

# **PARAMUS WRESTLING**

## **2010-2011**



**LEAGUE CHAMP**  
**GROUP III COUNTY CHAMPS**  
**DISTRICT V RUNNER UP**

**PARAMUS HIGH SCHOOL**

# **PARAMUS HIGH SCHOOL**

## **VARSITY WRESTLING 2010-2011**

12/18/2010	CALDWELL TOURNAMENT
12/21/2010	SETON HALL PREP
12/22/2010	RIDGEWOOD
12/29/2010	BCCA
12/30/2010	BCCA
1/03/2011	SOUTH PLAINFIELD
1/05/2011	TEANECK
1/07/2011	HACKENSACK
1/8/2011	ZEPHER DUELS
1/12/2011	NORTHERN HIGHLANDS
1/14/2011	FAIR LAWN
1/15/2011	ROXBURY-LIVINGSTON-HOWEL
1/19/2011	BERGEN CATHOLIC
1/21/2011	DON BOSCO
1/22/2011	LAKELAND
1/22/2011	TBA (AT LAKELAND)
1/26/2011	OLD TAPPAN
1/31/2011	DAVID BREARLY
2/02/2011	PASSAIC TECH(SNOW DAY)
2/04/2011	ST. JOES
2/05/2011	GOVERNOR LIVINGSTON-HACKETTSTOWN
2/12/2011	RIVER DELL-WAYNE VALLEY
2/18/2011	DISTRICT V @ DON BOSCO
2/19/2011	DISTRICT V @ DON BOSCO
2/22/2011	REGION 2 @ HACKENSACK
2/25/2011	REGION 2 @ HACKENSACK
2/26/2011	REGION 2 @ HACKENSACK
3/04/2011	NEW JERSEY STATE
3/05/2011	WRESTLING TOURNAMENT
3/06/2011	BOARDWALK HALL, ATLANTIC CITY



# **2010-2011 PHS VARSITY LINE-UP**

<b>103 LBS</b>	<b>ERIC GIANNTONIO</b>	<b>ANDREW LICINI</b>
<b>112 LBS</b>	<b>DANIEL MELON</b>	<b>JUSTIN COCHRAN</b>
<b>119 LBS</b>	<b>LAITH ABWINI</b>	<b>MATT HARKIN</b>
<b>125 LBS</b>	<b>TAREQ ABWINI</b>	
<b>130 LBS</b>	<b>JOE RIZZITELLO</b>	<b>ALEC MCCREA</b>
<b>135 LBS</b>	<b>RYAN HEANEY</b>	<b>NICK SPINOSO</b>
<b>140 LBS</b>	<b>JIMMY SUESS</b>	<b>COBY GRINUCH</b>
<b>145 LBS</b>	<b>NICK ALPHER</b>	
<b>152 LBS</b>	<b>DAVID ARRIGHI</b>	<b>BRANDON LOPRESTI</b>
<b>160 LBS</b>	<b>MUSTAFA ASALAMI</b>	
<b>171 LBS</b>	<b>MICHAEL SEBAHIE</b>	
<b>189 LBS</b>	<b>MATT TOZZI</b>	
<b>215 LBS</b>	<b>LUCAS SAHDO</b>	
<b>285 LBS</b>	<b>MICHAEL AYDIN</b>	

## 2010-2011 PHS VARSITY WRESTLING RECORD

<u>VARSITY WRESTLER</u>	<u>RECORD</u>
<u>LAITH ABWINI</u>	5 - 14
<u>TAREQ ABWINI</u>	11 - 12
<u>NICK ALPHER</u>	40 - 3
<u>DAVID ARRIGHI</u>	18 - 17
<u>MUSTAFA ASLAMI</u>	26 - 13
<u>MIKE AYDIN</u>	9 - 21
<u>JUSTIN COCHRAN</u>	2 - 6
<u>ERIC GIANNANTONIO</u>	24 - 15
<u>COBY GRINOC</u>	4 - 11
<u>MATT HARKIN</u>	0 - 8
<u>RYAN HEANEY</u>	4 - 12
<u>ANDREW LICINI</u>	3 - 1
<u>BRANDON LOPRESTI</u>	5 - 6
<u>ALEC MCREA</u>	4 - 1
<u>DAN MELON</u>	11 - 16
<u>JOE RIZZITELLO</u>	34 - 6
<u>LUCAS SAHDO</u>	24 - 12
<u>MIKE SEBAHIE</u>	22 - 14
<u>NICK SPINOSO</u>	4 - 18
<u>JIMMY SUESS</u>	7 - 4
<u>MATT TOZZI</u>	16 - 16

# First Tournament of the Season 2010 Caldwell Tournament

## 1<sup>st</sup> place

Nick Alpher  
Joe Rizzitello

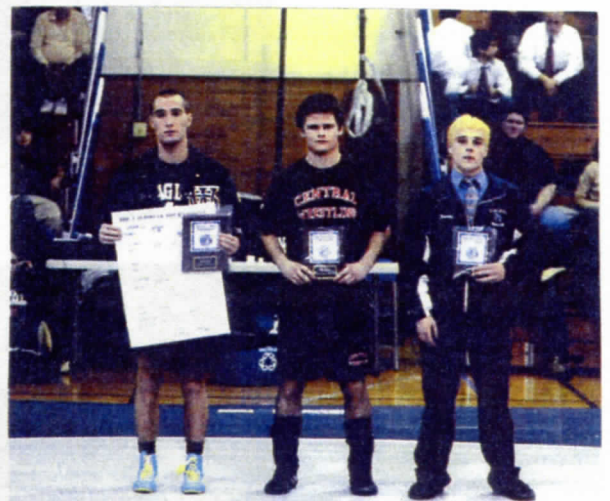
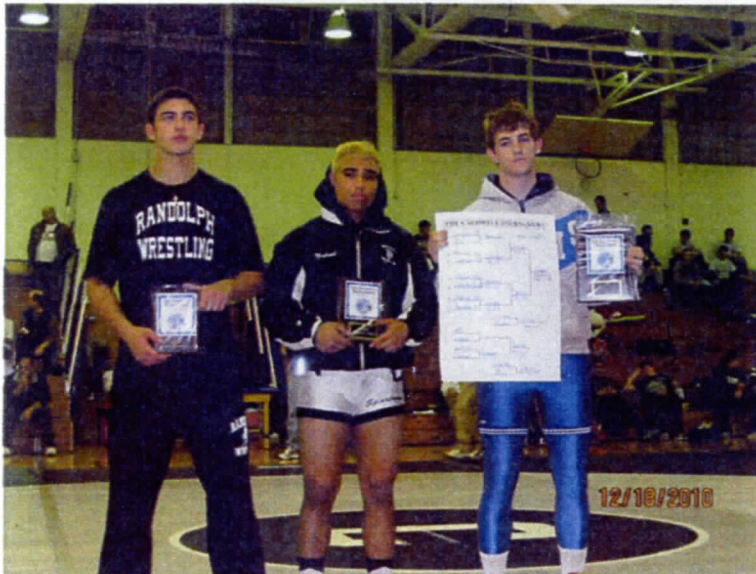
## 2<sup>nd</sup> place

Mike Sabahi

## 3<sup>rd</sup> place

Jimmy Suess

Nick Alpher won his 100<sup>th</sup> win and received the Most Outstanding Wrestler Award.



## BCCA

### Individual Bergen County Tournament Results

Nick Alpher	2 <sup>nd</sup> place
Eric Giannantonio	4 <sup>th</sup> place
Mustafa Aslami	5 <sup>th</sup> place
Joe Rizzitello	5 <sup>th</sup> place
Lucas Sahdo	5 <sup>th</sup> place



## PARAMUS WRESTLING

# New-look squad will be led by veteran

BY RON FOX  
Correspondent

PARAMUS - Jimmy Suess once was a somewhat unsuccessful 189-pound freshman wrestler. Now he's a burgeoning success as a 140-pound senior at Paramus High School. Yes, that's 49 pounds he's dropped while becoming a grappler to watch this season.

"Jimmy's put in a lot of hard work, and he just looks like a different person," head coach Steve Klass said. "He used to be chubby, but he has muscles now and no fat."

Suess wears a varsity wrestling jacket that indicates the weights at which he has competed in his career - 189, 171, 145, 140.

"People think that's in the wrong order, since kids' weights usually go up," Klass said with a laugh. "But that really is the right [chronological] order. He's a great kid, and he's really an easy kid to root for."

Klass led the North Jersey Wrestling Team of the Year last season, as voted by The Record sports staff, but this year's squad is extremely young. Still, he has high hopes for late-season success as the kids mature. He's already been surprised by their readiness to compete, though.

"We have 10 or 11 new kids, but we beat Seton Hall Prep unexpectedly," he said. "[Before that,] we finished seventh of eight teams in the Caldwell Tournament, but I was pleased with the way we wrestled because it's a tournament that has a lot of state-ranked teams."

The Spartans had two champions at Caldwell, Joe Rizzitello and Nick Alpher.

The following is the coach's rundown of the weight classes:

**103:** Hard-working freshman Eric Giannantonio has broken into the lineup and took fifth in the Caldwell Tournament.

**112:** Sophomore Danny Melon, who missed half of last season with a concussion, is healthy again.

**119:** "We're not sure who will be the starter here," Klass said. "We have three kids fighting for it, and they're all ninth- and 10th-graders."

**125:** Junior Tarek Jerai started for the varsity as a freshman, but was not a regular last year. He finished fourth at Caldwell in his return.

**130:** Senior Joe Rizzitello was a district champion and finished at the fifth/sixth level of the Region 2 Tournament. He opened this season with a championship in the Caldwell Tournament.

**135:** Sophomore Nick Spinoso is embarking on his first varsity season, but he was a Bergen County freshman champion last year.

**140:** The inspirational Suess battled a state qualifier, since-graduated Anthony Melon, in the Paramus wrestling room last year and won a few of their bouts. In the brawl to make the lineup for the district tournament, he lost a squeaker to Melon in double overtime. Suess took a third at Caldwell.

**145:** Senior Nick Alpher is the top returnee. He notched 40 wins last year along with county and district championships and second place in the region. He opened this season by recording his 100th career victory in the first round at Caldwell and defeated Randolph's Kevin Collins, 1-0, for the title there. "He had five state qualifiers in his weight class and won it," Klass said. "You don't often see so many qualifiers in one weight in a tournament. We're looking to get him a state medal this year."

**152:** Junior Dave Arrighi and sophomore Brandon LoPresti are competing here. Arrighi actually finished sixth at Caldwell, down at 135 pounds. "It goes back and forth, and they're good kids," the coach said. "It's good to have competition in the room, and it should make both kids better."

**160:** Sophomore Mustafa Aslami, a first-year varsity wrestler, seems to have benefited from a summer dedicated to the sport.

**171:** Sophomore Matt Tozzi was a county freshman champion and is referred to as one of the team's hardest workers. He took a fifth at Caldwell.

**189:** Senior Mike Sebahie broke in midway through last season and took a district fourth. He took second in the Caldwell Tournament.

**215:** Senior Lukas Sahdo is in just his second season of wrestling, but has promise.

**285:** Sophomore Mike Aydin debuts on the varsity weighing about 215 pounds. "He has a great attitude, and, by mid-year, he should be competitive," Klass said.

"We have a tough schedule, but I'll take these kids against anybody," Klass summarized. "It's refreshing to have a bunch of hungry kids. They may take their lumps, but they'll be all the better for it. There's a lot of potential, and they'll just keep getting better and better."



SPORTS

## Paramus High School Wrestling Team Back in Business

The Spartans regroup after crushing loss to defeat Teaneck 55-15 in a dual meet at Paramus High School.

By Anthony Locicero January 6, 2011

The Spartans wrestling team (3-1) defeated Teaneck 55-15 in a dual meet Wednesday night at Paramus High School (<http://paramus.patch.com/listings/paramus-high-school>).

"We're doing well," Paramus head coach Steve Klass said. "We're going through a tough part of our schedule right now."

Klass said that Wednesday's win helped rebuild confidence after the Spartans lost to South Plainfield 53-10 on Monday.

"I worked the takedowns like coach has us drill a lot [in practice]," said senior Jimmy Suess, who pinned Teaneck's Jared Gagliardi in 58 seconds. "When you drill, it comes easy."

The Spartan wrestlers sport bleach blonde hair as a sign of togetherness.

"We just wanted to show that we're like brothers on the team, we're really close," Suess said about the hairstyle

**103:** Eric Giannantonio (Paramus) Forfeit

**112:** Dan Melon (Paramus) def. Amani Pittman (Teaneck) Pin 3:06

**119:** Laith Abwini (Paramus) def. Fernando Sanchi (Teaneck) Pin (2:19)

**125:** Tarek Jerai (Paramus) def. Oscar Marroann (Teaneck) Decision 12-4

**130:** Joe Rizzitello (Paramus) def. Josh Lewis (Teaneck) Major Decision 20-3

**135:** Nick Spinoso (Paramus) def. Mike Senchi (Teaneck) Decision 9-3

**140:** Brandon Sanabria (Teaneck) def. Coby Grinoch (Paramus) Pin 3:44

**145:** Jimmy Suess (Paramus) def. Jared Gagliardi (Teaneck) pin :58

**152:** Nick Alpher (Paramus) def. CJ Levin (Teaneck) Decision 10-0

**160:** David Arrighi (Paramus) def. Derek Neville (Teaneck) Pin 5:28

**171:** Matt Tozzi (Paramus) Forfeit

**189:** Mike Sebahie (Paramus) def. Cekvan James Decision 3-2

**215:** Zack Preschel (Teaneck) def. Lukas Sahdo (Paramus) Decision 9-7

**285:** Marcus Espinal (Teaneck) def. Mike Aydin (Paramus) Pin 1:11



PHOTOS (3)





**2010 - 2011  
PARAMUS HIGH SCHOOL  
WRESTLING**



**LEAGUE CHAMPIONS  
GROUP III COUNTY CHAMPIONS  
DISTRICT RUNNER UP**

**All League Honors**

**1<sup>st</sup> Team**

Eric Giannantonio  
Dan Melon  
Tareq Abwini  
Joe Rizzitello  
Jimmy Suess  
Nick Alpher  
Mike Sebahie  
Lukas Sahdo

**2<sup>nd</sup> Team**

Mustafa Aslami  
Matt Tozzi  
Mike Aydin

**All County Honors**

**1<sup>st</sup> Team**

Nick Alpher

**Honorable Mention**

Eric Giannantonio  
Joe Rizzitello  
Mike Sebahie

# ATHLETES OF THE WEEK

By **BRIAN A. GIUFFRA**  
STAFF WRITER

Nicholas Alpher doesn't know what he wants to do five years from now. The star wrestler from Paramus doesn't even know which weight class he should compete at the rest of this season. All Alpher knows is no matter where he is or what he's doing, he wants to be great.

That mentality has worked well so far.

"I like variety," Alpher said. "I have ideas about what I want to do in the future, because every other day it's something different. No matter what I do, I want to succeed in it."

It's that thought process that has taken Alpher to great heights. He has 121 career wins and needs nine more to become the all-time leader in the long and distinguished history of Paramus wrestling.

Last week, the senior went 4-0, including a win over Bergen County champion Johnny Sebastian, to bring his season record to 22-1. He earned The Record Male Athlete of the Week honor.

The biggest question facing Alpher is which weight class he should choose. He started at 145, where he suffered his only loss in the County final, but has been at 152 this month.

Alpher said he feels comfortable at 152 and still is deciding whether to drop to his original weight for a run at a State title. He won't make his decision until the district tournaments begin in February, and he'll make it based on what offers him the best chance in the long run.

"I'm still kind of confused about what I want to do," Alpher said. "It's all about where I feel comfortable and where I feel my best chance at competing is."

Alpher will take that mentality to college, but he's unsure of which one to attend. He wants to stay in the tri-state area and applied only to schools in the region.

Which major will he choose? Alpher isn't sure. He just knows he wants to succeed.

**Also nominated:** Connor Coughlin of Midland Park, LeRon Dillard of Rutherford and Dave Clough of Passaic Valley for basketball; Roland Gamez of Hasbrouck Heights for indoor track; Mike Arnold of Dumont and Eric Reynoso of Ridgefield Park for wrestling; Trevor Leland of Old Tappan and Jin Roh of Tenafly for swimming.



## MALE ATHLETE

**Sport:** Wrestling **Class:** Senior **Age:** 17

**Accomplishment:** Nicholas Alpher went 4-0 last week, including a win over Bergen County champion Johnny Sebastian. Alpher is 22-1 this season and only nine wins away from becoming the all-time leader for Paramus.



## Paramus 33, Seton Hall Prep 30

### TUESDAY

**103:** Eric Giannantonio (P) d. Casey Egan, 5-1; **112:** Brendan Calas (SHP) p. Ryan Bucci, 2:49; **119:** Dan Melon (P) d. Vincent Destefano, 6-1; **125:** Eamonn Gaffney (SHP) m.d. Tarek Jerai, 11-1; **130:** Joe Rizzitello (P) d. Mike Cali, 4-2; **135:** David Arrighi (P) p. Pat Fruehling, 1:17; **140:** Lou Mascola (SHP) p. Nick Spinoso, 0:33; **145:** Robert Faugno (SHP) d. Jimmy Suess, 8-5; **152:** Nick Alpher (P) p. Rob Barling, 1:29; **160:** Mustafa Aslami (P) d. Nick Mattia, 4-2; **171:** Matt Tozzi (P) d. Devin Sweeney, 4-2; **189:** Mike Sebahie (P) p. Kevin Matlon, 3:51; **215:** Frank Schaafsma (SHP) t.f. Liridon Maloku, 17-2; **285:** William Salovich (SHP) p. Mike Aydin, 0:25.

**Records:** Paramus (1-0)

## Paramus 52, Ridgewood 15

**152:** Brandon Lopresti (P) d. Austin Purratino, 4-0; **160:** Mustafa Aslami (P) m.d. Aaron Bess, 17-4; **171:** Matt Tozzi (P) forfeit; **189:** Mike Sebahie (P) d. Gordon Ruffing, 10-7; **215:** Omar Hamza (R) p. Liridon Maloku, 4:41; **285:** Mike Aydin (P) p. Michael Antosiewicz, 1:40; **103:** Eric Giannantonio (P) forfeit; **112:** Dan Melon (P) d. Joe Oliva, 7-3; **119:** Sam Meyer (R) p. Ryan Bucci, 1:11; **125:** Tarik Jerai (P) p. Will Montgomery, 5:29; **130:** Joe Rizzitello (P) d. Brandon Giovanetti, 4-2; **135:** Justin Gramaglia (R) d. David Arrighi, 12-6; **140:** Jimmy Suess (P) p. Jason Gibson, 2:49; **145:** Nick Alpher (P) p. Brendan Muldoon, 1:14.

**Records:** Ridgewood (0-2)

## S. Plainfield 53, Paramus 19

**103:** Raymond Jazikoss (SP) m.d. Eric Giannantonio, 10-1; **112:** Anthony Ashnault (SP) p. Dan Melon, 1:48; **119:** Troy Heilmann (SP) p. Laith Adwini, 2:41; **125:** Dylan Painton (SP) m.d. Tarek Jerai, 10-1; **130:** Tyler Hunt (SP) p. Joe Rizzitello, 3:37; **135:** Scott Delvecchio (SP) p. Nick Spinoso, 3:27; **140:** Corey Stasenko (SP) p. Coby Grinoch, 1:44; **145:** Nick Alpher (P) m.d. Jeff Conroy, 8-0; **152:** Kyle Pompilio (SP) p. David Arrighi, 1:07; **160:** Mustafa Aslami (P) d. Alex Lundy, 3-2; **171:** Michael Molinaro (SP) d. Matt Tozzi, 13-6; **189:** Ryan Billich (SP) p. Liridon Moloku, 1:57; **215:** Mike Sebahie (P) p. William Whitefleet, 3:43; **285:** Lukas Sahdo (P) p. Luigi Gerardi, 1:04.



## Paramus 55, Teaneck 15

**112:** Dan Melon (P) p. Amani Pittman, 3:06; **119:** Laith Abwini (P) p. Fernando Senchi, 2:19; **125:** Tarek Jerai (P) m.d. Oscar Marroquin, 12-4; **130:** Joe Rizzitello (P) t.f. Josh Lewis, 20-3; **135:** Nick Spinoso (P) d. Michael Senchi, 9-3; **140:** Brandon Sanabria (T) p. Coby Grinoch, 3:44; **145:** Jimmy Suess (P) p. Jared Gagliardi, 0:58; **152:** Nick Alpher (P) m.d. C.J. Levin, 10-0; **160:** David Arrighi (P) p. Derek Neville, 5:28; **171:** Matt Tozzi (P) forfeit; **189:** Mike Sebahie (P) d. Cekuan James, 3-2; **215:** Zack Preschel (T) d. Lukas Sahdo, 9-7; **285:** Marcus Espinal (T) p. Mike Aydin, 1:11; **103:** Eric Giannantonio (P) forfeit.

**Records:** Paramus (3-1); Teaneck (0-2)



## Paramus 35, Livingston 28

**119:** Keith Ariotta (L) m.d. Laith Abwini, 15-4; **125:** Alex Mendez (L) d. Tareq Abwini, 7-4; **130:** Jason Estevez (L) p. Joe Rizzitello, 4:24; **135:** Nick Spinoso (P) d. Mitchell McDonald, 5-3; **140:** Coby Grinoch (P) d. Joey Zarro, 8-4; **145:** Brad Krosser (L) d. David Arrighi, 3-0; **152:** Nick Alpher (P) m.d. Brett Ratner, 9-1; **160:** Mustafa Aslami (P) d. Matthew Mellhourn, 10-3; **171:** Matt Tozzi (P) p. Brent Blanck-Singer, 4:13; **189:** Anthony Paris (L) p. Mike Sebahie, 2:16; **215:** Lukas Sahdo (P) m.d. Joseph Fede, 9-1; **285:** Michael Silverberg (L) p. Mike Aydin, 1:07; **103:** Andrew Licini (P) forfeit; **112:** Dan Melon (P) p. Jamie Levinson 1:28.

## Paramus 48,

### Fair Lawn 21

**103:** Andrew Licini (PAR) p. Matt Belmonte, 1:89; **112:** Max Gallo (FL) p. Dan Melon, 1:02; **119:** Marco Jimenez (FL) d. Laith Abwini, 10-4; **125:** Tereq Abwini (PAR) p. Austen Fisher, 2:54; **130:** Alec Mcrea (PAR) d. Levi Rybalov, 5-1; **135:** Nick Spinoso (PAR) p. Tomer Levy, 1:28; **140:** Issah Musalev (FL) p. Matt Alpner, 1:50; **145:** Coby Grinoch (PAR) d. Jack Anderson, 4-2; **152:** Brandon Lopresti (PAR) p. Eric Berman, 3:54; **160:** Nick Bucci (PAR) forfeit; **171:** Matt Tozzi (PAR) p. Sam Vovsi, 5:42; **189:** Demetri Rodriguez (FL) d. Mike Sebahie, 4-3; **215:** Steven Sherlock (FL) d. Lukas Sahdo, 8-4; **285:** Mike Aydin (PAR) p. Mike Katz, :09.



## Roxbury 34,

### Paramus 24

**103:** Devon Lafranco (R) d. Eric Giannantonio, 7-5; **112:** Joey Mazza (R) p. Dan Melon, 0:19; **119:** Alex Pozzi (R) p. Laith Abwini, 1:18; **125:** Nick Bautz (R) m.d. Tereq Abwini, 12-3; **130:** Joe Rizzitello (P) d. Jonathon Patane, 11-8; **135:** Dillon Artigliere (R) p. Nick Spinoso, 2:57; **140:** David Schubiger (R) p. Coby Grinoch, 1:00; **145:** Joey Shadel (R) d. David Arrighi, 4-0; **152:** Nick Alpher (P) d. Tim Garripoli, 3-0; **160:** Mustafa Aslami (P) d. Willy Volz, 5-1; **171:** Matt Pozzi (P) d. Will Sullivan, 11-7; **189:** Mike Sebahie (P) d. Stephen Arthur, 4-2; **215:** Lukas Sahdo (P) d. Michael Mahoney, 4-2; **285:** Mike Aydin (P) p. Kyle Adams, 3:34.



## Howell 39,

### Paramus 15

**103:** Jimmy Slenvorn (H) d. Eric Giannantonio, 4-0; **112:** Ben Esposito (H) d. Dan Melon, 9-4; **119:** Matt Lindemanr (H) p. Laith Abwini, 1:11; **125:** Tereq Abwini (P) d. James Sisolak, 4-2; **130:** Joe Rizzitello (P) d. Billy Schultz, 4-1; **135:** Cole Cameron (H) d. Nick Spinoso, 9-4; **140:** Ashanti Maurice (H) p. Coby Grinoch, 3:18; **145:** Mike Shaughnessy (H) d. David Arrighi, 14-7; **152:** Nick Alpher (P) d. Zack Bohm, 1-0; **160:** Mustafa Aslami (P) d. Cody Kirk, 6-3; **171:** Frank Lino (H) d. Matt Pozzi, 7-2; **189:** Mike Sebahie (P) d. Matthew Sulkowski, 8-4; **215:** John Hlava (H) p. Lukas Sahdo, 5:40; **285:** Bryan Sherloti (H) p. Mike Aydin, 4:21.

## Paramus 49, Hackensack 21

**119:** John D'Elia (H) d. Laith Abwini, 8-7; **125:** Tereq Abwini (P) p. Luke Savage, 1:11; **130:** Alec Mcrea (P) p. Niles Malvasia, 2:32; **135:** Richard Dempster (H) d. Ryan Heany, 6-4; **140:** Amir George (H) p. Nick Spinoso, 2:57; **145:** Coby Grinoch (P) p. Diego Rodriguez, 3:53; **152:** Brandon Lopresti (P) m.d. Michael Rodriguez, 8-0; **160:** Nick Bucci (P) p. Malik Buster, 1:11; **171:** Matt Tozzi (P) p. Kevin Castillo, 1:45; **189:** Mike Sebahie (P) d. Elvis Taveras Jr., 8-2; **215:** Lukas Sahdo (P) p. Brendon Faison, 3:35; **285:** Cruz Cubias (H) d. Mike Aydin, 4-1; **103:** Luis Polanco (H) p. Andrew Licini, 2:25; **112:** Dan Melon (P) p. Ernesto Diaz, 3:47. **Records:** Paramus 6-3, Hackensack 5-4

## Paramus 57,

### Ramapo 19

**112:** Dan Melon (P) p. Daniel Klyde, 1:00; **119:** Laith Abwini (P) forfeit; **125:** Justin Scheinert (R) d. Tereq Abwini, 5-2; **130:** Chris Mutterer (R) m.d. Alec Mcrea, 13-3; **135:** Paul Kipiani (R) p. Ryar Heaney, 0:47; **140:** Nick Madormo (R) p. Coby Grinoch, 5:40; **145:** David Arrighi (P) p. Pete Douma, 1:12; **152:** Nick Alpher (P) forfeit; **160:** Mustafa Aslam (P) forfeit; **171:** Mike Sebahie (P) p. Shan Shabsigh, 3:47; **189:** Matt Tozzi (P) d. Marc Esposito, 14-7; **215:** Lukas Sahdo (P) forfeit; **285:** Mike Aydin (P) p. Jef Borst, 2:34; **103:** Eric Giannantonio (P) forfeit.

**Records:** Paramus (8-4)

## Paramus 41, Lakeland 26

**119:** Laith Abwini (P) p. Tom Zinhoble, 1:51; **125:** Zafer Muralis (L) p. Tareq Abwini, 3:03; **130:** Alec McCrea (P) forfeit; **135:** Joe Rizzitello (P) p. Brandon Westhaver, 2:34; **140:** Ryan Heaney (P) m.d. Alex DeVito, 8-0; **145:** Johnny Berry (L) d. David Arrighi, 4-0; **152:** Nick Alpher (P) p. Max Shirhalo, 1:31; **160:** Mustafa Aslami (P) m.d. Jon Fazio, 8-0; **171:** Steve Secor (L) d. Mike Sebahie, 6-0; **189:** Kevin Bracken (L) t.f. Matt Tozzi, 15-0; **215:** Christian Rohn (L) d. Lukas Sahdo, 4-3; **285:** Brendon Narbone (L) p. Mike Aydin, 2:48; **103:** Eric Giannantonio (P) d. Tyler Fazio, 4-2; **112:** Dan Melon (P) p. Dylan Pohl, 3:41.

**Records:** Paramus (9-4)

**Work Hard**

## Bergen Catholic 34, Paramus 18

**112:** Trevor Albrecht (BC) m.d. Dan Melon, 16-7; **119:** Michael Maye (BC) m.d. Laith Abwini, 18-5; **125:** Tareq Abwini (P) d. Nick Ineti, 8-2; **130:** Joe Rizzitello (P) d. Charlie Mitchell, 4-3; **135:** Connor Melde (BC) p. Nick Spinoso, 2:25; **140:** Matt Mangini (BC) p. Ryan Heaney, 4:45; **145:** James Dawson (BC) m.d. David Arrighi, 11-3; **152:** Nick Alpher (P) d. Johnny Sebastian, 6-2; **160:** Lukas Iorio (BC) d. Mustafa Aslami, 1-0; **171:** Mike Sebahie (P) d. Michael Kruklinski, 7-3; **189:** Christian Jenco (BC) d. Matt Tozzi, 11-4; **215:** Lukas Sahdo (P) d. Hunter Kiselick, 4-2; **285:** Carmine Goldsack (BC) m.d. Mike Aydin, 1-0; **103:** Eric Giannantonio (P) d. Tyler Casamenti, 3-1.

**Records:** Paramus (6-4)

## Paramus 44, Old Tappan 16

**135:** Joe Rizzitello (P) d. Adam Rusch, 9-7; **140:** Jack McCann (OT) d. Ryan Heany, 3-1; **145:** David Arrighi (P) d. Zach Frohlich, 3-0; **152:** Nick Alpher (P) t.f. Dan Bendal, 16-1; **160:** Shawn Flesche (OT) d. Mustafa Aslami, 1-0; **171:** Mike Sebahie (P) d. Justin Mullen, 8-1; **189:** Keith Rodman (OT) m.d. Matt Tozzi, 11-3; **215:** Lukas Sahdo (P) p. Tommy Kramer, 5:45; **285:** Mike Aydin (P) p. Josh Kim, 0:38; **103:** Andrew Lici-ni (P) p. Nick Scagliore, 0:36; **112:** Dan Melon (P) p. Shreenath Bhanderi, 1:07; **119:** Jesse Massaro (OT) d. Laith Abwini, 9-2; **125:** Tareq Abwini (P) p. Anthony Magaraci, 5:17; **130:** Joe Rambala (OT) d. Nick Spinoso, 6-3.

## Paramus 35, Don Bosco 27

**145:** Sal Mastriani (DB) m.d. David Arrighi, 19-7; **152:** Nick Alpher (P) p. Daniel Murphy, 1:55; **160:** Mustafa Aslami (P) p. Jules Grom, 5:40; **171:** Matt Tozzi (P) m.d. Taylor Sweeney, 19-6; **189:** Mike Sebahie (P) d. Pat Verales, 7-4; **215:** Razhonn Gross (DB) d. Lukas Sahdo, 5-4; **285:** Andrew Benvenuto (DB) p. Mike Aydin, 1:17; **103:** Eric Giannantonio (P) m.d. Sloan Miller, 9-1; **112:** Billy Rear-don (DB) p. Dan Melon, 3:40; **119:** Tris-tan Hollenbaugh (DB) d. Laith Abwini, 6-1; **125:** Tareq Abwini (P) d. Daniel McBrinn, 3-0; **130:** Alec McCrea (P) p. Vic-tor Mallet, 5:06; **135:** Joe Rizzitello (P) d. Luke Farinano, 6-5; **140:** Joe Orecchio (DB) t.f. Ryan Heany, 18-0.

**Records:** Paramus 7-4, Don Bosco 7-8

**Wrestle**

## St. Joseph 37, Paramus 26

**215:** Lukas Sahdo (P) p. Glenn Beckmeyer, 3:30; **285:** Ryan O'Donnell (SJ) p. Mike Aydin, 5:40; **103:** Eric Giannantonio (P) d. Andrew Scarcella, 2-1; **112:** Vincent Macaluso (SJ) d. Justin Cochran, 7-6; **119:** Austin Cantone (SJ) p. Matt Harkin, 1:00; **125:** Darryl Albonico (SJ) m.d. Tareq Abwini, 13-1; **130:** Joe Rizzitello (P) t.f. Chris Mattina, 19-4; **135:** Ryan Heaney (P) d. Chris Mattina, 15-10; **140:** Michael Silano (SJ) p. Coby Grinoch, 2:40; **145:** David Arrighi (P) inj. def. Dylan More.; **152:** Nick Alpher (P) d. Vincent Silano, 4-1; **160:** Jeff Farina (SJ) d. Mustafa Aslami, 6-5; **171:** Dane McDermott (SJ) p. Matt Tozzi, 5:37; **189:** Dominic Carfagno (SJ) d. Mike Sebahie, 11-10.

**Records:** St. Joseph 12-4, Paramus 10-7

## Northern Highlands 37,

### Paramus 24

**140:** Jon Caulfield (NH) m.d. Coby Grinoch, 10-2; **145:** Brandon Cocherl (NH) d. David Arrighi, 4-3; **152:** Nick Alpher (P) p. John Jablonski, 1:54; **160:** Mustafa Aslami (P) d. Badar Khokhar, 2-1; **171:** Mike Sebahie (P) d. Kyle Myers, 6-5; **189:** Joe Nicoletti (NH) d. Matt Tozzi, 5-3; **215:** Matthew Mecca (NH) p. Lukas Sahdo, 3:43; **285:** Dan Hurwitt (NH) p. Mike Aydin, 3:10; **103:** Eric Giannantonio (P) d. Joe Burns, 1-0; **112:** Matt Murphy (NH) inj. def. Dan Melon; **119:** Laith Abwini (P) p. Mark Lee, 1:05; **125:** Nick Gravina (NH) p. Tereq Abwini, 5:31; **130:** Joe Rizzitello (P) d. Sean Kelly, 10-3; **135:** Brandon Latierno (NH) d. Ryan Heany, 3-1.

**Records:** Northern Highlands 16-2, Paramus 10-5.

## Paramus 35,

### Bergenfield 28

**103:** Michael Neal (B) d. Eric Giannantonio, 1-0; **112:** Justin Cochran (P) p. Christian Negron, 2:59; **119:** Jeff Cardona (B) p. Matt Harkin, 2:25; **125:** Tereq Abwini (P) p. Samson Sirdar, 4:50; **130:** Joe Rizzitello (P) d. Paul Valle, 7-5; **135:** Erick Marrero (B) m.d. Ryan Heany, 15-6; **140:** Paul Valle (B) d. Nick Spinoso, 6-3; **145:** Nick Alpher (P) m.d. Wilson Tapia, 11-0; **152:** Joven Rivera (B) p. David Arrighi, 0:39; **160:** Mustafa Aslami (P) d. Hans Seri, 5-4; **171:** Matt Tozzi (P) d. Erick Marrero, 10-7; **189:** Mike Sebahie (P) m.d. Victor Trascu, 12-2; **215:** Rich Torres (B) p. Mike Aydin, 0:51; **285:** Lukas Sahdo (P) dq.; Maalyjah Goodall, 14-0. **Records:** Paramus 11-9, Bergenfield 10-6.



## Paramus taken to wire by Bergenfield

PARAMUS - Lukas Sahdo won by disqualification at heavy-weight to lift Paramus (14-7), No. 7 in the North Jersey Top 25, past fifth-seeded Bergenfield, 35-28, Monday night in a North 1, Group 3 wrestling quarterfinal. The Spartans will be at Wantage to face state power High Point on Wednesday night in the semifinals.

Paramus trailed, 22-19, before Mustafa Aslami and Matt Tozzi recorded decisions at 160 and 171, and the Spartans' Mike Sabahie earned a major decision at 189 to give Paramus a 29-22 lead. After Bergenfield's Rich Torres pinned at 215 pounds to push the Bears (10-6) within 29-28, Sahdo led, 14-0, before he

### ROUNDUP

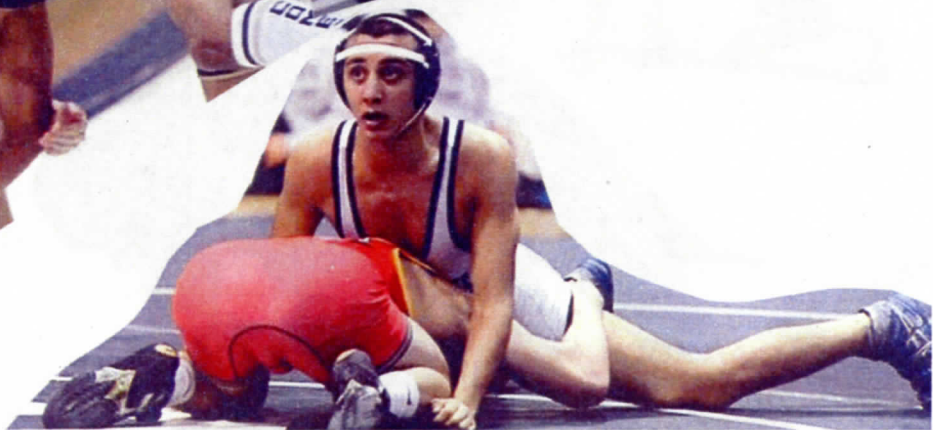
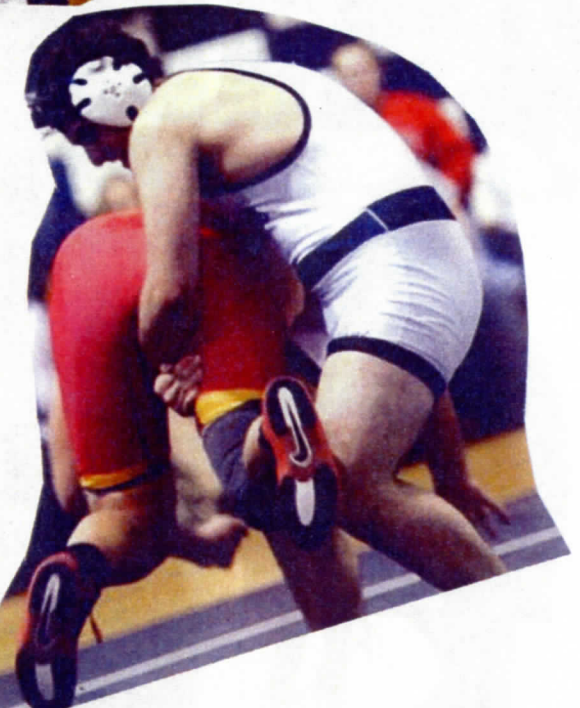
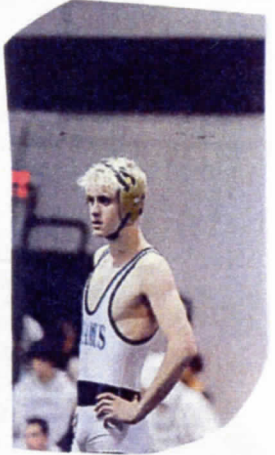
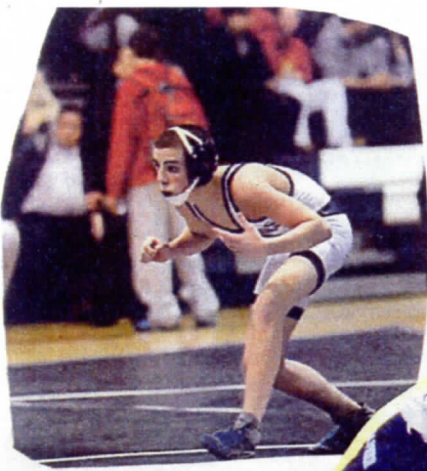
was awarded the disqualification win.

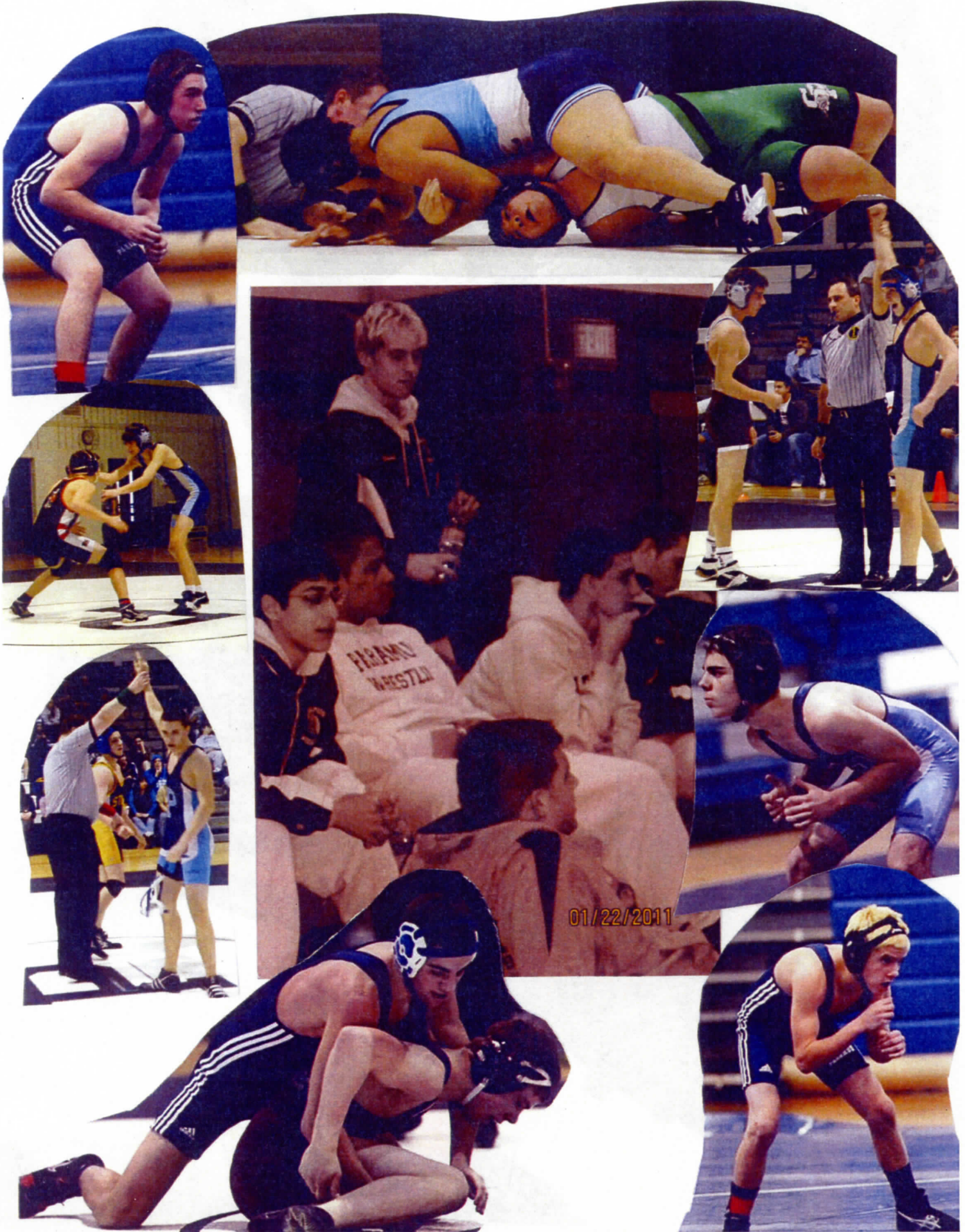
#### North Non-Public A

**BERGEN CATHOLIC 37, DON BOSCO 24 (at Oradell):** Lukas Iorio won a technical fall over Taylor Sweeney in 4:14 at 160 to give Bergen Catholic (13-2) the victory over the sixth-seeded Ironmen. The third-seeded Crusaders, the top team in the North Jersey Top 25, will be in Jersey City to face second-seeded St. Peter's Prep in the semifinals. Razhonn Gross earned a pin at

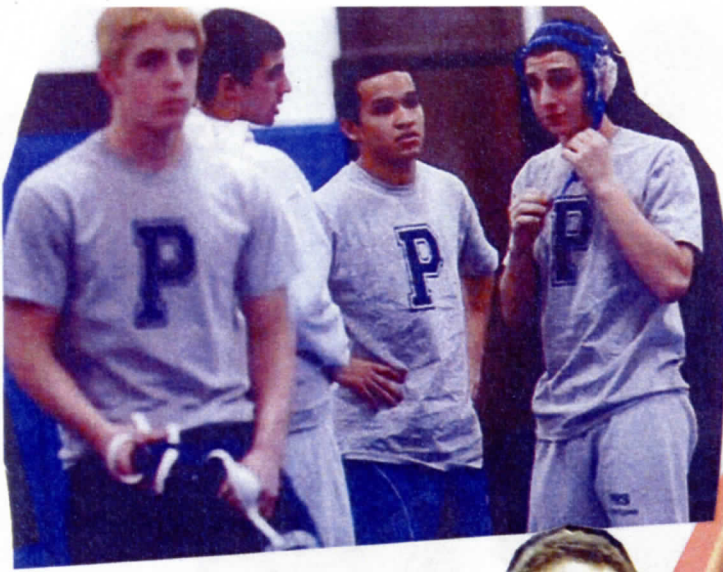
See **TOURNAMENT** Page S-8



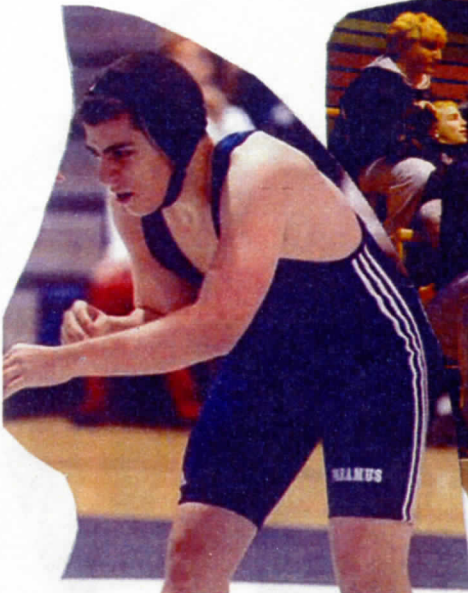
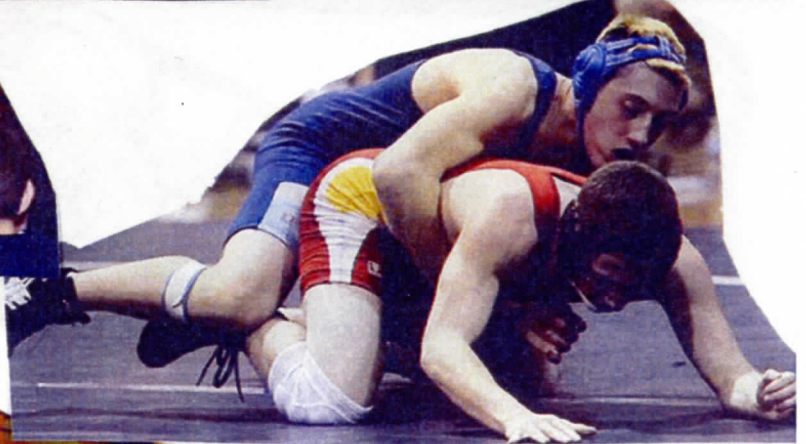
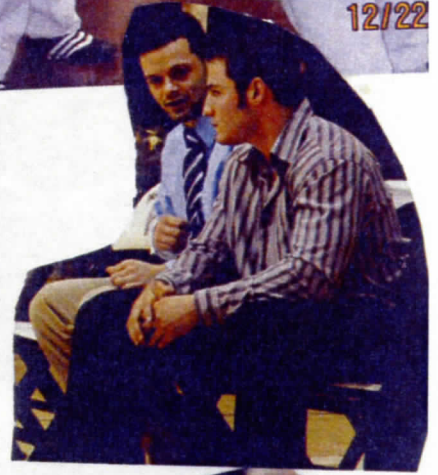
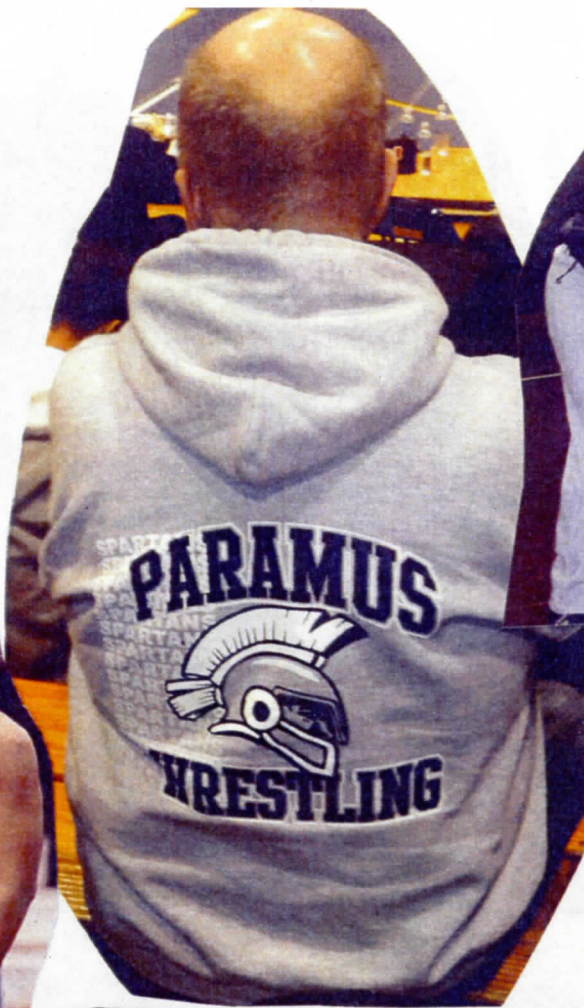


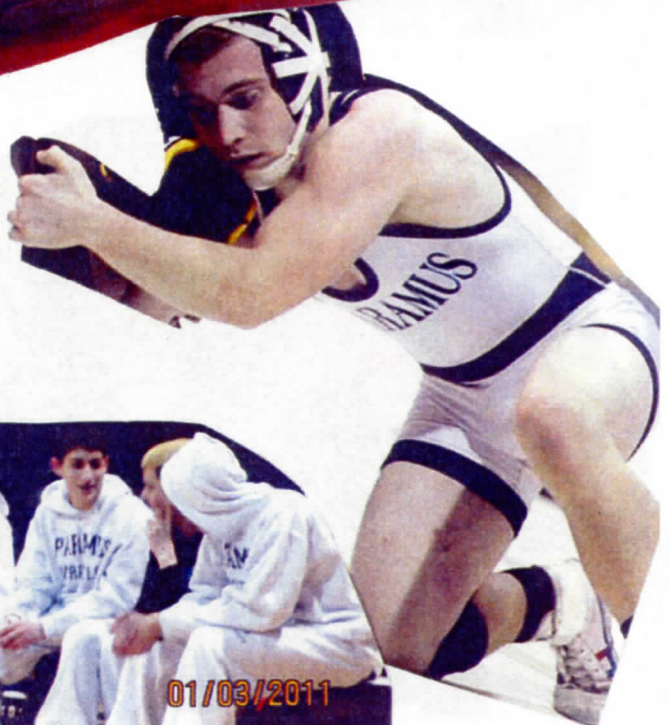
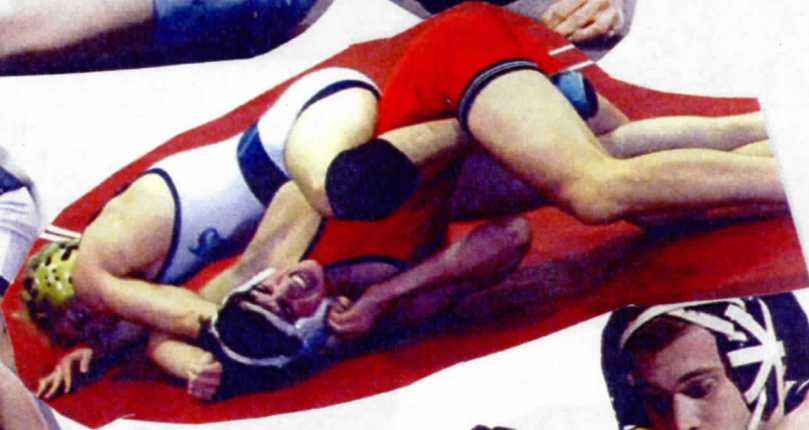
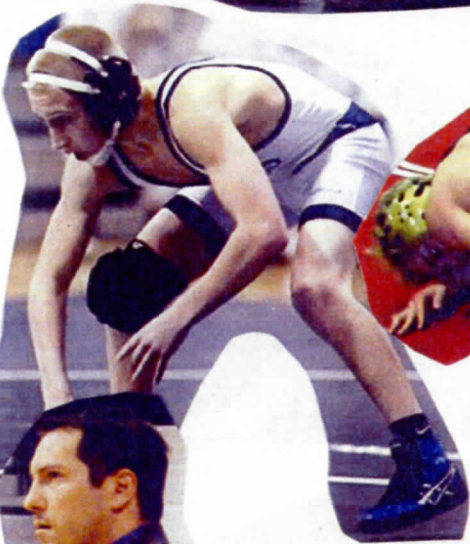




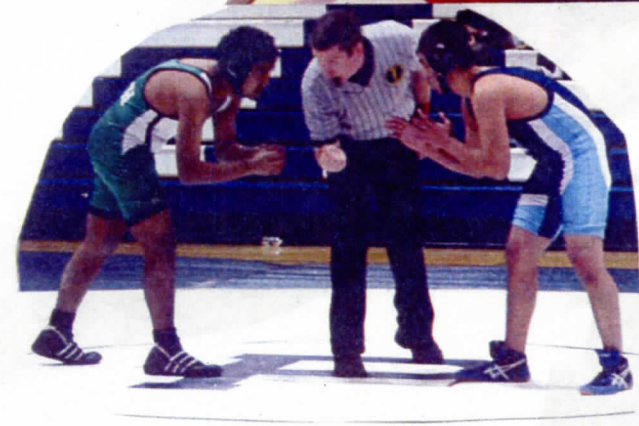
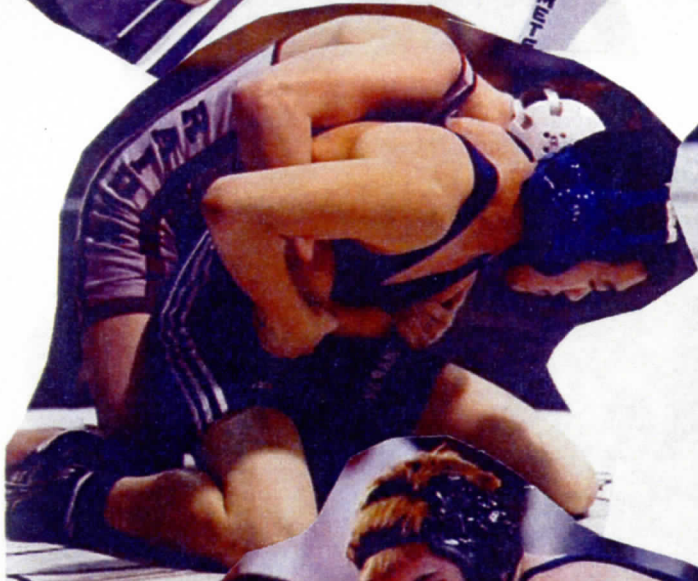






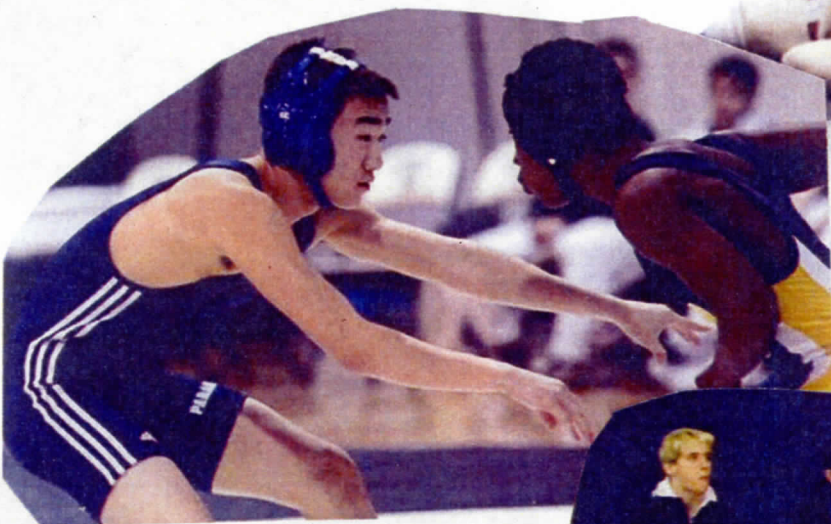
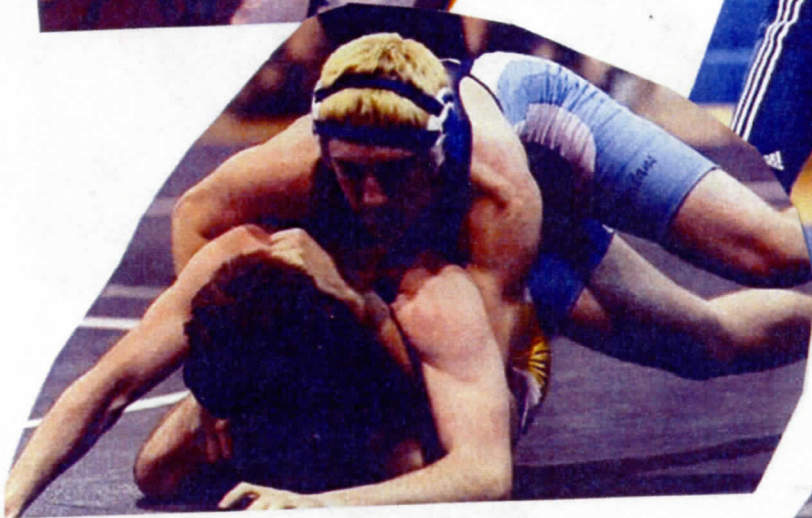
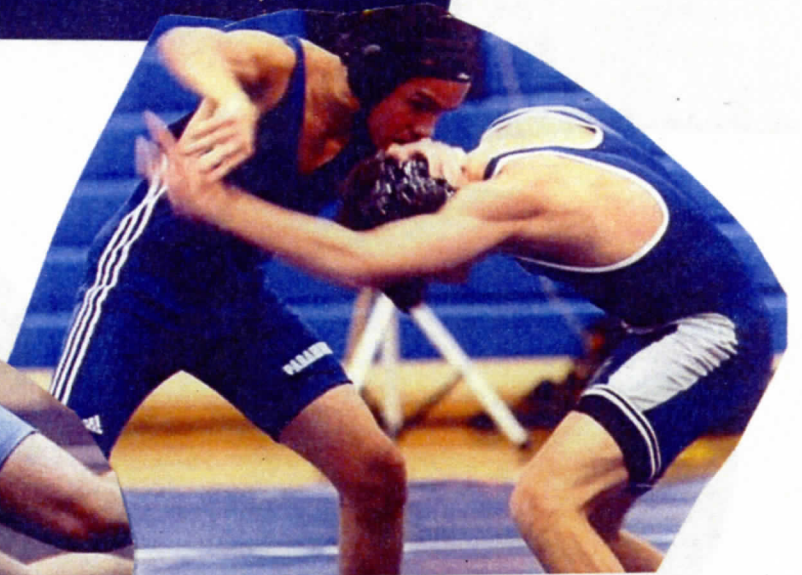


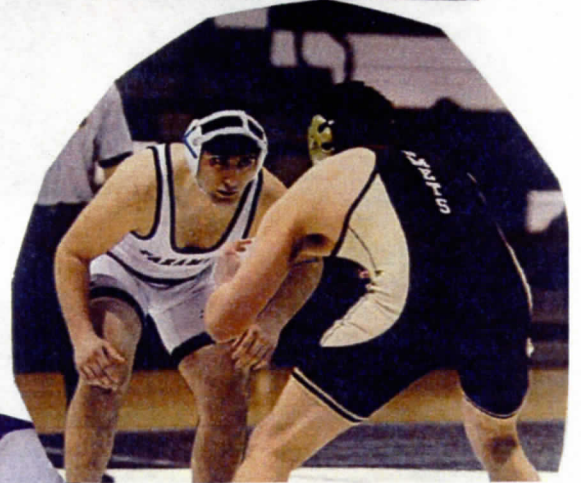
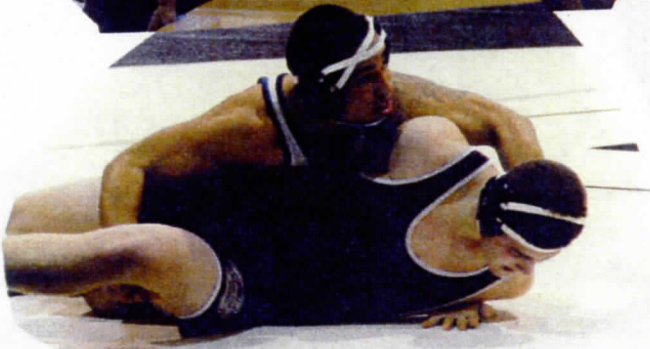
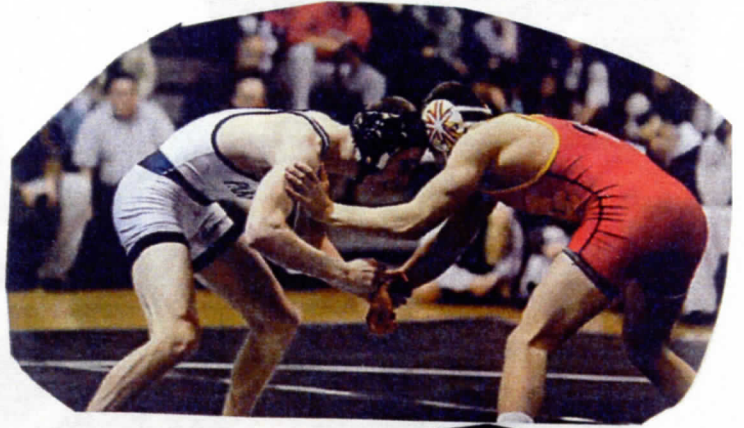
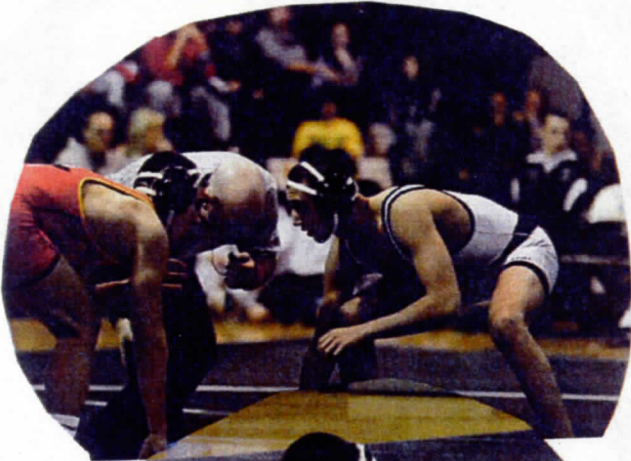
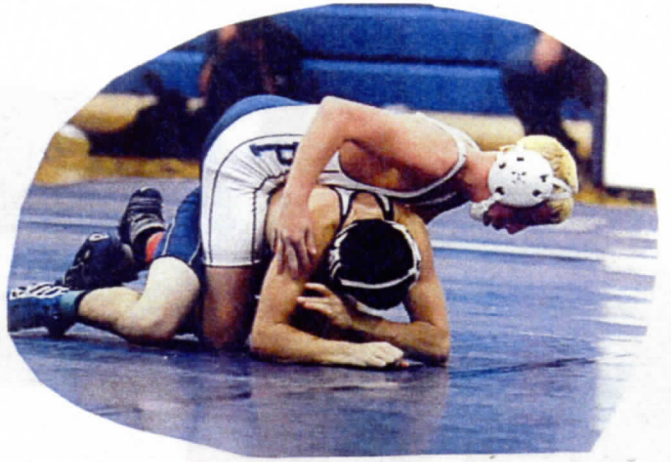
01/03/2011



PAIN IS TEMPORARY

PRIDE IS FOREVER



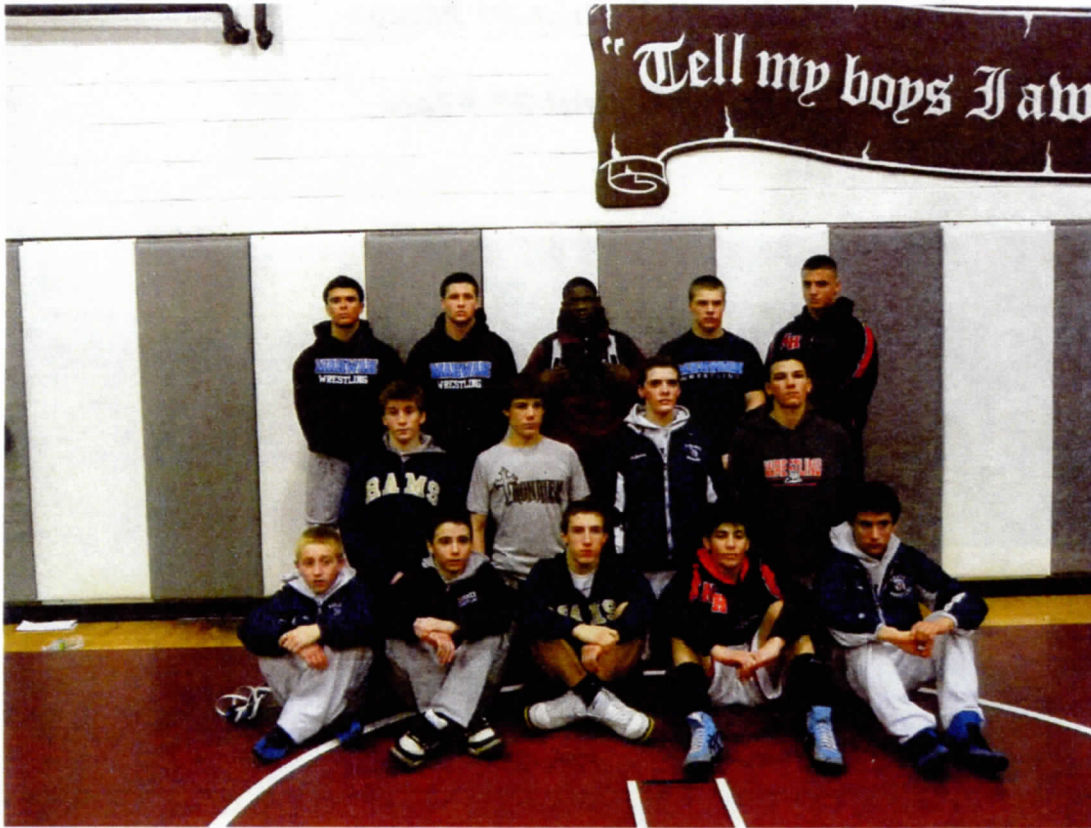


*Alpher*

*Giannantonio*

*Rizzitello*

*District Champs*



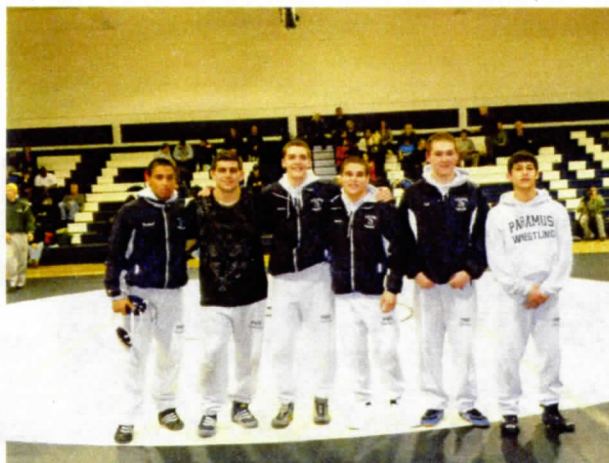


*Aslami-160-District 2<sup>nd</sup> Place*

*Mike Sakbi-171-District-2<sup>nd</sup> place*

*Danny Melon-112-District-3<sup>rd</sup> Place*

*Lucas Sakdo-215-District-3<sup>rd</sup> Place*



**Spartans Seniors**

# SPARTANS

FROM PAGE 26

wrestle strong and watch the stall call. I did not want to be over aggressive or too defensive, because that's when there will definitely be room for a mistake to be made."

On his one takedown in the bout, Alpher said, "It came off a single leg. He was on the edge, and I pulled him back in, and then I swept his leg out and then secured his two legs and kept my legs inbounds."

The majority of the nine head coaches in District 5 thought so much of Alpher's performance to name him the Most Outstanding Wrestler of the tournament. In the semifinals, he pinned Midland Park junior Brian Bandstra in 1:55; in the quarterfinals, he pinned Indian Hills junior Mark Sheridan in 1:55.

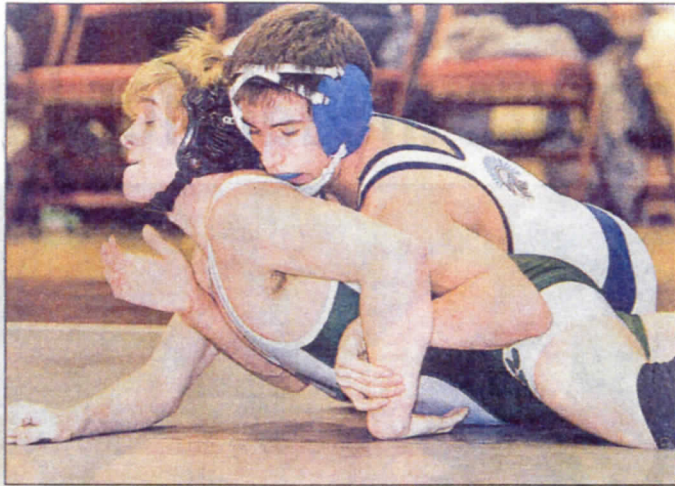
Alpher was one of three Paramus wrestlers to win a district title.

Junior Joe Rizzitello claimed his second straight district championship by pinning Ramapo junior Chris Mutterer in 1:49. Last year, Rizzitello won the title at 125 pounds, decisioning Northern Highlands' Paul Getto, 5-3.

"I went into the match confident," said Rizzitello, who had an 8-2 lead when he pinned.

The win upped Rizzitello's record to 32-4.

Freshman Eric Giannantonio had quite a debut in the world of District 5 wrestling, dominating Don Bosco sophomore Sloan Miller, 8-1, to take the title at 103 pounds and increase his



PHOTO/ROBIN GOTTESMAN

Paramus junior Joe Rizzitello controls Ramapo junior Chris Mutterer en route to pinning him in 1:49 at 130 pounds to win his second straight District 5 championship.

record to 22-13.

"This feels very good, because all my hard work is paying off," said the rookie, who was fourth in the county tournament.

In a dual meet, Giannantonio had a similar result against Miller, recording a 9-1 major decision.

"He is a very tough opponent, and I give him a lot of credit," said the gracious freshman.

Placing second for Paramus were junior Mustafa Aslami (160) and senior Mike Sebahie (171).

Placing third and earning a ticket to the Region 2 Tournament were sophomore Dan Melon (112) and senior Lucas Sardo (215).

Paramus fell short of winning its second straight District 5 team title, as Don Bosco unseat-

ed the Spartans by 14 points, 168-154. Last year, Paramus unseated the Ironmen as District 5 kingpins three years running by a 13-point margin, 199 to 186. Actually, the two rivals tied for the district title in 2009 with 177 points.

Since leaving District 6 and joining District 5 in 1992, Paramus has won 12 team titles.

This year, the Spartans edged Mahwah for second place by one point, as the Thunderbirds collected 153 points, followed by Northern Highlands (152), Ramsey (81), Waldwick/Midland Park (66), Ramapo (47), Indian Hills (46) and Manchester (39).

E-mail: [farrellb@northjersey.com](mailto:farrellb@northjersey.com)

## DISTRICT 5

### AT DON BOSCO

**TEAM SCORES:** Don Bosco (DBP) 168; Paramus (Par) 154; Mahwah (Mah) 153; Northern Highlands (NH) 152; Ramsey 81 (Rms); Waldwick/Midland Park (W/MP) 66; Ramapo (Rpo) 47; Indian Hills (IH), 46; Manchester (Man), 39.

### CONSOLATIONS

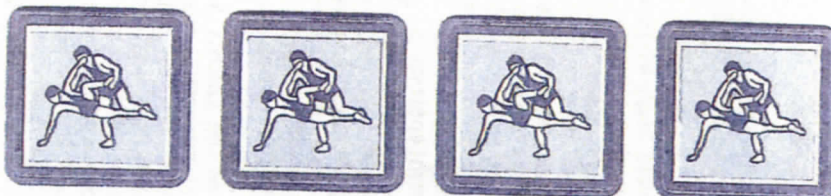
**103:** B. Rottingen pin. Molina, 1:55; **112:** Melon def. Taeschler, 5-2; **119:** Hollenbaugh def. Knight, 7-1; **125:** McBrinn def. Abwini, 9-6; **130:** Hasan pin. Kelly, 3:14; **135:** Caufield def. Kipiani, 11-3; **140:** Gujjarte pin. R. Bandstra, 29; **145:** Knight def. B. Bandstra, 7-3; **152:** Jenco def. Arrighi, 4-2; **160:** Khokhar def. Quezada, 5-1; **171:** Myers pin. Benitez, 2:00; **189:** Nicoletti def. Bray, 8-2; **215:** Sardo pin. Guerriero, 5:37; **285:** Benvenuto def. Blake, 1-0.

### FINALS

**103:** Giannantonio def. Miller, 8-1; **112:** Reardon def. Murphy, 6-4; **119:** J. Rottingen pin. Tyson, 4:46; **125:** Gravina def. Laurice, 5-1; **130:** Rizzitello pin. Mutterer, 1:49; **135:** Slater def. Farinaro, 6-4 (OT); **140:** Orecchio d. Madamo, 5-0; **145:** Alpher def. Mastriani, 3-1; **152:** Kousa def. Cocherl, 11-9; **160:** Sblendorio def. Aslami, 7-2; **171:** Walker def. Sebahie, 14-5; **189:** Gross def. Pragdat, 3-2; **215:** Heitman def. Lowry, 6-5; **285:** Mecca def. Mann, 5-4.

# WRESTLING

**wres·tling** (res'lin), *n.* 1. a form of sport in which the opponents wrestle or struggle hand to hand attempting to throw or force each other to the ground without striking blows.



We cannot fail to **WIN**,  
unless we fail to **TRY**.

Tom Clancy

## DISTRICT 5 WRESTLING TOURNAMENT

# Alpher unravels opponent to win 'MOW' award

BY BRIAN FARRELL  
Sports Editor

**RAMSEY** — About seven years ago, the state athletic association changed how a high school wrestling match would unfold. Many felt it was unfair to have the result of a close match always hinge on the heavy-weight bout, or the one at 215 pounds, as a dual meet would always be contested in chronological order of weight class. Too much pressure, they said, was being exerted on the upper weight contestants.

So, a more fair system was devised: have 14 pieces of paper, representing each weight class, in a hat, and pick one, and the wrestlers in that weight class would be the first ones to do battle.

At the District 5 Wrestling Tournament's championship round Feb. 19, the marquee match was between Paramus senior Nick Alpher and Don Bosco junior Sal Mastriani. No doubt about it, considering the two stand-out wrestlers' previous four entanglements: 2009 county title won by Alpher, 2010 district title won by Alpher, 2010 Region 2 title won by Mastriani, 2010 county title won by Mastriani.

So, when the 152-pound weight class was chosen from the hat to be the first bout of the District 5 finals, many in attendance at Don Bosco Prep were left to wonder that Providence, not coincidence, was involved in making the battle for the championship at 145 pounds between Alpher and Mastriani the last match of the day, as all marquee fights should be, whether it's boxing or wrestling.

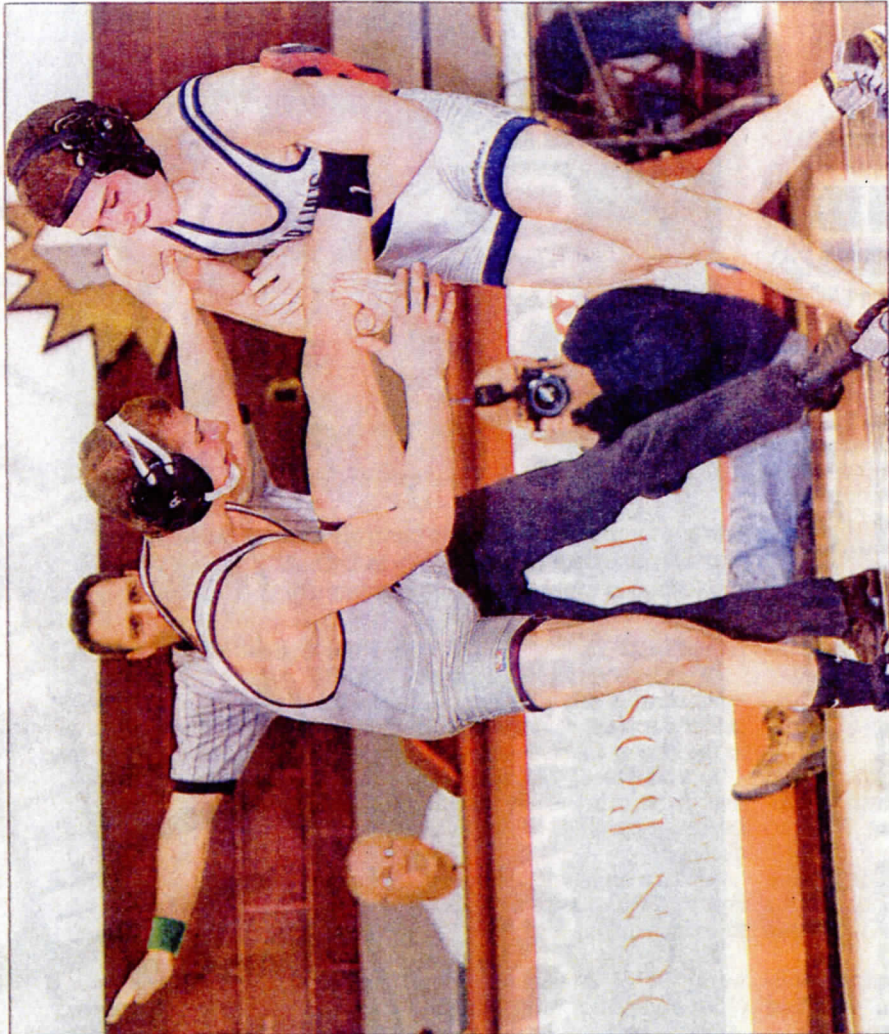
"The weights that were in the hat, I think, were all 152," Alpher jokingly said later, speaking as a District 5 champion via his 3-1 victory over Mastriani.

Last year, Alpher won a 3-2 decision over Mastriani to claim the district crown at 140 pounds.

This year, in the last 30 seconds of the final between the two rivals, the second-seeded Alpher (34-2) clung to a 3-1 lead, despite the aggressive tenacity of the top-seeded Mastriani (29-4), as the two waged a mini battle near the edge of the mat.

"He [Mastriani] kept pulling me back, trying to get the two, but I had to stay strong on the edge, because I knew if I made any mistakes, he would get the two," said Alpher. "I just had to

SEE SPARTANS, PAGE 28



PHOTO/ROBIN GOTTESMAN

Paramus senior Nick Alpher grabs the left leg of Don Bosco junior Sal Mastriani in the two rivals' fifth meeting for a major championship in two seasons. Alpher is now up on Mastriani, 3-2, after defeating him, 3-1, for the District 5 title.

## Region Champ Nick Alpher-145



## Region 4<sup>th</sup> Place

Joe Rizzitello-130 and Eric Giannantonio-103



## HIGH SCHOOL WRESTLING

# River Dell frosh, Spartan senior punch their tickets

BY BRIAN FARRELL  
Sports Editor

**HACKENSACK** – The two-year battle between Paramus senior Nick Alpher and Don Bosco junior Sal Mastriani hit a new high in the Region 2 finals on Feb. 26 – overtime. The two wrestlers are getting so good against each other, that now extra sessions are required to determine a winner.

And now, Alpher has a 4-2 advantage over Mastriani, making it 2-for-2 against him in the postseason tournaments after losing to him in the county finals on Dec. 30 at 145 pounds.

Last season, competing at 140 pounds, Alpher defeated Mastriani, 9-7, in the semifinals of the county tournament, and then bested him again by a 3-2 margin in the District 5 final. But Mastriani came back to beat Alpher in the region final, 4-2.

After edging Mastriani, 3-1, for this year's District 5 title, Alpher again overcame his nemesis in the region final, but this time in two overtime periods, prevailing, 2-1, for his first region championship.

"When two talented kids wrestle each other that many times, they're going to figure each other's styles out, so it's only bound to come down to overtime," Alpher explained.

When asked what the difference was in this re-, re-, re-, re-, re-match with Mastriani (32-5,

102-20), Alpher replied, "Just the willpower and determination for the ending goals of my career," which has been a dandy one with a 136-24 career record, standing as Paramus' all-time winningest wrestler. He had a 37-2 mark entering last weekend's state tournament.

The match, though, was not without its tense moments, like when Alpher almost went solidly on his back.

"I don't mind being on my back," Alpher revealed. "That's probably one of my best positions. I just don't get put there a lot. I'm a good scrambler, and I have good hips, so I felt comfortable being there."

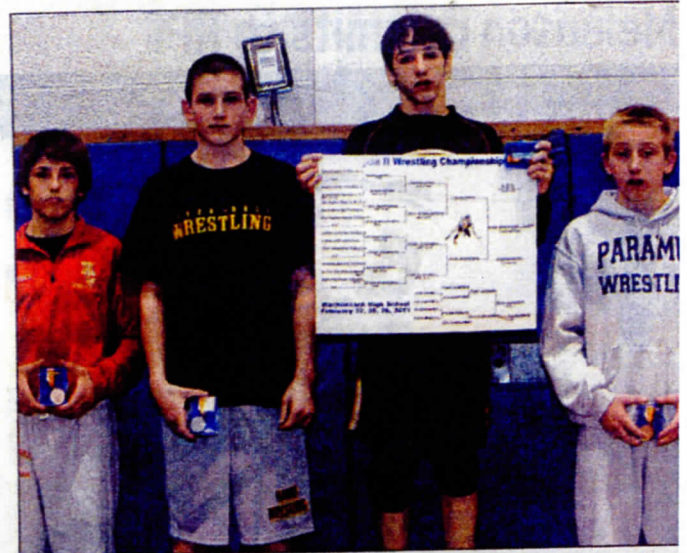
The bout was tied at 1-1 going into the final regulation period after each wrestler got a neutral in the second period.

At the 0:18 mark of the second overtime, Alpher got a neutral to record his momentous win.

"I knew I had to get out, because I knew it was going to come down to who could hold who down," said Alpher.

In his first two bouts of the regions, Alpher pitched a shut out, blanking Glen Rock senior Tyler Patasnik in the quarterfinals via a technical fall in 5:13 by a 17-0 score and then St. Joseph junior Dylan More, 5-0, in the semifinals.

SEE WRESTLING, PAGE 32



The top four finishers at 103 pounds in the Region 2 Wrestling Tournament, from left, Bergen Catholic freshman Tyler Casamenti (3rd), River Dell freshman Danny Lynch (2nd), Saddle Brook freshman Mike Andreano (1st) and Paramus freshman Eric Giannantonio (4th).

In the semifinals, Lynch, the District 8 champion, defeated Paramus freshman Eric Giannantonio, the District 5 champ, by a 5-3 margin; in the quarterfinals, he pinned Don Bosco sophomore Sloan Miller in 1:40.

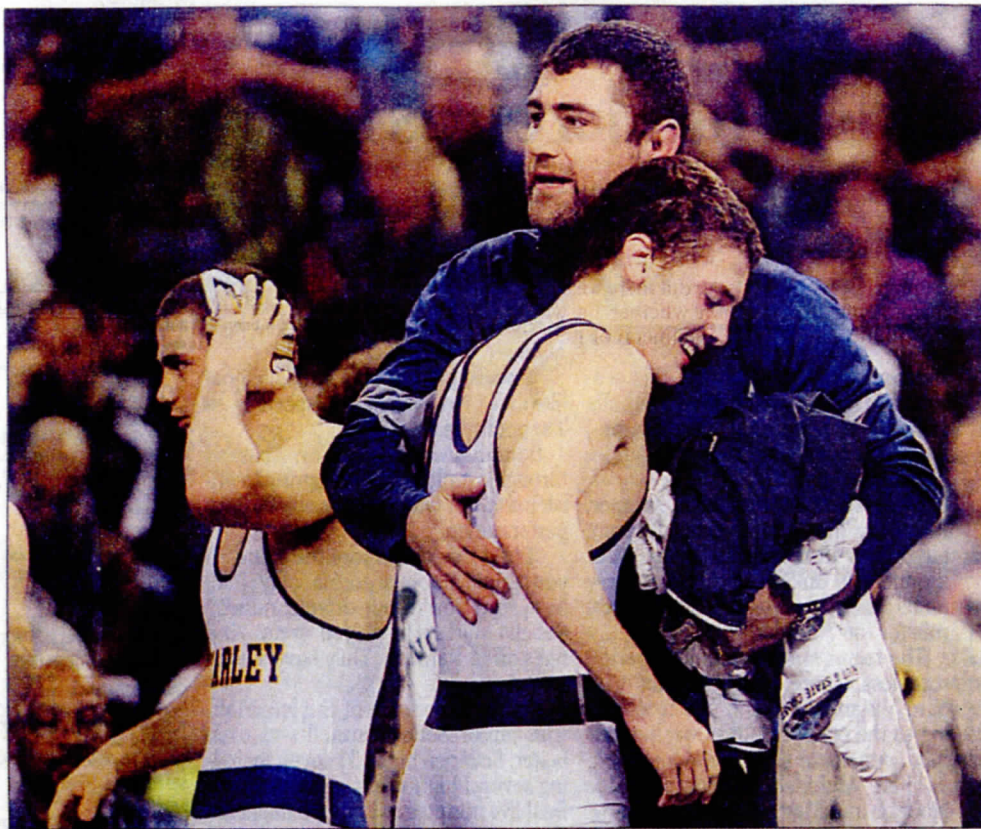
Lynch took a 30-4 record to Atlantic City for the state tournament last weekend. His outlook

on performing in "The B House," the cavernous Boardwalk Hall in front of 12,000 people, was refreshing.

"I am really excited as a freshman to go to AC," he said. "Hopefully, I do well, but only can't our best."

E-mail: farrellb@northjersey.com





MICHAEL KARAS/STAFF PHOTOGRAPHER

Paramus assistant coach Dane Tabano is the first to congratulate senior Nick Alpher after he knocked off returning State bronze medalist C.J. Cobb of Williamstown.

# Alpher's proven MO: Get inside their head

STATE WRESTLING CHAMPIONSHIPS COVERAGE, S-9

## 3 GO FOR TITLE TODAY

- Bosco's Orecchio, left, methodical in win.
- North Bergen's Gonzalez is still untested.
- Alpher's mind games work for Paramus.
- Weight-by-weight breakdown of matches.

**Semi Final Win**

### 145

Paramus senior Nick Alpher advanced to his first State finals with a 1-0 win over Williamstown senior C.J. Cobb. Alpher rode out Cobb in the second period and escaped in the third for the win. Don Bosco junior Sal Mastriani advanced to the third-place match in wrestlebacks and Passaic Tech junior Pelal Deeb is in the seventh-place match.

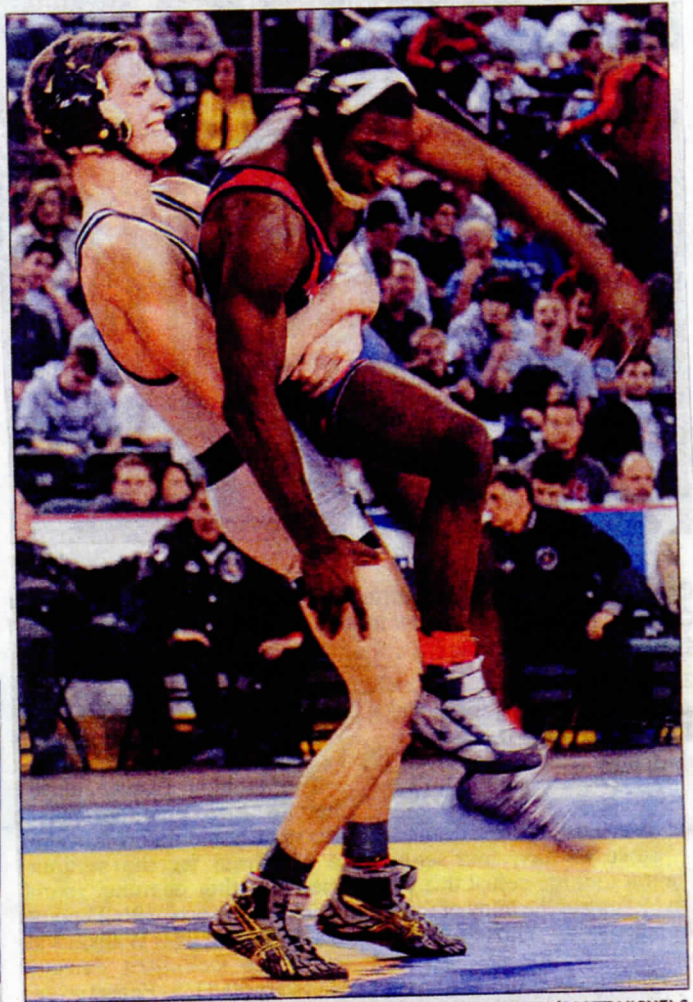
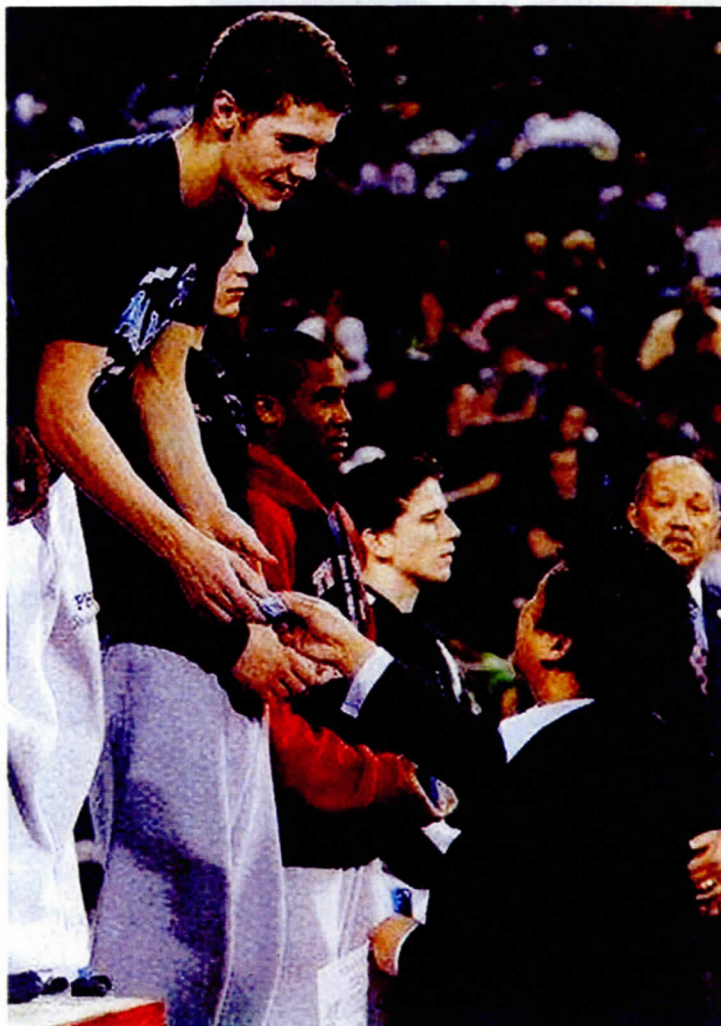
The night before in the semifinals, Alpher took on Williamstown senior CJ Cobb, who had just one loss this year. Alpher handed him his second defeat, a masterful 1-0 piece of artful work.

# Alpher places second in states

"Nick turned it around and worked hard and did everything he had to do," said Klass. "He ate right and trained right, and he got to the state finals. He wasn't favored to be here, but he beat a couple of good kids to get here.

"I was impressed watching the [state] wrestlebacks to see that

"The fact that I even got here was huge," said Alpher who concluded his season with a 40-3 record and his four-year varsity career with a school-record 139 wins against 25 losses. "Win or lose in the state finals, you're still a state finalist."



PHOTO/SCOTT MICHELS

Paramus senior Nick Alpher picks up Willingboro senior James Green in their battle for the state championship at 145 pounds at Boardwalk Hall in Atlantic City.

Nick also beat the third-, fourth-, fifth- and sixth-place finishers at the weight throughout the season, including beating [third-place finisher] Joe Gaccione of High Point in a dual meet and [fourth-place finisher] Mastriani twice," Klass noted. "The only kid he didn't beat was the champ, so that's impressive. It showed that Nick really deserved to be in the finals."

"It just shows that no matter where you come from, you can always get to the top with hard work and dedication, which is what got me here today," said Alpher.

# ALL-BERGEN COUNTY WRESTLING



**Mike Andreano**  
Glen Rk./S.B.



**Trevor Albrecht**  
Bergen Cath.



**Billy Reardon**  
Don Bosco



**Jeff Rottingen**  
Ramsey



**Nick Gravina**  
Northern Highlands



**Steven Schneider**  
Emerson/P.R.



**Matt Jacobson**  
Glen Rk./S.B.



**Connor Melde**  
Bergen Cath.



**Joe Orecchio**  
Don Bosco



**Nick Alpher**  
Paramus



**Johnny Sebastian**  
Bergen Cath.



**James Dugan**  
Becton/Wall.



**Dane McDermott**  
St. Joseph



**Damian Murberg**  
Pascack Val.



**Rich Torres**  
Bergenfield



**Matt Mecca**  
Northern Highlands



**Coach Stan Woods**  
Emerson/P.R.



## First team

**145: NICK ALPHER, Paramus, sr.**

Alpher went 40-3 on his way to district and region titles and a stunning second-place finish in the State. He is the first Spartan to reach the State final since 1988.

## Honorable mention

Nick DeMarco, Mike Morreale, Pedro Morejon, Christian Sandoval, Mario Foti, Lyndhurst/North Arlington; Joe Baldicanas, Eric Hicks, Nick Provenzano, Peter Seebach, Ricky Sanchez, Paramus Catholic; Zack Brugger, Edwin Fiscal, Bobby Reiss, Bogota/Weehawken; Stephen Gerdner, Justin Gramaglia, Kyle Gibson, Gordon Ruffing, Ridgewood; Tyler Casamenti, Matt Mangini, Lucas Iorio, Michael Alex Krukliński, Hunter Kiselick, Carmine Goldsack, Bergen Catholic; Mike Neal, Joe DeFuria, Mike Valle, Jovan Rivera, Hans Seri, Bergenfield; Eric Giannantonio, Joe Rizzitello, Mustafa Aslami, Mike Sebahie, Lucas Sahdo, Paramus; Dallas Uychich, Brandon Buonomo, James DiGregorio, Jack Mallet, Billy Schwartz, Joey Fisco, Dylan Menze, Robbie Maggiulli, Emerson/Park Ridge; Jimmy Avella, Zach Golebieski, Jack Montg...

**Eric Giannantonio, Joe Rizzitello, Mustafa Aslami, Mike Sebahie, Lucas Sahdo, Paramus;**

## BIG NORTH FREEDOM

### FIRST TEAM

**103:** Eric Giannantonio, Paramus  
**112:** Dan Melon, Paramus  
**119:** Will Montgomery, Ridgewood  
**125:** Tareq Abwini, Paramus  
**130:** Joe Rizzitello, Paramus  
**135:** Amir George, Hackensack  
**140:** Jimmy Seuss, Paramus  
**145:** Nick Alpher, Paramus  
**152:** C.J. Levin, Teaneck  
**160:** Kyle Gibson, Ridgewood  
**171:** Nate Leer, Teaneck  
**189:** Michael Sabbahie, Paramus  
**215:** Zack Preschel, Teaneck  
**215:** Lukas Sahdo, Paramus  
**285:** Cruz Cubias, Hackensack  
**285:** Aharown Campbell, Teaneck

### SECOND TEAM

**103:** Stephen Gerdner, Ridgewood  
**112:** Joe Oliva, Ridgewood  
**119:** John D'Elia, Hackensack  
**125:** Oscar Marroquin, Teaneck  
**130:** Brandon Giovanetti, Ridgewood  
**135:** Justin Gramaglia, Ridgewood  
**140:** Vladimir Mirkovic, Ridgewood  
**145:** Mike Rodriguez, Hackensack  
**152:** Aaron Bess, Ridgewood  
**160:** Mustafa Aslami, Paramus  
**171:** Matt Tozzi, Paramus  
**189:** Gordon Ruffing, Ridgewood  
**215:** Brendon Faison, Hackensack  
**285:** Michael Antosiewicz, Ridgewood

### HONORABLE MENTION

Richard Dempster, Anthony Romero, Hackensack; David Arrighi, Brandon LoPresti, Paramus; Omar Hamza, Josh Lay, Ridgewood; Cokuan James, Michael Senchi, Teaneck.





## INTERMAT HIGH SCHOOL RANKINGS

# INDIVIDUAL NATIONAL RANKINGS

[College Rankings](#)

[High School Rankings](#)

[Recruiting Rankings](#)

Rank	Name	High School	State	Class
1	<a href="#">Alex Dieringer</a>	Port Washington	WI	2011
2	<a href="#">Nick Hodgkins</a>	Wyomissing	PA	2011
3	<a href="#">Edwin Cooper</a>	Providence Catholic	IL	2011
4	<a href="#">James Green</a>	Willingboro	NJ	2011
5	<a href="#">Bo Jordan</a>	Graham	OH	2013
6	<a href="#">Pete Baldwin</a>	Osceola	FL	2011
7	<a href="#">Travis Himmelman</a>	Conifer	CO	2011
8	<a href="#">Eric Roach</a>	Crown Point	IN	2011
9	<a href="#">Charlie Lynch</a>	Archbishop Spaulding	MD	2011
10	<a href="#">Blake Roulo</a>	Matoaca	VA	2011
11	<a href="#">C.J. Cobb</a>	Williamston	NJ	2011
12	<a href="#">Brian Brill</a>	Central Mountain	PA	2012
<b>13</b>	<b><a href="#">Nick Alpher</a></b>	<b>Paramus</b>	<b>NJ</b>	<b>2011</b>
14	<a href="#">Jacob Falk</a>	West Jordan	UT	2011
15	<a href="#">Casey George</a>	Lewiston	ID	2011
16	<a href="#">Robert Henderson</a>	Kiski Prep	PA	2011
17	<a href="#">Joe Gaccione</a>	High Point	NJ	2011
18	<a href="#">Brody Grothus</a>	Davenport Assumption	IA	2011
19	<a href="#">Henry Carlson</a>	Cox	VA	2011
20	<a href="#">Chris Mayolo</a>	La Center	WA	2011

Rankings by Josh Lowe, InterMat High School Analyst

Josh can be reached at [josh@intermatwrestle.com](mailto:josh@intermatwrestle.com)

Individual rankings updated March. 23, 2011

### Season Pin Leaders

	Mike Bassett	1998	(Tie)	25
	Matt Lindsay	2006	(Tie)	25
1.	Dan Zotollo	2007	(Tie)	25
2.	Mike Indorato	1988		23
3.	Rob Meehan	1988		22
3.	Zach Zotollo	2010		22
4.	Matt Lindsay	2005		21
5.	Mike Bassett	1997		20

### Career Pin Leaders

1.	Mike Bassett	(Tie)	75
1.	Matt Lindsay	(Tie)	75
2.	Dan Zotollo		61
3.	Kevin Moran		60
4.	Dave Bucco		55
5.	Joey Cervino		54
6.	Joe Ortiz		53
7.	Jeff Steidl		47
8.	Nick Ponzini	(Tie)	43
8.	Al Morali	(Tie)	43
9.	Ken Carmichael	(Tie)	42
9.	Rob Meehan	(Tie)	42

## PARAMUS WRESTLING TOP 25 WINNERS

WRESTLER	YEAR	RECORD
1. NICK ALPHER	2011	139 - 25
1. JOE ORTIZ	2009	129 - 31
2. MARK CIRELLO	2009	116 - 43
3. MATT LINDSAY	2006	115 - 24
4. DAN ZOTOLLO	2007	109 - 27
5. MIKE BASSET	1998	108 - 20
6. JON RIZZITELLO	2008	101 - 32
7. DAVE BUCCO	2001	98 - 21
8. ZACH ZOTOLLO	2010	95 - 19
9. TONY NADERA	2010	92-25
10. KEVIN MORAN	2004	91 - 27
11. JOEY CERVINO	1996	87 - 20
12. RICH SANTANA	1999	85 - 34
13. NICK HERRICK	2006	85 - 30
14. SCOTT BARCHETTO	2001	83 - 28
15. AL MORALI	2003	81 - 19
16. KEN CARMICHAEL	1987	79 - 10 - 3
17. NEIL HANLEY	1982	75 - 7
18. ROB YOUNG	1980	75 - 9
19. ADAM KOZIOL	2007	74 - 25
20. ANTHONY CIRELLO	2007	73 - 30
21. JEFF STEIDL	1998	72 - 22
22. NEIL SIKDER	1993	72 - 24
23. LARRY GOODMAN	1985	71 - 8 - 3
24. ZACH CHIBANE	2009	71 - 29
25. JAMES LUCIANO	2001	71-41

### Season Pin Leaders

	Mike Bassett	1998	(Tie)	25
	Matt Lindsay	2006	(Tie)	25
1.	Dan Zotollo	2007	(Tie)	25
2.	Mike Indorato	1988		23
3.	Rob Meehan	1988		22
3.	Zach Zotollo	2010		22
4.	Matt Lindsay	2005		21
5.	Mike Bassett	1997		20

### Career Pin Leaders

1.	Mike Bassett	(Tie)	75
1.	Matt Lindsay	(Tie)	75
2.	Dan Zotollo		61
3.	Kevin Moran		60
4.	Dave Bucco		55
5.	Joey Cervino		54
6.	Joe Ortiz		53
7.	Jeff Steidl		47
8.	Nick Ponzini	(Tie)	43
8.	Al Morali	(Tie)	43
9.	Ken Carmichael	(Tie)	42
9.	Rob Meehan	(Tie)	42

## PHS Varsity Wrestling Records

**Nick Alpher** holds the record for most varsity wins by a freshman (30)

**Nick Alpher** holds the record for most varsity wins by a sophomore (36)

**Antonio Nadera** holds the record for most varsity wins by a junior (37)

**Dan Zotollo** holds the record for the most varsity wins by a senior, or in a season (42)

**Dan Zotollo** holds the record for the most team points in a season (197)

**Nick Alpher** holds the record for the most varsity wins in a career (139)

**Joe Ortiz** holds the record for the most team points in a career (536)

# PARAMUS WRESTLING



## POP'S TASHIAN JUNIOR VARSITY TOURNAMENT



## **THANKS FOR A GREAT YEAR**



Believe in yourself and anything becomes possible

### **A SPECIAL THANK YOU TO...**

**Our coaching staff... Steve, Dane, Chris, Mark, and Paul for your hard work and dedication!**

**Cherylin and Dan Zotollo, Al Nadera, Pops Tashian, and Art Gaer, for their continued support of PHS Wrestling and for being our #1 FAN.**

**Our senior team managers... Sam Diaz and Maria Coumo, for the terrific work and dedication they bring to PHS Wrestling.**

**Our past and present recreation coaches for a great job in creating a stellar feeder program and preparing and supporting our PHS wrestlers for the next level.**

**Brain Farrell for his excellent coverage of our beloved sport!**

**The PHS Board of Education, Administration, and Building and Grounds Department, for their continued support of the PHS wrestling program.**

**To all the parents who devoted their time and energy to this season and for those who helped to organize and participate in our fundraising endeavors...**

## **WE THANK YOU!**