

20 Years of LHS Champions

1963 -- 98 lb Metropolitan Champion -- Joe Bailey

1964 -- 120 lb Tri - County Champion -- John Mihovetz

1970 -- 98 lb State Champion -- Tom Hirsch

1971 -- 105 State Champion -- Tom Hirsch

1971-- 112 lb State Champion -- Dave Crescenzo

1971 -- 138 lb State Champion -- Richard Meister

1972 -- 112 lb State Champion -- John Hirsch

1973 -- 98 lb State Champion -- Joe Wallace

1975 -- 155 lb State Champion -- Perry Lichtinger

1975 -- 167 lb State Champion -- Tom Buric

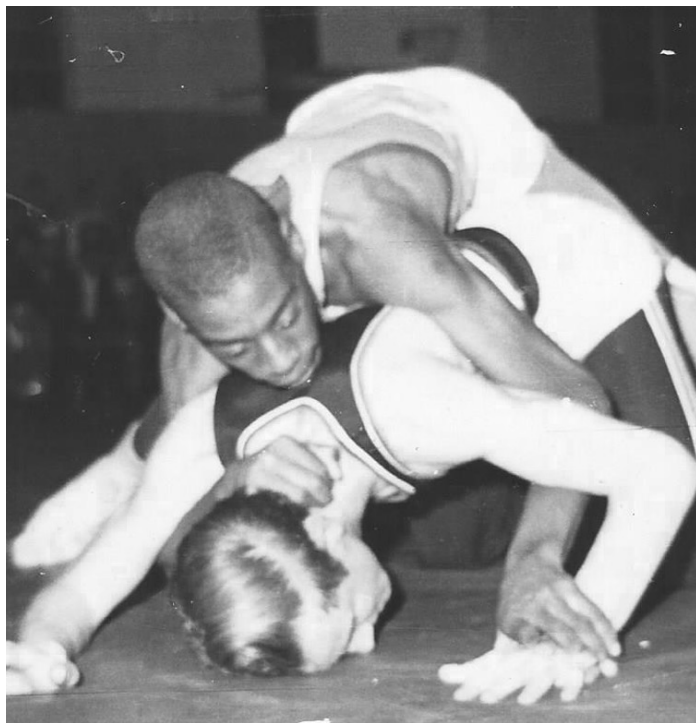
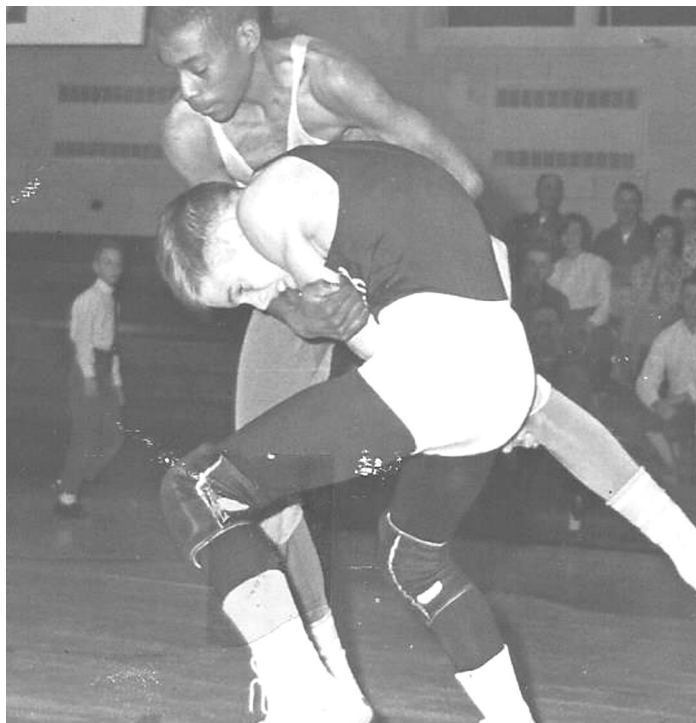
1977 -- 126 lb State Champion -- Mike Pitzer

1978 -- 155 lb State Champion -- Joe Culmone

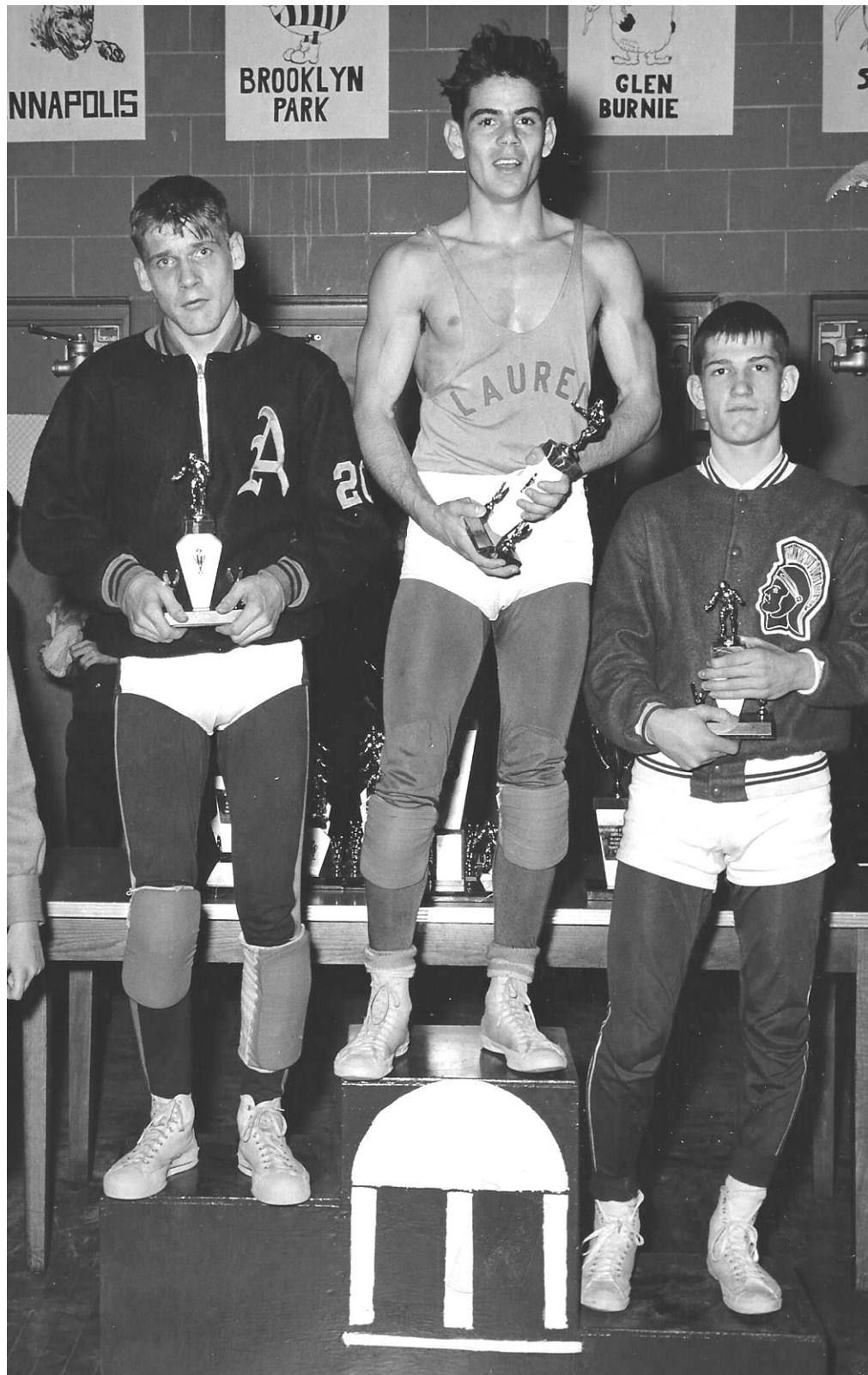
1979 -- UNL State Champion -- Guy Hohenhaus

Joe Bailey (98 Lbs.)

1963 Metropolitan Champion



John Mihovetz 120 Lbs.)
1964 Tri - County Champion



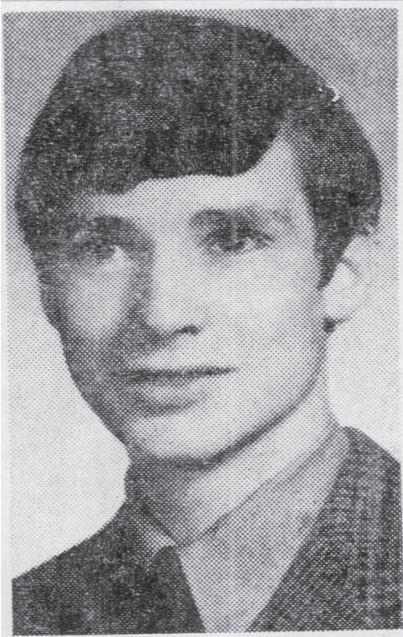
John Mihovetz 120 Lbs.) *1964 Tri - County Champion*

John was on a wrestling scholarship at the University of Maryland when he decided to marry his high school sweetheart, Donna Marion, in 1966. His college career ended and his family career began. They have two grown children and five grandchildren and one great grandson. John and Donna now reside in California. John retired 4 years ago from Time Warner. Donna runs their business with the assistance of their son in his automotive business, ACCUFAB Racing, which has set many records. They will re-locate their business to North Carolina within the next 2 years.

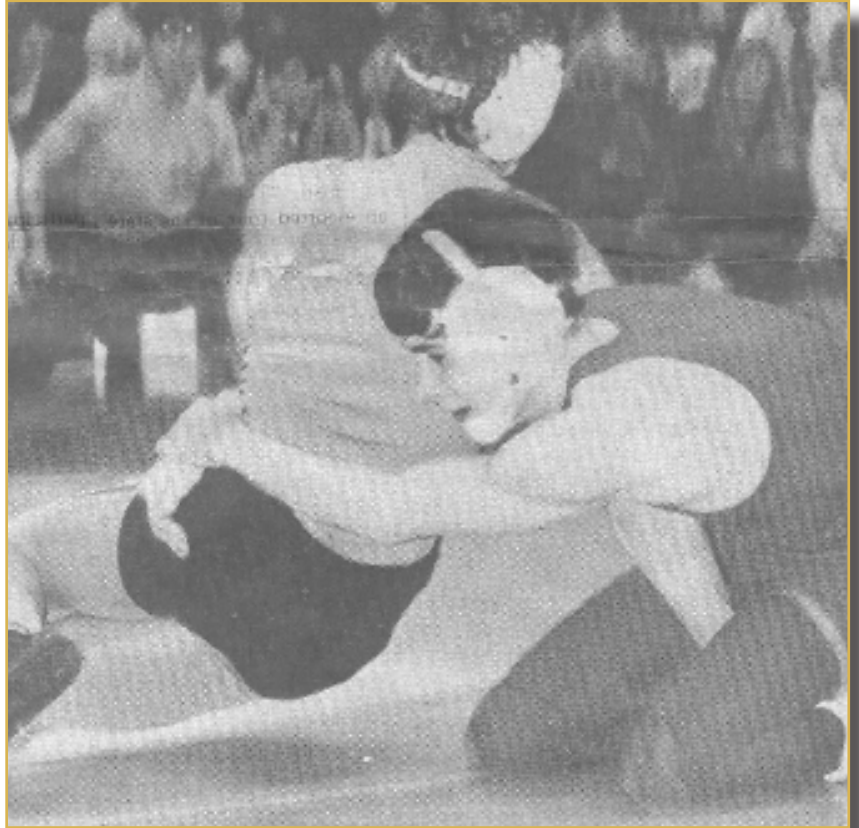


Tom Hirsch

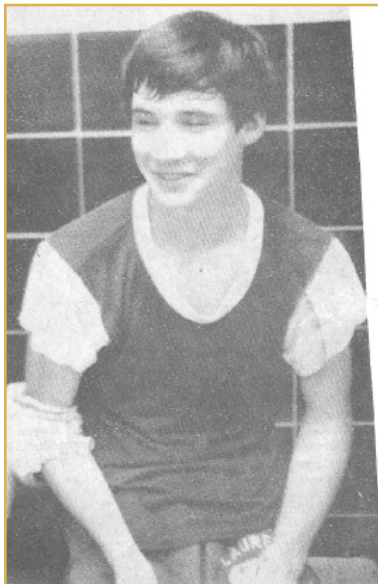
1970 & 1971 State Champion



Thomas Hirsch of Laurel, Md., formerly of North Plainfield, has been appointed to the Naval Academy at Annapolis by Rep. Lawrence J. Hogan of Maryland. The son of Mr. and Mrs. Thomas J. Hirsch, he won the state wrestling championship in 1969 and 1970.



The Capital
March 10, 1971



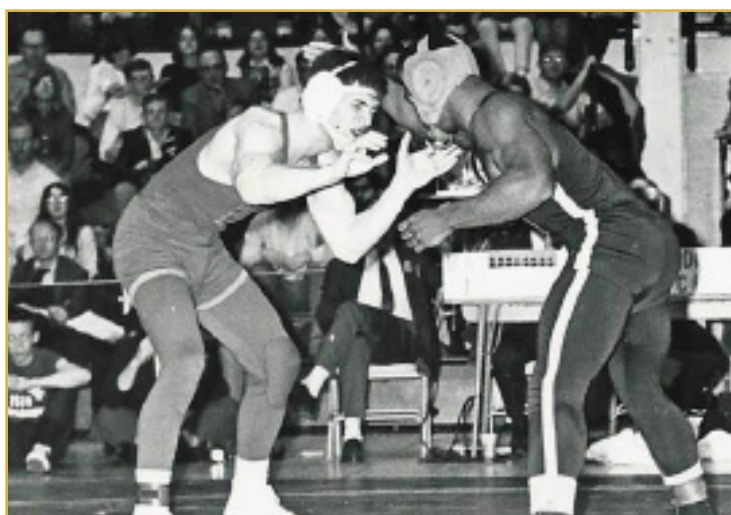
The Leader
March 11, 1971

Tom Hirsch

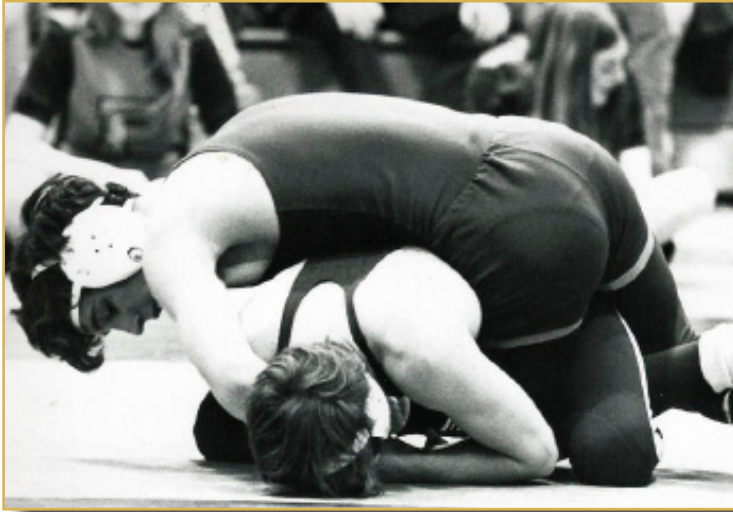
1970 & 1971 State Champion



The Leader
March 12, 1970



Dave Crescenzo
1971 State Champion



Richard Meister

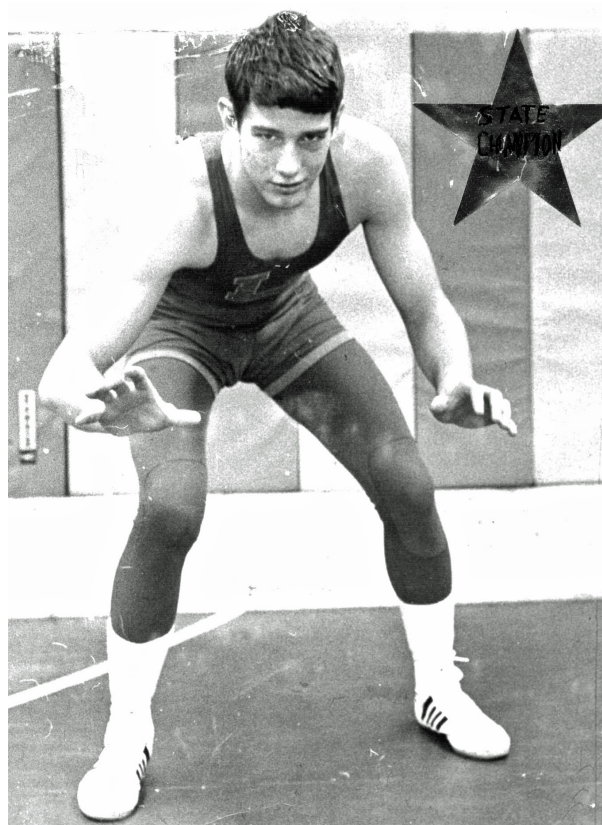
1971 State Champion

I received 3 wrestling scholarship offers, but I decided to attend Baptist Bible College of PA and graduated in 1975 (earning a Bachelor degree of Religious Education in Pastoral Studies), one year after marrying Karen. I wrestled for them and compiled a record of 51-3 and was inducted into their Hall of Honor. We moved from Scranton, PA back home to Laurel, MD where I developed a career as a carpenter. We moved to our present home near Valley Forge, PA in 1986 and now I've been in my second career as a Spec. Ed Teacher for 11 years. My wife has struggled with two devastating diseases but is a woman of remarkable fortitude. Together we've raised 2 young ladies and 2 young men (both boys champion wrestlers). Kelly and Jason are married; Becky and Josh are still in the nest. We have two adorable grandchildren. (to any brother Gideons, Keep sharing the Word.)

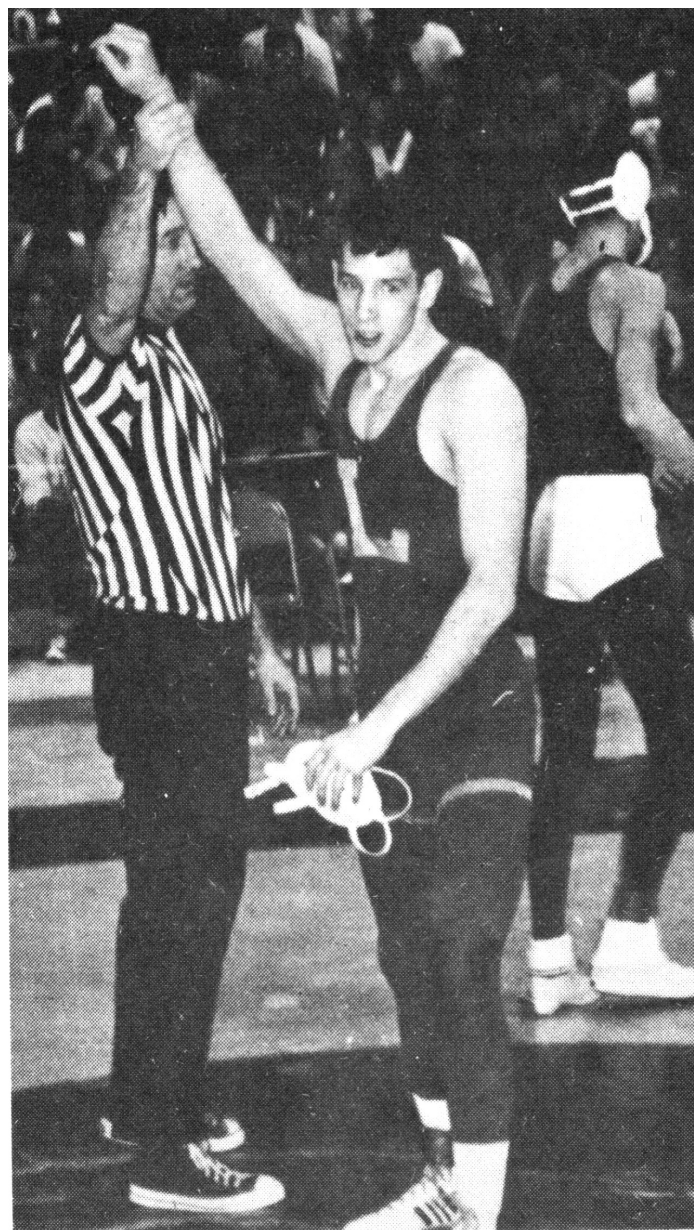
From 1989-1991, I took 39 graduate credits in a Special Education Certification program at a Penn State branch Campus. I'm currently teaching at a juvenile correctional facility.

I remember Coach Cohen as a great motivator and very emotional and caring about both the sport and his "kids." Many times I was Coach's demonstration partner and I would receive a slap on the back as Coach inserted the imaginary "spike" into my back and taught the art of "spinning." I have fond memories of teaching at Coach Cohen's wrestling clinics.

Richard Meister 1971 State Champion



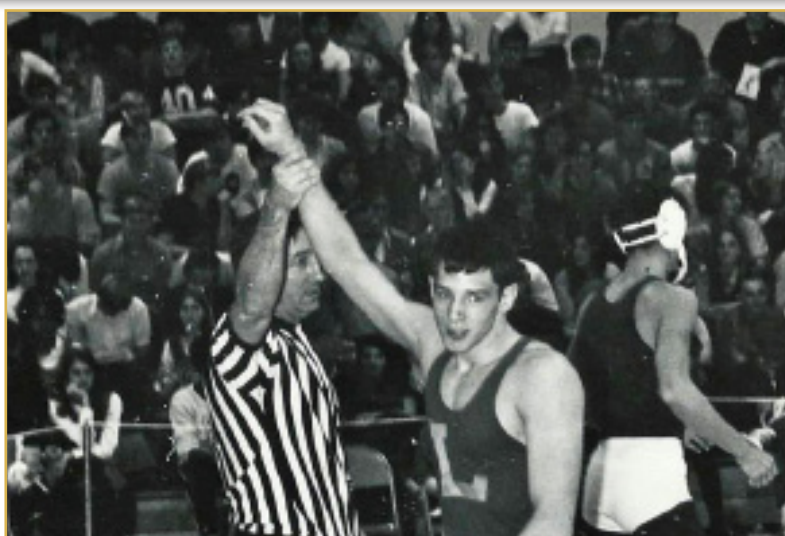
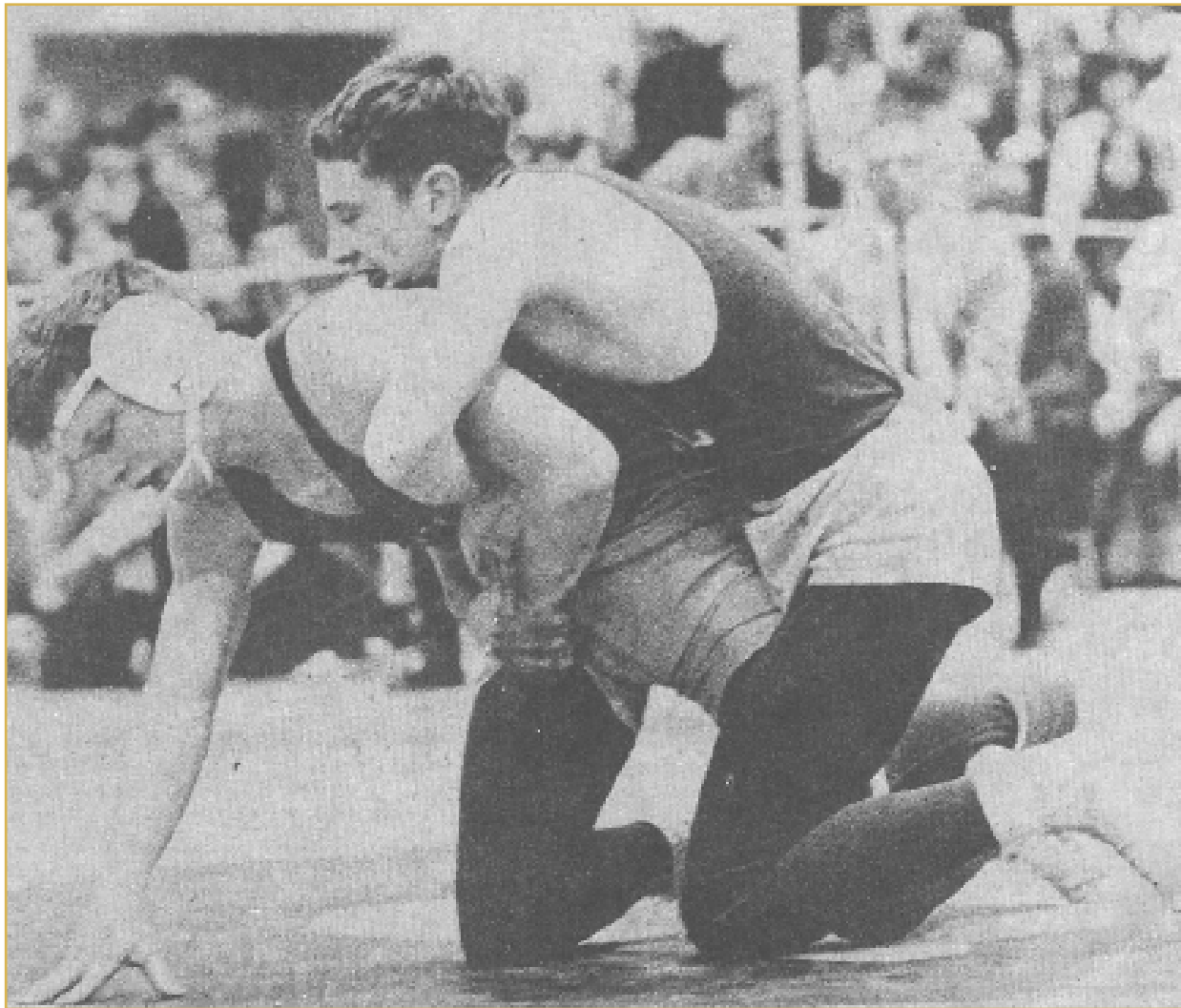
*From the Richard Meister
Collection*



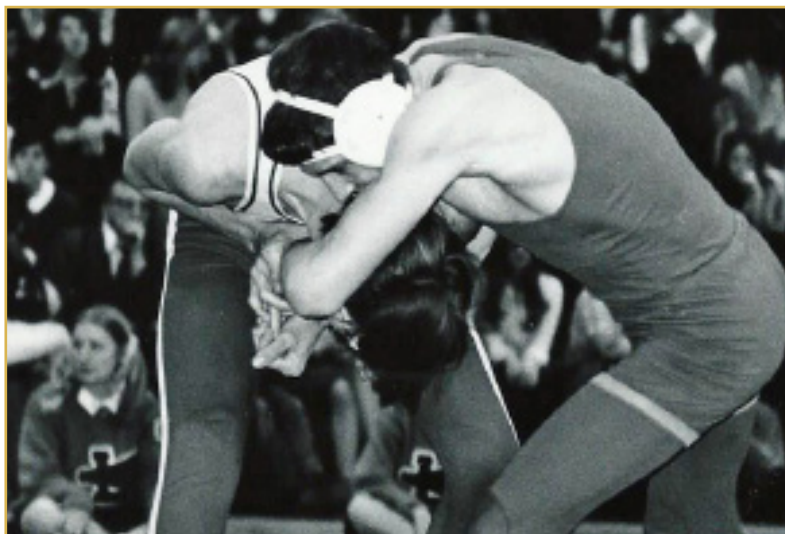
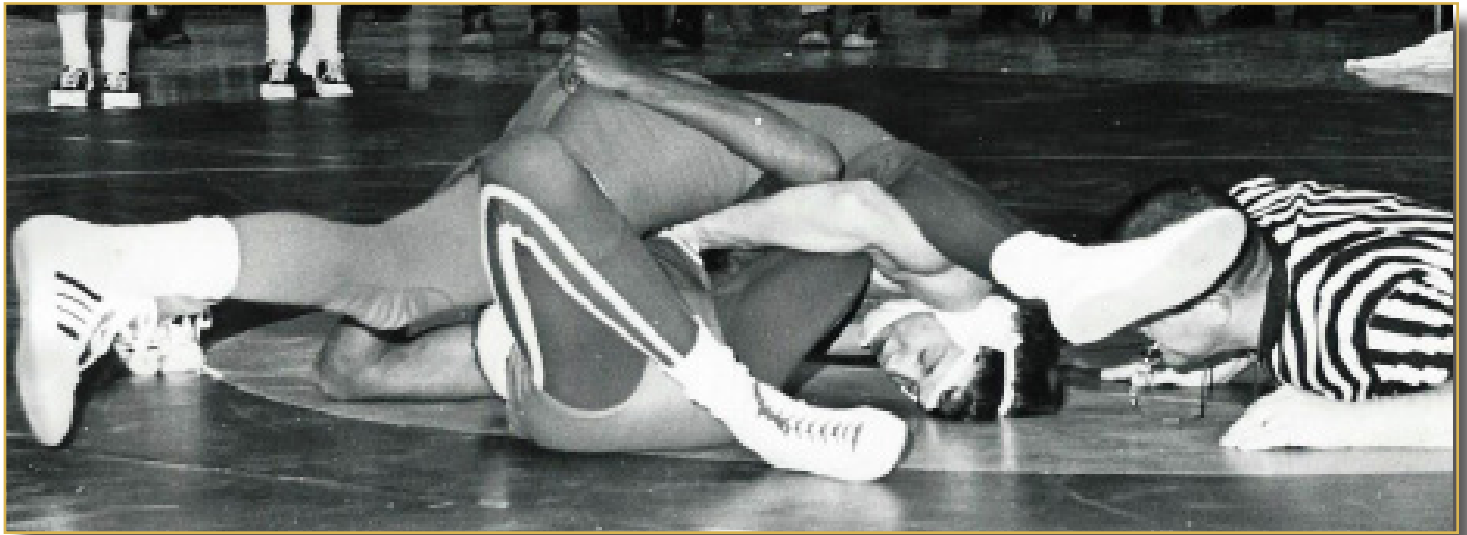
The Look Of A Champ

Richard Meister has the look of a champ after he secures victory on the way to the PG County crown. Meister pinned three straight opponents in the tournament until he faced High Point's Steve Dever. Meister had to settle for a one-sided decision against Dever, who backed away from Meister most of the match. -Photo by C.G. Barnett.

Richard Meister
1971 State Champion

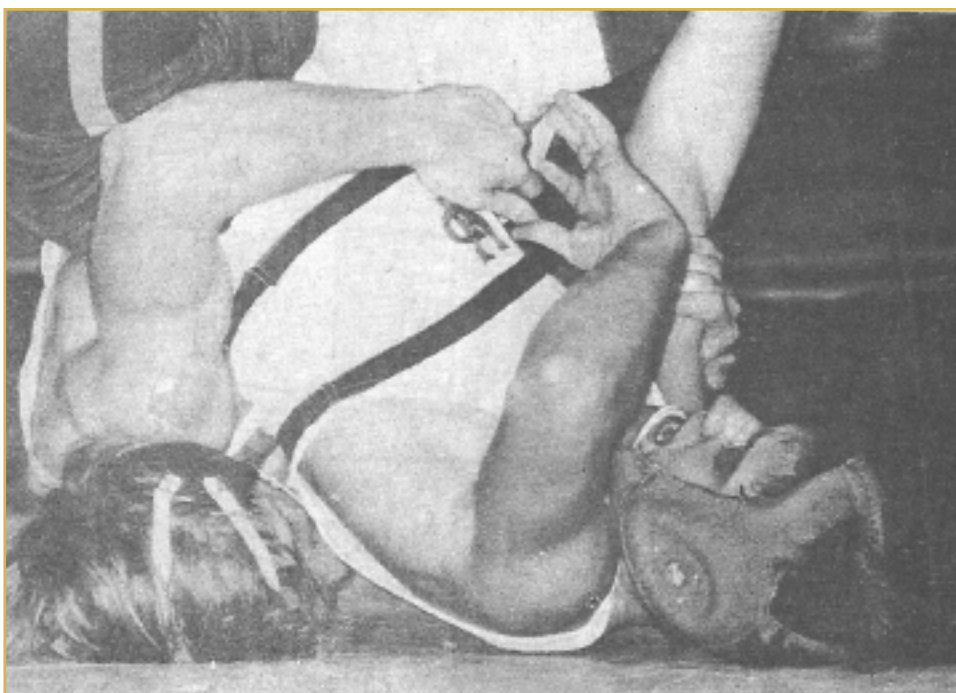
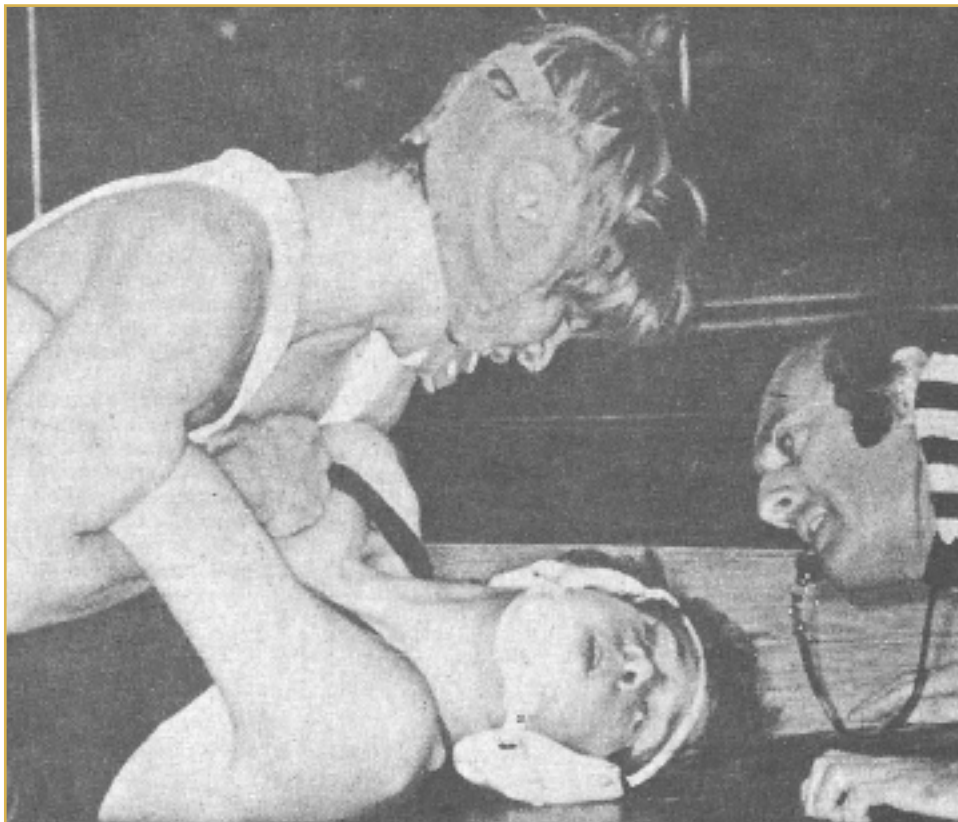


Richard Meister
1971 State Champion



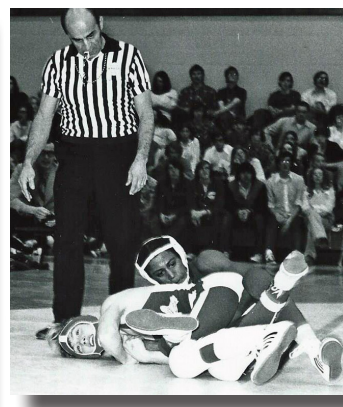
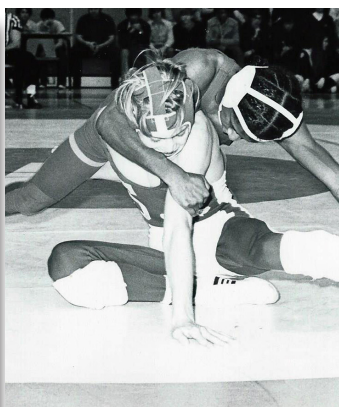
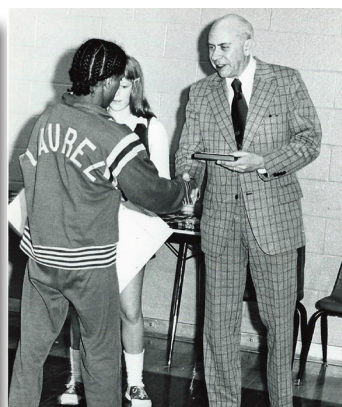
John Hirsch *1972 State Champion*

The Sentinel
March 8, 1972



The Sentinel
March 8, 1972

Joe Wallace 1973 State Champion



Perry Lichtinger

1975 State Champion

I first got interested in wrestling when as a kid flipping through channels looking for cartoons I would accidentally catch one of Lehigh University's home matches that they would broadcast. Because they had several brothers (Peterson's and Liebermans) who made the US Olympic team, every four years I would follow them in the Olympics. In 8th grade at Eisenhower Jr High I tried out for the basketball team but didn't make the cut. As I was walking away from the gym complex I heard a whistle blow from behind a set of double doors. So I stuck my head in to see what was going on and it was the wrestling team. Coach Markovich asked what I wanted and I asked him if it was too late to try out for the team. He barked out for me to get my ass in there and that's how I got started. My first year I was 2-1-2. 9th grade I got significantly better going undefeated. My first year at Laurel was 72-73 where I wrestled 145 and was 6-4-1. My junior year I think I was 13-1 during the season and finished 4th in state. I was disappointed with that because I had beaten the guy that won during the season. Senior year, 36-0 with 29 pins! That earned me a scholarship at Wilkes College (a D3 school who's wrestling team was invited to move up to D-1. I had a 22-12 D-1 career record but injuries cut my career short. In the summer of 1975 I placed 4th in the US Junior World freestyle team trials. I had actually beat the guy who placed 3rd but he ended up with more qualifying points.

I think they may have changed the name but Pennsylvania used to have an all star meet called the Dapper Dan Classic. Top PA wrestlers squared off against an all star team of the best wrestlers from around the US. The 2nd best Pa kids would challenge a team from a neighboring state. In the very first Dapper Dan, they wrestled an all star team from Maryland!! So Tom Buric, Jackie Cropper (3rd in state at 185 in 1975), and I were on the Maryland team!! That year there was also a traveling freestyle team from Poland that we got to wrestle!! Fun times!!

After college and some time in the Navy I was a high school head wrestling coach in California for 12 seasons split across 2 schools (6 years each) - where I coached several state placers at each school. I am still refereeing high school wrestling in Georgia having just finished my 17th year.

I coached 12 seasons (6 years each at two high schools in California Del Oro and Woodcreek). I know of at least 10 of my kids from those teams that are coaches themselves. I'm betting there is a long list of Cohen's kids that also did some coaching.. So besides his direct influence on us... his influence stretches to thousands of kids thru his legion of coaches!!

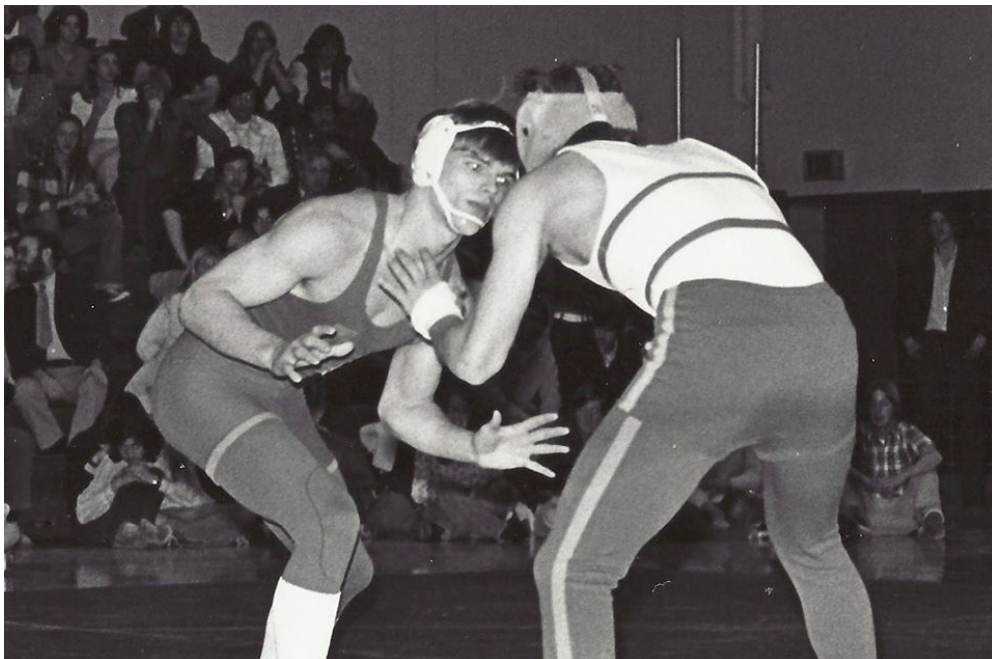
Perry Lichtinger

1975 State Champion

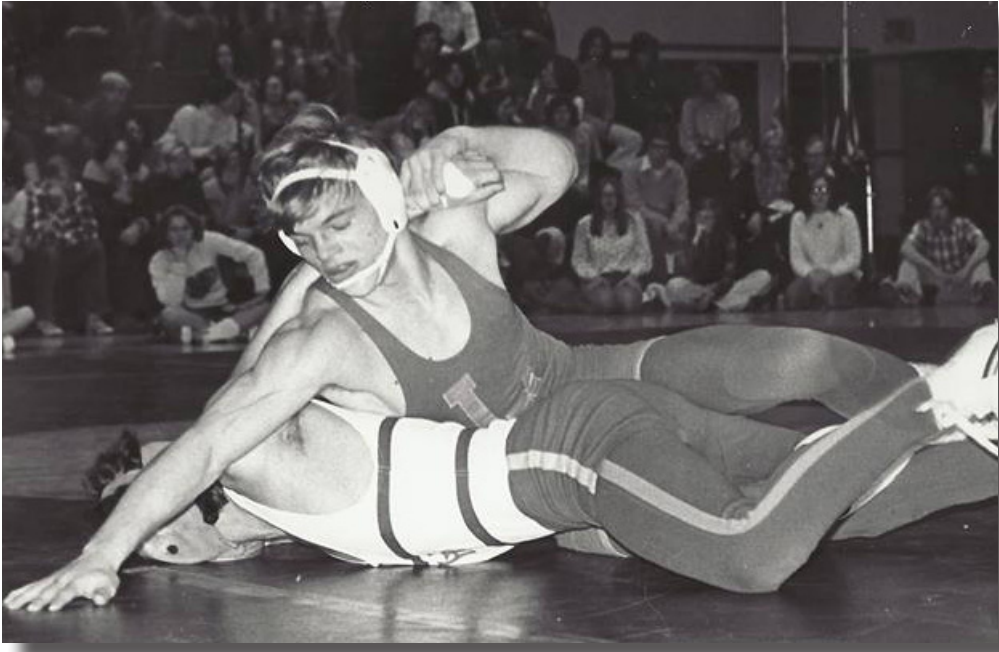
Many wrestler would want to shake hands before their match with a really hard grip and shake. Coach Cohen would tell us NO!! If you shook with a lot of strength - that would tip them off how strong you were and maybe get their adrenaline going. He said just give them a light shake.. let them find out how strong you were after you've locked up a pinning combination they can't get out of!!

Quick story about Tom Buric. He came out of Laurel Junior high - me Eisenhower. We had wrestled twice our 9th grade year - me winning 8-0 both matches. When we stepped into the laurel practice room we immediately became workout partners. He was a tough cookie. In our senior year - I made the decision to go 155. As it was - my football playing weight was 205 and I was selected honorable mention middle guard for Washington D.C metropolitan area when our team was really bad!! (1 -9 and didn't score a TD all year long!!! But we won homecoming against 2nd place team Fairmont heights last game of the year 2 to 0!!! Since I had scored both safeties and kicked the only field goal... I ended up being the only scorer and that got me the Outstanding football player of the year award....

Needless to say - I wasn't a "fat" 210 so getting down to 155 right after football season was no easy task!! So - having both Tom and I win State Titles was extra special!! Jackie (Cropper) at 185 placed 3rd that year having lost and incredibly close match in the semi's to the guy who won. Paul Pepal was our heavyweight and pretty darn good himself even though he didn't place at state... Couldn't have asked for a better 4 man workout group to help me get down to weight!!!



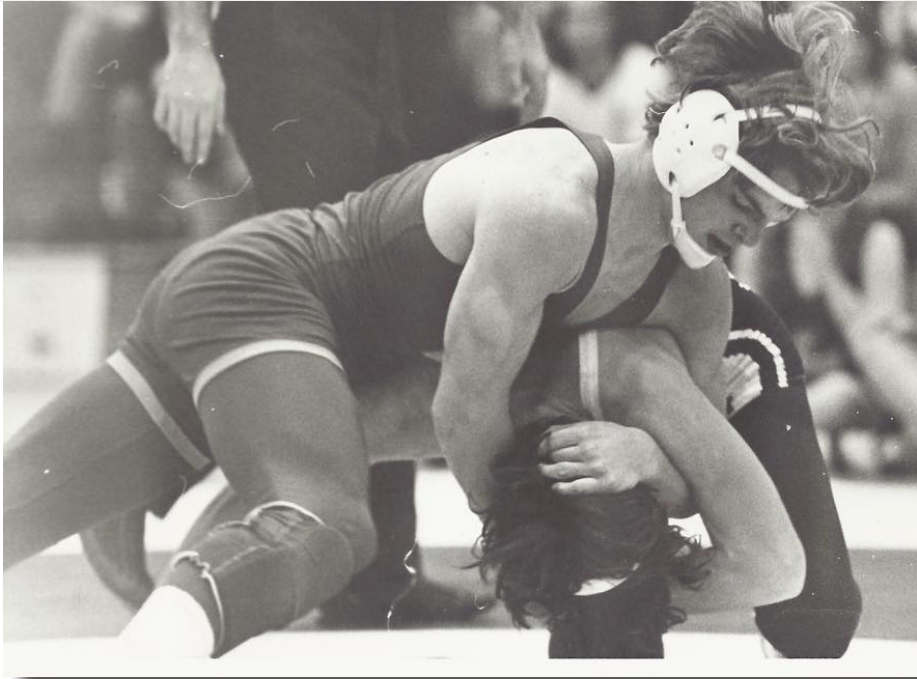
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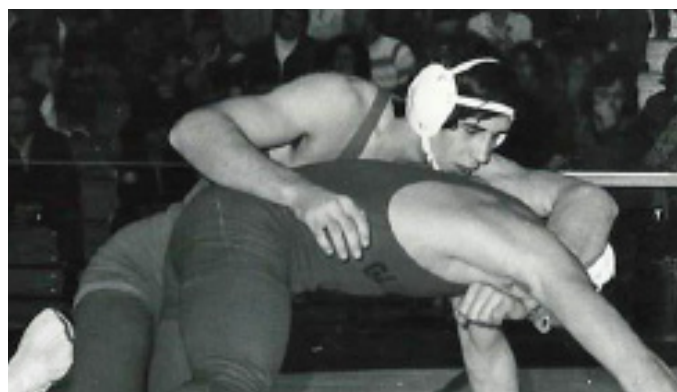
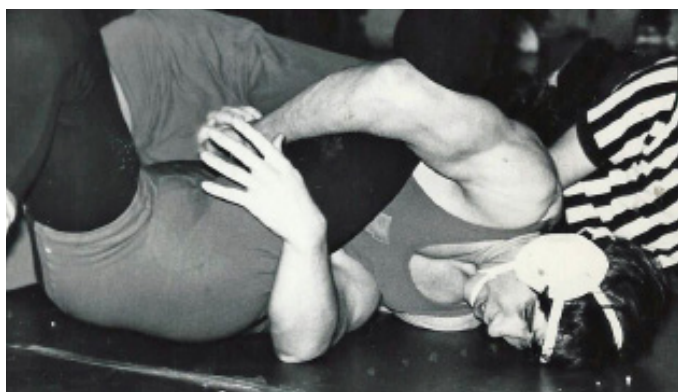
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Tom Buric
1975 State Champion



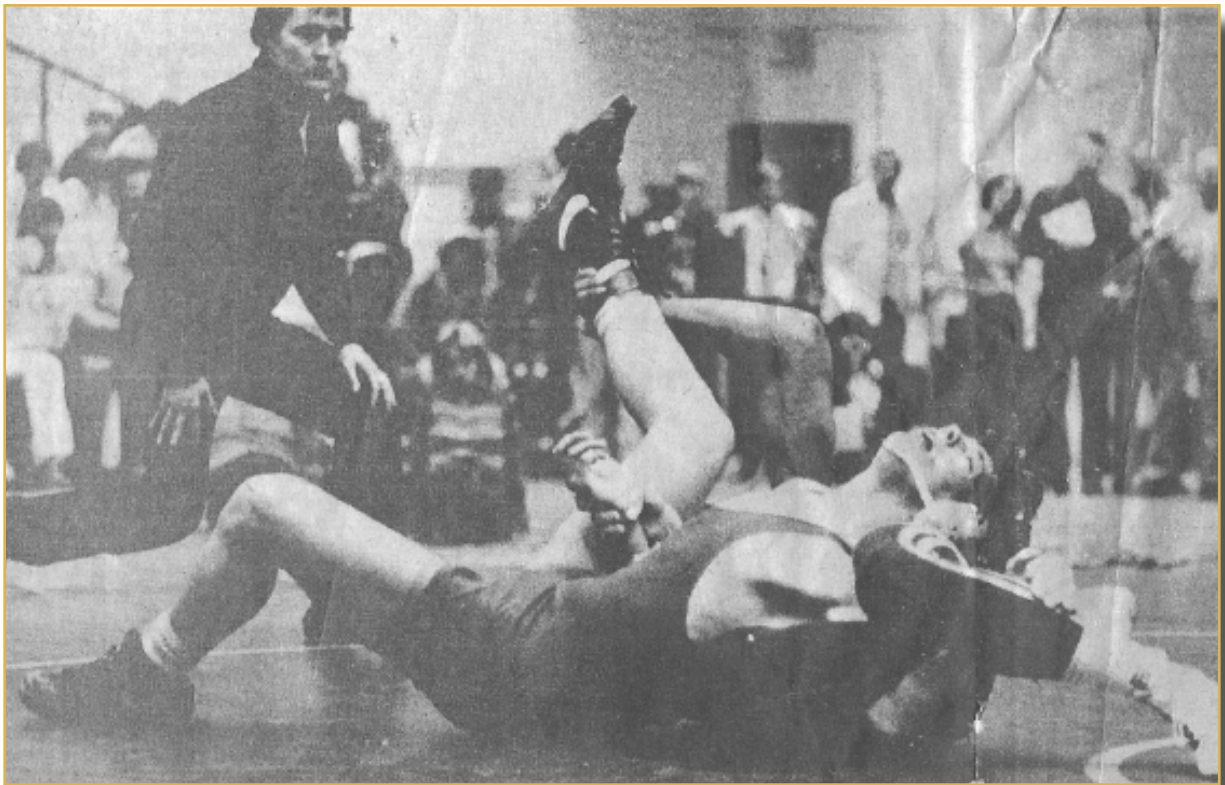
Mike Pitzer 1977 State Champion



Joe Culmone 1978 State Champion



Guy Hohenhaus *1979 State Champion*



The Sentinel
March 7, 1979

Our State Champions



Tom
Hirsch
98 Lbs

MPSSAA 1970 - Laurel finished 2nd



Richard
Meister
138 Lbs

Tom
Hirsch
105 Lbs

Dave
Crecenzo
112 Lbs

MPSSAA 1971 -- Laurel WINS State Title!!!

From: The MPSSAA Wrestling Yearbook 1970 - 2018

MPSSAA 1972 -- Laurel WINS State Title!!!



*John
Hirsch
112 Lbs*



*Joe
Wallace
98 Lbs*

MPSSAA 1973 - Laurel finished 3rd

Perry
Lichtinger
155 Lbs



Tom
Buric
167 Lbs



MPSSAA 1975 - Laurel finished 2nd



MPSSAA 1977 - Laurel finished 3rd



Mike
Pitzer
126Lbs

From: The MPSSAA Wrestling Yearbook 1970 - 2018

↓
*Joe
Culmone
155 Lbs*



MPSSAA 1978 - Laurel finished 5th

→
*Guy
Hohenhaus
HWT*



MPSSAA 1979

From: The MPSSAA Wrestling Yearbook 1970 - 2018