

BLAIR WRESTLING

October 2025 Newsletter

Dear Friends of Blair Wrestling,

I can't believe we are nearing the end of October. The fall has been flying by, and Peddie Day will be upon us shortly, on Saturday, November 8, at Blair. Our wrestling schedule is also now posted on our website and can be viewed [here](#), including several exciting home matches featuring top competition.

Now entering my fifth year at Blair as head coach, I am very pleased with our team's development. We are a balanced team with a great deal of depth, and the team chemistry and buy-in to the program are outstanding.

Fall Training

Currently, we have about 25 boys and seven girls training consistently. This is the largest contingent of girls we have had in the program.

We have spent a great deal of time in the weight room, as well as circuit training in the wrestling room. We train together as a group four times a week, focusing on technique and skill building, situational wrestling and live matches. One day each week is set aside for wrestlers to concentrate on individual areas for development. In addition, Mondays and Wednesdays have been great for early morning one-on-one sessions with coaches. On Saturday mornings, we hold mock matches in singlets, and the athletes each get about three to five matches. On Friday mornings, we mix things up with alternative training with Coach Thatcher, whether it's a lake swim or a mountain run. Our athletes are taking advantage of all the opportunities to improve and grow.

Video Breakdown & Nutrition

We just installed three cameras in the wrestling room so that athletes and coaches can watch and analyze their training. This addition will bring huge benefits to the athletes as they can reflect on not just their match videos, but closely analyze their work in training.

We were also fortunate enough to have Dr. Joe Stanzione '08 come in to talk to the team and give some direction about nutrition and its impact on athlete health and performance. Joe is awesome and wrestled and graduated from Cornell.

Themes

One of the themes I have been emphasizing this year is the power of efficiency. Blair is a busy place, and our wrestlers are challenged each and every day with many responsibilities and tasks. We talk about efficiency on two levels: micro and macro. Micro-efficiency is about taking advantage of every second in practice to master and get the most out of the task in which they are engaged, making sure that no time is wasted. Our coaching staff works hard to reinforce this mindset daily. Macro-efficiency, on the other hand, focuses on the long game. It is the idea that over long periods of time, the daily habits that you adopt should have meaning not just in the short term, but in the long term as well.

College Highlights

We have had a busy fall with college coaches visiting our room at almost every group workout. It has been eye-opening for our kids to see such reputable and prestigious academic and athletic programs come and watch our workouts. College commitments are being made, and we already have a group who has committed this fall to amazing places. I also hope you get a chance to meet many of these wrestlers. They are the best!

Cole Pangborn '26—Army West Point
Connor Bercume '26—Harvard University
Barry Norman '26—Princeton University
Benji Koch '26—Williams College
Salah Tsarni '27—Air Force Academy
Mikey Batista '27—University of Maryland
Joseph Schinder '27—University of Pennsylvania



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Recent Accomplishments

As many of you know, we don't compete often during the fall, as we try to use this time to train, stay healthy, develop, and prepare for winter and spring competitions. However, we did recently attend the Journeyman Classic in Albany, New York, as a team, where the boys and girls wrestled. The Journeyman Main Event is a premiere national tournament that brings in some of the best wrestlers in the country, so it was good to see where we were in our development. The girls also participated in the Super 32 Challenge tournament in Greensboro, North Carolina.

Here are some of the highlights: We had 19 boys wrestle, and six girls wrestle in the Journeyman World Classic.

Champions

Vince Anello '27
Barry Norman '26
Salah Tsarni '27
Marie Sharp '28
Sarah Henckel '26

Second Place

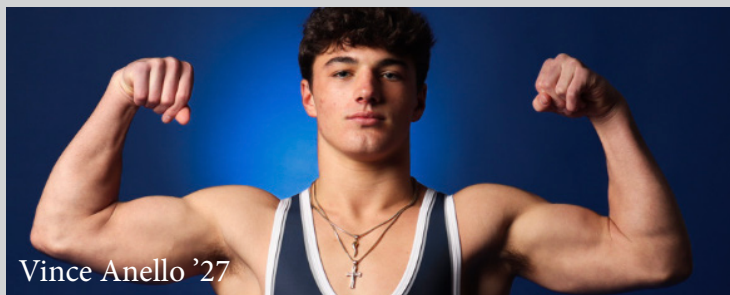
Connor Bercume '26
Corynne McNulty '27

In addition, two boys and five girls competed in Super 32, one of the most prestigious tournaments in the country.

Placewinners

Marie Sharp '28 - Champion
Salah Tsarni '27 - Fourth Place

Marie became our first champion in this event since they started hosting a girls' tournament in 2017. Her path included wins over three Fargo All-Americans.



I will be writing weekly updates once the season starts in December, but for now, I wanted to put some important home dates on your radar:

January 10: Quad with St. Christopher, Lake Highland Preparatory and St. Edward, 10 a.m.* / 12 p.m.* / 2 p.m.*

January 24: Greens Farms Academy (Senior Day), 1 p.m.*

January 28: Delbarton, 7 p.m.*

**These times are subject to change.*

As always, any and all support is greatly appreciated. Please reach out to me at (908) 310-8267 or Kristine Scialla associate director of annual giving at (908) 362-2054 or scialk@blair.edu if you are interested in supporting the wrestling program.

I look forward to seeing many of you, and as always, please reach out anytime.

Best,
Ross Gitomer

Marie Sharp '28

