

PENNSYLVANIA WRESTLING NEWSMAGAZINE



Pictured above: Founder and Long-Time Coach Joe Baranik inducted into PA Hall of Fame standing alongside his son, Troy Baranik, who presented him with his green jacket.



The Class of 2025 PA Chapter of the National Wrestling Hall of Fame: L to R:
Front row: Ralph Cindrich, Rick Mahonski, Ken Shirk, C.D. Mock.
Back row: Ron Spinner, Joe Baranik, Jeff Cook, Curtis Herneisen, Pete Smith.



tt Images 2025

Above pictures are of 2x PIAA state champ Maddox Shaw (152) of Thomas Jefferson HS defeated No. 1 Daniel Zepeda of Gilroy HS (CA), 8-5 in the 51st Pittsburgh Wrestling Classic and earned the "OW" award for the PA All-Stars. The 4x PIAA state medalist has a career record of 166-14.

Photos courtesy of Marc Billett

PAIA CHAPTER NATIONAL
WRESTLING HALL OF FAME
CLASS OF 2025
INDUCTION

Five "Star" Starocci

compiled by Joe Baranik

PSU's Carter Starocci (184) (Erie Cathedral Prep) recently became the only wrestler in Division I history to win 5 NCAA titles. The pressure alone as he won each year is quite an accomplishment. How fitting is it that his coach was a 4x NCAA

champion who went 159-0? Starocci went 104-2 in contested bouts (he injury defaulted his 2 bouts in the 2024 BIG 10 tournament).

Interestingly enough, Carter lost his first match (2020) as a red-shirt freshman 10-9 to D.J. Washington of Indiana. His other loss was to fellow Pennsylvanian

Michael Kemerer (Franklin Regional) of Iowa in the 2021 BIG tournament 7-2. He came back to beat Kemerer in the 2021 NCAA tournament 3-1 in SV.

Starocci went on to go unbeaten in '22, '23, '24 and 2025. In fact, in 2022, Carter wrestled the second half of the season with a broken hand!



The three time BIG champion wants to focus on the next thing, he says is the 2028 Olympics in Los Angeles.

Photo credits, Mark Selders

PWN CELEBRATES 30 YEARS!

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****NOTE: OUR NEXT ISSUE WILL COME OUT in Late May of 2025.**

Layout/Design: Troy Baranik, SID @ Columbia, SC
Editor/Founder: Joe Baranik, Virginia HS Coach, 2025 Hall of Fame Inductee

Penn State Super Stats

compiled by Joe Baranik

***The Lions completed their fifth season in a row without a defeat and their ninth out of the last 10!**

***The Nittany Lions have a five-year winning streak of 71 straight wins. Oklahoma State has the record at 76 straight.**

***PSU will only have one senior in the line-up next year in Levi Haines. Haines who won an NCAA title in 2024 will be joined by NCAA champion Mitchell Mesenbrink and runner-up Josh Barr.**

***The Blue & White placed eight starters in the top three, while Braeden Davis placed 5th and Greg Kerkvliet 6th. Had Kerkvliet been healthy, the 2024 NCAA titleist could have easily been in the top 3.**

***The Lions are only the second team (Minnesota did it in 2001), to have all 10 starters earn All-American honors.**

***Penn State set new scoring records for the Big Tens and the NCAA's by breaking their own totals from last year.**

***PSU 4-peated with another NCAA title for the third time. Coach Cael has coached 12 NCAA Championships in the last 14 years. Penn State's other championship came back in 1953.**

***Coach Cael led PSU to a national title in his second year at Penn State in 2011 in Philadelphia (this year's title location as well).**

***Coach Sanderson has coached 40 NCAA champions and 101 All-Americans in his 16 years at Penn State (no NCAA tournament in 2020). He has 215 wins in his 16 years at State.**

***PSU went an eye opening 49-19 at this year's national tournament.**

***Most NCAA champs since 2011: PSU 40, Cornell 14, Oklahoma St. 12, Ohio St. 11 and Iowa 8.**

***The Lions have had 59 NCAA finalists since 2011 that earned a record of 49-19.**

***Since 2011, PSU has gone a remarkable 59-12 in the NCAA semi finals! (winning percentage of .831).**

***In the last decade, the Blue & White is the only team that has won an individual title at each weight class.**

***Five Nittany Lions won Big 10 titles to tie a school record. Luke Lilledahl (125), Tyler Kasak (157), Mitchell Mesenbrink (165), and Levi Haines (174) and Carter Starocci (184), who became 3x BIG champs.**

***PSU featured two freshmen in the lineup with Lilledahl and Josh Barr (197). Barr was an NCAA runner-up and Lilledahl placed 3rd!**

***Mitchell Mesenbrink (165), a sophomore for Penn State, is 55-1 in his career, a 2x NCAA finalist and national champ, was 27-0 this season, and earned the most tech falls in the country with 18 this season.**

***Penn State has won six of the last eight dual meets vs. Iowa.**



PWN 2024-25



Pittsburgh Classic Photos



above: Aaron Seidel, Team PA (133),
dec. Matthew Bontello 9-0.



top left: Team USA's
LaDarion Lockett has the leg of
Bode Marlow (Thomas Jefferson).
Lockett won 19-4.

Left: 2x PIAA state champ Maddox
Shaw (152) of Thomas Jefferson HS
earned the "OW" award for the PA
All-Stars. The 4x PIAA state medal-
ist has a career record of 166-14.
Photos courtesy of Marc Billett



PA CHAPTER OF NWHoF Ceremony



at RIGHT: Bruce Haselrig, who has been a referee for over four decades, was inducted into the National Wrestling Hall of Fame's Pennsylvania Chapter in 2007. He has officiated six NCAA Division II National Championships, three NAIA National Championships, and 20 PIAA High School Championships.

TOP LEFT: C.D. Mock was a PIAA state champ from Council Rock HS in 1978. He went onto wrestle at the University of North Carolina where he became their first NCAA champion in 1982 (134 lbs.), and finished 35-0. The 2x AA posted a 108-9 career record and won 3 ACC titles.

TOP RIGHT: Ralph Cindrich was a 2x PIAA runner-up for Avella High School, an Eastern Wrestling League champion and a 4th place finisher at the NCAA's for Pitt. Cindrich was a 2x All American for Pitt on the football team and played linebacker for the Patriots, Oilers and the Broncos in the NFL before becoming a sports agent.



Pictured left are members of the 1978 Altoona Area HS team that went 13-1.

From L-R:

Dr. Josh Zimmerman,
Colonel Joe Fraundorfer,
Joe Baranik, HOF Inductee & Coach
Dan Baranik, Football Coach
Randy Echols, CEO of PrestoSports Holdings

Marcus Blaze Wins National Award

One of the most prestigious national high school awards to win in wrestling is the Dave Schultz High School Excellence Award. This year's winner is Marcus Blaze of Perrysburg, Ohio. The No. 1 ranked wrestler in the country, who will wrestle at Penn State, was a 4x Ohio State champ. Blaze has a career record of 200-2 and recently finished 3rd in the U.S. Senior Nationals Freestyle Tournament at (61kg). Last Spring, Blaze finished third at the 2024 U.S. Olympic Team trials. His brother Joey, a sophomore, was an NCAA runner-up this year for Purdue at 157 lbs. Marcus projects to wrestle at 141 lbs. for PSU. Blaze is pictured left in Team USA singlet.



The National Wrestling Hall of Fame on Tuesday announced that Piper Fowler of Cleveland, Tennessee is the 2025 national winner of the Tricia Saunders High School Excellence Award (TSHSEA).

The award recognizes and celebrates the nation's most outstanding high school senior female wrestlers for their excellence in wrestling, scholastic achievement, citizenship, and community service.

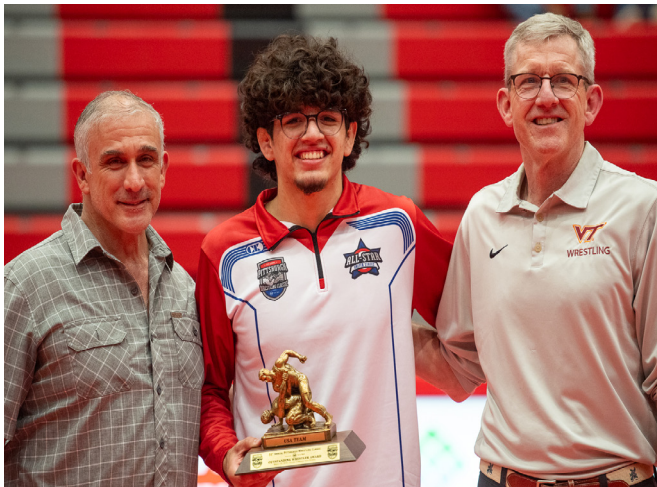
Piper, pictured below, will continue her wrestling career at NAIA's William Penn University (IA).

Fowler was an undefeated four-time Tennessee wrestling state champion for Cleveland High School. She helped start the wrestling team at her school and was instrumental in helping them capture three state team titles and a third-place finish. Fowler was named Outstanding Wrestler at the 2024 state tournament. She won a gold medal at the 2023 U17 World Championships and represented the United States again in 2024. She is also a National High School Coaches Association champion, a Fargo champion, a Super 32 champion and the recipient of the Catherine Neely Female Athlete of the Year award.



Piper Fowler

2025 National Tricia Saunders High School Excellence Award Winner
PRESENTED BY THE HYMAN FAMILY



Above: Sergio Vega (139) defeated Tahir Parkins 20-4. Vega also was named the "OW" for Team USA. *Photos courtesy of Marc Billett*



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District 3 H.S. Report

By Bill Creps



A trio of seniors who were the heart and soul of the West Perry boys wrestling team were hoping their final journey to Giant Center for :

Tyler Morrison, Jackson Rush

and Tucker Seidel concludes with all three standing on the championship podium in their respective weight classes.

West Perry moved to Class 3A this season from Class 2A, which gave Morrison, Rush and Seidel, and their teammates, a look at new teams and new wrestlers this postseason.

"We've grown up together wrestling. We still wrestle together every day. We all know it's our last ride. We're going to wrestle on separate teams in the future. It's exciting to see what we can do in our last push. I loved working in the room," Rush said. "Working in the room with those guys the past four years, it has been so much fun and I couldn't have asked for anything better. I think we are dedicated enough to (reach the state podium) and I think we've got to want to do it. I think you'll see us all on the podium at the end of the year," he said.

"When we all got to high school, we all wanted to be not just good wrestlers, but we wanted to leave a mark on the program and we did that," Seidel said. "A lot of guys have done it before us and a lot of guys will do it after."

At the nucleus of the trio of seniors is Tyler Morrison. Tyler is the youngest of three boys in the Morrison family, which is the most notable name in the West Perry wrestling program. Heading into the 2025 season, the Morrison's had three PIAA medalists and five state medals altogether, with Tyler accounting for two of them.

"He's just driven and passionate, loves the sport and his senior teammates," Coach Kell said of Tyler. "He has a great support system with brothers who've been through the program and know kind of what it's about and what is needed to get to the next level.

Both of his brothers are older and have wrestled in college in some capacity, so it's great."

"I've had to improvise a lot because we're kind of in the middle of nowhere at West Perry," Tyler said. "Whether it was putting on a weighted backpack and running up the mountain or pushing a sled with a feed sack on it or whatever, it's all the same as the fancy equipment and stuff."

Tyler's grandfather, Larry Nolen, was the catalyst for his love of wrestling. Nolen was Cumberland Valley's first state wrestling champion in 1966 at 154 pounds. He always said his grandkids could have his trophy if they too won a state title.

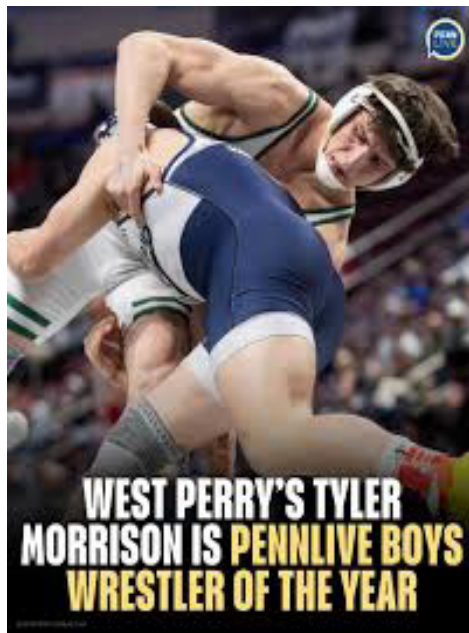
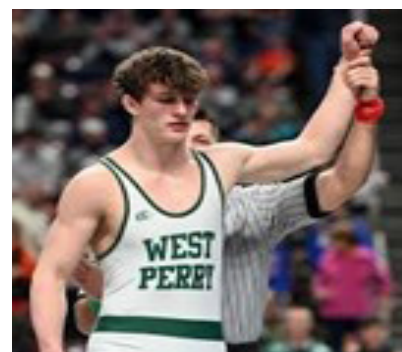
Like his grandfather before him, Morrison became West Perry's first state champion with a PIAA Class 3A 189-pound title by going 41-1 this season. "Oh my gosh. He's one of the biggest contributors to my success," Morrison said of grandfather.



Morrison's dream came true after a 10-1 major of Sun Valley's Brandon Carr. Morrison had missed PIAA qualification as a freshman, earned sixth and fourth-place 2A medals the next two years and, in the Mustangs' bump to 3A classification, he navigated his way to the top of the Giant Center's podium. Like grandfather, like grandson.

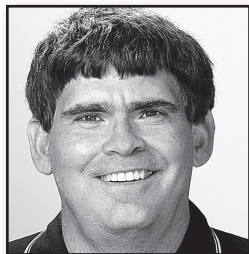
As far as the trio's dream of having three Mustangs on the PIAA medal

podium, that goal fell just short. Of course, Tyler earned the program's first gold medal. Tucker Seidel finished with a 7th place medal while unfortunately Jackson Rush fell one victory short of a medal. For Tyler Morrison, his dedication and commitment to wrestling makes him a hero for his town and community. As future mustangs wear a green and white singlets, the dream of winning a state championship can be accomplished with the support of family and a band of wrestling brothers that Tyler Morrison was so fortunate to have.



District 6 Report

By John Hartsock



jhartsock@altoona-mirror.com

Tying together some loose ends for District 6 wrestlers after the conclusion of the PIAA high school season:

Pennsylvania's most decorated high school wrestler, junior Bo Bassett of junior Bishop McCort Catholic Academy, earned a bronze medal in freestyle wrestling in the 65kg (143-pound) weight class at last September's U20 World Wrestling Championships held in Pontevedra, Spain.

His goal this year is to reach the top of the medals podium at the 2025 World Championships, which will be held August 18-24 in Sofia, Bulgaria.

"I'll be wrestling freestyle for the next couple of months," said Bassett, an extremely highly-recruited wrestler by Division I college programs who has committed to the University of Iowa. "I'll be looking to get back to the World Championships again.

"Last year, I got a bronze medal for Team USA, so this year, my goal is to get back on that (medals) podium, and hopefully, to be standing at the top," Bassett said.

Bassett starts his quest to do so at the Las Vegas Open, a world trials qualifying event which was held at The Expo at World Market Trade Center April 23-27.

Competition in the men's U20 freestyle division in Las Vegas was held at April 26-27, and winners will advance to the World Team Trials finals at Geneva, Ohio in late May.

Bassett, a two-time PIAA Class 2A state champion, is taking one step at a time.

"To win gold in Bulgaria would be awesome," Bassett said. "But obviously, I have to make Team USA, so that's the first thing on my mind, and sometimes, that's the hardest part. But I am very excited."

Several outstanding wrestlers from District 6 have registered for the Las Vegas Open U20 Freestyle Division competition.

Along with Bassett, included in this year's field are his McCort teammates Sam Herring and Jax Forrest (both at 61kg, 134 pounds), along with Jackson Butler and Melvin Miller (both at 70kg, 154 pounds).

Central Mountain standout Dalton Perry, who, like Herring, will compete collegiately for Penn State, is registered in the Las Vegas Open freestyle competition at 65kg, while collegiate wrestlers Mason Gibson (Rutgers/Bishop McCort) and Zeke Dubler (Lehigh/Glen-dale), are registered at 61kg and 79kg (174 pounds), respectively.

Barr repeats as NHSCA champ

Altoona Area High School freshman Deklan Barr captured his second straight title at the National High School Coaches Association's (NHSCA) Nationals on Sunday, March 16, at the Virginia Beach Sports Center.

Barr notched a 5-3 championship decision over a familiar opponent – Hanover Township's C.J. Caines – to win the 127-pound title in the freshman division at the NHSCA Nationals.

Last year, Barr had defeated Caines – who was a sixth-place finisher this past March in the PIAA Class 2A state tournament – by 8-1 decision in the 105-pound middle school division at the NHSCA Nationals.

It was the third year in a row that Barr wrestled in the championship finals of the NHSCA Nationals. He also recently won a USA Wrestling national title.

Barr went 7-0 in his 124-man weight class at this year's NHSCA Nationals, scoring three technical falls, a true fall, and three decisions.

This past high school wrestling season, Barr qualified for the PIAA Class 3A state tournament at 127 pounds, after winning the District 6 Class 3A championship and being named the Outstanding Wrestler in that tournament.

PWCA All-Academic Team

District 6 wrestlers who have excelled in the classroom as well as on the wrestling mat were recognized recently by being named to the Pennsylvania Wrestling Coaches Association's All-Academic Team.

First Team selections included seniors Gideon Bracken, Colton Henning and

Noah Pisarcik of United, Luke Sipes of Altoona, Hollidaysburg's Mitchell Baronner, Marshall Eckenrode of Cambria Heights, Central's Kaden Horn, and Hollidaysburg's Brayden Sidney. Juniors who were First Team selections included Bishop McCort's Bassett, Forrest, and Herring, United's Josef Garschnick and Chloe Stiles, Bellefonte's Ezra Swisher, Huntingdon's Dom Peruso, Juniata High School's Ryder Smith, and Philipsburg-Osceola's Ace Foster. Sophomores who were First Team selections included Altoona's Dom Nardoza, Central's Cody Clapper, Hollidaysburg's Landon Krupka, and Philipsburg-Osceola's Connor Guenot.

Second Team selections among senior wrestlers included Hollidaysburg's Jacob Brua and Mason Schenk, Central's Thaide Mickel, Bald Eagle Area's Caleb Close, Bellefonte's Noah Weaver, Tommy Kitchen of Cambria Heights, and Asher Cunningham of State College, along with juniors Caden Justice of Bald Eagle Area, Wyatt Taubler of River Valley, Caleb Hummel and Colton Chapman of Philipsburg-Osceola, and Gaige Scholly of Huntingdon. Sophomore Second Team selections were Gavin Ciampoli of Altoona, Luke Hockenberry of Bellefonte, Dawson Lamison of Bald Eagle Area, and C.J. Pensiero of Bishop McCort.

Third Team selections were Bishop McCort senior Devon Magro, Juniata High School junior Kelton Bonnell, and sophomore Averil Gable of Philipsburg-Osceola.

Bellefonte senior Cameron Garcia was an honorable mention selection. Juniors who were honorable mention selections were Huntingdon's Chris Gibson and Landon Erdman, Bellefonte's Wyatt Long and Jackson Long, Juniata's Anthony Maradiaga and Colton Rowles, and River Valley's Michael Wano. Sophomore honorable mention selections included Central's Carsen Mowery, River Valley's Tanner Flickinger, and State College's James Whitbred.

(Editor's note: John Hartsock has covered high school wrestling, and other sports, for the Altoona Mirror, for the past 43 years)

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2025 US Open Senior Men's Freestyle Final Results

57 kg - Luke Lilledahl (NLWC) dec. Liam Cronin (Nebraska RTC) 10-0
61 kg - Jax Forrest (Cowboy RTC) dec. Seth Gross (MATPAC WC) 19-8 (*pictured right*)
65 kg - Joey McKenna (Cowboy RTC) dec. Jesse Mendez (Ohio RTC) 3-2
70 kg - Yianni Diakomihalis (Spartan Combat RTC) dec. James Green (Nebraska RTC) 8-2
74 kg - Mitchell Mesenbrink (NLWC) dec. David Carr (Cyclone RTC) 16-6 (*pictured left*)
79 kg - Evan Wick (SoCal RTC) dec. Dean Hamiti Jr. (Cowboy RTC) 9-1
86 kg - Zahid Valencia (Cowboy RTC) dec. Kyle Dake (NLWC) 8-4
92 kg - Trent Hidlay (Wolfpack WC) dec. Aeden Sinclair (Tiger Style WC) 7-1
97 kg - Kyle Snyder (NLWC) maj. dec. Jay Aiello (Penn RTC) 11-0
125 kg - Wyatt Hendrickson (Cowboy RTC) maj. dec. Demetrius Thomas (NYAC) 14-3



Jax Forrest Wins Senior U.S. Open Freestyle Tournament

Bishop McCort junior Jax Forrest won the Senior U.S. Open in Las Vegas on April 26, by defeating former NCAA Champion and World Team member Seth Gross, 19-8 at 61 kg. Gross held an early lead over Forrest, before watching his foe take over the match and earn the technical fall at the 5:35 mark.



Forrest won three of his other four matches on techs, only going the distance with Illinois' Ben Davino before winning 4-0. In the quarters, Nashon Garrett was disposed of with a 10-0 tech in 2:32. Two other shutout techs preceded that win, 10-0 (2:52) and 13-0 (:50). Ohio's Marcus Blaze (No. 1 at 138) placed third at this weight beating Davino in the consolation final, 7-0. Forrest will face Vito Arujau at Final X on June 14th for the World Team spot.

Forrest receiving his PIAA State Championship Gold medal- Photo courtesy of PA Power Wrestling

PIAA AAA STATE PLACERS

107 lbs

1st Chase Williams (Central Bucks East) DEC Brayden Wenrich (Northampton), 6-0 SV
3rd Nicholas McGarrity (Peters Township) MD Sam Culp (Red Land), 9-0
5th Dom Powell (Upper Dublin) F Tommy Gretz (Connellsville), 0:44

114 lbs

1st Willmont Kai (Whitehall) DEC Mateo Gallegos (DuBois), 7-3
3rd Emilio Albanese (Emmaus) DEC Thunder Beard (Central Dauphin), 4-1
5th Dominick Morrison (Hatboro-Horsham) TF Jayden Lee (Radnor), 19-1 2:40

121 lbs

1st Nicholas Salamone (Easton) DEC Kavin Muyleart (Cedar Cliff), 4-3
3rd Braiden Weaver (Altoona) DEC Leo Joseph (Greater Latrobe), 5-1
5th Elijah Hewitt (Northeastern) DEC Will Yordy (Gettysburg), 13-11

127 lbs

1st Keanu Dillard (Bethlehem Cath) DEC Gabriel Ballard (Northampton), 8-2
3rd Santino Sloboda (Butler Area) DEC Aiden Herndon (Cedar Cliff), 4-1
5th Dom Canali (Trinity) DEC Quinn McBride (Pennridge), 9-3

133 lbs

1st Anthony Mutarelli (Council Rock South) DEC Luke Willochell (Greater Latrobe), 9-3
3rd Nico Fanella (Indiana) MD Collier Hartman (Canon-McMillan), 13-3
5th Trey Wagner (Northampton) DEC Jack Campbell (Nazareth), 2-1, TB2

139 lbs

1st Tahir Parkins (Nazareth) TF Patrick Kelly (Central Bucks West), 20-3 4:31
3rd Kai Vielma (Connellsville) MD Patrick Woloshyn (Council Rock South), 10-0
5th Blake Boyer (Kennett) DEC Myles Grossman (Gettysburg), 7-0
7th Gavin Ciampoli (Altoona) DEC Cj Ferree (Central Dauphin), 3-2

145 lbs

1st Eren Sement (Council Rock North) DEC Dalton Perry (Central Mountain), 1-0
3rd Michael Turi (West Scranton) DEC Mckaden Speece (Wilson), 7-0
5th Marco Frinzi (Bethlehem Cath) DEC Kane Lengel (Kennett), 5-4, TB

152 lbs

1st Maddox Shaw (Thomas Jefferson) DEC Evan Petrovich (Connellsville), 4-2
3rd Luke Knox (Perkiomen Valley) F Chris Dennis (Central Bucks West), 1:46
5th Cade Campbell (Nazareth) DEC James Whitbred (State College), 4-3

160 lbs

1st Collin Gaj (Quakertown) MD Luke Sipes (Altoona), 11-2
3rd Charlie Scanlan (Bethlehem Cath) DEC Jon Smith (Oxford Area), 7-4
5th AJ Corp (West Chester Rustin) DEC Lonzy Vielma (Connellsville), 8-1

172 lbs

1st Asher Cunningham (State College) DEC Bode Marlow (Thomas Jefferson), 12-6
3rd Shane McFillin (Bethlehem Catholic) DEC Connor Wetzell (Shikellamy), 4-0
7th Blake Hostetter (Oxford Area) DEC Tucker Seidel (West Perry), 7-4 SV

189 lbs

1st Tyler Morrison (West Perry) MD Brandon Carr (Sun Valley), 10-1
3rd Hunter Snyder (Greater Latrobe) DEC Brayden Zuercher (Nazareth), 6-2
5th Dominic Sumpolec (Notre Dame GP) F Kendahl Hoare (DuBois), 1:17

215 lbs

1st Elijah Brown (Belle Vernon) DEC Cooper Roscosky (Kiski Area), 4-3
3rd Roman Thompson (Central Catholic) DEC Jake Conroy (Ringgold), 5-2
5th Brodie Daugherty (Manheim Central) DEC Decker Bechtold (Owen J Roberts), 7-0

285 lbs

1st Dean Bechtold (Owen J Roberts) TF Maxwell Roy (St Joseph's Prep), 18-0 3:16
3rd Shepherd Turk (Thomas Jefferson) F Guner Hiller (Cedar Cliff), 0:54
5th Peyton Kearns (Mifflin County) DEC Gavin Grell (Northampton), 7-2



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Penn State All-American Wrestler Arrested

Braeden Davis (133) of Belleville, Michigan, who was a BIG champion last year as a true freshman at 125 lbs. and placed 5th at the NCAAs this past March, was arrested for an alleged incident at a Penn State fraternity on March 29. The 20-year old faces misdemeanor counts of defiant trespass, evading arrest and resisting arrest. He was also cited for summary offenses of underage drinking and public drunkenness.



PA PINNER AWARD Leaderboard

As we honor our own "Wondrous" Wade Schalles, the best pinner in the World who decked 106 foes, we are looking for the No. 1 pinner in PA who has the most pins and and best pin percentage. These awards are Sponsored by Pittsburgh Trophy Company and Presented by PWN.

Top Five High School Boys

Luke Fugazzotto	NW Lehigh	38 pins/51 bouts 74%
Turk Shepard	Thomas Jefferson	38 pins/51 bouts 74%
Dalton Perry	Central Mountain	31 pins/43 bouts 72%
Rowan Holmes	Somerset	31 pins/43 bouts 72%
Landon Erdman	Huntingdon	35 pins/50 bouts 70%

Top Five High School Girls

Jael Miller	Punxsutawney	30 pins/31 bouts 96%
Charlotte Gilfoil	Central Dauphin	32 pins/34 bouts 94%
Brenda Banks	Panther Valley	25 pins/27 bouts 92%
Caroline Hattala	Quakertown	30 pins/33 bouts 90%
Violette Lasure	Chestnut Ridge	29 pins/32 bouts 90%



College Choices for Class of 2025

State Champions:

Nathan Desmond (121)	Beth. Cath./WY Sem.- PSU*did not wrestle in postseason
Anthony Mutarelli (133)	Council Rock South Oregon State
Tahir Parkins (139)	Nazareth Rutgers
Eren Sement (145)	Council Rock North Michigan
Maddox Shaw (152)	Thomas Jefferson Ohio State
Devon Magro (152)	Bishop McCort Rutgers
Kollin Rath (160)	Bethlehem Catholic Missouri (trained in the Olympic Training center in '24-25)
Collin Gaj (160)	Quakertown Virginia Tech
Asher Cunningham (172)	State College Penn State
Ty Morrison (189)	West Perry Pitt-Johnstown
Austin Johnson (215)	Muncy Oklahoma State
Rowan Holmes (285)	Somerset Lehigh

Placewinners in 2025:

Gauge Botero (121)	Faith Christian Michigan
Aaron Seidel (133)	Northern Lebanon Virginia Tech
Luke Willochell (133)	Latrobe Wyoming
Nico Fanella (133)	Indiana Pitt
Patrick Kelly (139)	Central Bucks West Drexel
Gideon Bracken (139)	United UPJ
Dalton Perry (145)	Central Mountain Penn State
Cody Hamilton (152)	Grove City Clarion
Luke Sipes (160)	Altoona UNC
Bode Marlow (172)	Thomas Jefferson Pitt
Brady Collins (172)	Clearfield Brown
Luke Fugazzotto (172)	NW Lehigh George Mason
Caleb Close (189)	Bald Eagle Area American
Lucas Lawler (215)	Bishop McDevitt Bucknell
Braedon Welsh (215)	Fort Cherry Brown
Jude Bremigen (215)	Southern Columbia Millersville
Shepherd Turk (285)	Thomas Jefferson Pitt-Football
Mason Higley (285)	Towanda Kent State
Gavin Hannah (285)	Brookville Bloomsburg
Carson Neely (285)	Port Allegheny Clarion



HALF NELSON REPORT Continued

by Joe Baranik

Great TV Ratings on ESPN:

The television ratings from the 2025 NCAA Wrestling Championships on ESPN saw a 72% increase over last year with over 800,000 viewers at its peak over the three day event in Philadelphia. We in the wrestling community need to build on this success and push to get over 1 million viewers. Next year's Division I tournament will take place in Cleveland from March 19-21. Now is the time to start planning your "Wrestling Watch Parties" and spread the word about the Best Kept Secret in America...Wrestling!

Although the NCAAs seem to be presented better every year, we can always find ways to improve the product shown to the public so we can attract more wrestlers to the sport and expand our audience. One idea I have is to showcase our former wrestlers and applaud their outstanding life achievements. This year, for instance, there was "Political Row," where our current President Donald Trump, a former wrestler himself, brought former wrestlers Jim Jordan (Congressman), Markwayne Mullin (Senator) and PA Senator Dave McCormick. I am sure there are other politicians that wrestled who could be added to this group.

We could also have "NFL Row" and invite the current and former professional football players that wrestled. What about "Space Row" as we have had at least ten former astronauts that wrestled? Probably two dozen actors have laced up the wrestling shoes such as Tom Cruise, Chris Pratt, Ashton Kutcher, Mario Lopez, Tony Danza, and Steve Buscemi, "Actors Row" maybe?

Don't leave out "Olympic Row" where all former Olympic medalists would sit. "Military Row" is another one to showcase since so many former wrestlers are leaders in this great country. We could have "Business Row," "Music Row" and the list goes on. I feel this would open the eyes to the public of all the leadership and greatness that the sport of wrestling helps to develop.

Half Nelson Report

**By Coach Joe Baranik, Owner/
Founder**



I am humbled to have been inducted into the PA Chapter of the National Wrestling Hall of Fame in Hershey on April 27. I was honored for a lifetime of service to the sport. My goal has always been to

educate people about the great history of the oldest sport and share my passion with others about all the benefits that one can gain through wrestling. Such wonderful attributes as discipline, hard work, being able to get up when taken down, how to defend yourself and just good old perseverance. As the Great Dan Gable pointed out; "Once you have wrestled, everything else in life is easy". I didn't find wrestling, wrestling found me. I tried many sports and I found wrestling to be the fairest and most challenging. I liked competition and I like challenges, and wrestling met both of those criteria. The sport of wrestling is a struggle and life is a struggle. At the end of the day, it teaches you how to meet those struggles head on.



I am grateful that the sport found me.

It meant the world to me that my wife, daughter and son were able to attend, and the icing on the cake was all seven of my siblings and their spouses were there to see me inducted. All of them at one point or another said "I have wrestling on the brain." At first, I took that as an insult, but after thinking about it, I came to realize I was very lucky to find my passion.

One of the great things about the Pennsylvania Chapter of the National Wrestling HOF banquet is the opportunity to talk to many of the past HOF inductees. Numerous members of the NWHOF come back every year to meet the new class. After talking to one of the best coaches in the Keystone State, Dick Rhoades (HOF class of 2007), the former boss at



traditionally tough Bald Eagle Area for 33 years, I came away in awe after hearing the details of one of his and the state's best dual teams of all-time. That 1999 team won the first PIAA Team States (3A) by defeating District I champs Upper Perkiomen 53-0. BEA went on to win the individual states with three finalists led by PIAA State champion Mike Maney (125), runner-ups Corey Guenot (130), and Justin Millard (171), and 4th place finisher Jesse Reed (145). The top five teams that year were BEA (79.5), McGuffey (60), Parkland (56.5), Easton (46), and Hollidaysburg (43). In fact, three major polls, including USA Today, Wrestling USA Magazine and the NWCA, all voted

the Eagles the No. 1 Team in the country! Not bad for a school that had 162 students in their graduating class.

He led Bald Eagle Area High School from 1971 to 2002. He is the all-time winningest coach in Bald Eagle history with 386 wins and a winning percentage of .794. Rhoades led Bald Eagle to 14



district titles, and six regional titles. He coached 77 district champions, 44 regional champions, 15 state finalists and

five state champions. His teams had five undefeated seasons and from 1987 until his retirement his winning percentage was .908.

Rhoades was named National Wrestling Coach of the Year by Wrestling USA and USA Today in 1999. In 1998, as the head coach at Hollidaysburg in 1999, we had a dynamo by the name of Eric Frick who was able to beat Guenot in the Regional and State finals at 130 lbs. Guenot, however, took down Frick in the District VI finals.

Rhoades was also named District 6 Coach of the Year 14 times and was named PIAA Coach of the Year in 1997 and 1999.

He wrestled at Lock Haven University for Hubert "Hub" Jack, a Lifetime Service to Wrestling award recipient, and Gray Simons, a Distinguished Member of the National Wrestling Hall of Fame. Rhoades earned NAIA All-America honors in 1966 with a third-place finish at the national tournament.

HN Report continued on page 14

Baranik is the Founder/Owner of PWN

Feedback is welcomed: pwn.baranik@gmail.com



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APRIL TAKEDOWN TRIVIA

compiled by Joe Baranik

*Bucknell produced four Div. I Scholar All-Americans, including three native Pennsylvanians announced by the National Wrestling Coaches Association. Kurt Phipps (133) (Norwin), Dylan Chappell (141) (Seneca Valley), Noah Mulvaney (165) and Dillon Bechtold (197) (Owen J. Roberts) were all named for their wrestling and academic prowess.

*Cael Sanderson is the first coach to produce a 4x and a 5x Div. I NCAA champion in Aaron Brooks and Carter Starocci at Penn State. Rob Koll, the current coach at North Carolina, produced two 4x NCAA champions while the mentor at Cornell in Kyle Dake and Yianni Diakomihalis.



***The seven 4x NCAA Winners are: Pat Smith, Cael Sanderson, Dake, Logan Stieber, Diakomihalis, Starocci and Brooks.**

*David Taylor, the first year head coach at Oklahoma State, is the second coach behind Coach Cael to win a Hodge Trophy while also coaching a wrestler who won the prestigious award. HWT Wyatt Hendrickson of the Cowboys won the crown this year, and Coach Sanderson coached Taylor (2x winner), Zain Retherford (2x winner), Bo Nickal and Brooks to Hodge Trophy crowns.

*Sanderson is the only 3x winner of the Hodge Trophy, the only 4x unbeaten NCAA champion (159-0), and the only wrestler to win the Outstanding Wrestler at the NCAA's all four years

***Kenny Monday, pictured right,** the head coach for the Morgan State University Bears in Baltimore, is the first black wrestler in history to win Olympic Gold.

Monday was a 3x Olympian, also winning Silver in 1992, and was a World Champion in 1989. Monday is pictured at the LAW event in his honor in Lancaster PA. He is with long-time wrestling contributor Earl Bright.



*Here is a list of some of the native Pennsylvanians who have transferred to different schools: Rocco Welsh (Waynesburg) from Ohio St. to PSU (184), Gary Steen (Reynolds) from PSU to Oklahoma St. (125), Lenny Pinto (Stroudsburg) from Nebraska to Rutgers (174), Hunter Catka (Sun Valley) from Va. Tech to Rutgers (285), Louie Gill (Hickory) from NC State to WVU (125), Connor Eck (Bensalem) from LHU to Clarion (157)



***Luke Maki, pictured left,** a standout member of the Air Force Wrestling Team and native of Montana, has been named a 2025 recipient of the prestigious Barry Goldwater Scholarship. Maki is the first cadet in the history of the Academy to earn this highly competitive national honor. It recognizes the country's most promising undergraduate researchers and future innovators. Maki, a life sciences biology major, is preparing to serve as a bio-chemical engineer in the US Air Force. Known for his disciplined approach to both academics and athletics, Luke embodies the core values of the Air Force Wrestling program: integrity, accountability, and the relentless pursuit of excellence. His achievement underscores the Academy's mission to develop leaders of character who are prepared to lead with innovation and impact.

"Luke's achievement is a powerful example of what it means to be a championship-caliber cadet-athlete," said Head Wrestling Coach Sam Barber. "He's a man of integrity, a relentless competitor, and a future officer who leads from the front. We're beyond proud of him."



*** Jerry Swope, left,** was inducted into the 2024 class of the Lock Haven University Hall of Fame. Swope was one of only seven 4x NAIA National Champions in history (Gray Simons '62, also won four), and a 3x Division I All-American (3rd, 5th, 3rd). He was the headcoach at Millersville University (1969-1984), where he won 237 matches. Swope also won two PIAA State titles (1961-1962) for Lock Haven High School. At Lock Haven State Teachers College, as it was called back then, Swope was a 3x PSAC champion and the first wrestler at the college to win 100 matches.

Joe Baranik is the Founder/Owner of PWN. Feedback is welcome at pwn.baranik@gmail.com.

Now in our 30th year of publication, we are offering a special deal of \$30/year for first-time subscribers until May 31, 2025!

DISTRICT 10 HS REPORT

By **JEFF UVEINO**

Erie Times-News

Who is Carter Starocci?

He's a five-time NCAA Division I wrestling champion, for one. He's perhaps the most decorated wrestler in Penn State's decorated history.

But before the world met Starocci the NCAA champion, Erie built Starocci the Pennsylvania Junior Wrestling champ. Cathedral Prep then housed Starocci the PIAA champ.

Those close to Starocci maintain that there's much more to the newly crowned 184-pound national titlist than cameras and microphones may capture. Sure, he's confident. But Starocci's work ethic matches the words he speaks. No one wants to win more than Starocci. No one despises losing more than Starocci.

Perhaps no one else will accomplish what the Erie native completed March 23 at Wells Fargo Center in Philadelphia. District 10, therefore, may never produce another wrestler who can top Carter Starocci.

Will to Win

Starocci's wrestling career started with the Team Erie Vipers, a youth club led at the time by Skip Chatt. Chatt immediately recognized Starocci's talent. Starocci then showed he was much more than a gifted athlete.

"Every kid says they want to be a national champion," Chatt said. "But to put in the work it takes to be a national champion is another story. I've been coaching for 35 years, and I've never seen a kid work harder."

Starocci won two PJW junior high state titles with Team Erie. He then won two PIAA titles at Cathedral Prep as a junior and senior after scoring junior national championships in freestyle and Greco-Roman with Bad Karma Wrestling Club.

"I think he was just so tough and mentally focused on winning, that's what made him so good," said Mike Hahsey, Starocci's head coach at Cathedral Prep. "Not wanting to lose. Doing everything you can to win and having the ultimate confidence that you're going to win."

Some wondered whether Starocci's prowess would stand against Northern Iowa senior Parker Keckeisen, the defending national champ at 174 pounds who, ahead of their clash in the NCAA finals, boasted an undefeated record like Starocci.

Starocci's 4-3 victory by decision did not surprise most Erieites.

"If it's close and it comes down to a year of hard work – (Starocci) vs. you – forget

about it," said Ian Malesiewski, a former Cathedral Prep teammate of the Nittany Lion. "You're going to lose."

Take a Bow

Starocci's historic fifth NCAA Division I title may never be matched. But additional metrics reflect his dominance at Penn State.

Career record of 119-4. Bonus point rate better than 61%. Two losses – both medical forfeits – since 2021.

"If his best friend is getting married and he's the best man, but there's something to do with wrestling, he's not going to his best friend's wedding," said Chris Starocci, Sr., Carter's father. "That's just the way these guys are."

Starocci's five NCAA finals bouts saw him defeat Iowa's Michael Kemerer (2021), Virginia Tech's Mekhi Lewis (2022), Nebraska's Mikey Labriola (2023) and Ohio State's Rocco Welsh (2024) before this year's triumph over Keckeisen. He met Lewis in last year's quarterfinals before downing another former national champ – Michigan's Shane Griffith – in the semis.

"I think I'm just a guy that always led by example, always showed up, no matter the day, if you're hurt, injured, sad, no matter what, always putting your best foot forward," Starocci said after the 2025 finals. "That's something I want the younger guys on the team to keep pushing for more and more and just keep that Penn State dynasty going."

Van Dee Reaches NCAA Podium

Starocci wasn't the only former Cathedral Prep Rambler who stood on an All-American podium at Wells Fargo Center.

Nebraska redshirt sophomore Jake Van Dee placed seventh at 133 pounds. He strung together four consolation victories after an opening round loss, scoring a second All-American for Prep amidst just six Pennsylvania natives who achieved such an honor in 2025.

Van Dee finished 18-11 this season, bringing his career record to 45-24. A third former Rambler, Iowa State's Paniro Johnson, returned to the NCAA tournament in 2025 but finished 0-2 at 149 pounds.

D-10 College Commits

Where will the next generation of District 10 wrestling stars attend college?

Commitments poured in across the 2024-45 high school season, including a recent pledge from Greenville senior Teage Calvin to attend American University in Washington, D.C. He'll join former Grove City standout Hunter Hohman with the Eagles.

Saegertown's Carter Beck is headed to Bloomsburg while Angelo Lomonte (Reynolds) and Cody Hamilton (Grove City) are both bound for Clarion. Mercyhurst, meanwhile, landed a pair of Erie County recruits in Jaden Crockett (Cathedral Prep) and Xavier Dombkowski (Fort LeBoeuf) for its second Division I season.

Penn State Behrend continued its local focus by landing D-10 seniors Louie DeJulia (Reynolds) and Ethan McAdoo (Harbor Creek). North East's Cyrus Hurd, meanwhile, will head to SUNY Niagara and Corry's Will Allen is bound for John Carroll.

Two former Reynolds stars joined the dozens of wrestlers transferring between D-I programs this offseason. Gary Steen will leave Penn State for Oklahoma State and Louie Gill flipped from North Carolina State to West Virginia.

Gannon Stays Strong

Gannon University capped another quality season by placing 16th among 51 teams at the NCAA D-II championships. Gannon was runner-up to Pitt-Johnstown in Super Regional One and qualified nine wrestlers for the national tournament.

Dorian Crosby, a Cathedral Prep graduate and two-time D-I national qualifier, placed third at heavyweight. Jerry Echevarria was seventh at 133 pounds.



Wrestling with Reality: Creation is Finished—Choose Your Reality

by Chris Lembeck

“If you want to find the secrets of the universe – or wrestling – think in terms of energy, frequency, and vibration.” - Nikola Tesla (modified)

For the past 16 years, Penn State Wrestling fans haven’t just witnessed dominance, they’ve witnessed a distortion of what we thought was possible. Call it a dynasty. Call it a miracle.

But behind the gold medals and bonus points is something far deeper than talent or training. It’s vibration. It’s energy. It’s reality creation. **Welcome to the PSU Way.**

From “Me vs You” to “Me vs Me”

Wrestling has always been framed as a battle—me vs you. Opponent as enemy. Win at all costs.

But Coach Cael Sanderson introduced a new lens: Me vs Me.

“That’s what wrestling is. It’s control.” — Cael Sanderson

You’re not fighting your opponent. You’re revealing yourself. The mat becomes a mirror. Your limits become your only rival.

This isn’t motivational fluff—it’s rooted in biology and universal law.

Negative energy—fear, resentment, self-doubt—lowers your vibration. It literally weakens your cells and clouds your judgment.

But when you shift to high-frequency states like gratitude, love, and presence? You optimize your biology. You unlock flow. You shift realities.

Creation is Finished: Choose Your Frequency

“Everything is energy, and that’s all there is to it. Match the frequency of the wrestling reality you want, and you cannot help but get that reality.”— Albert Einstein (modified)

Every possible outcome already exists. Winning it all? Already real. Losing early? Also real.

Even injuries, upsets, and comebacks—they’re all sitting on the shelf. You don’t force them into existence. You tune into them like a radio station. It’s not about trying harder. It’s about vibrating differently.

Think of it like this: Steam. Water. Ice.

Same substance—three forms or outcomes—just vibrating at different speeds.

You are no different. You’re not becoming something new—You’re aligning with the version of you that already exists on a higher frequency.

Cael’s Secret: Frequency Over Force

Coach Sanderson isn’t just a master of technique—he’s a frequency architect.

He doesn’t build wrestlers. He builds resonance. His athletes don’t fight with hate. They wrestle with presence and flow. They respond and they don’t chase—they attract.

Because flow only happens when you stop resisting and start vibrating in alignment with the now.

“The day science – and wrestling – begin to study non-physical phenomena, they will make more progress in one decade than in all the previous centuries.”— Nikola Tesla (modified)

This is the science they never taught us in school. You are not solid. You are energy. 99.999% empty space. Your reality is not something you create from scratch— It’s something you select by the vibe you carry.

Gratitude: The Portal to the Podium

“Gratitude is wrestling’s ultimate state of receiving.” — Dr. Joe Dispenza (modified)

Gratitude isn’t just a virtue. It’s a vibration. And it happens to be one of the highest frequencies measurable—even higher than love. When you’re grateful—not just when things go your way, but before they do—you signal to the universe:

“I already have it.” That’s not wishful thinking. That’s quantum alignment.

It’s the reason PSU wrestlers walk like they’ve already won—Because in their minds, hearts, and cells, they have.

How to Raise Your Vibe: Optimize the Athlete

To tap into your championship self, you must protect your frequency. Here’s the blueprint:

Ways to Lower Your Vibe

- ☐ Alcohol
- ☐ Processed sugar, Seed oils (like canola, soybean)
- ☐ Fear, resentment, and shame, Negative thoughts and toxic self-talk
- ☐ Violent, fear-based media

Ways to Raise Your Vibe

- ☐ Natural light and fresh air

☐ Whole, vibrant foods, Clean, mineral-rich water

☐ Deep sleep / Grounding, Meditation, Breathwork, Visualization & Gratitude

☐ Music, laughter, authentic connection

Every bite you eat, every thought you think, every scene you watch, It’s all either lifting or lowering your vibration.

Math Rules the Mat

People think wrestling is all grit and grind. But the best know it’s all math and mindset.

Every thought, every emotion, every heartbeat is a variable in your vibrational equation. Shape and Skill matters.

But state—your internal frequency—is the most important factor of all. This is how PSU athletes win before the whistle.

Wrestling with Reality: Final Thoughts

This isn’t woo-woo. It’s wrestling with reality. It’s the reason our Lions keep roaring. Not just because they’re conditioned to the max, but because they’ve tuned into the hidden layer of the universe: The frequency layer.

Penn State Wrestling has done just that. They don’t just develop better wrestlers—they recruit and build higher-frequency humans. The PSU Way is more than a system. It’s a state of being and state of mind, Pennsylvania style.

So, if you’re serious about greatness: Elevate your thoughts and protect your energy. Practice gratitude like your wrestling life depends on it—because it does. Gratitude isn’t just powerful. It’s a portal. And when you’re grateful like you’ve already won, the universe conspires to make sure you do.



District 5 H.S. Report

By **TODD IRWIN**



Right after stepping down from the medals stand at Hershey's Giant Center in March following her second PIAA girls state title, Chestnut Ridge

sophomore Violette Lasure was looking toward wrestling in the World Team Trials.

"I did that last year, and I came short of my goals," she said.

Lasure came through in tough competition and made the U17 World Team after winning the 65 kilograms title at the UMC Women's National Championships & World Team Trials on April 5 in Spokane, WA.

She'll represent the United States at 65 kg at the U17 World Championships on July 28-Aug. 3 in Athens, Greece.

Lasure won a best-of-three finals against Wisconsin's Riley Hanrahan. Hanrahan won by 10-0 technical fall in 1:27 in the first bout, but Lasure rebounded with an 11-9 decision in the second bout. Lasure rolled to a 15-4 technical fall in 3:10 in the final bout.

Lasure went 31-0 this past season with 29 falls and is 69-0 with 63 pins in her career. She rolled to a 15-0 technical fall over Sun Valley's Jameson Strickland to win her second state title at 148.

Her sister Juliet Alt, a freshman, secured a pin of Northern Bedford rival Raegan Snider with 1 second left to capture the 155-pound title. Alt finished 30-2 record and 21 pins.

Deputy Wins PJW State Title

Chestnut Ridge's Kohyn Deputy won the 60-pound title in the 10-U boys group by a 1-0 decision over Nazareth's Eddie Cuff in the PJW Youth State Championships in March at the Harrisburg Farm Complex

In the 12-U boys, Chestnut Ridge's Dexter Ward was the runner-up at 115

after losing to Kiski Area's Marco Hutcherson, 9-3. Ridge's Kayne Burkett was third at 100.

In the 12U girls, Berlin Brothersvalley's Delilah Jones finished fifth at 145.

Northern Bedford's Harper Boyd placed fifth at 94 pounds in the 10-U girls division. Meyersdale's Harper Berkley was seventh at 78.

Chestnut Ridge's Bradyn Feather finished eighth at 65 in the 8-U boys. Tussey Mountain's Ashton Little placed eighth at 45 pounds in the same age group.

Wrestlers Lauded for Academics

A total of 16 District 5 wrestlers were recognized on the Pennsylvania Wrestling Coaches Association All Academic Team.

Chestnut Ridge state champion Dominic Deputy made the first team among the juniors, while teammate Trenden Willey was on the first team as a sophomore. Chestnut Ridge's Easton Mull made the second team among the seniors.

Northern Bedford's Aiden Replogle was on the third team. Northern's Aidan Pittman and Chestnut Ridge's Aaron Ickes were honorable mentions.

Northern Bedford's Nolin Snider and Tussey Mountain's Dakota Santamaria were honorable mention selections juniors.

Chestnut Ridge's Colby Kaufman and Conemaugh Township's Carter Christ made the second team on the sophomore list.

Six District 5 girls were recognized on the team.

Northern Bedford's state runner-up Raegan Snider and Chestnut Ridge's Kalea Day were on the second team as seniors on the girls list.

Northern Bedford's Ava Helsel was an honorable mention in the seniors group, while Kaylee Eber-

sole was a third team selection among the juniors.

Chestnut Ridge's Lasure was a second team selection among the sophomores, while Northern Bedford's Emily Dennis was an honorable mention as a sophomore. *Todd Irwin can be followed on X/Twitter: @ToddIrwin1*



NCAA Div. II Report

By: Zack Schafer



PA boasts most Division II All-Americans and NCAA qualifiers in 2025

The 2025 NCAA Division II Championships took place March 14-15th at the Corteva Coliseum in Indianapolis, IN. Eleven Pennsylvania natives earned All-

American honors in 2025, finishing ahead of Ohio (7 All-Americans), Illinois (6), and Wisconsin (5) for top honors.

West Liberty's Ty McGeary (West Allegheny) concluded his storied career with a third straight national title at 184 lbs. McGeary was dominant with one decision and three bonus-point victories, including a technical fall over Keegan Gehlhausen of Chadron State in the national finals.

Pitt-Johnstown's Isaiah Vance (Hempfield) finished as the national runner-up at HWT after an impressive run on the top side of the heavyweight bracket. West Liberty's Khyvon Grace (Moon) also finished second, making an exciting run to the finals as an unseeded wrestler at 141 lbs.

Kutztown's Matt Weinberg (Archbishop Ryan) and Gannon's Dorian Crosby (Erie Cathedral Prep) both battled back for third place finishes. Weinberg lost a heart-breaker in the semi-finals at 184 lbs. but dominated his remaining opponents for the bronze medal. Crosby fell in the quarter-finals before rattling off four straight wins for third place at 285 lbs.

Jimmy Anderson (South Fayette), wrestling for Ouachita Baptist University in Arkansas, finished with an impressive fourth-place finish at 133 lbs in his second trip to the national tournament.

Colton Stoneking (Waynesburg Central) finished fifth at 141lbs to become the second All-American in program history for Fairmont State. Kutztown's Freddie Retter (Quakertown) finished fifth at 285lbs after transitioning from the football field to the wrestling mat for the Golden Bears.

After a runner-up finish at the NAIA National Championships in 2024, Kyle Homet (Waynesburg Central) finished seventh at 184lbs for Glenville State in 2025.

The Gimbor brothers of Kutztown, Bailey

Gimbor (Hamburg) and Dalton Gimbor (Hamburg), both earned All-American honors with eighth place finishes at 165 and 174, respectively.

Other Division II All-Americans representing Pennsylvania institutions include Virginia-native Trevon Gray of Pitt-Johnstown, who finished fourth at 125lbs, and New York-native Jerry Echevarria of Gannon, who finished seventh at 133lbs.

In addition to the most Division II All-Americans, the Keystone State also led the way when looking at the number of national qualifiers by home state. The top six home states include Pennsylvania (23 national qualifiers), Ohio (16), Illinois (14), Minnesota (10), and Colorado/Missouri (8).

12 PA natives qualified for the 2025 Division II national tournament, but did not finish in the top eight of their respective weight classes. These wrestlers include 285-Oggie Atwood (Armstrong) of North Carolina-Pembroke, 125-Bryce Beatty (Mount Union) of Millersville, 157-Guy Deleonardis (Knoch) of Glenville State, 184-Noah Gnibus (Mount Pleasant) of Pitt-Johnstown, 149-Kenny Kiser (Sae-gertown) of Gannon, 197-Wayne McIntyre (East Stroudsburg North) of Kutztown, 149 Chad Ozias (Connellsville) of Pitt-Johnstown, 197-Eli Reese (Knoch) of Gannon, 157-Ethan Richner (Bellefonte) of Gannon, 197-Dakoda Rodgers (Connellsville) of Pitt-Johnstown, 125-Logan Sallot (Erie McDowell) of Gannon, and 157-Mike Zacur (Thomas Jefferson) of Seton Hill.

Kutztown was the top scoring PA program, finishing 8th with four All-Americans. Pitt-Johnstown finished 13th and Gannon finished 16th to join Kutztown in the top 20.

2025 Division II Wrestling Championships

Team Scores: 1) Nebraska-Kearney- 115, 2) Augustana- 63, 3) St. Cloud St.- 57.5, 4) Lander- 56, 5) Central Oklahoma- 55.5, 6) Mary- 51, 7) Central Missouri- 43.0, **8) Kutztown- 42.5**, 9) Maryville- 39, 10) West Liberty- 38.5, 11) Indianapolis- 38, 12) Glenville State- 36, **13) Pitt-Johnstown- 33.5**, 14) Grand Valley St.- 32, 15) McKendree- 32, **16) Gannon- 31 pts.**

Championship Finals:

125- Jakson Burks (Central Mo.) dec. Zachary Ourada (Neb.-Kearney) 5-2

133- Reece Barnhardt (Mary) dec. Peter Rolle (Central Okla.) 10-4

141- Johnny Lopez (San Fran. St.) dec. Khyvon Grace (West Liberty) 8-7

149- Cael Larson (Augustana) dec. Nick James (Neb.-Kearney) Dec 8-1

157- Gabe Johnson (Central Okla.) dec. Joel Jesuroga (St. Cloud St.) 4-1, SV

165- David Hunsberger (Lander) MD Jack Haskin (Lake Erie) 10-2

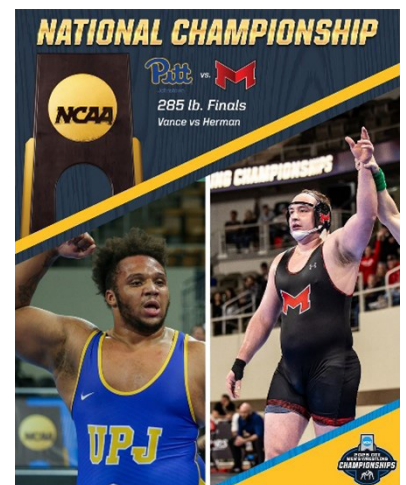
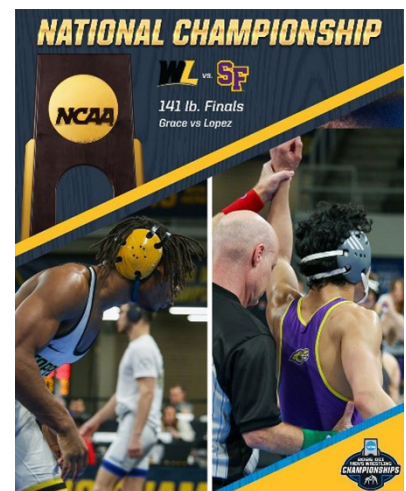
174- Cole Ritter (Maryville) Dec. Jacobi Deal (Neb.-Kearney) 5-1

184- Ty McGeary (West Liberty) TF Keegan Gehlhausen (Chadron St.) 20-4

197- Derek Blubaugh (Indy) dec. Tyreus Henry (Fort Hays St.) 5-1

285- Ryan Herman (Maryville) dec. Isaiah Vance (Pitt-Johnstown) 3-2, TB

PA's Division II wrestling programs are now preparing for 2025-2026 by setting their schedules and finalizing recruiting classes. Following these programs on social media (Instagram, Facebook, X, etc.) is a great way to show support and follow the action!



What MADE Carter Starocci so GOOD!



by Mike Haesy,
Head Coach,
Erie Prep
Assistant Professor
Pennwest Edinboro University

Having been a wrestling coach since 1986 I have had the

pleasure of being around some GREAT wrestlers. Many of these wrestlers have left a special memory engrained on me forever, for that I would like to say thanks guys. Each one were different in personality, work ethic, training, techniques, conditioning, etc. Perhaps the one that will leave the biggest impression on me is Carter Starocci, whom I had the pleasure of coaching in high school at Erie Prep. Carter, just so you know is the only 5-time NCAA Division I wrestling Champion, a record that will most likely never be broken or even tied. I have known Carter since he was in the fourth grade. With that being said I decided to reach out to various people that have had the pleasure of coaching him at some point in his career, starting with his father Chris, his elementary coach at Team Erie, his jr high and high school coaches, and finally one his college coaches. I then asked Carter what he thought made him so good and included his answers at the end. Enjoy!

Starting with his father Chris Starocci, whom he himself was a great football player, at Erie Strong Vincent High School. Chris stated the following five traits are what stood out to him, "he really wanted to impress me when he was younger, he figured out what his drive and passion was in the early stages of high school (which most kids don't until later), he was able to adapt in real time and make match adjustments." The two things that stood out the most to me are the following two statements from Chris, "he NEVER avoided a challenge EVER, he always took it head on and he hated to lose more than he liked to win."

His elementary coach at Team Erie was Coach Skip Chat, who has coached at the elementary level for many years and has done a fantastic job in this position. Coach Chat had this to say about Carter, "he was ultra dedicated, he worked hard in prac-

tice often wrestling bigger and older kids, he also always put in extra work- after practice he would often go to the gym and lift or go to another practice to get in extra work"

His next coach was Jim Schoonover, who was the Jr. High Head Coach at Erie Prep during Carter's tenure at Prep. Coach Schoonover coached several Jr high and high school state champions during his career. Coach Schoonover had the following things to say about Carter during his Jr high career. "Carter was relentless at ALL times, even in Jr high. It didn't matter if it was practice, dual meet or tournament, he wanted to DOMINATE everyone every match" He went on to say "I remember we had a pretty good heavyweight his same year and we did a little King of the Mountain competition at the end of practice. Carter at the time weighed 115 and our heavyweight was 215. The match went on for 10-12 minutes and everyone else was ready to leave and at the end of the scramble the HWY came out on top. Carter was so mad at me that he didn't talk to me for 2 weeks. He just NEVER wanted to lose, and that attitude came in very clutch many, many times throughout his career!"

His next coach was at the high school level Mike Haesy, with Erie Prep. A few of the things that really jumped out to me were the following: Carter was staying after practice every night and getting in more work than the average kid. He was also so focused on improving and getting better by wrestling bigger and better people in practice. However, this pretty much ended after his freshman year because he was the best in the room at that point! A couple of other things really stood out as well. One was his ability to always stay focused and maintain a positive approach and outlook no matter who he was wrestling. He never thought he was going to lose, EVER. The other thing was his ability to just torture opponents. He was really good on top in high school, and he would just break people and keep breaking them until they wanted to quit mentally and physically.

One of his coaches during his fantastic career at Penn State was Coach Casey Cunningham. Coach Cunningham, whom himself was a NCAA Champion at Central Michigan at 157 in 1999, has been around MANY phenomenally successful wrestlers had the following to say about Carter "Carter was very determined, stubborn and had a NEVER give up at-

titude." He went on to say this "Carter would NEVER be outworked and absolutely HATED to lose!"

I finally asked Carter Starocci what made him so good, and his answers are deep so pay attention. He started off say "Putting God first, being coachable, believing in myself and my circle (team, coaches, training plan etc.), and training plan (doing everything possible I can to win). He finished by saying this which I think is especially important, "realizing that this is just a sport and that wins and losses don't mean anything and that's about being the best that I can be." The last statement is very profound, it's not life and death like so many coaches feel it is but rather a sport and take it for what it is!

After talking with these people a couple of things really stand out to me. First off, Carter was a very hard worker, he always maintained a positive outlook on wrestling, and finally, which I think might be the most important, he hated to lose more than he wanted to win!

Thanks for the memories Carter and all the thrilling matches you provided us with throughout your elementary, Jr. high, high school and college career!



ett Images 2025



by: Jeff Byers



A bunch of random thoughts as we begin the offseason for college wrestling with the Nittany Lions coming off an historically great season.

It feels like we are going to soon enter an entirely different era of college wrestling (and all

other non-revenue or Olympic sports). The transfer portal, the scholarship allowance increase and NIL has started to transform the landscape but the future and how this will settle out is far from established or known.

I'm not sure I understand the limiting of rosters in college sports. Shrinking the number of opportunities for student-athletes feels like a step in the wrong direction. Combining this with an increase in scholarship opportunities that very few programs will be able to maximize seems to ensure that there will be substantially fewer opportunities for high school athletes to pursue their dreams of playing Division I athletics. It also guarantees an even wider gulf between the very few "haves" in our sport and others and the "have nots."

While I'm not sure there is anything that can be done about it, seeing smaller programs lose their stars to traditional powerhouse programs isn't going to help the sport overall. If anything, it seems like this will expedite the process of school's dropping wrestling and other Division I varsity programs because it simply won't be worth it. It will be interesting to see if there is another tier of programs that establishes itself somewhere between the "big-time" Division I programs and Division II.

It is astounding to see the rising and very quick development of high school stars on the national and international scene. It is exciting (and hard to fathom) high school kids like Jax Forrest, Bo Bassett and Marcus Blaze (to name just a few) go out and have success against guys who have been accomplished at the collegiate level as well as the International scene. From an entertainment perspective, the sport has perhaps never been as strong in this country. And we're seeing more and more wrestlers successfully combine freestyle and folkstyle careers at the highest levels.

Everyone is always asking about the "secret sauce" for Penn State's wrestling success. Of course, it's not one thing but it starts with a coaching staff that I would argue is as good or better than any coaching staff in any sport in history. Their is a singular purpose

and singular drive to Cael Sanderson, Cody Sanderson and Casey Cunningham and it extends now to Nick Lee and to the Nittany Lion Wrestling Club coaches led by Jake Varner. They are all in it to help their wrestlers become the very best they can be in any way they can. They are driven by giving their athletes the very best opportunity for success. They are outstanding technicians who are humble enough to know there is always more to learn. Penn State has a very comprehensive approach and they try to keep on the cutting edge of all of the sports science that is available. But really, it is just a passion to allow their kids to have best opportunity to succeed by spending time and sharing expertise.

Gratitude is always at the heart of the Penn State coaches and program. Hopefully that extends to the vast fanbase. To be able to witness the long legacy of individual standouts and team success that Penn State has enjoyed should be appreciated by fans and I think that it is. But to see your team succeed in such an entertaining fashion while clearly enjoying the grueling aspects of the sport and representing the program in such a classy way - this is an era in college wrestling that will long be admired and talked about not only because of the wins and titles but because of the way they went about piling up those victories.

I keep having people ask me about next year's lineup so I'll give it a shot. A cautionary note - this is just a guess, no more insightful than anyone else's. But this is my guess as to what the lineup, if everyone is healthy, will look like for the 2025-26 season.

125 - Luke Lilledahl - as good as he was in his freshman year (and he was really good), I think he'll take a leap forward next year and will be one of the special wrestlers in all of college wrestling.

133- Masanosuke Ono - the 61 kg World Champion from Japan. He is obviously a special talent and while he will have to adjust to the grueling nature of a folk style collegiate season and may opt for 141 pounds in part to help endure the rest of the adjustment, I'll guess that he settles in here and certainly becomes an instant contender at whatever weight he goes.

141- Plenty of options here with Braeden Davis a possibility (at least at the time of this writing), a healthy Aaron Nagao is a strong contender and star incoming recruit Marcus Blaze are among the leading contenders if Ono does in fact go at 133. Having watched Blaze and how high his ceiling is, my guess is he ultimately takes the spot at this weight. But if Ono ultimately decides to go at 141, I'd think Blaze would redshirt and Davis or Nagao would man 133.

149 - Shayne Van Ness - Obviously a strong contender for national title honors in a very good weight class again next year.

157 - Tyler Kasak - I would think they'll want to redshirt PJ Duke and Kasak has become a fan favorite and an absolute stud at 157.

165 - Mitchell Mesenbrink - the only question here is whether he may swap places with Levi Haines in the lineup. Regardless, these two weights seem settled and with two of the best pound-for-pound wrestlers in the country.

174 - Levi Haines - Haines has just been a steady force on the national scene from day one at Penn State and he certainly will be a force to be reckoned with next season.

184 - With Carter Starocci's departure as a five-time champion, the succession plan seemed obvious - Zack Ryder. But the transfer portal changed that plan as Rocco Welsh, the former NCAA runner-up from Ohio State, joined the Nittany Lions and Ryder packed up and moved on to Oklahoma State. Welsh certainly figures to be a factor but this weight class promises to be among the most exciting to watch in the upcoming season with the likes of Welsh and Ryder joined by Iowa's Angelo Ferrari and Minnesota's Max McEnelly as strong contenders for championship honors.

197 - Josh Barr - an injured Barr earned All-America honors as a true freshman and he will certainly be pushed by Connor Mirasola. It will be interesting to see if Barr opts to try to move back down to 184 which would likely elevate Mirasola to a clear starting role in the upcoming season. Once again, it is a nice problem to have but a bit of an issue with the number of elite wrestlers outnumbering the number of starting spots.

285 - Cole Mirasola - the redshirt season has certainly helped the bigger Mirasola adjust to the heavyweight division at the collegiate level. I think Mirasola will emerge as a strong contender for the title in a strong but opened up division next year.

Penn State once again goes into the season as the overwhelming favorite to win another national championship but Oklahoma State and Iowa, along with Nebraska, Ohio State, Cornell, Virginia Tech, North Carolina State and a host of others continue to make a push to try and break through. It promises to be another exciting season and there will undoubtedly be unexpected changes between now and the start of the upcoming season let alone next March. It is a great time to be following college wrestling and the best of times to be a fan of Penn State wrestling. Let the good times roll!

Girls PIAA State Results:

100 lbs

1st Ashley Stank (Quakertown) MD Makayla Smith (Northern York), 14-4
3rd Brooklyn Henry (Gettysburg) TF Claire Gobrecht (South Western), 16-0

106 lbs

1st Julia Horger (Conwell-Egan) TF Morgan Hyland (Easton), 20-4 4:38
3rd Jenna Houseknecht (Montgomery) DEC Jordyn Suhina (Big Spring), 6-4

112 lbs

1st Marlee Solomon (Canon-McMillan) MD Daylee Watson (Conneaut), 14-0
3rd Tamara Humphries (Brashear) MD Iris Reitz (Redbank Valley), 18-4

118 lbs

1st Savannah Witt (Palisades) DEC Samiyah Rahming (Northeast High), 9-2
3rd Lillian Rumsey (Williamsport) DEC Mai Graham (Southern Lehigh), 3-2

124 lbs

1st Neve O'byrne (Garnet Valley) MD Julissa Ortiz (M. Bracetti), 17-3
3rd Emily Murphy (Montgomery) F Anaiah Kolesar (NE Bradford), 3:32

130 lbs

1st Aubre Krazer (Easton) TF Zoe Furman (Montgomery), 20-5
3rd Kayla Husti-Luca (Souderton) DEC Ella Teufert (Octorara), 1-0

136 lbs

1st Charlotte Gilfoil (Central Dauphin) F Sarah Pearson (Downingtown West), 1:54
3rd Maggie Alfera (Laurel) DEC Janayah Nobles (Connellsville), 4-3

142 lbs

1st Zoey Haines (Gettysburg) F Angelina Spachman (Parkland), 1:37
3rd Jenny Gautreau (Owen J. Roberts) MD Sayona Harris (Greater Johnstown), 11-2

148 lbs

1st Violette Lasure (Chestnut Ridge) TF Jameson Strickland (Sun Valley), 15-0
3rd Katalyna Borrelli (Tulpehocken) F Elaina Ashby (Trinity), 4:49

155 lbs

1st Juliet Alt (Chestnut Ridge) F Raegan Snider (Northern Bedford), 5:59
3rd Kate Prior (Delaware Valley) DEC Makayla Taylor (Clearfield), 1-0

170 lbs

1st Jael Miller (Punxsutawney) F Bryce Snyder (Palisades), 3:23
3rd Kendall Wagner (Central Mountain) DEC Isabella Priano (Central Bucks), 7-1

190 lbs

1st Caroline Hattala (Quakertown) DEC Alaina Claassen (Plum), 5-0
3rd Jurelys Peguero (J P McCaskey) F Liliana Giulianelli (Peters Township), 0:43

235 lbs

1st Brenda Banks (Panther Valley) F Zoey Murphy (Southmoreland), 0:42
3rd Esther Reed (Big Spring) F Addyson Munro (Bethlehem Liberty), 1:23



Above are the individual girls who won PIAA State titles in 2025

First row: Aubre Krazer, Neve Obrein, Savannah Witt, Marlee Solomon, Julia Horger, Ashley Stank

Back row: Benda Banks, Zoey Haines, Caroline Hattala, Jael Miller, Juliet Alt, Violette Lasure, Charlotte Gilfoil



PIAA State AA Placelinners



107 lbs

1st Braiden Lotier (Bishop McDevitt) DEC Carter Chunko (Saucon Valley), 7-1
3rd Chase Karenbauer (Grove City) MD Keegan Bassett (Bishop McCort), 11-1
5th Dakota Santamaria (Tussey Mountain) DEC Camron Smith (Trinity*), 5-4

114 lbs

1st Freddy Bachmann (Faith Christian) DEC Sam Wolford (Northern Lebanon), 4-3
3rd Max Dinges (Penns Valley) DEC Thomas Boyce (Conwell Egan), 3-0 SV
5th Eli Herring (Bishop McCort) MD Cj Caines (Hanover Area), 13-1

121 lbs

1st Dominic Deputy (Chestnut Ridge) DEC Gauge Botero (Faith Christian), 4-2
3rd Will Detar (Trinity*) F Elijah Scriven (Hickory), 1:44
5th Brock Rothermel (Line Mountain) DEC Chase Homan (Hamburg), 7-0

127 lbs

1st Joey Bachmann (Faith Christian) DEC Antonio Boni (Central Valley), 7-0
3rd Greyson Music (Bishop McDevitt) DEC Colton Wade (Sullivan County), 4-0
5th David Kennedy (Montoursville) FOR Bradley Wagner (Mifflinburg), 0-0

133 lbs

1st Jax Forrest (Bishop McCort) DEC Aaron Seidel (Northern Lebanon), 7-1
3rd Keagan Oler (Cathedral Prep) DEC Caden Judice (Bald Eagle Area), 11-8
5th Gavin Green (Delone Catholic) DEC Brayden Hartranft (Berks Catholic), 7-1

139 lbs

1st Brandt Harer (Montgomery) DEC Camden Baum (Bishop McDevitt), 1-0
3rd Sam Herring (Bishop McCort) TF Noah Doi (Camp Hill), 15-0 2:17
5th Gideon Bracken (United) TF Gunnar Maciejewski (Berks Catholic), 17-1 2:33

145 lbs

1st Bo Bassett (Bishop McCort) F Hudson Hohman (Grove City), 1:52
3rd Mason Wagner (Faith Christian) DEC Matthew Smith (Midd-West), 5-3
5th Hayden Yacoviello (Bermudian Springs) DEC Lucas Boyer (Elizabeth Forward), 3-1

152 lbs

1st Devon Magro (Bishop McCort) MD Ryan Lawler (Bishop McDevitt), 10-0
3rd Max Stein (Faith Christian) DEC Mason Horwat (Derry), 1-0
5th Jordan Thompson (Bradford) DEC Cody Hamilton (Grove City), 8-3

160 lbs

1st Melvin Miller (Bishop McCort) MD Reagan Milheim (Warrior Run), 11-2
3rd Chase Hontz (Faith Christian) MD Brandon Byrd (Cathedral Prep), 9-0
5th Mason Gourley (Central Clarion) MD Samuel Almedina (Mid Valley), 9-1

172 lbs

1st Nick Singer (Faith Christian) MD Gage Wentzel (Montoursville), 12-3
3rd Brady Collins (Clearfield) DEC Jayden Ofarrill (Bishop McCort), 7-2
5th Max Wirnsberger (Warrior Run) DEC Carmine Lenzi (Berks Catholic), 2-1

189 lbs

1st Adam Waters (Faith Christian) MD Caleb Close (Bald Eagle Area), 11-1
3rd Aiden Bliss (Port Allegany) DEC Kyle Scott (Tyrone), 11-5
5th Brady Brown (Derry) TF Easton Belfiore (Brookville), 19-3 4:50

215 lbs

1st Austin Johnson (Muncy) DEC Lucas Lawler (Bishop McDevitt), 5-2
3rd Braedon Welsh (Fort Cherry) DEC Sawyer Robinson (Towanda), 7-3
5th Jason Singer (Faith Christian) DEC Juuso Young (Port Allegany), 4-1

285 lbs

1st Rowan Holmes (Somerset) DEC Mark Effendian (Faith Christian), 4-3
3rd Caleb Rodriguez (Bishop McCort) DEC Colin Whyte (West Greene), 4-3
5th Mason Higley (Towanda) DEC Casey Wilson (Laurel), 4-0

**Don't miss another
PWN issue...
Subscription
information on
page 13**



PITTSBURGH CLASSIC BOYS RESULTS

PA All-Stars vs. USA All-Stars

Saturday, March 29, 2025

AHN Arena at Peters Township High School

Pennsylvania All-Star Team

121 lbs. - #9 Gauge Botero (Faith Christian) - Michigan
127 lbs. - #2 Nathan Desmond (Wyoming Seminary) - Penn State
133 lbs. - #3 Aaron Seidel (Northern Lebanon) - Virginia Tech
139 lbs. - #4 Tahir Parkins (Nazareth) - Rutgers
145 lbs. - #4 Eren Sement (Council Rock North) - Michigan
152 lbs. - #10 Maddox Shaw (Thomas Jefferson) - Ohio State
160 lbs. - #3 Collin Gaj (Quakertown) - Va. Tech (did not compete)*
160 lbs. - #2 Kollin Rath (Bethlehem Catholic) - Missouri
172 lbs. - #6 Bode Marlow (Thomas Jefferson) - Pitt
189 lbs. - Ty Morrison (West Perry) - Pitt-Johnstown
215 lbs. - #7 Austin Johnson (Muncy) - Oklahoma St.
285 lbs. - #9 Rowan Holmes (Somerset) - Lehigh

United States All-Star Team

121 lbs. - #12 Ethan Timar (Brunswick, OH) - Virginia
127 lbs. - #6 Ronnie Ramirez (Walnut, CA) - Oklahoma St.
133 lbs. - #6 Matthew Botello (Hingham, MA) - North Carolina
139 lbs. - #3 Sergio Vega (Tuscan, AZ) - Oklahoma St.
145 lbs. - #2 Nikade Zinkin (Clovis, CA) - Nebraska
152 lbs. - #1 Daniel Zepeda (Gilroy, CA) - N.C. St.
160 lbs. - #5 Alessio Perentin (Clark, NJ) - Cornell* (did not compete)
160 lbs. - #1 Landon Robideau (St. Michael, MN) - Oklahoma St.
172 lbs. - #1 LaDarion Lockett (Stillwater, OK) - Oklahoma St.
189 lbs. - #4 Lane Foard (Reva, VA) - Wyoming
215 lbs. - #3 Angelo Posada (Poway, CA) - Stanford
285 lbs. - #4 Rocco Dellagatta (Holmdel, NJ) - Cornell

Results: USA def. PA All-Stars 26-13

121: Botero (PA) DEC Timar (USA), 4-3, TB
127: Ramirez (USA) DEC Desmond (PA), 6-5
133: Seidel (PA) MD Botello (USA), 9-0
139: Vega (USA) TF Parkins (PA), 20-4
145: Sement (PA) DEC Zinkin (USA), 4-2
152: Shaw (PA) DEC Zepeda (USA), 8-5
160: Robideau (USA) DEC Rath (PA), 10-4
172: Lockett (USA) TF Marlow (PA), 19-4
189: Foard (USA) MD Morrison (PA), 10-0
215: Posada (USA) DEC Johnson (PA), 4-1
285: Dellagatta (USA) DEC Holmes (PA), 7-3

WPIAL def. NJ-Boys 29-14

121: Leo Joseph (WPIAL) F Anthony Pellegrino (NJ), 5:30
127: Nico Fanella (WPIAL) MD Devin Ryan (NJ), 15-3
133: Luke Willochell (WPIAL) DEC Carson Walsh (NJ), 12-9, SV
139: Jake Zaltsman (NJ) DEC Dominic Ferraro (WPIAL), 11-10
145: Donny Almeyda (NJ) DEC Ramil Islamov (WPIAL), 3-2
152: Evan Petrovich (WPIAL) MD Luke Geleta (NJ), 10-2
160: AJ Falcone (NJ) DEC Lonzy Vielma (WPIAL), 4-2
172: Jordan Chapman (NJ) TF Isaac Lacinski (WPIAL), 17-1 2:55
189: Mark Gray (WPIAL) TF Terrence Thomas (NJ), 21-5 4:59
215: Jake Conroy (WPIAL) MD Conor Delaney (NJ), 19-8
285: Shepherd Turk (WPIAL) DEC James Lynch (NJ), 9-3



Women's Pittsburgh Classic Results:

Girls Division: PA def. NJ 49-16

100 lbs: Ella Hesener (PA) F Casey Davis (NJ)
112: Tamara Humphries (PA) F Grace Riley (NJ), 5:48
118: Maeve Witte (NJ) DEC Andi Bibeau (PA), 9-2
124: Sierra Chiesa (PA) TF Sophie Sharp (NJ), 18-1
130: Janayah Nobles (PA) DEC Melani Contreras (NJ), 7-2
136: Charlotte Gilfoil (PA) F Samantha Goworek (NJ), 1:25
142: Jordyn Fouse (PA) TF Sanyah Queen (NJ), 20-3 (2:00)
148: Eve Kurtz (PA) TF Adriana Haskin (NJ), 20-3 (2:17)
155: Gabrielle Roberts (NJ) F ChaseMarie Ryan (PA), 0:30
170: Jael Miller (PA) F Solaris Paul (NJ), 2:47
190: Caitlin Hart (NJ) DEC Jurelys Peguero (PA), 2-0



Elling's Opinions



By: Tom Elling
Wrestling Book
Recommendations

Some of you have a few books concerning wres-

tlng. I'd suspect most involve various techniques. I have several of those myself, including the very rare Bobby Douglas work. In fact, it is so rare that Bobby himself offered to purchase my copy for his library!

Let's take a look at three of the most recent...

The newest such book has been compiled and published by well-traveled Tom Justice. Coach Justice has a long list of credentials and he has spared no effort in compiling his **"TAKEDOWN-the art and science of wrestling"** book. This work is 762 pages! It is both a pictorial and a contextual explanation of a wide variety from the neutral position. It includes photos of many wrestlers you will recognize. The cover features Kyle Snyder. While the book is pricey, it is a must-have for any serious wrestling coach at any level. I purchased two copies- one for my own library (although my coaching now comes merely through broadcasting) and one for my granddaughter, an up-and-coming wrestler in Maryland.

For detail on ordering, contact Coach Justice at tljustice145@gmail.com.

The second recommendation is Dr. Bill Welker's **'The Eyes of a Wrestler.'** Bill has authored several books on instruction and fiction. This is his third 'novel.' The book relates "A Girl's Journey of Courage and Perseverance in Sports and Life." Cody Bryant (former editor of Wrestling USA magazine) provided the Fore-

word. I provided the proofreading.

Bill partially dedicated the book to his wife Peggy (recently deceased). She supported Bill in his every effort. He credits the great Bob Fehrs as the 'inspiration' for the book, noting Fehrs never gave up in his own wrestling journey.

Bette Johnna "Johnsy" Raines was a typical middle school girl whose parents were well-to-do. On a family vacation to Philadelphia, Johnsy's life was tragically changed when she witnessed the murder of her parents by carjackers.

A short synopsis:

Taken in by her only relatives, Johnsy was filled with anger and guilt. By the advice of her uncle, Johnsy went out for the girls' wrestling team, a physical outlet for her frustrations. To Johnsy's surprise, she later learns of her very unique and amazing ability as a sharpshooter.

A compassionate, loving adolescent, Johnsy is also a fierce competitor on the mats and blows away the opposition on the rifle range.

Over the years, Johnsy emotionally struggles with guilt over her parents' murders. Furthermore, she always knew the perpetrators. And with her exceptional marksman skills, it was

time for retribution.

You be the judge of her final decision.

This book can be ordered through AMAZON.. for \$19.

The last book is a work of dedication and love for Lower Dauphin High School wrestling. The 421-page Dr. Judith T. Witmer masterpiece exhibits to what every high school wrestling team should aspire to be. It breaks down the complete list of coaches with biographical sketches of each. It gives highlights from each decade, including photos of each team. It provides tributes to former outstanding wrestlers and coaches. The book is entitled **"Lower Dauphin Wrestling: An Uncommon Heritage 1960-2024."**

Dr. Witmer has a long and impressive resume and spared no effort to make her work one for every wrestling school to emulate. This book can be ordered through Amazon. I recommend it as a guide for every high school sports enthusiast.

Now in our 30th year of publication, we are offering a special deal of \$30/year for first-time subscribers until May 1, 2025!

Junior High Girls Champions



15 and Under Girls Champions

Left: Olivia Kearn, Brooklyn Henry, Camilla Hathaway

14 and Under Girls Champions

Right: Left to right at top: Camilla Hathaway, Madison Helms, Layla Namerow

Bottom row: Isla Silva



TOP 25 JR HIGH RANKINGS

- 1 Norwin
- 2 Easton
- 3 Derry
- 4 Parkland
- 5 Connellsville
- 6 Kiski Area
- 7 North Schuylkill
- 8 Nazareth
- 9 Trinity
- 10 Canon McMillan
- 11 Selinsgrove
- 12 Altoona Area
- 13 Chestnut Ridge
- 14 State College
- 15 Abington Heights
- 16 Latrobe
- 17 Harbor Creek
- 18 Millcreek
- 19 Philipsburg-Osceola
- 20 Chambersburg
- 21 Clearfield
- 22 Hempfield (D3)
- 23 Cumberland Valley
- 24 Montoursville
- 25 Montgomery



Women's High School Freestyle Championship Finals

- 50 kg** - Audrey Jimenez def. Erin Golston 11-0
- 53 kg** - Brianna Gonzalez def. Felicity Taylor 6-5
- 55 kg** - Cristelle Rodriguez def. Everest Leydecker 4-1
- 57 kg** - Amanda Martinez def. Jacarra Winchester, *medical forfeit*
- 59 kg** - Abby Nette def. Michaela Beck Fall 4:06
- 62 kg** - Kayla Miracle def. Adaugo Nwachukwu 4-0
- 65 kg** - Aine Drury def. Bella Mir 8-7
- 68 kg** - Kennedy Blades def. Solin Piearcy 10-0
- 72 kg** - Alex Glaude def. Skylar Grote 4-3
- 76 kg** - Kylie Welker def. Yelena Makoyed 11-0

Now in our 30th year of publication, we are offering a special deal of \$30/year for first-time subscribers until May 31, 2025!

PENNSYLVANIA 14U & 15U GIRLS ALL AMERICANS
15 and Under Girls - Freestyle
1st - Brooklyn Henry - Gettysburg
1st - Camilla Hathaway - Mount Lebanon
1st - Olivia Kearns - Shippensburg
2nd - Emma Grimes - Wyoming Seminary
2nd - Isla Silva - Mount Lebanon
3rd - Riley Karwowski - Wyoming Seminary
5th - Madison Helms - Downingtown
5th - McKenzie Astorino- Curwensville
8th - Jayleigh Rex - Oil City
14 and Under Girls - Freestyle
1st - Camilla Hathaway - Mount Lebanon
1st - Isla Silva - Mount Lebanon
1st - Layla Namerow - Lionville
1st - Madison Helms - Downingtown
2nd - Jayleigh Rex - Oil City
4th - McKenzie Astorino - Curwensville

14U/15U Pennsylvania Girls Earn 15 Medals at USA Women's Nationals in Spokane, Washington

The process for making the 15 and Under USA National Team that heads to the Pan-American Championships changes at times. Currently for a Pennsylvania female aged 13-15 there is only one way, Travel to Spokane, Washington over 2,000 miles away and take 1st Place in the 15 and Under Women's Division. 3 Pennsylvania Females accomplished this task ; 1 Middle School Wrestler (Camilla Hathaway - Mount Lebanon) and 2 High School Freshman (Brooklyn Henry - Gettysburg, Olivia Kearns - Shippensburg). After winning in the Bracket and best of 3 finals Camilla, Brooklyn, and Olivia will head to the Pan-American Championships are May 22nd – 25th, 2025 in Guatemala City, Guatemala.

Pennsylvania had 9 All Americans in 15 and under , and 6 All Americans in 14 and Under. Four PA Middle School Wrestlers won National Titles (Isla Silva, Layla Namerow, Madison Helms, Camilla Hathaway). In 17 and Under(4) and 20 and under (3) 7 more Pennsylvanians took 1st place and will head to the Pan-American Championships and World Championships. The future looks bright for PA middle school girls wrestling with 2 Champions in 12 and Under and 4 All Americans total in 12 and Under.

15 and Under Pennsylvania Boys Earn 16 Medals at USA Men's Nationals in Las Vegas, Nevada

The 2025 Men's National Championships & World Team Trials took place April 23rd-27th over 2,000 miles away from the Keystone State's borders in Las Vegas, Nevada. The age groups contested were Seniors (18 and over), 20 and Under, 17 and Under, 15 and Under, and Masters Divisions (Ages). The winners of this tournament in the 15 and under Division will head to The Pan-American Championships May 22nd – 25th, 2025 in Guatemala City, Guatemala. In Boys 15u the Pan Am Team is decided by a point system between the Greco-Roman and Freestyle Tournaments/

3 Pennsylvanians won the 15 and under National Title (Evan Cies, Arav Pandey, and Sam Harrington in Greco Roman. Chaney Lewis Jr. won a National Championship in Freestyle. Pennsylvania 15U Boys had 5 wrestlers earn All American honors in both Freestyle and Greco Roman (Chaney Lewis Jr., Sam Harrington, Evan Restivo, Jack Stonebraker, and Leo Murillo).

PENNSYLVANIA 15U BOYS ALL AMERICANS
15 and Under Boys Freestyle
1st - Chaney Lewis Jr. - Neighborhood
3rd - Evan Restivo - State College
4th - Leo Murillo - Cumberland Valley
4th - Sam Harrington - Erie Cathedral Prep
5th - Jack Stonebraker - West Allegheny
5th - Micheal Nicosia - Pocono Mtn East
6th - Cael Muller - Notre Dame-Green Pond
15 and Under Boys Greco Roman
1st - Evan Cies - Owen J. Roberts
1st - Arav Pandey - Cumberland Valley
1st - Sam Harrington - Erie Cathedral Prep
2nd - Evan Restivo - State College
3rd - Jack Stonebraker - West Allegheny
4th - Chaney Lewis Jr. - Neighborhood
7th - Leo Murillo - Cumberland Valley
8th - Kegan Painter - Grove City
8th - Austin Bernash - Kiski

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Luca Augustine of Pitt Wins Elite 90 Award

*Luca Augustine (174) (Waynesburg) of Pitt won the NCAA Elite 90 Award for earning the highest GPA (3.94) in of all the 330 competitors in the Division I field. Augustine, a junior, is the first student athlete from Pitt to win the prestigious award. The biology major is also the first wrestler from the ACC Conference to win the Elite 90. Luca was one win away from becoming an All-American.



Aaron Seidel Wins the DSHSEA

Aaron Seidel of Northern Lebanon High School won the 2025 Dave Schultz High School Excellence Award for the state of Pennsylvania. Seidel, a 3x state champion and a 4x PIAA finalist will attend Virginia Tech in the Fall.

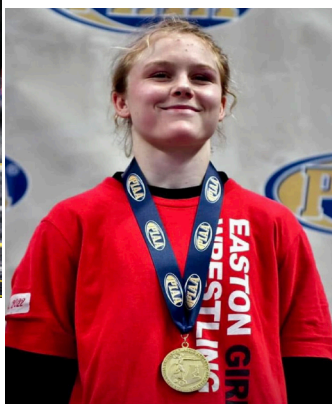
The DSHSEA was established in 1996 to honor Olympic and World Champ Dave Schultz whose career was cut short when he was murdered in January 1996. The award recognizes and celebrates the nation's most outstanding high school senior male wrestlers for their

excellence in wrestling, scholastic achievement, citizenship, and community service.



Aubre Krazer Wins the TSHSEA

Aubre Krazer of Easton High won the Tricia Saunders High School Excellence Award for the state of Pennsylvania. Krazer was a 2x PIAA State champion for the Red Rovers and has a career record of 101-1. She will continue her wrestling at Lehigh University.



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