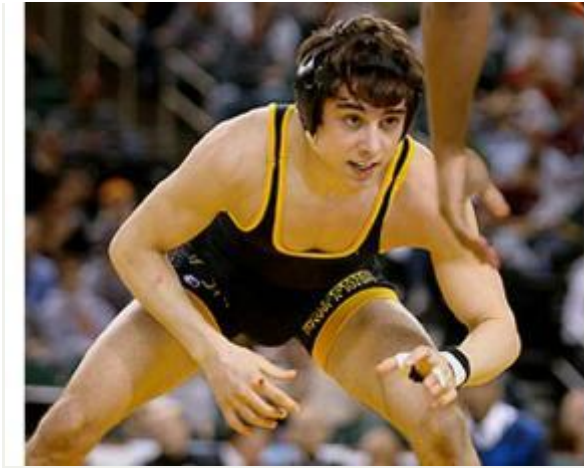


All-Decade Wrestling Team

Friday, June 11, 2010

THE RECORD

Wrestler of Decade



MAT-TIME Wrestlers highlighted in yellow

Frank Cagnina, Bergen Catholic/Queen of Peace (2010)

Cagnina won a State-record 164 matches (four losses), captured three State championships and finished third in the other, to go along with four BCCA, four district and four region championships. He won his final 84 matches.

Coach of the Decade

Stan Woods, Emerson/Park Ridge

He led the program to a 155-65-1 record and two sectional titles in the 10 seasons beginning in 1999-2000 and was voted the State Coach of the Year in 2007. He has 585 dual-meet wins, 16 short of the State record.

Program of Decade

Bergen Catholic

In the 10 seasons beginning in 1999-2000, the Crusaders won eight BCCA Holiday Tournament titles and seven North Non-Public A sectional titles. They also won back-to-back Non-Public A State titles in 2002 and 2003.

Moment of the Decade

Lodi's Jerry Rinaldi wins State championship, March 2003

It's not often you have 10,000 people chanting your name. But that's what happened to Rinaldi as he outdueled returning State champ Jeff Black of Absegami, 6-4, in two overtimes to win the Rams' first State championship in 59 years.

All-Decade Bergen

Lightweights

Bryan Nunziato, Bergen Catholic (2004): Just the fourth wrestler in history to win four BCCA Holiday championships. Nunziato won 141 matches and four State medals, including two seconds.

Fred Santaite, Northern Highlands (2007): Santaite was the first Highlander to win a State title when he won the 103-pound championship as a junior. He graduated in 2007 with a Bergen record 143 wins, two State medals, two BCCA titles and a win in the 2006 Beast of the East Tournament.

John Trumbetti, St. Joseph (2007): Trumbetti finished second twice and third once in the State tournament before a serious neck injury cut short his senior season. He still graduated with 136 wins, four BCCA titles, three districts and three regions.

Joe Trause, Bergen Catholic (2008): Trause is the only Bergen Catholic wrestler to take home two State titles, upsetting Trumbetti at 119 in 2006 and winning at 125 in 2007. He finished with a record of 120-18.

Vinny Fava, Don Bosco/Elmwood Park (2010): Fava was named first-team All-Bergen four times, won three State medals and finished 122-19. He won County, district and region titles as a senior, and capped the 2009 season by winning the Junior National Championship.

Middleweights

Ricky LaForge, Delbarton/Indian Hills (2001): LaForge won three State medals (two for Indian Hills), capping his career by winning the 125-pound State title in 2001. He earned 58 of his 102 victories in 2000 and 2001, winning BCCA, district and region championships in both years.

Chris Bitetto, Hackensack (2001): A State champ as a sophomore in 1999, Bitetto went on to finish second each of the next two years to Lenape's Dave Miller. He went 64-2 in those two years, finishing with a record of 130-4 and four State medals and four BCCA titles

Rory O'Donnell, St. Joseph (2004): O'Donnell was a two-time State medalist, capping his career by winning the 140-pound State title in 2004. A two-time BCCA, district and region champ, he finished with 112 wins.

Emmanuel Ajagbe, Bergen Catholic/Bogota-Weehawken (2009): Ajagbe became the first Bogota wrestler to win a State championship when he shocked Kittatinny's Troy Hernandez in overtime to win the 145-pound title as a senior.

Upperweights

Mike Massenzio, St. Joseph (2001): Massenzio won back-to-back State championships in 2000 and 2001, going 72-2 in that stretch and finishing with a record of 129-13, third in Bergen County history at the time.

Morgan Horner, Hasbrouck Heights (2001): Horner amazed the crowd at Continental Arena in 2001 when, wrestling with a broken nose, he pinned Chris Skretkowicz of Wallkill Valley to win the 189-pound State title. A two-time All-Bergen selection, he went 34-0 that year and finished with a record of 119-13 with 96 pins.

Jerry Rinaldi, Lodi (2003): One of the most dominant wrestlers from Bergen County, Rinaldi won the 2003 State championship at 189. A three-time State medalist, he won three BCCA and region titles and four districts, and finished with 127 wins.

Diego Crespo, Garfield/Paramus Catholic (2004): Crespo won the State heavyweight title in 2004 in a two-overtime thriller. He went 32-0 that year and finished with 105 wins.

Keith Dobish, Lodi (2006): Dobish set out to match Rinaldi's accomplishments at Lodi, but did him one better, winning the State championship at 189 in 2006 for his 128th victory to break Rinaldi's school record. He also finished third in 2005 to go along with three BCCA, district and region titles

Honorable mention: Jonathan Becker, Bergen Catholic; **Dan Rinaldi, Lodi**; Dave Greenwald, St. Mary; Dale Fava, Don Bosco; Cory Dunn, Rutherford; Ramel Meekins, Westwood; Rob Kaiser, Lodi; **Daryl Cocozzo, River Dell**; Dave Della Torre, River Dell; Mike Marotta, Wood-Ridge/St. Mary; Joe Butcher, Westwood; Anthony Dunkin, Bergen Catholic; Nick Brandreth, Emerson/Park Ridge; Spencer Kent, Bergen Catholic; **Ryan Fullam, Emerson/Park Ridge**; Derek Sickles, Bergen Catholic; Matt Morgenstern, Bergen Catholic; Joe Kover, Fair Lawn.

All-Decade Passaic

Lightweights

Mike Bastante, Passaic Valley (2006): Bastante was a four-time Passaic champ and three-time State place-winner, and graduated with 83 wins.

Colton Chalkley, Lakeland (2008): Chalkley won four Passaic titles and made three trips to the State tournament, which is an accomplishment when going through the tough Region 1. A two-time Region 1 champ, he also holds the school record for wins with 129.

Luke Rigoglioso, Wayne Valley (2009): Maybe the best wrestler to come out of Wayne Valley, Rigoglioso won four County titles and two districts while winning a school-record 129 matches.

Bryant Lighty, Passaic Tech (2011): Lighty won County titles his first three seasons and is 93-11 going into his senior year. He also won a district championship as a sophomore and junior, and went on to place second in the region the last two years.

Middleweights

Rob Vargo, Clifton (2001): Vargo was a two-time State place-winner, finishing third in 2000 and fifth in 2001. He won four Passaic and district titles and two region titles and graduated with 130 wins.

Craig Bleaken, Clifton (2003): The older sibling of the only set of brothers on the All-Decade list, Bleaken was a four-time Passaic County and district champ and three-time region champ. He graduated with 117 wins

Ken Perry, West Milford (2003): Perry won three County titles, four district and one region for the Highlanders while placing fifth in the state as a junior in 2002. He graduated with 118 wins.

Tom Fazio, Lakeland (2005): Fazio marked himself as one of the best wrestlers in Passaic by going 39-0 and winning the 145-pound State championship in 2005. A two-time County, four-time district and 2005 region champion, Fazio graduated with 120 wins.

Corey Bleaken, Clifton (2006): A two-time State medalist and three-time Passaic champion, Bleaken graduated with the most wins in Passaic County history with 143.

Bob Mathews, Pompton Lakes (2007): A three-time Passaic County champ, Mathews became the first wrestler in school history to break 100 wins and went on to finish with a school-record 124. He also won two State medals and a Region 1 title as a junior.

Ryan Dunphy, Passaic Valley (2010): Dunphy won a Passaic County record 156 matches. He won Passaic and District titles all four years, won the region his last two and reached Atlantic City all four times. He placed third there as a junior in 2009.

Upperweights

Frank Dugan, Passaic Valley (2005): Dugan rolled through his high school career by winning four County, district and region titles and placing fifth in the State tournament as a junior in 2004. He went 103-10 for the Hornets.

Rob Ragona, West Milford (2005): Ragona became the only State finalist in West Milford history. He went 36-1 that year and graduated with two County, district and region titles to his name.

A.J. Mott, DePaul (2010): Mott won County titles all four seasons and district titles three times. He won the tough Region 1 as a junior and placed second as a senior, and placed sixth in Atlantic City as a senior.

Honorable mention: Craig Wright, Passaic Valley; Chris Wright, Passaic Valley; Dan Stromberg, West Milford; Jason Franklin, Eastside; Kenny Stiles, Passaic Valley; Shawn Puluse, Passaic Tech; Dan Mongelli, West Milford; Matt Rigoglioso, Wayne Valley; Billy Stark, West Milford; Evan Lodder, Pompton Lakes