



# 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				0
Andreas Christoforakis	Fr.			
Ben Cournoyer	Sr.			
Chris Cournoyer				0
Jackson Dalessio	Fr.			0
Ari Eisgrau	Jr.			0
Gabriel Grosh	So.			
Vada Hutchinson				0
Antonio Irzizarry				0
Nathan Katz				0
Ethan Kelly				0
Sean MacDonald	'28			
Ryan Nero	Jr.			0
Gianna Reed				0
Colema Robert				0
Luke Roque				0
Michael Serricchio				0
Julien Shanks	Jr.			0
Shane Sherican				0
Nikolas Slocumn	Fr.			0
Joshua Tapley				0
Malcolm Weissm				0
Christian Williams-Estevez				0