**Girls wrestling: Here is the 2022-23 All-MyCentralJersey team**

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Here are the MyCentralJersey All-Area 2022-23 wrestling selections that include competitors from the Greater Middlesex Conference and the Courier News areas (Somerset, Hunterdon and parts of Union counties).

Wrestlers are slotted based on weights at which they competed in the postseason, meaning the start of the region tournament.

Advancement, such as wrestlers who qualified for the state tournament, is weighed heavily in evaluating student-athletes for postseason honors.

**WRESTLER OF THE YEAR**

**185 – Apryl Coffman, St. Thomas Aquinas, Sr.**

32-2, GMCT 1st, North 2 Region 1st, State 1st

Can there be any other choice? Coffman put together a memorable season that concluded with a counter throw off her opponent’s headlock attempt for the fall in the state final at Boardwalk Hall. She also captured a Greater Middlesex Conference Tournament championship and a North 2 Region title via three pins. Coffman showed what hard work and commitment can result in after starting wrestling as a freshman and going 0-3. She went 7-8 as a sophomore and 14-9 as junior (0-2 in the state tournament). Now, she has the gold medal.



**FIRST TEAM**

**100 –Mandy Gavares, Old Bridge, Sr.**

18-7, GMCT 1st, Central Region 1st, State 6th

Gavares made a triumphant return after missing the last two seasons with knee injuries. She wasn’t cleared until two weeks before practice started, but quickly got up to speed. The senior reached the finals of the EB Lady Bear Invitational on Dec. 30. Gavares won Greater Middlesex Conference Tournament and NJSIAA Central Region titles with a combined five pins and a major decision. In the state quarterfinals, Gavares avenged an earlier loss against Paramus’ Olivia Klein, the defending state champion, en route to a sixth-place finish.

**107 – Leeah Gutierrez, Perth Amboy, Fr.**

23-8, GMCT 1st, North 2 Region 2nd, State 5th

Gutierrez had a fantastic rookie season that culminated in reaching the podium at the state tournament as the No. 9 seed. She upset top-seeded Emma Coesfeld of Delsea in the quarterfinals via a pin in 1:43 en route to her fifth-place finish. Gutierrez earned a GMCT title with two pins and also finished second in the Bloomfield Girls Tournament and third in the Elizabeth Lady Minuteman Classic.

**114 –Lennix Horsburgh, Bound Brook, Jr.**

23-2, North 2 Region 1st, State 2nd

Horsburgh had a dominant run to the state final. First, she captured her third-straight region title with three pins and added two falls in the state tournament’s quarterfinal and semifinal rounds. Horsburgh also won an Elizabeth Lady Minuteman Classic championship and finished second in the EB Lady Bear Invitational with a loss against Northern Highlands’ Amanda Connors. She later defeated Connors in the final of the BCWCA Tournament and at the Lady Pioneer Jamboree. The junior also provided leadership and guidance to Bound Brook’s two freshmen girls wrestlers, the first time that she had girls teammates in the wrestling room.

**120 – Valarie Maldonado, Somerville, Jr.**

33-2, North 2 Region 1st, State 2nd

If Maldonado got you in trouble, she’d often finish with a fall. The junior was among the state leaders with 31 pins, including four falls to win a region championship. On her march to the state final, Maldonado also won gold medals at the Bloomfield Girls Tournament and the Elizabeth Lady Minuteman Classic. She now has three state medals after finishing third last season and fourth as a freshman in 2021.

**126 – Emma Sagi, Old Bridge, Jr.**

23-6, GMCT 1st, Central Region 1st, State 5th

Sagi reached the GMCT final in her 2021-22 debut season, but she took it to another level after hours and hours of work. The junior showed her improvement by avenging two early season losses after Jackson Memorial’s Dominique Lopez pinned her twice. Sagi came back with a pair of her own pins in the Central Region finals and the state tournament. Sagi also won the Ron Mazzola Memorial Tournament.

**132 – Eva Herrera, Somerville, Sr.**

25-10, North 2 Region 1st, State 8th

Herrera’s success was among the biggest surprises this season for a simple reason – she never wrestled before. The senior, who was familiar with the sport after watching her brothers wrestle, decided to give it a shot. Herrera steadily improved and captured the North 2 Region title with three pins, including a stunning fall in the finals off a cement job after recovering from getting slammed.

**138 – Melissa Wehrle, Spotswood, Sr.**

16-6, GMCT 1st, Central Region 2nd, State 7th

The senior put together a dominant GMCT with three pins to earn the first gold medal in program history. Wehrle also placed third in 2020 and 2022 for three medals in three tries (there was no tournament in the COVID-shortened 2021 season). In the state tournament, she bounced back after a quarterfinal loss to state champion Jayla Hahn of Southern with a pin in the second consolation round and had a fall in the seventh-place match.

**145 – Saniyah Queen, St. Thomas Aquinas, So.**

22-3, GMCT 1st, North 2 Region 1st, State 2nd

Queen put on fashionable sunglasses after matches to have fun and it became her trademark. She certainly stepped into a staring role for the Edison school. The sophomore helped the Trojans win the first official girls team GMCT title and captured a gold medal with two pins. She scored three pins in under a minute to win a region title en route to reaching the state final. As a freshman, Queen placed fifth in the state competing for Elizabeth.

**152 – Elizabeth Adebola, Perth Amboy, Jr.**

23-9, GMCT 4th, North 2 Region 1st, State 4th

Adebola had a breakout season after going 7-4 in her first year wrestling in 2021-22. The junior started at 165 and placed in the Bloomfield Girls Tournament (5th), EB Lady Bear Invitational (6th) and the Elizabeth Lady Minuteman Classic (3rd), in addition to her fourth-place finish at the GMCT. At 152, she captured the North 2 Region championship as the No. 6 seed. She lost her quarterfinal match at the state tournament, but then had a gutsy comeback by winning three-straight consolation matches, an UTB win included, to reach the podium.

**165 – Alex Osborn-Jones, Metuchen, Sr.**

22-9, GMCT 3rd, North 2 Region 1st, State 6th

Last year, Osborn-Jones won nine matches and a GMCT title in her initial year wrestling. This season, she took her talents to another level and showed her improvement by winning a region championship and placing in the state tournament. The senior also placed second in the Garfield Tournament on opening weekend and fourth at the EB Lady Bear Invitational.

**235 – Rahkai Degrasse, North Brunswick, So.**

5-6, GMCT 1st

Degrasse went from knowing pretty much nothing about the sport to winning a GMCT championship – not a bad start to her wrestling career. The sophomore scored two pins to win the title. She also reached the North 2 Region semifinals.

**HONORABLE MENTION**

*(Criteria: State qualifiers or GMCT or H/W/S Tournament finalists not on the First Team)*

**East Brunswick:** Madeline Alvarenga (100), Aliya Graca (145), Abigail Lydon (152), Risa Ferrari (165

**Franklin:** Citlaly Condado (152)

**Hunterdon Central:** Annemarie Thompson (114), Paisley Fox (132)

**Metuchen:** Caelum Ritzdorf (120)

**North Brunswick:** Melanie Luna Vasquez (235)

**North Hunterdon:** Allie Borzelli (100), Cassidy Kole (120)

**Old Bridge:** Adriana Farese (120), Jenna Magrino (132), Aurora Gardner (185)

**Perth Amboy:** Aeriel Stallworth (145), Emily Fazzino (165)

**St. Thomas Aquinas:** Julianna Van Ness (114), Andie Heuer (126), Makayla Decker (152)

**Sayreville:** Maeve Witte (114)

**Somerville:** Emme Hoarle (114)