

Sat Dec 29, 1979

# Pascack Hills wrestlers win title

By Ron Fox

Correspondent

**HACKENSACK** — Brian O'Callahan shattered two wrestling causes last night when his high-riding style earned the Ridgewood senior a Bergen County Holiday Tournament championship.

In beating Fort Lee's Jim Angelidis, 2-0, in the 115-pound weight class, O'Callahan kept the Angelidis brothers of Fort Lee from winning back-to-back tournament championships.

O'Callahan's win also brought an end to a stirring charge by Fort Lee toward a team championship in the 20th annual competition. From there, four Pascack Hills wrestlers won titles to give their school a record sixth team championship, breaking the mark it shared with the Bergenfield High School teams of the 1960s. The Cowboys outscored Fort Lee 184-153½.

The four Pascack Hills champions were Jim Worthington, 122; Frank Inserra, 158; Jim Gravalis, 170; and Jack Inserra, 188.

The tournament's outstanding wrestler was North Bergen's Allen Pascual, who recorded two pins, two superior decisions, and one major decision in his five bouts. He competes in the 141-pound class.

O'Callahan had to defeat the two favorites at 115 pounds — Keith Misciagna of Pascack Hills and Angelidis.

Jeff Sgro of Hackensack recorded the most pins in the tournament, five.

**101 pounds**—A summer of weightlifting paid off for Steve Langone of Westwood, who handed Fort Lee's Mark Laverdure a 17-4 defeat. Langone, a senior, caught Laverdure in a cradle at the beginning of the second period which led him to record seven back points.

**108 pounds**—All-Bergen second-team

choice George Angelides of Fort Lee upset last year's first-teamer Andy Shapiro of Demarest 3-1 in a match that saw both wrestlers benefit from bottom positions. Shapiro, a dominant figure until the final match, scored an escape for a 1-0 lead but lost on a reversal with 1:17 left.

**115 pounds**—Brian O'Callahan rode out Fort Lee's Jim Angelides the entire third period to gain a 2-0 win. The match was scoreless until 21 seconds into the second period, when O'Callahan spun loose for an escape. The Ridgewood senior added a riding-time point.

**122 pounds**—There may have been something wrong with Jim Worthington's right hand but the Pascack Hills wrestler wouldn't let anyone learn the truth until his final bout was over. With his hand and thumb bandaged because of an injury in his first-round match, Worthington recorded a takedown with 26 seconds left in his title bout with Ted DiGuilmi of North Bergen and finished with a 3-0 win.

**129 pounds** — Joe Carmichael followed his brother Bob's 1978 title with one of his own on a workmanlike 5-3 win over Ed Diaz of Hackensack. The Paramus senior, well-rested from a first-period pin victory in the afternoon, took down Diaz twice and escaped once while in control most of the match.

**135 pounds** — North Bergen's John Crowley proved his worth as a counter-wrestler in defeating Hackensack's Lester Burrell 5-2. Burrell continually took the match to Crowley, who turned those charges into near-misses. Crowley clinched the win with two reversals in the third period, the last with five seconds remaining.

**141 pounds** — Allen Pascual didn't worry about his opponent's two previous bouts — two pins and two shutouts. "I just wrestle my style," the North Bergen senior said after

stunning Dale Creamer of Pascack Hills 26-2. Pascual used three whizzers for 13 back points.

**148 pounds** — Mark Cannon's victory was not assured until he recorded a takedown with two seconds remaining to defeat Dean Kostantakis of Fort Lee, 4-1. The two traded escapes before Ramapo's Cannon was awarded a stalling point midway through the final period.

**158 pounds** — With defending champion Rob Young of Paramus out with a knee injury, this title went to Frank Inserra of Pascack Hills. Inserra, outstanding throughout the tournament, gained a quick takedown against Fort Lee's Jeff Friedman, who quickly reversed him. From there, Inserra dominated with speed and strength for a 10-2 victory.

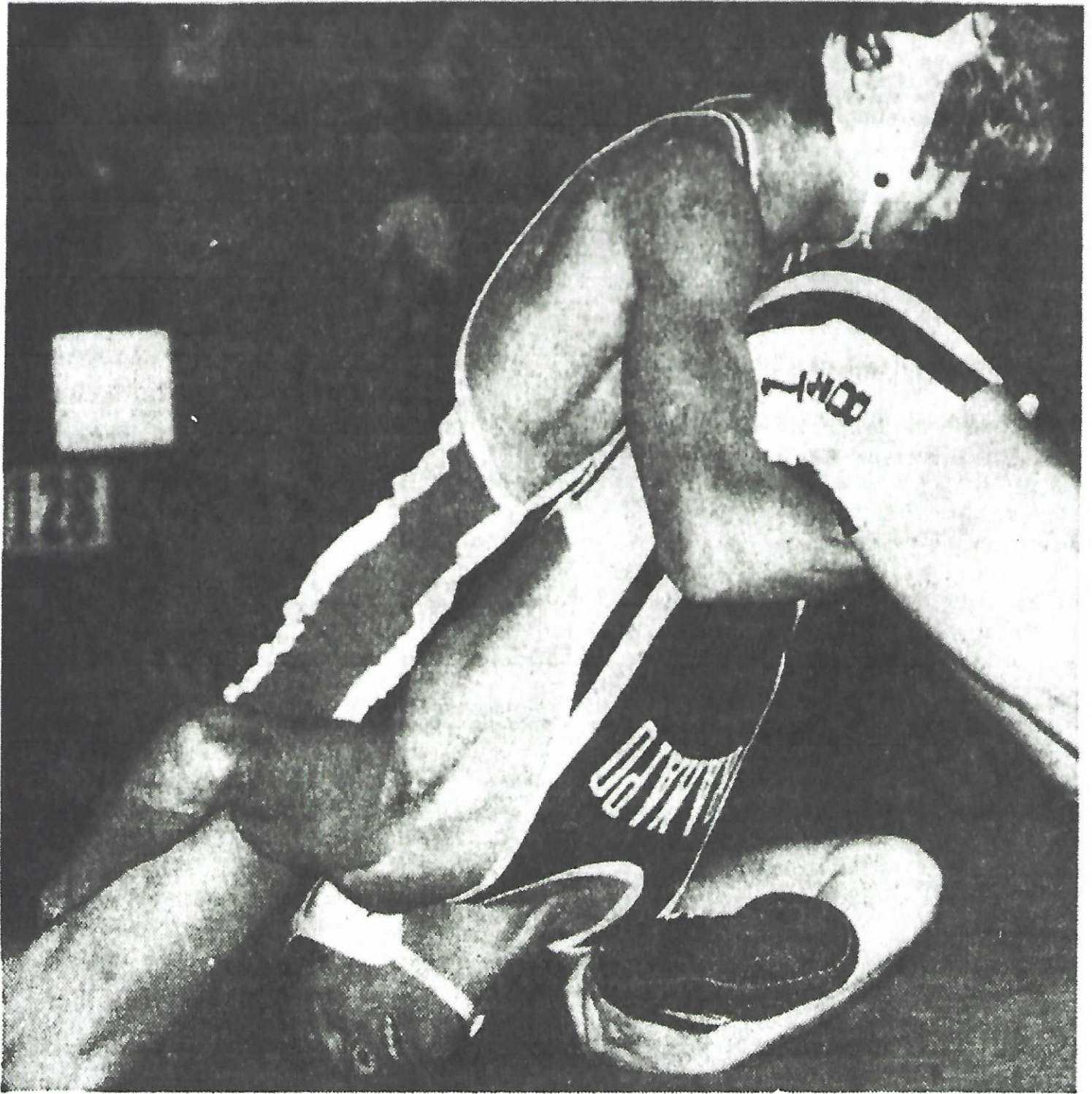
**170 pounds** — Jim Gravalis turned to his specialty, the cross-face cradle, to subdue Bogota's impressive Mike Carroll with a pin in 2:19. The Pascack Hills senior, coming off a bruised knee, had been using arm bars through most of the tournament and claimed this was the first cradle he made stick in his five tourney matches.

**188 pounds** — Far from the mismatch that might have been predicted, Jack Inserra of Pascack Hills barely eked out a 2-0 win over Paramus's Doug Rotella. Rotella, who lost two weeks ago to Inserra, 11-4, wrestled much tighter and made fewer mistakes. Inserra's escape with 1:36 left in the second period made the difference.

**Unlimited** — Jeff Sgro, a dominant figure in his Hackensack home blue uniform in the afternoon, returned in his traveling yellow to romp 9-0 over Joe Ryan of River Dell. The 245-pound Sgro relied mainly on arm bars and a weight advantage to subdue Ryan.

Summaries, on C-10.

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Staff photo by Peter Monsees

*Ramapo's Mark Cannon may feel low at this moment of his 148-pound semifinal against Bob Meier of Pascack Hills, but he won 7-6.*

# H.S. wrestling summaries

## Bergen Holiday Tournament

### Hackensack Satellite

#### FIRST ROUND

101—Keith Johnson, PR, pin Eric Hillke, IH, 120, Mark Laverdure, FIL, pin Sam Ghattari, Para, 139, Dave Madonia, RD, dec Ron Guerra, NH, 5-3, Tom Velez, Hack, pin Steve Muller, SB, 3:17, Jeff DiCicco, BC, dec Arnie Natoli, SJR, 13-0, Steve Langone, West, dec Lou Battaglia, PP, 7-0, David Slater, Eng, pin Mike Lazar, Tea, 1:25, Dan McHugh, Dum, pin Tony Marotta, Ruth, 3:25  
 100—Jim Purcell, SJR, bye, Tony Oliveri, Para, pin John Shalhoub, BC, 3:17, Kevin Valle, Hack, dec Paul Dougherty, PR, 12-10, George Angelidis, FIL, pin Dave Pepe, NH, 5:19, Pete Reist, RD, pin Tony D'Amico, SB, 3:21, Mark Chase, PP, dec Guy Cerina, Eng, 21-2, Andy Jackenthal, Dum, dec Bob Miller, Tea, 4-3 (overtime), Harry DeBari, West, bye  
 115—Brian Barthold, Para, dec Larry Lee, Tea, 18-4, Mark Sutherland, PP, dec Brian Burns, IH, 7-1, Jim Angelidis, FIL, dec Jeff Sisti, PR, 12-0, Scott Allmers, Dum, pin Arnel Isaga, Eng, 1:53, Rich Earls, SJR, dec Bob Heaney, RD, 6-2, Glen Judge, NH, dec Dan Abel, BC, 10-3, Jeff Parisi, Hack, dec Jim Wagner, West, 5-4, Joe Caulfield, SB, bye  
 122—Terry Regan, RD, pin Tim O'Keefe, West, 3:20, Adam Hartmann, FIL, dec Mike Tritto, SB, 8-0, Mustafa Prodanni, Hack, dec Kirk Fovle, NH, 22-2, Matt Salenberg, SJR, dec Ari DiStasi, PR, 11-1, Rodney Henry, Eng, dec Bob Arnold, Ruth, 4-3, Andy Ehlers, Para, pin Bill Barca, Dum, 3:33, Jorge Cruz, PP, pin Luis Lopez, Tea, 3:45, Mike Hillke, IH, pin Herb Houghton, BC, 1:33  
 129—Jesse Sanchez, FIL, dec Dan Hillke, IH, 9-8, Dom Ryan, BC, pin Pat Savers, PR, 3:45, Dave Terriss, NH, dec Redloff West, 5-1, Ed Diaz, Hack, dec Mike Esposito, RD, 14-2, Mark Fisco, Tea, dec Dave VanOsten, Ruth, 13-6, Jason Lustig, Eng, dec Kevin Gianaleppo, Dum, 7-4;

Joe Carmichael, Para, dec Larry Presta, SRJ, 14-0, Joe Battaglia, PP, bye  
 135—Lester Burrell, Hack, dec Mike Feorenzo, Para, 11-1, Dave Cobianni, SB, pin John Iacoponi, NH, 2:54, Jim Martin, West, dec Paul Sbarbaro, SJR, 16-10, Rick Stadelmann, BC, pin Kyle Marling, Eng, 1:57, Lou Intorre, Dum, dec Nick Moore, Ruth, 18-1, Russ Johnson, PR, dec Joe Bava, RD, 7-5, Vanva Boianovic, FIL, pin Dave Hoffman, IH, 3:10, Brian Furman, Tea, dec Kevin Murphy, PP, 7-2  
 141—Jim Farinaro, PR, dec Mike Crooks, Ruth, 19-5, Rich Weiler, NH, won by default over Pete Downs, SJR, Harry Kalimtzis, PP, dec Rob Petressa, FIL, 5-1, John Chanas, Tea, pin Rich Madison, Dum, 5:08, Ross Levy, Hack, dec Mike Dorr, IH, 3-1, Steve McGinty, RD, dec Paul Wiegartner, BC, 11-0, Paul McGann, West, pin Garwin Francis, Eng, 3:42, Bruce Chrobak, SB, dec Jim Weber, Para, 9-8  
 148—John Butto, BC, pin Tom Zarzycki, NH, 2:36, Dean Kostantakis, FIL, pin Paul Mastropietro, SJR, 5:54, Eamonn Chin, Hack, dec Earl Kieger, RD, 6-1, David Griffith, Para, dec Tom Zangara, SB, 4-2, Peter Lewis, PR, pin Angelo Michaels, Teaneck, 1:11, Ron Martucci, PP, dec John Marzocco, Dum, 11-7, Todd Schlenker, IH, dec Kevin Dermond, West, 6-1, Brian Marotta, Ruth, dec Tom Petracchia, Eng, 14-1  
 158—Chris Marren, SB, dec John List, SJR, 14-2, Roy Wheeler, BC, pin Paul Searfoss, West, 3:26, Dave O'Hanna, RD, dec Alvin Ellis, Hack, 8-4, Rob Young, Para, pin Mark Leonard, PR, 0:50, Mark Duff, Ruth, dec Danny Connolly, PP, 11-6, Jeff Friedman, FIL, dec Tony Guerriero, IH, 11-2, Chris Brancato, Tea, pin Brian Grant, Eng, 3:34, Kevin Cottrell, Dum, bye  
 170—Tim Doherty, BC, pin Alfred Ahl, Tea, 0:57, Jack DuBose, Hack, dec Ken Thimmel, SB, 4-2, Jeff Cochran, West, pin Jim Byrne, RD, 9:34, Tony Feorenzo, Para, dec Bill Friend, FIL, 16-8, Bill Georgas, NH, pin Ralph LaRosa, Ruth, 1:17, Wall Cannon, Eng, pin Joe Bossworth, PR, 0:37, Mike DeJonge, IH, pin Vince Karabalsos, PP, 4:23, Joe

Shannon, Dum., bye  
 188—Nick Casbar, PP, pin Vince McCarthy, BC, 0:53, Eakmond Grant, Tea, pin Chris Cumbv, RD, 1:09, Mark Pedenza, West, dec Frank Codev, NH, 9-0 (overtime), Eric Bernstein, FIL, pin Doug Rizzi, Eng, 1:40, Chuck Meyer, Ruth, pin Tony Lupardo, PR, 1:59, Doug Rotella, Para, dec Vince Trovini, Hack, 11-3, Frank LaGuardia, SB, pin Medhat Armanious, Dum., 0:25, John McFadden, IH, bye  
 Unlim.—Mark Banz, IH, bye, Bob Wright, Para, dec Rich Friend, FIL, 5-7, Jeff Spro, Hack, pin Patrick Coleman, West, 1:50, Scott Stevenson, Dum, pin Steve Steele, BC, 3:09, Joe Pallotta, PP, bye, Edwin Reed, Eng, dec Jeff Locke, Tea, 4-1 (overtime), Joe Ryan, RD, pin Guy Lafore, SJR, 1:55, Bill Hyman, SB, bye

#### SECOND ROUND

101—Laverdure pin Johnson, 4:50, Velez dec Madoni, 5-0, Langone pin DiCocco, 1:42, Slater dec McHugh, 11-3  
 100—Olivieri pin Purcell, 1:03, G Angelidis pin Valle, 1:00, Reist dec Chase, 9-4, Jackenthal pin DeBari, 3:42  
 115—Sutherland dec Barthold, 17-4, J Angelidis dec Allmers, 6-0, Judge dec Earls, 8-3, Parisi pin Caulfield, 0:58  
 122—Hartmann dec Regan, 17-0, Prodan dec Salenberg, 12-4, Ehlers pin Henry, 3:10, Hillke pin Cruz, 3:15  
 120—Sanchez pin Ryan, 5:59, Diaz pin Terris, 1:51, Lustig dec Fisco, 6-0 (overtime), Carmichael dec Battaglia, 25-2  
 135—Burrell pin Cobianni, 5:22, Martin pin Stadelmann, 4:10, Intorre dec Johnson, 26-7, Boianovic pin Furman, 1:25  
 141—Farinaro pin Wheeler, 3:26, Kalimtzis pin Chanas, 5:11, Levy pin McGinty, 1:22, McGann dec Chrobak, 8-1 (overtime)  
 148—Kostantakis dec Butto, 9-3 (overtime), Chin pin Griffith, 5:27, Lewis pin Martucci, 2:50, Schlenker dec Marotta, 14-1  
 158—Wheeler dec Marren, 9-8, Young dec O'Hanna, 8-1, Friedman dec Duff, 16-0, Cottrell dec Brancato, 17-8  
 170—Doherty dec DuBose, 23-7;

Cochran dec Feorenzo, 13-2, Georgas pin Cannon, 3:16, Shannon dec DeJonge, 10-0  
 188—Casbar pin Grant, 3:53, Bernstein dec Pedenza, 24-2, Rotella pin Meyer, 5:05, McFadden dec LaGuardia, SB, 12-3  
 Unlim.—Banz dec Wright, 8-7, Spro pin Stevenson, 1:05, Reed pin Pallotta, 5:14, Ryan pin Hyman, 5:00.

#### QUARTERFINAL ROUND

101—Laverdure dec Velez, 6-2, Langone pin Slater, 5:42  
 100—G Angelidis dec Oliveri, 23-7; Jackenthal dec Reist, 7-9  
 115—J. Angelidis dec Sutherland, 4-2, Judge dec Parisi, 8-3  
 122—Prodan dec Hartmann, 5-0; Ehlers pin M Hillke, 1:45  
 129—Diaz, pin Sanchez, 5:16, Carmichael dec Lustig, 10-1  
 135—Burrell pin Martin, 2:15, Boianovic pin Intorre, 2:46  
 141—Kalimtzis dec Farinaro, 18-2, Levy dec McGann, 10-1  
 148—Kostantakis dec Chin, 17-4, Lewis pin Schlenker, 1:29  
 158—Young pin Wheeler, 5:52, Friedman pin Cottrell, 3:57  
 170—Doherty dec Cochran, 14-10, Shannon pin Georgas, 1:26  
 188—Bernstein dec Casbar, 17-10, Rotella dec McFadden, 17-6  
 Unl.—Spro pin Banz, 1:17, Ryan won by default over Reed

### Fair Lawn Satellite

#### FIRST ROUND

101—Rob Wright, FLn, bye, Steve Hill, NM, dec Tom Frasse, OT, 7-2, Scott Kelley, PH, pin Mike McIndoe, Bog, 4:40, John Rotolo, Bect, dec Jeff DeLucia, Rama, 10-8, Shinya Ohno, Rdg, bye, Tom Flynn, NB, dec Mike Blach, Ten., 11-1, Mark Carlson, Cress, dec Pete Mackey, PC, 8-2, Eric Beyer, PV, bye  
 100—Matt Cambra, Rams, bye, Bill Hammarstrom, Cress, pin Vince Bellizzi, Bect, 5:39, Tom McKnight, PC, dec Joe Romano, FLn, 10-1, Gerard Kerr, Bog, bye, Bill Lyons, NB, bye, Andy Shapiro, Dem, pin Connor Meeth, Rama, 0:30, Andy Alfano, Bof, dec Jerry Russano, PV, 5-3, Tim Davis, PH, bye  
 115—Brian O'Callahan, Rdg, dec Rich Scheinert, Ten., 4-0, Larry Dipa, Dem, pin Scott Sadora, PC, 3:00, John Cannon, Rama, pin Mike Palmario, PV, 1:40, John Felter, Bog, dec Mike Greenshields, Rams, 16-4, Bob Rotolo, Bect, dec Ron Alvarez, Bof, 14-0, Rick Lolacomo, OT, pin Jim Saunders, Cress, 0:45, Steve Trioglio, NB, dec Andy Silverstein, FL, 12-3, Keith Misciagna, PH, bye, 122—Ted DiGuilmi, NB, bye, Bill

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Carlson, Cress., dec. Charlie Cromwell, R., 4-0, Kelley Spillane, OT, dec. Joe Striegel, PC, 15-0; Jim Redding, NM, dec. Paul DeRosa, Bect., 10-2; Bill Juchnewich, FL, bye, Tim Leonard, Rama, pin Wally Chruby, Dem., 4:34, Jim Worthington, PH, dec. Joe Conti, Bgf., 8-0, Neil Lein, PV, bye.  
129—Kenny Liss, FL, dec. Frank Marzigliano, PC, 3-1, Len Renne, Rama, pin Jon Morgan, Ten., 1:10; Kurt DeLorenzo, NB, dec. Rich Alvarez, Bgf., 8-7; Tom Worthen, NM, pin Mike Pagliuca, Cress, 0:54, Jim Shortway, Rams., pin Glenn Pareti, Bect., 3:31, Greg Henig, OT, dec. Steve Perini, PV, 6-0 (overtime), Len Durkin, PH, dec. Dan Smith, Rdg., 14-0, Bruce Kudryk, Dem., bye.  
135—Tom Miuccio, Bgf., pin Dan Gordon, Tena, 1:30; Rob Rottingen, PH, dec. Bill Hess, OT, 16-1, John Crowley, NB, Pete Darata, PC, 1:50; Glenn Weisiger, Rama, dec. Paul Cunningham, Cress, 12-0; Cary Dash, PV, dec. Don McSherry, NM, 17-4, Doug Romano, Rdg., dec. Dom Branda, Bgf., 16-1, Joe Mandara, Rams., pin Steve Haines, Bect., 2:43; Rich Dougan, FL, bye.  
141—Allen Pascual, NB, pin Ken Patton, Rama, 2:40, Chip Trayner, Ten., dec. John O'Connor, PC, 17-0, Rich Keuranian, OT, pin Scot Anderson, FLn, 3:25, Bill Duso, Rams., pin Jim Casper, PV, 2:40, Dale Creamer, PH, pin Leon Winkle, Bect., 3:08; Brian Lowell, NM, dec. Jim Swatek, Dem., 7-3, Len Strobel, Cress, dec. Tony Marsilio, Bgf., 8-2, Pete Bilder, Rdg., dec. Pat Horn, Bgf., 10-0.  
148—John Bott, NB, pin Don Murphy, Bect., 1:34, Bob Meier, PH, pin Rob Greff, PC, 1:13, Pete Scanlon, Dem., dec. Jon Forstot, NM, 6-2, Lou Redbord, FL, pin Jack Sheekey, Rams., 5:29, Dan Spina, Cress, dec. Bob Perini, PV, 16-6, Peter Papathanasiou, Bgf., pin Doug Savove, OT, 4:13, Doug Cook, Bgf., pin Rich Popp, Ten., 2:47, Mark Cannon, Rama, bye.  
158—Mike Garval, FL, pin Jeff Creamer, PC, 3:59, Dan Sullivan, Bgf., pin Tom Kull, Ten., 1:47, Frank Inserra, PH, pin Dave Duraski, OT, 4:54, Andy Tarvin, Rdg., dec. Walt Penny, PV, 4-2, Glen Haley, NB, pin Mark Veserv, NM, 1:21, Glenn Taylor, Rams., pin Dave Bradbury, Dem., 1:26, Craig Shaw, Rama, bye.  
170—Matt Rotella, FLn, bye, Ken Nasse, Cress., pin Eric Herskowitz, Ten., 0:49, Hank Belcolle, Rams., pin Al Gonzalez, Bgf., 0:36, Jim Gravalis, PH, pin Bob Green, Rama, 1:13, Mike Gomez, Rdg., dec. Steve Olmo, OT, 7-2, Mike Carroll, Bogo, pin Phil Milo, NM, 1:39, Ralph Morse, Dem., pin Rene Quintero, NB, 1:59, Gordon Bonin, PV, bye.  
188—Brian Trava, Rama, bye, Angel Meneses, OT, dec. Keith Ryan, FLn,

9-0; Jack Inserra, PH, pin Tom Bonerbo, PV, 0:57, John Guerriero, Bgf., pin Perry Zlotkin, NB, 4:40, Chris Golabek, Bect., pin Keith Kennelly, 4:29, Paul Angresano, Dem., pin Joe Buffner, Bgf., 1:44, Mark Wiley, Cress., pin Tim Gallagher, Rams., 1:35, Mario Ferraro, Rdg., bye.  
Unlim.—Rich Bowers, PV, bye, Doug Eisemann, Dem., pin Bruce Krug, FL, 1:59, Santo Munafò, PC, dec. Marty Seitz, Cress, 5-4, Mike Yenke, Rams., pin Jim Juliano, NB, 1:57; Russ Leitch, Bect., bye, Don Merino, Ten., dec. Chris LaRocca, PH, 3-2; Dan Eckstein, Bgf., pin Art Sattely, NM, 2:40, Gene Margroff, Rama., bye.

### SECOND ROUND

101—Wright pin Hill, 1:22; Rotolo dec. Kelley, 4-3, Flynn dec. Ohno, 9-4, Bever dec. Carlson, 14-4.  
108—Hammarstrom pin Cambra, 3:19; McKnight dec. Kerr, 11-10; Shapiro pin Lyons, 0:47; Davis dec. Alfano, 9-0.  
115—O'Callahan pin Digia, 1:56, Cannon dec. Felter, 5-4, Rotolo pin LaIacona, 3:44; Misciagna dec. Trifoglio, 8-1.  
122—Di Guilmi pin Carlson, 4:36, Spillane dec. Redding, 14-1, Juchnewich dec. Leonard, 4-2; Worthington dec. Lein, 13-1.  
129—Renne dec. Liss, 4-2, Worthen pin DeLorenzo, 1:59, Shortway pin Henig, 3:23, Durkin pin Kudryk, 3:23.  
135—Rottingen pin Miuccio, 5:55, Crowley dec. Weisiger, 6-0; Dash dec. Romano, 11-4, Mandara dec. Dougan 7-3.  
141—Pascual pin Trayner, 4:45, Keuranian dec. Duso, 16-3, Creamer dec. Lowell, 8-0, Bilder pin Strobel, 3:28.  
148—Meier dec. Bott, 6-3, Redbord pin Scanlon, 5:41, Papathanasiou pin Spina, 1:09, Cannon pin Cook, 5:27.  
158—Sullivan dec. Garval, 6-0, F Inserra pin Tarvin, 1:34, Musikant pin Haley, 3:16, Shaw dec. Taylor, 9-5.  
170—Nasse dec. Rotella, 10-4, Gravalis pin Belcolle, 4:17, Carroll pin Gomez, 5:25, Morse pin Bonin, 5:15.  
188—Trava pin Meneses, 2:29, J Inserra dec. Guerriero, 13-2, Angresano pin Golabek, 1:37, Ferraro pin Wiley, 2:32.  
Unlim.—Eisemann pin Bowers, 3:05, Yenke pin Munafò, 3:02, Merino pin Leitch, 0:54, Eckstein pin Margroff, 1:10.

### QUARTERFINAL ROUND

101—Rotolo pin Wright, 5:39, Flynn dec. Bever, 10-8.  
108—McKnight dec. Hammarstrom, 11-0, Shapiro pin Davis, 1:14.  
115—O'Callahan dec. Cannon, 11-1, Misciagna dec. Rotolo, 4-3.  
122—Di Guilmi dec. Spillane, 9-2, Worthington dec. Juchnewich, 8-4.

129—Worthen pin Renne, 4:49; Shortway dec. Durkin, 6-4.  
135—Crowley dec. Rottingen, 15-3; Mandara dec. Dash, 10-5.  
141—Pascual dec. Keuranian, 17-6; Creamer pin Bilder, 3:20.  
148—Meier dec. Redbord, 15-1, Cannon pin Papathanasiou, 5:38.  
158—F Inserra dec. Sullivan, 12-2; Musikant pin Shaw, 1:50.  
170—Gravalis pin Nasse, 5:04, Carroll dec. Morse, 11-6.  
188—J Inserra pin Trava, 2:29, Ferraro pin Angresano, 4:50.  
Unlim.—Eisemann dec. Yenke, 6-2; Merino pin Eckstein, 3:00.

### SEMIFINAL ROUND Sat 12-29

101—Laverdure dec. Flynn, 12-2; Langone pin Rotolo, 4:56.  
108—Shapiro dec. Jackenthal, 16-1; G Angelidis dec. McKnight, 8-1.  
115—J Angelidis dec. Judge, 6-2; O'Callahan dec. Misciagna, 3-2.  
122—Worthington dec. Prodari, 4-2; Di Guilmi dec. Ehlers, 13-4.  
129—Diaz dec. Shortway, 35-7; Carmichael pin Worthen, 0:52.  
135—Crowley dec. Boianovic, 7-4; Burrell dec. Mandara, 8-6.  
141—Pascual dec. Levy, 21-0; Creamer dec. Kalimitzis, 6-0.  
148—Cannon dec. Meier, 7-6, Kostantakis dec. Lewis, 10-6.  
158—Friedman won by forfeit over Young, F Inserra dec. Musikant, 22-2.  
170—Gravalis dec. Doherty, 7-3; Carroll dec. Shannon, 11-8.  
188—J Inserra pin Bernstein, 0:37; Rotella dec. Ferraro, 11-0.  
Unl.—Sgro pin Merino, 3:34, Ryan pin Eisemann, 1:05.

### CONSOLATION ROUND

101—Rotolo pin Flynn, 0:52.  
108—Jackenthal dec. McKnight, 6-2.  
115—Misciagna dec. Judge, 7-2.  
122—Ehlers dec. Pradani, 3-0.  
129—Worthen dec. Shortway, 22-6.  
135—Mandara dec. Boianovic, 7-3.  
141—Levy dec. Kalimitzis, 5-1.  
148—Meier dec. Lewis, 2-1.  
158—Musikant won by default.  
170—Doherty dec. Shannon, 5-2.  
188—Ferraro pin Bernstein, 4:06.  
Unlim.—Merino dec. Eisemann, 8-5.

### CHAMPIONSHIP ROUND

101—Langone dec. Laverdure, 17-4.  
108—G Angelidis dec. Shapiro, 3-1.  
115—O'Callahan dec. J Angelidis, 2-0.  
122—Worthington dec. Di Guilmi, 3-0.  
129—Carmichael dec. Diaz, 5-3.  
135—Crowley dec. Burrell, 5-2.  
141—Pascual dec. Creamer, 26-2.  
148—Cannon dec. Kostantakis, 4-1.  
158—F Inserra dec. Friedman, 10-2.  
170—Gravalis pin Carroll, 2:19.  
188—J Inserra dec. Rotella, 2-0.  
Unl.—Sgro dec. Ryan, 2-0.

# PH's Rehain learned well

By Ron Fox  
Correspondent

Bucky Rehain's coaching career at Pascack Hills began in 1967, when Sal Cascio's was at its peak. The old master and his former student reached new heights within hours of each other Saturday night.

Cascio, who guided Bergenfield to 52 consecutive victories in dual meets, four straight unbeaten seasons and four of its five Bergen County Tournament titles, was honored along with former Fair Lawn coach Dan DeLuca for contributions to wrestling. Three hours later, Rehain's team won a record sixth County title.

Cowboys Jim Worthington, Frank Inserra, Jack Inserra and Jim Gravalis won championships Saturday to take the tournament trophy despite challenges from Fort Lee and Hackensack. Pascack Hills finished with 184 points to 153½ for Fort Lee and 127½ for Hackensack.

"It was that great year, when he had seven champions in the County Tournament," Rehain said. "I thought we could never, ever have a team like that."

Rehain's Cowboys were competing in the Montclair Tournament in those days, so they were lucky to escape being mauled by Cascio's legendary Bergenfield squads. That was fine with Rehain.

"Sal called me and asked if we wanted to wrestle his team," Rehain said. He respectfully declined that offer, but a friend talked him into taking Cascio up on it.

The meeting isn't easily forgotten. "We got beat on JV, on the freshman level and varsity. Their kids came at us like steamrollers," Rehain said.

Rehain's teams began churning out the impressive victories shortly after getting that baptism of fire.

The next year, the Cowboys broke the Bears' winning streak and they've won the County Tournament six times in eight seasons.

Hackensack had roared out of its own satellite's first round with eight winners, six on pins and one on a superior decision, but heavyweight Jeff Sgro was the only Comet to go all the way.

North Bergen, after a strong start in the Fair Lawn satellite, slipped to fourth place. The Bruins' often spectacular Allen Pascual, a junior, was named the tournament's outstanding wrestler after winning the 141 title 26-2.

Pascual, teammate John Crowley, Fort Lee's George Angelidis, Gravalis and last year's outstanding wrestler, Mark Cannon of Ramapo, all repeated as champions. Sgro, who earned the award for most pins with five and who needed only 12 minutes and 48 seconds to win six bouts, was a runnerup a year ago.

NOTES — It doesn't necessarily take a team championship to cheer some coaches. One of the broadest smiles belonged to John Dizenzo, who has built up Bergen Catholic's program. "We finished 11th!" he shouted proudly.

Bill Savage, who was supposed to have lost most of his defending championship team, still guided Paramus to fifth place. The Spartans were minus the State's No. 3 148-pounder of last year, Rob Young, because of stretched knee ligaments.

Rehain calls BC sophomore Tim Doherty "an up and coming star." Doherty, who excelled as a defensive lineman on BC's Parochial A North state champion football team, can't get away from offensive linemen. He wrestled standout centers back to back — all-Bergen pick Gravalis and second-team Bergen County Scholastic League American Division choice Joe Shannon of Dumont.

Pascack Hills needed some help at 101 until younger wrestlers developed, so senior Tim Davis came out of retirement to help the team.

Ridgewood's Brian O'Callahan won at 115. Hard work breeds champions. Several coaches mentioned the summer of dedication turned in by Westwood's Steve Langone, the 101 winner.

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# Bergen County Tournament

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Dec 29  
1979

## FINALS

101—Steve Langone, Westwood,  
dec. Mark Laverdure, Fort Lee, 17-4.

108—George Angelidis, Fort Lee,  
dec. Andy Shapiro, Demarest, 3-1.

115—Brian O'Callahan, Ridgewood,  
dec. Jim Angelidis, Fort Lee, 2-0.

122—Jim Worthington, Pascack  
Hills dec. Ted DiGuilmi, No. Bergen,  
3-0.

129—Joe Carmichael, Paramus,  
dec. Ed Diaz, Hackensack, 5-3.

135—John Crowley, No. Bergen,  
dec. Lester Burrell, Hackensack, 5-2.

141—Allen Pascual, No. Bergen,  
dec. Dale Creamer, Pascack Hills,  
26-2.

148—Mark Cannon, Ramapo, dec.  
Dean Kostantakis, Fort Lee, 4-1.

158—Frank Inserra, Pascack Hills,  
dec. Jeff Friedman, Fort Lee, 10-2.

170—Jim Gravalis, Pascack Hills,  
pin Mike Carroll, Bogota, 2:19.

188—Jack Inserra, Pascack Hills,  
dec. Doug Rotella, Paramus, 2-0.

Unlim.—Jeff Sgro, Hackensack,  
dec. Joe Ryan, River Dell, 2-0.

**TEAM SCORES:**Pascack Hills 184,  
Fort Lee 153½, Hackensack 127½,  
North Bergen 97, Paramus 94½,  
Ramapo 55, Demarest 51, Dumont  
50, Westwood 50, River Dell 42, Ber-  
gen Catholic 37, Ramsey 36, Pali-  
sades Park 35, Ridgewood 35, Ber-  
genfield 28, Cresskill 26½, Bogota 25,  
Fair Lawn 24, Park Ridge 24, Engle-  
wood 22½, Old Tappan 21, Indian  
Hills 18½, Becton 18, Teaneck 16,  
Pascack Valley 9½, Paramus Catho-  
lic 8, Saddle Brook 8, New Milford  
6½, Northern Highlands 4, Ruther-  
ford 0, St. Joseph Regional 0, Tenafly  
0.

# Athlete of the Week

## *Brian O'Callahan of Ridgewood*

**By Ron Fox**  
Correspondent

Brian O'Callahan uses his exceptional quickness to thwart his opponents' thrusts and to take advantage of their defensive breakdowns. But the Ridgewood wrestler's improved mental approach has been the real key to his success.

He won the 115-pound title at the Bergen County Holiday Wrestling Tournament and The Record's Bergen County Athlete of the Week laurels because he has had the good sense to react positively to constructive criticism.

A year ago, O'Callahan wasn't nearly as tough-minded. Entering a tournament with accomplished wrestlers such as Keith Misciagna of Pascack Hills and Jim Angelidis of Fort Lee in his weight bracket would have been too much for him to handle.

"I'd get too nervous before a big match last year," he says. "This year, I've gotten my head together. I read a story in Sports Illustrated near the end of wrestling last year that said 80 percent of wrestling is mental. I believe that now."

He causes breakdowns now. Believing in himself enabled O'Callahan to support that theory in the Holiday Tournament.

"I knew there were a lot of very good wrestlers in my weight class. A lot of people said it was the toughest weight class in the tournament, but I told myself I was the best," O'Callahan says. He showed he was by upsetting Misciagna and Angelidis to win the title.

Ridgewood coach Rich Witte has another explanation for O'Callahan's self-assurance.

"He's always been in a tough weight class, so he's been through it all. Last year, he lost 7-1 to [Demarest's Andy] Shapiro, but the next time he lost by only one point. He went to Poland [on an AAU trip] and did a lot of wrestling there last summer. He faced a lot of good wrestlers and found out he really was in that class."

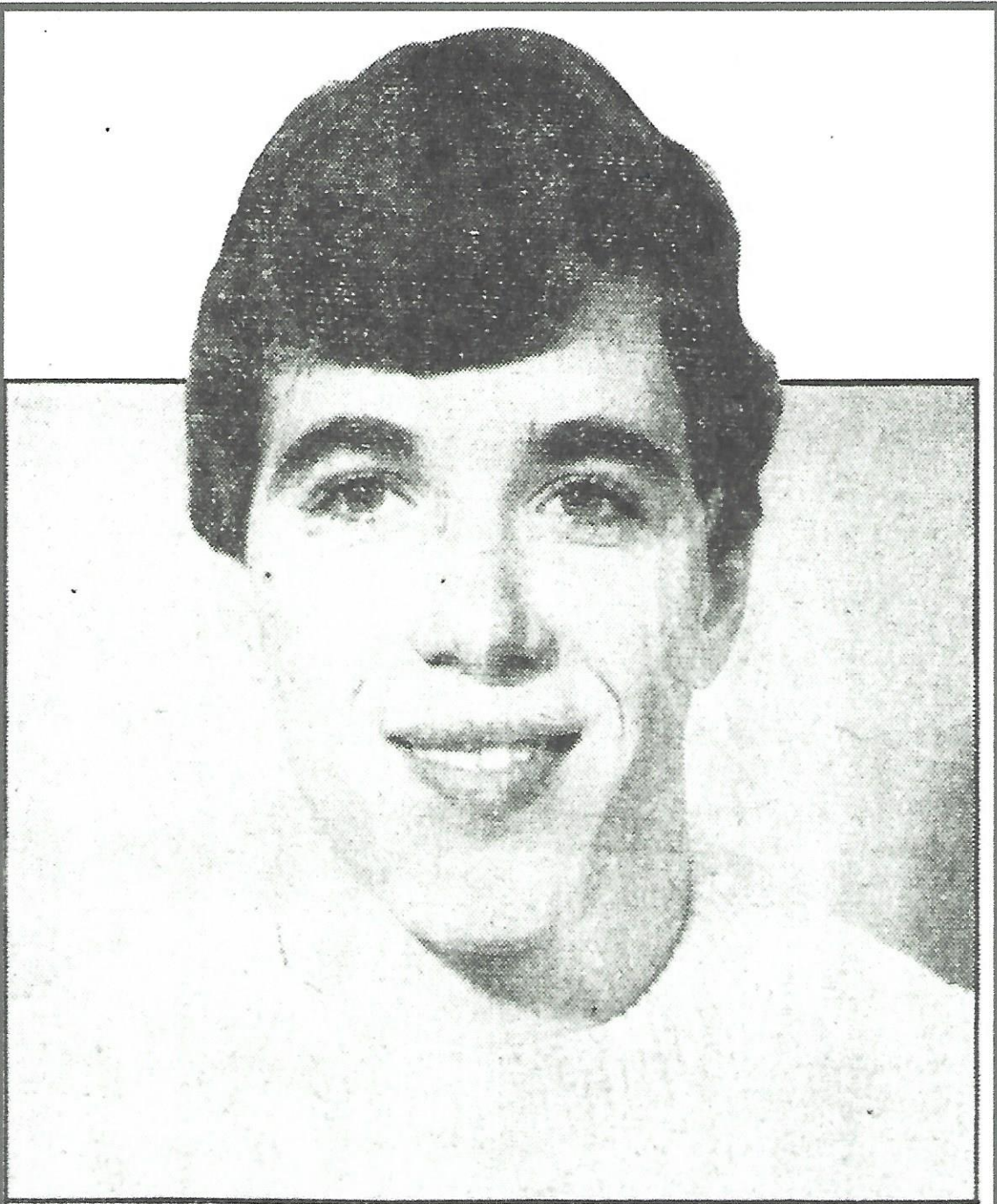
Witte raves about the attitude of his senior captain, and it is that willingness to listen to advice that has set O'Callahan apart.

"Spike Israel, a wrestling official, told me last year I needed to improve myself on my feet to get to the Sates," O'Callahan says. By joining the AAU trip, which featured freestyle [stand-up] wrestling, O'Callahan did more than satisfy an urge to travel.

He already had proven adept on the mat with 11-7 and 19-6 records during his two previous seasons at Ridgewood, but with better footwork and more confidence he seems ready to surpass last year's third-place finish in the regionals.

Fighting weight also is less of a problem. Up three weight classes from last year because of weightlifting and natural growth, the more mature O'Callahan has learned from his mistakes. "I started getting ready earlier this time. I started coming down [reducing] during soccer season. I was 130 pounds then."

From a 130-pound halfback on the powerful Ridgewood soccer team to a



**Brian O'Callahan**

County-champion 115-pound wrestler wasn't quite the difficult trip one might expect thanks to good planning. The same type of care is going into O'Callahan's future. He is looking into colleges that offer Air Force ROTC so that he can lay the groundwork for a future as a pilot. For the immediate future, however,

he'll continue trying to improve as a wrestler.

"I can't be satisfied with myself yet," O'Callahan says. "I have to work on every aspect of my game."

He's probably talking about the physical portion. The other 80 percent seems to be under control.