

BLAIR WRESTLING

March 2022 Newsletter

Friends of Blair Wrestling,

Happy March! We had an exciting February here at Blair. The students just started their spring break, and classes will resume at the end of March. Everyone is excited to get a little break from the daily grind.

I'd like to talk a little bit about the National Prep tournament in Maryland. For the first time, the tournament was not held at Lehigh University, so it was new for all of us.

We finished our regular season at National Preps strongly. We had 13 athletes make the podium, and two were our team's girls. We had eight National Prep finalists and seven champions—six boys and one girl. I was really proud of the effort our team gave all tournament, especially that final round.

The tournament was incredibly competitive, and that is advantageous for us, and the National Prep circuit, in general. I am a big believer that competition helps develop students' wrestling, and it is what makes the sport great.

Coming out of the tournament, several takeaways come to mind. Of course, we would have loved to have won the team title, but that was not to be this season and we must not diminish the pride that all of our wrestlers take from the year. Individuals made immense strides, as wrestlers, as teammates and as just good people. It was an honor for me and the coaching staff to work with each and every one of them.

Despite our successes, there are always things we could have done differently to help our athletes prepare better, and that will motivate us as coaches and as a team to continue raising our performance level. "Figuring it out" is what makes coaching so much fun. That challenge fuels the motivation.

It was a really fun year. I feel immensely grateful to be around great coaches, families and, most importantly, our kids. Overall, I felt each wrestler understood that every member is a fundamental part of our team and took pride in that. That is a good thing to see.

After **TJ Stewart '22** defeated his opponent in the finals, which was a great match, a parent came up to me and said, "Ross, you must love your job—That was awesome!" That sums it up perfectly. The Blair family is the best, and our future looks very bright. Improvement and development as people and wrestlers are the backbone of our Blair wrestling philosophy.

Stay tuned for updates on our freestyle season this spring and summer.

As always, all support from alumni, family and friends of Blair wrestling is appreciated, especially as we travel around the country this spring and summer. If you would like to support the team in any way, please reach out! Thank you, everyone, for a great year.

Best, Coach Gitomer



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January 2022 Newsletter

Nick's hard work paid off. Fast-forward a few weeks, and Nick competed at the very tough Powerade tournament, placing second against a very good opponent from Wyoming Seminary. Nick also jumped to 152 pounds from 138 earlier this year. Nick taught the team a valuable lesson from this performance: It's important to stay the course and stay focused, even when things get tough. Nick is a great kid and we are proud of him.

Morgan Edwards '24—Morgan wrestled in the girls' division at the Powerade tournament most recently. She wrestled at 124 pounds and was scheduled to compete only in the girls' division. However, after she wrestled five matches, she said she wanted to wrestle in the boys' division at Powerade the following day. Morgan didn't have to do this, but she wanted to put herself in a situation that she knew would be incredibly challenging.

While she lost both her matches against two very good opponents, these were two more matches that she can learn from, and that is what it's all about. Morgan has aspirations to make a world team one day, and experiences like these will help her. Morgan is also an outstanding student, receiving multiple commendations from her teachers. Her work ethic is outstanding, and she's always trying to improve her performance.

I will continue to highlight some individuals so that you have an understanding about the depth of our team, and hopefully you will meet them at some point!

As we move forward, we have some really big duals that are great opportunities for our kids to compete. I hope you can attend when we wrestle:

- **Bergen Catholic on January 14**
- **St. Benedict's and St. Joseph Regional on January 28**
- **Delbarton on Friday, February 4**

Any and all support for Blair wrestling is greatly appreciated. Your encouragement is critical and your gifts help our athletes with travel and lodging for our in-season and out-of-season tournaments. We are also working on growing our women's program here at Blair. If you would like to support the program in any way, please reach out. It's always great hearing from all of you!

Go Bucs!
Coach Gitomer

