

George DLUGOLONSKI

Coach George Dlugolonski, or Coach “Dugo” as he is known, has led his Chaminade High School team and his wrestlers to outstanding achievements since 1973. Further, Coach Dugo has demonstrated incredible longevity and continuity in his commitment to developing young high school wrestlers. Not only has he taught wrestling skills, he has shared lessons with his and integrity.

George Dlugolonski has an enormous heart and is always willing to go the extra mile for his wrestlers and their families. He is extraordinarily selfless and always puts his athletes first.

Approximately 100 to 150 boys participate in Chaminade wrestling, spread across the novice, junior varsity and varsity teams. Many of these wrestlers have not had the benefit of youth or middle school wrestling programs, and those who have wrestled before represent the full range of preparation and programs. Coach Dugo welcomes all. Despite the difficulties of coaching a wide pool of participants with varying skills, Coach Dugo demonstrates a very serious commitment to participation.

Chaminade wrestling has had great success under George Dlugolonski, but his program is not solely about winning. He chooses not to cut athletes from the team, and works hard for all his wrestlers, from the most talented to the ones who may never achieve a win. Coach Dugo knows that the life lessons of wrestling — perseverance, character, dedication in pursuit of a goal, teamwork, commitment, courage, and self-confidence — are just as valuable, maybe more valuable, for the boy with the least amount of natural talent compared to the wrestler who enjoys a wealth of natural ability and skill.

Coach Dugo also served as chairman of the CHSAA Wrestling League from 1980 to present. It’s a position that comes with significant administrative, fundraising and time commitments. During his tenure as chairman, the league grew meaningfully in scale and size. Dugo also led the admission of the private school league as a section in the New York Public School State



Championship Tournament. He has not only taken on, but excelled in these additional responsibilities, despite the depth and breadth of his commitments at Chaminade.

George Dlugolonski qualifies for admission in the National Wrestling Hall of Fame because of his integrity and commitment to doing things the right way. On almost a daily basis, he is presented with opportunities to make the right choices and to teach his wrestlers how to behave and how to act. He knows how to win — and also how to lose — with dignity. He disciplines captains and all-state wrestlers equally with second- and third-string wrestlers. George teaches respect for the sport and

respect for officials; his own behavior and attitude continuously demonstrate this for the young, impressionable wrestlers in his program. Chaminade wrestlers compete hard, but are clean wrestlers. They do not showboat or flaunt their wins, and they do not make excuses or throw tantrums when they lose. It is no surprise that Chaminade wrestling teams are perennial Sportsmanship Award winners and that Chaminade wrestling alumni have gone on to great achievements in their personal and professional lives.

*(right) George shows his enthusiasm coaching one of his Chaminade wrestlers.
(below) George and assistant coach, Tony Nordland offer encouragement at the state tournament.*

