



LONGMEADOW HIGH SCHOOL LANCERS

2023-2024 Varsity Wrestling

Head Coach: Alex Efstratios

Name	Gr.	Pos.	Ht.	Wt.
Lincoln Benson				0
Christopher Bouvier	Jr.			0
Jack Chandler	Fr.			113
Andreas Christoforakis	Fr.			126
Ben Cournoyer	Sr.			
Chris Cournoyer				0
Jackson Dalessio	Fr.			144
Ari Eisgrau	Jr.			138
Gabriel Grosh	So.			
Vada Hutchinson				0
Antonio Irzizarry				0
Nathan Katz	Fr.			126
Ethan Kelly	'28			113
Sean MacDonald	'28			106
Ryan Nero	Jr.			132
Gianna Reed	Jr.			138
Colema Robert				0
Luke Roque	'28			138
Michael Serricchio				0
Julien Shanks	Jr.			0
Shane Sherican				0
Nikolas Slocumn	Fr.			0
Joshua Tapley				0
Malcolm Weissm				0
Christian Williams-Estevez				0