

BERGEN HOLIDAY WRESTLING

BC will try to defend title

By **RON FOX**
Staff Writer

Fri 12/27/96

Eight of last year's 14 champions will return to compete in the prestigious 47-team Bergen County Coaches Association Holiday Wrestling Tournament at Paramus High School today and Saturday.

"We're proud to be entering our 37th year of the tournament, which is one of the oldest and largest competitions in the country," tournament director George Jockish said. "One of the wrestling publications listed us as one of the best tournaments in the country, which is very nice."

Bergen Catholic is the defending overall champion and Group 4 team titlist. The Crusaders and returning Group 3 champion St. Joseph again are loaded for bear. BC has seven criteria wrestlers returning, and SJR has six. Criteria designations go to any wrestler who placed in the districts or higher and/or placed in the holiday tournament.

Defending Group 2 champion Lyndhurst has five criteria wrestlers returning, including two-time State and County champion Don Pritzlaff. None of the Becton wrestlers who placed are back for the team that captured the Group 1 title a year ago.

Also intriguing is the appearance of several 1995 Bergen County freshman tournament champions, including Kenny Amundson and John Lauterback of Northern Valley at Demarest; the Pascack Hills trio of Adam McLaren, Dennis Winters, and Mike Kracynovich; and the St. Joseph duo of Vince Ciurciu and Edgar Puzio.

Dwight-Englewood did not enter the tournament this year, but Ridgefield Memorial is back in the fold.

The following are the major candidates in the tournament, according to local coaches and assuming the wrestlers' projected weights. Included in parentheses is their finish in the Holiday tournament. Also listed are other accomplishments last season and/or in opening performances last weekend:

103 — Lyndhurst's Mike Settembrino (fifth), third in his region; BC's Sassamann (sixth), a region second; St. Joseph's Dan Taylor, a district third; Garfield's Dave Salmond, a district champ and last weekend's MOW of the Garfield Tournament.

112 — River Dell's Justin Woods (first), a region champion; Ramsey's Chris Brizzi (second), a region third; Fair Lawn's Andrew Bergmann (third), district runner-up; Paramus's Dan Raspanti (fourth); Northern Valley at Old Tappan's Mike Spilewski (sixth); Pascack Valley's Ryan Hult took a region second; SJR's Chris Merzeau was a district second; Elmwood Park's Paul Chiaramonte, a district third.

119 — BC's Nick Fokas (first), was sixth in the State; SJR's Brian Bratka (second); Dumont's Bob Challenger (fifth), a region fourth; Hackensack's Justin Labrosse was a district second; Paramus Rick Santana was a district champ; Westwood's Vicken Minossian decided Cliffside Park's Oliver Ruiz (sixth here) Saturday in the Kearny tournament.

125 — SJR's Matt Bolton (third) was second in his region; Garfield's Levar Jackson, a region third; Ridgefield Park regional champion Mitz Sumilang; Pascack Hills' Justin Frohlich (fifth) won a district title; Rutherford's Ryan Dray was a district second; and SJR has a sleeper, Erik Norgaard.

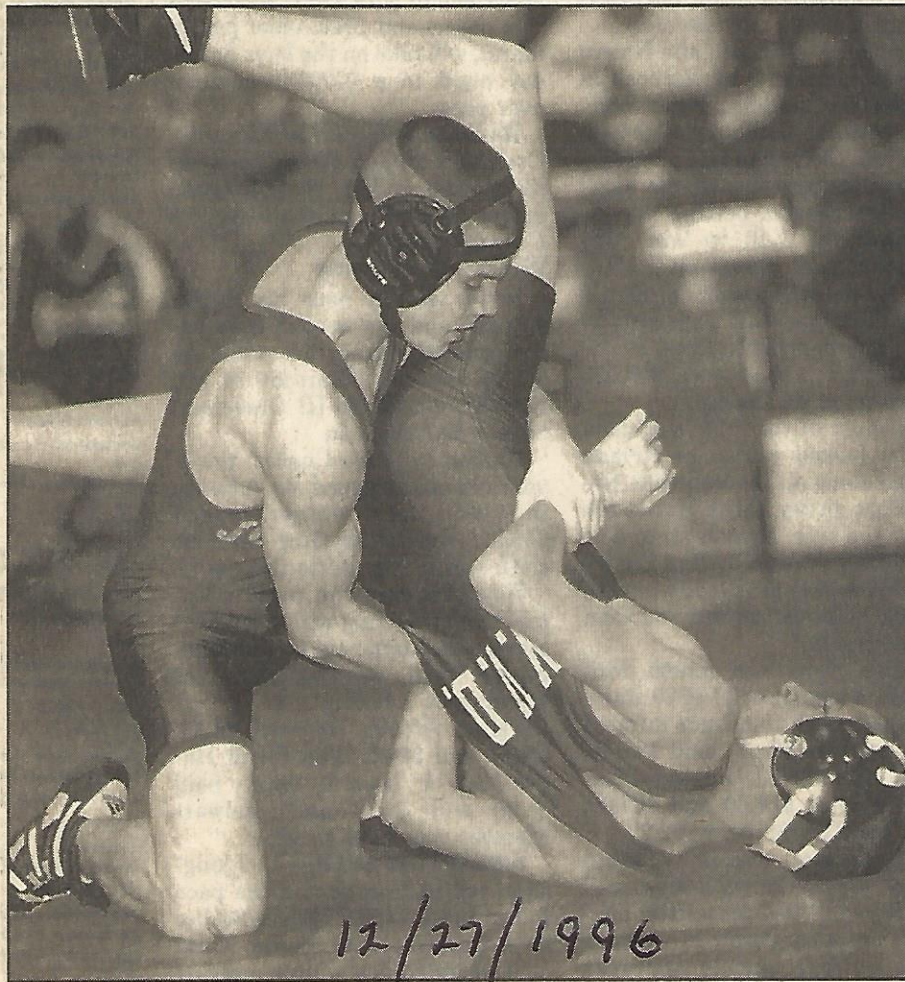
130 — Westwood's Phil Bocchino (fourth), a region fourth; Ridgefield's Tim O'Hara was a region fourth; Hackensack's Aashon Larkins decided Fair Lawn's regional silver medalist Shane DeLucca on Saturday.

135 — Northern Valley at Demarest's Peter Weiss (first), a district second; Emerson/Park Ridge's Matt Borella (second), a district second; Garfield's two-time district champ Roberto Vargas.

140 — Pascack Valley's John Sayers; Emerson/Park Ridge's Kurt Reczkowski; BC's Mark Galorenzo (third), a district champion; Northern Highlands district silver medalist Jesse Moreng (fifth); Paramus' Matt Barchetto lost by technical fall to Sayers on Saturday.

145 — Pritzlaff (first) certainly is the kingpin here, followed by Fort Lee's Brad Christie (fourth), a district champion; Ray Meyer (fourth) of Hasbrouck Heights, a region second; SJR's Chris Laterra (fifth), a region fourth; Northern Highlands' Paul Pellegrino, MOW of Saturday's Mahwah tournament; Lyndhurst's Fred Castrovinci (third) was decided by Joel Manning of Pascack Hills on Saturday.

152 — Fort Lee district champion Rob Dillon won the Ridgefield tournament on Saturday; Saddle Brook's Pat Festa won the Cutter tournament title Saturday.



ED HILL/STAFF PHOTOGRAPHER

Chris Merzeau of St. Joseph, left, is a leading contender in the 112-pound class.

160 — Dave Bautis (first) of Lyndhurst was last year's Holiday Most Outstanding Wrestler, was a district second; SJR's Karl Norgaard (first), placed in the state; Ramsey's Mark Freschi, a region third; Hackensack's Ed Browne, district runner-up.

171 — Mike Bassett of Paramus was a Holiday tournament third; BC's Dane Tabano, a region second; Lyndhurst's Tom McSweeney, a district champion; New Milford's Ron Broking, district runner-up.

189 — Demarest's regional champion Jeff Bilsky (first), BC's John Galan (third), a district second; EPR's Drew Peters (third), a regional second; Rutherford's Harry Marquez (fifth), a district second; Garfield's Harry Aristakesian (sixth), a regional third; Palsades Park's Ar-

thur Haberberger, a district champ; Elmwood Park's John Limbevski, a district second.

215 — NV/D's Brian McTigue (third), a district second; Mike Natiello (fifth) of Hasbrouck Heights; Jeff Steidl of Paramus, a region third who won in the Hanover Park tournament Saturday; Hackensack's Pat Delaney, a region second; BC's Nick Lapolla, a district second; North Bergen's Marcone Rocha, district second.

Hwt. — BC's Ed Galan (first) took region gold; Ridgefield Park's Jon Scalo (third), normally a 215, won the Ridgefield tournament title last weekend and was a regional second last season; Teaneck's James Evans, a district champion; North Bergen's Koz Perez has skipped the tournament to visit relatives in the Dominican Republic.

BERGEN HOLIDAY WRESTLING

Seeds thrown

Friday
12/27/1996

for loss

By **TIM LEONARD**

Correspondent

PARAMUS — The clock was on the mat and Justin Gavejian had just made a big mistake. Dan Raspanti had gotten the Bergen Catholic 112-pounder in a cradle, a two-point move that gave the Paramus wrestler a one-point lead. Now Gavejian was doing everything he could to free himself from the hold.

In his corner, coaches and teammates screamed that he needed a point *now*. Finally, as if it were scripted, he spun away. The referee put up two fingers for a two-point reversal and the whistle blew. Match over.

The exciting victory propelled the unseeded Gavejian into the semifinals of the 37th annual Bergen County Coaches Association Wrestling Tournament. Gavejian, who already had knocked off fifth-seed Paul Chairamonte in the first round before eliminating fourth-seed Raspanti, will face No. 1 seed Justin Woods of River Dell in a semifinal today at Paramus High.

"I shouldn't have given him that cradle. . . . I saw the guy coming over with the clock and I knew I had to get out of that cradle and get through," Gavejian said. "It's all fun, that's all it is and all it's meant to be. You go out and do your best. There's no pressure on me, I'm not seeded."

Gavejian has been a surprise to many, but not himself, during his coming-out party in the tournament. After several years of wrestling, he has decided to dedicate himself to the sport.

"That's a lot of hard work during the summer. I didn't really care about it before the summer. I wrestled during the season, but not year-round," said Gavejian, who was forced to wrestle at 130 last season because there were senior captains at 119 and 125 and Nick Fokas was at 112. "When I got down to my weight at 112, I got control of people."

Gavejian was one of six Bergen Catholic wrestlers to advance to the semifinals. The one who may have the best chance at a title is senior Dane Tabano. The No. 1 seed at 171 pounds

stepped onto the mat wearing his wrestling singlet and headgear — and a pair of royal blue dress socks that featured Mickey Mouse swinging a golf club. Now that's unusual.

It's just the way Tabano wants it. He has a mop of brown hair and a happy-go-lucky look, but that all changes when he gets on the mat. Tabano pinned Mark Christian of Ramsey in 1:30, his second pin in two matches, to advance to a semifinal against Ron Broking of New Milford.

"That's something I started last year when I transferred to Bergen Catholic from St. Joe's. I wore bright yellow ones

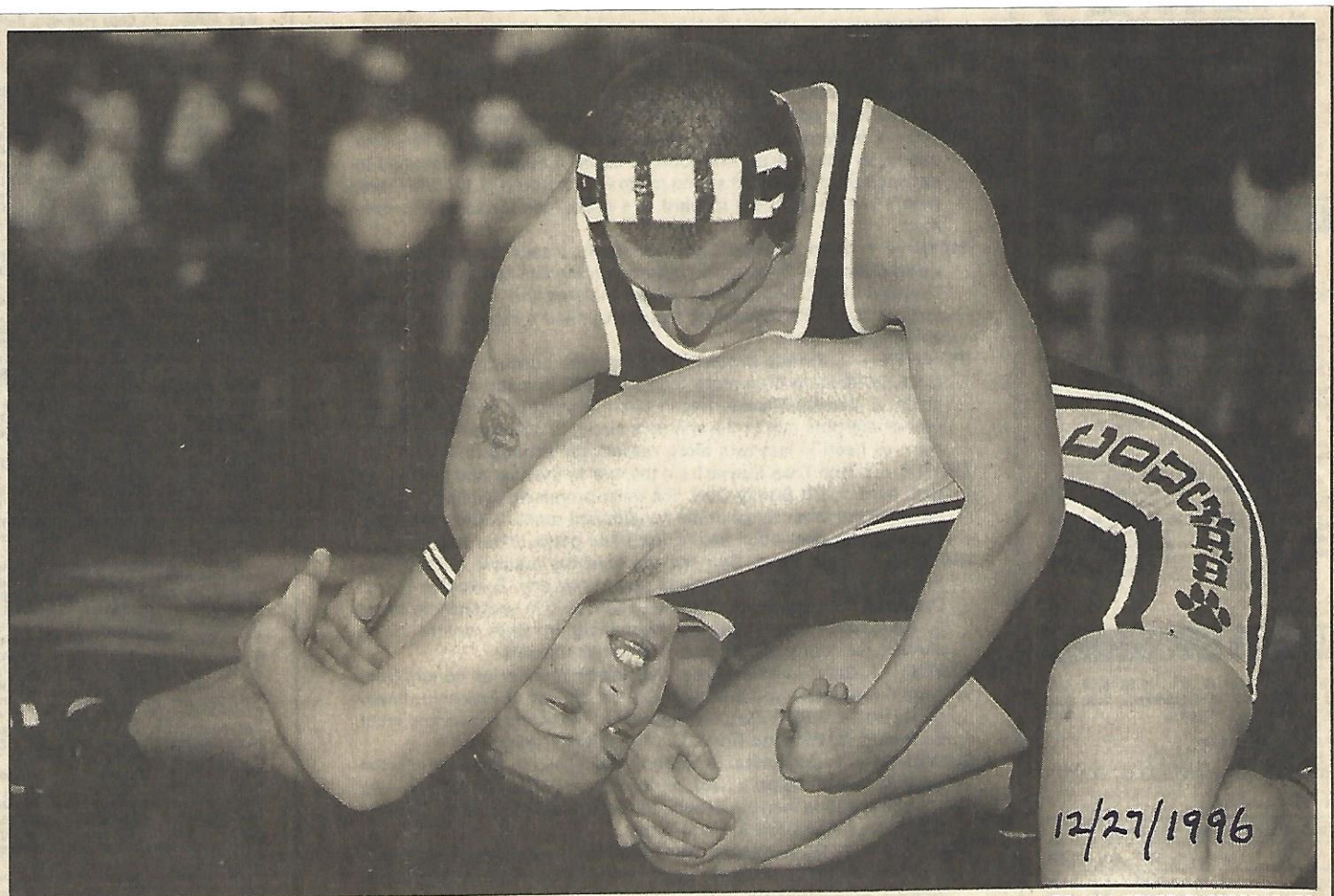
last year. I try to be different," Tabano said. "I have a lot of things back home, like argyle socks. It's an intimidation technique and then I just follow it up on the mat."

Intimidation also helped Rob Dillon of Fort Lee at 145 pounds. Dillon scored the most points of the night in a 25-7 technical fall victory over Joel Manning of Pascack Hills. Dillon has no doubts he's headed for a championship. Asked about his feelings before a tournament match, Dillon replied "He's dead. No doubts. It all comes from hard work."

In the heaviest weight classes strength becomes more of a factor. That

was very evident at 275, where No. 1 seed Jon Scalo of Ridgefield Park pinned Matt DelaRosa in 2:18. The weight class is expected to be decided by Scalo and second seed Ed Galan of Bergen Catholic.

"It went longer than I expected. The kid is a first-year wrestler," said Scalo, who has finished third in each of the past two tournaments. "I'm really looking forward to the final against this kid. We haven't met in four years. I went against him in seventh or eighth grade and I beat him."



ED HILL/STAFF PHOTOGRAPHER

Becton's Anthony Soto, top, works on turning Matt Fleming of Cresskill in their 189 bout in the Bergen Holiday tournament.

WRESTLING SUMMARIES

Friday
12/27/1996

Bergen Holiday tournament

At Paramus OUTBRACKETES

119 - Nick Fokas, Bergen Catholic, pin Jeff Bonniello, Wood-Ridge, 0:40; Charles Delgado, Becton, pin Norman Clausen, Cresskill, 1:24; Frank Petrucci, Don Bosco, dec. Joe Molos, Ridgefield Park, 16-15.
120 - Sal Khalib, Garfield, pin Jeff Blundo, Paramus, 1:57; Matt Purcell, Ramsey, pin Rob Ollett, Northern Highlands, 4:29; Jonathan Mulloney, Wood-Ridge, tech. fall Sergio Barrale, Cliffside Park, 16-1, 4:11.

125 - Jay Murray, New Milford, pin Markarian, Ridgefield, 3:51; Mike Quinn, River Dell, pin Palmer Smith, Ridgeview, 3:24; Scott Grasso, Midland Park, pin Sung Min Kim, Fort Lee, 4:56.
140 - Rob Vadala, Cresskill, dec. Jason Kyriacou, Dumont, 6-5; Paul Riccardella, Wood-Ridge, pin Rob Smithline, Ramapo, 2:20; Eric Morgan, River Dell, pin Ryan McGarry, Pascack Hills, 3:26.

152 - Sara Dubinsky, Northern Highlands, dec. Bryan DeSousa, Don Bosco, 10-7; Joe Langshultz, New Milford, pin Chris Hamilton, Bernefield, 1:06.
160 - Lee Noury, Midland Park, pin Brian Gehsan, Pascack Valley, 3:27.

PRELIMINARY ROUND

103 - David Gerkman, Pascack Valley, pin Francisco Urera, Teaneck, 0:29; Victor Villalba, Dumont, pin Sam Rodriguez, St. Mary's, 1:16; Chris McConnell, Indian Hills, dec. Mike Montelli, Ramsey, 3-2; Bobby Rose, Wood-Ridge, pin John Klaus, Northern Highlands, 4:28; Scott O'Hara, pin Ian Ashendon, Cliffside Park, 1:20; Antonio Viera, North Bergen, dec. Norberto Valez, Elmwood Park, 7-6; Gerard Carroll, Hackensack, mal. dec. Ahmad Jafari, Fair Lawn, 10-0; Mark Sassaman, Bergen Catholic, pin William Hui, Rutherford, 0:51.

112 - Justin Woods, River Dell, tech. fall Mike Gloeckler, Cresskill, 15-0; Peter Tomos, Don Bosco, pin Brian Occhipinti, Waldwick, 2:52; Joe Ceccacci, Saddle Brook, dec. Mark Mariano, Rutherford, 9-2; Brendan Melcalle, Wood-Ridge, pin Jesus Tepale, Bergen Tech, 1:25; Justin Gaveilan, Bergen Catholic, pin Paul Charamonte, Elmwood Park, 5:17; Mike Yacouelli, NV/Old Tappan, pin A Choosang, Glen Rock, 1:46; Alex Kolt, Westwood, pin Robert Kinzelmann, Mahwah, 0:18; Dan Rasanili, Paramus, pin Alex Varallo, Midland Park, 0:33; Chris Brizzi, Ramsey, pin Jim Henning, Ridgefield, 0:38; Chris Labrosse, Hackensack, pin Anthony Grippo, Northern Highlands, 1:05; Adam McLaren, Pascack Hills, pin Anthony Giovine, Dumont, 4:23; Bryan Diaz, Tenafly, tech. fall Ricky Ziegel, Ridgeview, 18-1; Chris Merzeau, St. Joseph, pin John DiMaggio, Fort Lee, 0:44; Jeff Alfonso, Garfield, dec. Mike Rock, Leonia, 11-4; Robert DiDomenico, Lodi, pin Steve Neff, Bergenfield, 1:16; Ryan Hult, Pascack Valley, pin Ronnie Porto, Palisades Park, 0:59.

119 - Nick Fokas, Bergen Catholic, pin Justin Mezzadri, Pascack Valley, 2:39; Dan McDonnell, Indian Hills, pin Jason Kosson, Tenafly, 1:40; T.J. Rinaldi, Mahwah, pin Matt Savann, River Dell, 3:05; Vicken Minassian, Westwood, pin James Niosi, Ridgefield, 0:56; Andrew Bergmann, Fair Lawn, pin Hitoshi Kumagal, Fort Lee, 1:04; Bobby Correggio, Bergenfield, pin Mike Serrano, Dumont, 2:56; Mark Fanin, Bogota, dec. Charles Delgado, Becton, 10-6; Rich Santana, Paramus, pin James Jessup, Elmwood Park, 0:26; Brian Bralka, St. Joseph Reg., pin Frank Petrucci, Don Bosco, 1:18; Mike Frohlich, Pascack Hills, dec. Evan Misugono, Northern Highlands, 7-0; Ted Lavarias, Teaneck, pin Pete Graf, NV/Old Tappan, 5:34; Stefano Tortora, Emerson/Park Ridge, dec. Ryan Dray, Rutherford, 7-5; Justin Labrosse, Hackensack, pin Ryan Wild, Waldwick, 3:55; Justin McDougall, Ramapo, pin Aaron Scheinman, Glen Rock, 3:19; Fasih Hameed, NV/Demarest, pin Sal Ardizzone, 0:15; Mike Settembrino, Lyndhurst, pin Stephen Hurley, Garfield, 1:41.

125 - Miltz Sumilang, Ridgefield Park, pin Joe Chermark, Lodi, 1:00; John Purciello, Don Bosco, pin Greg Gunset, Bergen Tech, 3:37; Matt Kenny, Northern Highlands, dec. Jason Edelman, Elmwood Park, 12-9; Brian Johnston, Pascack Valley, pin Dennis O'Mahoney, Bergen Catholic, 2:41; Eric Norgaard, St. Joseph Reg., pin Scott Smith, Mahwah, 0:11; Jeff Clark, Bogota, dec. Adrialik Basurshi, Westwood, 9-8; Oliver Ruiz, Cliffside Park, dec. Alec Federici, NV/Demarest, 9-7; Derek Cunningham, Pascack Hills, pin Phil Lastra, Bergenfield, 1:33; Marc Hall, Indian Hills, pin Mike Klapper, Glen Rock, 1:13; Chris Giermi, NV/Old Tappan, pin Alex Wong, Ramapo, 1:37; Sebastian Klavi, Ramsey, pin Frank Scaglione, Lyndhurst, 3:35; Bob Challenger, Dumont, mal. dec. Gary Gletow, Emerson/Park Ridge, 13-1.

130 - Matt Bolton, St. Joseph Reg., pin Jim Tesar, Cresskill, 1:13; Harry Gooch, Bergen Catholic, pin Gary Javadi, Pascack Valley, 5:56; Justin Schier, Leonia, pin Joe Bernard, Dumont, 1:19; Ted McDonough, Mahwah, pin Ryan Egan, Waldwick, 3:14; Tim O'Hara, Ridgefield, dec. John Paul Grippo, Don Bosco, 9-4; Michael Lynch, Emerson/Park Ridge, mal. dec. John Buonocore, St. Mary's, 11-1; Matt Esposito, Saddle Brook, pin Sal Khalib, Garfield, 1:42; Don Silker, Fort Lee, pin Oguz Ciftibasi, Lyndhurst, 1:06; Justin Froelich, Pascack Hills, pin Matt Purcell, Ramsey, 0:51; Marc Reisman, Ridgefield Park, pin Michael Arp, Elmwood Park, 0:26; John Lauterback, NV/Demarest, pin Pete August, Bergenfield, 2:49; Mike Spilewski, NV/Old Tappan, pin Jonathan Mulloney, Wood-Ridge, 1:00; Josbin Fuentes, Palisades Park, pin Jon Loiz Westwood, 4:47; Jay DeGennaro, New Milford, pin Pat Ronayne, Glen Rock, 3:03; Mike Colaneri, Hasbrouck Heights, pin Rudy Remigio, Teaneck, 3:03; hane Deluca, Fair Lawn, mal. dec. Jason Rynd, Rutherford, 16-5.

135 - Matt Borella, Emerson/Park Ridge, pin Jay Murray, New Milford, 5:13; Javier Columbe, North Bergen, pin Keith Gehsan, Pascack Valley, 1:09; Ralph DeNisco, St. Joseph Reg., pin Brian Kiefer, Mahwah, 3:43; Matt Morales, Leonia, dec. Mike Quinn, River Dell, 6-5; David Grazer, Ramapo, pin Mark Venzio, Westwood, 1:58; mDan Ciccarelli, Bergen Catholic, pin Patrick Price, Don Bosco, 1:58; Ed Suri, Elmwood Park, pin Tim DeVita, Cliffside Park, 1:47; Jesse Moreng, Northern Highlands, pin Shehab Abassi, Waldwick, 1:01; Aashon Larkins, Hackensack, pin Andrew Barsa, Pascack Hills, 2:10; John Lastra, Bergenfield, pin Anthony Madonna, St. Mary's, 1:01; Brad Fisher, Indian Hills, dec. Ed Beitian, Dumont, 11-4; Jorge Pena, Glen Rock, pin Jason Pierce, NV/Demarest, 3:05; Reginald Gales, Teaneck, by injury default over Justin Zaireck, Ridgefield Park, 3:25; Frank Urgo, Saddle Brook, mal. dec. Scott Grasso, Midland Park, 16-8; Jorge Quintana, Paramus, pin Marshall Bernstein, Fair Lawn, 3:26; Roberto Vargas, Garfield, pin Rob Kim, NV/Old Tappan, 2:56.

140 - John Savers, Pascack Valley, pin Derek Morin, Cliffside Park, 3:16; Quinton Unsworth, St. Joseph Reg., pin Greg Corra, Westwood, 5:04; Tony Ramadan, Garfield, pin Joe Ragan, Indian Hills, 1:07; Rob Vadala, Cresskill, pin Andrew Marchetto-Ryan, Midland Park, 3:36; Kurt Reckowski, Emerson/Park Ridge, pin Dan Rapp, Mahwah, 1:00; Paul Riccardelli, Wood-Ridge, pin Chris Carafa, Lodi, 0:37; Eric Morgan, River Dell, dec. Steve Kotalis, New Milford, 9-5; Brad Christie, Fort Lee, pin Rob Jandreski, Saddle Brook, 0:10; Pete Weiss, NV/Demarest, pin Ryan O'Connor, Ramsey, 1:53; Jeff Imposito, Elmwood Park, pin Joe Harris, Fair Lawn, 1:00; Jason Moses, Don Bosco, pin Akrem Asalleh, North Bergen, 1:18; Kris Menzel, Ridgefield Park, pin Pete Karamitas, Tenafly, 2:52; Mark Marti, Northern Highlands, pin Pat O'Hara, Ridgefield, 3:16; Matt Barchetto, pin Dan Morris, Bergenfield, 1:56; Pedro Davila, Bergen Tech, pin Jose Valdez, Glen Rock, 2:26; Mark Galorenzo, Bergen Catholic, pin Tony Kim, NV/Old Tappan, 1:13.

145 - Ray Meyer, Hasbrouck Heights, pin John Nemec, Ridgefield Park, 3:03; Tim Ferraro, Ridgeview, pin Jim McTigue, NV/Demarest, 0:30; Phil DiBiasi, Ramsey, dec. Brian Mallet, Pascack Valley, 9-2; Kevin Collier, Bergen Catholic, mal. dec. Chris Kosko, Rutherford, 10-0; John Bliss, New Milford, pin Craig Andruill, Garfield, 1:07; Paul Pallagrino, Northern Highlands, pin Nick Orloff, Lodi, 0:20; Dan Basto, Leonia, pin Ryan Kidd, Elmwood Park, 1:34; Michael Mulloney, Wood-Ridge, won by forfeit; Nick Granito, Emerson/Park Ridge, pin Dave Barry, Cliffside Park, 0:15; Rob Dillon, Fort Lee, pin idaldo Gonzalez, North Bergen, 2:52.

152 - Don Pritzlaff, Lyndhurst, pin Dustin DeMercurio, St. Joseph Reg., 0:54; Adam Peterman, Ramsey, pin Robin Sanchez, Garfield, 1:42; Matt Sack, Tenafly, dec. Justin Wiessner, North Bergen, 10-8; Dennis Winters, Pascack Hills, pin Mark Seio, NV/Demarest, 3:55; Paul Lada, Elmwood Park, pin Bobby Riley, Mahwah, 1:20; Ali Kelabchi, Ramapo, pin Anthony Gatto, Westwood, 3:25; Mark Lois, Bergen Tech, dec. Kevin Kohen, Pascack Valley, 14-7; Jeff Stominsky, Cresskill, pin Kevin Villagus, Ridgefield, 2:58; Pat Festa, Saddle Brook, pin Mike Jemal, Glen Rock, 1:11; Sam Dubinsky, Northern Highlands, pin Jay Chuck, Ridgeview, 4:46; Joe Langshultz, New Milford, pin Vineet Mehta, Cliffside Park, 1:02; Rob Benkovich, Lodi, pin Austin Val, Indian Hills, 1:13; Anthony Moreto, Bergen Catholic, dec. Roman Duffy, Dumont, 15-9; Jeff DeMenna, Waldwick, mal. dec. Ed Byron, Westwood, 12-3; Jeff Mulhern, Emerson/Park Ridge, tech. fall Julius Park, NV/Old Tappan, 15-0; 5:28; Bill Rinaldi, Hasbrouck Heights, dec. Matt Huetteman, Becton, 7-5.

160 - Karl Norgaard, St. Joseph Reg., pin Adhem El Kordy, Cliffside Park, 0:21; James Ewen, Wood-Ridge, pin J.T. Thomas, Indian Hills, 1:14; Elvis Pena, North Bergen, pin Frank Desimini, Waldwick, 0:30; Gales Councilor, Northern Highlands, pin Bill Bliss, Pascack Hills, 5:21; Joe Normile, NV/Demarest, pin Brett Pazian, Dumont, 3:04; Vic Brunelli, Fair Lawn, pin Derek Bruno, Elmwood Park, 0:29; Mike Cook, Bergen Catholic, dec. Paul Goncharov, Ridgeview, 7-5 (sudden death OT); Eddie Browne, Hackensack, dec. Steve Vecchione, Westwood, 16-9; Marc Freschi, Ramsey, pin Jay Bladenkapp, New Milford, 3:14; Joe Sentipal, Hasbrouck Heights, pin Mike Cirelli, Leonia, 1:03; Paul Maselli, Don Bosco, mal. dec. Tim Maguire, Mahwah, 16-5; Adam Mulchier, NV/Old Tappan, pin Lee Noury, Midland Park, 1:41; Hovsep Grigorian, Ridgefield, pin Joe Liberta, Becton, 0:15; Chris Tedesco, Garfield, pin Josh Garcia, Bergenfield, 0:56; Elle Mourad, Lodi, dec. Joe Latona, Bergen Tech, 13-8; Dave Baulis, Lyndhurst, pin Kevin Bielen, Glen Rock, 0:59.

171 - Don Currino, Leonia, pin Nick Matthews, Waldwick, 4:09; Mark Christian, Ramsey, mal. dec. John Altera, Wood-Ridge, 13-3; Ron Broking, New Milford, pin Scott Wisniewski, Elmwood Park, 0:26; Chris Alvino, Glen Rock, dec. Mike Reuten, Northern Highlands, 7-3; Alrick Burrell, Hackensack, dec. Chris Blum, Lodi, 7-3; Josh Filippini, Ramapo, pin Mark Ivanko, Cliffside Park, 0:29; Mike Basseli, Paramus, pin Mike Castellano, Indian Hills, 2:33.

189 - Jeff Bilsky, NV/Demarest, pin Dan Testa, St. Mary's, 1:41; Anthony Soto, Becton, mal. dec. Matt Flemming, Cresskill, 23-9; Mike Greeley, Tenafly, pin Vincent Gugliemottillo, Don Bosco, 3:55; Enrique Valenzuela, North Bergen, pin Bryan Ressler, Hackensack, 2:47; John Galan, Bergen Catholic, pin Andrew Tulescu, Ridgeview, 0:19; Nick Ponzini, Paramus, pin Guy Maillino, Ramsey, 1:54; Vinnie Ciurciu, St. Joseph Reg., dec. Sammy Elsamra, Cliffside Park, 9-7; Larry Habornberger, Palisades Park, pin Larry Grodsky, New Milford, 0:23; Tom McSweeney, Lyndhurst, pin Ron Phillips, Wood-Ridge, 1:07; Tom Lebrock, Fair Lawn, pin Rob Sehill, Waldwick, 0:28; V.J. Arrigo, Ridgefield Park, pin Mark Maggio, Lodi, 1:33; Harry Marquez, Rutherford, pin Matt Kravis, Northern Highlands, 1:27; John Limbeviski, Elmwood Park, pin Greg Anzono, Dumont, 1:05; Dan Jemal, Glen Rock, pin Matt Hinzpeter, NV/Old Tappan, 2:34; Kyle Good, Indian Hills, pin Jared Randall, Rivr Dell, 0:40; Drew Peters, Emerson/Park Ridge, pin Shane Biggins, Bergenfield, 1:16.

215 - Pat Delany, Hackensack, pin Matt Percelli, Glen Rock, 1:14; Dave Ascolese, Wood-Ridge, pin James Bogosian, Ridgefield, 1:46; Mike Nafello, Hasbrouck Heights, pin Bob Balsame, River Dell, 3:54; Cory Horton, Fort Lee, pin Vc Pereira, Saddle Brook, 3:22; Sandy Hidalgo, Cliffside Park, pin Scott Feldner, Waldwick, 0:41; Brian McTigue, NV/Demarest, pin Ryan Germain, NV/Old Tappan, 0:58; Jeff Seidli, Paramus, pin Mike Murphy, Westwood, 1:01; Brian Bracho, Ridgefield Park, mal. dec. Jonathan Cellkbas, Mahwah, 14-3; Matt Greenberg, Northern Highlands, pin Jacob Cintron, Elmwood Park, 3:46; Nicholas Lapolla, Bergen Catholic, pin Jon Parke, Pascack Valley, 1:20; Marcone Rocha, North Bergen, pin John Albanese, Lyndhurst, 0:49; Edgar Puzlo, St. Joseph Reg., pin Scott Monfilleto, Cresskill, 1:16; Brian Brunkhurst, Teaneck, pin John Dafferon, Ramsey, 0:46; Harry Aristakesian, Garfield, pin John Currid, Pascack Hills, 1:59.

275 - Michael Gonerman, River Dell, pin Josh Lees, Northern Highlands, 0:37; Chris Reinartz, Glen Rock, pin Dan Ryan, Paramus, 1:00; Bryant Robinson, Hackensack, mal. dec. Scott Cellkbas, Mahwah, 12-4; Brian Campbell, Pascack Valley, pin Vinnie Rizzo, Waldwick, 1:18; Steve Rinaldi, Hasbrouck Heights, dec. Mike Schifano, Lyndhurst, 10-7.

FIRST ROUND

103 - David Gerkman, Pascack Valley, dec. David Salmind, Garfield, 2-1; Bruno Sutter, Paramus, dec. Victor Villalba, Dumont, 7-0; Grant Della Torre, River Dell, pin Chris McConnell, Indian Hills, 1:40; Mike Kravynovich, Pascack Hills, pin Bobby Rose, Wood-Ridge, 1:53; Dan Taylor, St. Joseph Reg., pin Scott O'Hara, Don Bosco, 0:55; Antonio Viera, North Bergen, tech. fall, Bill Brey, Ridgefield Park, 15-0, 5:16; Andrew Mul, Mahwah, mal. dec. Gerard Carroll, Hackensack, 12-2; Mark Sassaman, Bergen Catholic, tech. fall Anu Kapoor, NV/Demarest, 15-0; 5:40.

112 - Justin Woods, River Dell, mal. dec. Peter Tomos, Don Bosco, 9-1; Joe Ceccacci, Saddle Brook, pin Brendan Metcalfe, Wood-Ridge, 1:23; Justin Gaveilan, Bergen Catholic, pin Mike Yacouelli, NV/Old Tappan, 1:31; Dan Rasanili, Paramus, dec. Alex Kolt, Westwood, 5-4; Chris Brizzi, Ramsey, pin Chris Labrosse, Hackensack, 3:39; Bryan Diaz, Tenafly, dec. Adam McLaren, Pascack Hills, 4-3; Jeff Alfonso, Garfield, pin Chris Merzeau, St. Joseph Reg., 3:30; Ryan Hult, Pascack Valley, pin Robert DiDomenico, Lodi, 5:07.

119 - Nick Fokas, Bergen Catholic, tech. fall Dan McDonnell, Indian Hills, 20-5, 5:30; Vicken Minassian, Westwood, mal. dec. T.J. Rinaldi, Mahwah, 14-4; Andrew Bergmann, Fair Lawn, dec. Bobby Correggio, Bergenfield, 4-0; Rich Santana, Paramus, pin Mark Fanin, Bogota, 0:58; Brian Bralka, St. Joseph Reg., pin Mike Frohlich, Pascack Hills, 2:52; Stefano Tortora, Emerson/Park Ridge, pin Ted Lavarias, Teaneck, 1:42; Justin Labrosse, Hackensack, dec. Justin McDougall, Ramapo, 9-5; Mike Settembrino, Lyndhurst, mal. dec. Fasih Hameed, NV/Demarest, 9-0.

125 - Miltz Sumilang, Ridgefield Park, pin John Purciello, Don Bosco, 1:43; Jay Lee, Paramus, tech. fall Matt Kenny, Northern Highlands, 18-3, 4:09; Eric Norgaard, St. Joseph Reg., tech. fall Brian Johnston, Pascack Valley, 17-0; Brian Basile, River Dell, pin Jeff Clark, Bogota, 1:55; Oliver Ruiz, Cliffside Park, pin Matt Moran, New Milford, 1:13; Marc Hall, Indian Hills, dec. Derek Cunningham, Pascack Hills, 8-3; Chris Gletow, NV/Old Tappan, pin Sebastian Klavi, Ramsey, 5:11; Bob Challenger, Dumont, pin Chuck Bartlett, Rutherford, 0:54.

130 - Matt Bolton, St. Joseph Reg., dec. Harry Gooch, Bergen Catholic, 8-3; Ted McDonough, Mahwah, dec. Justin Schier, Leonia, 13-6; Michael Lynch, Emerson/Park Ridge, dec. Tim O'Hara, Ridgefield, 9-4; Don Silker, Fort Lee, pin Matt Esposito, Saddle Brook, 0:26; Justin Froelich, Pascack Hills, pin Marc Reisman, Ridgefield Park, 1:13; Mike Spilewski, NV/Old Tappan, pin John Lauterback, NV/Demarest, 1:08; Jay DeGennaro, New Milford, dec. Josbin Fuentes, Palisades Park, 7-5; Shane DeLuca, Fair Lawn, pin Mike Colaneri, Hasbrouck Heights, 1:35.

135 - Matt Borella, Emerson/Park Ridge, mal. dec. Javier Columbe, North Bergen, 11-2; Ralph DeNisco, St. Joseph Reg., mal. dec. Matt Morales, Leonia, 15-2; David Grazer, Ramapo, pin Dan Ciccarelli, Bergen Catholic, 5:03; Jesse Moreng, Northern Highlands, pin Ed Suri, Elmwood Park, 1:49; Aashon Larkins, Hackensack, pin John Lastra, Bergenfield, 3:55; Jorge Pena, Glen Rock, pin Brad Fisher, Indian Hills, 1:36; Frank Urgo, Saddle Brook, mal. dec. Reginald Gales, Teaneck, 18-8; Roberto Vargas, Garfield, pin Jorge Quintana, Paramus, 1:00.

140 - Savers, Pascack Valley, pin Unsworth, St. Joseph, 4:53; Ramadoni, Garfield, tech fall Vadala, Cresskill, 19-4; Reckowski, Emerson/Park Ridge, pin Riccardella, Wood-Ridge, 1:30; Christie, Fort Lee, tech fall Morgan, River Dell, 22-4, 5:58; Weiss, NV/Demarest, pin Imporito, Elmwood Park, 1:22; Menzel, Ridgefield Park, tech fall Moses, Don Bosco, 15-0, 5:25; Matri, Northern Highlands, dec. Barretto, Paramus, 12-6; Galorenzo, Bergen Catholic, pin Davila, Bergen Tech, 1:27.

145 - Meyer, Hasbrouck Heights, mal. dec. Murtaugh, Westwood, 10-1; Blundo, Paramus, pin Ferraro, Ridgeview, 4:47; DiBiasi, Ramsey, mal. dec. Collier, Bergen Catholic, 14-4; Castrolini, Lyndhurst, tech fall Bliss, New Milford, 17-2, 5:57; Pallagrino, Northern Highlands, pin Basto, Leonia, 0:26; Laterra, St. Joseph, pin Mulloney, Wood-Ridge, 1:22; Manning, Pascack Hills, dec. Granito, Emerson/Park Ridge, 12-10; Dillon, Fort Lee, pin Morgan, River Dell, 3:32.

152 - Pritzlaff, Lyndhurst, pin Peterman, Ramsey, 0:44; Winters, Pascack Hills, pin Sack, Tenafly, 1:15; Lada, Elmwood Park, pin Etabchi, Ramapo, 2:53; Stominsky, Cresskill, pin Lois, Bergen Tech, 5:02; Festa, Saddle Brook, dec. Dubinsky, Northern Highlands, 6-5; Benkovich, Lodi, pin Langshultz, New Milford, 1:42; Moretto, Bergen Catholic, mal. dec. DeNenna, Waldwick, 14-5; Mulhern, Emerson/Park Ridge, dec. Rinaldi, Hasbrouck Heights, 4-0.

160 - Norgaard, St. Joseph, pin Ewen, Wood-Ridge, 0:26; Pena, North Bergen, won by forfeit; Normile, NV/Demarest, pin Brunetti, Fair Lawn, 0:21; Browne, Hackensack, pin Cook, Bergen Catholic, 0:35; Freschi, Ramsey, pin Sentipal, Hasbrouck Heights, 1:11; Mulchier, NV/Old Tappan, pin Maselli, Don Bosco, 3:12; Grigorian, Garfield, pin Tedesco, Ridgeview, 0:57; Baulis, Lyndhurst, pin Mourad, Lodi, 0:32.

171 - Tabano, Bergen Catholic, pin Currino, Leonia, 0:23; Christian, Ramsey, dec. Meccia, Bergen Tech, 14-9; Broking, New Milford, dec. Liaskos, Emerson/Park Ridge, 7-0; Alvino, Glen Rock, pin McKeearin, Westwood, 2:43; Recine, Ridgefield, dec. Burrell, Hackensack, 9-6; Sica, Lyndhurst, dec. Filippini, Ramapo, 12-11; Cutruzzola, St. Joseph Reg., won by forfeit; Bassett, Paramus, pin Valenzuela, North Bergen, 0:50.

189 - Bilsky, NV/Demarest, pin Soto, Becton, 1:41; Valenzuela, North Bergen, mal. dec. Greeley, Tenafly, 14-6; Galan, Bergen Catholic, tech. fall Ponzini, Paramus, 15-0, 2:51; Habornberger, Palisades Park, mal. dec. Ciurciu, St. Joseph Reg., 11-3; McSweeney, Lyndhurst, pin Lebrock, Fair Lawn, 4:29; Marquez, Rutherford, pin Arrigo, Ridgefield Park, 5:42; Jemal, Glen Rock, pin Limbeviski, Elmwood Park, 1:36; Peters, Emerson/Park Ridge, pin Good, Indian Hills, 3:27.

215 - Delany, Hackensack, pin Ascolese, Wood-Ridge, 0:24; Nafello, Hasbrouck Heights, pin Khovri, Bogota, 3:55; Amatucci, Rutherford, pin Horton, Fort Lee, 5:14; McTigue, NV/Demarest, pin Hidalgo, Cliffside Park, 1:30; Seidli, Paramus, pin Bracho, Ridgefield Park, 2:49; Lapolla, Bergen Catholic, mal. dec. Greenberg, Northern Highlands, 18-6; Rocha, North Bergen, pin Puzlo, St. Joseph Reg., 1:05; Aristakesian, Garfield, tech. fall Brunkhurst, Teaneck, 25-10, 5:45.

275 - Scallo, Ridgefield Park, pin Gonerman, River Dell, 0:25; DelaRosa, Indian Hills, pin Reinartz, Glen Rock, 2:54; Robinson, Hackensack, pin Poullacos, Cresskill, 4:24; Edmundson, NV/Demarest, pin Rella, Wood-Ridge, 1:33; Campbell, Pascack Valley, pin Cannizzari, Lodi, 1:17; Lynch, Palisades Park, pin House, Cliffside Park, 1:38; Pertusi, Elmwood Park, pin Masino, St. Mary's, 0:37; Galan, Bergen Catholic, by injury default over Rinaldi, Hasbrouck Heights.

QUARTERFINALS

103 - Gerkman, Pascack Valley, dec. Sutter, Paramus, 14-10; Kravynovich, Pascack Hills, won by disc. over Della Torre, River Dell; Taylor, St. Joseph Reg. dec. Viera, North Bergen, 7-2; Sassaman, Bergen Catholic, tech. fall Mul, Mahwah, 21-6.

112 - Woods, River Dell, pin Ceccacci, Saddle Brook, 0:47; Gaveilan, Bergen Catholic, dec. Rasanili, Paramus, 7-6; Brizzi, Ramsey, tech. fall Diaz, Tenafly, 20-5, 6:00; Hult, Pascack Valley, pin Alfonso, Garfield, 0:33.

119 - Fokas, Bergen Catholic, mal. dec. Minassian, Westwood, 14-4; Bergmann, Fair Lawn, pin Santana, Paramus, 5:51; Bralka, St. Joseph Reg., pin Tortora, Emerson/Park Ridge, 1:43; Settembrino, Lyndhurst, mal. dec. Labrosse, Hackensack, 10-0.

125 - Sumilang, Ridgefield Park, pin Lee, Paramus, 1:23; Norgaard, St. Joseph Reg., pin Basile, River Dell, 0:16; Ruiz, Cliffside Park, dec. Hall, Indian Hills, 6-3; Challenger, Dumont, pin Gletow, NV/Old Tappan, 2:36.

130 - Bolton, St. Joseph Reg., pin McDonough, Mahwah, 1:15; Silker, Fort Lee, dec. Lynch, Emerson/Park Ridge, 4-3; Froelich, Pascack Hills, pin Spilewski, NV/Old Tappan, 1:57; DeLuca, Fair Lawn, dec. DeGennaro, New Milford, 10-3.

135 - Borella, Emerson/Park Ridge, pin DeNisco, St. Joseph Reg., 2:25; Moreng, Northern Highlands, mal. dec. Grazer, Ramapo, 18-9; Larkins, Hackensack, dec. Pena, Glen Rock, 7-5; Vargas, Garfield, pin Urgo, Saddle Brook, 0:33.

140 - Savers, Pascack Valley, pin Ramadan, Garfield, 2:20; Christie, Fort Lee, pin Reckowski, Emerson/Park Ridge, 3:09; Weiss, NV/Demarest, pin Menzel, Ridgefield Park, 3:49; Galorenzo, Bergen Catholic, dec. Matri, Northern Highlands, 6-4.

145 - Meyer, Hasbrouck Heights, pin Blundo, Paramus, 3:06; DiBiasi, Ramsey, dec. Castrovino, Lyndhurst, 10-9; Pellegrino, Northern Highlands, dec. Laterra, St. Joseph, 9-2; Dillon, Fort Lee, tech. fall Manning, Pascack Hills, 25-7, 5:27.

Sat

12/28/96

BERGEN HOLIDAY WRESTLING

BC grabs fifth title

By ANTHONY PINCIARO
Correspondent

PARAMUS — Bergen Catholic already had secured another Bergen County Holiday wrestling tournament championship when senior 275-pounder Ed Galan added the exclamation point.

Galan decisioned Ridgefield Park's Jon Scalco, 5-4, in an exciting match as the Crusaders won their fifth consecutive County crown and the 37th edition with 215 points. St. Joseph was second — and the Group 3 champion with 185 points — followed by Northern Valley at Demarest with 124 points.

St. Joseph boasted three champions in Matt Bolton (130), Erik Norgaard (125), and Karl Norgaard (160), who garnered most outstanding wrestler and most-pins honors as a result of his five first-period pins.

Lyndhurst copped the Group 2 title with 123.50 points and finished fourth overall behind senior Don Pritzlaff. The 152-pounder won his third straight County crown and his 100th career match, giving him the school record. The Group 1 crown went to Hasbrouck Heights.

"Our lightweights really wrestled well," Galan said. "Nick [Fokas] and Mark [Sassaman] really stepped it up to the next level."

Sassaman captured the 103-pound title with a 7-0 win over Pascack Valley's David Germakian, while Fokas decisioned Lyndhurst's Mike Settembrino, 4-1, in the 119-pound title bout. Dane Tabano took second at 171, as did John Galan, Ed's younger brother, at 189. John Galan pinned defending champion Jeff Bilsky at 4:51 in a semifinal match.

"That was great because Bilsky [technical decisioned] him in the regionals last year," Ed Galan said. "That got me psyched and made me want to go out and do the same thing."

Trailing 4-3, Ed Galan recorded a takedown of Scalco with 38 seconds remaining to grab the lead for good.

"He tried a single leg and I was able to sprawl, grab his ankle, and spin around him," Galan said. "Winning both titles means a lot to me because we would like to come back and win everything this year."

Bergen Catholic coach John DiRenzo feels his team is at its best come tournament time.

"The team comes together, especially

for tournaments," he said. "I'm very happy. Winning it gets better each year because it shows consistency and the kids deserve all the recognition."

Pritzlaff recorded his 100th victory with a 20-5 technical-fall over Rob Benkovich of Lodi. He surpassed 1991 graduate Mike DeLuca, who had 99 wins. In his five matches, Pritzlaff, who is now 100-4 for his career, posted three pins and two technical falls.

"I wanted to have a good performance the last time wrestling in the counties," Pritzlaff said. "It feels great and I'm pleased to get my 100th win here at the counties. I felt I was very fluid on my feet. And on top I was able to try out some new things that I've been working on. Everything seems to be clicking for me from the top position."

Erik Norgaard won his first County title as a freshman with a convincing 12-0 major decision over Dumont senior Bob Challenger.

Pete Weiss, at 140 pounds, won his second County title in a row. He handled John Sayers of Pascack Valley, 5-3, in the final. He was joined by 215-pounder Brian McTigue, who beat Garfield's Harry Aristakesian, 11-5.

Bergen's tank is full

Underclassmen showed

Sat

12/28/96

By **RON FOX**
Staff Writer

PARAMUS — Anyone who expects the high school graduations of 1996 and '97 to choke off the supply of Bergen County's outstanding wrestlers is quite wrong.

The well is not running dry, even though St. Joseph's Damion Logan graduated in June, three months after winning his third State championship, and two-time State gold medalist Don Pritzlaff of Lyndhurst will earn his diploma in June.

Pascack Valley sophomore David Germakian made the initial statement Friday when he ousted top-seeded David Salmind of Garfield in the 47-team

Bergen County holiday tournament. The youngster — son of a former Bergenfield wrestler — further ushered in the bright future of County wrestling by advancing to Saturday night's final round with a 10-5 semifinal win over Mike Kraycinovich of Pascack Hills that was built on a crafty double-leg attack and a quick underneath switch.

"He reminds me of [Pascack Hills' former two-time State champion] Tommy Husted with those big, wide eyes," said Pascack Hills coach Bucky Rehain, who has 10 sophomores from last year's County-champion freshman team in his varsity lineup — nine of whom competed in the County tournament. "Germakian's a very talented kid."

Also, just a few moments after each Germakian victory, St. Joseph's Eric Norgaard, a mere freshman from Leonia, stamped his name on the immediate future with an impressive win and reached the finals, along with his brother, Karl, a senior who placed at the State's fifth-sixth level last season.

"Eric is intense with a great work ethic," said his coach, Kerry Kohlheffer. "Eric will brawl with you. Not that Karl won't, but Karl leans more toward finesse."

"I came in knowing he could knock off the top seed," said Gary Beyer, Germakian's coach. "When I told him that, he said, 'Do you really think so, Coach?' But now he's beginning to believe. He's

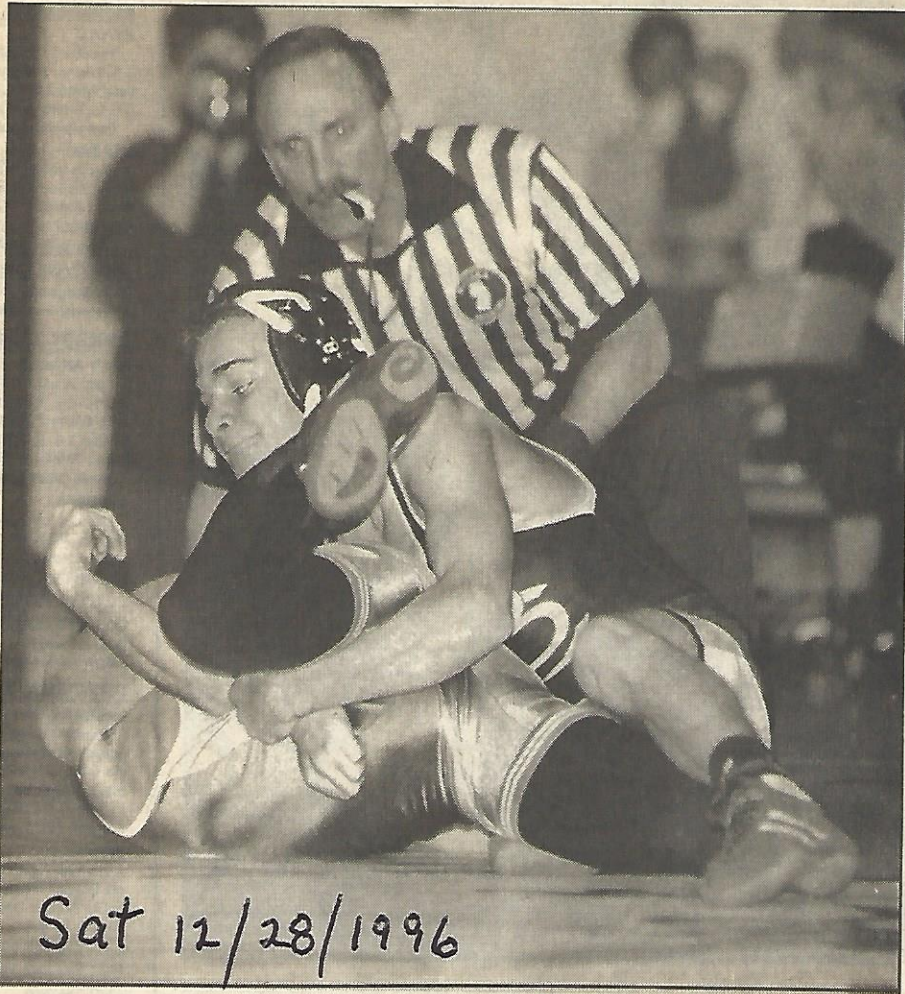
methodical and a hard worker. He was an eighth-grade State champion, so he's no big surprise."

A broken wrist kept Germakian out of the County freshman tournament and most of the 1995-96 season, but others who did enter the frosh frays are beginning to make their varsity marks. Of the Pascack Hills contingent at the County tournament, Justin Frohlich was a 130-pound finalist, Kraycinovich reached the 103 semis before bowing to Germakian, and Dennis Winters reached the 152 quarters.

Among other youngsters, Fort Lee's Brad Christie (fourth in the County last year as a freshman) lost by only a 5-4 score to top-seeded John Sayers of PV in the 140 semis and placed third.

Northern Valley at Demarest's Kenny Edmundson took sixth among heavyweights, PV's Ryan Hult and Hackensack's Aashon Larkins finished fourth, St. Joseph's Ralph DeNiso took a fifth, and River Dell's Grant Della-Torre captured a sixth.

NOTES — Ramsey's Marc Freschi dislocated an elbow in the semis and tried gamely to come back before withdrawing from the third-place consolations. . . Bergen Catholic sent four wrestlers to the finals, led by John Galan, who pinned top-seeded 189-pounder Jeff Bilsky of Demarest. St. Joseph also sent four, but 17 schools were represented among the 28 finalists.



Sat 12/28/1996

TERRENCE JAMES/STAFF PHOTOGRAPHER

Bergen Catholic's Mark Sassaman, top, ties up Pascack Valley's David Germakian en route to winning the Bergen Holiday tournament 103 championship.

Bergen Holiday tournament

At Paramus
SEMIFINALS

12/28/1996

103 — David Germakian, Pascack Valley, dec. Mike Kracyinovich, Pascack Hills, 10-5; Mark Sassaman, Bergen Catholic, dec. Dan Taylor, St. Joseph, 10-9.
112 — Justin Woods, River Dell, by forfeit over Justin Gavejlan, Bergen Catholic; Chris Brizzi, Ramsey, pin Ryan Hult, Pascack Valley, 3:22.

119 — Nick Fokas, Bergen Catholic, dec. Andrew Bergmann, Fair Lawn, 18-8; Mike Settembrino, Lyndhurst, dec. Brian Bratka, St. Joseph, 8-6 (OT)

125 — Eric Norgaard, St. Joseph, dec. Mitz Sumlang, Ridgfield Park, 7-3; Bob Callener, Dumont, dec. Oliver Ruiz, Cliffside Park, 6-1.

130 — Matt Bolton, St. Joseph, pin Don Silker, Fort Lee, 4:37; Justin Frolich, Pascack Hills, pin Shane DeLuca, Fair Lawn, 2:11.

135 — Jesse Moreng, Northern Highlands, dec. Matt Borella, Emerson/Park Ridge, 9-2; Roberto Vargas, Garfield, dec. Aashon Larkins, Hackensack, 4-3.

140 — John Sayers, Pascack Valley, dec. Brad Christie, Fort Lee, 5-4; Pete Weiss, NV/Demarest, pin Mark Galorenzo, Bergen Catholic, 5:57.

145 — Ray Meyer, Hasbrouck Heights, dec. Phil DiBiasi, Ramsey, 7-5; Rob Dillon, Fort Lee, dec. Paul Pellegrino, Northern Highlands, 15-7.

152 — Don Pritzlaff, Lyndhurst, tech. fall Jeff Siominsky, Cresskill, 18-2 (4:17); Rob Benkovich, Lodi, dec. John Mulhern, Emerson/Park Ridge, 4-1.

160 — Karl Norgaard, St. Joseph, pin Eddie Browne, Hackensack, 1:18; Dave Bautis, Lyndhurst, by injury default over Marc Freschi, Ramsey, 1:14.

171 — Dane Tabano, St. Joseph, pin Ron Broking, New Milford, 1:44; Mike Bassett, Paramus, by disqualification over Ron Recine, Ridgfield.

189 — John Galan, Bergen Catholic, pin Jeff Bilsky, NV/Demarest, 4:51; Drew Peters, Emerson/Park Ridge, pin Tom McSweeney, Lyndhurst, 3:36.

215 — Brian McTigue, NV/Demarest, pin Pat Delaney, Hackensack, 3:55; Harry Aristakesian, Garfield, pin Jeff Steldl, Paramus, 1:57.

275 — Jon Scalco, Ridgfield Park, pin Bryant Robinson, Hackensack, 0:34; Ed Galan, Bergen Catholic, pin Brian Campbell, Pascack Valley, 0:53.

FIFTH-PLACE CONSOLATIONS

103 — Grant Della Torre, River Dell, by forfeit over Bruno Sutter, Paramus; Antonio Viera, North Bergen, dec. Adam Mul, Mahwah, 7-5.

112 — Dan Raspanti, Paramus, pin Joe Ceccacci, Saddle Brook, 3:42; Jeff Alfonso, Garfield, dec. Bryan Diaz, Tenafly, 11-0.

119 — Vicken Minassian, Westwood, dec. Rich San-

tana, Paramus, 4-2; Stefano Tortora, Emerson/Park Ridge, dec. Justin Labrosse, Hackensack, 6-5.

125 — Brian Basile, River Dell, pin Jay Lee, Paramus, 3:04; Marc Hall, Indian Hills, dec. Chris Gilemi, NV/Old Tappan, 7-1.

130 — Michael Lynch, Emerson/Park Ridge, pin Ted McDonough, Mahwah, 2:36; Mike Spilewski, NV/Old Tappan, pin Jay DeGennaro, New Milford, 4:53.

135 — Ralph DeNisco, St. Joseph, dec. David Glazer, Paramus, 11-3; Jorge Pena, Glen Rock, dec. Frank Urgo, Saddle Brook, 6-4.

140 — Kurt Reczkowski, Emerson/Park Ridge, dec. Tony Ramadani, Garfield, 14-2; Kris Menzel, Ridgfield Park, dec. Mark Matrei, Northern Highlands, 7-5.

145 — Fred Castrovinci, Lyndhurst, dec. Joe Blundo, Paramus, 6-0; Chris Laterra, St. Joseph by forfeit over Joel Manning, Pascack Hills.

152 — Dennis Winters, Pascack Hills, pin Paul Lada, Elmwood Park, 1:42; Pat Festa, Saddle Brook by forfeit over Anthony Moretto, Bergen Catholic.

160 — Joe Mormile, NV/Demarest, dec. Elvis Pena, North Bergen, 6-0; Adam Mutchler, NV/Old Tappan, pin Hovsep Grigorian, Garfield, 1:53.

171 — Chris Alvino, Glen Rock, dec. Mark Christian, Ramsey, 8-6; Joe Cutruzzola, St. Joseph, dec. Adam Sica, Lyndhurst, 3-2.

189 — Arthur Haberberger, Palisades Park, dec. Enrique Valenzuela, North Bergen, 5-3 (OT); Harry Marquez, Rutherford, pin Dan Jemal, Glen Rock, 1:24.

215 — Marc Amatucci, Rutherford, dec. Mike Natiello, Hasbrouck Heights, 7-3; Nicholas Lapolla, Bergen Catholic, pin Marccone Rocha, North Bergen, 1:14.

Hwt. — Kenny Edmundson, NV/Demarest, pin Matt DelaRosa, Indian Hills, 4:55; Ed Lynch, Palisades Park, pin Chris Pertusi, Elmwood Park, 4:48.

THIRD-PLACE CONSOLATIONS

103 — Mike Kracyinovich, Pascack Hills, dec. Dan Taylor, St. Joseph's, 14-9.

112 — Ryan Hult, Pascack Valley, won by forfeit.
119 — Andrew Bergmann, Fair Lawn, dec. Brian Bratka, St. Joseph's, 7-5 OT.

125 — Mitz Sumlang, Ridgfield Park, pin Oliver Ruiz, Cliffside Park, 4:58.

130 — Don Silker, Fort Lee, dec. Shane DeLuca, Fair Lawn, 7-2.

135 — Matt Borella, Emerson, dec. Aashon Larkins, Hackensack, 6-1.

140 — Brad Christie, Fort Lee, dec. Mark Galorenzo, Bergen Catholic, 9-2.

145 — Paul Pellegrino, Northern Highlands, dec. Phil DiBiasi, Ramsey, 7-5.

152 — Jeff Smolinski, Cresskill, tech. fall John Mulhern, Emerson, 20-5.

160 — Eddie Browne, Hackensack, won by injury default over Marc Freschi, Ramsey.

171 — Ron Broking, New Milford, pin Ron Recine, Ridgfield, 4:12.

189 — Jeff Bilski, NV/Demarest, dec. Tom McSweeney, Lyndhurst, 9-4.

215 — Pat Delaney, Hackensack, dec. Jeff Speidl, Paramus, 8-4.

Hwt. — Brian Campbell, Pascack Valley, pin Bryant Robinson, Hackensack, 0:32.

CHAMPIONSHIP ROUND

103 — Mark Sassaman, Bergen Catholic, dec. David Germakian, Pascack Valley, 9-0

112 — Chris Brizzi, Ramsey, pin Justin Woods, River Dell, 6:12 (OT)

119 — Nick Fokas, Bergen Catholic, dec. Mike Settembrino, Lyndhurst, 4-2

125 — Eric Norgaard, St. Joseph, dec. Bob Chalener, Dumont, 12-0

130 — Matt Bolton, St. Joseph, dec. Justin Frolich, Pascack Hills, 8-5

135 — Jesse Moreng, Northern Highlands, dec. Roberto Vargas, Garfield, 8-2

140 — Peter Weiss, Northern Valley/Demarest, dec. John Sayers, Pascack Valley, 5-3

145 — Rob Dillon, Fort Lee, dec. Ray Meyer, Hasbrouck Heights, 7-6

152 — Don Pritzlaff, Lyndhurst, tech. fall Rob Benkovich, Lodi, 20-5 (5:40)

160 — Karl Norgaard, St. Joseph pin Dave Bautis, Lyndhurst, 1:42

171 — Mike Bassett, Paramus, dec. Dane Tabano, Bergen Catholic, 13-9

189 — Drew Peters, Emerson/Park Ridge, dec. John Galan, Bergen Catholic, 7-3

215 — Brian McTigue, NV/Demarest, dec. Harry Aristakesian, Garfield, 11-5

Hwt. — Ed Galan, Bergen Catholic, dec. Jon Scalco, Ridgfield Park, 6-4.

Team champion: Bergen Catholic

Group 1 champion: Hasbrouck Heights, Group 2: Lyndhurst, Group 3: St. Joseph, Group 4: Bergen Catholic

Most Outstanding Wrestler: Karl Norgaard, St. Joseph

Most pins in least time: Karl Norgaard, St. Joseph

Bergen Holiday tournament

At Paramus

12/28/96

TEAM SCORES

1. Bergen Catholic 215; 2. St. Joseph 185.50; 3. NV/Demarest 124; 4. Lyndhurst 123.50; 5. Emerson 120.50; 6. Paramus 104.50; 7. Pascack Valley 100; 8. Hackensack 95; 9. Garfield 87; 10. Ramsey 84.50; 11. Pascack Hills 80; 12. Fort Lee 78; 13. Northern Highlands 76; 14. Ridgfield Park 74.50; 15. River Dell 64.50; 16. Hasbrouck Heights 51; 17. Fair Lawn 48; 18. New Milford 43; 19. NV/Old Tappan 42; 20. North Bergen 41.50; 21. Saddle Brook 37; 22. Glen Rock 36; 23. Lodi 34; 24. Wood Ridge 33.50; 25. Elmwood Park 32; 26. Indian Hills 31; 27. Cresskill 30.50; 28. tie, Dumont, Palisades Park 29; 30. tie, Rutherford, Ramapo, 26; 32. Don Bosco Prep 25; 33. Ridgfield 22; 34. Mahwah 19; 35. tie, Leonia, Cliffside Park, 18; 37. tie, Teaneck, Westwood 16; 39. Tenafly 13.50; 40. Bergenfield 12; 41. Bergen Tech 10; 42. Midland Park 8; 43. Becton 7; 44. Bogota 6; 45. Waldwick 5; 46. Ridge-wood 3; 47. St. Mary 0.

FIFTH-PLACE CONSOLATIONS

103 — Antonio Viera, North Bergen, dec. Grant Della Torre, River Dell 9-4; 112 — Dan Raspanti, Paramus, dec. Jeff Alfonso, Garfield, 16-2; 119 — Stefano Tortora, Emerson/Park Ridge, pin Vicken Minassian, Westwood, 3:44; 125 — Brian Basile, River Dell, dec. Marc Hall, Indian Hills, 6-2; 130 — Michael Lynch, Emerson/Park Ridge, dec. Mike Spilewski, NV/Old Tappan, 6-4 (OT); 135 — Ralph DeNisco, St. Joseph, pin Jorge Pena, Glen Rock, 1:48; 140 — Kurt Reczkowski, Emerson/Park Ridge, won by forfeit over Kris Menzel, Ridgfield Park; 145 — Fred Castrovinci, Lyndhurst, dec. Chris Laterra, St. Joseph, 5-3 (OT); 152 — Pat Festa, Saddle Brook, pin Dennis Winters, Pascack Hills, 2:02; 160 — Joe Mormile, NV/Demarest, pin Adam Mutchler, NV/Old Tappan, 2:52; 171 — Chris Alvino, Glen Rock, dec. Joe Cutruzzola, St. Joseph, 7-6; 189 — Harry Marquez, Rutherford, pin Arthur Haberberger, Palisades Park, 2:14; 215 — Nicholas Lapolla, Bergen Catholic, pin Marc Amatucci, Rutherford, 0:55; Hwt. — Ed Lynch, Palisades Park, dec. Kenny Edmundson, NV/Demarest, 7-2.

Bergen frosh tournament

Team scores:

1997

Bergen Catholic, 209%; Ridgfield Park, 135; Northern Highlands, 80%; Indian Hills, 69%; River Dell, 56; Don Bosco Prep, 55; Fort Lee, 53; Bergenfield, 50; NV/Demarest, 41; Paramus, 38; Pascack Valley, 38; Midland Park, 32; Ramapo, 31; NV/Old Tappan, 28; Tenafly, 28; Cresskill, 25; Bergen Tech, 24; Ridge-wood, 24; Paramus Catholic, 22; St. Joseph Regional, 22; Leonia, 20; Ramsey, 19; Teaneck, 17; Rutherford, 15; Dumont, 14; Dwight-Englewood, 6; Emerson, 6; Westwood, 0.

FINALS

93 — Tom Rossi, Indian Hills, pin Tom Calnan, Bergen Catholic, 3:04; 103 — Luis Lopez, Ridgfield Park, pin Ken Chu, River Dell, 4:47; 112 — Steve Neff, Bergenfield, dec. Steve Johnston, Pascack Valley, 9-3; 119 — Frank Petrucci, Don Bosco Prep, dec. Bob Correggio, Bergenfield, 7-6; 125 — Paul Slemmon, Don Bosco Prep, my injury default over Mike Commortta, Indian Hills; 130 — Ed An, Dwight-Englewood, dec.

Joe Rinaldi, Ridgfield Park, 16-13; 135 — Harry Gooch, Bergen Catholic, tech. fall Cesar Maschang, Ridgfield Park, 19-2; 140 — Andy Marchetto-Ryan, Midland Park, pin Matt Romeo, St. Joseph Reg., 1:22; 145 — Kevin Collier, Bergen Catholic, pin Ross Platt, Ridgewood, 1:37; 152 — Amir Saadah, Fair Lawn, pin Mike Poppe, Bergen Catholic, 1:07; 160 — Nick DiSapagna, NV/Old Tappan, pin Eric Lubow, Indian Hills, 4:51; 171 — Dan Shelton, Ridgfield Park, dec. Peter Dray, Bergen Catholic, 18-11; 189 — Dom Santoli, Bergen Catholic, pin Brian Markowski, Paramus Catholic, 0:33; 215 — Adam Ackerman, Bergen Catholic, pin Armand Casillo, Leonia, 1:04; 275 — Adam Platt, Bergen Catholic, pin Justin Murphy, Northern Highlands, 0:37.

Lessons on mat pay off

By KEVIN T. CZERWINSKI
Staff Writer

Talking to St. Joseph senior Karl Norgaard about wrestling is easy. He doesn't fill the conversation with a great deal of jargon that can easily be applied to the sport.

Instead, he prefers to focus on what he's learned, what he's learning, and what he has yet to learn. And, if that's not enough, he liberally sprinkles in stories about his younger brother, Erik, or the bevy of coaches he's had that have helped him achieve success on the mat.

The Record's Bergen Athlete of the Week earned Most Outstanding Wrestler honors in the Bergen Holiday tournament at 160 pounds over the weekend, picking up all five victories via first-period pins. He's 6-0 this season, improving his career mark to 79-11.

"I've lost a number of times in my career and I actually learn more from losing than from winning," said Norgaard, 17. "You're always going to train the same way, whether you win or lose. It's not a good goal to say you want 20 or 30 wins. Ideally you just want to put hard work into every hour of training. If I end up losing six times, I'm just as happy as if I've gone undefeated — providing I worked as hard as I could."

SPORT: WRESTLING

WEIGHT: 160 **CLASS:** Senior **AGE:** 17

LATEST ACCOMPLISHMENT

Was named Most Outstanding Wrestler at the Bergen Holiday tournament, picking up all five victories via first-period pins.

BACKGROUND

He has made a gradual progression in each of his years wrestling for St. Joseph. He posted a 21-6 mark as a freshman, 22-3 as a sophomore, and 30-2 as a junior. He's won both district and regional championships the last two years.

QUOTE

"Right before a match I get focused. I try not to be nervous. I think objectively of what I have to get done. It helps me keep my cool."

BERGEN

That work ethic comes from his coaches, whether it's at St. Joseph or his wrestling club. It also comes from working with his brother, Erik, who took the 125-pound title moments before he captured the 160-pound crown.

"I had a real good feeling after I saw him win," Karl Norgaard said.

"We've wrestled together for a long time. He's 14, but he's equally as knowledgeable about wrestling as I am. There are so many moves you can make on the mat. I can go to him and ask him his advice about something and he can always come to me."

His younger brother's help is just part of the support system his family provides Norgaard. His parents, Gary and Donna, as well as his other siblings, Mark, 10, and Kristin, 9, all come to his matches and encourage him to be better. Mark, in fact, has begun wrestling, working out with his older brothers.

"I owe a lot of what I'm able to do to my mom," said Norgaard, a Leonia resident. "The Edge [wrestling club] is 45 minutes away and she was always driving us down there a couple of days a week before I got my car. My whole family is supportive that way."

Norgaard's top choice for college is Harvard. Pennsylvania, Princeton, Cornell, and Brown all have been courting him as well.

"You can only get so much out of actual wrestling," Norgaard said. "But, it gives you a frame of mind that makes you mentally strong about everything. In the future, I don't see myself as an Olympic wrestling champion, but I do see myself as a successful businessman. That's because of wrestling. You're taught to work hard and never quit."

Runners-up for Athlete of the Week are: **Don Pritzlaff** of Lyndhurst, **Mark Sassaman** of Bergen Catholic, and **Pete Weiss** of Northern Valley at Demarest for wrestling; **Jessica Murphy** of Saddle Brook and **Samantha Saunders** of Bergenfield for girls basketball, and **Jason Kane** of Rutherford for boys basketball.



KARL NORGAAARD
OF ST. JOSEPH...