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East Stroudsburg University

Athletic Communications Press Release

For Immediate Release



**2023-24 SEASON PREVIEW: Women's Wrestling**  
10/31/2023 | Women's Wrestling

**EAST STROUDSBURG** - The East Stroudsburg University women's wrestling team looks to build off of an impressive 2022-23 campaign that saw the Warriors take 8th place at the NCWWC National Championships, 3rd at the Region 1 Championships and earned a first-place finish in the inaugural Pennsylvania Women Collegiate State Championships.

The Warriors open the 2023-24 season in the Poconos starting with three home events, hosting Elmira (Nov. 1, 7:00 p.m.), Iowa (Nov. 4, 4:30 p.m.) and the ESU Open (Nov. 5, 10:00 a.m.).

How To Follow: Follow @esuwrestling and @esuwrestling on X and @esuwrestling or @esuwrestling on Instagram for the latest news regarding the program. All ESU home duals are broadcasted on the PSAC Sports Digital Network and live stats are available for select events.

**Who's Back:** ESU returns three 2022-23 NCWWC All-Americans in [Zoe Gress](#), [Emily Klein](#) and [Mia Macaluso](#). All three appeared in the NWCA Individual Preseason Rankings, with Macaluso ranked No. 2 at 123, Gress, No. 5 at 143 and Klein, No. 6 at 116. [Avia Bibeau](#), who earned NCWWC All-America status in 2021-22 and missed the majority of the 2022-23 season also returns. The Warriors welcome back all but two of its regional representatives, including [Gianna Amendola](#), [Alanna Barberio](#), [Carmela Cancelmo](#), [Rachel DeGiulio](#), [Haley Delia](#), [Grace Kaczanowski](#), [Raven McCarthy-Gardner](#), [Waverly KaneLong](#), [Damiana Racciatti](#) and [Felicia Smith](#). Other returners include: [Natalie Dunn](#), [Cameron Nunez](#), Maddy Ridge and [Kali Shifflett](#).

**Who's New:** ESU welcomes 17 newcomers to the roster this season. The newest Warriors include: [Ruth Ansah](#), [Gabrielle Baker](#), [Paityn DeLong](#), [Jayla Hahn](#), [Angelina Hiller](#), [Cadence Howard](#), [Jade Huerta](#), [Olivia Klein](#), [Madi Mansmann](#), [Nakayla Peterson](#), [Saleta Nichols](#), [Ariel Ofri-Akman](#), [Jackeline Ramos-Oviedo](#), Tana Savino, [Larissa Taylor](#) and [Carney Wyble](#).

**NWCA National Rankings:** Along with ESU's three individual nationally-ranked wrestlers, the Warriors were selected seventh in the NWCA Team Rankings. See the full rankings below.

**Region 1 Rankings:** In the preseason Region 1 rankings, ESU is tied for second with Lock Haven, totaling 89 points in the rankings. The Warriors have 11 wrestlers ranked in the region, which is the third most in the region, trailing only Sacred Heart (16) and Elmira (13).

- 101: [Olivia Klein](#) - #7
- 109: [Alanna Barberio](#) - #4
- 116: [Emily Klein](#) - #1
- 116: [Natalie Dunn](#) - #8
- 123: [Mia Macaluso](#) - #1
- 123: [Waverly KaneLong](#) - #6
- 130: [Gianna Amendola](#) - #2
- 136: [Zoe Gress](#) - #1
- 136: [Rachel DeGiulio](#) = #4
- 155: Damiana Raccatti
- 170: [Felicia Smith](#)

Schedule: ESU welcomes Elmira and Iowa to open the season. The dual for the Hawkeyes is the first event in program history. After welcoming a slew of teams for the ESU Open, ESU heads to the Great White North for the Toronto Metropolitan University Open (Nov. 12). ESU will host the Northeast Regional Duals in its final home competition of the calendar year on Dec. 3. ESU will then head to Long Island for the Nassau Open (Dec. 10). ESU heads back to dual action at the NJCU Quad (Dec. 15), facing the host Gothic Knights, along with Utica and Alvernia.

After the holidays, ESU returns to Koehler Fieldhouse for the Warrior Duals Round Robin Invitational (Jan. 6), welcoming six squads to the Poconos. After heading to Ursinus for the Will Abele Invitational (Jan. 14), ESU heads back to Canada on Jan. 21 for the Gulph Open. ESU's final home competition of the season will be the PA Women's Collegiate State Championships on Jan. 28. ESU looks to defend its state title.

ESU opens February at Frostburg State for the Bobcat Invite (Feb. 4) and then heads to the York College Tri-Match on Feb. 10. The NCWWC Region 1 Championships will take place at Lock Haven on Feb. 25. ESU will look to add to its six NCWWC All-Americans in program history on March 8th and 9th at the NCWWC National Championships in Cedar Rapids, Iowa.

#### Region 1 Coaches Poll

RK	School	Total PTS	IND. RANKED
1	Sacred Heart	125	16
<b>T2</b>	<b>East Stroudsburg</b>	<b>89</b>	<b>11</b>
T2	Lock Haven	89	8
4	Elmira College	78	12
5	NJCU	46	6
6	Ursinus College	42	6
7	Alvernia University	41	5
8	Delaware Valley	29	4
9	Western New England	27	7
10	Cedar Crest	19	3
11	Utica University*	6	1
12	New England College*	3	1
T13	Alfred State*	0	0
T13	Centenary*	0	0
T13	York*	0	0

#### NWCA NATIONAL TEAM RANKINGS

RK.	INSTITUTION	Total pts.	Ind. ranked	Prev. Rank
1	NORTH CENTRAL	132	14	2
2	KING	67	10	1
3	MCKENDREE	60	9	3
4	COLORADO MESA	51	8	4
T-5	GANNON	29	5	8
T-5	SACRED HEART	29	4	9
<b>7</b>	<b>EAST STROUDSBURG</b>	<b>25</b>	<b>3</b>	<b>11</b>
T-8	LOCK HAVEN	22	2	7
T-8	IOWA	22	2	NR

10	ADRIAN	16	3	13
11	LINDENWOOD	10	2	NR
12	MOUNT OLIVE	13	2	NR
T-13	AURORA	12	1	10
T-13	PRESBYTERIAN	12	1	12
T-13	NORTHERN MICHIGAN	12	2	14
16	EMMANUEL	11	3	NR
17	TIFFIN	10	1	17
18	AUGSBURG	9	1	5
T-19	UW-STEVENS POINT	8	2	NR
T-19	NEW JERSEY CITY	7	1	16
T-19	URSINUS	7	1	NR
22	ELMIRA	4	1	NR
T-23	TEXAS WOMAN'S	3	1	NR
T-23	EMORY & HENRY	3	1	NR
T-23	CHADRON STATE	3	1	NR

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