

Certificate Info:

-Emily Angelo is a Junior at MHS and member of the Merrimack Tomahawks CoEd Wrestling Team

-Emily has been wrestling since she was a young child

-To help grow the sport of girl's wrestling, and giving up the possibility to earn points for her Merrimack Tomahawks CoEd Wrestling Team and the opportunity of an "Outstanding Wrestler" award;

-On February 25, 2023, Emily wrestled the only 3 girls she saw all season and competed for MHS in NH's first 'all girl's division' at the wrestling "Meet of Champions" in the 132 # bracket

-Coached by Mr. Bryan Dine, at that event, in:

- Round 1 (Quarter Finals): beat Alana Cilbrith from Mascoma Valley Regional High School 12 - 1;

- Round 2 (Semi-finals): beat Grey Crothers from Spaulding High School after going up 17 to 5 she got the fall at 5:32 minute mark;

- Championship Match she took on Kaycie Rhodes from John Stark High School win by Decision 6 - 5;

-At the 2023 NH Wrestling Meet of Champions, Emily placed first in her weight class (132 # brackett), becoming the first female state wrestling champion and the first for MHS!

FYI re: this February 25, 2023 Meet of Champion's event:

From Emily's mother, Lynn Angelo:

"Good afternoon, Here is the information... If you need more please let me know... Some girls gave up wrestling in the coed division to grow the sport of girls wrestling. The numbers are growing. I would like to add that although NHIAA agreed to an "all girls" division at the MOC/meet of champions, they did not offer team points or an outstanding wrestler award for the girls. Most of these girls do not wrestle other girls all season- only boys. On Saturday my daughter wrestled the only 3 girls she saw all season.

Gen'l Info re: NH's MOC (Meet of Champions) February 25, 2023

Held alongside the boys (coed division) Some of these girls qualified in their district tourney and opted to wrestle in girls division to help grow the sport, they gave up the possibility to earn points for the coed team they wrestled for all season.

(They placed the top 4 for the girls)

132 # Bracket: 6 girls in this bracket

Champion: **Emily Angelo Merrimack High School District 2** (she opted not to wrestle at divisionals to allow time for a shoulder injury to heal)

★**Coach: Bryan Dine**

★Emily is a Junior

- Round 1 (Quarter Finals): beat Alana Cilbrith from Mascoma Valley Regional High School 12 - 1
- Round 2 (Semi-finals): beat Grey Crothers from Spaulding High School after going up 17 to 5 she got the fall at 5:32 minute mark
- Championship Match she took on Kaycie Rhodes from John Stark High School win by Decision 6 - 5

1. Emily Angelo
2. Kaycie Rhodes
3. **Avary Berardinelli Merrimack High School**
4. Grey Crothers Spaulding

The other 2 in the bracket are: Savana Milton from Raymond High School and Alana Cilbrith

106 # Bracket: 6 total girls in this bracket

Champion: Lily Runez Keene High School Division 1 (Placed 4th at Divisionals in the boys division)

★Coach: Peter Runez

★Lily is a Freshman

- Round 1 (Quarter Finals) bye
- Round 2 (Semi-Finals): Defeated Rebekah Sanborn of Manchester Memorial by fall (pin) after leading 5 to 0, the fall came 48 seconds into the match
- In the championship match she defeated Goffstown's Adrie Reeves after leading 8 - 0 she got the fall at the 2:20 minute mark (each period is 2 minutes long and there are 3)

1. Lily Runez
2. Adrie Reeves (also qualified in coed division at divisionals and chose to wrestle the girls division at MOCs)
3. Nikki Stylianos from Londonderry (Placed 6th in the division tourney)
4. Rebekah Sanborn

The other 2 girls in this bracket were **Charlene (AKA Leenie) Haddad of Merrimack** and Noel Beauchaine of Newport