

# BLAIR WRESTLING

## February 2023 Newsletter

### *Dear Friends of Blair Wrestling,*

Welcome to February. We are heading into the home stretch of the regular season.

We have had a demanding and rewarding last few weeks, and the team has done a great job taking advantage of all the challenging opportunities our schedule has had to offer.

There have been two major highlights for our team over the last few weeks that I'd like to share.

It has been a long time since we have been able to pack the home gym for a dual meet. It was my first as a coach here at Blair, and it was exciting. We wrestled Wyoming Seminary at home, and our wrestlers were incredibly energized. We also beat an extremely talented Delbarton team at their place. We won both matches, though both matches were incredibly different. Here are some key performances that I'd like to mention:

**Marc-Anthony McGowan '23** (126 lbs.)—It needs to be known that Marc-Anthony is battling an ongoing injury, and one that is painful. He lost very close in this dual meet against a strong competitor in Luke Lilledahl from Wyoming Seminary. Marc-Anthony made the choice to wrestle in this dual meet, and he had pressure to do so from his teammates and himself. Pressure is a privilege, and I know he felt that. What I also know about Marc-Anthony is that he has great skill, and with great skill comes a great sense of responsibility and expectation from others and himself. These lessons he is learning will carry with him to college and beyond.

Marc-Anthony is a winner and a champion, and I know he made the decision to wrestle in this dual solely because he cares about his team and his school. At his age, I think sometimes it's hard to understand the long-term importance of one's decisions, but he will one day. Going out there and fighting is hard to do, and for that I was extremely proud of him. I'm not sure what weight

Luke Lilledahl will be at the end of the season, but I sure hope Marc-Anthony gets another shot at him. Since their match, Marc-Anthony has been more focused and has matured. He is looking to win his third national prep title.

**Logan Rozynski '24** (144 lbs.)—Logan put it all on the line against Wyoming Seminary. Transition points are crucial in every match, but especially dual meets, and both Logan's escape and immediate leg attack showed his persistence in fighting for points and bonus points. Logan pinned a tough opponent and really got the team rolling. Great job, Logan!

Like Marc-Anthony, Logan battled a tough injury, and he still wrestled despite the pain. Winning and losing on the scoreboard happens, and you can learn from wins and losses. But, the mega-win for Logan came from his ability to understand that he can wrestle with pain, and that people are going to look after him during the process. His win against a top opponent in the state, Joe Davi from Delbarton, proved his toughness. Logan thinks and cares deeply about his wrestling, his family and his team. He journals and reflects. He is an accomplished student. Not only did he win in the Delbarton dual, but he also wrestled in a way that I know he was proud of. That is how we want to measure success. His mat wrestling was strong, and his hand fighting was tough.

**Will Henckel '25** (150 lbs.)—As many of you know, Will Henckel was slated to wrestle at the Escape the Rock tournament, but we pulled him because of an injury. While this last-minute decision was hard for the team, it was much harder for Will. If you don't know Will, he is one of the most emotional competitors there is. His care and passion for this sport run deep. This decision was very hard for him, because he didn't know how to approach this, because it was new. On the other hand, this adversity, I believe, brought Will to a new, more mature, level in his approach. Will wrestled three tough competitors in a row the following week: Wyoming Seminary, Bergen Catholic and Delbarton. He did this



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while nursing an injury. Will won all three, but he did so, again, in a way that was tough. He's never satisfied with how he wrestles because he always wants to do better, and Will is slowly turning into a hammer leader—a leader that leads by his toughness and willingness to do anything.

As you can see, all three wrestlers put themselves out there for their team, all dealing with some sort of adversity. To me, this is the stuff that makes Blair wrestling... Blair wrestling. It is an approach of no excuses, no nonsense and a good attitude.

I know we are improving, and I know we have a ways to go if we are going to wrestle in a way that we feel great about at National Preps. However, after the Delbarton match, I was very, very proud to be a Blair Buc. Unity is essential, and I thought we took a step in the right direction that Friday night.

Thank you all for your unwavering support. As always, if you would like to support the team in any way, please reach out to me. I love hearing from so many of you, and all your support helps our wrestlers reach their goals on this team.

*Best,  
Coach Gitomer*



**BLAIR ACADEMY**

POST OFFICE BOX 600 • BLAIRSTOWN, NJ 07825 • (908) 362-6121 • WWW.BLAIR.EDU