

DONNIE DEFILIPPIS

COACHING PHILOSOPHY:

Donnie inherently understands what is needed to develop a young athlete into a successful wrestler. Having been in the wrestling world for most of his life, both as a competitor and as a coach, he has been exposed to most of what is out there. He has walked the road, has carried the load and can fully comprehend the good, the bad and the ugly that is involved in developing a great wrestler.

HIGH SCHOOL ACCOMPLISHMENTS:

He was a 3-time NJ state finalist in high school, winning the title his senior year at 140 lbs. Donnie was ranked third in the country by Intermat that year, and finished his career with a 109-3 record. He was a 4-time County, District, and Region Champ while wrestling for Seton Hall Prep (96,97), and New Providence HS (98,99). He also won the 1998 NHSCA National Championships at 140 lbs.

DIVISION 1 COLLEGE CAREER:

In college Donnie earned a full scholarship to George Mason University where he broke the freshman wins record in 2000 by garnering 34 victories. He finished in the Top 12 at the NCAA Division 1 Tournament that year and was voted top ranked freshman in the country at 141 lbs. by Amateur Wrestling News. Donnie went on to place second at the prestigious Midlands Invitational as a true sophomore and entered the NCAA Tournament in 2001 as the fifth seed. In the Round of 16 he was holding an 8-3 lead over his Michigan State opponent when he suffered a severe knee injury ending his tournament and his season.

After the injury, Donnie transferred back home to Rutgers University where he finished his last season on the mat in 2004. He defeated the eventual NCAA Runner-up that year but failed to regain the abilities he possessed before the injury. Donnie was only able to compete 3 years in College and compiled a Division 1 record of 80-20. He was a 2-time NCAA Qualifier and ranked Top 10 in all 3 seasons. He believes that coming back from such a devastating injury and finishing out his career gave him the drive and motivation to enter into coaching.

COACHING CAREER:

Donnie has had the fortune of coaching with 3 championship programs over the last 10 seasons. He has helped guide many individuals to state medals and many teams to state championships. He started at his alma mater, New Providence, and coached there from 2005-2008. In 2005 the team was ranked #1 in Union County and #24 in the State Coaches Poll, and Pioneer wrestler Shane Mallory earned a trip to the State Finals with Donnie in his corner. He then had a brief stop at Brearley in 2009, who finished #3 in the Star Ledger Top 20 that season. Donnie then served three seasons as an assistant at Bound Brook from 2012-2014, where the

team finished #10, #4, and #2 in the Star Ledger Top 20 in those three seasons respectively. The Brook was also ranked #20 in the country by Amateur Wrestling News in 2014. Donnie's last stop was in Summit where he helped guide Craig Delacruz to his third state finals appearance. Craig won two state titles at Bound Brook, also with Donnie in his corner. In 2012, Donnie was inducted into the Region Hall of Fame for his accomplishments in high school and college.

PROFESSIONAL ACCOMPLISHMENTS:

Donnie spent some time training in MMA and Jiu-Jitsu. In 2010 he won a gold medal at the Pan Jiu-Jitsu games in the blue belt division, where he won 2 matches by submission and went unscathed upon throughout the entire tournament. In 2011 Donnie competed in The Ring of Combat, which is a professional MMA organization. He won his fight via Rear Naked Choke in 1:52.

Donnie works as a Police Officer in Summit, where he resides with his wife Joanna, and their two sons Dominick and Anthony. He also serves as an Instructor of Physical Training and Unarmed Defensive Tactics at The John H Stamler Police Academy in Scotch Plains, NJ. Donnie was recently added as a Law Enforcement liaison for the Rutgers Wrestling Mentorship Program. He helps with grooming athletes who are interested in becoming Police Officers, hoping for them to gain the knowledge and experience needed to achieve employment in that profession.