



LONGMEADOW HIGH SCHOOL LANCERS

2024-2025 Varsity Wrestling

Head Coach: Alex Efstratios

| Name | Gr. | Pos. | Ht. | Wt. |
|------------------------|-----|------|-----|-----|
| Jack Chandler | So. | | | 113 |
| Andreas Christoforakis | So. | | | 126 |
| Christopher Cournoye | Sr. | | | 144 |
| Jackson Dalessio | So. | | | 144 |
| Ari Eisgrau | Sr. | | | 138 |
| Gabe Grosh | Jr. | | | 215 |
| Antonio Irizary | So. | | | 190 |
| Nathan Katz | So. | | | 126 |
| Ethan Kelly | Fr. | | | 113 |
| Paul MacDonald | Fr. | | | 120 |
| Sean MacDonald | Fr. | | | 106 |
| Anthony Martinez | Fr. | | | 190 |
| Christopher Moreland | So. | | | 144 |
| Daniel Nejad | Jr. | | | 132 |
| Ryan Nero | Sr. | | | 132 |
| Charles Panidis | Jr. | | | 132 |
| Gianna Reed | Sr. | | | 138 |
| Nason Riley | Sr. | | | 126 |
| Coleman Robert | Sr. | | | 175 |
| Ilias Rodriguez | Sr. | | | 157 |
| Luke Roque | Fr. | | | 138 |
| Niko Slocumb | So. | | | 165 |
| Benjamin Wetzel | Fr. | | | 144 |
| Christian Yi | Fr. | | | 175 |