

# FRANK CARROZZA

*"The Father of Minisink Wrestling"*



If you ask Frank Carrozza what wrestling did for him, he'd tell you, "It got me into college, gave me the drive not to quit when things got tough, and provided me the opportunity to pass onto others what I have learned."

Carrozza has been involved with the sport in some manner since 7th grade. He wrestled varsity for Island Trees High School under Hall of Fame Coach Ted Petersen. He learned the sport and the characteristics required to be a champion from Petersen and his more seasoned teammates. The importance of service and integrity was something that Coach Petersen instilled in all of his wrestlers, and Carrozza was no exception.

Highlights of Frank's Island Trees wrestling years include a 1965 undefeated season, League Championship, and North Shore Champion honors.

After high school graduation, Frank Carrozza began his college education and continued his wrestling career at Orange County Community College where he was coached by Don Weber. Frank wrestled to an undefeated season at O.C.C.C. in

1967. He was the NJCAA Region XV Champion in both 1966 and 1967. In 1966 he was the West Point Plebe Tournament Champion, and in 1967 the M.I.T. Tournament Champion and Most Outstanding Wrestler.

Frank completed his undergraduate degree at West Chester State College (PA) where he studied to become a Physical Education teacher. While at West Chester State, Carrozza became the 1968 Middle Atlantic Conference Champion. He gained All-American status in the NCAA College Division National Tournament with a third place finish.

Frank went on to be a very successful wrestling coach and athletic director at Minisink Valley High School, transforming the school into the powerhouse that remains today. He coached varsity wrestling from 1969-1974. During that time Carrozza's teams compiled an 80-12-4 record. Minisink Valley generated three New York State place winners, four Section Nine Champions, and 24 OCIAA Champions. In 1972, Frank was the Orange County League Wrestling Chairperson and also served as Section Nine Wrestling co-chairperson. In addition he was wrestling coach for the Empire State Games for ten years.

**The Community of Minisink Valley named their new athletic building the "Frank Carrozza Sports Complex"**

When it comes to describing Carrozza's impact on the community, the school district of Minisink Valley Central School in Slate Hill NY, perhaps said it best when they mounted a plaque in the school in his honor that reads, "Frank Carrozza was head wrestling coach for many years, building a wrestling program here that is second to none." They coined him "The Father of Minisink Wrestling." In appreciation and to honor all of his accomplishments as an educator, coach and athletic director, the school community named their new athletic building the "Frank Carrozza Sports Complex."