year ahead of him. Aiden's competitive spirit and dedication to the sport of wrestling are the driving force behind the Chiefs high expectations next season.



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Zachary Beadling, Saint Joseph Metuchen

- See Junior of the Year -

Vincent Gioffre, Saint Thomas Aquinas

Vincent "Vanguard" Gioffre, after finally taking his place on the mats as a freshman and joining the Trojan wrestling army as a sophomore was able to put in a careers worth of work in a short time. Helping lead the Trojans to three consecutive division titles Vincent put together an 18-13 senior season. This brought his career total up to 51-37. Vincent took fourth in the GMC and was second in District 8. Over coming some early season adversity and a constant battle with his weight and snacks Vincent was able to navigate a path to a very successful senior season. Finding a true love for the sport of wrestling and as an honor roll student Vin is weighing all his future college options to find his next home on the mats. He will be greatly missed by his coaches . Congratulations and good luck , see you at alumni meet !

Aedan Samson-Huggins, East Brunswick

Aedan was the senior captain for the Bears. He amassed 30 wins this season, finishing his career with 87 wins. If it was not for the shortened Covid season Aedan would have likely reached 100 wins. Aedan is one of the cornerstones to the rebuild of the East Brunswick wrestling team. He is a 4x varsity letter winner for East Brunswick. Starting his freshman year he made a positive impact as the team's wins leader, making him a leader in the room from day one. His influence on the team only continued to grow. Aedan wrestles hard every match and leaves everything out on the mat. He never backed down from a hard match, always chasing after a challenge. No matter the outcome, Aedan brought excitement and energy to all of his matches. All of this determination led to Aedan's success. This season Aedan won his second district title, becoming first EB wrestler to win back to back district titles since 2018. East Brunswick wrestling will miss Aedan.

Joseph Stanzione, South Plainfield

Joseph Stanzione has a good Sophomore season for the Tigers. He started off the year capturing his second consecutive Morris Knolls Tournament championship. Joe always competed well in dual meets for the Tigers, including going 5-0 in the conference earning him All-Division honors for the Red Division. Joe would come up with big pins for the Tigers throughout the season including a pin against Lenape Valley which helped propel the Tigers to a 34-33 win. Of Joe's 22 wins, 13 of those were pins. He placed 3rd in the GMC Tournament in one of the deepest weights and would go on to place 2nd in the District 15 Tournament making him a 2x Region qualifier. Of Joseph's 6 losses, 5 of them were to state qualifiers. The coaching staff feels that with dedication Joe will be in line for his best season yet in a Tiger uniform. He has the ability to become a great leader for the team. Congratulations on a great season.

John Whitacre, Saint Joseph Metuchen

After his junior year, John had an MRI that revealed his troublesome knee was actually a detached ACL/. John rehabbed all off-season as he was a runner up in multiple tournaments the previous years and he vowed his senior year this would change. This year became a year of "firsts", as he started off by going 4-0 at the Egg Harbor Christmas Tournament and took home his first Gold Medal of his high school career. This confidence boost led to his first GMC Tournament title at 126 pounds. As the 4 seed John upset the 1 seed from Edison by major decision, then pinned the 2 seed in the GMC Finals. From there John won his first District title at 132 pounds in the District 15 Tournament. John in his 3 years at St. Joe's garnered 70 career wins and was a vital part of the lower weights for this team. He will be sorely missed next year in our line up, as he plans on continuing his education in the Engineering Department at TCNJ.



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Jahir Aguilar, Saint Thomas Aquinas

Jahir "APOCALYPSE" Aguilar's ankle and arm bar attack reigned down destruction on his opponents on his path to a GMC championship and a District 8 championship. Jahir put together a season record of 25-5 fighting through a broken hand suffered in December. This improved his career mark to 69-19. Jahir was first team all division and all conference. He took second in region 2 and competed on the mats in Atlantic City for the 2nd straight year. A leader and a great teammate, Jahir set the pace in practice helping the Trojans win the white division. It is this leadership that his coaches will be counting on in the off season and next year as we move up to the biggest division. We are excited to see Jahir's senior reign of destruction. Way to go Jahir and congratulations!

Noah Bone, Colonia

Noah is a four year starter, and two year Captain for the Colonia Patriots. He has been a rock in my line up for his whole career with this team. Noah finished his career with 85 wins, which makes him the 7th winningest wrestler of all time for the Patriots. His leadership on and off the mat is one of the big reasons the Patriot team has been on the upswing. Noah started his season on a good note, knocking off a region place winner in the Ricky I Tournament. He came out strong finishing 3rd in a gritty Rahway Tournament, leading his team to the eventual team Tournament win. Noah, during the season was a great example during practice and matches on the level of toughness I want displayed at all times. He made a big splash, making it to the GMC finals his senior season, by taking out quality wrestlers along the way to the finals. As the season came closer to an end, he seemed to turn it on. Had a great tournament at the Districts coming in 3rd. He did some of his best wrestling in the Regions. Some calls didn't go our way and his season was ended. Cannot replace a Noah Bone. He will be missed by his team and the wrestling staff. The future is bright for this tough kid.

Anthony Mateo, South Plainfield

Anthony Mateo had a solid Sophomore season in his first year of varsity wrestling for the Tigers. He started off the year by placing 4th at the Morris Knolls tournament. He continued to grow and get better throughout the season. One thing that was always there when Anthony stepped onto the mat was his toughness. He wrestled a very tough schedule and would be bumped up to 138 often and always handled himself very well in those instances. A great stat for Anthony is that he only surrendered one single bonus point loss by major decision even though he wrestled numerous region and state level wrestlers throughout the year. Anthony would go on to place 4th in the GMC Tournament and 4th in a very deep District 15 tournament. Anthony is a tireless worker and we feel that with that continued work ethic, we will see him continue to grow and develop into a very talented and successful wrestler. Congrats Anthony on a great season!

Josh Shumsky, Monroe

Josh Shumsky is someone who embodies a selfless commitment to the team's success. With a commendable season record of 27-8, Shumsky's contributions extend beyond individual victories, as he secured bonus points in numerous matches which proved crucial in propelling the Falcons to success this year. Earning 3rd place in both the GMC Tournament at 132 pounds and the District Tournament at 132 pounds (District 20), Shumsky's dedication and team-oriented approach have undoubtedly left a mark on Monroe's wrestling program. With a strong off season Josh will look to punch his ticket to Atlantic City and help his team in the process.



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**Fernando Avellan, Edison**

FERNANDO AVELLAN is a sophomore with a season record of 32-4 and a career record of 58-12 for EDISON HIGH SCHOOL. Fernando had an excellent year for the eagles placing 3rd in the DESSINO TOURNAMENT, 3rd in the MINUTEMAN CLASSIC and 6th place in REGION 5. FERNANDO'S finest achievement was winning his first G.M.C. COUNTY TITLE at 138 lbs. For his efforts FERNANDO was awarded the MOST OUTSTANDING WRESTLER AWARD for the lighter weights. EDISON HIGH SCHOOL is very proud that one of its home grown recreation stars has achieved such an honor. We look forward to his continued success.

Nolan Hook, South Plainfield

Nolan Hook had a great season for the Tigers in his first full varsity season. He started off the year by finishing as the Morris Knolls runner-up losing to eventual state qualifier Jordan Bash of Watchung Hills. Nolan would finish with a 6-1 record in the Red Division and was 4th in the GMC Tournament. Throughout the dual meet season Nolan would come up with big wins for the Tigers including scoring a big fall in the Lenape Valley dual that helped propel the team to a 34-33 win. Nolan would go on to finish as a district 15 runner-up qualifying him for the Region tournament for the second time in his career. He also finished as the Tigers season wins leader with 25 wins during the 2023/2024 season. The Tigers will miss Nolan's leadership and work ethic and congratulate him on a great Senior season. Best of luck in your future endeavors!

Morgan Schwarz, Saint Joseph Metuchen

- See Wrestler of the Year -

Matt Shumsky, Monroe

Matt Shumsky, like his brother, shared a pivotal role in the team's accomplishments this year. With a season record of 26-12, Matt's relentless determination on the mat sets him apart. His tenacious style is characterized by his ability to be stingy and make even the best opponents work extremely hard to score on him. He secured a 3rd place finish in the GMC Tournament at 138 pounds and an impressive 2nd place in the District Tournament at the same weight class (District 20), Matt's performances emphasize his invaluable contributions to Monroe's wrestling program. Like his brother with a strong off-season Matt will be looking to find his way down to Atlantic city.



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Mason Atkins, Saint Joseph Metuchen

Mason missed the first month of the season battling a very bad ankle injury but when he got back he jumped right into action placing 3rd at the Egg Harbor Tournament over Christmas Break. From there Mason would wrestle in 35 matches over the next 7 weeks and make a major impact for the Falcons holding down the 144 pound weight class. Mason took 3rd in the GMCs, a year after missing them completely as a freshman due to injury, and seemed to be starting to get his confidence back heading down the stretch run of the season. In the District tournament Mason came in as the 1 seed and lived up to his criteria, defeating Austin Jordan in the finals 8-5 and garnering his first ever career District title. His performance in the District finals helped St. Joe's win its 3rd consecutive District Title and 4th in school history. Despite the tough schedule Mason helped solidify the middle of the line up for the Falcons this year winning 24 matches and picking up big wins for the team and competing tough even in his losses to help the team.

Brian Butler, Piscataway

Brian, a 3 year captain and leader for the chiefs, started off his senior season with a 2nd place finish at the Mike Dessino Invitational and a 1st place finish at the Roselle Park A-Nice Invitational. His resiliency and dedication to hard work led him to the top of the podium as one of Piscataway's two GMC champions this season. Brian has forever engraved his name on our practice room championship wall as he secured his third straight District championship along with becoming the 9th PHS wrestler to reach the 100 career win mark. He has shown his teammates and underclassmen how to be a lead by example type of person and how to show true commitment to the team. He is a great example to our program regarding what to do and how you should act in victory, in defeat and when no one is looking. The coaches, team and community of Piscataway wish him the best of luck as next year he is moving on to Rutgers University to compete as a high jumper on their track team.

Jomar Mena, North Brunswick

Jomar served as Captain of the team in his senior year, his fourth year as a varsity wrestler. He has a strong work ethic and desire to compete. He is a tremendous part of the team and will be missed when he graduates. He will be taking his talents to the college level by wrestling for Castleton University next Fall. We wish him much success in his future wrestling career!

Liam Zeh, Saint Thomas Aquinas

Liam "OMOPLATA" Zeh fighting through three seasons of injury and adversity never faltered, head high, helping lead the Trojans to three straight division titles and his highest finish ever in the GMC tournament. With his multi-faceted attack from all 3 positions Liam put together an impressive junior mark of 37-8 with 31 of his wins including bonus points and all 8 losses to state qualifying opponents. This improved Liam's career record to 68-19. Liam was champion of the Governor Livingston Tournament, 2nd in the GMC, 2nd in district 8 and 4th in region 2 getting his first shot at wrestling on the mats in Atlantic City. Liam also earned all division honors. His coaches are looking forward to being a part of his senior season, the sky's the limit. We will be counting on his continued work ethic and leadership to help the Trojans through another memorable year. Way to go Liam and Congratulations.



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**Sebastian Blumburg, Saint Joseph Metuchen**

Sebastian had been a spot starter the last two years losing close wrestle offs as a freshman and sophomore, but this year would leave no doubt as to who was in charge at 150 pounds. Sebastian won 29 matches this year including 8 over Region and State Qualifiers, and picked up some huge dual meet wins for the Falcons in their wins over Seton Hall Prep twice and St. Augustine. The week of the GMC Tournament, Sebastian had tragedy strike as he lost his grandfather. For the rest of the season Bash focused on dedicating the season towards him and it led to him having his first ever appearance in the GMC finals, as well as winning his first ever District title. Despite having to medical forfeit out of the Regions, Sebastian had a great season all around.

Sean Love, Piscataway

Sean kicked off the season strong, clinching a 3rd place spot in the Mike Dessino Tournament. Building on this success, he captured a 1st place finish at the A-Nice Invitational, setting the stage for the rest of the season. However, it was Sean's performance at the GMC tournament that truly showcased his talent. Overcoming the 1st and 2nd seeds, and avenging a previous loss, Sean secured not only a gold medal but also the prestigious title of Most Outstanding Wrestler. Sean continued his winning streak with another victory at the District 18 Tournament, once again earning the accolade of Most Outstanding Wrestler. He then went on to earn himself a well-deserved spot at the state tournament after a 4th place finish at the Region 5 Tournament.

Jose Rodriguez, South Plainfield

Jose Rodriguez has a great Junior campaign in his first season with the Tigers. He started off the season by finishing 4th at the Morris Knolls Tournament. He would go on to pick up some key wins for the Tigers in some important duals meets. Jose would then earn some much needed revenge against a few wrestlers that defeated him throughout his career to help him earn a 4th place finish at the GMC Tournament. Jose would save some of his best wrestling for the post season as he finished 2nd in District 15 qualifying him for the region tournament. At regions, Jose wrestled well and finished 6th narrowly missing a chance to qualify for the state tournament. Jose will be counted on by the Tigers to become a leader in and out of the wrestling room during his senior season. Congratulations Jose on a great Junior year!

Jake Tenebruso, Old Bridge

Junior Jake Tenebruso was another captain who led through his own efforts and hard work on and off the mat this past season. Though he did not achieve his goal of earning another qualification to Atlantic City as he did in his sophomore season, Jake moved up multiple weight classes while still improving to a 32-8 record after posting a 27-16 record in his sophomore season. Jake was a Ron Mazzola Memorial finalist, took 3rd place at the Sam Cali with a 5-1 record at the tournament, placed 3rd in the GMC tournament, was a District 20 finalist, and placed 6th in Region V. Jake continually demonstrates what it means to "do the right thing" in the way he prepares for and competes in matches. We look forward to seeing how this young man closes out an already stellar high school career, as he sits on an 81-41 record and is nearing 100 career wins.



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Feliz Medina-Rodriguez, Woodbridge

Felix is a two-year starter and served as a senior captain for the Barron's in 2024. Felix suffered and early season knee injury that would have ended a majority of wrestlers' seasons. Determined to get the most out of his senior season, Felix returned to the lineup mid-January and took off from there. Felix racked up 14 wins, many of those very important in dual meet outcomes. Felix also went on to earn his highest GMC Finish 4th as the # 7 seed and his highest District Finish 3rd to qualify for his first region tournament. Felix provided excellent leadership and a fantastic work ethic over his career as a Barron! Felix will be missed! Best of Luck Felix!

Devan Monahan, East Brunswick

Devan is a first time GMC All Star Wrestler. He finished the season with 20+ wins. He took 3rd in the GMC, 3rd in district 20 and qualified for his first region tournament. Devan is a wrestler that is never out of a match, he showed this in his 3rd place match at the district tournament. He was losing to a very good wrestler from Rumson when he reversed him to his back and never let him off until the ref slapped the mat. Devan is a strong and explosive wrestler. We know that this successful junior campaign will empower Devan to come back next year with even better results. We look forward to Devan's continued success as a senior!

Tyler Whitford, Saint Joseph Metuchen

Tyler Whitford had an amazing sophomore year where he finished with a record of 40-5 and set the single season win record at St. Joseph, as no wrestler had ever won 40 matches in an individual season before. Tyler's career win total now sits at 73, which means Tyler has the potential to reach 100 wins as a junior which would be an amazing accomplishment. On top of all the wins Tyler did collect some hardware this year. Tyler was an Egg Harbor Christmas Tournament Champion, defeating fellow state qualifier Tommy Grimley in the finals, and then in January won his first career GMC Tournament title with a dominant performance in all 4 matches. Then a few weeks later Tyler went onto capture his 2nd straight District title in as many years leading him into a deep and competitive Region 4 bracket. Tyler ended up qualifying for the State Tournament for the second straight year by taking 3rd in the Regions only falling to a State 5th, and defeating two returning state qualifiers. Down at States in the first round of the tournament Tyler was up 4-0 and was disqualified for a questionable illegal mat return, which put Tyler in a tough wrestleback position. He would win his next match by 11-1 score before falling in a heart breaker later in the day ending his tournament. The future is bright for this young man as he looks to make even more jumps next year as a junior.

Michael Zaunczkowski, Sayreville

Michael is a third year wrestler for the Sayreville Bombers and in his junior year. Mike was a class act all year helping his team secure dual wins and being an excellent leader. Mike was able to take second at the GMC tournament, second at the Elizabeth Minutemen Tournament, and second at his district tournament. We are all proud of him and excited to see what he can do in his senior year.



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Yousef Abdeljawad, Monroe

Yousef unfortunately was studded by many injuries throughout his career. His exciting style made him a tough match-up for anyone he would wrestle. Even with injuries Yousef compiled an impressive 19-6 record and a third-place finish in the GMC. Attempting to battle through injury, Yousef had to injury default out of the district tournament. His dominance on the mat and fun exciting style will surely be missed.

Tyler Boelhower, Woodbridge

Tyler is a three- year starter and was a junior captain for the Barron's this season. Tyler was a fantastic leader and had a tremendous junior season. Tyler started the season off strong capturing titles and most outstanding wrestler awards in both the East Brunswick and Elizabeth Tournaments. Tyler built off his early season success and reached the GMCT Finals where he finished in 2nd place. His second place finish is his highest in his already excellent career. Tyler went undefeated in dual meets for the Barron's this season a perfect 19-0 helping the Barron's to a 13-6 team record. Tyler finished second in both he District 18 tournament and Region 5 tournament as the # 11 seed. Tyler was the Barron's first NJSIAA state qualifier since 2018 and was the first Woodbridge wrestler to win a match in Atlantic City since 2017. Tyler enters his senior season within striking distance of both 100 wins and 100 pins. Great season Tyler!

Andrew Bouchard, Saint Joseph Metuchen

Junior Andrew Bouchard has faced a lot of physical battles the past few off-season's, including a broken leg, dislocated ankle, and continuous lower body ailments. This past offseason Bouchard was faced with the task from the coaching staff to learn to control his mental health and how to become a better wrestler and more importantly a better man because of it. This staff is more than proud to say he did an amazing job with both. The control he started to find allowed his wrestling skills to finally shine through and make him the wrestler we always knew he could be. Despite drawing the 63 seed down at Beast of the East, Andrew battled the whole tournament, eventually falling to returning state placer Jake Zearfoss by decision 6-0. Throughout the match you could see Drew's growth and development from the offseason and Drew seemed ready for a big season. Drew went into the Egg Harbor Christmas tournament, pinning two region 5ths to win his first career high school tournament. As Drew started rolling through his season he went into the GMC Tournament as the 1 seed and pinned state qualifier Tyler Boelhower in the finals to secure his first career GMC title. Unfortunately, the following weekend Drew suffered a severe ankle injury against RBC, sidelining him until districts. Drew entered the Districts without much practice and won his first career District title. A few days later wrestling in the Regions, Drew decided to wrestle through the pain and ended up taking 6th in the Region after medical forfeiting in the 5/6th match. Drew finished the year with a 23-7 record, Christmas Tournament title, County title, and District title, and looking forward to a successful and healthy senior year.

Garrett Pech, Piscataway

Garrett had a successful senior season this year. He was able to cap off his career by becoming a district finalist and making the Region 5 tournament for the second time. Another major highlight for him was being named the most outstanding wrestler at the Mike Dessino Invitational on the opening weekend of the season. He was also able to make the finals of the Roselle Park A-Nice invitational and finish in the top 4 at the GMC tournament. His senior year ended with him breaking the 30 win mark in one season. All of this is very impressive for a wrestler who only started his sophomore year. Garrett was a positive captain and role model and was always inquisitive about how to get better and learn new techniques. He showed his teammates that putting in the time and work in the off season can bring your wrestling to the next level. We wish Garrett the best as he hopes to take his wrestling to the collegiate level next year.



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Omar Cholula, Monroe

Omar Cholula put together a great senior campaign. He was a 2x district champ for the falcons, 2x GMC finalist, and placed fifth in the region. Omar's leadership will surely be missed as his attitude day in and day out was infectious. His comedic relief made his presence very enjoyable as he created a strong team bond between all age groups on the team. He always made everyone feel included and was a great leader. Omar was also someone we could always rely on the mat. He stayed calm and was poised in important matches clinching numerous duals. While he will be dearly missed by the Falcon's we look forward to getting another four years of another Cholula brother as his brother moves up from 8th grade.

Michael Feliciano, Colonia

- See Wrestler of the Year -

Anthony Pasquale, Saint Thomas Aquinas

Anthony "Paralyser" Pasquale in just his 3rd year of wrestling was 3rd in the GMC and 3rd in district 8 with a season record of 23-10 improving his career record to 47- 29. With a gunsmoke and a cradle Anthony was able to temporarily paralyze many of his opponents . Drawing the unenviable task of being practice partners with Nazareth Pina and never backing down , watching them in practice made it no surprise that they were both able to achieve so much. Anthony also earned all division honors helping the trojans win the white division title. His coaches will be counting on his leadership setting the pace in practice next year. We are all excited to see what Anthony's senior year will hold. Way to go Ant and congratulations.

Yisreal Thomas, East Brunswick

Yisreal is 3x varsity letter winner for East Brunswick, a 2x region qualifier and was a 20+ match winner this season. As a sophomore he showed his determination as a wrestler in his role as a utility wrestler. He would be the wrestler we would put in the line up to be able to move other wrestlers. However, we would be pleasantly surprised as he would keep the match close or even win when not expected. Coming into the season again showed his determination, as one of Yisrael's goals was to become a GMC All Star Wrestler. He accomplished this goal by taking 4th at the GMC tournament. Yisreal was a key part of the recent success of East Brunswick as his leadership and examples can not be overstated. His determination, hard work and resilience is what led to his success this season. Yisreal plans to continue his academic career at Montclair University next year.



190



Mario Carbonaro, Woodbridge

A four-year starter for the Barron's, Mario also served as a team captain this season. Mario was a tremendous vocal leader and an extremely hard worker. Mario took second place in both the East Brunswick and Elizabeth Tournaments this season. As the # 3 seed, Mario reached the GMCT Final and finished in second place. Mario had an 18-1 dual meet record this season helping the Barrons to a team record of 13-6. Mario's tournament success continued in the district tournament where he became the Barrons first District Champion since 2017. Mario continued on to the Region 5 tournament and finished in 6th place. Mario has notched 70 career wins wrestling for Woodbridge and has played a huge part in the Barron's success. Mario will be missed! Best of Luck Mario

Danny Internoscia, Saint Joseph Metuchen

Daniel Internoscia stepped into our line up this year with minimal varsity experience and was tasked with wrestling in our starting line up against a daunting schedule. Dan stepped up to the task and showed improvement every day in our room constantly wrestling with the coaching staff and practice partner Brian Christie. Dan ended up becoming a GMC All Star by taking 4th in the GMC, and he won many big matches for us including defeating Clark Rich from Seton Hall who he had previously lost to twice this season in order to win our sectional match and advance onto the next round. Come the postseason Dan was the 3 seed in a balanced District and ended up pinning the 6 seed, pinning the 2 seed, and then upsetting the 1 seed 10-7. A great breakout season from the junior and much more to come out of him next year.

Dominick Paulino, Old Bridge

Junior Dominic Paulino had a successful campaign in his first full season of varsity action with the Knights. Dom wrestled throughout the top of the lineup, bumping to heavyweight, spending some time at 215, and finding a home at 190. Dominic's determined and focused mentality made him a great fit for the role of "team captain", as he led by example throughout the season. Dominic was a Ron Mazzola Memorial Champion, went 2-2 at the Sam Cali Invitational, was a Hunterdon Central Invitational Finalist, placed 3rd in the GMC Tournament, was a District 20 Finalist and placed 5th in the Region V Tournament. Dominic went 29-12 this season and will look to earn his ticket to Atlantic City next season as he continues to lead the way for the Knights.

Nazareth Pina, Saint Thomas Aquinas

Nazareth "Piledriver" Pina with a relentless attack on his feet and hammering ride on top put together a destructive senior season. Finishing this season with a 30-8 record Naz compiled a career mark of 79-22 in just 3 seasons. This years 8 losses came to just 7 wrestlers all of which made the state tournament. Five of his losses came to the wrestlers who placed 1st,3rd,4th,5th and 8th in his weight class. Nazareth was a 2 time GMC champ and a 3 time finalist, a district champ and 3 time finalist and helped STA win back to back white division championships. He set the pace in the wrestling room with an incredible work ethic and helped to elevate his wrestling partner to GMC all-star status. His coaches know where ever he choose to wrestle in college they will be getting a leader, a great teammate and a winner. Thank you for being part of the BGA/STA wrestling family we will miss you ! Congrats and good luck , see you at alumni match. Way to go Naz!



215



Brian Christie, Saint Joseph Metuchen

Brian Christie has made his mark not only on the GMC but the entire State of New Jersey. This year Brian became only the 3rd wrestler in St. Joe's history to win 100 matches but he was approaching a different mark that only 8 people in the history of New Jersey wrestling had accomplished: 100 pins. Brian started the year with 75 career pins and quickly started getting closer to 100 pins by pinning 3 opponents at Beast of the East, including a 23 second pin over a nationally ranked Malvern Prep wrestler. Brian continued ripping through opponents during the season as he pinned 5 returning state qualifiers and 2 more who would qualify for states this year, and was sitting at 99 pins heading into an end of the season tri-meet with Colonia and St. Benedict's. In the opening match, Brian found a pin in the first minute of the match and joined elite company by becoming the 9th wrestler in New Jersey history to get 100 Pins in his career. However, that is not all Brian's season had to offer. Brian became the highest placing wrestler in St. Joe's history at Beast of the East by taking 3rd Place in a 6-1 win over Aidan Schlett, a returning State 6th from St. Joseph Montvale and we could all see Brian was ready to make a run. Brian pinned his way to a first place finish at the Egg Harbor Christmas Tournament, pinned his way through the GMC Tournament to win his second straight title, the following weekend majored Dante DeLuca from Don Bosco who took 5th in the state, 12-2, and then in the first round of the sectionals major decisioned Rocco Salerno from Seton Hall Prep who took 7th in the state, 9-1. Brian's state seeding had been set in place and now just the Districts and Regions stood in his way. In the District Tournament Brian pinned his two opponents to take home his 2nd straight District title and now he turned his focus to winning his 2nd Region title. Tragedy struck with Brian up 5-0 in the Region semifinals only 45 seconds into the match. In a scramble position Brian felt a pop in his knee and immediately started writhing in pain and was unable to continue the match according to the Union training staff. Brian was told he needed to sit out his consi semifinals match but said "I have qualified for States every single year of my career. I am going to do it my senior year as well." On a heavily taped and braced knee, Brian went out there with a straight leg and no stance and beat the Region 5th placer 14-5 in an epic match with Brian in obvious pain and an inability to move side to side. Brian ended up placing in the Region and qualifying for States for the 4th time in his career. After the fact Brian was diagnosed with a torn ACL, MCL, LCL, lateral meniscus, medial meniscus, as well as a ruptured Baker's cyst in his knee. Despite his best efforts to try and wrestle down at the State tournament he was unable to go on the short turnaround week and his senior year came to an end. Brian ends his wrestling career with some outstanding accomplishments, and more are still to come as he plans to wrestle Division 1 next year down at nationally ranked Appalachian State University.

Steven Cohan, Saint Thomas Aquinas

Steve "S.W.A.T.". Cohan with many special weapons and tactics was able to put together an incredible wrestling career. Compiling a season record of 29-4 he improved his career mark to 92-21. Steven was a 4 time district placewinner and a 1 time champion, a 3 time GMC placewinner and 1 time champion and a two time region placewinner 3rd and 5th. Steven was 3x all division and 2x all conference. A leader and a great teammate Steven was instrumental in helping the trojans win division titles in all four of his seasons. Steve has yet to scratch the surface of his potential and his coaches are hopeful he will find a topic of interest and continue his wrestling career next year. He will be greatly missed having anchored the trojan line-up at 215 for 4 straight seasons. Thank you, Good luck and Congratulations see you at alumni match!

Zachary Florio, Old Bridge

Sophomore Zach Florio has enjoyed a breakout season, posting a 22-9 record in his second year of varsity action, after wrestling to a 13-16 record in his freshman year. Zach finished 3rd at the Ron Mazzola Memorial Tournament, wrestled to a 3-2 record in the prestigious Sam Cali Invitational, placed 3rd in the GMC, and took 3rd in District 20 after suffering a meniscus tear in the semifinals. This injury unfortunately forced a withdrawal from the Region V tournament, but Zach's accomplishments this season still left a lot to be proud of. Zach will be back and healthy for his final two years in which he intends to leave his mark among the best in the state.

Anthony Marcos, Monroe

Anthony Marcos really hit his stride at the GMC tournament. Winning tight matches that he had previously lost earlier in the year. The sophomore put together a great run to place 4th in the GMC. He is a great teammate and someone who is always willing to help. With a good off-season we expect Anthony to build off his senior season and turn some heads next year as a Junior.





285



Josiah Gibson, Monroe

Josiah Gibson a senior always brought a fun and refreshing attitude to practice every day. He started to hit his stride mid-year getting an abundance of pins and bonus points for the team. Josiah who only started wrestling last year finished with an impressive 22-8 record and finishing 3rd in the GMC. His progression in only two years was remarkable and as coaches drives us crazy that he did not start his freshman year. Regardless the senior will be surely, missed for his great attitude and relentlessness on the mat.

Jason Gross, Saint Joseph Metuchen

Jason came to St. Joe's as a very solid football player who had some previous wrestling experience but not a ton. Jason came into the season around 210 pounds and won his wrestle off to secure a starting spot on the team. He was faced with bouncing around between 215 and heavyweight to try and ensure the best match ups possible during the regular season for the team. However, coming into the GMC Tournament he was not seeded high because of his lack of criteria and record due to St. Joe's schedule. Despite finding himself a 12 seed Jason would go 4-2 over the course of the 2 day tournament pinning all 4 of his opponents in the first period and taking 4th in the GMCs to become a GMC All Star for the first time in his career. His seed differential was higher than anyone else who participated in the GMC Tournament and he had the most pins in the least amount of time in the entire tournament. Unfortunately, a broken bone in Jason's back led to him unable to wrestle in the District Tournament where he would have found himself in a good position to advance to the Region. Jason is still very young and the future is bright for this sophomore.

Caden Sternlieb, Saint Thomas Aquinas

Caden " THE MOUNTAIN" Sternlieb hit new heights this season.....literally hitting the ceiling on many many throws. After a grueling varsity football season and finally getting on weight, Caden put together an incredible sophomore season. Caden finished 21-12 improving his 2-year mark to 45-22. Caden was first team all division and improved from 7-8 in the county to becoming a county finalist. As 5th seed in the district Caden went on a tear pinning his way through the tournament enroute to a District 8 title. As the anchor in our line-up Caden helped the Trojans repeat as GMC white division champions. His coaches are excited to see what the next two seasons have in store for Caden. We will be counting on his leadership and work ethic to lead a young group of wrestlers in pursuit of the schools first red division title. The gym ceilings the limit! Way to Rock and Congratulations.

Connor Walsh, Sayreville

Connor is a two year captain, for wrestling. Wrestling all 4 years for the Bombers. He took 2nd at both the Ron Mazzola Memorial Tournament and Elizabeth Minutemen Tournament before capturing 1st place at the GMC tournament. He then went on to be a District Champion, placing third at regions, then finally going 1-2 at the state tournament. He was a huge reason for many of our team dual successes being the anchor that Sayreville needed at HWT. Connor will be off playing football at East Stroudsburg next year. We will miss him greatly at Sayreville.

TEAM MVP'S

Thomas Nielson, South River

Thomas Nielsen is the Junior captain at South River High School. Thomas was someone who was reliable in both practices and matches. He was someone who led by example and pushed the pace of the room. Even though we lost twelve kids and ended with eight , he did a good job bringing the team together during and outside of practice. Our season would have been much worse if he wasn't there. Saying he is someone we are happy to have is an understatement. We have big hopes for him next year.

Muhammad Abubakar, Carteret

A three year starter for Carteret. Muhammad was also the team captain this year. Helped anchor a developing Carteret wrestling squad who won 8 matches and lost a few heartbreakers. Muhammad came in 3rd at the Rahway Tournament and 5th at the Annual Buc Classic. Recorded 20 wins this year which kept Carteret in close duels. Muhammad had a work ethic and grit that rubbed off on the rest of the group. A great leader that left his mark for underclassmen and future Rambler wrestlers. We wish Muhammad the best in the future as he will look to attend Rutgers University in the fall.



FINAL GMC STANDINGS

Red Division Division Overall

1)	St Joes Metuchen	7-0	20-5
2)	Monroe	6-1	22-4
3)	Old Bridge	5-2	10-8
4)	Sayreville	4-3	11-9
5)	South Plainfield	3-4	7-13
6)	Piscataway	2-5	11-14
7)	Perth Amboy	1-6	4-14
8)	South Brunswick	0-7	3-21

White Division Division Overall

1)	St Thomas Aquinas	7-0	17-9
2)	Edison	5-2	14-5
3)	East Brunswick	5-2	13-9
4)	Woodbridge	4-3	13-6
5)	Colonia	4-3	13-7
6)	Middlesex	1-6	8-10
7)	North Brunswick	1-6	6-16
8)	New Brunswick	0-7	4-18

Blue Division Division Overall

1)	John F Kennedy	7-0	14-5
2)	Metuchen	6-1	12-10
3)	North Plainfield	5-2	17-10
4)	Carteret	4-3	8-15
5)	Spotswood	3-4	5-12
5)	John P Stevens	3-4	5-16
7)	South River	1-6	1-19
8)	Highland Park	0-7	4-22





All Conference



Conference Champion: Saint Joseph

Conference Runner-Up: St Thomas Aquinas

- 106: Gavin Young - Old Bridge
- 113: Ben DiCocco - St. Thomas Aquinas
Logan Roman - Old Bridge
- 120: Jake Gujski - East Brunswick
- 126: John Whitacre - St. Joseph
Aedan Samson-Huggins - East Brunswick
- 132: Jahir Aguilar - St. Thomas Aquinas
Noah Bone - Colonia
- 138: Fernando Avellan - Edison
Morgan Schwarz - St. Joseph
- 144: Brian Butler - Piscataway
- 150: Sean Love - Piscataway
- 157: Tyler Whitford - St. Joseph
- 165: Andrew Bouchard - St. Joseph
- 175: Michael Feliciano - Colonia
Omar Cholula - Monroe
- 190: Nazareth Pina - St. Thomas Aquinas
Mario Carbonaro - Woodbridge
- 215: Brian Christie - St. Joseph
Steven Cohan - St. Thomas Aquinas
- 285: Connor Walsh - Sayreville

Coach of the Year: Mike Carbone - Saint Joseph



**All
Conference**



Conference Champion: Old Bridge

Conference Runner-Up: East Brunswick

100: Samantha Larkin - Old Bridge
107: Leeah Gutierrez - Perth Amboy
114: Olivia Mitchell - East Brunswick
Nuria Kojic - Old Bridge
120: Adriana Farese - Old Bridge
126: Eva Altamirano - South Plainfield
Emma Sagi
132: Caelum Ritzdorf - Metuchen
Jenna Magrino - Old Bridge
138: Gabrielle Roberts - North Brunswick
145: Sanyah Queen - St Thomas Aquinas
152: Makayla Decker - St Thomas Aquinas
Abigail Lydon - East Brunswick
Elizabeth Adebola - Perth Amboy
165: Sofia Sousa - Old Bridge
185: Aliya Graca - East Brunswick
Nylani Delvalle - North Plainfield
235: Amaree Walker - North Plainfield



All Red Division



Division Champion: Saint Joseph Metuchen

- 106: Gavin Young - Old Bridge
- 113: Nico DeRado - Saint Joseph
Logan Roman - Old Bridge
- 120: Nick Cavallo - Monroe
- 126: Zach Beadling - Saint Joseph
John Whitacre - Saint Joseph
Joe Stanzione - South Plainfield
- 132: Josh Shumsky - Monroe
- 138: Morgan Schwarz - Saint Joseph
- 144: Brian Butler - Piscataway
Matt Shumsky - Monroe
- 150: Sebastian Blumberg - Saint Joseph
Sean Love - Piscataway
- 157: Tyler Whitford - Saint Joseph
Anthony Ramirez - Monroe
Jake Tenebruso - Old Bridge
- 165: Andrew Bouchard - Saint Joseph
- 175: Omar Cholula - Monroe
- 190: Dominick Paulino - Old Bridge
- 215: Brian Christie - Saint Joseph
- 285: Connor Walsh - Sayreville

COACH OF THE YEAR: Mike Carbone - Saint Joseph Metuchen

Sportsmanship Award: Perth Amboy



All White Division



Division Champion: St Thomas Aquinas

- 106: Dominick Lezark - East Brunswick
- Niko Rivas - Saint Thomas Aquinas
- 113: Ben DiCocco - Saint Thomas Aquinas
- 120: Jake Gujski - East Brunswick
- 126: Jeremy Negron - Edison
- Aedan Samson-Huggins - East Brunswick
- 132: Jahir Aguilar - Saint Thomas Aquinas
- Noah Bone - Colonia
- 138: Fernando Avellan - Edison
- 144: Liam Zeh - Saint Thomas Aquinas
- Jomar Mena - North Brunswick
- 150: George Crostewitz - East Brunswick
- 157: Devan Monohan - East Brunswick
- 165: Tyler Boelhower - Woodbridge
- 175: Michael Feliciano - Colonia
- Anthony Pasquale - Saint Thomas Aquinas
- 190: Nazareth Pina - Saint Thomas Aquinas
- Mario Carbonaro - Woodbridge
- 215: Steve Cohan - Saint Thomas Aquinas
- 285: Caden Sternleib - Saint Thomas Aquinas
- Connor Martin - Middlesex

COACH OF THE YEAR - Joe Langel - East Brunswick

Sportsmanship Award: New Brunswick



All Blue Division



Division Champion: John F Kennedy

- 106: Cameron Daniels - John F Kennedy
- 113: Armani Maglione - John F Kennedy
- 120: John Barreto - John F Kennedy
- 126: Adolfo Malabanan - John P Stevens
Nate DeCoite - Metuchen
- 132: Mohammad Ahsan - North Plainfield
- 138: Peter Chuv - John F Kennedy
- 144: CJ Pareja - Metuchen
Ernie Botteon - Highland Park
- 150: Daniel Ayala - Metuchen
- 157: Elijah Rodriguez - Carteret
- 165: Shehraj Salmon - John F Kennedy
Daniel Montemurno - Metuchen
- 175: Ben Michaliszyn - Metuchen
Wilfredo Villalongo - Carteret
- 190: Muhammad Abubakar - Carteret
- 215: Noah Berlin-Langston - Highland Park
Emmanuel Perez Quijano - John F Kennedy
- 285: Exon Mercado - North Plainfield
Isaiah Dennia - John P Stevens

COACH OF THE YEAR: Matt Creighton - John F Kennedy

Sportsmanship Award: North Plainfield

COURAGEOUS WRESTLER AWARD



Dakota Clark



In the combative arena of high school sports, few stories of determination match that of Dakota Clark, a senior wrestler whose resilience has been tested by not just opponents on the mat, but by formidable challenges off of it. Wrestling varsity for four consecutive years and twice-appointed team captain, Dakota has had a string of impressive accomplishments, including being a 2-time place winner in the Mike Dessino Invitational, 2nd in the Holmdel Holiday Tournament, and 3rd in the Pioneer Classic. His commitment to excellence is further underscored by his remarkable attendance record, never missing a single practice, and earning the distinction as a three-sport varsity athlete in football, wrestling, and track.

But Dakota's physical and mental fortitude was put to the ultimate test not once, but twice, when he suffered collapsed lungs during two pivotal seasons. During the 2023 wrestling season, Dakota experienced his first lung collapse but made a staggering comeback to the team just four weeks later. Then, in a blow that would sideline lesser spirits, his lung collapsed a second time in January, leading to intensive care for over a week and surgery to remove part of his lung. Dakota's unyielding optimism and grit have him looking forward to returning to track in the spring, exemplifying a never-surrender attitude that inspires teammates and competitors alike. His story is not just one of athletic success, but a testament to unwavering perseverance in the face of adversity.

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TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD



Logan Roman
Old Bridge



There is not enough to say about Logan Roman. Owning a 102-7 career record, he had his last loss in high school on December 28, 2022. Logan became the first male state champion in Old Bridge High School history. He is a 3x district champion, a 3x region finalist and 2x champion. He only competed in one GMC tournament due to injuries and the covid season, but he won that as well. He left a mark on Old Bridge that will never go away. Logan's impact on the program and the young wrestlers who look to him as a role model is priceless. He has achieved levels of greatness in this sport that most can only dream of, and inspired his peers, his fans, and his loved ones all along the way. Although serious illness denied him an opportunity at getting to states this season, he still made the trip down to Atlantic City to support his teammates, a true testament to his character. We have no doubts that he will continue the path to success at the next level in the NCAA. Thank you so much for your efforts and sacrifices toward yourself and your program.

Dean Family Scholarship



Abigail Lydon
East Brunswick



When Abby started wrestling her sophomore year, I immediately knew she would be great for the team. From the first day, her work ethic stood out. She gave it her all every minute of practice and would even stay after to go over technique for herself or a teammate. After a covid shutdown, Abby almost did not return, but finally decided to give it another go. Although Abby did not have many wins her first season, she had a lot of success in matches, often out scoring her opponents before getting caught. Beyond that, I saw potential in her as a team leader and she was chosen to be the team captain for her junior and senior year.

As a captain, Abby was instrumental in uniting the team. She could always be counted on to set the example in practice, advise new wrestlers, or disseminate important information. Win or lose, Abby always walked off the mat smiling, ready to cheer on the next girl. Abby turned a corner her second year and suddenly went on a winning streak starting with her place at the Lady Bear Invitational. She went from winning 5 matches her first season to almost quadrupling her wins the next year and finishing 5 / 6 in the Region Tournament.

As a senior, Abby came back laser focused. Of the losses she took this season, all but 1 came to previous or eventual state qualifiers/placewinners. Abby also had wins this season over multiple state qualifiers and placewinners, including defeating the eventual State Champion in the GMC tournament semi-final match. Abby qualified for her first state tournament by wrestling back for third place after an upset loss in the region quarter-final, eventually pinning the wrestler who defeated her earlier in the day to punch her ticket to Atlantic City. Abby finished her career with 49 wins.

In addition to her leadership on the team, Abby has an outstanding academic record. She has been enrolled in 13 honors courses and 5 college credit classes: Calculus AB, United States History, World History - Modern, AP Biology, and Rutgers College Writing. She is also a multi-sport athlete, also excelling in Track and Field, where she participates in discus and shotput. She also boasts a 4.36 GPA. While Abby will be truly missed by the Bears next year, we are excited to see all she will accomplish at Rutgers University and hope she will come back to visit! Good luck Abby and thank you for the incredible impact you have had on this program!

TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD

OUTSTANDING WRESTLER AWARD



Elizabeth Adebola

Perth Amboy



Elizabeth's journey this season is nothing short of remarkable. The senior rose from a 4th place finish last year to winning a NJ State title. During the last month of this season, she displayed an unparalleled focus and calmness, trusting her coaches, trusting her training, and trusting her ability to win that state title she so eagerly pursued. Her confidence and focus powered her forward to win her last 18 matches and completed her season with a 27-4 record.

Despite never winning a GMC title, Liz etched her name in Perth Amboy wrestling history by becoming the only wrestler to win 2 Regional titles, and 3rd wrestler to earn 2 State medals, alongside Heriberto Quintana and Ahsia Torres. Her achievement as the 2nd female wrestler State champion and the 3rd State champion in school history, speaks volume about her talent and her drive to excel to be the best.

Liz's success on the mat is matched by her academic accomplishments, boasting a 4.3 GPA and is ranked 10th in her class of 560. She aspires to continue her wrestling career at the next level. Majoring in exercise science, she has been accepted by Alvernia, Felician, Iowa, and Ohio State to name a few. As a tremendous leader and role model to her teammates, she has hope that what she has accomplished inspires not only her teammates but future generations of not only female wrestlers, but all wrestlers in Perth Amboy to strive for greatness.

OUTSTANDING WRESTLER AWARD



Eva Altamirano
South Plainfield



Coming into the 2023/2024 wrestling season, Eva Altamirano was a pretty well known wrestler around the conference. Why wouldn't she be? As a freshman, she was a conference and region runner-up and would go on to place 6th in the NJSIAA Tournament. As a Sophomore, more people began to take notice of her as she dominated her way to her first conference title pinning her way through the tournament. She would go on to place 2nd in the region, giving eventual 4x state champion Kira Pipkins of Bloomfield all she could handle losing 8-2. Unfortunately, Eva did not have the state tournament that we hoped she would as she went 1-2 finishing in the round of 12.

After a solid off-season of training freestyle and wrestling all over the country and the world, Eva entered her junior year primed for a big season and she did not disappoint. Eva and the coaching staff talked about keeping her on a limited schedule so as to not burn her body out and to keep her as healthy as possible when the post season came around. She started the year out by placing third at the

Lady Minuteman Classic that featured a weight class with 5 of this year's 12 state qualifiers at 126 pounds. Eva would wrestle three of them with her lone loss coming to returning two time state place winner Emme Hoarle of Somerville by fall. That loss could have really deterred her from having the season she ended up having, but Eva kept her mind right and knew she would be able to bounce back from that loss and hopefully see her again. Eva entered the GMC tournament the following week as the second seed. She would pin her way to the finals setting up probably the most anticipated Girls GMC Finals ever with returning state place winner Emma Sagi of Old Bridge. Eva would win a very physical match 1-0 earning the upset, her second county title, and was voted Most Outstanding Wrestler of the tournament for the lower weights. Eva attributed that win to being in the right frame of mind and believing that she had the ability to win the