



**Freedom**  
**Boys Bowling**  
**2023**

**1st Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Matt Lugo	Hackensack	Senior
Joey Parrilli	Hackensack	Sophomore
John James	Hackensack	Sophomore
Mason Fraiman	Ridgewood	Junior
Aidan Saslow	Ramapo	Sophomore
Gavin Fraiman	Ridgewood	Freshman
Jack Karam	Ridgewood	Junior

**2nd Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Joe Manberg	Northern Highlands	Senior
Joshua Alvelo	Northern Highlands	Sophomore
Lucas Mosquera	Paramus	Senior
Ben Robinson	Ramapo	Senior
Robert Columbrita	Paramus	Senior
John LaGamba	Ramapo	Senior
Patrick "PJ"	Ramapo	Senior

**Honorable Mention All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Mike Rizzo	Hackensack	Junior
Dean Asplund	Northern Highlands	Freshman
Aidan Olmo	Paramus	Senior
Mustafa Kamel	Ramapo	-
Kevin McAskin	Ridgewood	-

**Coach of the Year:** \_\_\_\_\_ Nancy Wallace \_\_\_\_\_ **School:** \_\_\_\_\_ Hackensack \_\_\_\_\_

