BLAIR WRESTLING

November 10, 2026 Newsletter

Dear Friends of Blair Wrestling,

It's been a while since our last newsletter and I hope this one finds you all doing well. I'd like to give some exciting updates on the 2026–2027 team this fall, and also provide some info for the days ahead.

Meet the New Girls' Head Coach – Mia Macaluso



We have been fortunate to hire Mia Macaluso, who comes to us with a stellar and highly decorated wrestling background as a competitor and coach. Her path to national prominence began in high school, where she won two New York State Public High School Athletic Association (NYSPHSAA) girls' state titles, three state freestyle titles and made section history by taking fourth in the 2020 boys' Section IX Championships.

She then attended East Stroudsburg University and became the program's all-time wins leader (68–19) and its first three-time National Collegiate Women's Wrestling Coalition (NCWWC) All-American, capped by a program-record third-place national finish in 2023.

Coach Macaluso's dominance extended to the international stage as a five-time U.S. National Team member, highlighted by a 2021 U.S. Junior National Championship and a U17 Pan American Gold Medal, where she was named Most Outstanding Wrestler.

In addition to Coach Macaluso's wrestling credentials, what makes her special is her ability to connect with both the girls and the boys on our team. Coach Macaluso's mindset is amazing in terms of her energy, her willingness to learn and her total care for the student-athletes here at Blair. In addition, I have already learned a ton from her, as has the rest of our staff. I hope as many of you as possible get to meet our new coach.

New Roles

- Director of Wrestling & Head Coach of Boys: Ross Gitomer '05
- Head Coach of Girls: Mia Macaluso
- Associate Head Coach (Boys & Girls): Mike Carbonaro '00

Training This Fall

Our training this fall has been very consistent, with a large number of athletes participating. We have been wrestling three to four days a week. One area we have focused on is working on a few key positions more frequently while diving deep into details for each scenario or situation. Creating and sustaining a well-designed wrestling system is central for us, as we believe a strong system instills confidence and team continuity. In addition to our standard strength training, we have been using two new machines—the VersaClimber and SkiErg—which have added another dimension to our fall training.



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Community

The leadership among our 12th-grade athletes has been amazing, not just in wrestling, but in the broader community as well. Our seniors hold leadership positions across many campus groups, which is something we expect and encourage with all our wrestlers. Being multidimensional is a cornerstone of our team philosophy and one of our core standards. There are hundreds of examples of our senior group living a life of service and guidance in the Blair community.

For instance, the other day I was covering a math class for a colleague and ran into Joe Schinder ’27 while walking to class. Joe, who is headed to University of Pennsylvania (Wharton School of Business) next year, joined the class and willingly offered to teach a few concepts to the ninth-grade honors geometry class. His ability to command the room and help the younger students was inspiring to watch. On a lighter note, it happened to be “Dress Down Swap Day” for Peddie Week, so Joe had swapped clothes with his girlfriend and taught the entire geometry lesson wearing a field hockey skirt and jersey!

Competitions

We limit our competition schedule during the fall so we can focus on training, but here are a few highlights from recent events:

Who’s Number One: We had three wrestlers compete at Who’s Number One in Stillwater, Oklahoma—a historic venue for wrestling: Salah Tsarni ’27, Mikey Batista ’27 and Marie Sharp ’28. Having three competitors at this level is incredible. Both Salah and Marie mounted great comeback victories after being down early, while Mikey wrestled a tough, close match. All three learned a tremendous amount from the experience. The trip also allowed us the opportunity to connect with Lorenzo Norman ’23, who is now wrestling for Oklahoma State University.

Journeymen Fall Classic: Joe Schinder ’27 and Eddie George ’28 both captured gold medals in breakout tournament performances. We brought 15 boys to wrestle, gaining valuable match experience against some of the top competition in the country. Our girls’ team also gained incredible international experience, competing against tough opponents from other countries, highlighted by Victoria Carbonaro ’27 placing third and Sela Rozov ’27 placing fifth.

Super 32 and Preseason Nationals: Eddie George ’28 placed seventh at 120 lbs. at the Super 32 tournament, while Marie Sharp ’28 earned second and Victoria Carbonaro ’27 placed seventh. Additionally, Joe Schinder ’27 and Weston Borgers ’28 both won Preseason Nationals in Iowa this October.





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National Letter of Intent Signings

Seven seniors are set to sign their Letters of Intent for athletic scholarships in wrestling at the following institutions of higher learning:

Vin Anello–Princeton University
Mikey Batista–University of Maryland
Victoria Carbonaro–Columbia University
Olivia Georges– Columbia University;
Columbia-Barnard Athletic Consortium
Cael Mielnik–University of Pittsburgh
Joseph Schinder–University of Pennsylvania
Salah Tsarni–United States Air Force Academy



Upcoming Schedule

Our full schedule is available on the school website, and we would love to see you at our upcoming home events. Please check on times as the dates approach as they sometimes change.

<u>Upcoming Boys' Home Matches:</u>

12/05: Tri-Meet vs. Belmont Hill and Northfield Mount Hermon (1:30 p.m.)
1/03: Quad vs. IMG Academy, New York Military Academy and Valiant College Prep
1/14: vs. Wyoming Seminary (6:30 p.m.)
1/15: vs. Bergen Catholic (6:30 p.m.)
1/21: vs. St. Peter's Prep (6:30 p.m.)
1/23: vs. Bethlehem Catholic (1:00 p.m.)
2/13: National Prep Qualifier

<u>Upcoming Girls' Home Matches:</u>

1/3: Tri vs. Valiant College Prep and NYMA (9:00 a.m.)
1/27: Wyoming Seminary (7:00 p.m.)

We started official practices this week!

Best,
Coach Gitomer