



ANNUAL ALL-STAR AWARDS PRESENTATIONS

**MILLTOWN AMERICAN LEGION Post #25
MONDAY, APRIL 23, 2018**

2018-2019 IMPORTANT DATES

(Very Tentative and Very Subject To Change)

Hydration: may begin on November 1, 2018

Tryouts: November 19, 20, and 21, 2018

NOTE: No practices allowed on November 22, 23, 24, 25

Practice Begins: Monday, November 26, 2018

Thursday, January 24th - GMC Seeding Meeting

NO MATCHES ON THIS DAY

4:00 at the South Plainfield Italian American Club

Friday, January 25th - GMC Tournament at Piscataway

Saturday, January 26th - GMC Tournament at Piscataway

Friday, December 14, 2018 - Opening Day

January 15th - 2 Pound Allowance

Saturday, January 26th - Team Playoff Cut Off

Tuesday, January 29th - Team Playoff Seeding Meeting

Saturday, February 2nd - Individual 30 Match Cut Off

Monday, February 4th - State Sectionals Begins

Wednesday, February 6th - State Sectional Semi-Finals

Friday, February 8th - State Sectional Finals

Sunday, February 10th - Group Finals, Toms River

Thursday, February 14th, District Seeding Meetings

Saturday, February 16th - District Tournaments

Monday, February 18th, Region Seeding Meetings

February 20th, 22nd and 23rs - Region Tournaments

Tuesday, February 26th - State Seeding Meeting

March 1st, 2nd and 3rd - State Tournament in Atlantic City

Wednesday, March 6th - Post Season Meeting 6:00pm, Edison HS

= Assumptions Based on 2017-2018 Schedule

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

ALL-STAR AWARDS PRESENTATIONS

MASTER OF CEREMONIES - RON MAZZOLA

SPECIAL THANKS TO:

**LUCA RISPOLI
DINNER RESERVATIONS**

**MARY RISPOLI
ENTRANCE TABLE**

**RACHEL DADDIO
50/50**

**STU KOHN ~ MILLERS RENTALS
FOR HIS ASSISTANCE WITH DINNER ARRANGEMENTS**

**RON MAZZOLA
PROGRAM & AWARDS**

**PROGRAM PRINTING COURTESY OF THE
SOUTH PLAINFIELD BOARD OF EDUCATION**

SPECIAL THANKS TO KEVIN McCANN BILL PAVLAK & STEVE JOHNSTON

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

All-Star Wrestlers

- 106: Ken Beck (Middlesex-Dunn.); Matthew Klimkiewicz (South Brunswick);
Dylan Acevado (Sayreville); Anthony White (South Plainfield)**
- 113: Issac Cruz (South River); Joseph Fiordaliso (Monroe);
Joseph Pacheco (Perth Amboy); Zachary Weiner (Spotswood)**
- 120: Michael Bilardo (Monroe); David Loniewski (South Plainfield);
Mitchell Polito (East Brunswick); Jake Wiatroski (Old Bridge)**
- 126: Mike Botte (Old Bridge); Ian Coleman (J.F. Kennedy);
Joe Heilmann (South Plainfield); Michael O'Brien (Edison)**
- 132: Mathew Castimore (South Brunswick); Thomas Fierro (South Plainfield);
Troy O'Connor (Middlesex-Dunellen); James Rodriguez (Perth Amboy)**
- 138: Aaron Coleman (J.F. Kennedy); Andrew Lombard (Monroe);
Trevor Mastorio (Sayreville); Alec Meyers (Old Bridge)**
- 145: Jeff Johnson (Middlesex-Dunellen); Luke Pero (Colonia);
Marcus Petite (Piscataway); Joe Sacco (South Plainfield)**
- 152: Dan Colon (South River); Joseph Hatcher (Piscataway);
Hunter Kiraly (Woodbridge); Nicholas Weikel (Monroe)**
- 160: Shea Obado (Spotswood); Michael Petite (Piscataway);
John Poznanski (Colonia); Jacob Vega (Carteret)**
- 170: Justin Hopman (Monroe); Joseph Nardacci (South Plainfield);
Nick Recine (Piscataway); Demetrius Ruiz (Carteret)**
- 182: Kenneth Abode (North Brunswick); Kyle Baszak (South River);
Brenden Hedden (South Plainfield); Elijah Pitt-Goodson (Piscataway)**
- 195: Kaylon Bradley (Monroe); Paris Foster (Piscataway);
Luke Niemeyer (South Plainfield); Gustavo Palacio (South Brunswick)**
- 220: Frank Cohan (Carteret); Keshon Davila (New Brunswick);
Zach DelVecchio (South Plainfield); Adrian Najar (Colonia);
David Welch (Perth Amboy)**
- 285: Spencer Johnson (J.P. Stevens); Nick Nyers (Woodbridge);
Ramiro Osuna (New Brunswick); David Pierre (Carteret)**

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

Special Award Winners

OUTSTANDING WRESTLER AWARDS

Joseph Heilmann, South Plainfield
Mitchell Polito, East Brunswick

TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD

Joseph Heilmann, South Plainfield
Spencer Johnson, J.P. Stevens

NJWOA-CENTRAL CHAPTER SCHOLARSHIP AWARD

Nick Nyers, Woodbridge

COURAGEOUS WRESTLER AWARD

Frank Cohan, Carteret

FRESHMAN OF THE YEAR

Anthony White, South Plainfield

SOPHOMORE OF THE YEAR

John Poznanski, Colonia

COACH OF THE YEAR

Dan Smith, Piscataway

ASSISTANT COACH OF THE YEAR

Bill Ojeda, North Brunswick

TEAM MVP'S

Christian Diaz, Bishop Ahr
Sean Li, Highland Park
Arun Chezian, Metuchen

TOP TEAM

South Plainfield High School

BEST TEAMS

LARGE SCHOOLS (Gr. 3, 4, 5)
Monroe Township High School

SMALL SCHOOLS (Gr. 1, 2, 3)
South River High School

MOST IMPROVED TEAMS

LARGE SCHOOLS (Gr. 3, 4, 5)
South Brunswick High School

SMALL SCHOOLS (Gr. 1, 2, 3)
Spotswood High School

WRESTLING MAN OF THE YEAR

Matt Pazinko, East Brunswick

MEDIA PERSON OF THE YEAR

Luca Rispoli, mycentraljersey.com

CLIFF LOYSEN MEMORIAL

WRESTLING OFFICIAL OF THE YEAR
Ron Bubnowski

SPECIAL COACHING ACCOMPLISHMENTS

Career Milestone Wins

100 - Matt Pazinko, East Brunswick

100 - Tom White, Edison

200 - Bill Pavlak, South Plainfield

250 - Nick Tonzola, Bishop Ahr

SPECIAL COACHING RECOGNITION AWARDS

Mike Giordano, Perth Amboy

Billy Jacoutot, Monroe

Jason McLean, New Brunswick

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION STATE CHAMPIONS

From Middlesex County

<u>NAME</u>	<u>YEAR</u>	<u>SCHOOL</u>	<u>WT. CL.</u>
HENRY MACK	1962	PISCATAWAY	141
RICH AIELLO	1963	EAST BRUNSWICK	141
STEVE POVOLAC	1964	J.P. STEVENS	141
ED TOMKIEWICZ	1964	EDISON	188
JOE LEMMO	1965	SOUTH PLAINFIELD	106
MAX GUIDOBONI	1965	EAST BRUNSWICK	115
J. SMITH	1965	PISCATAWAY	168
LEN CASSIDY	1966	EAST BRUNSWICK	130
GERRY NISIVOCIA	1970	J.P. STEVENS	115
MARIO IANNI	1970	EDISON	130
GERRY NISIVOCIA	1971	J.P. STEVENS	123
JOE NISIVOCIA	1972	J.P. STEVENS	115
JAY STUART	1972	PISCATAWAY	136
BARRY DRILL	1975	J.P. STEVENS	101
JOE DOUGHERTY	1975	MADISON TOWNSHIP	108
JOE DRAIN	1977	COLONIA	158
MIKE DOUGHERTY	1978	MADISON CENTRAL	108
KEVIN JACOUTOT	1980	MADISON CENTRAL	115
JACK WILSON	1980	MIDDLESEX	HWT
KEVIN JACOUTOT	1981	MADISON CENTRAL	129
TED SLIWINSKI	1983	EAST BRUNSWICK	159
TIM JACOUTOT	1984	MADISON CENTRAL	116
DARREN SCHULMAN	1986	EAST BRUNSWICK	123
JOE DUHIGG	1989	EDISON	119
STEVE GIORDANO	1989	SOUTH PLAINFIELD	145
KEVIN MCCANN	1991	SOUTH PLAINFIELD	135
SCOTT KAMMERER	1991	EAST BRUNSWICK	HWT
FERMAN CRISCO	1992	PERTH AMBOY	152
BRIAN BRADY	1994	MADISON CENTRAL	152
TOM NOTO	1998	SOUTH RIVER	103
TOM NOTO	1999	SOUTH RIVER	103
MATT ANDERSON	2000	SOUTH PLAINFIELD	103
ED GUTNIK	2001	JOHN F. KENNEDY	130
JIMMY CONROY	2004	SOUTH PLAINFIELD	103
ANTHONY ASHNAULT	2010	SOUTH PLAINFIELD	103
ANTHONY ASHNAULT	2011	SOUTH PLAINFIELD	112
ANTHONY ASHNAULT	2012	SOUTH PLAINFIELD	126
SCOTT DELVECCHIO	2012	SOUTH PLAINFIELD	132
SCOTT DELVECCHIO	2013	SOUTH PLAINFIELD	132
ANTHONY ASHNAULT	2013	SOUTH PLAINFIELD	138
JONATHAN SCHLEIFER	2014	EAST BRUNSWICK	160

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

State Stuff ...

TEAM INDIVIDUAL

Listed Alphabetically

Bishop Ahr

Non-Public, North 2 Semi-Finalists

Colonia

North 2, Group 4 Qualifier

Middlesex-Dunellen

Central Jersey, Group 2 Semi-Finalists

Monroe

Central Jersey, Group 5 Semi-Finalists

Old Bridge

Central Jersey, Group 5 Qualifier

Perth Amboy

North 2, Group 5 Qualifier

Piscataway

North 2, Group 5 Semi-Finalists

Sayreville

North 2, Group 4 Qualifier

South Plainfield

Central Jersey, Group 3 Champion

State Group 3 Champion

South River

Central Jersey, Group 1 Semi-Finalists

Spotswood

Central Jersey, Group 1 Qualifier

2nd Place

120 - Mitchell Polito (East Brunswick)

126 - Joe Heilmann (South Plainfield)

3rd Place

160 - John Poznanski (Colonia)

5th Place

195 - Luke Niemeyer (South Plainfield)

6th Place

160 - Michael Petite (Piscataway)

8th Place

145 - Jeff Johnson (Middlesex/Dunellen)

Top 12

106 - Anthony White (South Plainfield)

120 - David Loniewski (South Plainfield)

132 - James Rodriguez (Perth Amboy)

138 - Aaron Coleman (JFK)

220 - Frank Cohan (Carteret)

Top 16

106 - Joseph Pacheco (Perth Amboy)

152 - Joseph Hatcher (Piscataway)

195 - Kaylon Bradley (Monroe)

Top 24

106 - Joseph Fiordaliso (Monroe)

120 - Jake Wiatroski (Old Bridge)

145 - Joe Sacco (South Plainfield)

Qualifer

132 - Thomas Fierro (South Plainfield)

138 - Andrew Lombard (Monroe)

145 - Trevor Mastorio (Sayreville)

160 - Jacob Vega (Carteret)

160 - Shea Obado (Spotswood)

182 - Kenneth Abode (North Brunswick)

220 - Nick Nyers (Woodbridge)



106



Dylan Acevedo, Sayreville

Freshman Dylan Acevedo had a stellar season acquiring an impressive 26 wins. Dylan had the second most wins on a team that went 20-5. Dylan's 26 wins makes him one of the most successful Freshman in Sayreville history, and he certainly has big plans in the future! Dylan is a year round wrestler, who has already qualified for MAWA Nationals next month in Maryland, winning both of his qualifying tournaments. Dylan's work ethic and intensity in the room make him someone everyone should keep an eye out for. Dylan looks to grow from his freshman year and has some lofty goals going into his sophomore year!

Ken Beck, Middlesex-Dunellen

Ken Beck had a superb junior season coming into his own and finishing with a 29-8 record. Ken has always been very physical on the mat and with this year's added focus on technique he was able to improve immensely. This included a 2nd place finish in the GMC, and a 1st place finish at 113 in District 14. Ken improved by leaps and bounds which is why he was named the programs Most Improved Wrestler. Ken will be leaned on heavily next year for leadership and to carry our lower weights as we will be losing 9 varsity starters. The coaching staff can't wait to see the strides Ken takes in his senior season as they feel the sky is the limit with the talent he possesses.

Matthew Klimkiewicz, South Brunswick

Finishing up his first season starting Varsity for South Brunswick, Matthew Klimkiewicz has started to make a name for himself in Middlesex County. Matthew had a very strong freshman season highlighted with a 3rd place finish at the GMC Tournament and a 4th place finish at District XX. Despite being able to continue past Districts in the postseason, Matthew has the 2nd most wins on the team this year with 27. He also placed 3rd at the Buc Classic this year. The coaching staff is looking forward to watching Matthew develop into a dominant contender in the county.

Anthony White, South Plainfield

Anthony was selected as the recipient of the "Freshman Wrestler of the Year Award". For more on Anthony please turn to the page titled "FRESHMAN OF THE YEAR".

A large white number 20 is centered within a black five-pointed star.A large, bold black number 113.A large white number 18 is centered within a black five-pointed star.

Issac Cruz, South River

Issac is a 2 year varsity letter winner. His record this year was 20 -14. This season he place third at the Edison Tournament, fourth at the East Brunswick Tournament and fourth at the GMC Tournament. With is hard work and year round dedication he improved tremendously his sophomore year. Even as an underclassman, he has proven to be a leader in the wrestling room and pushes the not only the freshman, but the upper classmen as well. His goal is to continue working hard in the off season so he will be an even better contender next season.

Joseph Fiordaliso, Monroe

Fiordaliso had a strong sophomore campaign for the Falcons that included him earning his first District title and trip to Atlantic City. His growth as a wrestler came from his work in the offseason and his commitment to the team. The program is excited to see Fiordaliso take the next step forward in his career next year and build upon his growth this season.

Joseph Pacheco, Perth Amboy

Joseph's goals this year were to win every match/tournament and to become a STATE Champion. Joseph's final season record was 37-6 which included his 2nd East Brunswick tournament title and his 1st GMC title. He placed 2nd at District 19 and 3rd at Region V. He went 2-2 at the State tournament finishing Top 16 in the State at 106. Joseph wrestled at 113 most of the year and worked extremely hard to get down to 106. He leaves Perth Amboy with an impressive career record of 105 career wins. This accomplishment puts him 4th on the All Time Career victory list. Joseph will be missed by his teammates and coaches. After graduation, Joseph's plan is to enter the Military reserve. His AWO family wishes him the best in his future endeavors.

Zachary Weiner, Spotswood

As a varsity starter his freshman year, Zachary finished with 23 victories. Throughout the season he has shown great improvement and maturity as a wrestler. Zachary was instrumental in Spotswood's success this season as a reliable competitor at the 113 pound weight class. Early in the season, he finished 5th at the East Brunswick Bear Invitational Tournament. At the GMC Tournament, he wrestled back from the quarterfinals to earn a third place medal. Zachary's dedication and determination to be great has a strong impact on the program. He has displayed a tremendous work ethic and ambition to succeed at the highest level. Zachary is a tenacious and driven wrestler with endless potential. He has already accomplished so much in one year, and will be an integral part to Spotswood future success.



120



Michael Bilardo, Monroe

Bilardo built on a solid sophomore season this year highlighted with his first district title. Bilardo was a source of energy for the team in each match he wrestled and was a positive influence in the practice room. His leadership will be a key determinant in the level of success that will be seen next season.

David Loniewski, South Plainfield

David, a Junior, transferred from Bishop Ahr after recording 66 wins for Head Coach, Nick Tonzola. He came up through the South Plainfield recreation wrestling program and he was welcomed back with open arms. David filled a huge void in the Tiger line up that was crippling the team in dual meets early in the season. He made an immediate impact after sitting his required matches by the NJSI AA rules.

David had a record of 25-6 with many key victories in dual meets. He also was very successful in tournaments placing 2nd in the Middlesex Conference Tournament, 1st in District 14 and 2nd in Region 4. He qualified to the State Tournament for the second straight year while advancing to the round of 12. David was All-Red Division (GMC) and All-Area 2nd team Home News and Courier News.

David should have a great senior year with continued work over the summer and fall. Hopefully he will find a weight class that will be a comfortable fit for him.

Mitchell Polito, East Brunswick

Mitch is one of the recipients of this years 'Tom Flanagan Memorial Scholar Wrestler Award'. For more on Mitch, please turn to the page titled 'TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD'.

Jake Wiatroski, Old Bridge

As a three-year varsity starter Jake has once again proven to be a solid part of the Old Bridge line-up. Moving up a weight class per year to wrestle 120 this season. In

Jake's mind there was no doubt he could handle the weight. He entered the season with the same focus and determination of the previous years. I often call Jake a "Student of the game." His dedication to wrestling and his ongoing quest to improve himself is the catalyst to his success. Jake learns from his mistakes. Throughout his career he has won the "rematch" with wrestlers who have previously defeated him. He studies why he lost and works to modify his techniques to improve.

This past season Jake arguably wrestled in one of the toughest weight classes in the county and region. During the tournaments every match was the "big match." Despite this intense competition, Jake did what he needed to do to survive. He was 3rd in the County and 1st in a very tough District 19. In Region 5 Jake placed 3rd avenging his loss he suffered earlier in the tournament. For the third time he qualified for the State Tournament. Jake's season record was 34-10. His career record stands at 85-24. The Old Bridge staff is going to miss Jake's presence in the line-up but wishes him the best of luck in all his future endeavors.



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Mike Botte, Old Bridge

Simply put, Mike Botte was one of the hardest workers ever to put on an Old Bridge Singlet. Mike worked before school, after school and at the club. He often toured the state to wrestle in as many tournaments as possible during the off-season. This desire was made possible by the unyielding support of Mike's parents who were also a big supporter of the program. Mike finished this season with an impressive 31-11 record. With that, he cemented his place in Old Bridge Wrestling history by recording his 100th win. Mike's Career record stands at 101-45. He was 3rd in the County and 2nd in the District. Mike, battling an illness, gutted it out to win his 100th match During the Regions.

Mike was the perfect role-model for his fellow wrestlers. On the mat he was intense and fierce. He was also the ultimate team player. He often stayed after practice to help the younger wrestlers. Mike was always interested in improving the team, a trait his coach is grateful for. Mike also possessed exceptional leadership qualities. Mike was team Captain the past two years. Off the mat Mike was a good student. He was well liked by the Old Bridge faculty.

Mike is a well-rounded young man. His dedication is balanced and his focus clear. Coach Garnett feels that Mike is one of the most caring, considerate and friendly wrestlers he has encountered. The Old Bridge staff will surely miss Mike but wishes him the best of luck in all his future endeavors.

Ian Coleman, John F. Kennedy

Ian is a two varsity starter for the John F. Kennedy Mustangs, In his 2nd season on the mat Ian took huge strides in his career. For the second season in a row he was the runner up in the District Tournament and qualified for the Region 4 tournament where he won his first match by fall. In the Greater Middlesex County Tournament he wrestled his way to a 4th place finish. Ian's earned 28 victories this season many of which came by fall. Ian work ethic and passion for the sport served as a great example for the younger wrestlers on the team. The Mustang Wrestling Program would like to congratulate Ian on his accomplishment.

Joe Heilmann, South Plainfield

Joe is one of the recipients of this years "Outstanding Wrestler Award" as well as one of this years 'Tom Flanagan Memorial Scholar Wrestler Award' winners. For more on Joe, please turn to the pages titled "OUTSTANDING WRESTLER AWARD" and 'TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD'.

Michael O'Brien, Edison

Michael O'Brien has been one of Edison's strongest performers over the last 3 seasons and has always been a solid contributor in both dual match and tournaments. This 3 time letter winner is an intense competitor and has shown a strong dedication to summer wrestling. Michael finished his junior year campaign with a record of 27-5. He has also earned 82 career wins. Michael had many strong tournament appearances this season. Some of these results include making the finals of the GMC Tournament. He is also an Edison Classic and Warren Hills Champion. Michael has earned All Division honors.



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Mathew Castimore, South Brunswick

A four-year Varsity starter for South Brunswick, team captain Mathew Castimore continued to be a great asset to the Vikings both on and off the mat. Mathew ended his career with a fantastic senior season. He added a 4th place finish at the GMC Tournament, a 4th place finish at District XX and a 5th place finish at Region V to his list of accomplishments this year. Mathew recorded 28 victories and was the team leader in wins by fall and tech falls this season. Mathew's leadership, work ethic and high academic standing has helped set the bar the Vikings still in the wrestling room and for those to come. The team and coaching staff will miss Mathew and wish him luck as he finalizes his college plans soon.

Thomas Fierro, South Plainfield

Tommy, a junior, had a very successful second season wrestling for South Plainfield going 30-10. He did not miss a beat jumping up four weight classes and also like the previous season had some huge dual meet wins.

He took 4th at the Morris Knolls Tournament and improved on that result the rest of the season. He placed 2nd in the GMC Tournament and took home the Championship at District 14. Tommy's 2nd place finish at Region 4 earned him his first trip to Atlantic City. He made All-Red Division in the Greater Middlesex Conference and All-Area 2nd Team in the Home News and Courier News.

Tommy has one more year and has the opportunity with hard work to bring out his untapped potential.

Troy O'Connor, Middlesex-Dunellen

Troy O'Connor had a fantastic junior season, finishing the year with a record of 33-7. With 84 career wins he will have an opportunity to become only the 9th Blue Jay to reach 100 wins during his senior year. Troy has always been a gamer on the mat during duals but with this year's added focus in practice he was able to improve as a technician immensely. This included a 3rd place finish at the GMCs, 2nd place at District 14, and 6th place at Region 4. The Blue Jays will be losing 9 starters from a 17 win team which means Troy will be leaned on heavily next year for leadership as he will carry the torch for a young team. The coaching staff was very pleased with Troy's improvement from the start of the season till the end and expect him to accomplish even greater things his senior season.

James Rodriguez, Perth Amboy

James followed his great freshman year with a solid sophomore season. He finished the season with a 35-6 record which included his 1st GMC title, a 2nd place at District 19, and a 3rd place finish at Region V. At the State tournament, he went 2-2 and finished Top 12 in his weight class. He was one win away from a medal. One his wins was against one of the best wrestlers, not only in the State but in the Nation. James is starting to realize and believe that he can be the Best wrestler in his weight class. This off season, James will enter the freestyle world of wrestling. He will work extremely hard to improve his wrestling skills and his past showings at next year's District/Region and State tournaments. James wants to be Perth Amboy's best wrestler in history, and with two more years to go, he is certainly on his way.



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Aaron Coleman, John F. Kennedy

As a 4 year starter for the John F. Kennedy Mustangs, Aaron Coleman has continued the tremendous tradition of Kennedy Wrestlers. Aaron won the Greater Middlesex Title his sophomore and Junior year. Aaron again made the finals his senior year, this time taking 2nd. Aaron's success continued through District 16, where he dominated the competition that culminated with a major decision that gave him his 3rd district title. In the Region 4 Tournament, Aaron wrestled his way to a 1st place medal and was named the tournament's most outstanding wrestler. Aaron won two matches at the State Wrestling Tournament and took top 12 in the State. Aaron will continue his wrestling career at Bloomsburg University. Good Luck Aaron

Andrew Lombard, Monroe

One of this year's captains, Lombard led the Falcons both on and off the mat. Lombard's season included a GMC Championship and a trip to the State tournament. His work ethic and consistent drive for improvement was an example for a young team that will be a benefit for years to come. Lombard, who was this season's Most Outstanding Wrestler, has been part of the Monroe Wrestling program for the past 13 years. The coaching staff will miss his presence next year, but looks forward to seeing all of the great things he will accomplish. Best of luck and thank you for all you have done for our program throughout the years!

Trevor Mastorio, Sayreville

A three year starter for the Bombers and Captain his Junior year Trevor Mastorio is clearly the leader that brings the team into battle each day. Trevor led the team in wins, pins, and had the second most takedowns. Trevor led the team to an impressive 20-5 record. Trevor is a year round wrestler who's work ethic is second to none. Trevor is as special on the mat as he is in the classroom. Ranked top 50 in his class with a GPA of 4.1 Trevor went up to 145 for the post season and remarkably had as much success as he did t 138. In the 145lb weight class Trevor became a District 19 Champion. Trevorhe then went into the region 5 tournament as the 8th seed and was able to wrestle all the way back beating the 4 seed, 5 seed, and 3 seed to take 3rd in the region 5 tournament. Trevor has very high goals for his senior year and hopes to carry all his high school success into whatever college he ultimate selects to continue wrestling in.

Alec Meyers, Old Bridge

Alec is a two-year varsity starter for the Knights. He has proven to be a solid part of the Old Bridge line up. Since the first time Alec donned an Old Bridge singlet he has become consistently better year after year. This season Alec provided some dependable points for the Knights.

Alec's season began with solid performance by placing 1st at the Icebreaker tournament. His determination and 'Pin to Win attitude made him a solid part of the Knights line up. Alec is a two-time Region Qualifier. This season he placed 3rd in District 19. This experience will help him as a senior. Alec finished the season with a record of 27-10 including 16 falls

In practice Alec utilizes intense drilling and conditioning to sharpen his skills. If the intensity continues during the off-season, Alec is set up to have another successful season. Going into his senior year Alec has 3 years of varsity experience under his belt. He knows what it takes to win. The future surely looks bright for Alec.

Alec is a pleasure to coach. He is polite and friendly off the mat. On the mat he is intense and determined. Alec is a team player and a friend to many of his teammates. The Knights Staff in looking forward to his Senior year.



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Jeff Johnson, Middlesex-Dunellen

Jeff Johnson came into his senior season with high aspirations that he was able to attain and then surpass. Jeff finished this season with a record of 40-5 and completed his career with 157 total wins becoming the winningest wrestler in the program's history. He also went his entire career undefeated in his home gym. Jeff placed 2nd in the Hunterdon Central Christmas Tournament, 1st in the GMCs, 1st at District 14, 1st at Region 4, and 8th at the NJSIAA State Tournament. By placing in the state tournament Jeff became the first Blue Jay to do so since 2009. Jeff is one of the hardest workers in the practice room and through his work ethic and determination was able to turn himself into one of the most talented wrestlers in the programs history. As one of our senior captains, he was a leader both on and off the mat taking younger wrestlers under his wing to help improve the team as a whole. Jeff defines the word competitor and will be sorely missed by both his coaches and teammates. The Blue Jay family wish Jeff the best of luck in his future endeavors and knows he will be a success in whatever path he chooses.

Luke Pero, Colonia

A four year starter for the Patriots, who was a strong 3 year captain for Colonia. He started the opening weekend with a 3-2 record at the Beast of the East tournament, and knocked off a high ranked kid in the 1st round. He continued through the year leading the Patriots into the GMC tournament where he took home a 3rd place medal. He continued the winning into the districts, where he finished being a 3 time finalist, and one time champ. Luke concluded his career with the Patriots as the all-time leader in wins with 112. Colonia will miss Luke next season and wish him the best of luck as he will be attending West Virginia University.

Marcus Petite, Piscataway

Marcus is coming off a freshman campaign that he was in and out of the lineup due to injury. As a freshman, he finished 5th in the GMCT and finished off the year with a 3rd place finish in District 18, qualifying him for the Region 5 tournament. He continued his success right into his sophomore season this year placing 3rd at the Roselle Park Tournament and obtaining a 4th place finish in the GMCT. He completed his second season with a District 18 championship and 6th place finish at Region 5. Marcus is ready to take his wrestling to the next level and not only qualify for the state tournament, but finish on the podium. It is clear Marcus has shown commitment to the sport as well as his team, which has helped him succeed as an individual wrestler and the Chiefs look forward to his next two years.

Joe Sacco, South Plainfield

Joe had another stellar season finishing with a 35-9 record and stands at 99 wins for his career. He placed 2nd in the Morris Knolls Tournament and went undefeated in the Virginia duals.

Joe had runner up finishes in the Greater Middlesex Conference, District 14 and Region 4 tournaments. Joe earned his second trip to the State Tournament and this year reached the round of 24.

Joe, this year, became the only wrestler in South Plainfield history to defeat a returning State Champ in a dual meet. He beat Jake Benner of Ocean in the section final to put the finishing touches on a 54-6 win in front of the Tiger home crowd. Joe earned All-Red Division (GMC), All-Greater Middlesex Conference, All-Area 2nd Team- Home News and All-Area Honorable Mention Courier News.

With continued hard work and commitment in the off season Joe's senior wrestling season should be his best.



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Dan Colon, South River

Dan is a 4 year varsity letter winner that has worked hard year after year and improved each and every season. His record this year was 32-7. This year he placed first at the Edison Tournament, third at the East Brunswick Tournament, third at the GMC Tournament and third at the District Tournament. As one of the team captains, Dan was instrumental in leading the team to tie for the Blue Division Title and qualify for the Team State Sectionals. His drive and endless hard work in the wrestling room has been inspirational to the underclassmen and will help him in his next endeavor, wrestling for the next group of Rams at the University of Delaware Valley.

Joseph Hatcher, Piscataway

After beginning the year with an injury, and missing quite a few matches, Joseph was still able to eclipse the 30 win mark for the season. For the second year in a row, Joe was a GMC Tournament champion at 152 pounds. He was able to reach the District 18 final, also for the second year in a row, with an undefeated record. After suffering an injury during the Region tournament, Joe ended up qualifying for the NJSIAA state tournament with a 4th place finish at Region 5. Joe won two matches in Atlantic City and finished top 16 in the state at 152 pounds. This coming season Joe will be striving to achieve his goal and is more than capable of standing on the podium at the state tournament. Piscataway is looking forward to having Joe return as a senior where he can display his leadership and guidance abilities to the rest of the team.

Hunter Kiraly, Woodbridge

Hunter Kiraly was a 4 year starter and 1 year captain for the Barrons during his career. Over 4 years Hunter was a two-time District finalist, a two-time top 4 placer in the County, and a two-time All-White Division selection. Hunter's overall commitment to the team, work ethic, and dedication were characteristics that set him apart from other wrestlers on the team during his career. One of the main displays of dedication and unselfishness came as Hunter dropped to 145 pounds for one week due to injuries in the line up from his teammates in order to strengthen the line up as the team beat rivals Colonia and JFK for the 5th consecutive year. Hunter had a career 68 wins for the Barrons and was in the starting line up for Woodbridge when the team snapped a 10 year drought and won both District and Division titles in 2015, along with pulling off a major upset in the sectional semi-finals that year. Hunter anchored the line up at 152 pounds this year while getting bonus points in 19 of his 25 wins which was one of the main reasons why Woodbridge was able to garner 10 wins as a team this year despite forfeiting an abundant amount of weights. Hunter plans on attending The Citadel at the end of his high school career, and then joining the military.

Nicholas Weikel, Monroe

A solid offseason workout program paid dividends for Weikel this year and resulted in over 30 wins. Weikel made the finals of both the county and district tournament and was one win away from qualifying for the state tournament. The program is excited to see what he can accomplish during his senior season after another year of hard work and look forward to the leadership he will be providing.



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Shea Obado, Spotswood

As a four year starter for Spotswood, Shea has displayed strong leadership skills and a diligent work ethic. Over his career, Shea was a three time district finalist and earned two third place medals at the GMC Tournament. He entered his senior season with great expectations and finished with 31 wins, a third place medal at the Region Tournament, and qualified for the State Tournament. Shea ended his accomplished career with 83 wins standing as one of the most in school history. Throughout his tenure at Spotswood, Shea competed at the highest level and helped lead Spotswood to its first state sectional appearance in over two decades. Shea's presence in the practice room and mentorship over the younger wrestlers will be greatly missed. He has made a major impact on the wrestling program at Spotswood and has a bright future ahead of him.

Michael Petite, Piscataway

A four year starter for the Piscataway Chiefs and two year captain, Michael Petite finished in the top three at the GMC tournament every year including one championship. He was also a four time finalist at the District and Region tournaments. While wrestling all four years at 160 pounds, he placed 8th in the state his sophomore year, 4th his junior year and 6th his senior year. Specifically during Michael's 2017-2018 season he achieved the great milestone of becoming Piscataway's winningest wrestler by breaking a school record with 143 career wins. He achieved his first district title followed by his second Region 5 title. Michael finished his impressive career by placing in the state tournament for the third year in a row. He was always that team player who would step up when we needed him to at any weight and was able to record 26 pins for the season. In his four years at PHS he has become a true role model for the rest of the team and a class act both on and off of the mat. We wish him the best of luck and much success as he will be wrestling at the D1 level at the University of Buffalo.

John Poznanski, Colonia

John was selected as the recipient of the "Sophomore Wrestler of the Year Award". For more on John please turn to the page titled "SOPHOMORE OF THE YEAR".

Jacob Vega, Carteret

Jacob Vega is a sophomore and two year varsity starter. Coming into the season, he was poised to have a strong season, but did not know how big it would turn out. Jacob started the season by winning the Edison Classic, which continued into a second place finish in the Buc Classic and a fourth place finish in the GMC Tournament. Jacob then went on to take third in the district and fourth in the region, which made him only the third wrestler in CHS history to qualify for the state tournament. Jacob finished the season with 32 victories and will look to continue this momentum going into next season.



170



Justin Hopman, Monroe

Hopman's breakout season was a significant contribution to the success the Falcons saw as a team this year. Individually, his season was highlighted with a District 20 championship and a 3rd place finish in the county tournament. Hopman's presence was not only felt on the mat, but his willingness and ability to help the underclassmen will help the program for years to come. The staff is thankful for Hopman's contributions to the team this season and wish him luck in college.

Joseph Nardacci, South Plainfield

Joe started wrestling as a Sophomore in South Plainfield and filled in when needed at the varsity level the first two seasons.

Joe became a solid varsity starter this past year. He had a 10-12 record, while wrestling some tough opponents in his weight class. Joe wrestled his best at the greater Middlesex Conference Tournament with a 4th place finish.

It is rare for someone to come out for wrestling in South Plainfield for the first time in High School. Joe accepted the challenge and contributed to a State Ranked wrestling program the past three years, and was a varsity letter winner on the football team.

Good Luck to Joe in college, and hopefully, he challenges himself again with college athletics!!

Nick Recine, Piscataway

It was clear that Nick was making strides in his sophomore season starting last year with a 2nd place finish at the Roselle Park Tournament. He continued his improvement with a 2nd place finish at the GMCT. To round out his season he finished 1st at District 18, and 3rd at Region 5, qualifying him for the NJSIAA State Tournament. Nick began his junior season with a 1st place finish at both the Hopatcong and Roselle Park tournaments. He also improved his GMCT finish from a year ago and captured the title at 170 lbs., as well as defending his District 18 title at the same weight. Nick's work ethic and pace in the practice room continues to benefit the team and earned him the title of co-captain of the Chiefs this past season. Nick's leadership and ability to secure bonus points has Piscataway expecting big things from him next year. If he continues the consistent improvement, Nick will find himself on the podium at the state tournament in his senior season.

Demetrius Ruiz, Carteret

Demetrius Ruiz is a four year varsity wrestler and captain. Demetrius had his most successful season yet, finishing third on the team with 30 victories. This season, Demetrius became one of a small group of Carteret wrestlers to place multiple times in the GMC tournament, becoming a finalist. He won the Rahway tournament for the third time and took a big step by becoming a district champion. Demetrius will look to build upon this success next season, as he will continue his academic and wrestling career at Middlesex County College.



182



Kenny Abode, North Brunswick

A four year starter for North Brunswick, Kenny also served as the team's captain. Kenny was one of the most successful wrestlers for the Raiders with an impressive career that included over a 100 wins, Kearny champion, 3 time Buc classics champion, a District Championship, 4th in the regions, and finally a State qualifier. This year alone Kenny recorded 34 wins on his road to his impressive 103 career wins. North Brunswick wishes Kenny the best in his future endeavors.

Kyle Baszak, South River

Kyle is a four year varsity letter winner that has worked hard year after year and improved each and every season. His record this year was 31-5. This year he placed second at the Edison Tournament, first at the East Brunswick Tournament, second at the GMC Tournament and second at the District Tournament. As one of the team captains, Kyle was a role model for all of the underclassmen and helped the team to achieve their goals throughout the season. Kyle is also a four year letter winner for football, he helped the Rams achieve an undefeated regular season. His goal is to continue on to college, working hard in the hopes of playing football and wrestling.

Brenden Hedden, South Plainfield

Brenden, a starter for his second year wrestling 182 lbs. for South Plainfield, had a record of 26-14 increasing his wins by 16 from the previous year. He started the season with a 3rd place finish in the Morris Knolls tournament. He placed 3rd in the GMC Tournament. He stepped up big by winning the District 14 title and just missed going to Atlantic city with a 5th place finish in the Regions. Brenden, was an All-Area 3rd Team selection in the Home News.

He has a quiet demeanor, but is an asset to have on any team. Brenden always puts the team first and tries to help any way possible. He is a two sport letter winner coming back to be part of the varsity football program this year. Brenden, with continued hard work, he will have a stellar senior year for the Tigers.

Elijah Pitt-Goodson, Piscataway

Pitt-Goodson capped off his senior year with an impressive season. He was finally able to let his true ability show while staying healthy for the duration of this year's campaign. Elijah was a Hopatcong Tournament finalist and a Roselle Park Tournament champion. He continued his impressive run by winning his first GMC tournament title. Throughout the whole year he came out on top of many key dual match ups and helped the team win a district title by becoming one of the Chiefs six district finalists. As a first time region qualifier he ended his career finishing 6th in Region 5. Piscataway is going to miss having Pitt-Goodson in the line-up next year and will be a tough wrestler to replace but we wish him the best in his future endeavors.



195



Kaylon Bradley, Monroe

After suffering a dislocated shoulder in the first tournament of the season that resulted in missing the first 3 weeks of competition, Bradley bounced back for a very successful season. Bradley, a 4 year letter winner for the Falcons, finished as both a District 20 and Region 5 champion and made his second trip to the state tournament where he won 2 matches. His perseverance was one of his biggest assets and will continue to propel him as he begins the next phase of his career.

Paris Foster, Piscataway

Paris completed a very successful senior campaign. Paris started off his senior year with a second place finish at the Hopatcong tournament and the following week won the Roselle Park tournament. Paris' wrestling got stronger as the year went on and ended up making the finals of the GMC tournament and District 19 tournament. During the Region 5, Paris lost a very tough semi-final match and ended up taking 5th place. Paris' leadership in the locker room and on match days will be missed. Piscataway wishes him nothing but the best for whatever his future holds.

Luke Niemeyer, South Plainfield

Luke, a junior, followed his 36 wins first varsity season with 41 this season against only 6 losses. He won Championships at the Morris Knolls, Greater Middlesex Conference and the District tournament. He placed 3rd in a tough weight class at Region 4 earning his second trip to the State Tournament. Luke saved his best wrestling of the season for the Atlantic City weekend, placing 5th in the State tournament.

He was All-Red Division (GMC) and All-Greater Middlesex Conference. Luke was All-Area 1st Team Home News and All-Area 2nd Team Courier News. Luke is always training for two sports as he plays an important role on the varsity football team.

Congratulations to Luke on a great season, and he is looking forward to moving higher up on the State Podium.

Gustavo Palacio, South Brunswick

Finishing up his third year as a starter for South Brunswick, Palacio has left his mark on the Viking wrestling program. Gustavo had a very strong senior season which included a 4th place finish at the GMC Tournament and a 2nd place finish at District XX. Palacio recorded 23 victories this season. Gustavo's growth as a young man and wrestler were immense this season. This growth had a positive impact on the younger members of the team and will leave a legacy for those to come. Both the team and the coaching staff will miss Gustavo and wish him luck in college.



220



Frank Cohan, Carteret

Frank is this years recipient of the "Courageous Wrestler Award" from the GMCWCA. For more on Frank, please turn to the page titled "COURAGEOUS WRESTLER AWARD".

Keshon Davila, New Brunswick

Keshon Davila finished up his second year as a starter for New Brunswick in impressive fashion. Placing second in the District finals, and fifth in the Region 5 tournament, Keshon set a new program standard as he put together the best finish for a sophomore in school history. Keshon's 33 wins were a team high, and his 43 wins at the conclusion of his sophomore year set him up nicely to establish several program firsts. Davila, and his teammate Ramiro Osuna, were the first GMC finalists for New Brunswick High School in school history, and their presence at the top of the lineup helped anchor the Zebras throughout the season. Davila also captured a tournament title at the Irvington Classic to start off the season. Davila will look to knock down the door next year and make an even bigger mark in his junior campaign.

Zach DelVecchio, South Plainfield

Zach had an undefeated junior year overcoming all of his opponents on the mat. Unfortunately, the only opponent Zach could not overcome was mononucleosis which kept him from competing in the Region Tournament. Zach went 35-0 his third season bringing his career record to 117-6. He has not lost a dual meet in New Jersey and has been a "Warrior" for Tiger Wrestling the past three seasons.

Zach was a champion at the Morris Knolls Tournament for the third time and went undefeated at the Virginia Duals. He won both the Greater Middlesex Conference Tournament and District 14 for the third straight year. The past three seasons Zach has won every tournament entered excluding the states.

Zach was All-Area 1st team in the Home News and in the Courier News. He was also All-Red Division (GMC) and All-Greater Middlesex Conference. Zach is a two-sport varsity letter winner and is an important part to South Plainfield's success in football.

The past two seasons Zach has been a State place winner and expects again to be standing high on the podium next season.

Adrian Najar, Colonia

A four year varsity starter, 2 at Rahway and 2 for Colonia.. Adrian was a strong leader on the Patriots for the past two seasons at the heavier weights. Adrian started his season strong with a tough showing at the minuteman tournament. Adrian had continuous dual meet success going into the GMC tournament. At the GMC's Adrian earned a third place medal for the Patriots, turning a lot of heads in the wrestle back rounds. He recorded two 19 win seasons helping the Patriots to many dual meet victories. Adrian was a solid leader that showed our younger wrestlers how to practice and train. Colonia will miss Adrian next season and wish him the best of luck as he will be attending Montclair State University.

David Welch, Perth Amboy

David, a senior, is a first time GMC - All Star this year. He is a football player who wrestles. We all think he loves getting his hand raised after a pin than a sack on the football field. David had a career high of 21 wins this year; 14 were by pin with his signature move, the cradle. He is a quiet leader on and off the mat and did everything the was asked of him. This year, he never weighed over 195 and for some matches and the post season, he wrestled at 220 for the betterment of himself and the team. He never complained and always said, "Ok coach, whatever the team needs". He showed a lot of heart and courage going out wrestling opponents 20-25 pounds heavier than he was. David is looking forward to playing football in college, but is undecided as to what school he will be attending. David is a polite and respectful young man and will be successful in whatever field he chooses.



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Spencer Johnson, John P. Stevens

Spencer is one of the recipients of this years 'Tom Flanagan Memorial Scholar Wrestler Award'. For more on Spencer, please turn to the page titled 'TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD'.

Nick Nyers, Woodbridge

Nick will be receiving the 'NJWOA-Central Chapter Scholar Wrestler Award'. For more on Nick, please turn to the page titled 'NJ WRESTLING OFFICIALS CENTRAL CHAPTER SCHOLAR WRESTLER AWARD'.

Ramiro Osuna, New Brunswick

Finishing up his fourth year as a starter for New Brunswick, Ramiro Osuna will leave huge shoes to fill for the Zebras. His strong leadership and remarkable performance over the last four years has helped set an outstanding example for his peers on and off the mat. Ramiro capped off his excellent career with a District Championship, a fifth-place finish in Region 5 and a runner-up finish at the GMC Tournament. Ramiro's appearance in the GMC finals, along with teammate Keshon Davila, helped make history for NBHS, as they became the first finalists for NBHS in program history. Osuna also took home titles at both the Holmdel and Buc Classic tournaments, where he bested State Qualifiers in the finals of each tournament. Ramiro finished with 29 wins, to boost his overall career record to 79-49 which places him in the top 3 for career wins for the New Brunswick wrestling program. The two time District placer has left an indelible mark on the New Brunswick program and he will be dearly missed by coaching staff. Ramiro will take his 3.8 GPA to Allentown, PA where he will be wrestling for Jason McLean at Muhlenberg University.

David Pierre, Carteret

David Pierre is a three year varsity wrestler and senior captain. David made huge strides this season and was someone who was heavily relied upon as the season went on. David had 24 victories in his first two seasons combined. This season he had 30. He took second place in the Edison Classic, third place in the Buc Classic, third place in the GMC Tournament, third place in the district, and sixth place in the region. David is a part of a strong senior class that will definitely be missed next season. He will look to continue his academic and football career in college and is currently deciding between Wesleyan and Monroe College.



TEAM MVP'S



New this year, the GMCWCA has voted to allow teams without an qualifying All-Star Wrestler to add a TEAM MVP to our annual banquet. Now all GMC wrestling school have representation at the banquet. We are hapy and proud to have these wrestlers with us here tonight.

Christian Diaz, Bishop George Ahr, 113 pounds

Christian "cool as ice" Diaz finished his sophomore campaign with 23 wins, this improved his career record to 44-26. Christian was 4th in the Nottingham tourney , 2nd in the Rahway tourney, 2nd in the Rutgers Prep tourney, 5th in the GMC and 3rd in District 20. He also earned all second team 113 in the news paper. A leader in a rebuilding program Christian was sophomore captain of a 25 member team with 21 returning . His leadership will be counted on to help the team returning most, adding a transfer and getting a nice group of incoming freshman rebound with a good work ethic and listening skills . His coaches are excited to see what Jr. And Sr. Year hold for Christian , the skies the limit. Congratulations and good luck CD

Sean Li, Highland Park, 195 pounds

Sean has been a valuable member of the Highland Park wrestling program over the past four years. He has improved tremendously over the years and should be commended for his hard work and dedication to the program. His hard work paid off this year with a 3rd place finish at the Ewing tournament and a 4th place finish at the District 20 tournament. The team and staff at Highland Park will miss Sean next year. His great sense of humor was appreciated by coaches and team members alike. We wish him the best of luck next year at George Washington University.

Arun Cheziun, Metuchen, 113 pounds

Arun is a 4 year varsity letter winner with 71 career wins and a senior season record of 20-9. Arun has been voted as 1st Team All Blue Division by GMC coaches, he is a 2x Middlesex County place-winner and 2x District 15 4th place finisher. Arun is a member of the National Honor Society and will be attending Rutgers University this fall.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

The Greater Middlesex Conference has Welcomed St. Joseph's of Metuchen as their 23 Wrestling School.

"St. Joe's" will bring back their program and begin Varsity Wrestling in the upcoming 2018-2019 Season.

While the NJSIAA has not yet completed their realignment for the next 2 years, the GMC has and here are the divisions. These divisions will be in place for the 2018-2019 and 2019-2020 seasons.

RED DIVISION

**East Brunswick
John P. Stevens
Monroe
Old Bridge
Perth Amboy
Piscataway
South Brunswick
South Plainfield**

WHITE DIVISION

**Colonia
Edison
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New Brunswick
Sayreville
St. Joseph's Metuchen
Woodbridge**

BLUE DIVISION

**Bishop Ahr
Carteret
Highland Park
Metuchen
Middlesex-Dunellen
North Brunswick
South River
Spotswood**

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GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

OUTSTANDING WRESTLER AWARD



MITCHELL POLITO

EAST BRUNSWICK

Mitch came into the East Brunswick wrestling program four years ago as a freshman working with Mark Schleifer over the summer. Observing the way he moved, and the skills he had, it was evident he was something special and was going to have many accomplishments. His freshman year he compiled 27 wins, a district title and narrowly missed a trip to the states with a 4th finish at the regions. After his first year of varsity he refocused himself and came back his Sophomore year on a mission.

It was at this time that he became recognized statewide as a wrestler to watch. Mitch's four losses came only to top five finishers in the state. His offensive wrestling really improved this season and he was becoming an all around wrestler. During this year he collected four individual championships -The Icebreaker, The Bear Invitational, his second District title and First Region title. These accomplishments helped him as he made it to the states for the first time. At the states, Mitch was an overtime loss away from getting on the podium. So again he refocused himself to get on the podium as a junior.

As a junior it was clear that Mitch had become a dominant wrestler in the state of New Jersey. He would finish the regular season undefeated. In the postseason he again would win a district and region title. Now as a returning state participant he was not sneaking up on anyone. Mitch would wrestle the state champion to an overtime match and then make his way through the rest of the bracket to finish third. So for a third time he refocused to move his way up the podium, because third is not where he wanted to be.

His senior year was not only good, but record breaking. Again, going through the regular season undefeated. In dual meets he was automatic, pinning 16 opponents, 12 of them in a row, both of which are EB records. In the postseason he won his 4th district title (2nd wrestler in EB history) and 3rd region title (3rd wrestler in EB history). He compiled the second most career wins in EB history with 136.

During the state tournament he really came into his own. Mitch's weight was stacked, there were two returning state champions and four wrestlers ranked in the top 15 in the NATION (including the #1). When the predictions were being made for 120, Polito was not a name mentioned to be in the finals. He took it as an insult to be overlooked in this weight class. Going into the semifinals with an "I'll show them" attitude, he dominated the #1 seed (one of the returning state champions) 7-3. He countered his early attacks and returned some of his own giving a clinic on his feet. It was one of the most impressive matches of his career. Mitch made it to the finals where he fell to the #1 ranked wrestler in the nation, taking him to the limit.

Mitch leaves East Brunswick High school as one of the best wrestlers ever to put on the green and white. He finished with 12 individual titles, 136 wins and his name is mentioned all throughout the record book. He is now going to be a freshman again working out in the summer with the likes of Darion Cruz and Scott Parker from Lehigh. He will again refocus on the task at hand to accomplish his goals. As we see, when Mitch is focused, there is no stopping him.

I wish him the best if luck as he continues his career at Lehigh and congratulate him on his Greater Middlesex Coaches Association Wrestler of the Year award.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

OUTSTANDING WRESTLER AWARD

JOSEPH HEILMANN

SOUTH PLAINFIELD



Joseph burst onto the New Jersey High School Wrestling scene with lofty expectations as the youngest brother of the Heilmann family and certainly lived up to those expectations and more. As an undersized freshman weighing around 100lbs, Joe finished third at the Morris Knolls Tournament losing in the first round to eventual fourth place finisher in the State Tournament, 3-0. As the season progressed Joe learned how to handle the difference in weight and finished 3-1 at the Virginia Duals, won his first GMC Tournament and District title. Joe entered the Region Tournament as the seventh seed and upset the second seed in the quarter finals on Friday Night. Joe lost in the semi-finals to the eventual State Champion and lost in overtime in the third place match ending his season at the Region Tournament.

Entering his sophomore season, Joseph won the Morris Knolls Tournament in convincing fashion and rolled that performance into the first of his three undefeated trips to the Virginia Duals. Joe would go on to win his second GMC Tournament Title. Joe also helped guide the team to a Group Three State Championship securing key bonus point victories in both the Group Three semi-finals and finals. Joe continued wrestling well as he captured his second District title and first Region Title in dominating fashion. Joseph would go on to place fifth in the State Tournament losing to the eventual Runner-Up in the quarterfinals.

After a successful off-season, Joe began his junior year with another Morris Knolls Tournament Championship and helped guide the team to a third place finish at the Virginia Duals as he finished 5-0 scoring bonus points in every one of his matches. Joe went on to win his third GMC Tournament title earning the Most Outstanding Wrestler Award in the process. Joseph helped the team earn its second straight Group 3 crown by recording falls in both of his matches, including the match clinching fall against Delsea in the finals. He rolled into the post season earning his third District Title and finishing as a runner-up in the region. In the State Tournament Joe battled his way to the semi-finals before falling to eventual State Champion Pat Glory of Delbarton. Joe did not let that loss keep him down for long as he fought back to finish third in the State Tournament.

Joseph saved his most successful campaign for his senior year. He captured his third straight Morris Knolls Tournament title with three falls in the first period. Joe finished undefeated at the Virginia Duals with a 4-0 record helping guide the team to a 5th/6th place finish. Joe captured his fourth straight GMC Tournament title winning the Most Outstanding Wrestler Award for the second consecutive year. Joseph finished the team season in convincing fashion, guiding the team to a third straight Group Three Title. During their group championship run, Joe bumped up a weight class multiple times to wrestle returning state qualifiers and dominated in those matches including earning a major decision in the Group Final against Delsea. Joe captured his fourth District title earning Most Outstanding Wrestler honors as well. He dominated his way to his second region title, earning himself the second seed in the State Tournament. Joe battled his way through a difficult bracket to earn his first trip to the finals. Joe dropped a decision to Patrick Glory, but earned his highest state tournament finish ever.

Joseph finishes with 164 wins which ranks second all-time in South Plainfield history behind Anthony Ashnault. Joe was a leader on and off the mat always striving to give his best effort in everything he did. As a senior captain, he led the team to their third straight group title. Joseph will continue his education and wrestling career at the University of North Carolina-Chapel Hill. His dedication and leadership will be missed tremendously. The South Plainfield Coaching Staff wishes Joe the best of luck in all of his future endeavors.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

SCHOLARSHIP INITIATIVE

At the conclusion of the 2016-2017 Luca Rispoli approached Ron Mazzola and floated the idea to begin sponsoring weight classes at the GMC Tournament. With the ultimate goal of raising enough money to award two GMC Wrestlers a Financial Scholarship.

After several meetings the plan was formulated and put into action. With the help of many parents, several coaches and especially GMC Wrestling Official Assigner Stu Kohn, we achieved our goal of getting all 14 weight classes sponsored!

All Senior All-Star Wrestlers were give a Scholarship Application and we received many back. A scholarship committee was formed and each member read these applications (with details removed) and ranked them. In the end, Joseph Heilman of South Plainfield and Spencer Johnson of John P. Stevens were our initial winners and will each be receiving \$500 scholarships.

Additionally, Stu Kohn, who solicits donations for the Officials Association presented to the NJWOA's Central Chapter a plan to piggy-back on our idea. So, tonight Nick Nyers of Woodbridge will be receiving their \$250 scholarship!!!

***If you are interested in becoming a 2019 Sponsor
See Ron or Luca Tonight or Head Over to Our Facebook Page!***

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

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And SPECIAL THANKS to our GMCWCA Scholarship Committee.

Chairman: Ron Mazzola (No Vote, Complied Everything)

Voting Members

Co-Chairman; Luca Rispoli

Red Division; Steve Johnston, South Plainfield and Kristen Simms, South Brunswick

White Division; Mike Carbone, Woodbridge and Marcus Ivy, Sayreville

Blue Division; Bill Ojeda, North Brunswick and Don Smith, Carteret

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD



JOSEPH HEILMANN

SOUTH PLAINFIELD

Over his four years in the green and white for the South Plainfield Tigers, Joseph amassed a 164-11 record, including a record of 44-1 during his final season. Joe is also a 3x State Place-winner for the tigers. He has been an integral part of the South Plainfield line-up for the past four seasons, helping them win three Morris Knolls Tournament titles, a 3rd place finish at the Virginia Duals, four GMC Red Division titles, four GMC Tournament titles, four District Team titles, four State Sectional titles, and three Group 3 State titles. Individually, Joe won his third Morris Knolls Tournament title, his fourth GMC Tournament title, fourth District title, second region title, and finished as the Runner-up in the State Tournament.

Joe not only succeeded on the mat, but in the classroom as well. Joseph currently holds a 3.55 cumulative GPA while taking multiple Advanced Placement and Honors courses. He is also ranked in the top 20% of his class and scored an 1100 on his SAT. Joe is an extremely hardworking individual that always puts his best effort into everything he does. He has countless volunteer hours helping run recreation tournaments and being a clinician at the South Plainfield Wrestling Club. Joe is always searching for ways to better himself and the people around him. He is a true leader on and off the mat. Joe will continue his education and wrestling career at the University of North Carolina-Chapel Hill. With the type of commitment and dedication Joseph has shown over the past four years, he is bound to be quite successful with any challenge he encounters. The South Plainfield Wrestling Coaching Staff wishes Joe the best of luck in his future. He will surely be missed.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

TOM FLANAGAN MEMORIAL SCHOLAR WRESTLER AWARD

SPENCER JOHNSON

JOHN P. STEVENS



Spencer Johnson was a 3-year starter and 1 year captain for the Hawks during his career. Spencer's commitment to improving as a wrestler, a student and a person throughout his career is the reason for his success both in the classroom and on the mat. One of the main displays of his commitment was during the recovery process Spencer had to endure when coming back from a heat stroke induced coma. Not only did his academic performance not slip because of his health problems, Spencer maintained Honor Roll grades while participating in physical therapy. Spencer had a career 57 wins for the Hawks and was in the starting line-up for JP Stevens for the past 3 seasons as the program attempted to regain its footing in the GMC. Spencer anchored the line up at 285 pounds this year while getting bonus points in 19 of his 27 wins which was one of the main reasons why JP Stevens was able to win 6 dual meets as a team this year despite forfeiting multiple weight classes. Spencer will attend Monmouth University in the fall where he will study Computer Science.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

NJ WRESTLING OFFICIALS CENTRAL CHAPTER SCHOLAR WRESTLER AWARD



NICK NYERS

WOODBIDGE

Nick Nyers had a breakout year this year as he established himself as the top wrestler in the program this year. A two year spot starter as a freshman and sophomore, Nick established himself as a junior placing in both the County and District while getting All White Division honors. This year he ended up with 33 wins which was good for 8th best in school history for single season wins, and also had 17 pins while generally having to face the opponents best wrestler either at 220 or heavyweight to help the team try and win matches. During the season Nick went 9-0 against wrestlers with Region criteria, and his only losses came to state qualifiers or placers. Nick won his first County title this year and made the District finals for the first time. In the Region Tournament he entered as a 6 seed and upset the 3 and the 2 seeds on his way to the finals where he defeated his Cranford opponent to become Woodbridge's 15th Region Champion. Unfortunately for Nick he sustained a serious knee injury in the first minute of the first match down in Atlantic City, and continued to wrestle despite having limited movement and extreme pain through out the rest of the tournament . Nick was selected as All-Division, All-Conference, and All-Area teams and capped off an unbelievable athletic career at Woodbridge High School. Nick plans on attending East Stroudsburg University in the fall.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

COURAGEOUS WRESTLER AWARD

FRANK COGHAN

CARTERET



In order to properly understand the success that Frank Cohan had this season, it's important to tell his story. Going into his sophomore season, Frank suffered a severely broken ankle. After complications from the surgery, Frank worked his way back in an attempt to get back on the mat. After getting back, he suffered a concussion that ended his season short. His junior year started by building his mental confidence up and trusting that his body can handle the stress that would be put on it. He then broke his nose that forced him to wear a mask the remainder of the season. The first day of practice this year, we quickly found out that he would be needing to wear the mask all season once again. It is because of this, and the success that followed this season, that Frank was voted the GMC Courageous Wrestler of the Year.

He started the season by taking second place in the Edison Classic, winning both the Rahway Tournament and Buc Classic, and then winning a district title and taking fourth place in the region. In the state tournament, Frank pinned two region champions on his way to a Top 12 finish in the state. He set Carteret's single season record for victories with 39 wins this season and will be looking to translate this success to the collegiate level when he wrestles next season at Middlesex County College.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

SOPHOMORE OF THE YEAR



JOHN POZNANSKI

COLONIA

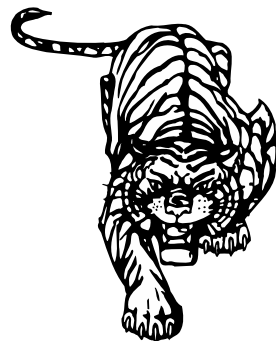
A second year wrestler for the Patriots, who also served as a captain this season. John started his season very strong , going 5-2 in the Beast of the East tournament and 2nd in the Minuteman tournament. He continued through the year taking on top flight opponents into the GMC Tournament, where he took a 1st place title home for Colonia, he also was awarded the most outstanding wrestler of the upper weights of the tournament. He continued the winning into the districts, where he won his 2nd district title in a row and also taking home the (ow) of that. He concluded his season with a region 4 title at 160, and placing 3rd in the state tournament. John set 3 school records this season with most wins (42), most pins (22), and most team points (220). The future is very bright for this young man.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

FRESHMAN OF THE YEAR

ANTHONY WHITE

SOUTH PLAINFIELD



Anthony had a standout freshman campaign and has started training for even a better season his sophomore year. Anthony went 40-4 in his first season the direct result of a dedicated work ethic that is present in his everyday workout regimen. He has gained all the coaches and wrestlers respect in the room for his relentless drilling and pushing his practice partners. A tireless worker while getting the most out of his natural ability!

Early in the season Anthony showed his potential by winning Morris Knolls tournament and went undefeated in the tough Virginia Duals. He won the GMC, District Championships and was 2nd in the Region 4 tournament. Anthony went to Atlantic City losing to the eventual State Champ by a point and advanced to the round of twelve.

Anthony was an All- Area 1st team in the Home news and 3rd Team All- Area in the Courier news. He was also an All-Red Division GMC and All-Greater Middlesex Conference selection.

Congratulations to Anthony on being named the GMCWCA Freshman of the Year.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

COACH OF THE YEAR

P

DAN SMITH

PISCATAWAY

Dan began his head coaching career last season, by leading the Piscataway Chiefs to a 16-6 record. Along with one of the Chiefs best record in recent years, Dan also led Piscataway to a 2nd place team finish in the GMCT and their first Sectional Title in school history. Piscataway dealt with some early season injuries, but were able to bounce back for a second consecutive runner up finish at the GMCT. Dan led the Chiefs to a strong finish to end with a 15-9 record, four losses coming to teams ranked in the top 20 in the state. Although they came up short of defending their Sectional Title, the Chiefs did take home a District 18 championship, the first since 2009. In just two seasons Dan has already compiled 31 wins in a tough Red Division and shows no signs of slowing down. Although he has only been a head coach for two seasons, Dan has earned the respect from both his wrestlers and coaches around the state due to his hard work attitude. He plans to be around coaching and Piscataway for many years to come and to build on the culture he has continued at Piscataway High School.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

ASSISTANT COACH OF THE YEAR

BILL OJEDA

NORTH BRUNSWICK



Will Ojeda has been the assistant coach under Mark Salge for 8 seasons, and was instrumental in the team's successes throughout the years. Ojeda was responsible for assisting Salge in teaching moves, running practices, scheduling matches, ordering uniforms, record keeping, ensuring that the buses arrived on time (and knew where they were going). Ojeda also scheduled fundraisers to ensure the wrestlers had enough funds for their end of the year banquet, and summer training camps. Next year Ojeda will be the Head Coach and we wish him success.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

WRESTLING MAN OF THE YEAR



MATT PAZINKO
EAST BRUNSWICK

I would like to take this opportunity to thank all the coaches of the GMC and especially those that are, or have been in region five.

You have all been appreciative of the work that I have done as the region president, I never felt like it was a "thankless" job. Often coaches would come up to me and say "thanks for the work you do" or "I don't know how you can do this". The reason I can do this is because of the coaches I work with.

When I needed information for seeding, referees rankings, team rankings or just a survey, I would get info from the coaches without having to hunt them down. In the earlier days of the PDF sheets and google forms for seeding information, I would make mistakes on the forms. We as a group would go through the problem and fix it. If I made a mistake in the seeding of wrestlers, coaches would point it out knowing it was an honest mistake and not trying to gain an advantage for anyone. Coaches were open to the changes of the regions and districts and knew the process was diplomatic. I always tried to do what was best for wrestling, and I felt that was understood by the coaches I worked with.

I will miss renewing friendships at the beginning of the season in October. I will miss the GMC seeding meeting, to see how long it will take Ron to yell at Luca, or what weight has the total mess that I have to "yell" at the coaches for not paying attention. I enjoyed the post season to work out the puzzle of the seeds, hoping we did not have to reseed any weights.

So thank you for honoring me with the Man Of The Year award. Working with this group of Coaches has made it easy, so I thank you for making it easy for me.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

MEDIA PERSON OF THE YEAR

LUCA RISPOLI
mycentraljersey.com



Luca began wrestling in the 7th grade at Jonas Salk Middle School "just to help the team." Although coached by Hall of Fame coach Ken Scott and current Old Bridge head coach Bryan Garnett, Luca's biggest impact on the sport of wrestling took place off the mat. In the summer prior to Luca's senior year, Luca helped the Old Bridge Wrestling Festival. After graduation, Luca joined the Festival with Hall of Fame coach and founder Greg DeMarco and Ron Mazzola in working the tournament on an executive level. It was during the Festival that Luca was persuaded by longtime referee Charlie Perez to become a wrestling official as he had already been a soccer referee and baseball umpire for many years. Luca had been a valuable part to many off-season and in-season tournaments over the years. In 2007, while typing up the agate (results) for the Home News & Tribune during the GMCT, Luca offered his assistance to award winning reporter Greg Tufaro to accurately depict the in-match actions of the finals. The result was an instant success. In 2012, Luca was the recipient of the GMCWCA's "Writer of the Year" award. In 2013, Luca was appointed the role of Treasurer for the GMCWCA, another hat he wears that includes the handling of reservations & expenses. In 2016, Luca further expanded his repertoire and introduced broadcasts to his audience. It was with this effort that earned Luca his second award as the GMCWCA adjusted the name of the award to "Media Man of the Year." In 2017, after a state-wide district realignment, Luca worked District 20, not as a referee or for the media, but rather as the tournament operator in Old Bridge and this past year at Del Val High School. At the conclusion of last season, Luca & Ron Mazzola hatched an idea to provide a scholarship award by having sponsors for each weight class during the broadcast of this year's GMC tournament. With many helping hands, the idea was put into motion and results in one of Luca's proudest achievements as this year's Tom Flanagan memorial award winners will be presented with a scholarship on behalf of the GMCWCA.

Luca was born in Brooklyn and lived in Old Bridge for over 30 years before purchasing a home in Monroe last year with his wife Mary (former South Plainfield scorekeeper under Coach Bill Pavlak). Luca met Mary at the GMC tournament when they were both in high school and although he wasn't wrestling that day, he absolutely came home a winner. Luca and Mary welcomed their child, Annalisa Marie Rispoli, into the world September 1st, 2017. She already knows the half nelson and how to break a cradle. Luca is the oldest of three brothers and has incredible family support; his parents Anne Marie & Agostino, brothers Tony (2001 Region 5 qualifier) & Daniel (2003 District 20 champion), his in-laws, the Otlowski family, and most importantly his wife, Mary.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

GMC CHAMPIONS

**1984 - Madison Central
1985 - East Brunswick
1986 - Madison Central
1987 - South Plainfield
1988 - South Plainfield
1989 - South Plainfield
1990 - South Plainfield
1991 - Madison Central
1992 - Madison Central
1993 - East Brunswick
1994 - South Plainfield
1995 - South Plainfield
1996 - South River
1997 - South River
1998 - South Plainfield
1999 - South Plainfield
2000 - South Plainfield
2001 - South Plainfield
2002 - South Plainfield
2003 - East Brunswick
2004 - South Plainfield
2005 - South Plainfield
2006 - South Plainfield
2007 - South Plainfield
2008 - Sayreville
2009 - South Plainfield
2010 - South Plainfield
2011 - South Plainfield
2012 - South Plainfield
2013 - South Plainfield
2014 - South Plainfield
2015 - South Plainfield
2016 - South Plainfield
2017 - South Plainfield
2018 - South Plainfield**



**South Plainfield
25 Titles**

**Madison Central
4 Titles**

**East Brunswick
3 Titles**

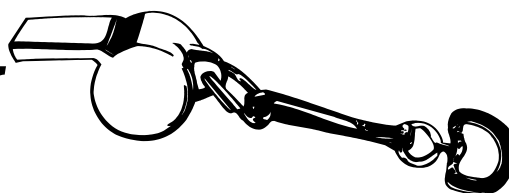
**South River
2 Titles**

**Sayreville
1 Title**

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

CLIFF LOYSEN MEMORIAL OFFICIAL OF THE YEAR

RON BUBNOWSKI



Ron Bubnowski, class of 1994, wrestled varsity all four years of his high school career for the Union Farmers. He led the team as captain for three of those years. Ron placed 1st in the districts his freshman, sophomore, and senior years. Ron only wrestled four matches during his junior year due to a bout with mono. In his senior year, Ron led his team and himself to both individual and team championships in both the Counties and the Districts. Ron finished up his senior year with over 30 wins and placed 5th in the state at 145 lbs. Ron also lettered in Football both his junior and senior years. Coached by the legendary Lou Rettino, the Farmers won their 3rd straight State Championship during his senior year. After high school, Ron attended Edinboro University of Pennsylvania to study Environmental Science. He walked on the top 10 Division I wrestling team and was coached by two Olympians – Bruce Baumgartner and Lou Rosselli. Ron was a productive member of the team wrestling behind two Division I All-Americans. Right out of college, Ron taught MS science and coached MS Football & HS wrestling under his HS coach Al Lilley. In his first two years of coaching, Ron had the privilege of coaching his younger brother Jeff and seeing him through to the State Tournament and the Prudential Center. In 2002, Ron took over as Head Coach, after Al's retirement. In all, Ron coached the Farmers from 1999 to 2009, with seven of those years as Head Coach. In his coaching tenure, Ron was able to take five wrestlers to the state tournament. As Head Coach, Ron and his team were in charge of all preparations for the Region III Tournament in Union including set-up and breakdown. Ron was awarded District X Coach of the year in 2004 and inducted to the Region III Hall of Fame in 2013. Ron's career path forced him to resign as head coach in 2009. Ron continues to serve the wrestling community both as a recreation wrestling coach in his home town of Bernardsville and he holds NJISSA certification as an active wrestling official since 2006. Ron is currently an Assistant Principal at Harding Elementary School and is happily married to his wife Trisha with their two sons RJ (12) & Luke (9). Ron enjoys spending time with his sons coaching their youth football and lacrosse teams. Ron also is an Eagle Scout and volunteers as a Cub Scout Leader for Pack 150. Ron is privileged to serve the Greater Middlesex Conference as a wrestling official amongst a great group of officials, coaches, wrestlers, and fans. The Cliff Loysen Memorial Official of the Year Award is a great honor and Ron is delighted to be selected out of an amazing group of officials.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

TOP TEAM



SOUTH PLAINFIELD HIGH SCHOOL

South Plainfield, finished the season with a 20 and 7 record with all 5 in-state losses coming from teams ranked in the top 15 in the state. The Tigers finished the Virginia Duals with a 2-2 record losing to the 1st and 4th place finishers in the tough National Division. The Tournament season started with a pair of 3rd place finishes at Morris Knolls and at the Henry Boresch Duals-Newton. The Tigers won Championships at the Greater Middlesex Conference, District 14, Central Jersey Group III Sectional and Group III State Champions. It was their 10th consecutive GMC Championship and 34rd District Title - a new state record. The Tigers won the tough Red Division of the GMC for the 10th consecutive year. The Tigers did a three-peat by winning the State Sectional and Group Championship. The Tigers in the Sectional Final defeated Ocean 54-6 and in the Group Finals upended Delsea 48-23 repeat finalist from 2015, 2016 and 2017.

South Plainfield was ranked the No. 3 Team in region 4 and in state rankings No. 15 by the coaches, and NJSIAA/Rothman. The Tigers were No. 14 in the NJ Writers Association and in the Star Ledger State Poll. The Home News Tribune ranked the Tigers #1 and Courier News ranked the Tigers #2 in All-Area poll.

Individually, the Tigers crowned 4 GMC Champions, 9 District Champions, and qualified 11 for the Region 4 Tournament. South Plainfield had one Region 4 Champion, 6 State Qualifiers and 2 State Place winners. Junior, Joe Heilmann, placed 2nd at 126lbs. in the state while junior, Luke Niemeyer, placed 5th at 195lbs. The seniors, Joe Heilmann, Frank Mannino, Mike Marrero, Joseph Nardacci, Xavier Nunez, Anthony Rendon record for 2017-18 was 78-54 and their career record was 219-84. The seniors were 4-time Red Division Champions, 4-time team GMC Champions, 4-time District Champions, 4-time Sectional Champions and 3-time Group Champions.

Congratulations to all South Plainfield Wrestlers and the High School Coaching staff of Bill Pavlak, Steve Johnston, Mike Jakubik, Craig Salvatore, Steve Giordano, Tyler Hunt, Bill Hamilton, and all the coaches of the program on a fantastic 2017-18 wrestling season. Also congratulating three South Plainfield wrestlers who placed at the National level: Ray Jazikoff of NYU 7th place at 157lbs in Division 3, Scott DelVecchio of Rutgers 6th place in Division 1 at 133lbs. and Troy Heilmann of University of North Carolina 4th place at 149 lbs. also in Division 1. A very special thanks to South Plainfield Athletic Director, Kevin McCann for all of his guidance. Let's not forget all the wrestling coaches at different levels, parents and the community of South Plainfield for all their support throughout the year.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

FINAL GMC STANDINGS

Red Division

	<i>Division</i>	<i>Overall</i>
1)	South Plainfield	7-0
2)	Monroe	6-1
3t)	Old Bridge	4-3
3t)	Piscataway	4-3
5t)	Perth Amboy	3-4
6t)	South Brunswick	3-4
7)	Edison	1-6
8)	East Brunswick	0-7

White Division

	<i>Division</i>	<i>Overall</i>
1)	Sayreville	5-0
2)	Woodbridge	4-1
3)	Colonia	3-2
4)	New Brunswick	2-3
5)	John P. Stevens	1-4
6)	John F. Kennedy	0-5

Blue Division

	<i>Division</i>	<i>Overall</i>
1t)	Middlesex-Dunellen	6-1
1t)	South River	6-1
1t)	Spotswood	6-1
4t)	Bishop Ahr	3-4
4t)	Highland Park	3-4
6)	Carteret	2-5
7t)	Metuchen	1-6
7t)	North Brunswick	1-6



GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

BEST TEAM - LARGE SCHOOLS



MONROE TOWNSHIP HIGH SCHOOL

Monroe had a solid 2017/18 season finishing second in the Greater Middlesex County Red Division, second in District 20 and third at the GMC tournament. Seniors Andy Lombard, Kaylon Bradley and Justin Hopman led a balanced team and provided significant contributions throughout the season. The Falcons once again qualified for the Central Jersey Group V sectional tournament where they reached the semifinals, falling to state power Hunterdon Central. At the District 20 tournament, Joseph Fiordaliso, Michael Bilardo, Hopman and Bradley all earned their first title. Bradley went on to capture the title at the Region 5 tournament and was joined by Lombard and Fiordaliso in Atlantic City for the individual state championship.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

BEST TEAM - SMALL SCHOOLS

SOUTH RIVER HIGH SCHOOL



The 2017-2018 Wrestling Season proved to be an exceptional one for the Rams. With the help of talented underclassmen and seasoned upperclassmen, great things emerged for this small team. They finished with a 15-6 regular season tying for the Blue Division Title. The Rams placed third in the Edison Tournament, sixth in the East Brunswick Tournament, seventh at the GMC Tournament and qualified for the Team State Sectionals, making it to the semi-final round. They are looking to work hard in the off season and look forward to welcoming the next group of young Rams.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

MOST IMPROVED TEAM LARGE SCHOOLS



SOUTH BRUNSWICK HIGH SCHOOL

The South Brunswick Vikings finished their 2017-18 Varsity season with 10 wins and 13 losses, which marks great improvement from their 3-19 finish last season. Under the leadership of captains, Sean Lubiak (138), Jonathan Lamprecht (126) and Mathew Castimore (132), the Vikings were able to improve their Red Division record from 0-7 last season to 3-4 this season. With contributions from the underclassmen, South Brunswick was also able to improve their District XX team finish moving from 8th place in 2017 to 4th place in 2018. The highlight of the season was watching the experience of the seniors and the heart of the underclassmen work together to clinch the team championship at the 2018 Buc Classic Tournament at Red Bank Regional High School. In addition to their improved team record and tournament performances, the Vikings also had many individual accomplishments to be proud of. The most notable of all was taking six wrestlers to the Region V tournament this year. The team graduates a large number of contributing seniors this year but is confident that the current underclassmen and incoming freshman class will help build an even stronger program for the future.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

MOST IMPROVED TEAM SMALL SCHOOLS

SPOTSWOOD HIGH SCHOOL



The Spotswood Chargers finished their varsity season with a 12-8 team record. For the first time since 1997 and second time in program history, the team qualified for the State Sectional Tournament. Under the strong senior leadership of Shea Obado (145), Michael LeRoy (170), and Donald Shaffer (182) the team continued to improve over the course of the season and earned a GMC Blue Division Championship. Spotswood finished 9th at the Nottingham Tournament, 5th at the East Brunswick Bear Invitational Tournament, and 9th at the Greater Middlesex County Tournament. There were many individual accomplishments this season including six county place winners, four district place winners, three region qualifiers, and one state qualifier. In addition, the roster consisted of five wrestlers with twenty individual wins or more. Although the team will lose six starting seniors next year, their impact on the program has been great and paved the way for a promising future.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

GREATER MIDDLESEX CONFERENCE TOURNAMENT RESULTS

FINAL TEAM SCORES

PLACE	TEAM	POINTS
1)	South Plainfield	239
2)	Piscataway	160
3)	Monroe	159
4)	Old Bridge	111
5T)	Colonia	83
5T)	Perth Amboy	83
7)	South River	82
8)	Middlesex-Dunellen	80
9)	Spotswood	76
10)	New Brunswick	73.5
11)	Carteret	72.5
12)	Sayreville	72
13)	South Brunswick	66.5
14)	Woodbridge	51
15)	Edison	43
16)	J.F. Kennedy	39.5
17)	East Brunswick	39
18)	J.P. Stevens	30.5
19)	Bishop Ahr	22
20)	North Brunswick	20
21)	Highland Park	17
22)	Metuchen	14

OUTSTANDING WRESTLER AWARDS

LOWER WEIGHTS (106-145)

126 - JOE HEILMANN (SOUTH PLAINFIELD)

UPPER WEIGHTS (152-285)

160 - JOHN POZNANSKI (COLONIA)

MOST PINS IN LEAST AMOUNT OF TIME

106 - ANTHONY WHITE (SOUTH PLAINFIELD)
4 IN 3:35

CHAMPIONSHIP FINALS (Starting at 182)

182: Elijah Pitt-Goodson (Piscataway) d. Kyle Baszak (South River), 5-4.
195: Luke Niemeyer (South Plainfield) d. Paris Foster (Piscataway), 6-0.
220: Zach DelVecchio (South Plainfield) p. Keshon Davila (New Brunswick), 1:36.
285: Nick Nyers (Woodbridge) p. Ramiro Osuna (New Brunswick), 2:45.
106: Anthony White (South Plainfield) p. Ken Beck (Middlesex-Dunellen), 0:42.
113: Joseph Pacheco (Perth Amboy) d. Joseph Fiordaliso (Monroe), 7-5.
120: Mitchell Polito (East Brunswick) d. David Loniewski (South Plainfield), 7-3.
126: Joe Heilmann (South Plainfield) p. Michael O'Brien (Edison), 3:09.
132: James Rodriguez (Perth Amboy) d. Thomas Fierro (South Plainfield), 3-2.
138: Andrew Lombard (Monroe) d. Aaron Coleman (J.F. Kennedy), 8-3.
145: Jeff Johnson (Middlesex-Dunellen) d. Joe Sacco (South Plainfield), 2-1.
152: Joseph Hatcher (Piscataway) d. Nicholas Weikel (Monroe), 11-5.
160: John Poznanski (Colonia) d. Michael Petite (Piscataway), 6-4.
170: Nick Recine (Piscataway) d. Demetrius Ruiz (Carteret), 7-1.

3RD PLACE MATCHES

106: Matthew Klimkiewicz (South Brunswick) p. Dylan Acevado (Sayreville), 1:24.
113: Zachary Weiner (Spotswood) p. Issac Cruz (South River), 2:48.
120: Jake Wiatroski (Old Bridge) d. Michael Bilardo (Monroe), 3-0.
126: Mike Botte (Old Bridge) p. Ian Coleman (J.F. Kennedy), 2:32.
132: Troy O'Connor (Midd-Dun) d. Mathew Castimore (South Brunswick), 7-5.
138: Trevor Mastorio (Sayreville) m.d. Alec Meyers (Old Bridge), 11-3.
145: Luke Pero (Colonia) m.d. Marcus Petite (Piscataway), 13-4.
152: Dan Colon (South River) d. Hunter Kiraly (Woodbridge), 9-2.
160: Shea Obado (Spotswood) d. Jacob Vega (Carteret), 9-6.
170: Justin Hopman (Monroe) p. Joseph Nardacci (South Plainfield), 0:40.
182: Brenden Hedden (South Plain) d. Kenneth Abode (North Brunswick), 11-8.
195: Kaylon Bradley (Monroe) p. Gustavo Palacio (South Brunswick), 3:20.
220: Adrian Najar (Colonia) d. David Welch (Perth Amboy), 8-3.
285: David Pierre (Carteret) p. Spencer Johnson (J.P. Stevens), 4:42.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

GREATER MIDDLESEX CONFERENCE ALL-CONFERENCE

**CONFERENCE CHAMPION - SOUTH PLAINFIELD
CONFERENCE RUNNER-UP - PISCATAWAY**

*106; Anthony White (South Plainfield)
113; Joseph Pacheco (Perth Amboy)
120; Mitchell Polito (East Brunswick)
126; Joe Heilmann (South Plainfield)
132; James Rodriguez (Perth Amboy)
138; Andrew Lombard (Monroe),
Aaron Coleman (John F. Kennedy)
145; Jeff Johnson (Middlesex-Dunellen),
Joe Sacco (South Plainfield)
152; Joseph Hatcher (Piscataway)
160; John Poznanski (Colonia),
Michael Petite (Piscataway)
170; Nick Recine (Piscataway),
Demetrius Ruiz (Carteret)
182; Elijah Pitt-Goodson (Piscataway),
Kyle Baszak (South River)
195; Luke Niemeyer (South Plainfield),
Paris Foster (Piscataway)
220; Zach DelVecchio (South Plainfield)
285; Nick Nyers (Woodbridge),
Ramiro Osuna Jr. (New Brunswick)*

COACH OF THE YEAR ~ MATT MERRIGAN, SPOTSWOOD

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

GREATER MIDDLESEX CONFERENCE ALL-RED DIVISION

DIVISION CHAMPION SOUTH PLAINFIELD

106, Anthony White (South Plainfield)

113, Joseph Pacheco (Perth Amboy)

120, Mitchell Polito (East Brunswick)

David Loniewski (South Plainfield)

Jake Wiatroski (Old Bridge)

126, Joe Heilmann (South Plainfield)

Jonathan Lamprecht (South Brunswick)

Michael O'Brien (Edison)

132, Thomas Fierro (South Plainfield)

James Rodriguez (Perth Amboy)

138, Andrew Lombard (Monroe)

145, Joe Sacco (South Plainfield)

152, Joseph Hatcher (Piscataway)

160, Michael Petite (Piscataway)

170, Nick Recine (Piscataway)

182, Elijah Pitt-Goodson (Piscataway)

195, Luke Niemeyer (South Plainfield)

Youssef Gamel (East Brunswick)

Kaylon Bradley (Monroe)

220, Zach DelVecchio (South Plainfield)

285, Julian Medina (South Plainfield)

COACH OF THE YEAR ~ DAN SMITH, PISCATAWAY

SPORTSMANSHIP AWARD ~ EAST BRUNSWICK HIGH SCHOOL

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

GREATER MIDDLESEX CONFERENCE ALL-WHITE DIVISION

DIVISION CHAMPION SAYREVILLE

*106, Dylan Acevedo (Sayreville)
113, Darren Figueroa (Sayreville)
120, Zion Blanco (New Brunswick)
126, Ian Coleman (J.F. Kennedy)
 Brandon Alicea (Sayreville)
 Jaden Catalano (Woodbridge)
132, Alec Coelho (Sayreville)
138, Aaron Coleman (J.F. Kennedy)
 Trevor Mastorio (Sayreville)
145, Luke Pero (Colonia)
152, Hunter Kiraly (Woodbridge)
160, John Poznanski (Colonia)
 Yarinel Peralta (New Brunswick)
170, Dominic Zecchino (Woodbridge)
182, Christian Irizarry (Colonia)
195, Savon Kirksey (Sayreville)
 Adrian Najar (Colonia)
220, Nick Nyers (Woodbridge)
 Keshon Davila (New Brunswick)
285, Ramiro Osuna (New Brunswick)
 Spencer Johnson (J.P. Stevens)*

COACH OF THE YEAR ~ MARCUS IVY, SAYREVILLE

SPORTSMANSHIP AWARD ~ JOHN F. KENNEDY MEMORIAL HIGH SCHOOL

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

GREATER MIDDLESEX CONFERENCE ALL-BLUE DIVISION

DIVISION CHAMPIONS

MIDDLESEX-DUNELLEN, SOUTH RIVER & SPOTSWOOD

- 106, Ken Beck (Middlesex-Dunellen)*
- 113, Arun Chezian (Metuchen)*
- 120, Connor Platt (Spotswood)*
- 126, Troy O'Connor (Middlesex Dunellen)*
- 132, Mark Pacheco (South River)*
- 138, Leandro Santos (South River)*
- 145, Jeff Johnson (Middlesex-Dunellen)*
- 152, Dan Colon (South River)*
 - Bryan Velasquez (Middlesex-Dunellen)*
- 160, Shea Obado (Spotswood)*
 - Jacob Vega (Carteret)*
- 170, Demetrius Ruiz (Carteret)*
 - Michael LeRoy (Spotswood)*
 - Devin Merle (Bishop Ahr)*
- 182, Kyle Baszak (South River)*
 - Kenny Abode (North Brunswick)*
- 195, Brandon Szersen (South River)*
 - Sean Li (Highland Park)*
- 220, Frank Cohan (Carteret)*
- 285, Ken Cross (South River)*
 - David Pierce (Carteret)*

COACH OF THE YEAR ~ MATT MERRIGAN, SPOTSWOOD

SPORTSMANSHIP AWARD ~ CARTERET HIGH SCHOOL

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

MEDIA ALL-STARS

The Home News Tribune

FIRST TEAM

106 Anthony White, South Plainfield, Fr.
113 Ken Beck, Middlesex-Dunellen, Jr.
120 Mitch Polito, East Brunswick, Sr.
126 Joe Heilmann, South Plainfield, Sr.
132 James Rodriguez, Perth Amboy, So.
138 Aaron Coleman, J.F. Kennedy, Sr.
145 Jeff Johnson, Middlesex-Dunellen, Sr.
152 Joseph Hatcher, Piscataway, Jr.
160 John Poznanski, Colonia, So.
170 Nick Recine, Piscataway, Jr.
182 Kenny Abode, North Brunswick, Sr.
195 Luke Niemeyer, South Plainfield, Jr.
220 Zach DeVecchio, South Plainfield, Jr.
285 Ramiro Osuna, New Brunswick, Sr.

SECOND TEAM

106 Joseph Pacheco, Perth Amboy, Sr.
113 Christian Diaz, Bishop Ahr, So.
120 Dave Loniewski, South Plainfield, Jr.
126 Jonathan Lamprecht, South Brunswick, Sr.
132 Thomas Fierro, South Plainfield, Jr.
138 Andrew Lombard, Monroe, Sr.
145 Joe Sacco, South Plainfield, Jr.
152 Nicholas Weikel, Monroe, Jr.
160 Michael Petite, Piscataway, Sr.
170 Demetrius Ruiz, Carteret, Sr.
182 Elijah Pitt-Goodson, Piscataway, Sr.
195 Kaylon Bradley, Monroe, Sr.
220 Nick Nyers, Woodbridge, Sr.
285 David Pierre, Carteret, Sr.

THIRD TEAM

106 Joseph Fiordaliso, Monroe, So.
113 Zachary Weiner, Spotswood, Fr.
120 Jake Wiatroski, Old Bridge, Sr.
126 Michael Botte, Old Bridge, Sr.
132 Troy O'Connor, Middlesex-Dunellen, Jr.
138 Leandro Santos, South River, Sr.
145 Trevor Mastorio, Sayreville, Jr.
152 Dan Colon, South River, Sr.
160 Shea Obado, Spotswood, Sr.
170 Justin Hopman, Monroe, Sr.
182 Brenden Hedden, South Plainfield, Jr.
195 Paris Foster, Piscataway, Sr.
220 Frank Cohan, Carteret, Sr.
285 Spencer Johnson, J.P. Stevens, Sr.

HONORABLE MENTION

Any wrestler not named first-, second-, or third-team All-GMC who placed among the top six in the conference tournament or qualified for regions earned honorable mention.

Bishop Ahr: Devin Merle.

Carteret: Jacob Vega.

Colonia: Luke Pero, Christian Irizarry, Adrian Najar, Joseph Dimperio, Matthew Sternesky, Brandon Solis, Caleb Wilson.

East Brunswick: Christian Perrine, Abdullah Mohamed.

Edison: Michael O'Brien, Dean Escobar, Keyon Goodwin.

Highland Park: Eli Jacobs-Perez.

J.F. Kennedy: Ian Coleman.

J.P. Stevens: Nico Vargas.

Middlesex-Dunellen: Bryan Velasquez, Alex Bollin.

Monroe: Michael Bilardo, Corey Fernandez, Ian McCabe.

New Brunswick: Zion Blanco, Steven Almanzer, Yarinel Peralta, Keshon Davila, Benjarmin Walker.

North Brunswick: Cesar Lopez, Alexander Angeles.

Old Bridge: Vincent Nadera, Taofiq Price, Alec Meyers, Justin Gonzalez, Luigi Luppino, Elijah Mack.

Perth Amboy: David Welch, Luis Colon.

Piscataway: Deon Pleasant, Marcus Petite, Bryan Mora, Jake Sisk.

Sayreville: Dylan Acevado, Brandon Alicea, Joseph Porcaro, Elijah Ade-Festus, Benedict Arthur.

South River: Issac Cruz, Mark Pacheco, Kyle Baszak, Kentheotio Cross.

South Brunswick: Matthew Klimkiewicz, Mathew Castimore, Sean Lubiak, Gustavo Palacio, Arjun Khatri, Zack Racanati.

South Plainfield: Alex Amato, Mike Marrero, Joseph Nardacci, Marc Giordano, Thomas Renna.

Spotswood: Connor Platt, Donald Shaffer, Michael LeRoy.

Woodbridge: Hunter Kiraly, Jaden Catalano, Dominic Zecchino.

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

MORE MEDIA & MORE ...

AREA RANKINGS

The Home News Tribune

GMC TOP 10

- 1. South Plainfield**
- 2. Monroe**
- 3. Piscataway**
- 4. Old Bridge**
- 5. Sayreville**
- 6. Perth Amboy**
- 7. South Brunswick**
- 8. Woodbridge**
- 9. Colonia**
- 10. South River**

The Star-Ledger

MIDDLESEX TOP 10

- 1-South Plainfield**
- 2-Monroe**
- 3-Piscataway**
- 4-Old Bridge**
- 5-Sayreville**
- 6-Perth Amboy**
- 7-South Brunswick**
- 8-Woodbridge**
- 9-Colonia**
- 10-Middlesex/Dunellen**

***Congratulations To Sayreville Head Coach Marcus Ivy Who Was Named
Middlesex County Coach of the Year In Both The Home News Tribune and the Star Ledger***

COACHING MILESTONE

***The GMC Wrestling Coaches Association
Congratulates the Following Coaches
on Reaching Career Milestone Wins***

100 - Matt Pazinko, East Brunswick

100 - Tom White, Edison

200 - Bill Pavlak, South Plainfield

250 - Nick Tonzola, Bishop Ahr

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

About this booklet ...

**This book is produced mainly by the
Head Coaches of the
Greater Middlesex Conference Wrestling Teams.**

**All of the “narrative” write-ups are written by
the coaches, e-mailed to Ron Mazzola, who
simply “copies and pastes” these narratives
into their proper place. Ron also formats the
remainder of the book (lists, graphics, etc.).**

**This book is a major project and takes many
hours, by everyone, to complete.**

**We apologies for any
errors or omissions.**

GREATER MIDDLESEX CONFERENCE 2018 WRESTLING COACHES ASSOCIATION

**The
Greater Middlesex Conference
Wrestling Coaches Association
would like to thank the
management and staff at the
Milltown American
Legion ~ Post #25
and
Twin Oaks Caterers
for helping make our
All-Star Awards Presentation
a great success.**