



# Independence

## Wrestling

2023

### 1st Team All-Division

Student-Athlete Name	School	Year	Position
Jack Bergmann	Lakeland	Junior	106
Benjamin Marchetto	West Milford	Junior	113
Sowzrawca Tsay	Wayne Hills	Freshman	120
Ryan Langenmayer	Lakeland	Sophomore	126
Colin Menier	West Milford	Junior	132
John Sees	Wayne Hills	Senior	138
Rafat Al-Kardali	Wayne Valley	Junior	144
Sean Walker	Lakeland	Junior	150
William Capizzi	Passaic Valley	Freshman	157
Matthew Murri	Fair Lawn	Senior	165
Ashton Fava	Wayne Valley	Junior	175
Frankie Martino	Passaic Valley	Junior	190
Adam Mashfei	Wayne Hills	Freshman	215
Spencer Ribitzki	West Milford	Junior	285
Connor Kerwin	Passaic Valley	Senior	Open/120
Anthony Nyhius	Lakeland	Sophomore	Open/113
Natan Tsyrlin	Fair Lawn	Senior	Open/132

### 2nd Team All-Division

Student-Athlete Name	School	Year	Position
Brandon Rosario	Passaic Valley	Sophomore	106
Shane Singh	Passaic Valley	Sophomore	113
Jesse Arajo	West Milford	Sophomore	120
Aiden Mulroony	Passaic Valley	Sophomore	126
Noah Zindaki	West Milford	Sophomore	132
Kaden Matari	Passaic Valley	Junior	138
Chris Gallagher	Lakeland	Sophomore	144
Nicholas Carbone	West Milford	Sophomore	150
Nick Barone	Wayne Valley	Junior	157
Joseph Luccarello	Wayne Hills	Junior	165
Mike Cocchia	Wayne Valley	Senior	175
Laith Ahmad	Wayne Hills	Junior	190
Kevin Sadej	Wayne Valley	Senior	215
Matthew Lehman	Wayne Hills	Senior	285
Omar Alshishany	Wayne Hills	Senior	Open/157
Ryan Eckhart	West Milford	Senior	Open/138
Jake Spear	Lakeland	Junior	Open/165
Brandon Veneziano	Passaic Valley	Junior	Open/215

### Honorable Mention All-Division

Student-Athlete Name	School	Year	Position
Dante Benvenuti	Passaic Valley	Freshman	150
Richie Breitweiser	Passaic Valley	Freshman	165
Jonah King	Lakeland	Junior	138
Cooper Struble	Lakeland	Junior	285
Brody Bagues	Fair Lawn	Sophomore	120
Stephen Toth	Fair Lawn	Senior	126
Tran Nygen	Wayne Hills	Senior	113
Justin Higuira	Wayne Hills	Junior	132
Jake Pasek	West Milford	Junior	144
Jack Novak	West Milford	Senior	150
Tyler Oira	Wayne Valley	Senior	150
Diaa Baghal	Wayne Valley	Senior	113

**Coach of the Year:** Taylor Pevny

**School:** West Milford

