

Wrestling USA

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April 15, 2024

Volume 59, No. 4

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Wrestling USA Magazine

Letter from the Editor

Building a Dynasty

By Cody Bryant, Managing Editor

In high school wrestling, I don't think there is much debate that Pennsylvania produces the most top tier-wrestlers in the country. Over the years, I would break down the NCAA Division I championships All-Americans based on where they wrestled high school, and time after time Pennsylvania would have the most. But my debate on this with other wrestling enthusiasts (mainly Pennsylvania people), was that Pennsylvania has the most Division I wrestling programs in the country. This opens up the door for more opportunities for Pennsylvania wrestlers to continue their wrestling career in college in their home state. This year is no different. Twelve All-Americans came from the state of Pennsylvania, more than any other state. Ohio, another great high school wrestling state, had the second most All-Americans with seven. Four states finished with five All-American each: California (most high school wrestlers in the country), Illinois (second most), Wisconsin, and New Jersey. For me, I was pleasantly surprised to see Colorado finish with four All-Americans matching horns with better known wrestling states like Iowa and Minnesota.

With Pennsylvania producing so many great high school wrestlers, it's not a surprise that Penn State has dominated the NCAA championships, winning eleven team titles since 2011. Four of Penn State's eight All-Americans came from the state of Pennsylvania, and one each came from California, Wisconsin, Maryland, and Minnesota.

Now of course it would be naive of me to base Penn State's success on the quality of home-grown wrestlers from their state. If that was the case, then where are all of Penn State's team titles between their first, back in 1953 to their next in 2011, right? If I had to come up with three of the top factors that produce champions, I would say coaching, work ethic, and team chemistry play significant roles in the sport of wrestling. As we all know in wrestling, there are so many different elements that are required to become a champion in this sport, both individually and as a team.

Looking back, some of the great dynasties in wrestling like Oklahoma State, with 34 team championships, and Iowa with 24 team titles, were known for their great coaching, work ethic, and team chemistry. But when it comes to coaching and work ethic, I don't think there is a more distinct comparison than between Dan Gable and Cael Sanderson. Dan Gable (1976-1997) won 15 NCAA titles at Iowa between 1978-1997, including a record nine straight from 1978-1986, and Cael Sanderson (2007-2024) has won 11 NCAA titles between 2011-2024. Here is a breakdown of both their wrestling and coaching careers:

Dan Gable

3x HS Iowa State Champion (64-0)
2x NCAA Champion Iowa St (117-1)
World Champion
Olympic Champion
Coaching (21 seasons)
355-21-5
45 NCAA Champions
152 All-Americans

Cael Sanderson

4x HS Utah State Champion (127-3)
4x NCAA Champion Iowa St (159-0)
World Silver Medalist
Olympic Champion
Coaching (18 seasons)
247-26-2
40 NCAA Champions
106 All-Americans

"According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building upon it. Let each one take care how he builds upon it."

1 Corinthians 3:10

As always, Let's be "On The Go Together,"

Cody

COVER PHOTO

2024 NCAA Division I Wrestling Championships Final - 197 lbs Aaron Brooks (Penn State) after defeating Trent Hidlay (NC State) 6-1 to win his fourth NCAA National title. Photo by Mark Selders, Penn State Athletics.

NATIONAL ACTION WRESTLING PHOTOS

Send your best action wrestling photos to cody@wrestlingusa.com. The best photos will be recognized each issue. All photos should be submitted digitally at 300 dpi.



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Wrestling USA Magazine

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2024 NJCAA National Wrestling Championship Final - 133 lbs Cody Phelps (Western Wyoming) picking up back points on Cesar Avelar (Clackamas). Phelps won by major decision 17-4. Photo by Johnnie Johnson.



2024 NCAA Division III National Wrestling Championship Final - 184 lbs Bentley Schwanebeck-Ostermann (Augsburg) in control of Ryan DeVino (Johnson & Wales). Schwanebeck-Ostermann won by technical fall 19-2; 6:36. Photo by Johnnie Johnson.

BILL WELKER'S WRESTLING BOOKS

A former Pennsylvania State Champion and one of the country's foremost authorities on Folkstyle wrestling, Dr. Bill Welker has published a national best-seller, *The Wrestling Drill Book*, a DVD, and hundreds of articles on the mat sport since 1974. Most recently, his memoirs, *The Sparrow's Spirit*, and his first novel, *A Wrestler's Curse*, were declared winners in the sports category by the Beverly Hills Book Awards judges.

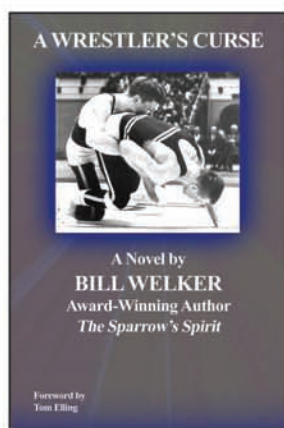
THE SPARROW'S SPIRIT

Bill Welker's road to adulthood was filled with many trial-and-error experiences in which he usually took the wrong path. He grew up under the dominion of a loving mother and an austere father. As an adolescent, Welker's life revolved around the sport of wrestling – and nothing else. Studying in high school was an unwanted necessity to stay eligible.

But the desire to continue on the mats in college decreased until the fire to compete burned out. Welker began to make very poor choices which resulted in his removal from the wrestling team and almost led to his expulsion from school.

Welker felt totally alone as his life began to collapse around him. There was nowhere to turn; he couldn't go home a failure. He was absorbed by self-doubt, uselessness, and fell into a deep depression.

Welker had lost all hope until he began to change priorities and found someone who believed in him. Still, the struggle wasn't over, but the struggle is the glory.



A WRESTLER'S CURSE

Jacob Christian is a highly intelligent boy who loves the sport of wrestling. He lives in a middle-class household with parents who raised him to be morally-minded, with strong spiritual convictions and values that respected the rights of others.

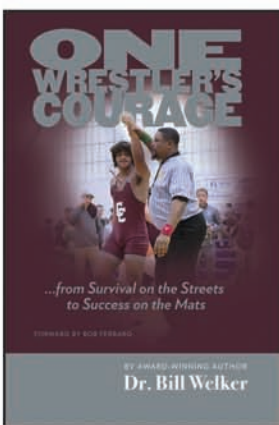
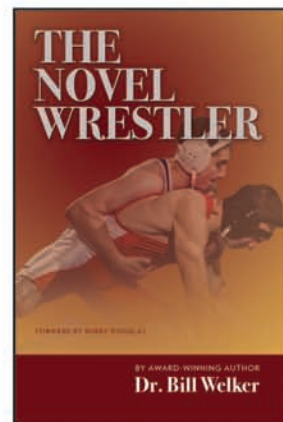
Diagnosed with Obsessive-Compulsive Disorder at a very young age, Jacob is in a constant battle with his own personal problems, as well as facing strong adversaries in wrestling and during his day-to-day matters. His “coming-of-age” experiences include falling in love, teenage drinking, and making choices that would affect him his entire life.

Jacob Christian's transformation from an adolescent to a college student was by no means mundane. There are twists and turns in the storyline that will keep the reader guessing on the various outcomes regarding Jacob's challenging road to adulthood.

THE NOVEL WRESTLER

Tommy St. Clair was a child prodigy in the literary field and was a bestselling author before reaching high school. Tommy also loved the sport of wrestling. His father and older brother were state champions. A student of the game, Tommy strived to accomplish the same goal. It never happened. Tommy lacked the mental and physical toughness his father and brother possessed. That all changed when Tommy's life was turned upside down.

The Novel Wrestler will capture the hearts and souls of those who have traveled similar paths in life. Sometimes you will be amused, sometimes you will cry, and the ending will take you completely by surprise.



ONE WRESTLER'S COURAGE

One Wrestler's Courage is a candid narrative about a black adolescent who grew up in a very violent environment. It vividly demonstrates how he courageously defies the “darker elements” of his neighborhood and how he adjusts to a new life where he learns to judge people on a personal basis.

All his books can be viewed at www.billwelkerwrestling.com, where you can purchase them on Amazon.com.

NCAA Division I

Penn State Hails Two Four-Time Champions

By Cody Bryant

The Nittany Lions of Penn State claimed their 12th national title, and eleventh title since 2011, by crowning their first four-time individual national champions. Carter Starocci at 174 lbs, a 2-0 decision over Rocco Welsh (Ohio State), and Aaron Brooks at 197 lbs, a 6-1 decision over Trent Hilday (North Carolina State) at the 2024 NCAA Division I Wrestling Championship at the T-Mobile Center in Kansas City, Missouri.

Starocci (titles in 2021, 2022, 2023, 2024) and Brooks (2021, 2022, 2023, 2024) both join Pat Smith (Oklahoma State; 1990, 1991, 1992, 1994), Cael Sanderson (Iowa State; 1999, 2000, 2001, 2002), Kyle Dake (Cornell; 2010, 2011, 2012, 2013), Logan Stieber (Ohio State; 2012, 2013, 2014, 2015), and Yianni Diakomihalis (Cornell; 2018, 2019, 2022, 2023) in this elite class with four individual national titles.

Penn State set two new NCAA records with 172.5 team points (Iowa set 170 in 1997) and had a margin of victory

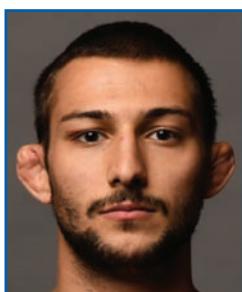
over second place by 100 points (Iowa set 73.75 in 1986). Their 12 NCAA national wrestling team titles rank third all-time behind Oklahoma State's 34 and Iowa Hawkeye's 24 team nationals titles.

The Nittany Lions advanced six wrestlers to the finals (a Penn State record) Friday night, clinching their third straight team title. They would come home with four champions that also included Levi Haines at 157 lbs, after a 5-0 decision over Jacori Teemer (Arizona State), and Greg Kerkvliet at 285 lbs with a major decision over Lucas Davison (Michigan) 13-4. Aaron Brooks was also named 2024 NCAA Most Dominant Wrestler and the Championship's Outstanding Wrestler.

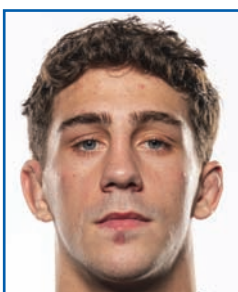
The Nittany Lions would get runner-up finishes from Beau Bartlett at 141 lbs and Mitchell Mesenbrink at 165 lbs. Penn State's other two All-Americans are Tyler Kasak third-place at 149 lbs and Bernie Truax fifth-place at 184 lbs. Penn State now has 59 NCAA individual titles and 254 All-Americans.



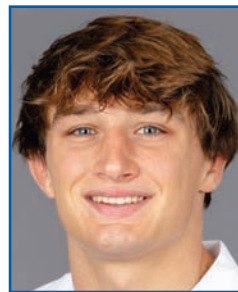
125 - Richard Figueroa
Arizona State



133 - Vito Arujau
Cornell



141 - Jesse Mendez
Ohio State



149 - Caleb Henson
Virginia Tech



157 - Levi Haines
Penn State



165 - David Carr
Iowa State



174 - Carter Starocci
Penn State



184 - Parker Keckeisen
Northern Iowa



197 - Aaron Brooks
Penn State



285 - Greg Kerkvliet
Penn State

NCAA Division II

Seven All-Americans Lead Central Oklahoma to Back-to-Back Team Titles

By Cody Bryant

The University of Central Oklahoma Broncos won their ninth Division II National Championship, breaking the all-time record held by Nebraska-Omaha and Cal State-Bakersfield. The Broncos finished with two champions (four finalists), and a total of seven All-Americans at the 2024 NCAA Division II Wrestling Championship at the Hartman Arena in Park City, Kansas.

The Broncos finished with 110 points to out pace second place Lander (86.5), Nebraska-Kearney (77.5), McKendree (73) and St. Cloud State (64), for their 17th wrestling championship in its rich history in the sport.

Central Oklahoma's Gabe Johnson, at 157 lbs, decisioned Nick Novak (St. Cloud State) 9-7. Shawn Streck won back-

to-back titles at 285 lbs with decision over Juan Edmond-Holmes (Lander) 7-4. Anthony DesVigne, at 174 lbs, and Dalton Abney, at 197 lbs, both finished runner-up. Abney became University of Central Oklahoma's first-ever five-time All-American, including claiming back-to-back titles the previous two years. The other three All-Americans are Hunter Jump, third place at 165 lbs, Dylan Brown fourth place at 149 lbs, and Garrett Wells, sixth place at 184 lbs.

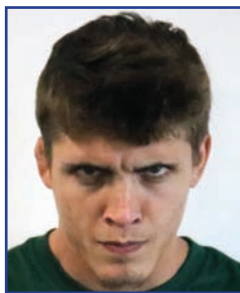
The Lander Bearcats finished second for the second consecutive year and produced their second-ever national champion when David Hunsberger decisioned Chase Luensman (Upper Iowa) 8-6. Lander's other finalist, Juan Edmond-Holmes, at 285 lbs, lost to Shawn Streck (Central Oklahoma) 7-4.



125 - Christian Mejia
McKendree



133 - Gabe Hixenbaugh
Montevallo



141 - Zackary Donathan
Tiffin



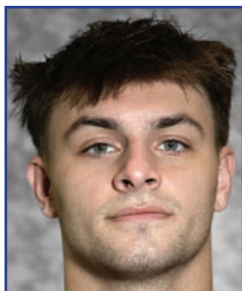
149 - Jacob Ealy
Pitt-Johnstown



157 - Gabe Johnson
Central Oklahoma



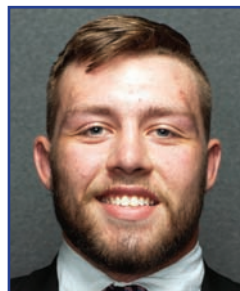
165 - David Hunsberger
Lander



174 - Josh Kenny
Grand Valley State



184 - Ty McGeary
West Liberty



197 - Derek Blubaugh
Indianapolis



285 - Shawn Streck
Central Oklahoma

NCAA Division III

Augsburg Wins Their 15th Team Title

By Cody Bryant

The Augsburg Auggies claimed back-to-back team titles with two champions, Bentley Schwaneback-Ostermann at 184 lbs and Tyler Kim at 285 lbs. The Auggies had a total of six All-Americans at the 2024 NCAA Division III Wrestling Championship at the La Crosse Center in La Crosse, Wisconsin.

Augsburg University won the national title with 95.0 points, bettering second-place Wartburg (Iowa) with 87.5 points and third-place Wisconsin-La Crosse with 82.5 points. The lead shifted back and forth between the three schools throughout the day on Saturday, with the Auggies clinching the crown after the first of its two individual titles in the championship finals.

With its 15th national title, Augsburg has now tied Wartburg for the most NCAA Division III men's wrestling team titles in tournament history. It's the first time Augsburg has claimed back-to-back national titles since they won three straight back in 2000, 2001 and 2002.

Along with their two champions Schwaneback-Ostermann and Kim, Augsburg earned four more All-Americans at the tournament, with fifth-place finishers Blake Jagodzinske at 157 lbs and Cooper Willis at 165 lbs, and seventh-place finishers Seth Goetzinger at 174 lbs and Parker Venz at 197 lbs.

The Knights of Wartburg College finished with one champion when Massoma Endene at 197 lbs defeated Gabriel Zierden (Concordia-Moorhead) 12-4. This was Massoma's second title to help Wartburg stay in second place over Wisconsin-La Crosse. Wartburg finished with five All-Americans including runner-up Jared Stricker at 174 lbs, third-place finishes by Joe Pins at 133 lbs and Charlie Dojan at 149 lbs, and a fifth-place finish by Kyler Romero at 141 lbs.

Third place Wisconsin-La Crosse finished with one champion as Nolan Hertel captured the 157 pound national title for the second year in a row with a 4-2 decision over Peter Kane from



125 - Joziah Fry
Johnson & Wales



133 - Chase Randall
Coast Guard



141 - Josh Wilson
Greensboro



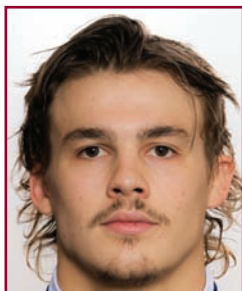
149 - Michael Petrella
Baldwin Wallace



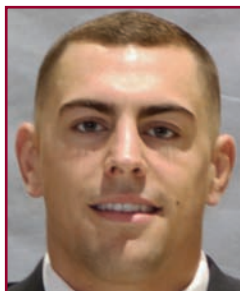
157 - Nolan Hertel
Wisconsin-La Crosse



165 - Nicholas Sacco
TCNJ



174 - Jared Stricker
Wisconsin-Eau Claire



184 - Bentley
Schwaneback-Ostermann
Augsburg



197 - Massoma Endene
Wartburg College



285 - Tyler Kim
Augsburg

NATION'S BEST 2023-2024 HIGH SCHOOL ALL-CLASS RANKINGS



By Dan Fickel

Editor's Note: Here are rankings of the Nation's Best 2023-24 High School Wrestlers as of 3-30-24. These rankings represent wrestlers regardless of year in school. Seven major factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Accomplishments at the State High School Championships (folkstyle); (2) USA Wrestling National Junior Freestyle and Greco-Roman Championships; (3) UWW Cadet and 16U National Championships; (4) U17 Freestyle World Team Trials; (5) FloWrestling Who's #1; (6) Ironman Tournament and additional prestigious regular season events; (7) Super 32 Challenge Tournament. Some wrestlers did not compete for a high school during the 2023-24 high school regular season for a variety of reasons, but are still listed because of their previous in-state high school accomplishments and national credentials. Wrestlers are listed at the high school in which they last competed. For any corrections, E-Mail: dfickel@netlink.net

106 lbs. TOP RANKED

Joe Bachmann, 9 Faith Christian, Pennsylvania

- Dominic Deputy, 10, (Chestnut Ridge, PA)
- Cameron Sontz, 9, (Delbarton, NJ)
- Shamus Regan, 9, (Wyoming Seminary, PA)
- Caleb Noble, 9, (Warren Township, IL)
- Rocco Cassioppi, 9, (Hononegah, IL)
- Killian Coluccio, 9, (Christian Brothers, NJ)
- Rocco Hayes, 11, (Sandburg, IL)
- Vincenzo Anello, 9, (Blair Academy, NJ)
- Henry Aslikyan, 10, (Birmingham, CA)
- Julian Rios, 10, (Phillips Andover, MA)
- Liam McGettigan, 9, (Gilman, MD)
- Hayden Schwab, 9, (Don Bosco, IA)
- Jarrett Smith, 10, (Lowell, MI)
- Arseni Kikiniou, 9, (Poway, CA)
- Brandon Bickerton, 9, (Medina Highland, OH)
- Dominic Morrison, 9, (Hatboro Horsham, PA)
- Caden Correll, 11, (Normal, IL)
- Turner Ross, 9, (Simley, MN)
- Cason Craft, 9, (Sallisaw, OK)
- Allen Woo, 9, (Montini Catholic, IL)
- Anthony Mason, 10, (Southern Regional, NJ)
- Ayden Dodd, 10, (Perrysburg, OH)
- Nico DeSalvo, 9, (Southeast Polk, IA)
- Blake Woodward, 10, (Buchanan, CA)
- Peyton Schoettle, 10, (Roncalli, IN)
- Lincoln Rohr, 9, (Massillon Perry, OH)
- Aiden Herndon, 9, (Cedar Cliff, PA)
- Jake Goodin, 11, (Edmond North, OK)
- 30T. Alexander Diaz, 12, (Council Rock North, PA)
- 30T. Aidan Gruenfelder, 11, (Pecatonica-Argyle, WI)
- 30T. Liam Adlfinger, 10, (Wilton, IA)
- 30T. Drake VomBaur, 9, (Severance, CO)

Special Mention:

Cole Lemovitz, 9, (Ponoganset, RI)

- Mason Jones, 12, (Lake Central, IN)
- Kaison Schreier, 10, (Fort Osage, MO)
- Jordan Segal, 10, (Shawnee, NJ)
- Charlie Esposito, 10, (Montvale St. Joseph, NJ)
- Emilio Albanese, 9, (Emmaus, PA)
- Thomas Boyce, 9, (Conwell-Egan, PA)
- Sam Wolford, 10, (Northern Lebanon, PA)
- Tanner Guenot, 9, (Bald Eagle, PA)
- William Du Chemin, 9, (Wilmot Union, WI)
- Carter Shin, 10, (Chantilly, VA)
- Anthony Garza, 9, (Clovis, CA)
- Weston Porter, 9, (Lewis Central, IA)
- Eli Gabrielson, 9, (St. Mary's Ryken, MD)
- William Soto, 9, (Newburgh, NY)
- Royce Malone, 9, (Monrovia, IN)
- Jensen Boyd, 9, (Delta, IN)
- Canaan Brummett, 11, (Chickasha, OK)
- Jackson Wells, 9, (Harrison County, KY)
- Rudy Rojas, 9, (Broken Arrow, OK)

113 lbs. TOP RANKED

Landon Sidun, 9 Norwin, Pennsylvania

- Ayden Smith, 12, (Notre Dame GP, PA)
- Davis Motyka, 12, (Wyoming Seminary, PA)
- Ignacio Villasenor, 9, (Pomona, CO)
- Paul Kenny, 9, (Christian Brothers, NJ)
- Grey Burnett, 9, (Perrysburg, OH)
- Nicolas Garcia, 10, (Marmion Academy, IL)
- Domenic Munaretto, 10, (St. Charles East, IL)
- Haakon Peterson, 10, (Dodgeville, WI)
- Tyler Harper, 12, (Norwalk, IA)
- Revin Dickman, 10, (Brownsburg, IN)
- Ezekial Witt, 12, (Junction City, KS)
- Rocklin Zinkin, 10, (Buchanan, CA)
- Edwin Sierra, 11, (Poway, CA)
- Ethan Timar, 11, (St. Edward, OH)
- Tyler Hagensen, 12, (Mount Olive, NJ)

- Adam Mattin, 11, (Delta, OH)
- Abdi Unle, 11, (Omaha Bryan, NE)
- Aydan Thomas, 11, (Stillwater, OK)
- Nathan Rioux, 10, (Avon, IN)
- Kaelyn Williams, 12, (Manheim Township, PA)
- Mikey Ruiz, 10, (Canyon Randall, TX)
- Isaiah Harrison, 11, (Mountain View, CO)
- Liston Seibert, 10, (Massillon Perry, OH)
- Will Detar, 10, (Trinity, PA)
- Rylan Seacrist, 10, (Brecksville, OH)
- Gavin Landers, 9, (Denver, IA)
- Brett Swenson, 11, (Mounds View, MN)
- Ethan Bast, 11, (West Bend East, WI)
- 30T. Logan Roman, 12, (Old Bridge, NJ)
- 30T. Curtis Nelson, 11, (Ridley, PA)
- 30T. Wyatt Lees, 10, (Detroit Catholic Central, MI)
- 30T. Konner Larkin, 9, (Valiant College Prep, AZ)

Special Mention:

- Johnathon McGinty, 10, (Montvale St. Joseph, NJ)
Nicolas Enzminger, 10, (Bismarck Legacy, ND)
Darren Florance, 12, (BG/A-H, NY)
Johnny Green, 11, (Aurora, OH)
Abram Cline, 12, (Granite Hills, CA)
Roman Luttrell, 10, (Cleveland, NM)
Bruno Cassioppi, 9, (Hononegah, IL)
Raekwon Shabazz, 12, (Xavier, CT)
Austin Bickerton, 9, (Medina Highland, OH)
Jack Baron, 10, (Germantown Academy, PA)
Gabe Ballard, 9, (Northampton, PA)
Alex Pierce, 10, (Iowa City West, IA)
Mike Batista, 9, (Blair Academy, NJ)
Zaiyahn Ornelas, 10, (Wilbur-Clatonia, NE)
Siraj Sidhu, 10, (Del Oro, CA)
Sean Willcox, 10, (St. John Bosco, CA)
Cadyn Coyle, 12, (Bennington, NE)
Blake Bartos, 10, (Medina Buckeye, OH)
Cole Welte, 11, (Skutt Catholic, NE)
Bradley Patterson, 11, (Camden County, GA)

NATION'S BEST 150 CLASS OF 2024

HIGH SCHOOL SENIORS

By Dan Fickel

Editor's Note: Here are rankings of the Nation's Best 150 Class of 2024 High School Seniors as of 3-30-24. Seven major factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Accomplishments at the State High School Championships (folkstyle); (2) USA Wrestling National Junior Freestyle and Greco-Roman Championships; (3) UWW Cadet and 16U National Championships; (4) U17 Freestyle World Team Trials; (5) Ironman Tournament and additional prestigious regular season events; (6) FloWrestling Who's #1; (7) Super 32 Challenge Tournament. Some wrestlers did not compete for a high school during the 2023-24 high school regular season for a variety of reasons, but are still listed because of their previous in-state accomplishments and national credentials.

1. Luke Lilledahl, Wyoming Seminary, PA 126 lbs
2. Ben Davino, St. Charles East, IL 132 lbs
3. Cody Merrill, Gilroy, CA 285 lbs
4. Angelo Ferrari, Melissa, TX 175 lbs
5. Zack Ryder, Minisink Valley, NY 175 lbs
6. Joseph Sealey, Wyoming Seminary, PA 165 lbs
7. Aeoden Sinclair, Milton, WI 215 lbs
8. Brock Mantanona, Palm Desert, CA 150 lbs
9. Connor Mirasola, West Bend West, WI 190 lbs
10. Dillan Johnson, Joilet Catholic, IL 285 lbs
11. Cole Mirasola, West Bend West, WI 285 lbs
12. Sawyer Bartelt, South Dade, FL 215 lbs
13. Navarro Schunke, Brandon Valley, SD 285 lbs
14. Koy Hopke, Amery, WI 285 lbs
15. Kyler Larkin, Valiant College Prep, AZ 138 lbs
16. Aden Valencia, Ann Sobrato, CA 138 lbs
17. Carter Neves, Blair Academy, NJ 285 lbs
18. Beric Jordan, Noble, OK 120 lbs
19. Rune Lawrence, Frazier, PA 215 lbs
20. Gage Wright, Parkersburg South, WV 175 lbs
21. LJ Araujo, Bismarck, ND 175 lbs
22. Ethan Birden, Dublin Coffman, OH 165 lbs
23. JJ McComas, Stillwater, OK 132 lbs
24. Jaxon Joy, Wadsworth, OH 150 lbs
25. Max Shulaw, Columbus DeSales, OH 215 lbs
26. Conner Harer, Montgomery, PA 157 lbs
27. Nick O'Neill, Malvern Prep, PA 132 lbs
28. Dillon Campbell, Legacy Christian, OH 132 lbs
29. Charlie Millard, Homestead, WI 157 lbs
30. Luke Simcox, Central Mountain, PA 144 lbs
31. Pierson Manville, State College, PA 144 lbs
32. Sean Kinney, Nazareth, PA 285 lbs
33. Alex Braun, Woodbury, MN 144 lbs
34. Jack Consiglio, Malvern Prep, PA 144 lbs
35. Paul Kelly, Poway, CA 138 lbs
36. Jace Roller, Bixby, OK 138 lbs
37. Daniel Herrera, Ames, IA 285 lbs
38. Elias Navida, Poway, CA 132 lbs
39. Cameron Catrabone, Williamsville North, NY 157 lbs
40. Grigor Cholakyan, St. John Bosco, CA 157 lbs
41. Landyn Sommer, Stillwater, OK 157 lbs
42. Karson Tompkins, Midlothian, TX 190 lbs
43. Matt Henrich, Southern Regional, NJ 157 lbs
44. Colin Kelly, Mount Carmel, IL 175 lbs
45. Matt Lopes, Blair Academy, NJ 132 lbs
46. Lou Swensen, Wayzata, MN 132 lbs
47. Lou Cerchio, Delbarton, NJ 175 lbs
48. Laird Root, Poway, CA 150 lbs
49. Tucker Hogan, Daniel Boone, PA 190 lbs
50. Edward Neitenbach, Medina Buckeye, OH 190 lbs
51. Chris Kiser, Ponca City, OK 120 lbs
52. Louie Gill, Reynolds, PA 120 lbs
53. Isaiah Quintero, El Dorado, CA 120 lbs
54. Ethan Rivera, Lake Highland Prep, FL 120 lbs
55. Ethan Parco, Los Gatos, CA 150 lbs
56. Miguel Estrada, Frontier, CA 150 lbs
57. Collin Guffey, Granite Hills, CA 165 lbs
58. Ayden Smith, Notre Dame GP, PA 113 lbs
59. Latrell Schafer, Veteran's, GA 175 lbs
60. Layton Schneider, Edmond North, OK 144 lbs
61. Davis Motyka, Wyoming Seminary, PA 113 lbs
62. Hunter Taylor, Liberty, MO 120 lbs
63. Jaydon Robinson, Winter Springs, FL 144 lbs
64. Mack Mauger, Blackfoot, ID 126 lbs
65. Mason Gibson, Bishop McCort, PA 132 lbs
66. Adrian Roza, Valiant College Prep, AZ 132 lbs
67. Logan Rozynski, Blair Academy, NJ 144 lbs
68. Ryan Bennett, St. Edward, OH 144 lbs
69. Omar Ayoub, Dublin Coffman, OH 144 lbs
70. Wyatt Duchateau, Arrowhead, WI 150 lbs
71. Jake Dailey, Wyoming Seminary, PA 190 lbs
72. Nate Taylor, Greens Farm Academy, CT 190 lbs
73. Moses Mirabal, Gilroy, CA 144 lbs
74. Hoke Hogan, Commerce, GA 190 lbs
75. Jason Mara, Meridian, ID 150 lbs
76. Robert Pratt, Poway, CA 215 lbs
77. Ricky Thomas, Edmond North, OK 285 lbs
78. Aidan Fockler, Massillon Perry, OH 285 lbs
79. Parker Farrell, Christiansburg, VA 285 lbs
80. Cash Henderson, Woods Cross, UT 215 lbs
81. Gage Walker, Bixby, OK 126 lbs
82. Jake Crapps, Cass, GA 126 lbs
83. Brodie Dominique, Archbold, OH 144 lbs
84. Alessandro Nini, Christian Brothers, NJ 144 lbs
85. Dan Jones, Delbarton, NJ 120 lbs
86. Anderson Heap, Osceola, FL 150 lbs
87. Casper Stewart, Attica-Batavia, NY 144 lbs
88. August Hibler, Leonia/Palisades Park, NJ 144 lbs
89. Gavin Linsman, Liberty, MO 150 lbs
90. Darius Marines, Detroit Catholic Central, MI 157 lbs
91. Spencer Lanosga, Jesuit, LA 285 lbs
92. Andrew Barbosa, Palm Desert, CA 157 lbs
93. Paul Ognissanti, Blair Academy, NJ 157 lbs
94. Jadon Skellenger, Bishop Kelly, ID 157 lbs
95. Dom Federici, Wyoming Seminary, PA 175 lbs
96. Owen Eck, Andale, KS 157 lbs
97. Clayton Giddens-Buttram, Bixby, OK 175 lbs
98. Gunner Cramblett, St. Paris Graham, OH 175 lbs
99. Damarion Ross, Fort Dodge, IA 175 lbs
100. Cameron Stinson, Mallard Creek, NC 126 lbs
101. Jermaine Peace, Cane Bay, SC 126 lbs
102. Porter Matecki, Whitfield, MO 126 lbs
103. Jed Wester, St. Michael-Albertville, MN 165 lbs
104. Sonny Kling, Canyon Springs, CA 190 lbs
105. Shilo Jones, Mountain View, ID 285 lbs
106. Nick Pavlechko, State College, PA 285 lbs
107. Logan Fowler, Cleveland, TN 165 lbs
108. Ryan Garvick, Central Dauphin, PA 165 lbs
109. Brayden Robison, Westlake, UT 157 lbs
110. Hunter Hollingsworth, Edmond North, OK 138 lbs
111. Bryce Griffin, Civic Memorial, IL 157 lbs
112. Tyler Guerra, St. Charles East, IL 138 lbs
113. Anders Thompson, Flathead, MT 190 lbs
114. Landon Desselle, Summit, TN 144 lbs
115. Eugene Harney, Sycamore, OH 157 lbs
116. Oscar Williams, Edmond North, OK 215 lbs
117. Gabriel Bouyssou, Scituate, RI 150 lbs
118. Ty Wilson, Dublin Scioto, OH 150 lbs
119. Tyson Charmoli, St. Francis, MN 144 lbs
120. Kane Naaktgeboren, Linn-Mar, IA 144 lbs
121. Talon McCollom, Edmond North, OK 190 lbs
122. Quin Morgan, Mounds View, MN 215 lbs
123. Dillon Bechtold, Owen J. Roberts, PA 215 lbs
124. Marcell Booth, Apple Valley, MN 190 lbs
125. Cole Han-Lindemyer, Farmington, MN 190 lbs
126. Eddie Enright, Mount Carmel, IL 157 lbs
127. Kael Voinovich, Iowa City High, IA 157 lbs
128. Vincent Lee, Delbarton, NJ 215 lbs
129. Hudson Skove, Rumson-Fair Haven, NJ 215 lbs
130. Kade Brown, St. Edward, OH 138 lbs
131. Nick Kunstek, Pottsville, PA 165 lbs
132. Jack Nelson, Mound-Westonka, MN 144 lbs
133. Draegen Orine, Seckman, MO 132 lbs
134. Cody Miller, Sumner, WA 157 lbs
135. Thomas Sandoval, Vacaville, CA 190 lbs
136. Jeremy Ginter, Toledo Whitmer, OH 157 lbs
137. Wyatt Ingham, Amery, WI 190 lbs
138. Nate Blanchette, Central Catholic, MA 175 lbs
139. Cy Kruse, Totino-Grace, MN 215 lbs
140. Will Sather, Eden Prairie, MN 285 lbs
141. Gianni Maldonado, Brandon, FL 157 lbs
142. Brennan Morgan, Central Valley, PA 285 lbs
143. Hudson Rogers, Meridian, ID 175 lbs
144. Max Magayna, Waterloo East, IA 175 lbs
145. David Mayora, Montini Catholic, IL 150 lbs
146. Chris Coates, Liberty, MO 150 lbs
147. Tyler Harper, Norwalk, IA 113 lbs
148. Will Clark, Crown Point, IN 215 lbs
149. Nolan Ambrose, Jackson Co Central, MN 144 lbs
150. Justin Gates, Davison, MI 144 lbs

NATION'S BEST 150 CLASS OF 2025

HIGH SCHOOL JUNIORS

By Dan Fickel

Editor's Note: Here are rankings of the Nation's Best 150 Class of 2025 High School Juniors as of 3-20-24. Seven major factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Accomplishments at the State High School Championships (folkstyle); (2) USA Wrestling National Junior Freestyle and Greco-Roman Championships; (3) UWW Cadet and 16U National Championships; (4) U17 Freestyle World Team Trials; (5) FloWrestling Who's #1; (6) Achievements at prestigious high school tournaments and club/dual events; (7) Super 32 Challenge Tournament.

1. Marcus Blaze, Perrysburg, OH 132 lbs
2. P.J. Duke, Minisink Valley, NY 157 lbs
3. LaDarion Lockett, Stillwater, OK 165 lbs
4. Anthony Knox, St. John Vianney, NJ 120 lbs
5. William Henckel, Blair Academy, NJ 175 lbs
6. Vince Bouzakis, Wyoming Seminary, PA 157 lbs
7. Jude Correa, Wyoming Seminary, PA 215 lbs
8. Daniel Zepeda, Gilroy, CA 138 lbs
9. Nathan Desmond, Wyoming Seminary, PA 120 lbs
10. Leo Deluca, Blair Academy, NJ 120 lbs
11. Kody Routledge, Edmond North, OK 157 lbs
12. Kollin Rath, Bethlehem Catholic, PA 150 lbs
13. Ryan Burton, Montvale St. Joseph, NJ 175 lbs
14. Sergio Vega, Sunnyside, AZ 144 lbs
15. Maddox Shaw, Thomas Jefferson, PA 138 lbs
16. Landon Robideau, St. Michael-Albertville, MN 150 lbs
17. Christian Castillo, Valiant College Prep, AZ 120 lbs
18. Harvey Rudington, Brick Memorial, NJ 190 lbs
19. Ronnie Ramirez, Walnut, CA 120 lbs
20. Cade Ziola, Omaha Skutt, NE 190 lbs
21. Dominic Babinelli, Mill Creek, GA 175 lbs
22. Seth Mendoza, Mount Carmel, IL 126 lbs
23. Asher Cunningham, State College, PA 157 lbs
24. Tyler Eise, Ponderosa, CO 175 lbs
25. Sampson Stillwell, St. Michael Archangel, MO 285 lbs
26. Collin Gaj, Quakertown, PA 150 lbs
27. Alessio Perentin, Delbarton, NJ 165 lbs
28. Nikade Zinkin, Clovis, CA 126 lbs
29. Cooper Hilton, Apex, TN 138 lbs
30. Aaron Seidel, Northern Lebanon, PA 120 lbs
31. Dorian Olivarez, Home School, TX 144 lbs
32. Matt Kowalski, Springboro, OH 190 lbs
33. Jarrel Miller, St. Edward, OH 190 lbs
34. Nicholas Sahakian, St. John Bosco, CA 285 lbs
35. Joseph Antonio, St. John Bosco, CA 165 lbs
36. Jordan Chapman, Cranford, NJ 165 lbs
37. Jeff Lopez, Clovis West, CA 126 lbs
38. Isaiah Cortez, Gilroy, CA 126 lbs
39. Adrian DeJesus, St. Joseph Regional, NJ 132 lbs
40. Austin Johnson, Muncy, PA 215 lbs
41. Matthew Botello, Wyoming Seminary, PA 132 lbs
42. Jackson Blum, Lowell, MI 132 lbs
43. Tahir Parkins, Nazareth, PA 132 lbs
44. Elijah Cortez, Gilroy, CA 132 lbs
45. Carter Pearson, Southeast Polk, IA 120 lbs
46. Will Denny, Marist, IL 150 lbs
47. Drew Gorman, Buford, GA 138 lbs
48. Anthony Harris, St. Peter's Prep, NJ 215 lbs
49. Jacob Levy, Carrollton, GA 285 lbs
50. Brett Clatterbaugh, Eastern View, VA 285 lbs
51. Tyson Terry, Omaha North, NE 285 lbs
52. Kyler Knaack, Don Bosco, IA 157 lbs
53. Logan Paradise, Colquitt County, GA 150 lbs
54. Brogan Tucker, St. Paris Graham, OH 144 lbs
55. Gauge Botero, Faith Christian, PA 120 lbs
56. Dalton Perry, Central Mountain, PA 138 lbs
57. Rocco Dellagatta, Montvale St. Joseph, NJ 285 lbs
58. Caedyn Ricciardi, St. Peter's Prep, NJ 138 lbs
59. Chase Van Hoven, Brooke Point, VA 150 lbs
60. Beau Hickman, Tuttle, OK 144 lbs
61. EJ Solis, South Dade, FL 138 lbs
62. Carlos Stanton Jr., Sunnyside, AZ 150 lbs
63. Peyton Westpfahl, Liberty, MO 175 lbs
64. Connor Bercume, Detroit Catholic Central, MI 215 lbs
65. Leo Contino, Buchanan, CA 157 lbs
66. Jake Hockaday, Brownsburg, IN 132 lbs
67. Billy Dekracker, Blair Academy, NJ 138 lbs
68. Elijah Diakomihalis, Hilton, NY 190 lbs
69. Claudio Torres, Lake Highland Prep, FL 157 lbs
70. Matthew Martino, Bishop Kelly, ID 150 lbs
71. Angelo Posada, Poway, CA 175 lbs
72. Edwin Sierra, Poway, CA 113 lbs
73. Ethan Timar, St. Edward, OH 113 lbs
74. Brock Kehler, University, WV 285 lbs
75. Thomas Brown, Chelmsford, MA 285 lbs
76. Carson Thomas, Cincinnati La Salle, OH 175 lbs
77. Brody Saccoccia, Steubenville, OH 150 lbs
78. Ishmael Guerrero, Bixby, OK 150 lbs
79. De'Alcapon Veazy, Ponderosa, CO 190 lbs
80. Emmitt Sherlock, Gilman School, MD 165 lbs
81. Ty Miller, St. Edward, OH 175 lbs
82. Mitchell Younger, Bishop Watterson, OH 150 lbs
83. Bryce Burkett, Watertown Mayer, MN 175 lbs
84. Cooper Martinson, Southeast Polk, IA 285 lbs
85. Anthony Mutarelli, Council Rock South, PA 126 lbs
86. Devon Miller, Edmond North, OK 120 lbs
87. Casen Roark, Father Ryan, TN 132 lbs
88. Jayce Paridon, Lake Highland Prep, FL 132 lbs
89. Gunner Andrick, Point Pleasant, WV 138 lbs
90. Colin Martin, Staunton River, VA 132 lbs
91. Caio Aron, Woodlands College Park, TX 126 lbs
92. Sebastian Degenaro, Jensen Beach, FL 126 lbs
93. Aidan Ysaguirre, Santa Cruz Valley Union, AZ 215 lbs
94. Jackson Tucker, Hillsboro, MO 138 lbs
95. Noah Nininger, Staunton River, VA 150 lbs
96. Anthony Evanitsky, Wyoming Seminary, PA 150 lbs
97. Robert Kucharczk, Lake Highland Prep, FL 190 lbs
98. Manuel Saldate, Slam Academy, NV 138 lbs
99. Rylan Kuhn, St. Pius X, MO 215 lbs
100. Carson Walsh, Pope John, NJ 132 lbs
101. Paris Ruiz, Buchanan, CA 132 lbs
102. Wyatt Bush, Grundy, VA 215 lbs
103. TJ Koester, Bettendorf, IA 126 lbs
104. Will Adkins, Moeller, OH 215 lbs
105. Geronimo Rivera, Layton, UT 126 lbs
106. Alex Smith, Lake Highland Prep, FL 215 lbs
107. Beau Priest, Bakersfield, CA 157 lbs
108. Hunter Sturgill, Baylor School, TN 157 lbs
109. Isaiah Schaefer, Evansville Mater Dei, IN 126 lbs
110. Devon Magro, Bishop McCort, PA 157 lbs
111. Cole Evans, Perrysburg, OH 126 lbs
112. Eren Sement, Council Rock North, PA 126 lbs
113. Phoenix Contos, Toledo Waite, OH 126 lbs
114. Jacob Helgeson, Johnston, IA 165 lbs
115. David Gleason, Staley, MO 144 lbs
116. Taye Wilson, Pratt, KS 165 lbs
117. Adrien Reyes, Clovis, CA 165 lbs
118. Zach Ballante, St. Joseph Regional, NJ 150 lbs
119. Danny Heiser, Evansville, WI 150 lbs
120. Kyler Lauridsen, Bennington, NE 150 lbs
121. Cameron Milheim, Warrior Run, PA 150 lbs
122. Layne Kleimann, Mountain Ridge, UT 138 lbs
123. Melvin Whitehead, Liberty, NV 215 lbs
124. Brokton Borelli, Los Banos, CA 190 lbs
125. Vincenzo Lavalle, Hanover Park, NJ 190 lbs
126. Landon Jobber-Spence, Staunton River, VA 190 lbs
127. Blue Stiffler, Mill Creek, GA 144 lbs
128. Adam Mattin, Delta, OH 113 lbs
129. Grayson Meak, Cold Spring Harbor, NY 190 lbs
130. Casen Howle, Greenwood, SC 190 lbs
131. Co'ji Campbell, St. Joseph Academy, WI 120 lbs
132. Rocco Hayes, Sandburg, IL 106 lbs
133. Micah Hach, Watertown, SD 285 lbs
134. Abdi Unle, Omaha Bryan, NE 113 lbs
135. Aydan Thomas, Stillwater, OK 113 lbs
136. Isaiah Harrison, Mountain View, CO 113 lbs
137. Ethan Teague, Tuttle, OK 175 lbs
138. Preston Marchesseault, Ponaganset, RI 175 lbs
139. Vaughn Spencer, Pine-Richland, PA 175 lbs
140. Luke James, Milan Edison, OH 175 lbs
141. Evan Petrovich, Connellsville, PA 144 lbs
142. Carson Dupill, Greeneville, TN 126 lbs
143. Leister Bowling IV, Mead, CO 175 lbs
144. Gavin Craner, Whitehall, MI 175 lbs
145. Rowan Holmes, Somerset, PA 215 lbs
146. Anthony Lucchiani, Sherando, VA 138 lbs
147. Kruz Goff, Blackwell, OK 215 lbs
148. Koy Davidson, Fort Dodge, IA 138 lbs
149. Ryan Lawler, Bishop McDevitt, PA 144 lbs
150. Chase Hontz, Faith Christian, PA 144 lbs

NATION'S BEST 150 CLASS OF 2026

HIGH SCHOOL SOPHOMORES

By Dan Fickel

Editor's Note: Here are rankings of the Nation's Best 150 Class of 2026 High School Sophomores as of 3-20-24. Seven major factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Accomplishments at the State High School Championships (folkstyle); (2) USA Wrestling National Junior Freestyle and Greco-Roman Championships; (3) UWW Cadet and 16U National Championships; (4) U17 Freestyle World Team Trials; (5) FloWrestling Who's #1; (6) Achievements at prestigious high school tournaments and club/dual events; (7) Super 32 Challenge Tournament.

1. Bo Bassett, Bishop McCort, PA 138 lbs
2. Jax Forrest, Bishop McCort, PA 126 lbs
3. Dreshaun Ross, Fort Dodge, IA 215 lbs
4. Jayden Raney, Union County, KY 126 lbs
5. Jordyn Raney, Union County, KY 132 lbs
6. Coby Merrill, JW North, CA 215 lbs
7. Adam Waters, Faith Christian, PA 175 lbs
8. Michael Mocco, Cardinal Gibbons, FL 215 lbs
9. Aaron Stewart, Warren Township, IL 157 lbs
10. Nicolas Garcia, Marmion Academy, IL 113 lbs
11. Domenic Munaretto, St. Charles East, IL 113 lbs
12. Brandt Harer, Montgomery, PA 132 lbs
13. Nathan Carrillo, St. John Bosco, CA 120 lbs
14. Moses Mendoza, Gilroy, CA 120 lbs
15. Karson Brown, St. Edward, OH 120 lbs
16. Lincoln Sledzianowski, Bishop McCort, PA 120 lbs
17. Joseph Uhorchuk, Signal Mountain, TN 120 lbs
18. Camden Baum, Bishop McDevitt, PA 132 lbs
19. Ryder Wilder, Camden County, GA 190 lbs
20. Jayden James, Delbarton, NJ 138 lbs
21. Haakon Peterson, Dodgeville, WI 113 lbs
22. Antonio Mills III, Mill Creek, GA 120 lbs
23. Jake Knight, Bettendorf, IA 120 lbs
24. Aiden Cooley, Allen, TX 190 lbs
25. Blake Cosby, Dundee, MI 144 lbs
26. Joseph Toscano, Buchanan, CA 144 lbs
27. Dominic Deputy, Chestnut Ridge, PA 106 lbs
28. Victor-Alexander Gutierrez, Central Catholic, CA 132 lbs
29. Kellen Wolbert, Oconomowoc, WI 132 lbs
30. Dean Bechtold, Owen J. Roberts, PA 285 lbs
31. Mark Effandian, Faith Christian, PA 285 lbs
32. Titan Friederichs, Watertown Mayer, MN 120 lbs
33. Keanu Dillard, Bethlehem Catholic, PA 120 lbs
34. David Perez, Ponaganset, RI 132 lbs
35. Mason Carlson, Syracuse, UT 120 lbs
36. Tylin Thrine, New Castle, IN 132 lbs
37. Jackson Heslin, Greens Farms Academy, CT 120 lbs
38. Lukas Littleton Mascaró, Malvern Prep, PA 120 lbs
39. Mason Jakob, Dobyns Bennett, TN 120 lbs
40. John Murphy, St. Michael-Albertville, MN 190 lbs
41. Pete Snyder, Blair Academy, NJ 190 lbs
42. Wyatt Medlin, Washington, IL 138 lbs
43. Tyler Traves, Mountain View, VA 144 lbs
44. Joseph Joyce, Ponaganset, RI 138 lbs
45. Austin Paris, Grand County, UT 138 lbs
46. Revyn Dickman, Brownsburg, IN 113 lbs
47. Rocklin Zinkin, Buchanan, CA 113 lbs
48. Reagan Milheim, Warrior Run, PA 144 lbs
49. Justyce Zuniga, Toppenish, WA 132 lbs
50. Joseph Jeter, Edmond North, OK 150 lbs
51. Tyler Dekracker, Home School, PA 120 lbs
52. Garrett Kawczynski, Port Washington, WI 215 lbs
53. Nolan Fellers, Bondurant-Farrar, IA 150 lbs
54. Travis Cardenas, Chandler, AZ 138 lbs
55. Antonio Rodriguez, Los Gatos, CA 120 lbs
56. Zeno Moore, Lake Highland Prep, FL 144 lbs
57. Thomas Verrette, Ponderosa, CO 138 lbs
58. Isaiah Jones, Bixby, OK 132 lbs
59. Nathan Rioux, Avon, IN 113 lbs
60. John Stewart, Scottsboro, AL 138 lbs
61. Jaxon Penovich, Prospect, IL 190 lbs
62. Michael Turi, West Scranton, PA 138 lbs
63. Cael Weidemoyer, Faith Christian, PA 157 lbs
64. Mikey Ruiz, Canyon Randall, TX 113 lbs
65. Walker Turley, St. Christopher's, VA 138 lbs
66. Gage Wentzel, Montoursville, PA 157 lbs
67. Kai Calcutt, Loyola Academy, IL 215 lbs
68. Tyler Harrill, Omaha Skutt, NE 144 lbs
69. Sam Herring, Bishop McCort, PA 144 lbs
70. Kage Jones, Camden Catholic, NJ 157 lbs
71. Grayson Woodcock, Dublin Coffman, OH 157 lbs
72. Henry Aslikyan, Birmingham, CA 106 lbs
73. Alex Taylor, Mount Vernon, OH 215 lbs
74. Jaxon Miller, Carlisle, IA 157 lbs
75. Denarii Mickel, Ames, IA 190 lbs
76. Trayn Boger, South Summit, UT 285 lbs
77. Trey Wagner, Northampton, PA 126 lbs
78. Charlie DeSena, Lake Highland Prep, FL 126 lbs
79. Mason Ontiveros, Pitman, CA 175 lbs
80. Liam Crook, Kaukauna, WI 165 lbs
81. Seach Hibler, Leonia/Palisades Park, NJ 126 lbs
82. David Calkins, Liberty, CA 190 lbs
83. Travis Grace, Gilroy, CA 157 lbs
84. Joey Favia, Marmion Academy, IL 215 lbs
85. Lincoln Jipp, Bettendorf, IA 165 lbs
86. Waylon Cressell, Warren Central, IN 165 lbs
87. Aiden Peterson, St. Edward, OH 165 lbs
88. Jackson Barron, Northfield, MN 165 lbs
89. Liston Seibert, Massillon Perry, OH 113 lbs
90. Will Detar, Trinity, PA 113 lbs
91. Rylan Seacrist, Brecksville, OH 113 lbs
92. CJ Huerta, Buchanan, CA 120 lbs
93. Josh Requena, Camarillo, CA 132 lbs
94. Ritson Meyer, Elgin, OK 215 lbs
95. Shawn Rounsaville, Tuttle, OK 190 lbs
96. Nicholas Sorrow, Hudson, MI 120 lbs
97. Kalob Ybarra, Pomona, CO 190 lbs
98. Devin Downes, Plainedge, NY 175 lbs
99. Ashton Besmer, Buchanan, CA 126 lbs
100. Dalton Weber, Pope John, NJ 126 lbs
101. Sammy Spaulding, Camden Catholic, NJ 126 lbs
102. Austin Collins, Wray, CO 126 lbs
103. Evan Sanati, Brentsville, VA 126 lbs
104. Gavin Rangel, Newberg, OR 132 lbs
105. Luke Fugazzotto, Northwestern Lehigh, PA 175 lbs
106. Wyatt Lees, Detroit Catholic Central, MI 113 lbs
107. Jason Singer, Faith Christian, PA 215 lbs
108. Johnathon McGinty, Montvale St. Joseph, NJ 113 lbs
109. Nathan Attisano, Legacy Christian, OH 126 lbs
110. Nicolas Enzlinger, Bismarck Legacy, ND 113 lbs
111. Roman Luttrell, Cleveland, NM 113 lbs
112. James Lindsay, Bishop Watterson, OH 138 lbs
113. Jack Baron, Germantown Academy, PA 113 lbs
114. Alex Pierce, Iowa City West, IA 113 lbs
115. Zaiyahn Ornelas, Wilbur-Clatonia, NE 113 lbs
116. Siraj Sidhu, Del Oro, CA 113 lbs
117. Sean Willcox, St. John Bosco, CA 113 lbs
118. Dale Gant, GR Catholic Central, MI 120 lbs
119. Mason Rohr, Massillon Perry, OH 120 lbs
120. Declan Koch, Neenah, WI 138 lbs
121. Zayne Candelaria, Sunnyside, AZ 285 lbs
122. Jonathan Rulo, Belleville East, IL 285 lbs
123. Dylan Pitzer, Mt. Pleasant, PA 285 lbs
124. Garrison Weisner, Oregon Clay, OH 120 lbs
125. Blake Fox, Osage, IA 138 lbs
126. Zach Stewart, Marmion Academy, IL 138 lbs
127. Kiernan Meink, Millard South, NE 120 lbs
128. Dallas Russell, Jefferson, GA 150 lbs
129. Bradley Williams, Spain Park, AL 144 lbs
130. Santino Rodriguez, Don Bosco Prep, NJ 144 lbs
131. Derek Barrows, Pomona, CO 144 lbs
132. Jake Miller, Broken Arrow, OK 138 lbs
133. Max Matthias, Two Rivers, WI 190 lbs
134. Alex Rozas, Teurlings Catholic, LA 120 lbs
135. Mason Petersen, Columbus, NE 138 lbs
136. Julian Rios, Phillips Andover, MA 106 lbs
137. Jarrett Smith, Lowell, MI 106 lbs
138. Joe Curry, Bishop Watterson, OH 126 lbs
139. Noah Bull, Layton, UT 144 lbs
140. Tavio Hoose, Southwestern, NY 190 lbs
141. Griffin LaPlante, St. Francis, NY 150 lbs
142. Blake Bartos, Medina Buckeye, OH 113 lbs
143. Chris Belmonte, New Hartford-SV, NY 285 lbs
144. Cooper Rowe, Mount Westonka, MN 150 lbs
145. Riley Johnson, Omaha Skutt, NE 165 lbs
146. Isaak Chavez, Mullen, CO 157 lbs
147. Lorenzo Alston, Uwhairre Charter, NC 150 lbs
148. Ashton Honnold, Nodaway Valley, IA 215 lbs
149. Michael White, Lawrence North, IN 175 lbs
150. Chase Hansen, Lower Cape May, NJ 132 lbs

NATION'S BEST 100 CLASS OF 2027

HIGH SCHOOL FRESHMEN

By Dan Fickel

Editor's Note: Here are rankings of the Nation's Best 100 Class of 2027 High School Freshmen as of 3-20-24. Six major factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Accomplishments at the State High School Championships (folkstyle);(2) UWW Cadet and 16U National Championships; (3) U17 Freestyle World Team Trials; (4) Ironman Tournament and additional prestigious regular season events;; (5) Super 32 Challenge Tournament; (6) U15 Freestyle Nationals.

1. Joe Bachmann, Faith Christian, PA 106 lbs
2. Landon Sidun, Norwin, PA 113 lbs
3. Melvin Miller, Bishop McCort, PA 150 lbs
4. Ignacio Villasenor, Pomona, CO 113 lbs
5. Paul Kenny, Christian Brothers, NJ 113 lbs
6. Grey Burnett, Perrysburg, OH 113 lbs
7. Sonny Amato, Rumson-Fair Haven, NJ 144 lbs
8. Cameron Sontz, Delbarton, NJ 106 lbs
9. Shamus Regan, Wyoming Seminary, PA 106 lbs
10. Caleb Noble, Warren Township, IL 106 lbs
11. Jesse Grajeda, St. John Bosco, CA 132 lbs
12. Maximus Konopka, Simsbury, CT 190 lbs
13. Ryan DeGeorge, Delbarton, NJ 126 lbs
14. Rocco Cassioppi, Hononegah, IL 106 lbs
15. Killian Coluccio, Christian Brothers, NJ 106 lbs
16. Dawson Youngblut, Don Bosco, IA 132 lbs
17. Israel Borge, Westlake, UT 126 lbs
18. Gabriel Logan, Delbarton, NJ 150 lbs
19. Clinton Shepherd, Crown Point, IN 138 lbs
20. Jimmy Mastny, Marian Central, IL 157 lbs
21. Brody Sendele, Hononegah, IL 157 lbs
22. Broedy Hendricks, Humboldt, IA 165 lbs
23. Michael Romero, St. John Bosco, CA 126lbs
24. Tanner Hodgkins, Howell, NJ 165 lbs
25. Brayden Koester, Bettendorf, IA 190 lbs
26. Gavin Landers, Denver, IA 113 lbs
27. Vincenzo Anello, Blair Academy, NJ 106 lbs
28. Hunter Snyder, Greater Latrobe, PA 175 lbs
29. Konner Larkin, Valiant College Prep, AZ 113 lbs
30. Xavier Chavez, Santa Cruz Valley Union, AZ 144 lbs
31. Liam McGettigan, Gilman, MD 106 lbs
32. Hayden Schwab, Don Bosco, IA 106 lbs
33. Michael Boyle, Bishop Watterson, OH 165 lbs
34. Dean Anderson, Valiant College Prep, AZ 132 lbs
35. Arseni Kikiniou, Poway, CA 106 lbs
36. Brandon Bickerton, Medina Highland, OH 106 lbs
37. Nicholas Singer, Faith Christian, PA 175 lbs
38. Bruno Cassioppi, Hononegah, IL 113 lbs
39. Zack Aquila, Brecksville, OH 150 lbs
40. Mario Carini, Poway, CA 144 lbs
41. Gavin Mangano, Shoreham-Wading River, NY 132 lbs
42. Grayson Music, Bishop McDevitt, PA 120 lbs
43. Slater Hicks, Valencia, CA 120 lbs
44. Kane Shawger, St. Xavier, OH 132 lbs
45. Cayden Rios, Eastwood, TX 132 lbs
46. Dominic Morrison, Hatboro Horsham, PA 106 lbs
47. Austin Bickerton, Medina Highland, OH 113 lbs
48. Gabe Ballard, Northampton, PA 113 lbs
49. Mike Batista, Blair Academy, NJ 113 lbs
50. Brock Rothermel, Line Mountain, PA 113 lbs
51. Austin Ellis, Davis, UT 132 lbs
52. Danny Zmorowski, Lake Catholic, OH 215 lbs
53. Gage Spurgeon, Eddyville, IA 120 lbs
54. Lucas Boe, Lake Highland Prep, FL 150 lbs

55. Blaze Van Gundy, Dublin Coffman, OH 120 lbs
56. Turner Ross, Simley, MN 106 lbs
57. Cason Craft, Sallisaw, OK 106 lbs
58. Dale Corbin, Wyoming Seminary, PA 120 lbs
59. Bradley Wagner, Mifflinburg, PA 120 lbs
60. Braylon Reynolds, Brownsburg, IN 126 lbs
61. Evan Stanley, Mount Carmel, IL 132 lbs
62. Mac Crosson, Indianola, IA 113 lbs
63. Allen Woo, Montini Catholic, IL 106 lbs
64. Nico DeSalvo, Southeast Polk, IA 106 lbs
65. Lincoln Rohr, Massillon Perry, OH 106 lbs
66. Ethan Christoffer, Don Bosco, IA 138 lbs
67. Quinten Cassiday, Cedar Springs, MI 132 lbs
68. Aiden Herndon, Cedar Cliff, PA 106 lbs
69. Drake VomBaur, Severance, CO 106 lbs
70. Carter Temple, Kearney, MO 175 lbs
71. Wyatt Fry, Wyoming Seminary, PA 126 lbs
72. Gage Lohr, Watertown, SD 120 lbs
73. Cael Mielnik, Blair Academy, NJ 215 lbs
74. Legend Ellis, Coweta, OK 126lbs
75. Grayson Fuchs, Detroit Catholic Central, MI 126 lbs
76. Brayton Feister, Akron Hoban, OH 285 lbs
77. Stephen Myers, Parkersburg, WV 126 lbs

78. Chris Grossman, Billings Skyview, MT 120 lbs
79. Jet Brown, Odessa, MO 126 lbs
80. Steel Meyers, Trinity Christian, TX 150 lbs
81. Cole Lemovitz, Ponoganset, RI 106 lbs
82. Logan Stewart, Reynolds, PA 126 lbs
83. William Ross, Lincoln, WA 126 lbs
84. Colby Houle, Northfield Mt. Herman, MA 132 lbs
85. Gavin Lewis, Crown Point, IN 113 lbs
86. Luke Hayden, Hickman, MO 165 lbs
87. Carnell Davis, Ponaganset, RI 150 lbs
88. Lukas Zalata, Malvern Prep, PA 175 lbs
89. Eli Esguerro, Dublin Coffman, OH 150 lbs
90. Mason Basile, Tampa Jesuit, FL 144 lbs
91. Maximus Dhabolt, Ankeny Centennial, IA 144 lbs
92. Gage Horak, Massillon Perry, OH 175 lbs
93. Blaine DeMarco, St. Paris Graham, OH 126 lbs
94. Dane Renick, Bentonville West, AR 157 lbs
95. Conner Giedd, Kingsbury County, SD 138 lbs
96. Aidan Larson, Hermiston, WA 120 lbs
97. Jake Maddox, Newtown, CT 150 lbs
98. Wyatt Lewis, Clovis, CA 138 lbs
99. Noah Mathis, Lansing, KS 215 lbs
100. Roman Stewart, Liberty, MO 132 lbs



2023 Dan Gable Donnybrook Tournament Championships - 120 lbs Dru Ayala (Dodge) working to keep down Luke Koenen (Wayzata). Ayala won by decision 2-0. Photo by Johnnie Johnson.

PAPCHRISTOS

FROM NEAR DEATH TO BECOMING A LEGEND

By Al Fontes

My first experience with the sport of wrestling began in the seventh grade when it was introduced to me in my physical education class nearly forty-five years ago. I recall this moment as if it were yesterday. To put it briefly, when it was my turn to wrestle, I found myself center mat, nervous, and face to face with one of the toughest kids in the school. Before I had enough time to comprehend the reality of my situation, I was thrown in a headlock to the mat, and while in a state of panic, I aggressively fought to get off my back in what seemed like an eternity, but was then rescued by a loud slap to the mat. Pinned! When it was all said and done, I felt a sense of relief, but also embarrassed as I slowly walked off the mat absorbing an array of subtle laughter from my classmates. No other sport affected my mental and physical state as wrestling did that day. This was new territory for me!

Although my first experience with wrestling was short lived, it was a very powerful moment in my life. Without a doubt, this was my toughest introduction of any sport I participated in. I was at a crossroads; quit and move on with my life or give it another try. I chose the latter of the two. Unbeknownst to me at the time, this shocking experience served as the catalyst that set me on a new trajectory, which today I am still actively involved in wrestling as a coach, mentor, promoter, and currently part of a small cadre of journalist in the country who promote wrestling not only on a national level, but international as well.

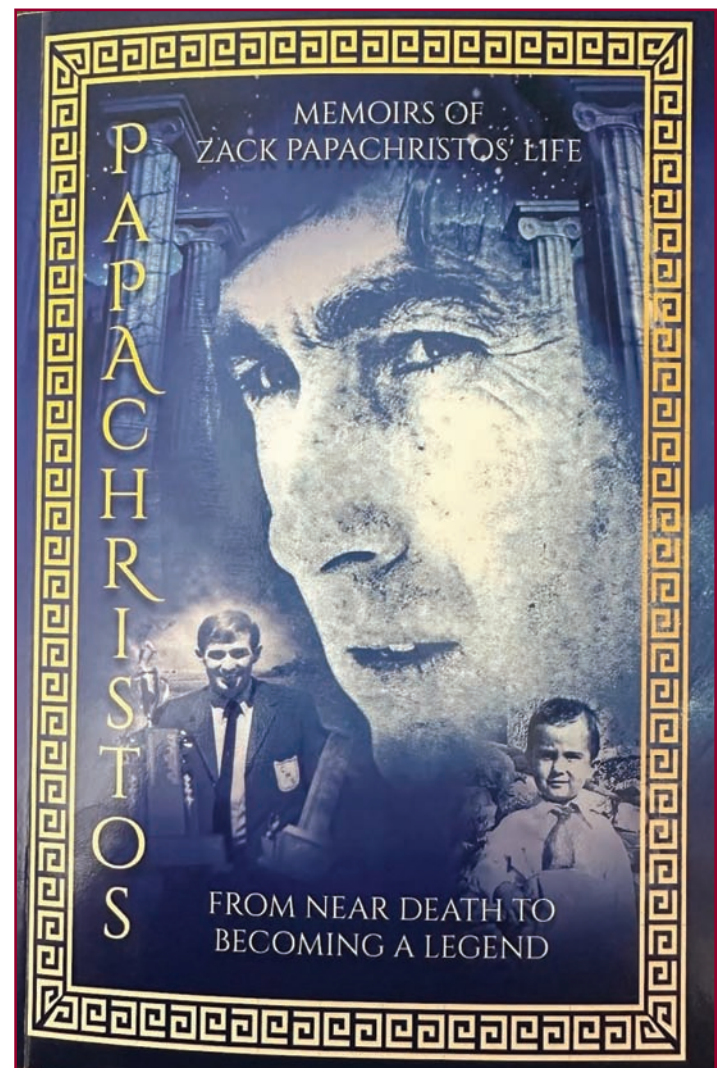
At the same time, a local community college in the San Francisco Bay Area by the name of Chabot fielded one of the best wrestling programs in the state of California, if not the country. This program was led by legendary Hall-of-Fame Coach Zack Papachristos. Ironically, I recall my middle school coaches at the time talking about this Greek guy from Chabot and how great of a coach he was and the impact he was having to the sport in our area. As time went by, I eventually became a member of the Chabot College wrestling program and had the distinct opportunity to experience Zack's leadership and motivating coaching style. At the end of my Chabot wrestling experience, I felt a sense of loss for not achieving a few of my goals. It was Zack's inspiring advice to take my shortcomings and use it as a motivating force to strive for other goals, which eventually led me to becoming a national level journalist in the sport of wrestling.

I am only one of thousands of athletes within the last sixty plus years that has been mentored and influenced by Zack's leadership. As a wrestling, tennis, and golf coach at the prep and collegiate levels, he led many individuals and programs to great heights and achievements, all while inspiring each to strive for perfection, but always accept excellence! According to Chabot alumnus Clark Conover, a State Champion and 2x All-American for the Gladiators in the early 1990s, *"When I wrestled at Chabot, Coach Papachristos wasn't coaching, but he was a presence around the program. He was a source of motivation. He would talk to you about what needed to be done and what could be accomplished. Now many years later when I interact with him, he still provides the same motivation and advice. At the time I thought he was talking about wrestling, but now I know he was talking about life."*

Born in the early morning hours of June 25, 1935 to parents George and Sophia Papachristos of Nafpaktos, Greece, Zacharias "aka, Zack" entered this world destined to impact the lives of many in the course

of his life. The youngest of three siblings, Zack lived a normal early childhood, free of any worries or major obstacles. Life in Greece was great for the Papachristos family up to the year 1939, but then life as they knew it changed for the worst in the latter part of 1940 when Italian dictator Benito Mussolini declared war with Greece, which eventually led into the harsh realities of World War II.

Life in Greece during the war was miserable for many, including the Papachristos family that struggled and did everything possible to survive in the midst of starvation, increased poverty, death, and uncertainty. It was their faith in God and internal resolve that guided them through the trials and tribulations of their new existence. This included a period during the latter part of the war when Zack became severely sick with malaria and nearly died. Not too long after the war ended, the Papachristos family left behind their roots in Greece and



Papachristos Book - Cover of the book (autobiography), Papachristos, a legendary coach that impacted thousands.

NATIONAL GIRLS HIGH SCHOOL RANKINGS

By National Wrestling Hall of Fame, USA Wrestling, and FloWrestling

Editor's Note: The National Wrestling Hall of Fame, USA Wrestling and FloWrestling have published the March 2024 rankings for high school girls wrestlers for the 2023-24 season. This national ranking evaluates all girls enrolled in grades 8-12, and athletes from all 50 states are eligible for selection.

The high school regular season has ended. All of the official and unofficial girls state high school championships have been held, finishing off in March with the Ohio and Pennsylvania state meets. This ranking was heavily influenced by the results of those state championship events, which led to considerable changes in every weight class. Also influencing the selections was the first of the major post-season events, the 2024 USA Wrestling Folkstyle National Championships for high school wrestlers in Cedar Falls, Iowa.

Coaches, parents and athletes are encouraged to provide information about specific athletes and their achievements throughout the year for the committee to consider. If they have information on specific girls who should be considered for ranking or updates on their achievements, please send it by email to girlsrankings@usawrestling.org. The quality of these rankings continue to improve as people choose to share updated information..

100 lbs.

TOP RANKED

**Jaclyn Bouzakis, freshman
Shavertown, Pennsylvania
Wyoming Seminary**

2. Madison Nieuwenhuis, Sophomore, Plainwell, Michigan, Plainwell High School
3. Valarie Solorio, Senior, Canonsburg, Pennsylvania, Canon-McMillan High School
4. Katey Valdez, junior, Colorado Springs, Colorado, Doherty High School
5. Makennah Craft, junior, Minford, Ohio, Jackson High School
6. Kendall Moe, Sophomore, Cicero, Indiana, Hamilton Heights High School
7. Lisa Pastoriza, junior, Phoenix, Arizona, Wyoming Seminary (PA)
8. Zuri Zamora, Senior, Amarillo, Texas, Amarillo Tascosa High School
9. Jillian Wells, junior, Sacramento, California, Central Catholic High School
10. Katie Biscoglia, Sophomore, Waukee, Iowa, Racoon River High School
11. Cassandra Medrano, junior, Edinburg, Texas, Edinburg High School
12. Marie Sharp, Eighth Grade, Ridgewood, N.J., George Washington Middle School
13. Bianca Eide, Sophomore, Shakopee, Minnesota, Stillwater High School
14. Zoey Haney, junior, Troy, Missouri, Troy Buchanan High School
15. Kennedy Farrar, junior, Yuma, Arizona, Gila Ridge High School
16. Ava Gardner, junior, Marshfield, Wisconsin, Marshfield High School
17. Gabriella Barone, Eighth Grade, Sanborn, N.Y. Niagara Wheatfield HS NY
18. Justice Gutierrez, Freshman, Arvada, Colorado, Pomona High School
19. Khylla Lipumano, Sophomore, Yuma, Arizona, Yuma Catholic High School

20. Natalie Radecki, Sophomore, Newark, Delaware, Caravel High School
21. Ryleigh Sturgill, Freshman, Maryville, Tennessee, Baylor School
22. Jubilee Rendon, Sophomore, El Paso, Texas, El Paso Franklin High School
23. Brooke Corrigan, junior, Wittenberg, Wisconsin, De Pere High School
24. Vivian Mariscal, Senior, Nashville, Tennessee, John Overton High School
25. Anna White, Freshman, Wheatland, N.D., Central Cass High School
26. River Cote, Freshman, Ronan, Montana, Ronan High School
27. June Welch, Senior, Woodruff, S.C., Woodruff High School
28. Joslyn Johnson, Sophomore, Bunnell, Florida, Flagler Palm Coast High School
29. Lillian Zapata, Senior, Lewisville, Texas, Flower Mound High School (27 at 100)
30. Hanna Perro, Sophomore, Lebanon, Maine, Noble High School

105 lbs.

TOP RANKED

**Morgan Turner, Sophomore
Lockport, Illinois
Lockport High School**

2. Anaya Falcon, Senior, Yorba Linda, California, Walnut High School
3. Heather Crull, junior, Modoc, Indiana, Northeastern High School
4. Chloe Dearwester, Senior, Cincinnati, Ohio, Harrison High School
5. Epenesa Elison, Eighth Grade, Downey, California, Enlightium Academy
6. Rianne Murphy, Senior, Valparaiso, Indiana, Wyoming Seminary
7. Kayla Batres, Freshman, Millford, Connecticut, Greens Farms Academy
8. Sarissa Tucker, Freshman, Midland, Virginia, Mountain View High School

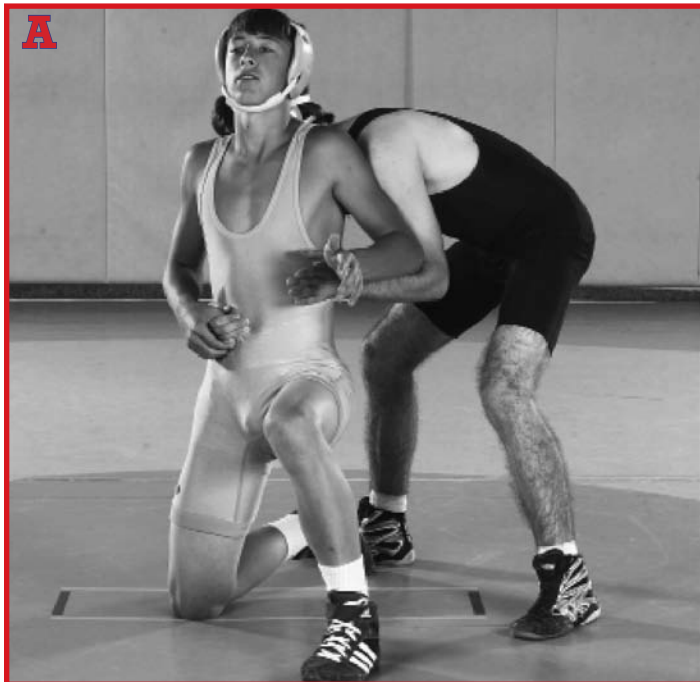
9. Gabrielle Tedesco, Senior, Lakeland, Florida, Lake Gibson High School
10. Libby Roberts, junior, Spokane, Washington, University High School
11. Makenzie Smith, Senior, Dale, Indiana, Heritage Hills High School
12. Julia Horger, Sophomore, Bensalem, Pennsylvania, Bensalem High School
13. Elizabeth Valenzuela-Smith, Freshman, Tucson, Arizona, Pueblo Magnet High School
14. Charlie Wylie, Sophomore, Port Jervis, N.Y., Port Jervis High School
15. Lexia Schechterly, Senior, Hunlock Creek, Pennsylvania, Lake Lehman High School
16. Rylee Balcazar, Senior, Fort Lupton, Colorado, Fort Lupton High School
17. Sandy Breeden, Sophomore, Liberty, Missouri, Liberty High School
18. Jady Roller, junior, Bixby, Oklahoma, Bixby High School
19. Olivia Lopez, Senior, Aguanga, California, Hamilton High School
20. Addison Morse, Sophomore, Harrah, Oklahoma, Harrah High School
21. Layla Phillips, Senior, Mason City, Iowa, Mason City High School
22. Leean Mercado, Senior, Lodi, N.J., Lodi High School
23. Sophia Torrez, sophomore, Granger, Washington, Toppenish High School
24. Jada Chaves, Senior, Odenton, Maryland, Arundel High School
25. Jazmine Turner, junior, Modesto, California, Grace M Davis High School
26. Nia Avelino, Senior, Caldwell, Idaho, Caldwell High School
27. Olivia Sackor, Senior, Minneapolis, Minn. Shakopee High School
28. Abigail Gonzalez, Eighth Grade, Miami, Florida, Homeschooled
29. Kelsey Watts, Senior, Nixa, Missouri, Nixa High School
30. Kyrstan Perez, Sophomore, Oklahoma City, Oklahoma, Westmoore High School

Stand-Up Escape

By Bill Welker

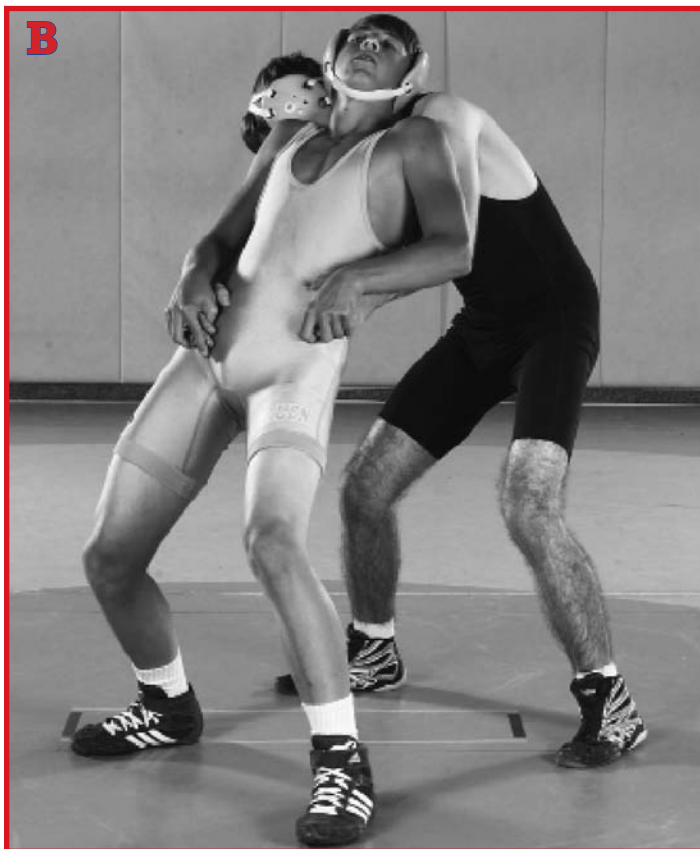
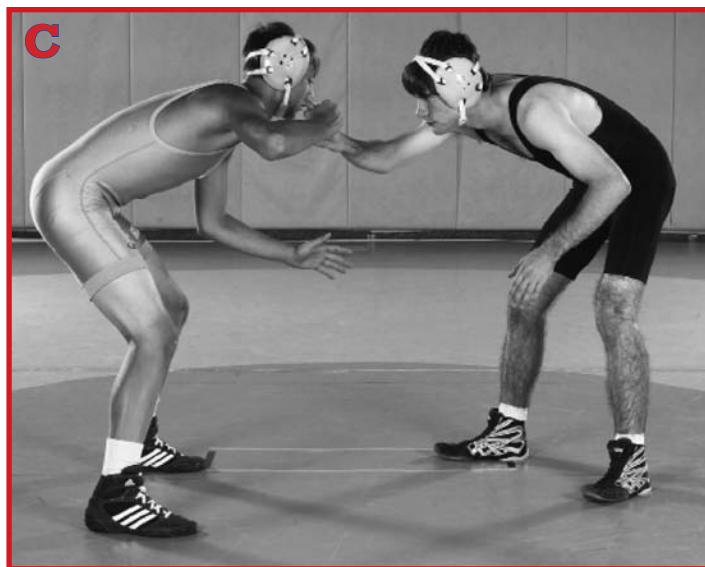
Setup

W1 is in the defensive starting position with W2 mounting W1 on the left side.



Action

On the referee's whistle, W1 steps up on his left foot while driving his left elbow toward W2's chest and his right hand grabbing W2's right hand (a). Next, W1 comes completely to his feet, popping his hips out (b) and turning to the right for the escape facing W2, still grasping W2's right hand (c).

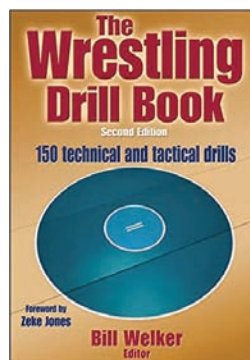


Coaching Points

This escape drill must be performed quickly. W1 needs to make sure he drives his left elbow into W2's chest, preventing W2's left arm from locking onto his right arm as W1 stands up. The stand-up is the safest maneuver that eliminates the opportunity for the offensive wrestler to put the defensive wrestler on his back.

Common Error

Not controlling the opponent's hands while executing the stand-up escape is a common problem.



Excerpts from
*The Wrestling
Drill Book,
2nd Edition*
Stand-Up Escape
pp. 186-187

MASON PARRIS
2023 NCAA CHAMPION
HODGE TROPHY WINNER



THE HEADGEAR OF CHAMPIONS



CK **CLIFF KEEN**