

# BLAIR WRESTLING

## October 2024 Newsletter

### *Dear Friends of Blair Wrestling,*

I hope everyone is doing well. Fall is here and the weather is definitely getting colder in Blairstown, with winter coming fast. The training this fall has been really strong with the kids wrestling three to four days a week as a full group, in addition to a lot of individual attention in mornings and afternoons.

For the boys program, we focus on strength training, technique and cardio in the fall, with zero to very limited competition. We have had some really fun alternative training days, where we hiked mountains, jumped in lakes and crushed some early Saturday morning hill workouts with Coach Thatcher.

The girls have had two competition events. The first was the Journeymen Women's World Classic tournament, where our girls competed against girls from all over the world and performed very well. A few weeks later, the girls then traveled down to Super 32 and competed in this major event. Again, our wrestlers did really well facing the best girls in the country in each weight class.

Marie Sharp '28 took fifth. Marie is also a standout cross country runner, and so she has been juggling a lot.

Victoria Carbonaro '27 took third, knocking off a number of top competitors in the country. Victoria is becoming a dominant force and continues to work on her mental strength development.

Corynne McNulty '27 took second, beating many top opponents from around the nation. She lost to one of the top girls in the finals—the same opponent who beat her at Fargo in the finals.

Natalia Accorsi '25 had a breakthrough tournament, winning four big matches. She is taking advantage of her time at Blair. She is an awesome kid and a great addition to the school community.

Sarah Henckel '26 took fourth at Super 32 and lost two matches with a short time left on the clock. Sarah is a fighter and learns from each of her matches as she continues to work on closing out matches. Recently, she just went to the Who's #1 event in western Pennsylvania and knocked off a talented wrestler to win the title.

We will begin the season at the Ironman Tournament, which will take place in less than two months. Schedules for all of our teams are now posted on the [Blair Wrestling website](#).

### **Endowment**

We have had tremendous support for the endowment that helps support our wrestling program. I challenge each of you to support this initiative. Every contribution, no matter the size, makes a difference. We have raised over \$900,000 to date, and I would love to get that number over \$1 million with your help!

Please consider supporting by going to this [page](#). It's been great connecting with so many of you already, and I want to keep our momentum going.

Stay in touch, and make sure you're proudly wearing your Blair gear everywhere you go!

Best,  
*Coach Gitomer*



BLAIR ACADEMY

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