

1986-87 East Girls Soccer Teams



1986 record 15-2-1

NJSIAA Group III Co-State Champions

Final Game was a Tie

Bridgewater-Raritan East - **3** Ramapo - **3**



1987 record 20-2

NJSIAA Group II State Champions

Final Game

Bridgewater-Raritan East - **1** Madison Boro - **0**

1986 Final Game 3-3 tie

Jeannette Goepfert scored the game-tying goal with 50 seconds left in regulation for East.

Goepfert also scored the first goal of the game. Andrea Courcoulas scored her first goal of the season to tie the score up at 2-2.



1986 Girl's Soccer Standouts



Marge Walp



Jeanette Goepfert

1987 Final Game 1-0

Dawn Clancy scored off an assist from Carrie Webster to give Bridgewater-Raritan East a championship win. Jenny Blazer made five saves in the shutout effort for Bridgewater-Raritan East.



1987 East Girl's Soccer Team – State Champions



1987 Girl's Soccer Standouts

Susanne Meisenbacher FB

Joan Howlett FB

Carrie Webster FWD

Dawn Clancy MID

Jen Blazier - G

Christine Watson

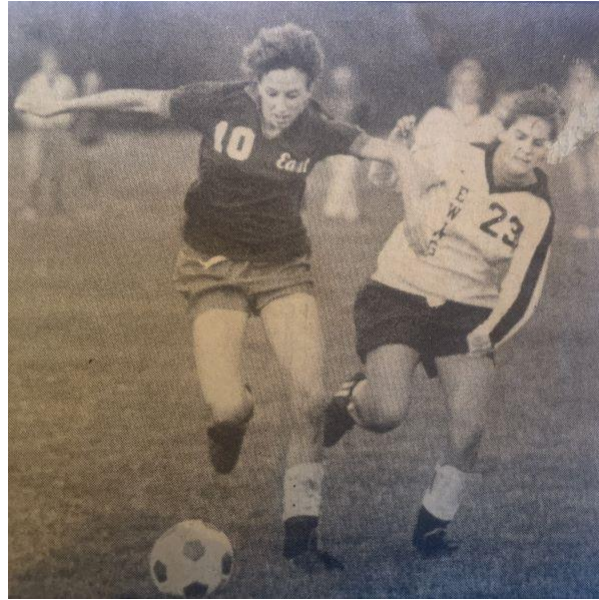


Carrie Webster Joan Howlett

86-87 East Girl's Soccer Coach was Bob Morris



86-87 East Girl's Soccer Photos

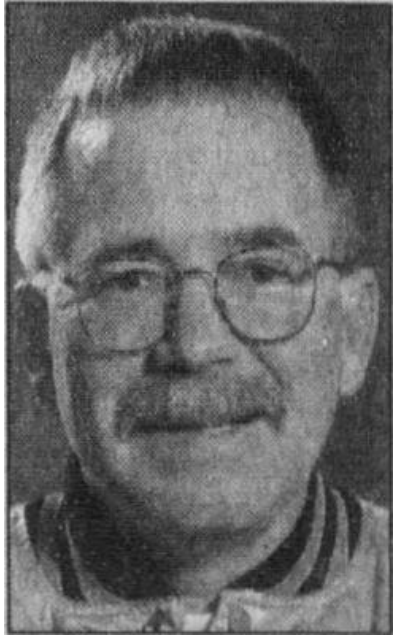


86-87 East Girl's Soccer Photos





1991 West Boy's Track



1991 WEST BOYS TRACK

Group 2 State Champions

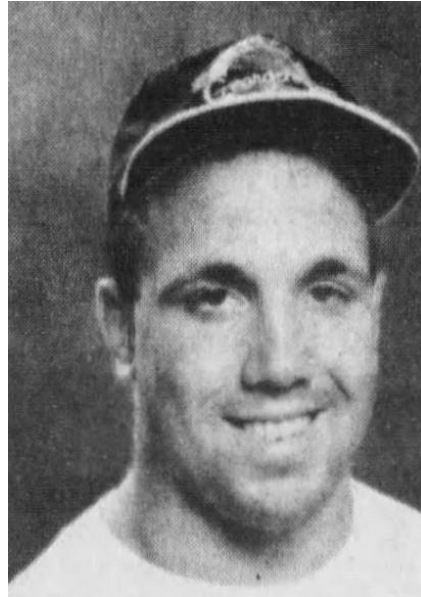
Coach was Al Rossi
Undefeated Regular Season
8-0



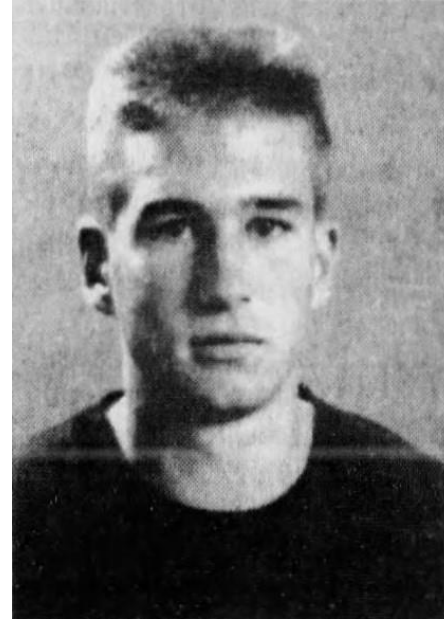
1991 WEST BOYS TRACK - Contributors:



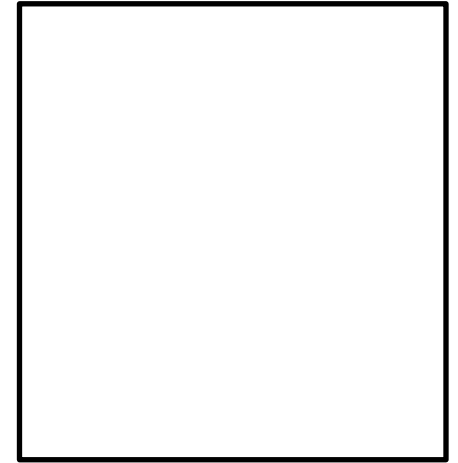
**Jay Hobbs -
Sprints/Jumps -
All Everything**



**Mitch Zaninelli
Weights
1st Team All-County**

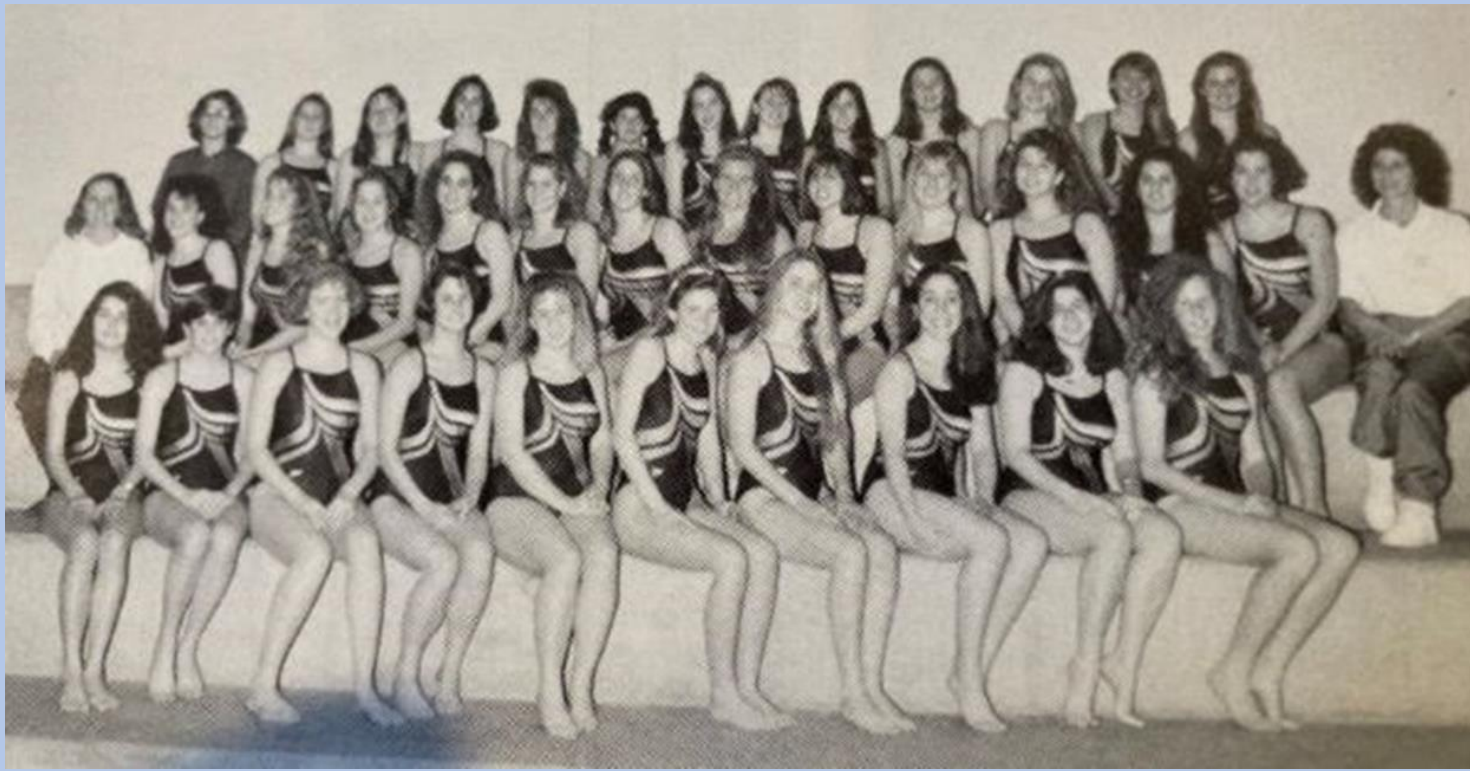


**Tom Rabosky-
High Jump
3rd Team All-Area
1st Team All-County**



**Gary Woerner –
Distance - 2nd
Team All-County**

1991-92 Girls Swim Team



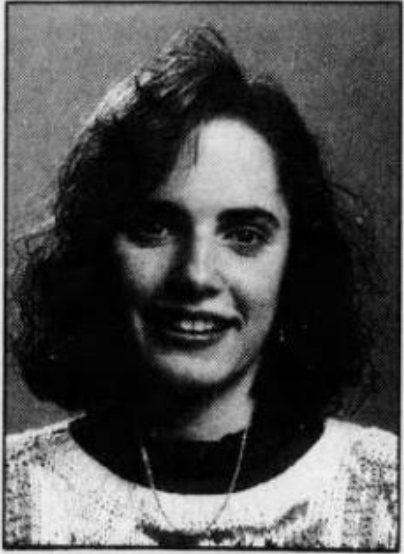
**State
Champions
18-0**



**The 91-92 Girl's
Swimming won the
State Championship
with a win over
Immaculate Heart
88-82.**

**They set three school
records in that meet.**

Girl's Swimming 91-92 Standouts

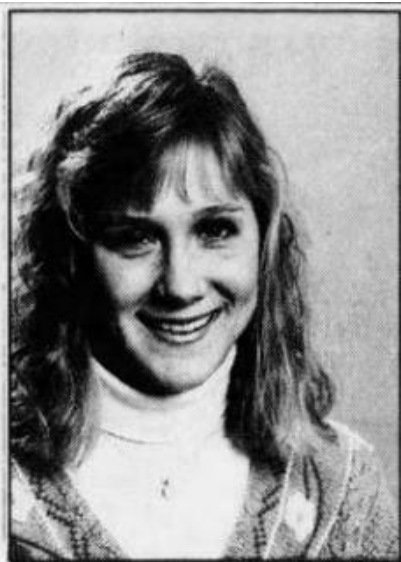


KAREN NORGALIS

Bridgewater-Raritan

Junior

Swam on state record-setting sprint relay; valuable sprinter and flyer



HEATHER REGER

Bridgewater-Raritan

Senior

Somerset and Skyland IM and breast champ; third in state breast

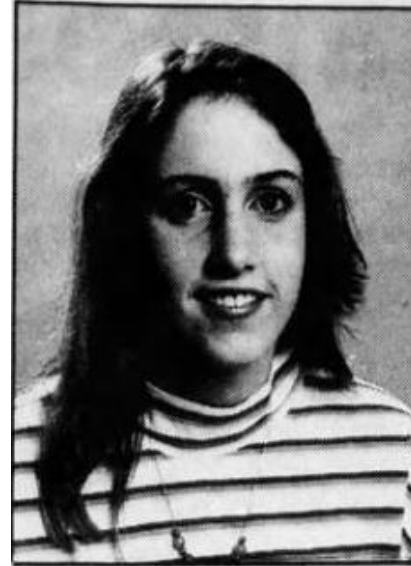


H. LANGENBERG

Bridgewater-Raritan

Junior

Captured 50 free at county meet. Key sprinter on state A Division champs

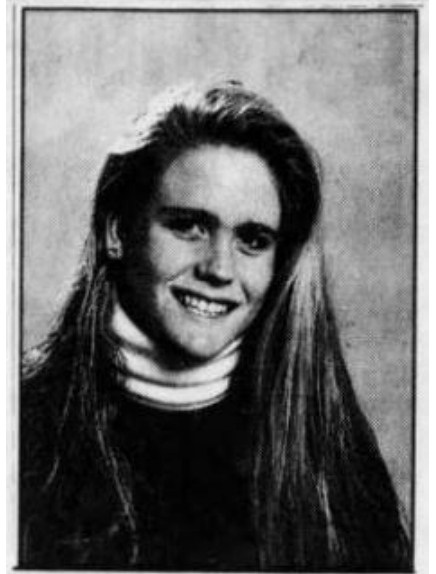


BRENDA AMERMAN

Bridgewater-Raritan

Sophomore

Capped big sophomore year with second in state 200 free, sixth in 100 fly



LORI DILLINGHAM

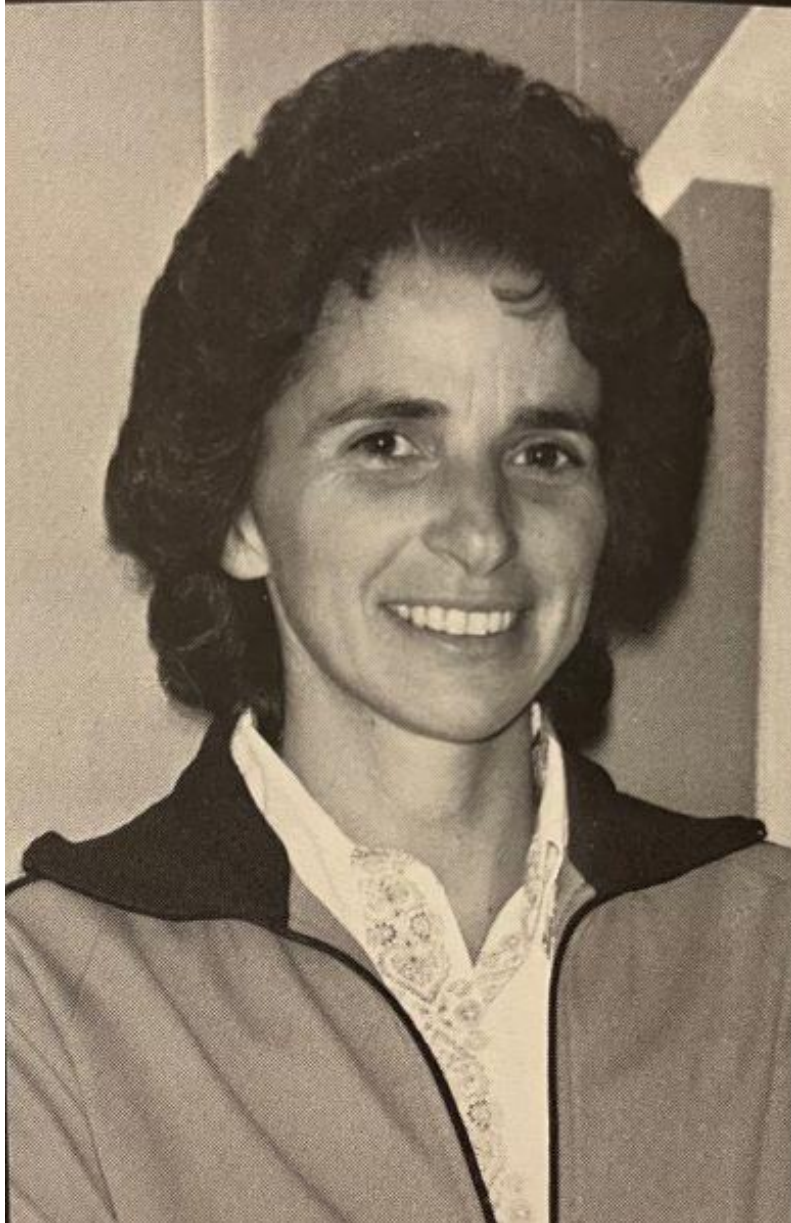
Bridgewater-Raritan

Senior

State runnerup in 100 free, third in 200; Panthers' spiritual leader

Photo Taken on the Bus on the way to the 91-92 Championship Swim Meet





**1991-92
Girls Swim
Team Coach was
Patricia Cherego**

Other Swimmers on 1991-92 Girls Team



Tiffany Swain

Ilana Saltzbart

Caroline Tornatore

Suzanne Capassa

Kimberly Caswell

Tara Prestholdt

Sara Lewis

Carrie Shriver

Andrea Barilli

Heather Ronka

Other Swimmers on 1991-92 Girls

Ellen Murphy

Jill Heritage

Lori Dillingham

Catherine Sorge

Natalie Tornatore

Carli Braun

Claire Neely

Sue Daniel

Rebecca Edelman

Nicole Lokach

Adrianna DeMarchi

Rachel Agrin

Amy Lokach

Nicole Vandemia

Emily Sierveld - diver

Suzanne Krilla - diver





West

1987-89

Michael

Winchock

Baseball & Football

**Mike Winchock was
Captain of the
football and baseball
teams in his senior year.**

**He was a 3 year letter
winner in baseball and
football**



Mike Winchock

1988 Baseball

.427 batting average

All-County

All-Area

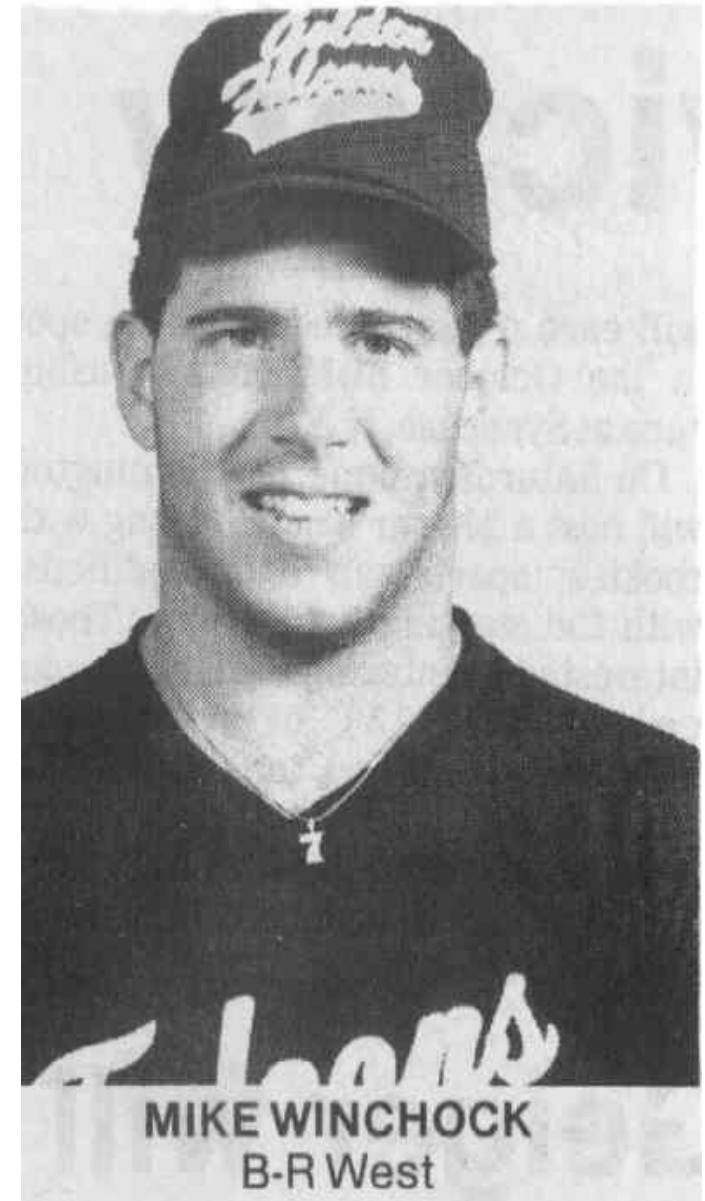
All-Conference



Mike played Shortstop

**Mike Winchock led the
West Baseball team to the
State Championship in 1989.**

**They were the first Baseball
team in school history to win
a State Championship**





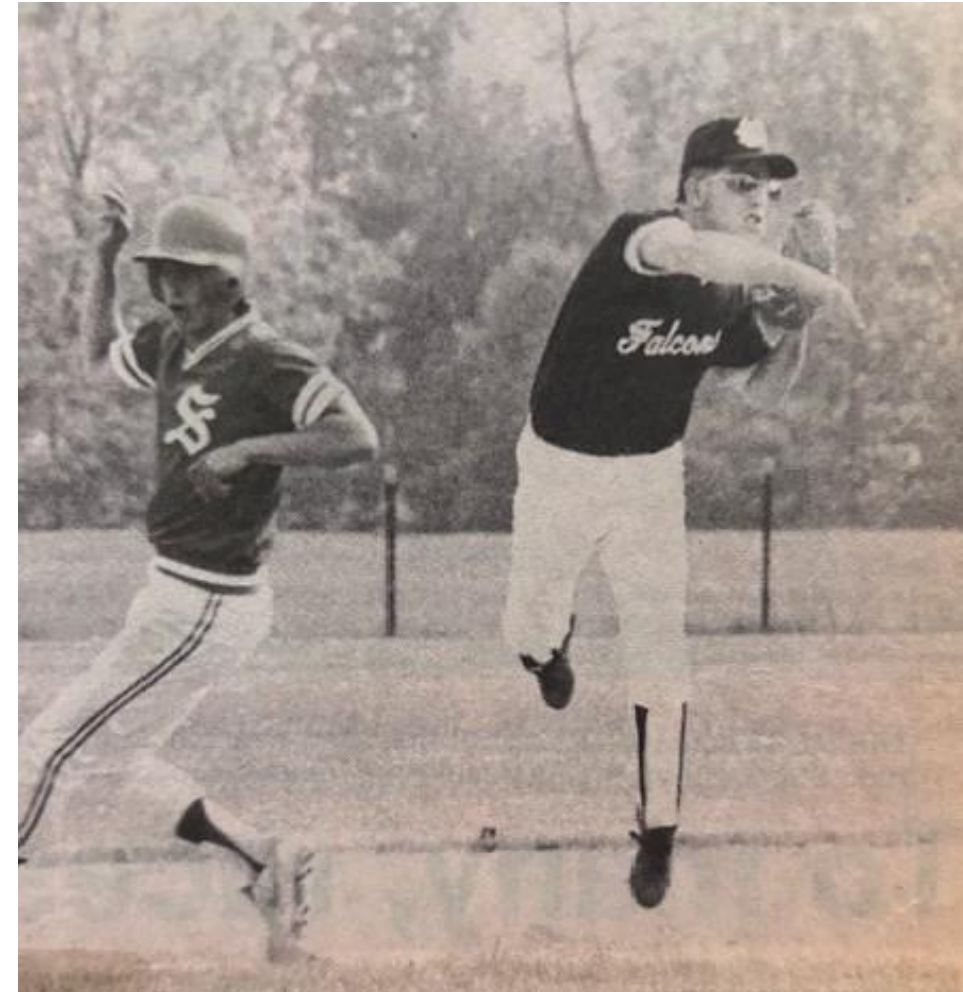
In their Championship season - Mike Winchock batted .385 with 24 hits in 63 tries.

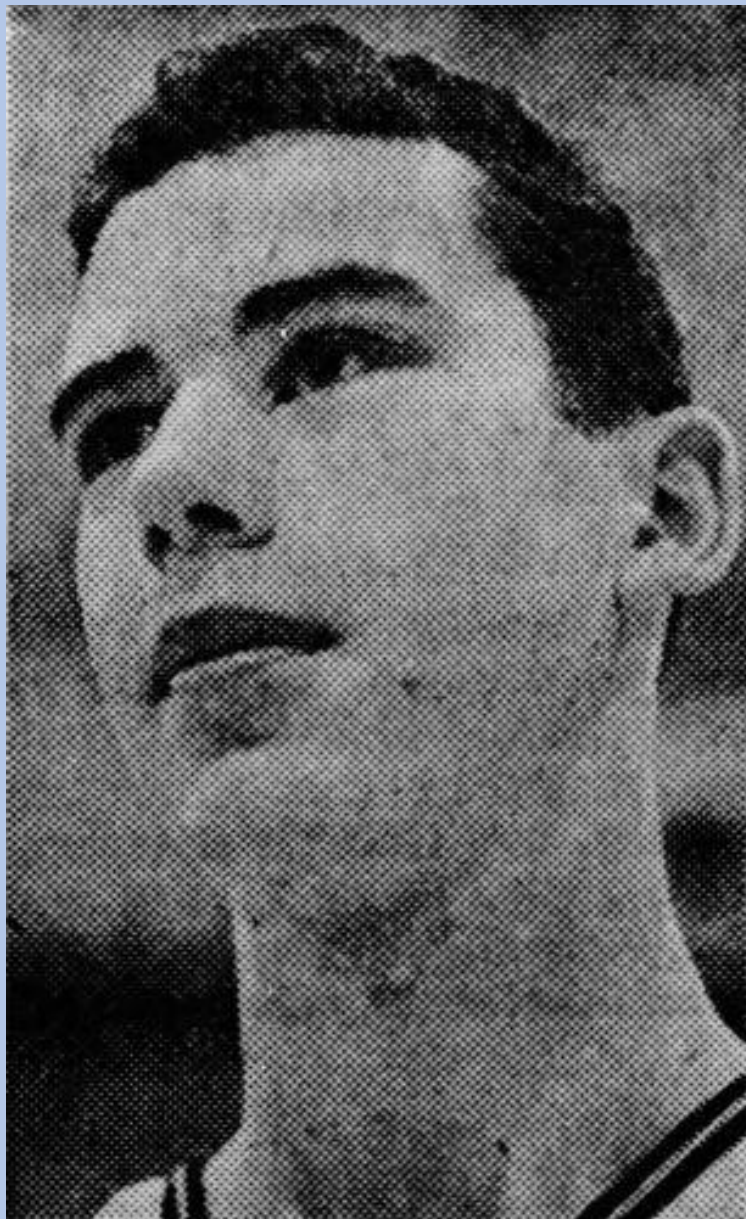
He had 6 doubles, a triple, and 3 Homeruns. He had 20 RBI and drew 16 walks.



**Mike Winchock was co-captain along with
Dan Engelhardt and Bob Collins**

**Coach Norm Hewitt
called Mike Winchock
“The best shortstop
I’ve seen on the high
school level.”**





Golden Falcons

1965-1967

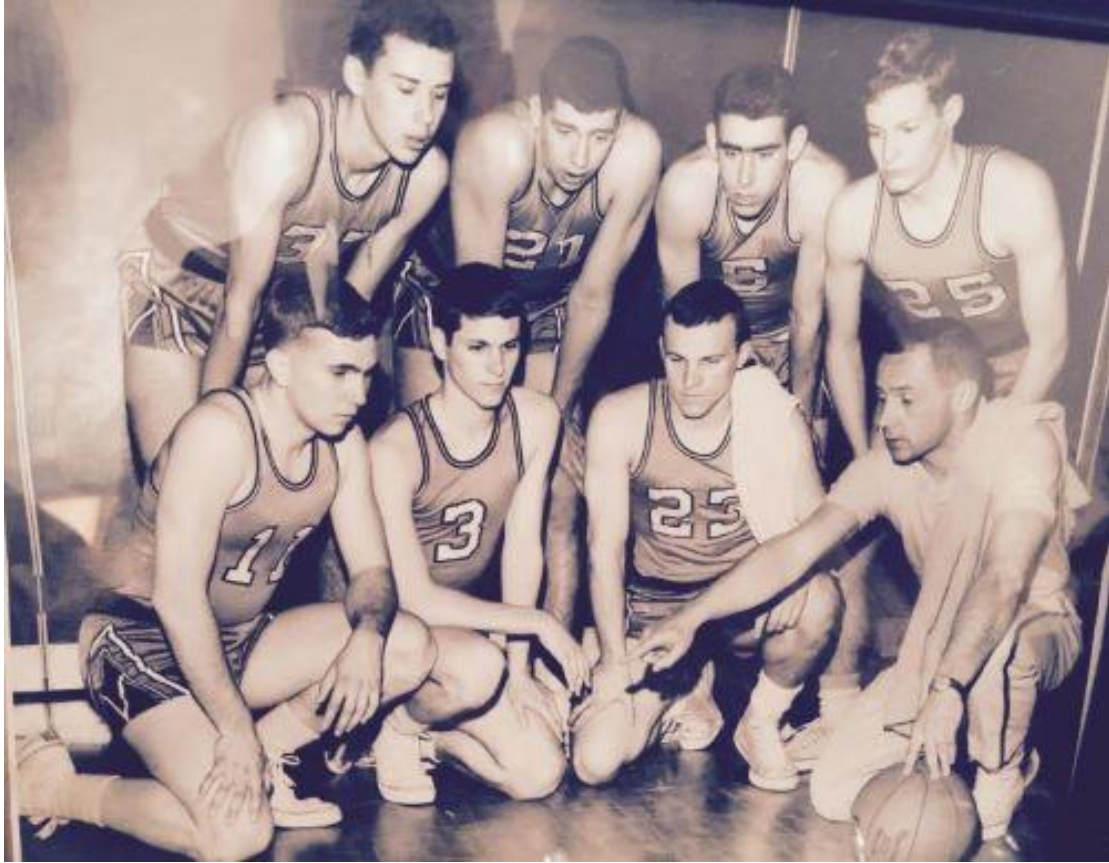
Mike Janczewski

- Jobin

Basketball

Baseball, Golf

Tennis, & Cross County



**Mike Janczewski – Jobin
was on the
“Starting Five”
of the 1965
State Championship
Basketball Team**

Mike Janczewski – Jobin In Basketball

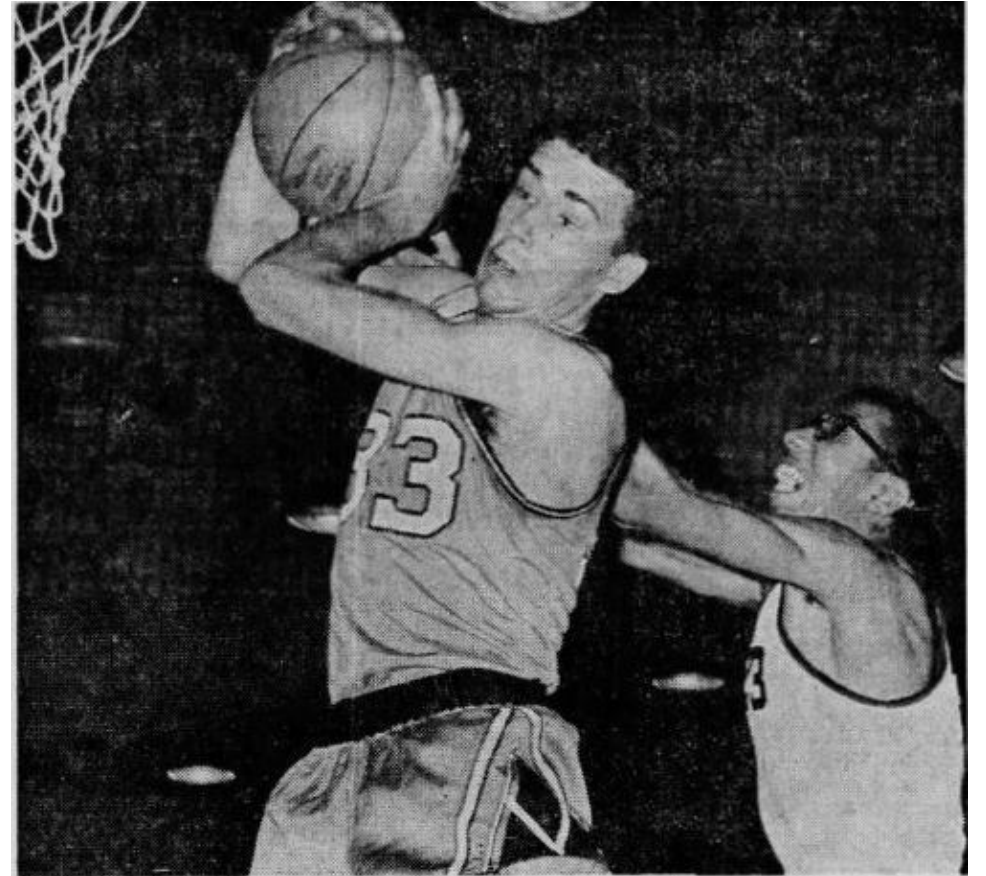
All Somerset County Teams

Team Captain

County Scoring Champ 1967

All State basketball 1967

Academic All American.



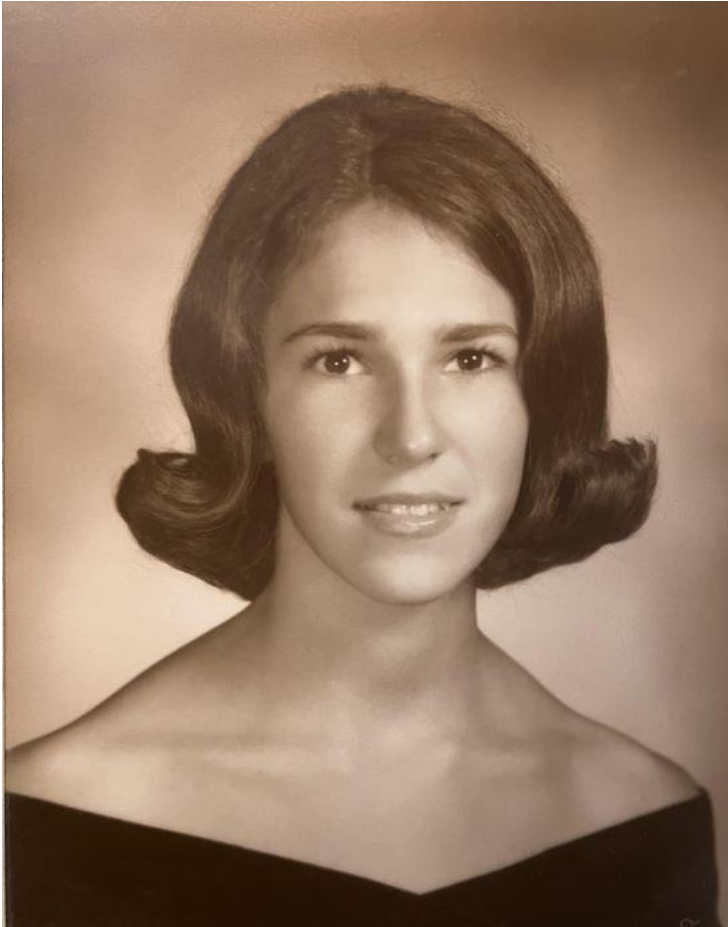
Mike Janczewski – Jobin

**Scored
1291 points
during his
High School
Basketball Career**



Mike went on to play Division 1 Basketball at Harvard after having numerous offers for scholarships.

**Mike Janczewski - Jobin
was a valedictorian at
graduation from BRHS-W,
along with three other
classmates. He married one
of the others - Pam Earle in
1972. She was one of the
cheerleaders for the
basketball team.**



**Pam Earle
Co-Valedictorian and
Future wife of Mike**

Mike Janczewski - Jobin Lettered in 5 Sports:

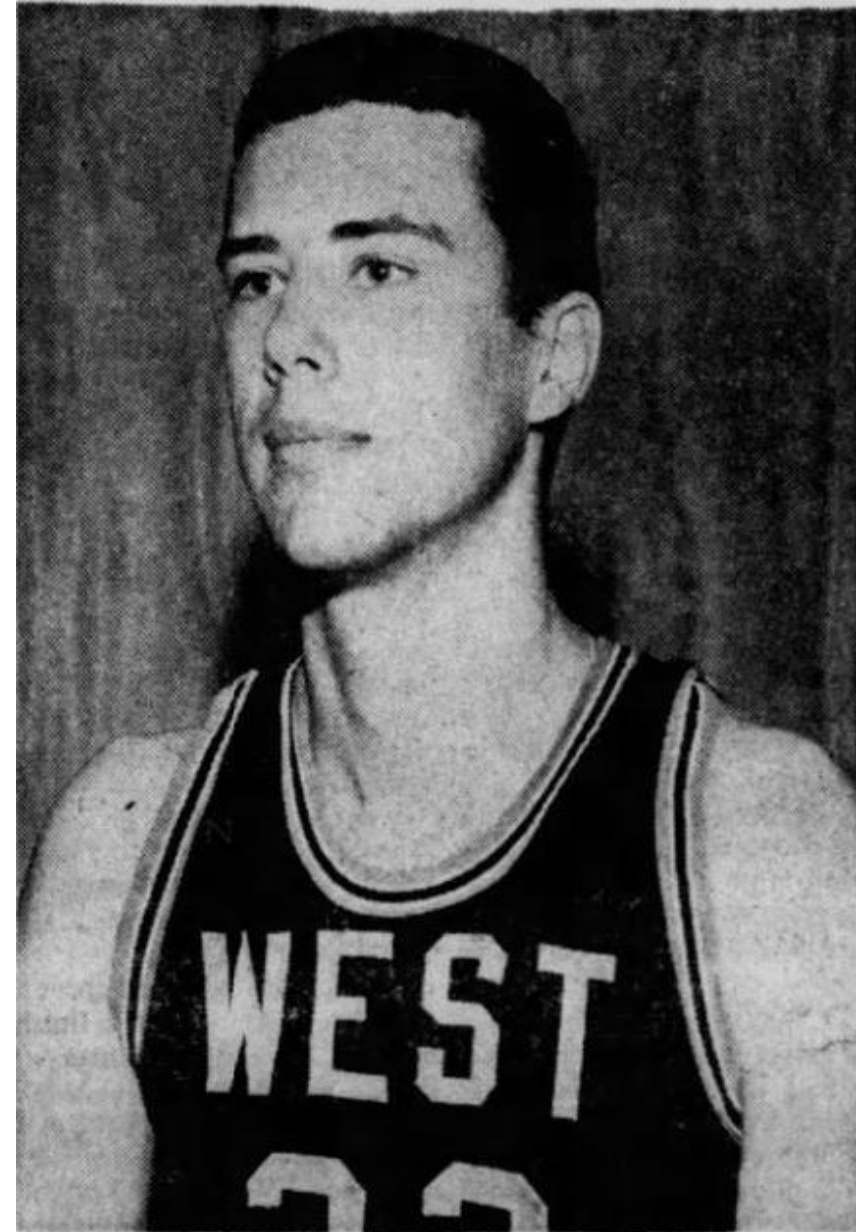
Basketball

Golf

Tennis 1966

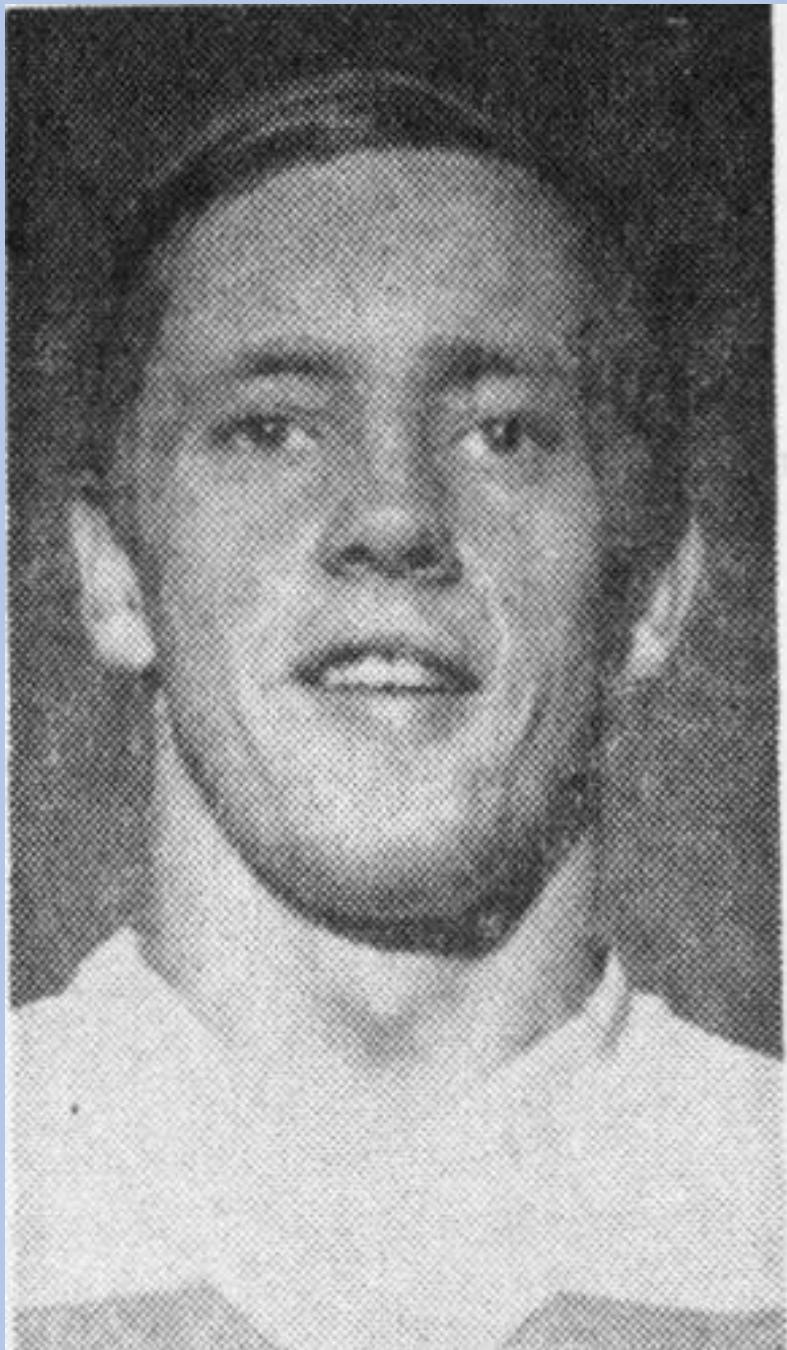
Cross Country

Baseball





Mike Janczewski - Jobin pitched a game in which he almost had a perfect game, with one walk in the final inning. And he picked that guy off of first on the next pitch.



Golden Falcons

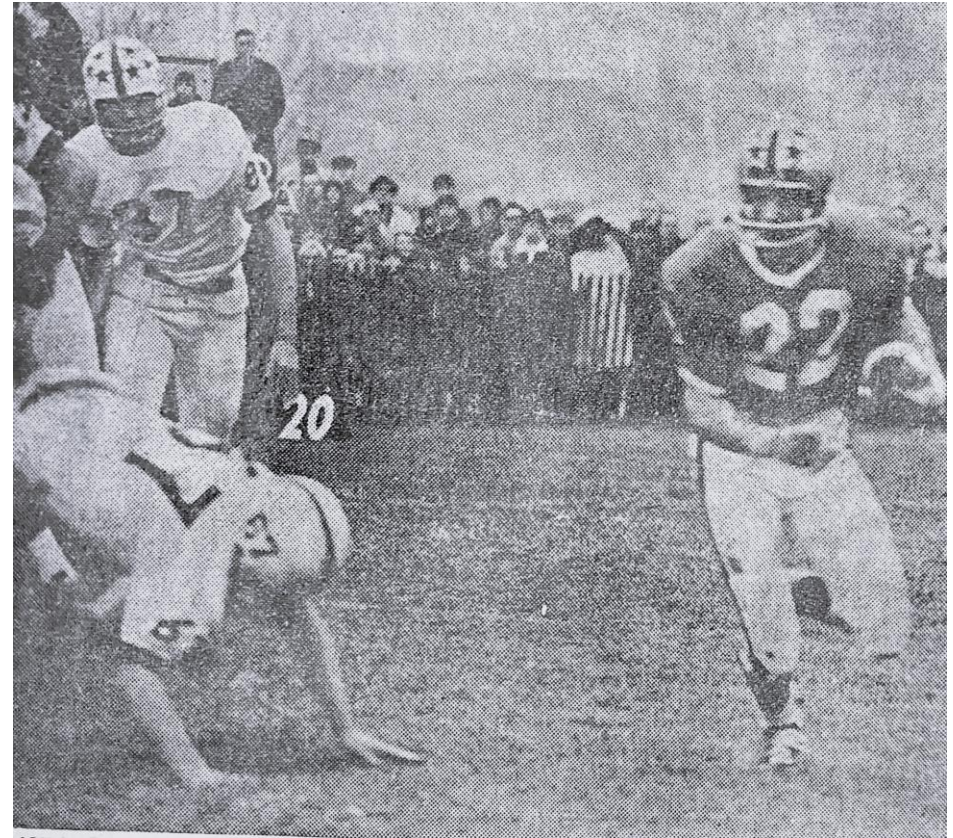
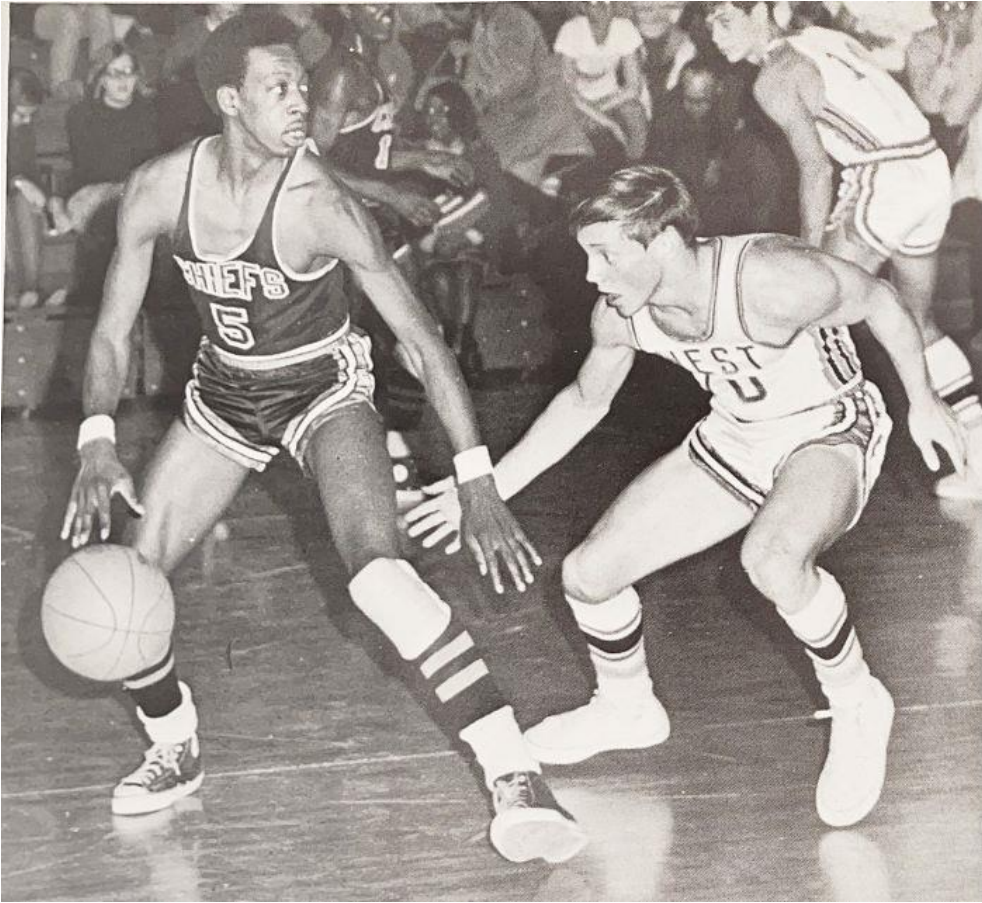
1966-69

Randy Sinclair

Basketball, Football

& Track

Randy Sinclair had 8 Varsity Letters: 3 Football, 3 Basketball, 2 Track



Stats from Randy Sinclair's Senior Year in Football



14 Touchdowns

**51 Pass Receptions
for 862 yards - 16.9 avg**

**42 Rushes
for 364 yards - 8.7 avg**

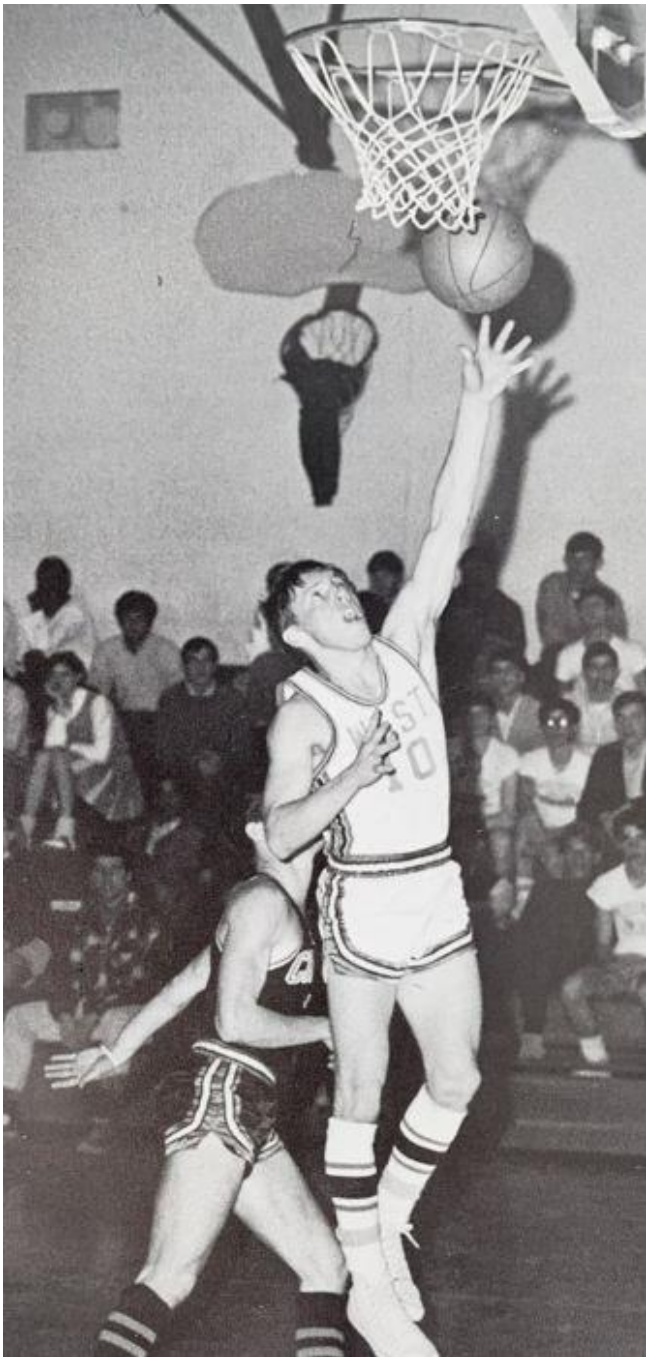
5 interceptions

Coach Nelson about Randy Sinclair:

“He’s a real blue chip, bread and butter kid who’s the best youngster, pound for pound, I’ve ever seen..”

“Randy makes our defense go and is one of the area’s best safety men. He comes up with the big play, he can do it all..”





**Randy Sinclair
scored over
500 points in
Basketball**



East

1969-1971

Jim Foxwell

Baseball

Basketball

Jim Foxwell Baseball

Played Third Base & Short Stop

Senior Year 1971

Hit .456 with 32 RBI & 4 HR

was All-State

Hit .406 as a Sophomore

& .400 as a Junior



Jim Foxwell Baseball

**Played on back to back
sectional champions**

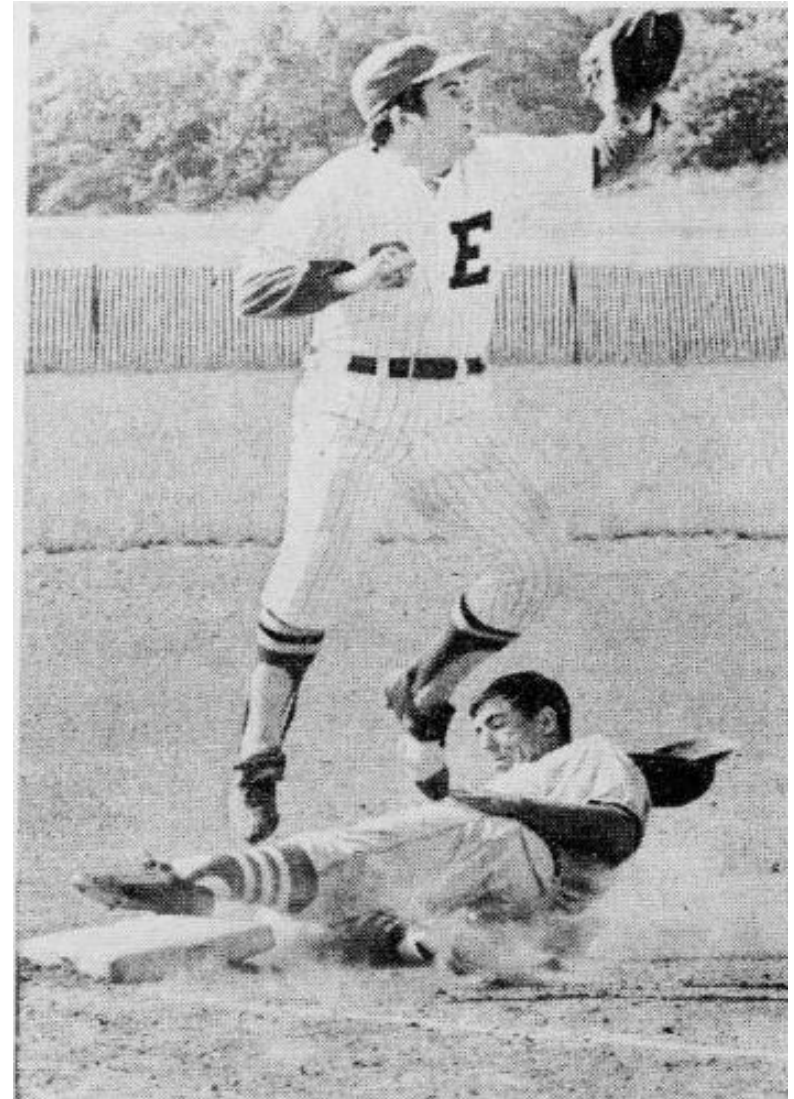
NY Daily News All-Star

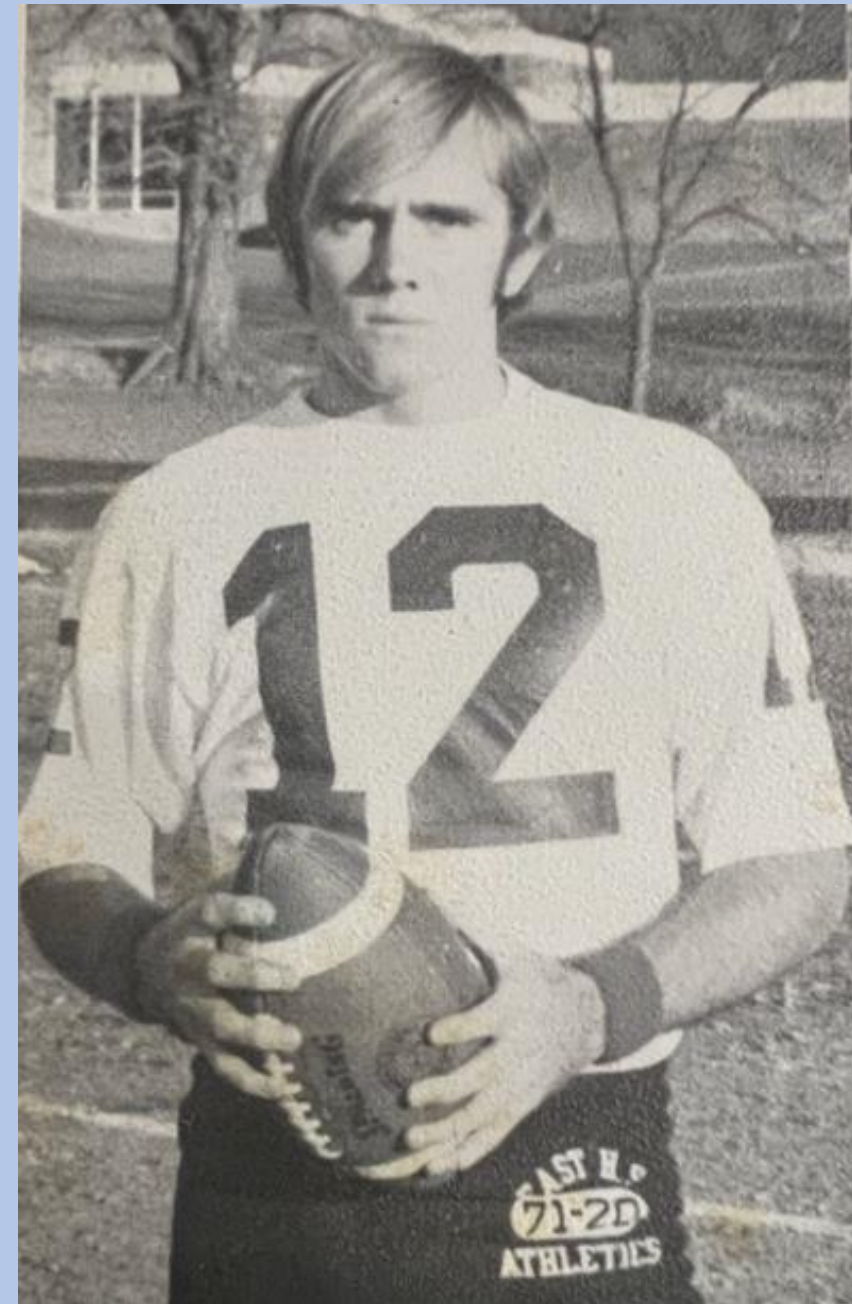
3-time All-Area

3-Time All-Somerset County



Jim Foxwell was Drafted by the Atlanta Braves

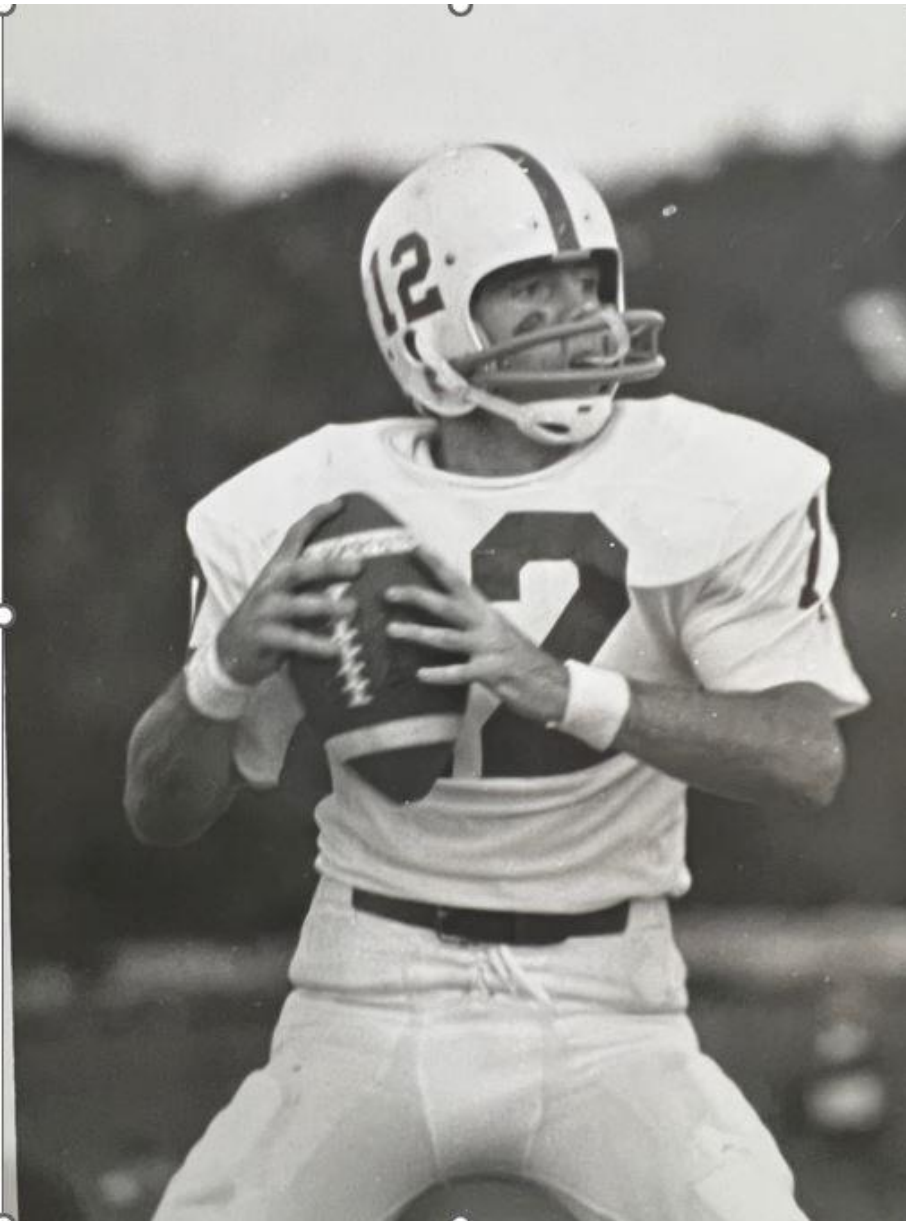




East
1970-72
Danny
La Mountain

9 Varsity Letters Earned

Football (3) Basketball (3) Track & Field (3)



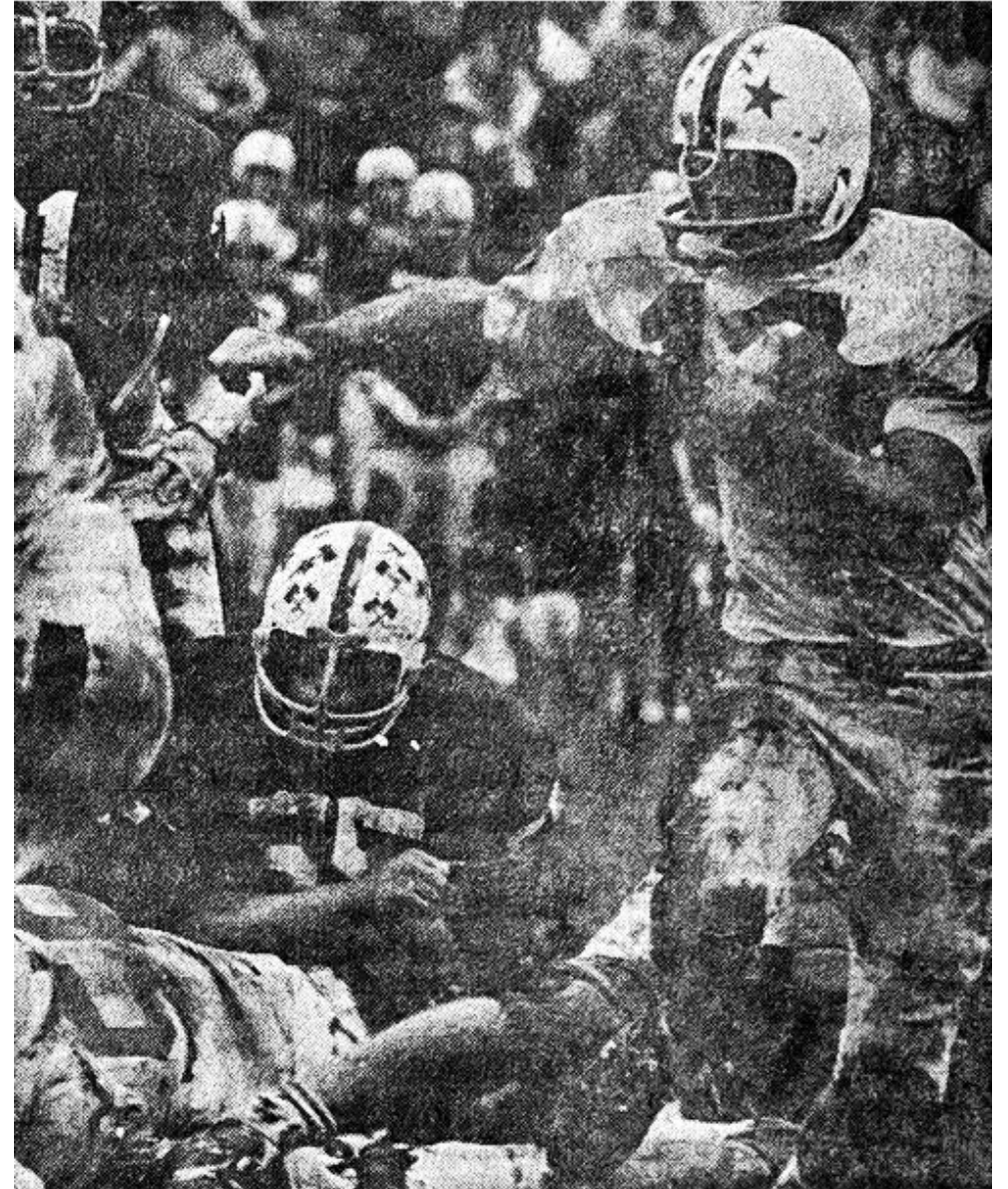
La Mountain was the starting Quarterback for Bridgewater East during the 1971 & 72 seasons. As a Junior, he led the 1971 team to an undefeated season, continuing East's unbeaten streak to 34-0.

Danny La Mountain Football

1971 Honors included:

- **All Area-** *first team*
- **All Central Jersey-** *first team*

Averaged 105 yds per game passing for a total of 945 yds. 9 touchdown passes, and 30 points scored in a single game.



Danny La Mountain Football

1971: La Mountain had
a hand in **96** of East's
240 points.

*Accounting for **40%** of
the team's points.*





Danny La Mountain Football

1972 Honors included:

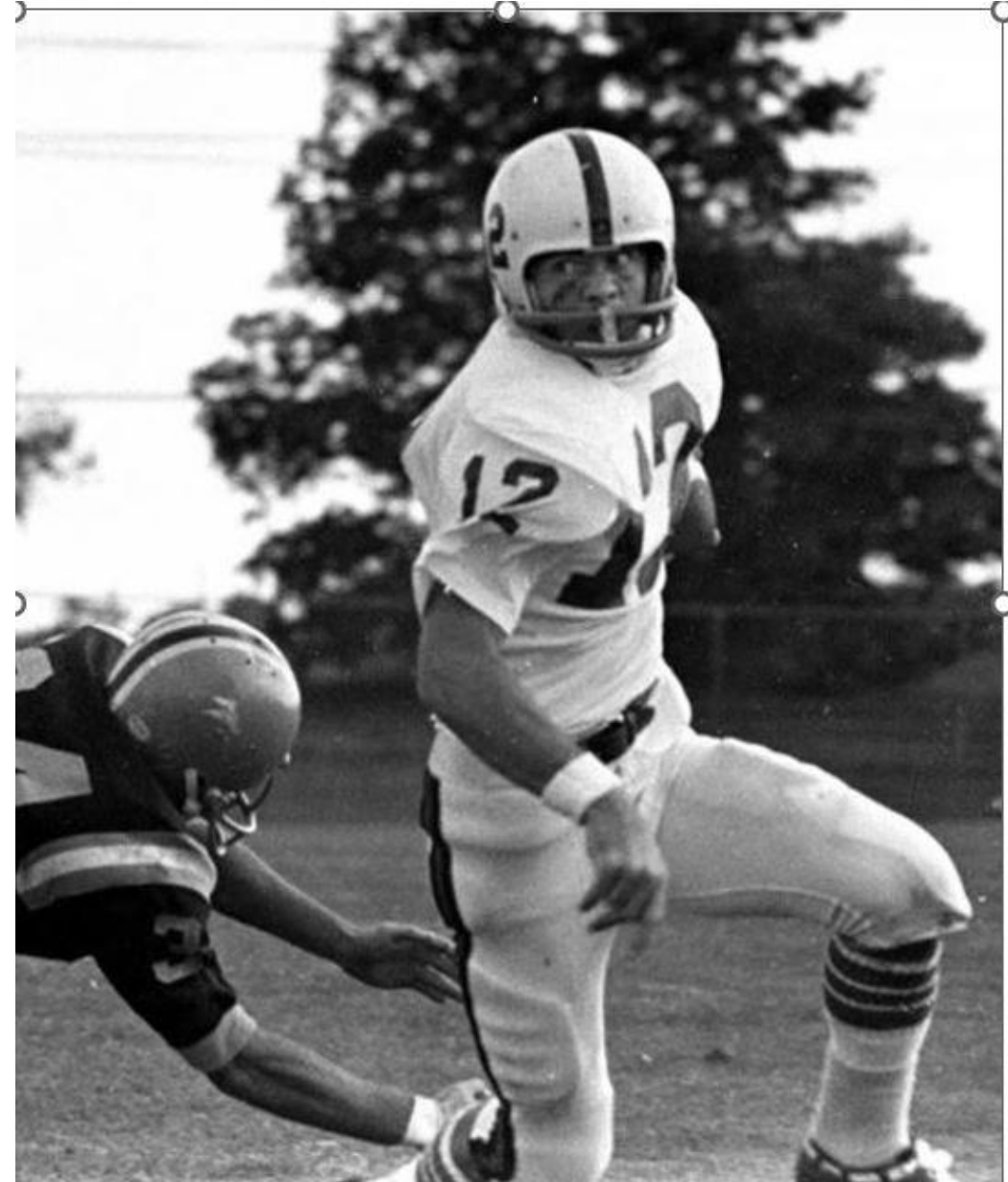
- All Mid-State Conference- *first team*
- All Central Jersey- *first team*
- Mid-State All-Star team
- Mid-State Player of the week
- Named the MVP his senior year

*He had 11 of East's 17 touchdowns
and 13 two-point conversions.*

Danny La Mountain Football

1972: La Mountain had
a hand in **78** of East's
123 points.

*Accounting for **63%** of
the team's points.*

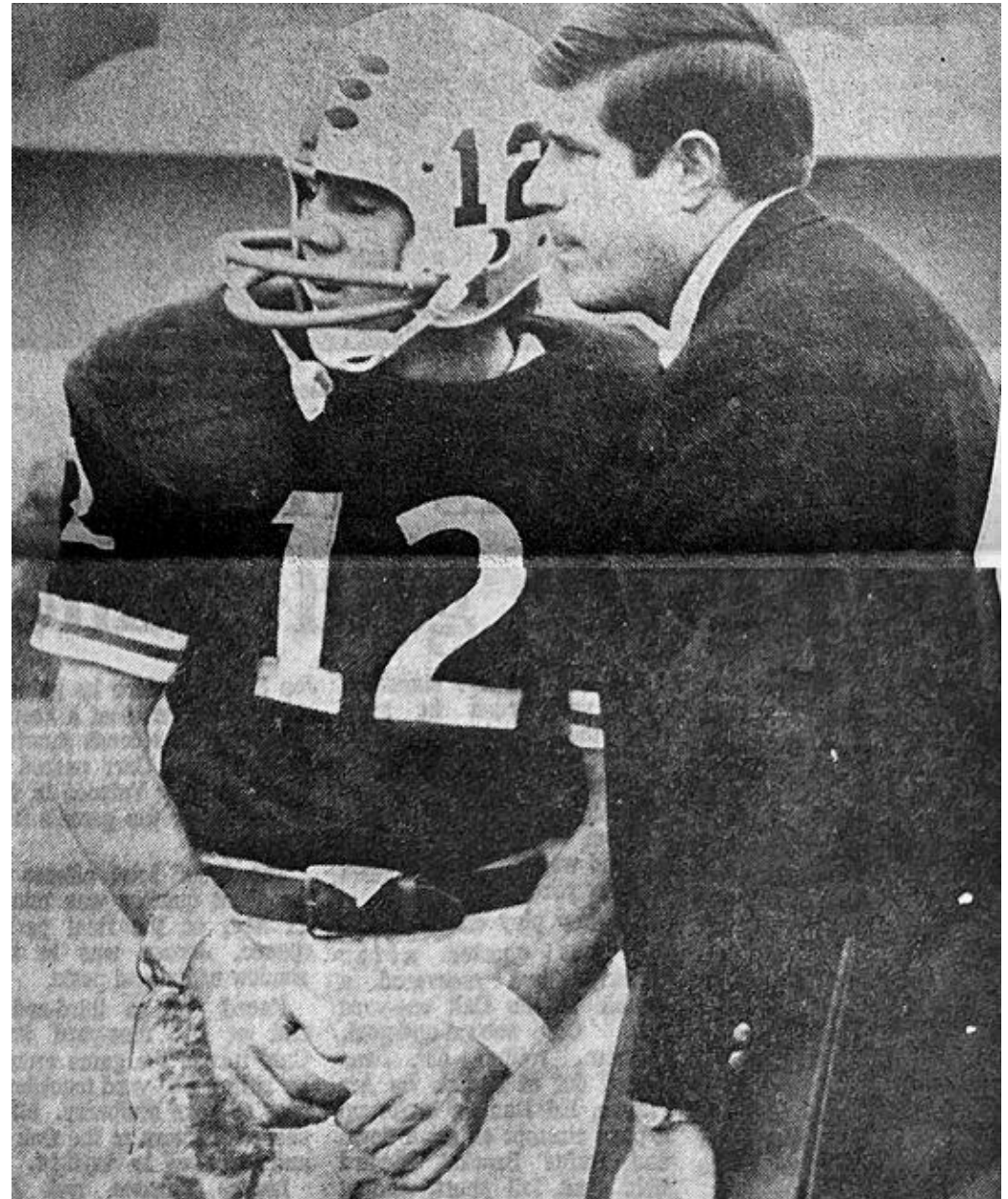


Danny La Mountain Football

Coach George Greiner
said of La Mountain,

***“He’s the best all-around
quarterback I’ve ever had.”***

*He was named the team’s **MVP**
his senior year.*





West

1976-1979

Mike

Swain

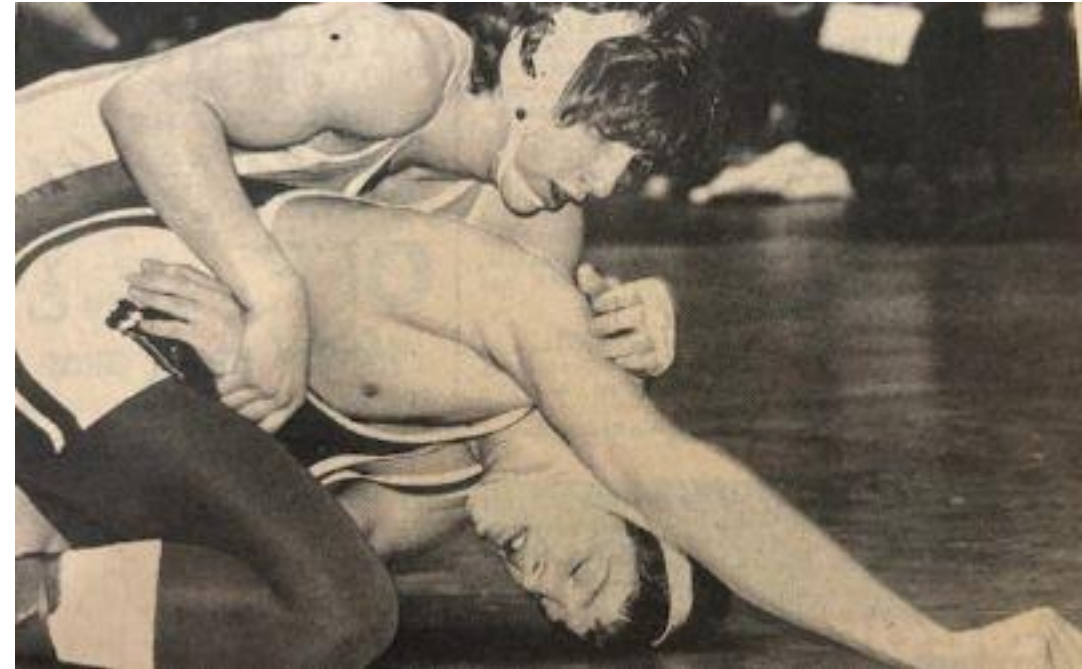
Wrestling

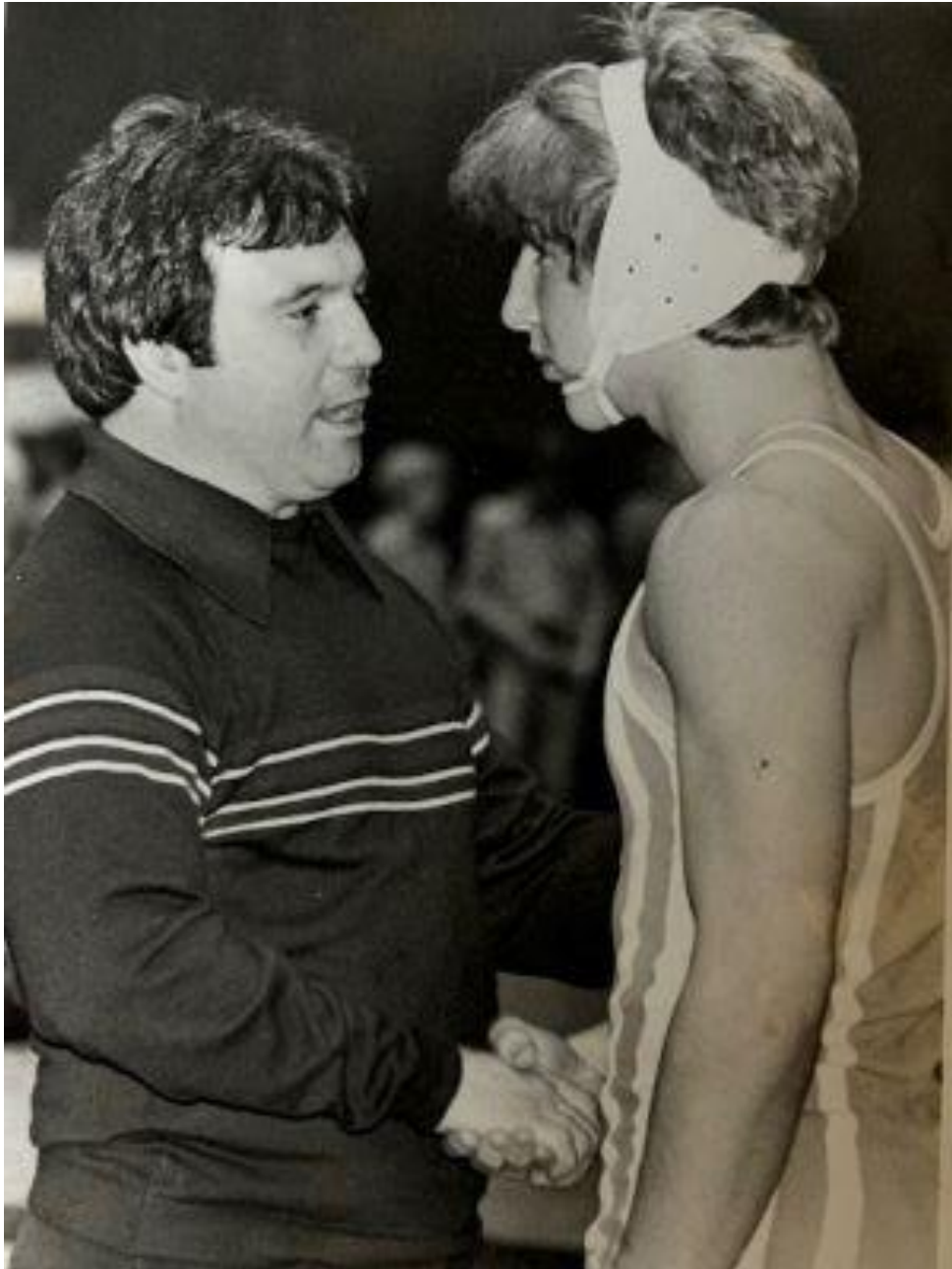
In Wrestling

Mike Swain was:

Second in the NJ District 18

Second in Region 5





**In Wrestling
Mike Swain was
Runner up in
State Finals**

**Mike Swain in the
1988 Olympics at
Seoul, South Korea,
won a
Bronze Medal
in Judo in the
Lightweight Division**



**Mike Swain
Is one of two
B/R Athletes
to have won an
Olympic Medal**





East

1967-71

Stu Richter

Baseball

Football

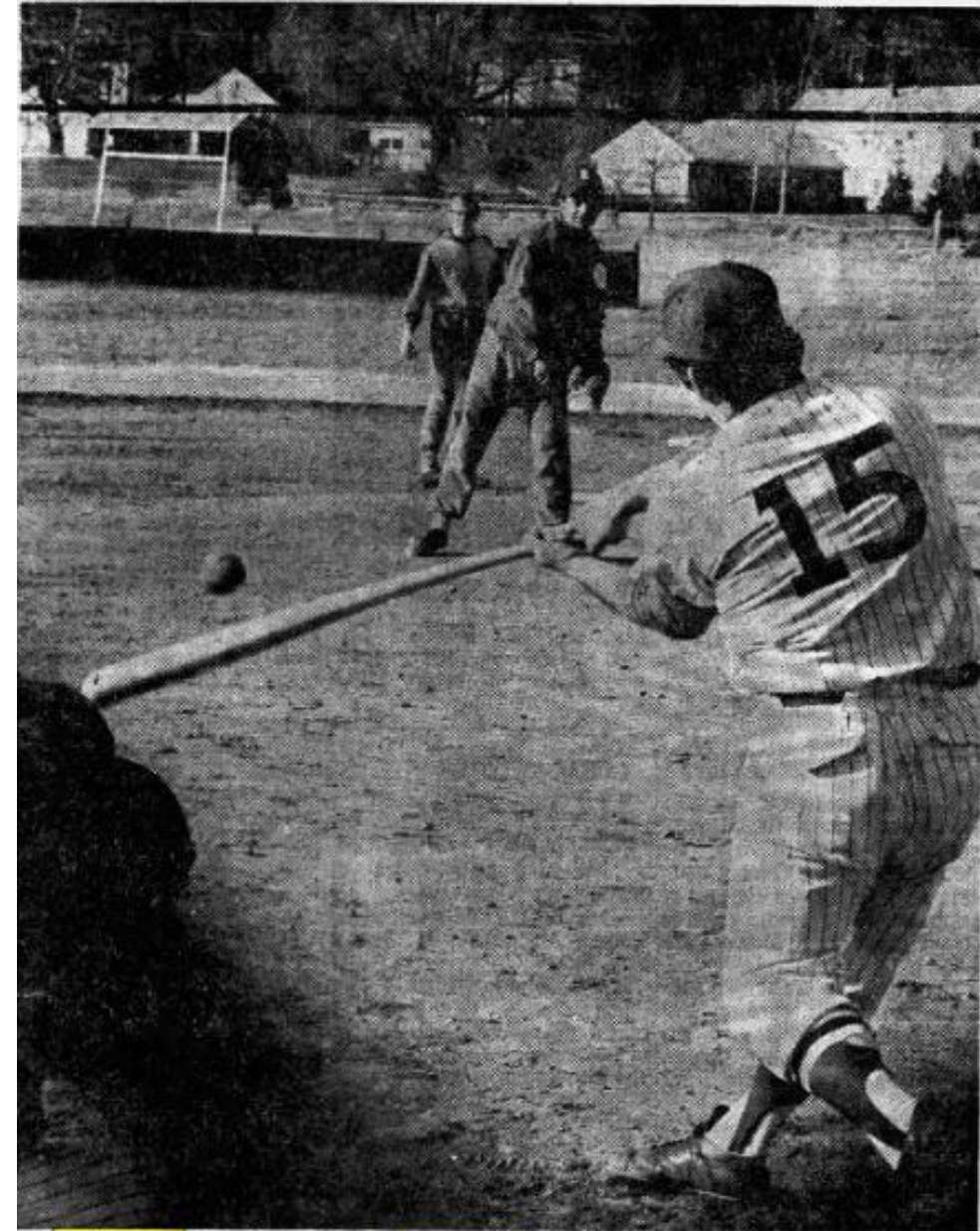
Stu Richter 1967 – 70

**Recognized by various
newspapers as**

1st Team All Star Short Stop

1971 Batted .510. Recognized

**by various newspapers as 1st
Team Catcher. Recognized by the
Daily News as the leading hitter
on their 71 All Star 1st team.**





**Stu Richter was captain of the 1971 Baseball Team –
which was:**

NJ Group 3 Sectional Champions

State Group 3 finalist

Won the Mid-State Conference Championship.

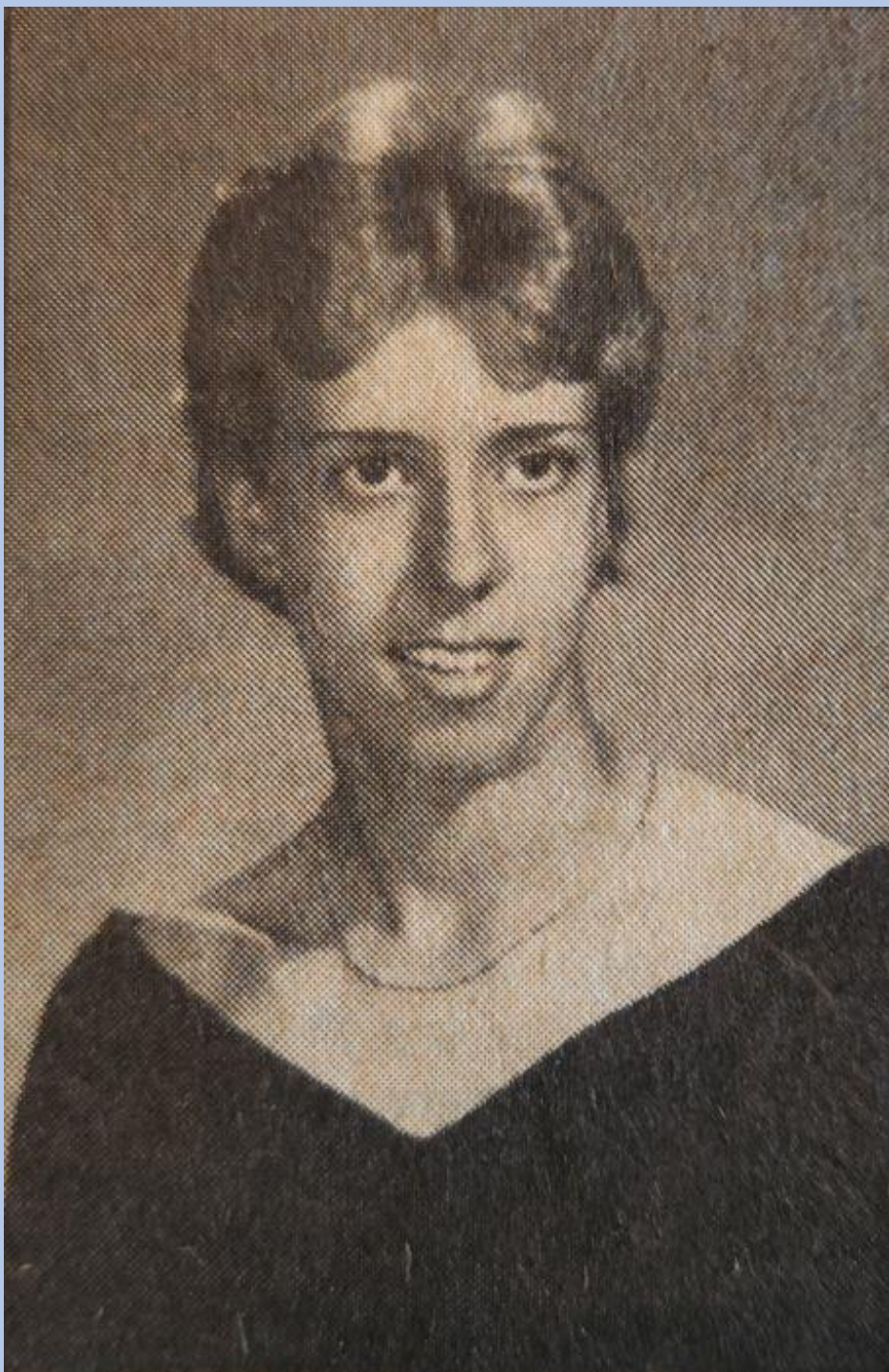
**In 1970 Stu Richter was the
Somerset County Jewish Athlete
of the year.**

**He also was an Honor Roll
student who was awarded
two scholarships.**

Stu Richter says “I want to thank the coaches I played for who pushed me to be all you could be.”

In addition he says “I will never forget the outstanding teammates and friends I made at Bridgewater East.”





East

1982-84

Joyce Flower

Softball

Basketball

Tennis

Joyce Flower

Pitcher – Softball

Star Ledger:

1st Team - All State 1983 & 84

2nd Team - All State 1982

Daily News:

Tri-State All Star Team

Athlete of the Week



Joyce Flower
in 1984 as a pitcher had

6 - No hitters
9 - one hitters
7 - two hitters
216 strikeouts
0.19 ERA





Joyce Flower 1984

as a batter

5 home runs

3 triples

6 doubles


24 runs scored

37 RBIs

.356 Batting Average

E
EFINGER
HIGH SCHOOL ATHLETE
OF THE WEEK
(AS PICKED BY THE SPORTS STAFF
OF SOMERSET PRESS NEWSPAPERS)

5-17-84



JOYCE FLOWER
Senior
Bridgewater-Raritan
East
High School

This talented right-hander pitched TWO no-hitters last week. Her first was a 5-0 win over Hillsborough on Friday, then a 1-0 win over Manville in the County Tourney on Wednesday. She totaled 16 strike-outs in both games and singled home the winning run against Manville. She now has 5 no-hitters in her high school career.

EFINGER SINCE 1909
SPORTING GOODS CO.

YOUR SPORTING GOODS COMPLEX
513 W. UNION AVE. (RT. 28), BOUND BROOK, NEW JERSEY/201-356-0604
MON., TUES., THURS., FRI. 8:30 A.M. TO 9:00 P.M./WED. & SAT. 8:30 A.M. TO 5:30 P.M.

Joyce Flower 1984
HS East Female
Athlete of the Year
Home News Player of Year
Efinger's Player of the Week
Scholarship to Rutgers



Joyce Flower in Basketball

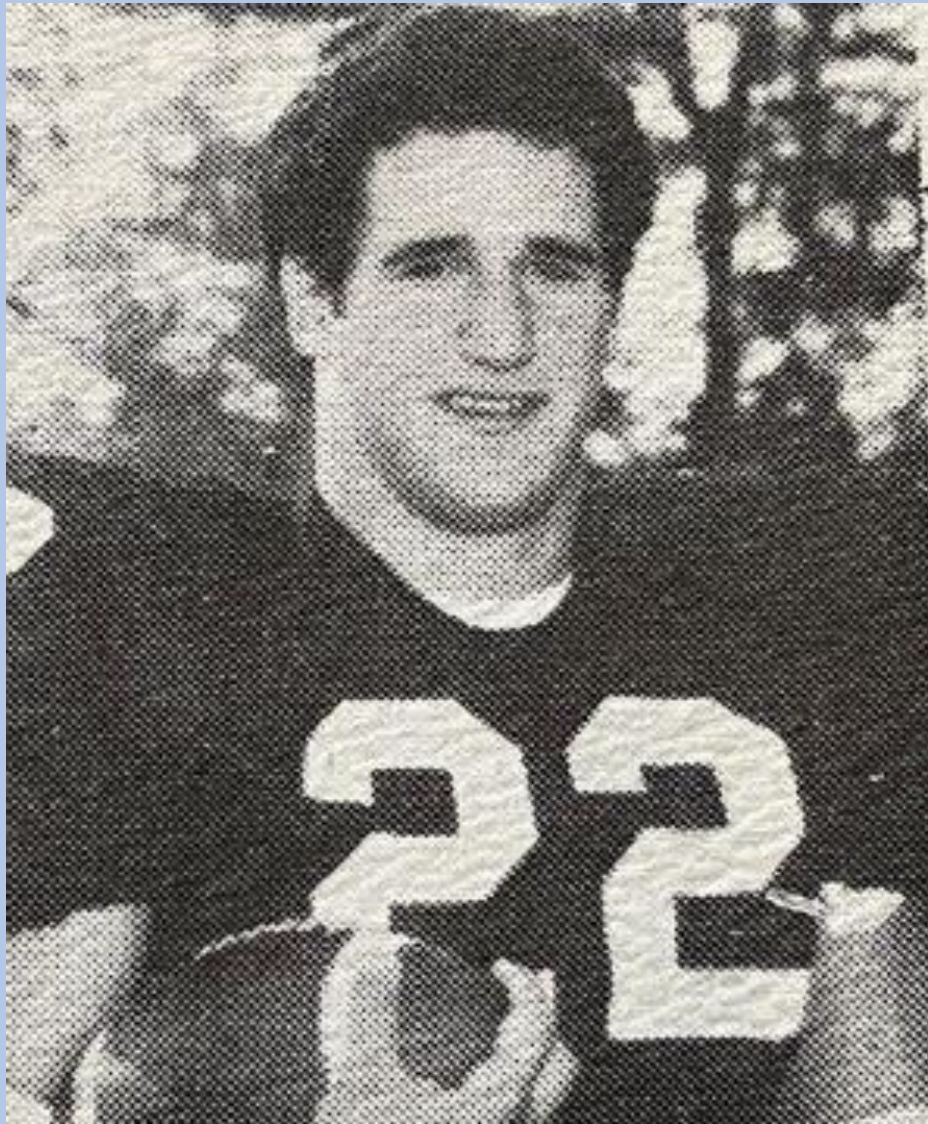
**Played Varsity 3 years
1982, 83, & 84**

**1984 was co-captain
& MVP**

Joyce Flower in Tennis

**1983 MVP in Mid-State
Conference Tennis
Competition
Record of 19-3**





East

1980-82

Keith

Vanderbeek

Football, Track & Basketball



**Keith Vanderbeek
was the leading
rusher 1980 & 81
1,405 rushing yards
combined**

**Leading scorer 1980 & 81
21 TD's 1 PAT = 137 points**

Keith Vanderbeek Football

1st Team Offense

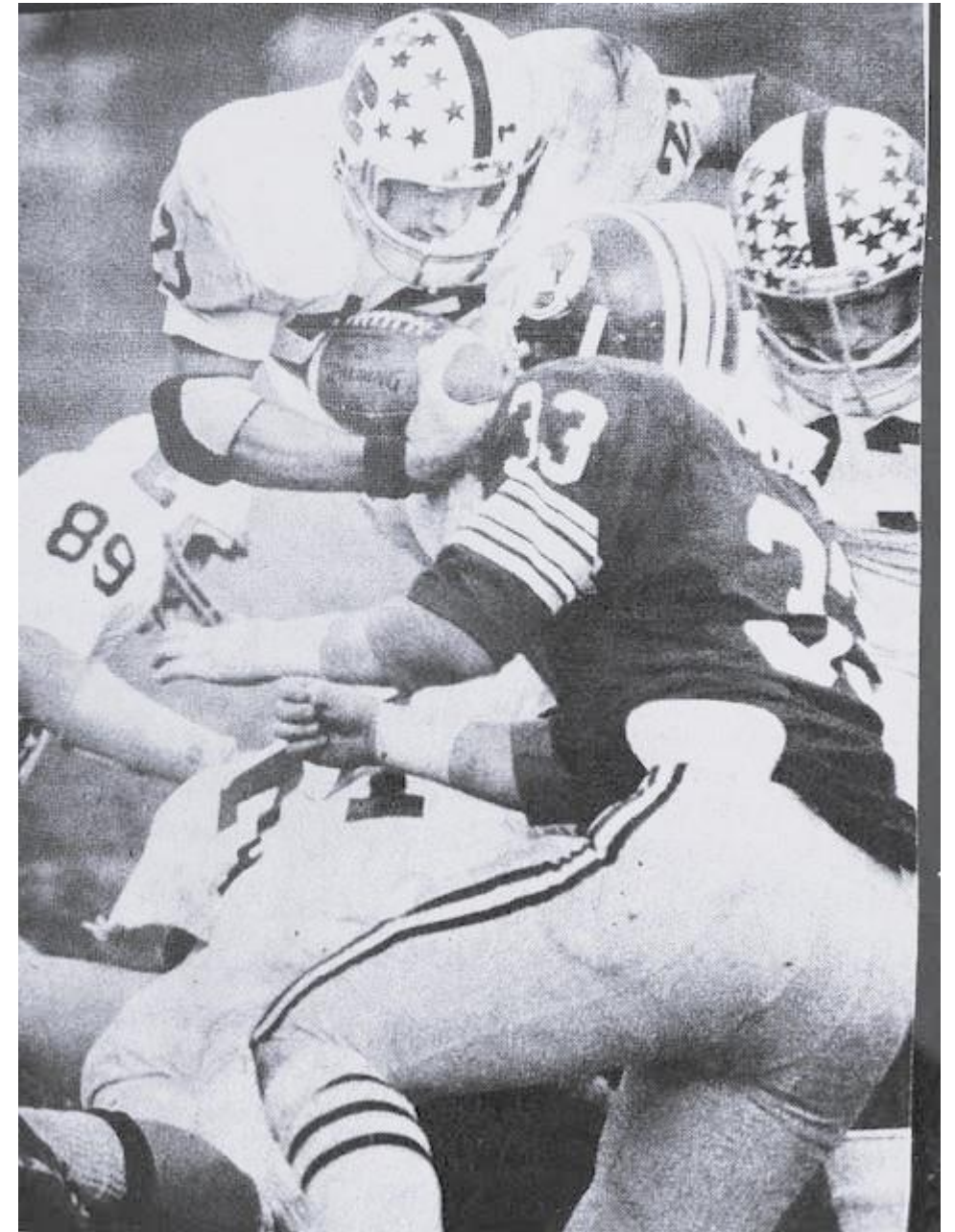
Home News 1980

Somerset County 1980 & 81

Mid-State Conf. 1980 & 81

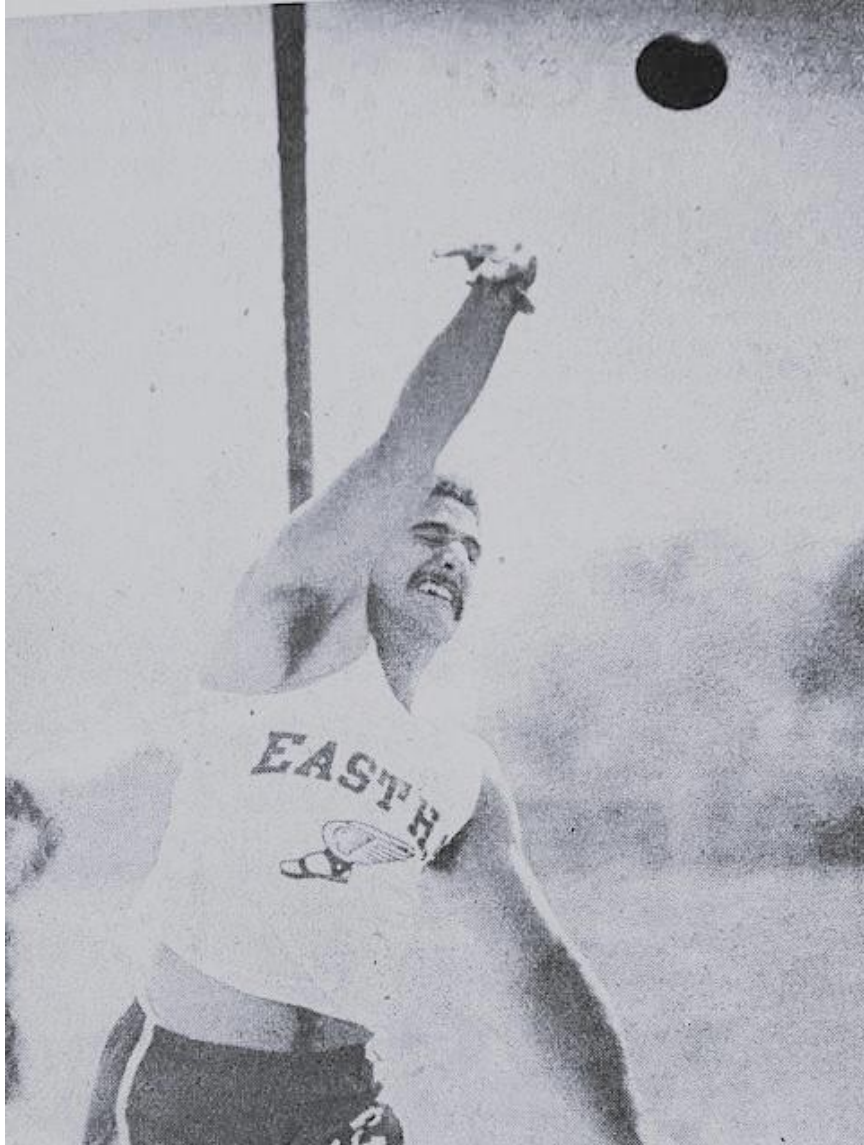
2nd Team Offense

Home News 1981





**Keith
Vanderbeek
BRHS East record
32 points scored
in a single
football game**



Keith Vanderbeek

Shot Put 1982

**Central Jersey Group 3
State Champion**

10 - 1st place finishes. (dual meets)

BRHS EAST Record 52' 1"

Keith Vanderbeek – Track - 100 meters
10 - 1st place finishes (dual meets)
2nd Mid State Conf & Somerset County 1981
5th place Somerset County 1982
5th place Central Jersey Group 3 1982



Keith Vanderbeek - Track

4X100

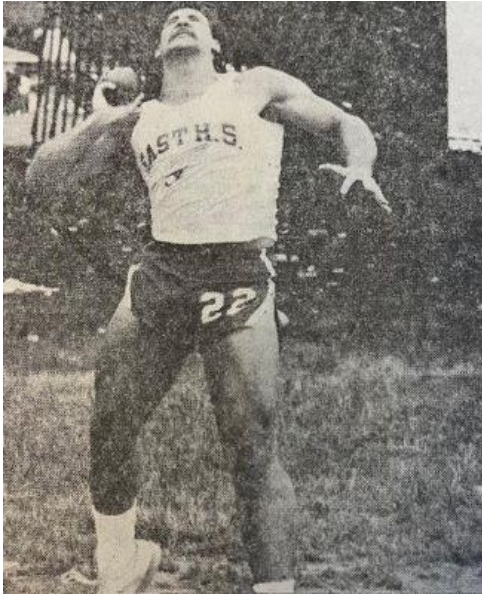
Relay Penn Relays

Invitational 1981 & 1982

200 meters

**7 - 1st place finishes
(dual meets)**

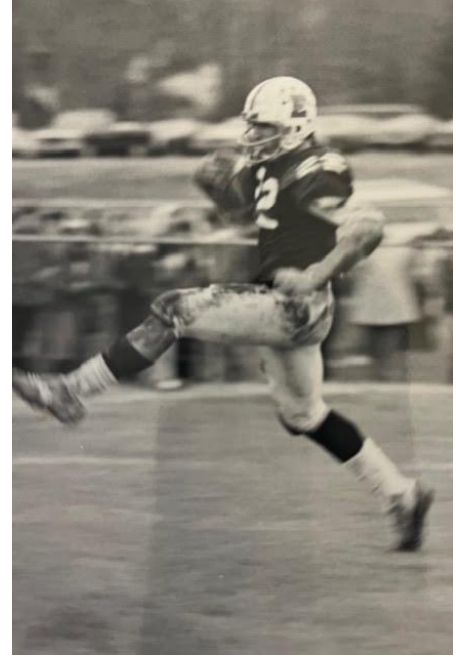




Keith Vanderbeek Summary

1982 BRHS EAST

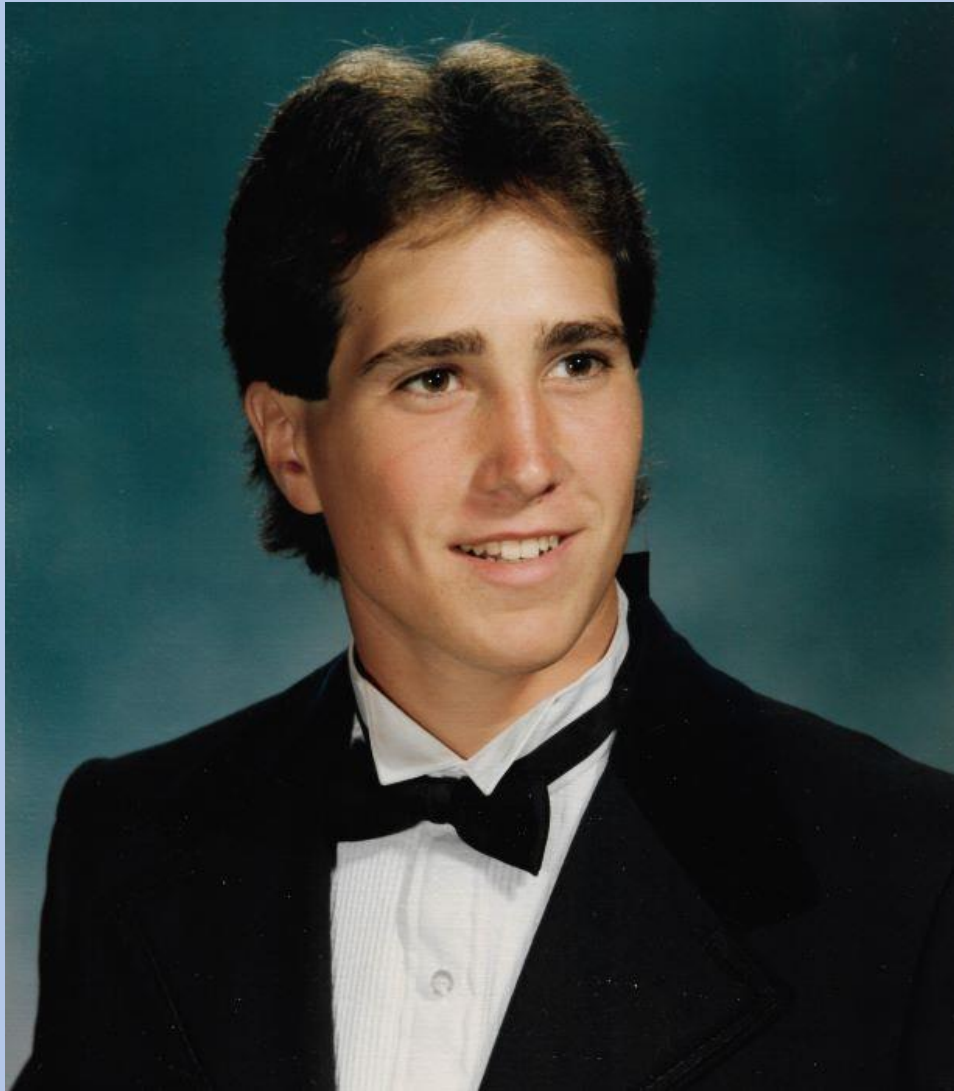
Outstanding Male Athlete



8 Varsity Letters Earned

Football (3) Basketball (2) Track & Field (3)

Captain - 1981 Football 1982 - Track & Field



East

1982-1984

Jim Eckert

Lacrosse



1984 Jim Eckert
First Team All-State
USLCA All-
American
Team Co-MVP
Team Co-Captain

1984

Jim Eckert helped lead team to 11-1 regular season record.

Lost to Montclair in NJ State Finals.

Finished season 13-3, at the time the best record in program history.





**Jim Eckert has
Coached and Directed
the Bridgewater
Youth Lacrosse
Program for 30+ years.
Currently a HS & Youth
Lacrosse official.**



East
1982-1984
Chuck
Lowe
Lacrosse



Chuck Lowe

**First Team All-State
USLCA All-American
Team Co-MVP
Team Co-Captain**

Chuck Lowe Stats



1983

- **39 Goals**
- **27 Assists**

1984

- **39 Goals**
- **31 Assists**
- **91 Ground Balls**



Chuck Lowe

- 1983 B-League
Champions
- 1984 A-League State
Champion Runner-Up



West
1977-1980
Patricia
Bandjlich
Basketball

Patricia Bandjlich
Scored over 837 points
Averaged 22 points
and 15 rebounds
per game





Patricia Bandjlich

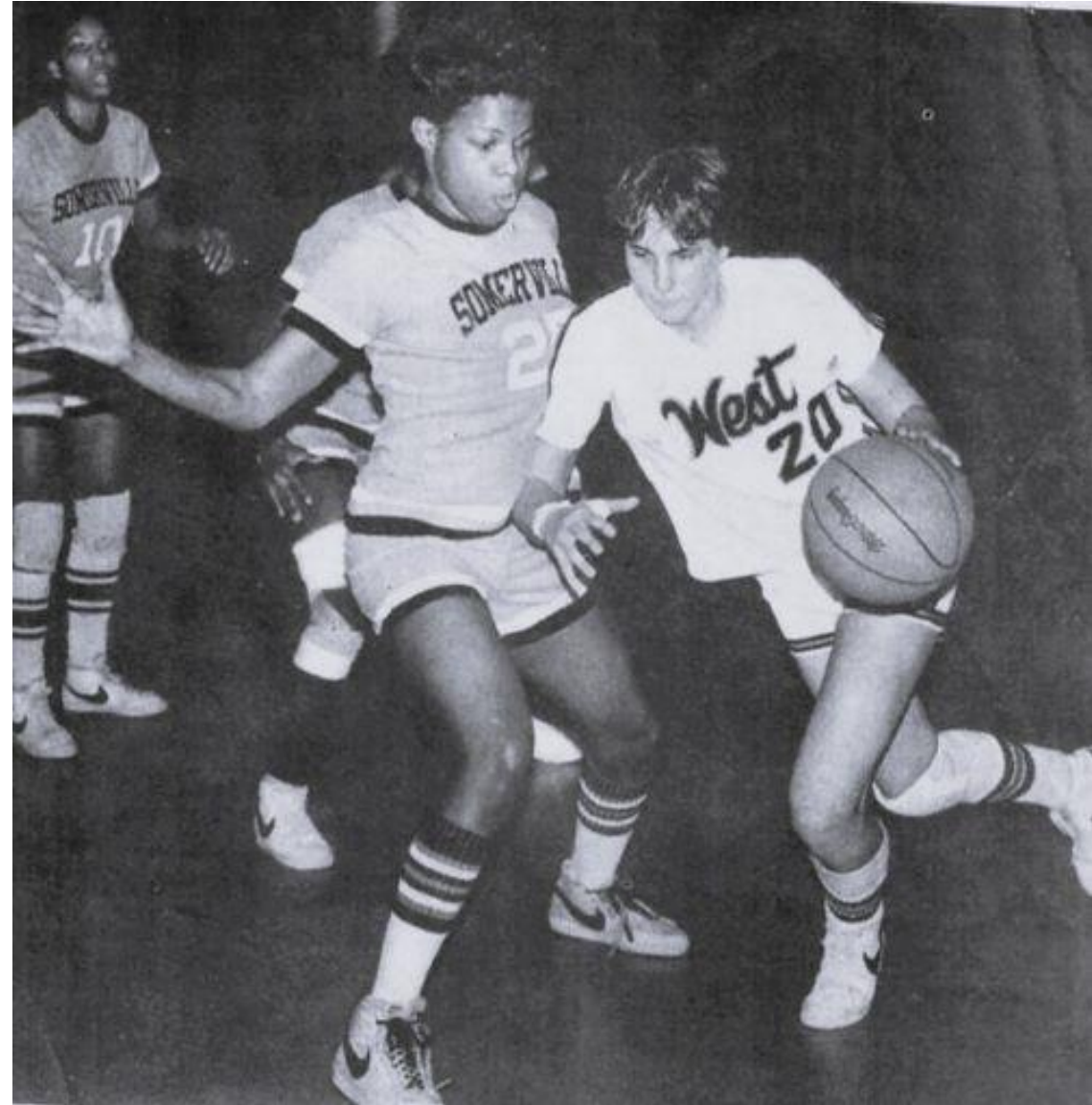
3rd Team – All State

**Star Ledger – 1st Team –
All Somerset County**

**Courier News – 1st Team –
All Somerset County**

**Messenger Gazette – 1st Team
All Somerset County**

Patricia Bandjlich
First Female from
B/R West to receive
a Full 4-year
scholarship
to a Division 1
University



Pat Bandjleck

3 YEAR VARSITY
CAREER 1977-80

TOTAL POINTS 837

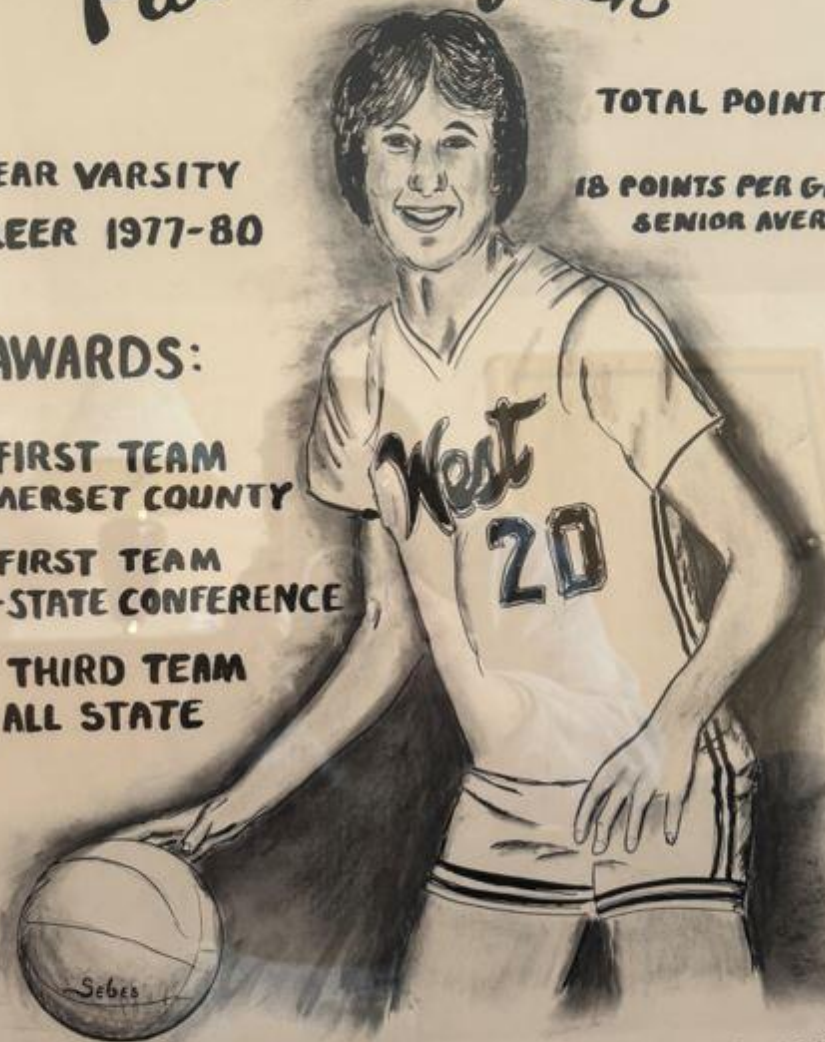
18 POINTS PER GAME
SENIOR AVERAGE

AWARDS:

FIRST TEAM
SOMERSET COUNTY

FIRST TEAM
MID-STATE CONFERENCE

THIRD TEAM
ALL STATE



1979-80 BRIDGEWATER-RARITAN WEST
FEMALE ATHLETE OF THE YEAR



Patricia Bandjlich

Also played

Field Hockey

4 years

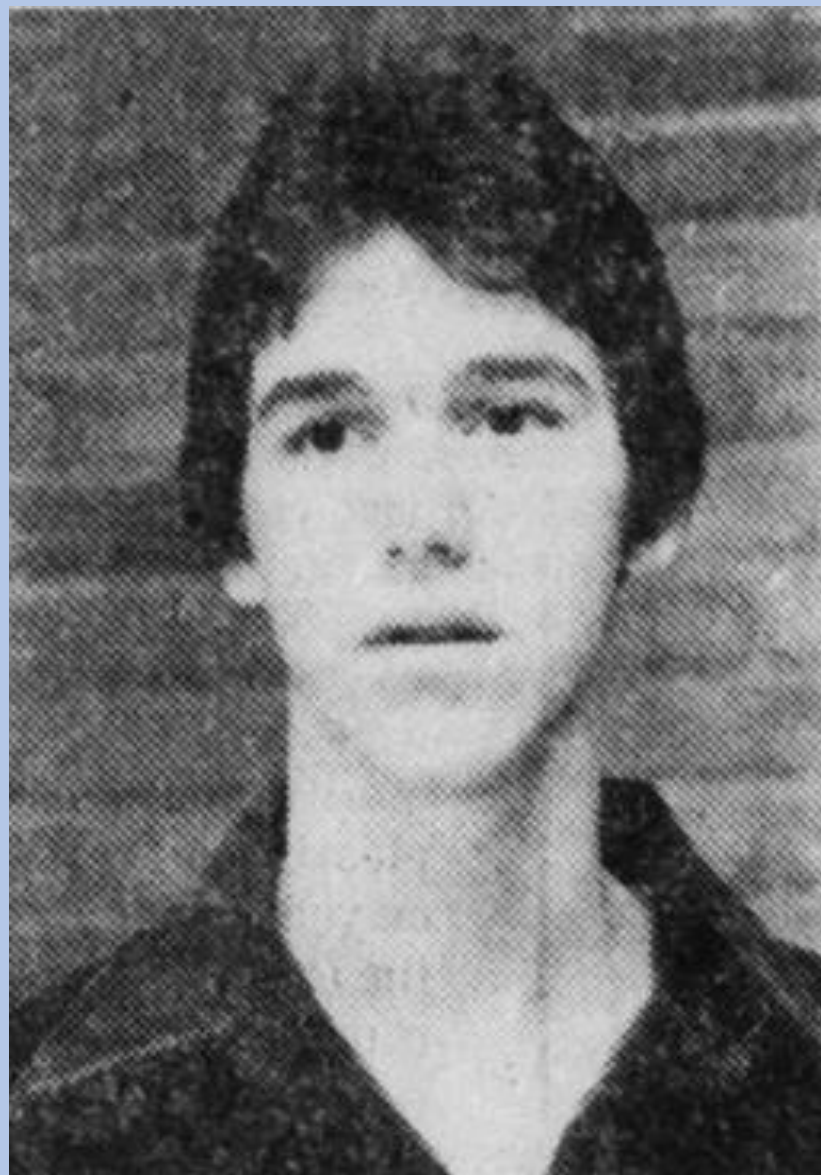
Center Forward

Softball

3 years

Third Base





East

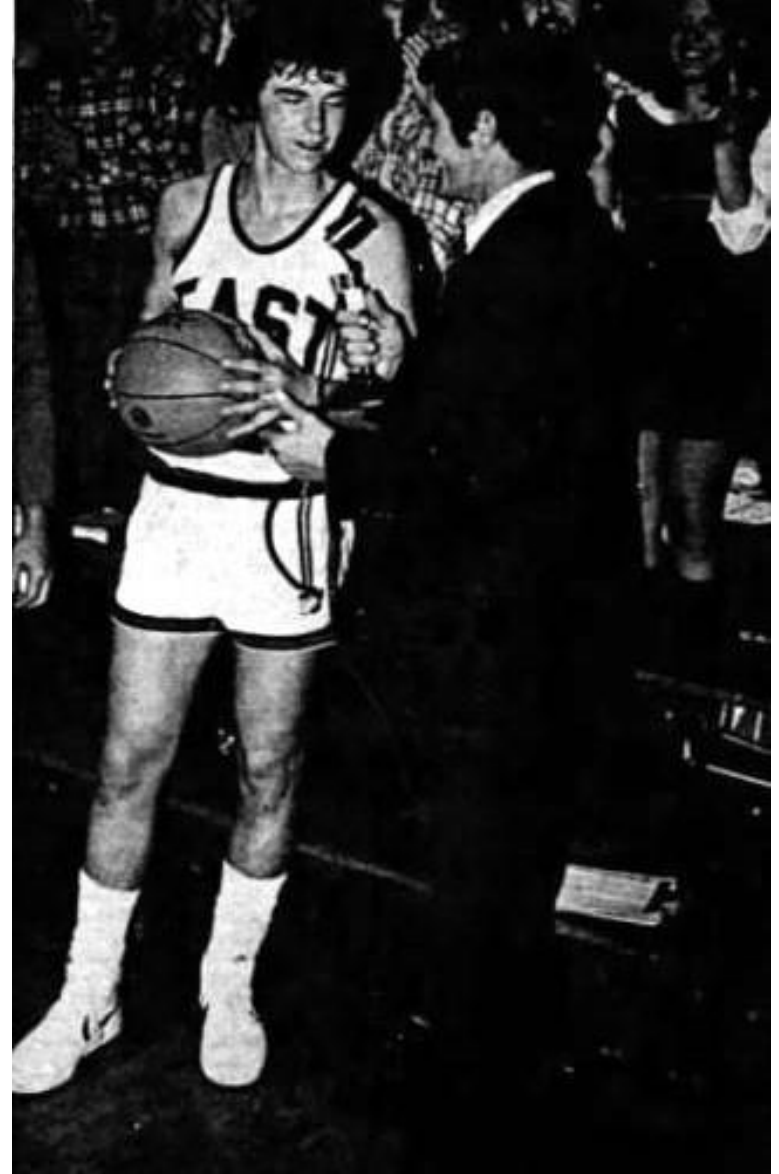
1978-80

John Fleurant

Basketball

Baseball

In basketball where John Fleurant was switched from the forward position to guard in his junior year, John was a 1,000 point scorer for the Minutemen



John Fleurant was the leading scorer for the Minutemen in 20 of 24 contests his senior year averaging 23.3 points per game, and was one of the top six scorers in the area that year finishing his senior campaign scoring 487 points.





In his junior year John Fleurant was named to the Third Team All-Area by the Courier-News.

In his senior year he was named to the Second Team All-Area by Courier-News

John was named to the All Mid-State Conference All-Star team as selected by the coaches in 1980.

John was selected to play in the 1980 McDonald's All American High School All-Star Game.



East

1986-89

Jamie

Watson

Lacrosse

Soccer

Jamie Watson

Lacrosse

Varsity Letter (1987, 1988, 1989)

1989

1st Team All-State (Star Ledger)

1st Team All Mid-State

1st Team All-Central Jersey

Most Valuable Player

Efingers H. S. Athlete of the Week

N.J. North/South Lacrosse Game





Jamie Watson

Lacrosse

“Team of the Century”
by the Star Ledger

Both Chuck Lowe and
Jamie Watson were named
1980s Honorable Mention



Jamie Watson

1989

Bridgewater-Raritan

High School East

“Outstanding

Male Senior Athlete”

(shared with Sal Longo)

Jamie Watson

SOCCER

Varsity Starter (1986, 1987, 1988)

1986 & 1987

Honorable Mention All-Somerset County

1987 - Defensive Player of the Year





Jamie Watson

SOCCER

1988:

Team Co-Captain & MVP

1st Team All-State Group 2 (Star Ledger)

1st Team All-Central Jersey

1st Team All-Somerset County

N.J. Senior All-Star Soccer game



West

1989-91

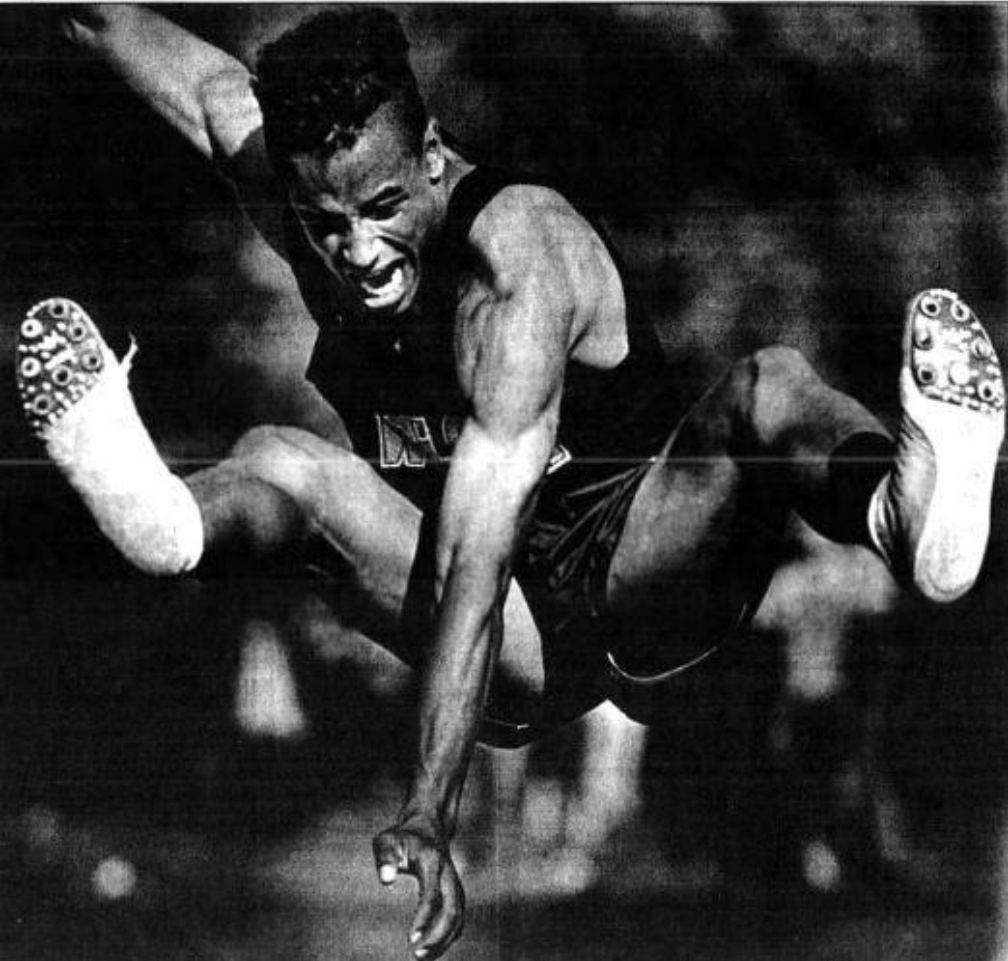
Jay Hobbs

Track

Football

Basketball

Jay Hobbs is Considered one of BR-West's Greatest Track Athletes



Won the 100M, 200M, Long Jump and was 2nd in the High Jump at the 1991 Group 2 Meet.

He scored 38 points and helped BR-West win the 1991 Group 2 State Championship.

Won 4 events at the Somerset County Championships and 3 events at the Bernards Invitational, Central Jersey Group 2 and State Group 2 Meets

Named Courier News - Boys Track & Field "Performer of the Year"

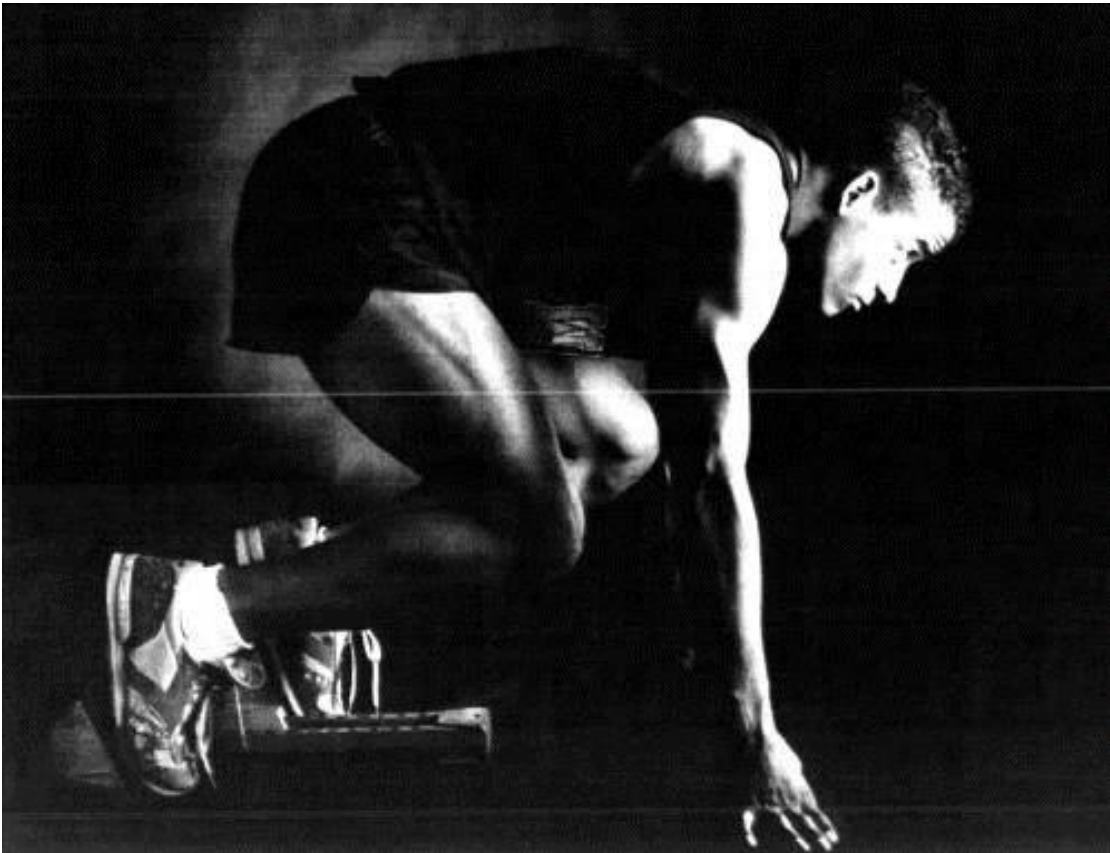
Jay Hobbs set school records in the 100, 400 and Long Jump.

Still holds the school record in the Long Jump- 23' 8"

1989 - Scored 150 points

1990 - Scored 200 Points

1991 - Scored over 300 points



Jay Hobbs

TRACK 1990



CENTRAL JERSEY GROUP 3

LONG JUMP 1ST

HIGH JUMP 3RD

200M 3RD

100M 3RD

GROUP 3 STATE CHAMP

LONG JUMP 1ST

BERNARDS

INVITATIONAL

100M 1ST

200M 2ND

Jay Hobbs

TRACK 1991



CENTRAL JERSEY GROUP 2

100M & 200M & LONG JUMP 1ST

HIGH JUMP 3RD

GROUP 2 STATE CHAMPIONSHIP

100M & 200M & LONG JUMP 1ST

HIGH JUMP 3RD

MEET OF CHAMPIONS

100M - 1ST

200M 2ND

BERNARDS INVITATIONAL

100M 1ST (TIED MEET RECORD) 10.5

200M & LONG JUMP 1ST

UNDEFEATED IN THE 100M

TEAM GROUP 2 STATE CHAMPS

Jay Hobbs Football

**For the 1990 season he was
GROUP 2 - 1ST TEAM ALL STATE
1010 YARDS ON 89 CARRIES**

**In the East-West Thanksgiving Day game
Jay Hobbs ran for 223 yards on 13 carries
(an average of 17.1 yards per carry)
and 3 touchdowns.**

**Received 4 year football scholarship
from Boston University**



**Jay Hobbs also played
Varsity Basketball**

In 1991 he was:

1ST Team CENTRAL

JERSEY GROUP 2

1st Team SOMERSET

COUNTY





East

1989-1994

Gary Wood

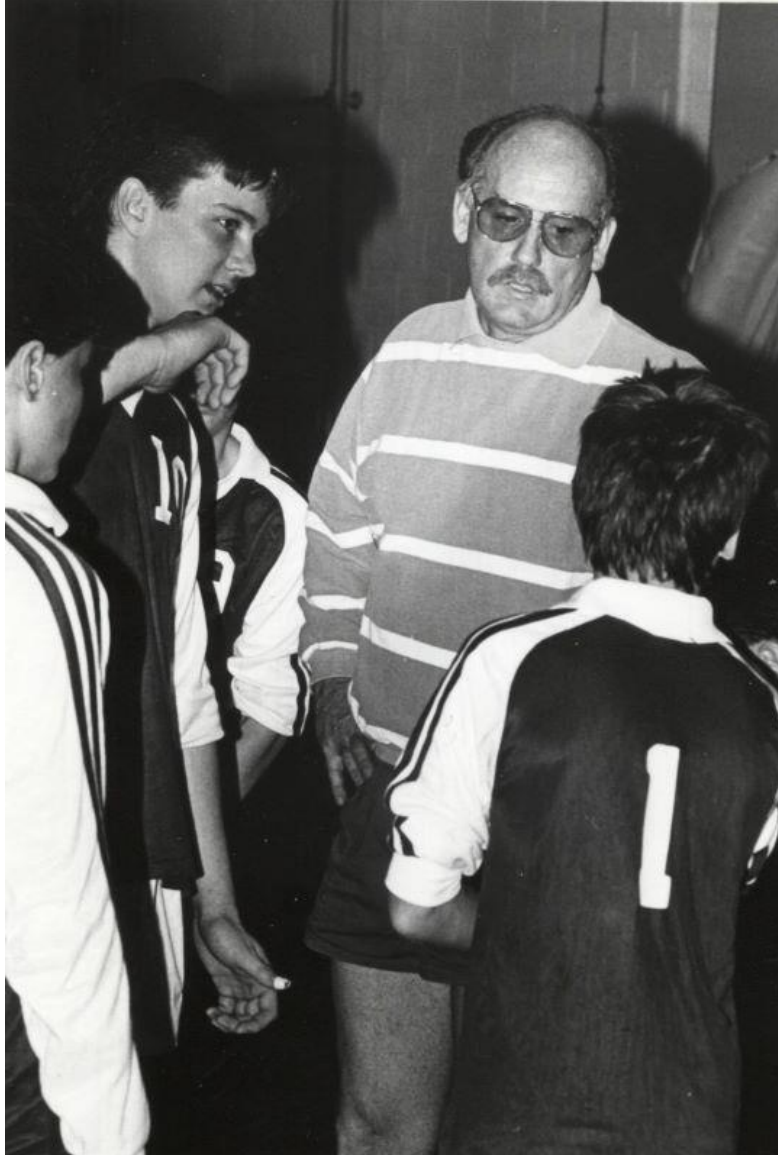
Coach

Volleyball

Coach Gary Wood

**1989 - Started the volleyball program at
Bridgewater with a combined East-West Team**





Coach Gary Wood Volleyball

1989 - 20-0 State Champions

1990 - 21-0 State Champions

1991 - 21-0 State Champions

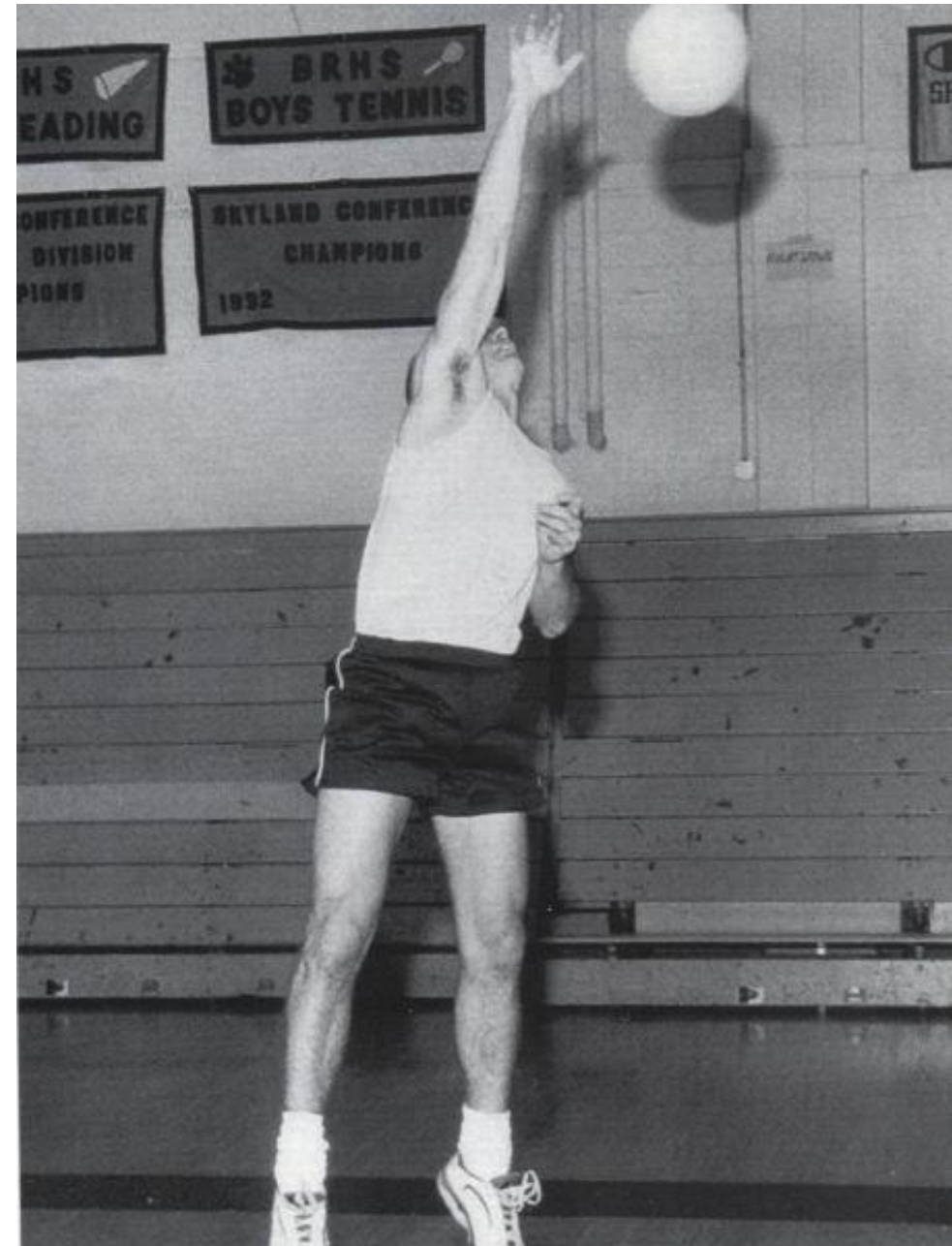
1992 - Lost in the State Championship game

1993 - State Champions

1994 - State Champions

In the six years that Gary Wood coached volleyball their record was 104 wins 4 losses.

The team had 71 consecutive wins which was a national record.





West

1980-2009

Al Rossi

Coach

Cross Country & Track

Coach Al Rossi Cross Country

Won 4 Somerset County Titles

Won 2 Sectional Titles & 2 Conference Titles

2003 3rd in the State Group 4 Meet

6th in the MOC

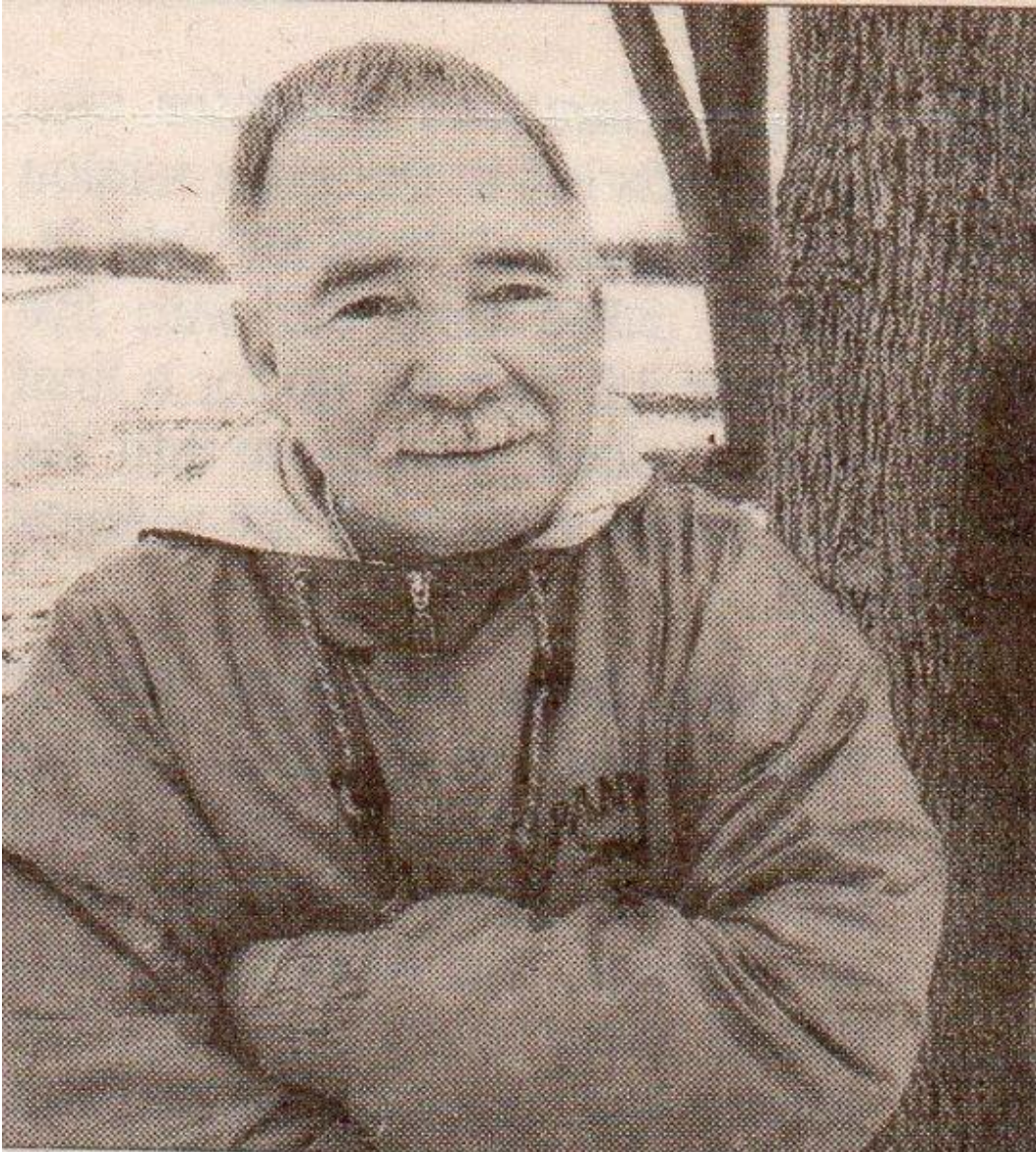


Coach Al Rossi

Track-

- **1991- Somerset County Relay Champions and Group 2 State Champions**





Al Rossi

2003 - Star Ledger

"Coach of the Year"



Contributor
Jim Gano



**Jim Gano earned
varsity letters
in 3 sports:
Football, Swimming
and Track
for B.R.H.S. West**

**Jim Gano has been
the P.A. Announcer
for BRHS Athletics at
East, West and the
combined school
for 41 years**





**Jim Gano was
Special Projects Chairman
for B-R Turf Committee
that raised the money for
the initial installation of
Field Turf
at Basilone Field.**

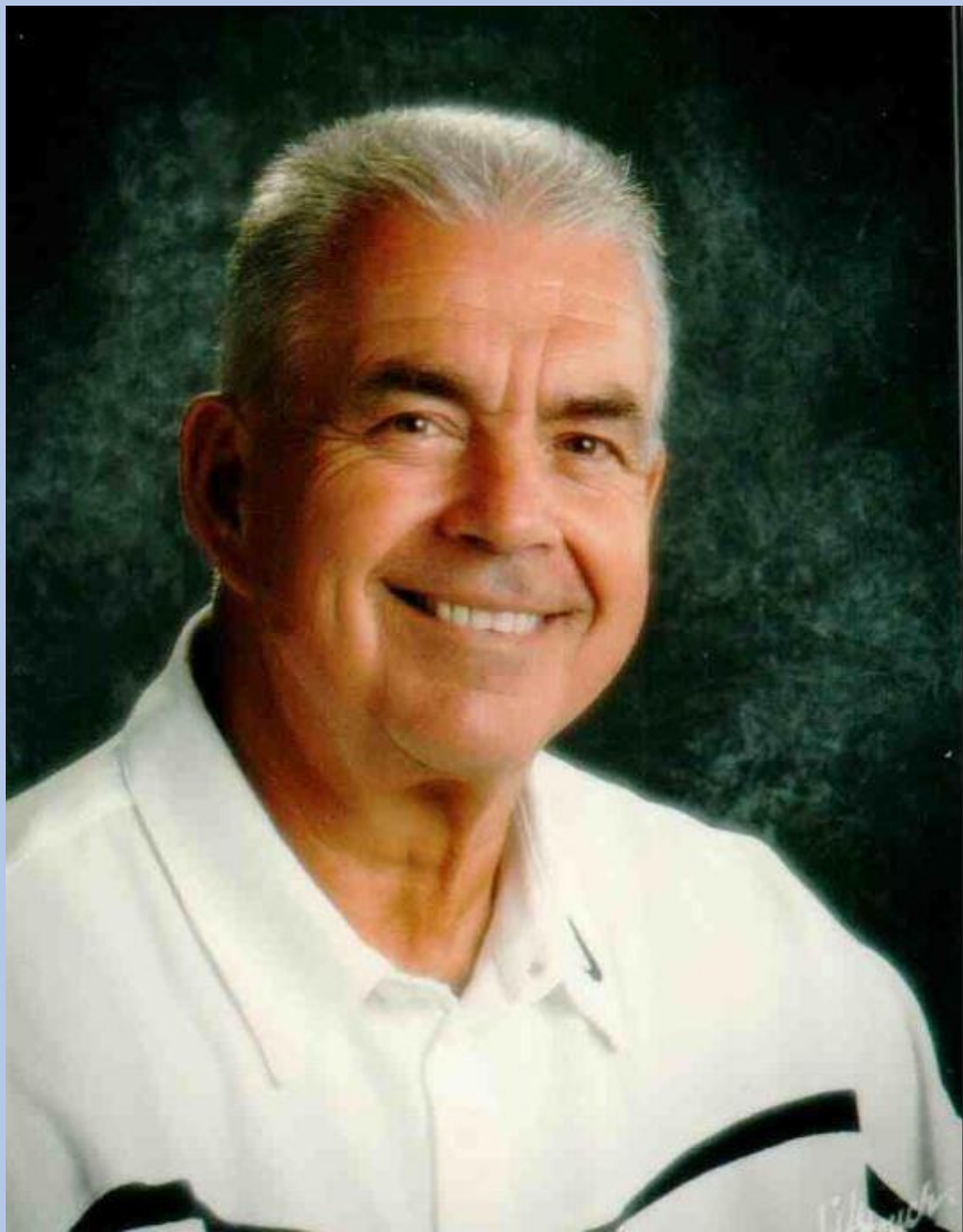


Jim Gano has emceed events for various events at the school including Project Graduation.

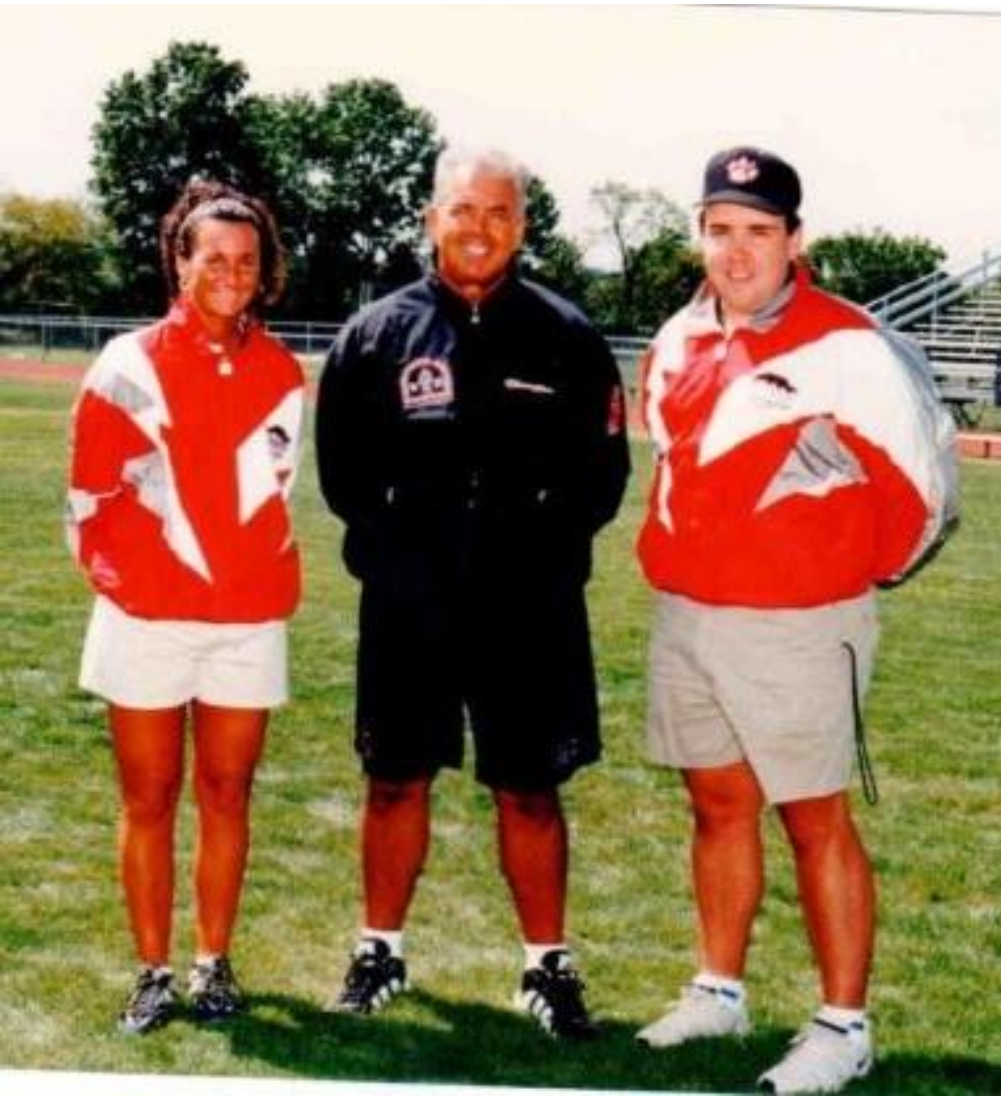
As an emcee has helped various charities raise over \$10,000,000 for their organizations



**Jim Gano was P.A.
Announcer for the
Somerset Patriots,
New Jersey Pride of
Major League Lacrosse
and the New Jersey
Devils Alumni team.**



Contributor
Mike
Galida



**Mike Galida taught in the district
for 38 years. 1970 to 2008.
Coached Football & Track**

2000-2001

**Given the Skyland Conf.
Achievement Award**

2005

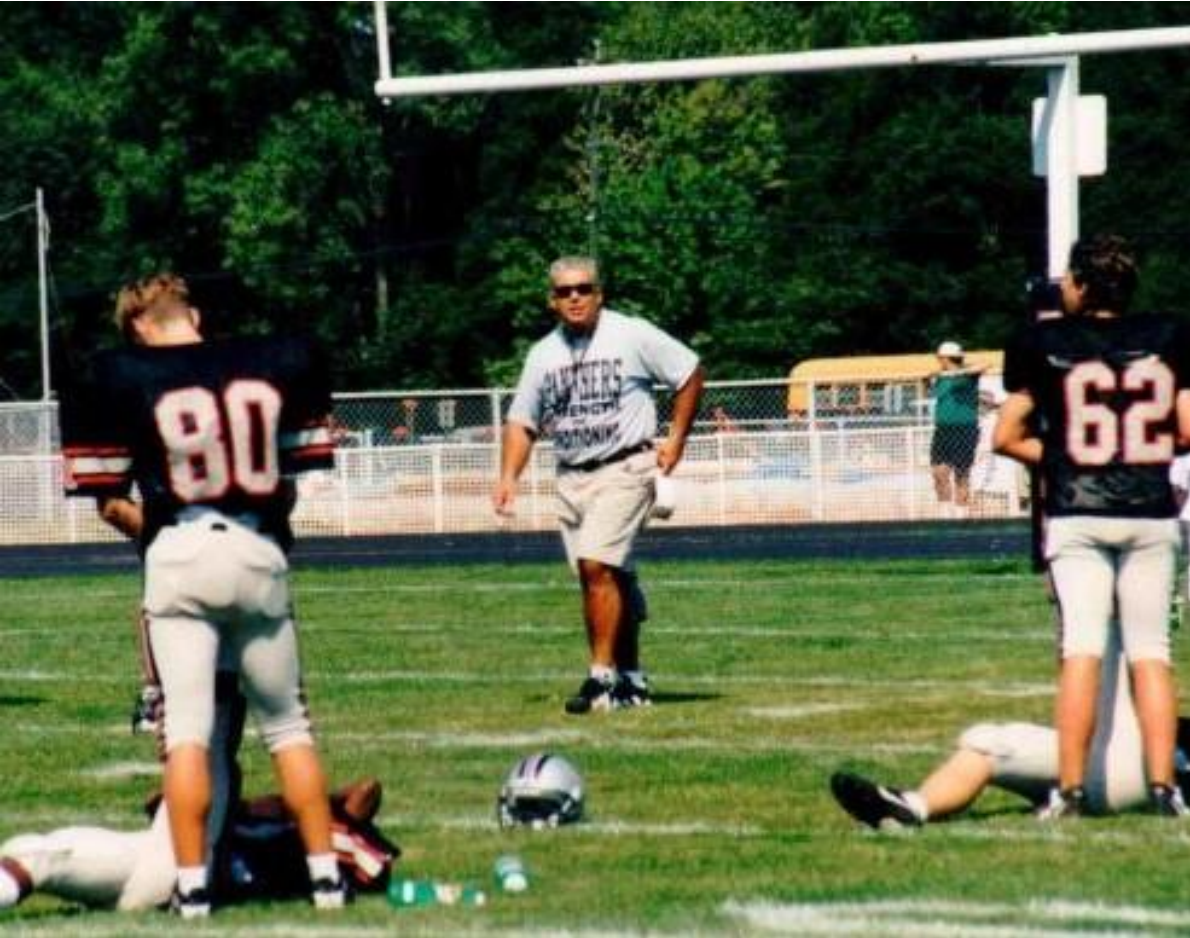
**Named National Federation of HS
Coaches-**

"NJ Coach of the Year"

Mike Galida

2007

**Bridgewater-Raritan H.S.
Special Recognition Award**



2008

**BRHS Distinguished Coaching
Award 1975-2008 for
Football, Track, Strength and
Conditioning.**



Mike Galida

was instrumental in starting and maintaining the weight room at the field house.

Through fundraisers and donations he raised over \$80,000 to create one of the Top 5 HS weight rooms in NJ

2024 Scholarship Recipient – Frank Ksiazek



Thank you sincerely for sponsoring the Bridgewater-Raritan High School Athletic Hall of Fame Awards, which I am honored to have received as part of the 2024 Senior Awards.

Receiving this award is incredibly meaningful to me. Participating in athletics has been a significant part of my high school experience, shaping who I am today. The lessons I've learned are ones I will carry with me for the rest of my life.

2024 Scholarship Recipient - Jenna Ali

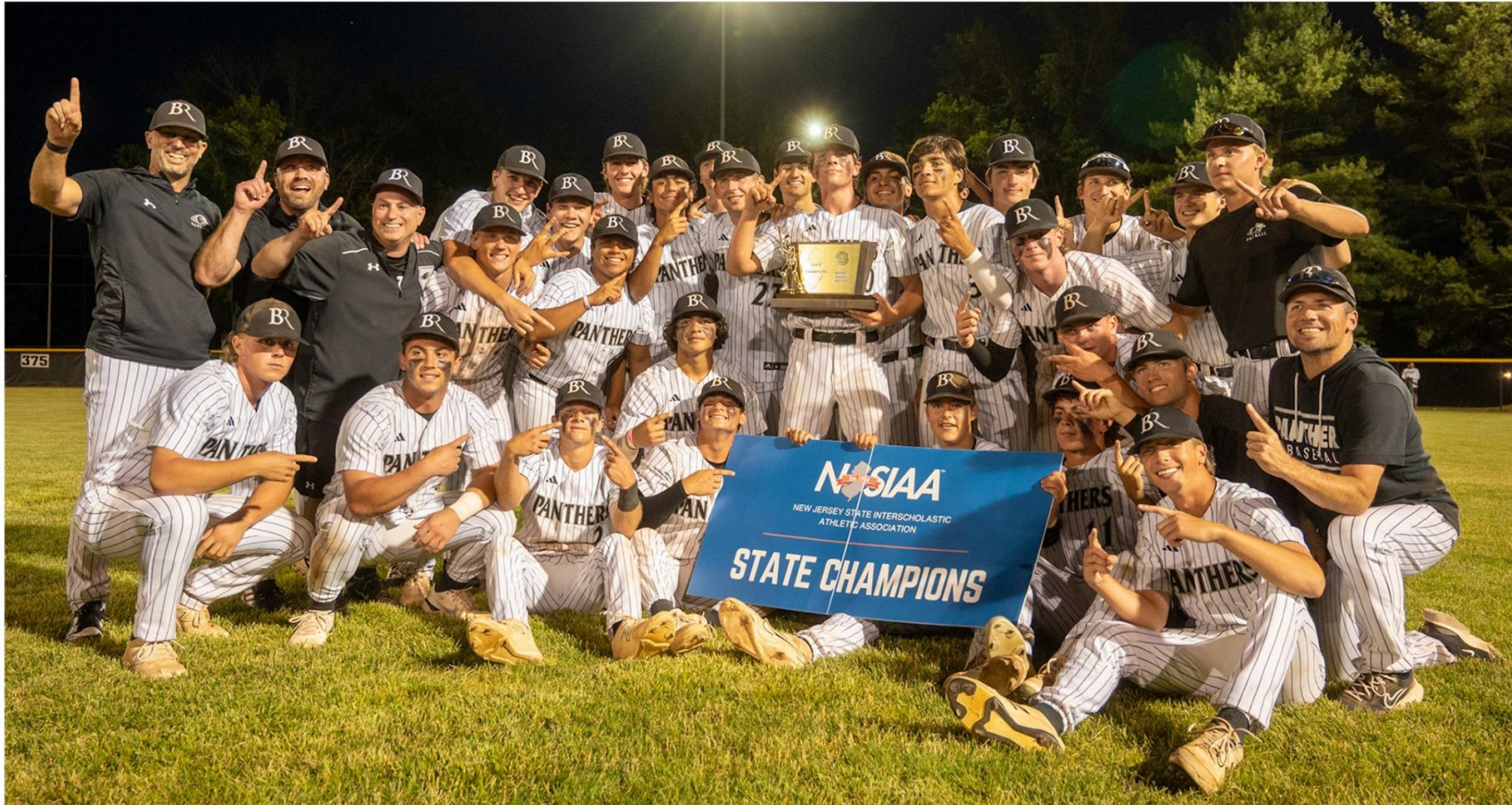


I am deeply honored to have been chosen as the first female recipient of this award.

I will be a Freshman at Fairfield University this upcoming fall majoring in Biology on the Pre-Dental track. I am committed to make the most of this opportunity.

This generous scholarship will allow me to focus more on my studies and extracurricular activities that I plan to pursue. Thank you so much.

2024 BRHS PANTHER BASEBALL



NEW JERSEY GROUP 4 STATE CHAMPIONS
NORTH 2 GROUP 4 SECTIONAL CHAMPIONS
SOMERSET COUNTY CHAMPIONS
SKYLAND CONFERENCE - DELAWARE DIVISION CHAMPIONS
30-3 RECORD - SCHOOL RECORD FOR WINS IN A SEASON
#1 RANKED PUBLIC SCHOOL IN NEW JERSEY
RANKED #42 IN THE NATION

NEW JERSEY - GROUP IV
2024 
STATE CHAMPIONS

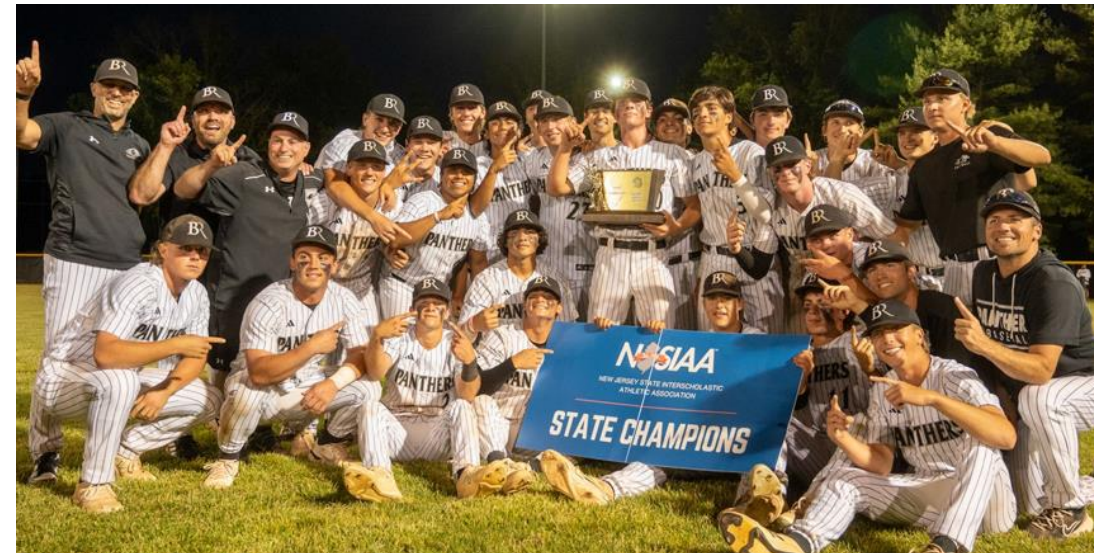
STATE SECTIONAL
2024 
CHAMPIONS

SOMERSET COUNTY
2024 
CHAMPIONS

SKYLAND CONFERENCE
2024 
DELAWARE DIVISION

**The Bridgewater-Raritan High School Athletic
Hall of Fame Committee congratulates
the 2024 BRHS Panther Baseball on an
outstanding record breaking baseball season.**

**On behalf of the Hall of Fame
Committee, we would like to
announce that on your first year
of eligibility, you will be formally
inducted into the Hall of Fame!**



**The 5th Annual
Hall of Fame
Golf Outing
will be
Monday, May 19th 2025
at the Raritan Valley
Country Club**

