



## **Tom Gallione**

Tom Gallione has been a cornerstone of the Pascack Valley High School wrestling program for over two decades, making an indelible mark as both a coach and mentor. With 208 career wins—the most in school history—Tom’s leadership has turned Pascack Valley into one of the most competitive public school wrestling programs in Bergen County. Under his guidance, the team has won four league championships, a District 1 championship, and, most notably, the school’s first-ever State Sectional Championship in 2018.

Over the years, Coach Gallione has helped develop a legacy of individual and team success, coaching 26 District Champions, 2 Region Champions, 2 Bergen County Coaches Association (BCCA) Champions, and 2 individual State Medalists. His exceptional coaching has been recognized through numerous awards, including being named League Coach of the Year four times, District Coach of the Year twice, and Bergen County Coach of the Year.

In 2021, Tom transitioned from coaching to administration when he accepted the role of Assistant Principal at Pascack Valley High School. However, his dedication to wrestling has remained unwavering. As NJSIAA District Tournament Director (a position he’s held in 2018, 2019, 2024, and 2025), Tom plays a vital role in organizing one of the most important events in New Jersey wrestling. Tom has also served on the BCCA Tournament seeding committee for the past six tournaments.

Wrestling runs in the Gallione family. His father, Jim Gallione, was also a successful high school wrestling coach, and together, they share the distinction of being the only father-son duo to win the William F. Powley Service to Wrestling Award. Tom continues to pass down his love of the sport by coaching his son in the Pascack Valley Junior Wrestling program, ensuring that the tradition of mentorship and leadership in the sport lives on.

Tom has been fortunate to work alongside a remarkable group of assistant coaches who have contributed to the program’s success, including Jim Gallione, Ken Sarajian, Gary Beyer, Steve Schneider, and Frank Cagnina. The program’s success is a reflection of their collective effort and dedication.

Outside of wrestling, Tom’s wife Marisa and their three children, Alexa, Jack, and Harper, have been a constant source of support, allowing him to dedicate countless hours to the sport he loves. His family’s commitment has been instrumental in his ability to achieve the level of success he has as a coach.

Tom is deeply honored to receive this prestigious award from the BCCA, and he is grateful for the opportunity to contribute to the wrestling community at Pascack Valley and beyond.