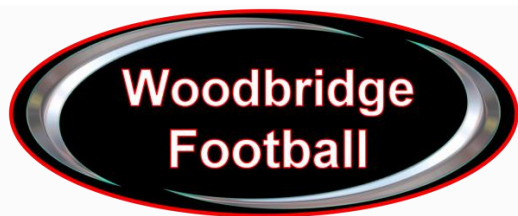




Woodbridge High School Football

9 State Championship Titles
 12 Conference / Divisional Titles
 Greater Middlesex Conference - White Division
 NJSIAA - NJ 2, Group 4
 Overall WHS Football Record: 445 - 356 - 40 .553



Last Game: (G11) at Phillipsburg L 34-14

Next Game: (G1) Carteret Sep. 11 7pm

2014 NJ High School Football - Final Numbers

By Gridiron New Jersey Staff

Posted: Thursday, December 18, 2014 10:45 am



20. [Colonia](#) (11-1)

Quarterback Tenny Adewusi and running back Sam Pero led the Patriots to a huge year, culminating in a [GMC](#) White Division title and a spot in the [North 2, Group 4](#) final. Colonia got big wins over [Carteret](#), [Matawan](#) and [Woodbridge](#) during the regular season, before beating [Scotch Plains-Fanwood](#) and [JFK \(Iselin\)](#) in the playoffs. They pushed [Phillipsburg](#) to overtime in the sectional final before losing, 28-21.

19. [South Brunswick](#) (11-1)

South Brunswick won the [GMC](#) Red, which is always one of the toughest divisions in the state, and got back

to the [Central, Group 5](#) title game with postseason victories over [East Brunswick](#) and [Trenton](#). Star running back Dontae Strickland rushed for 1,200 yards, and the Vikings run game was bolstered by over 700 from Phil Campbell. Their season concluded with a 21-7 loss to [Manalapan](#) in the sectional finals.

18. [Timber Creek](#) (11-1)

For the second straight year, Timber Creek fell to [Shawnee](#) in the [South, Group 4](#) finals, but it doesn't take away from the Chargers' memorable year. With wins over [Delsea](#) and [Cherokee](#), Creek boasts two wins over 2014 sectional champs, and they also beat [Winslow Township](#) and [Kingsway](#) in the playoffs. The finals appearance was the Chargers' fourth in four years.

17. [Pascack Valley](#) (10-2)

The Indians won a second straight [North 1, Group 4](#) title, finishing off an impressive playoff run with a 22-6 win over [Paramus](#). Along with a postseason victory over [Passaic Valley](#), they defeated [Old Tappan](#) twice (once in the playoffs) and earned a big opening day win over [Montclair](#). Running back/linebacker Rocco Swatek was a force on both sides of the ball, racking up 115 tackles to go along with 414 rushing yards and 14 touchdowns.

16. [Linden](#) (10-2)

The Tigers lost to [Elizabeth](#) on Nov. 7, but got the Minutemen when it counted most, beating them in the [North 2, Group 5](#) final. Quarterback Juwan Dolbrice and running back Kyle Phipps provided a one-two punch that was tough for defenses to handle, and Linden beat quality teams in [North Hunterdon](#) and [Westfield](#) in the playoffs.

15. [Sparta](#) (11-1)

Following an opening-game loss to [Roxbury](#), Sparta went on a tear, ripping through the rest of its [NJAC](#) and playoff schedule to cruise to another [North 1, Group 3](#) title. Along with an American Division championship, the Spartans defeated [West Milford](#) and [Mahwah](#) in the playoffs before picking up a 31-23 win over [River Dell](#) in the finals. It was Sparta's second finals victory in a row over the Golden Hawks.

14. [DePaul](#) (8-4)

The Spartans won a second straight [Non-Public, Group](#)



2 crown with little trouble, thanks in large part to running back Kareem Walker, who ran for and 26 touchdowns and over 1,600 yards. Despite going 0-4 against [Big North](#) United opponents, DePaul landed a marquee win over eventual [North 1, Group 4](#) champion [Pascack Valley](#) in September, highlighting a 5-0 start to the season. They defeated [Gloucester Catholic](#), [Immaculata](#) and [Holy Spirit](#) in the playoffs.

13. [Don Bosco Prep](#) (7-4)

It is hard to believe the Ironmen have finished 7-4 for the second consecutive year. It would be a good year for most teams, but for Bosco, it's a tough pill to swallow. They did reach the [Non-Public, Group 4](#) semifinals, but lost a close 18-17 contest to [Paramus Catholic](#). That was the Ironmen's second loss to PC this season—a season in which they also lost to [Bergen Catholic](#) and [St. Joseph \(Mont.\)](#).



12. [Phillipsburg](#) (11-1)

The Stateliners ended the season with back-to-back big-time victories. Phillipsburg won its second straight [North 2, Group 4](#) crown with a 28-21 overtime win over [Colonia](#) for its seventh win in a row, and that came just a week after a 19-15 Thanksgiving victory over rival Easton (Pa.). A loss to [Hillsborough](#) by just a point kept them from winning the [Mid-State 38](#) Delaware Division, but P-Burg's season was spectacular, nonetheless. Running back Joe Maso led the way with 1,604 yards and 20 touchdowns.

11. [Manalapan](#) (11-1)

After three consecutive losses in the sectional finals, Manalapan finally got the monkey of its back by defeating [South Brunswick](#) and winning the [Central, Group 5](#) championship. The Braves won playoff games against quality opponents [Old Bridge](#) and [Hillsborough](#), picked up some impressive regular season wins over [Sayreville](#) and [Middletown South](#). Running back Imamu Mayfield led the offense, rushing for 1,827 yards and 31 touchdowns. Quarterback Dan Anerella was solid and efficient, throwing 18 touchdowns to just two interceptions.

10. [Haddonfield](#) (12-0)

The Bulldawgs put together another championship season, this time a perfect one that concluded with a 27-0 throttling of [West Deptford](#). Haddonfield allowed just 64 points all season, and surrendered double-digit points just twice—against West Deptford in their regular season matchup and South, Group 1 champ [Paulsboro](#). Their [South, Group 2](#) title was the program's 15th—its third of the playoff era. Senior linebacker Mark Walker piled up 108 tackles on the season.

9. [St. Joseph \(Mont.\)](#) (8-3)

The Green Knights had an overall successful season, beating [DePaul](#), [Don Bosco Prep](#), and [Paramus Catholic](#) to earn a share of the [Big North](#) United Division title. They did, however, suffer a key setback against [Bergen Catholic](#) and were decisively beaten by Ohio power St. Edward. They were also denied a spot in the [Non-Public, Group 3](#) finals thanks to a 44-14 loss to [Red Bank Catholic](#). Linebacker Joseph Giles-Harris was all over the field for Joe's, picking up 95 tackles and two sacks.

8. [Bergen Catholic](#) (8-3)

The Crusaders bounced back from a 2-7 season in a big way, winning a share of the [Big North](#) United and picking up victories over rivals [Don Bosco Prep](#), [St. Joseph \(Mont.\)](#) and DePaul. They also went 3-0 against top-tier out-of-state opposition, but suffered a bit in the rankings from blowout losses to [Paramus Catholic](#) and [St. Peter's Prep](#) (twice), the latter of whom they fell to in the [Non-Public, Group 4](#) semifinals. Defensive end Frank Feaster was among the stalwarts of a defense that led BC's resurgence, notching 52 tackles, 4.5 sacks, a pick and a fumble recovery.

7. [Paramus Catholic](#) (9-2)



Despite their loss in the [Non-Public, Group 4](#) final to [St. Peter's Prep](#), the Paladins earned a split of the [Big North](#) United Division title, while earning wins over the likes of [Don Bosco Prep](#) (twice), [Bergen Catholic](#) and [DePaul](#). PC played perhaps the state's most ambitious schedule, against non-public schools in all 11 games. They also went 4-0 against out-of-state competition. Defensive tackle Rashan Gary was practically unblockable, tallying 14 sacks and 55 tackles throughout the course of the year.

6. [Shawnee](#) (11-1)

Running back Jake Parola—a hero all year for the Renegades—exploded for 159 yards and three touchdowns to lead Shawnee past [Timber Creek](#), 28-7, in the [South, Group 4](#) final. Despite a slip-up on Thanksgiving against [Lenape](#), the Renegades were one of the state's best public school teams all year. Perhaps their two biggest regular season wins came against [WJFL](#) American rivals [Cherokee](#) and [Williamstown](#), giving them the division title. Parola rushed 206 times for 1,439 yards and 27 touchdowns, and registered 62 tackles and eight interceptions from the secondary.

5. [Montclair](#) (11-1)

Behind quarterback Elijah Robinson, the Mounties reached a fifth straight sectional final and captured a third consecutive [North 1, Group 5](#) championship. The Mounties clinched the crown with a 26-14 win over [Passaic County Tech](#), coming following impressive playoff victories over [Livingston](#) and [Hackensack](#). Montclair also captured the [Super Essex Conference](#) American Division championship, going a perfect 5-0.

4. [Red Bank Catholic](#) (11-1)

With a high-flying offense and a stiff "D," the Caseys blew by [Bishop Eustace](#) and—remarkably—[St. Joseph \(Mont.\)](#) before soundly defeating [Delbarton](#) in the [Non-Public, Group 3](#) final. The championship was RBC's first since 1976, and came along with a [Shore Conference](#) Class B-North crown. Save a streak-snapping loss to [Jackson](#), the Red Bank Catholic defensive unit was nearly flawless, holding every opponent but the Green Wave (in the final) to under 20 points.

3. [Jackson](#) (11-1)

Jackson won the [Central, Group 4](#) championship with a 21-18, nail-biting win over [Middletown South](#), but that

was just the finale in a season that had a host of highs. After dropping an overtime contest to [Brick Township](#) on Oct. 4, the Jaguars finished the season with eight straight wins. Among them was a landmark 33-27 victory over [Red Bank Catholic](#) that shifted the balance of power in the [Shore Conference](#) for 2014. In addition, they rolled past [Middletown North](#), and won their rematch with Brick Township in the playoffs, and they did it by a combined score of 89-7. They had two 1,000-yard rushers in Vincent Lee (1,025 with 15 touchdowns) and Michael Gawlik (1,165 with 25 touchdowns), both of whom return next year.

2. [St. Joseph \(Hamm.\)](#) (11-0)

The Wildcats rumbled all the way to another [Non-Public, Group 1](#) championship, dominating [St. Anthony](#), 55-0, in the final. The win gave Joe's its sixth sectional title in a row, and marked the ninth time this season that it scored 42-or-more points. They pulled out a big out-of-state win over Steubenville (Ohio) back in October, and convincingly beat its top challenger in the [Cape-Atlantic League](#) American Conference, [St. Augustine Prep](#), on opening day. Running back A'Laam Horne had a monster year, rushing for 1,180 yards on just 96 carries, and scoring 22 touchdowns. Hard to say how they'd fare against the big school parochial powers of North Jersey, but you can't argue with an undefeated season.

1. [St. Peter's Prep](#) (11-1)

The Marauders made some history this season, winning the program's first [Non-Public, Group 4](#) title since 2005 by beating [Paramus Catholic](#), 34-18, in the sectional final. In addition, St. Peter's went a perfect 9-0 against New Jersey opponents, while downing [Bergen Catholic](#) and [Seton Hall Prep](#) two times each. Quarterback Brandon Wimbush went 188-of-260 for 3,049 yards and 37 touchdowns on the season, while rushing for 687 yards and nine scores, as well.

Others Getting Consideration (in alphabetical order):

[Cherokee](#) (9-3): The Chiefs won six straight to close out the season with a second consecutive [South, Group 5](#) title. Quarterback Evan Powell got better and better as the year progressed, and will be back next season.



Delbarton (9-2): The Green Wave lost to [Red Bank Catholic](#) in the [Non-Public, Group 3](#) finals, but still cruised to a [NJAC](#) National Division championship. Its only other loss came against New York power Poly Prep (N.Y.).

Elizabeth (9-3): Despite coming up short in the [North 2, Group 5](#) championship game, the Minutemen proved they belonged in [Linden](#)'s league with a 28-19 win on Nov. 14. They beat [Piscataway](#) and a solid [Barringer](#) squad in the playoffs.

Hillsborough (9-2): Before falling to [Manalapan](#) in the playoffs, they dominated [Monroe](#) in the [Central, Group 5](#) first round. They won the [Mid-State 38](#) Delaware Division thanks to wins over [Phillipsburg](#) and [Elizabeth](#).

Lenape (9-1): Despite an early playoff exit, Lenape defeated four sectional finalists this season ([Shawnee](#), [Cherokee](#), [Allentown](#), [Rancocas Valley](#)). The Indians are still searching for the first playoff win in program history.

Mountain Lakes (12-0): Quarterback Brad Smith rushed for three touchdowns in Mountain Lakes' win over [Lincoln](#) in the [North 2, Group 2](#) title game. After scoring at least 24 points in every game this season, The Herd now hold the state's longest active winning streak at 24 games.

Parsippany Hills (10-2): Its win over [Roxbury](#) at the end of the regular season springboarded it to a [North 2, Group 3](#) title run. Their win over [Cranford](#) not only ended the Cougars' bid for a first-ever undefeated season, but gave the Vikings their first ever sectional title.

Piscataway (9-2): The stingy Chiefs allowed just 5.6 points per game this year. They bounced back from a tough playoff loss to shut out [Franklin](#) on Thanksgiving.

Rumson-Fair Haven (9-3): The grit of running back Charlie Volker pushed Rumson to a win over [Delaware](#)

[Valley](#) and another [Central, Group 2](#) title, their second straight and third in the last five years.

Shore (11-1): The Blue Devils won both [Central, Group 1](#) and [Shore Conference](#) Class B-South championships, thanks to shutouts in five of their last seven games.

Westwood (12-0): The Cardinals had one of the state's top weapons in wide out Nolan Borgersen, who caught 90 passes for 1,324 yards and 19 touchdowns. Westwood beat another 11-0 team, [Waldwick](#), to win its second straight [North 1, Group 2](#) crown.

Important Information for Parents

Athletic Trainer: Removing football helmets contributes to heat safety during practice



By: Greg Tufaro August 12, 2013

As most high school football teams throughout the state open training camp this week, Phil Hossler has a simple suggestion for coaches, not only in New Jersey, but nationwide, which he believes could help prevent heat related illness and death on the gridiron.

A veteran certified athletics trainer at East Brunswick and member of the National Athletic Trainers'



Association Hall of Fame, Hossler recommends all coaches allow players to remove their helmets while not participating in drills.

“Let cooler heads prevail,” said Hossler, noting 40 percent of heat loss escapes through the scalp. “We need to get the word out across the country to coaches to simply allow helmets to be removed when the player is not involved.”

Wearing a football helmet, Hossler said, exacerbates thermal load and maintains a player’s high internal body temperature. Allowing players to remove helmets decreases body temperature through the critical evaporation of sweat from the head. When helmets are removed, body temperature decreases along with fatigue, improving performance, especially during conditioning sessions.

Hossler, along with Dr. Douglas Casa, chief operating officer at the University of Connecticut-based Korey Stringer Institute, named after the former Minnesota Vikings offensive lineman who died from heat stroke in 2001 and dedicated to exercise heat research and education, presented the NFL, NCAA, USA Football and National Federation of State High School Associations earlier this month with their proposal.

“We are seeking their endorsement on what seems to be just a simple common sense answer to a very potentially catastrophic problem,” said Hossler, a former high school and college football player. “I don’t know why it took my entire career to come up with this idea. It isn’t rocket science. Just take the helmets off.”

Beating the heat. According to the National Center for Catastrophic Sports Injury Research at the University of North Carolina, at least 31 football players have suffered heat-stroke deaths since 1995 in the United States (according to the most recent data from USA Football and the NFHS, more than 1.1 million student-athletes and more than 3 million children aged 6 to 14 play scholastic and youth football, respectively, nationwide.

MyCentralJersey.com



GMC Football Camp Caravan tour kicks off
[Greg Tufaro](#), @GregTufaro 8:46 p.m. EDT
 August 2, 2015

MyCentralJersey.com high school football analyst Marcus Borden will begin his second annual Greater Middlesex Conference Camp Caravan tour of preseason practices of all of the league’s 24 teams with a stop at South Brunswick on Monday, Aug. 10 at 9 a.m. Follow Borden on Twitter [@bordenfb4ever](#) and on [Instagram](#) for live updates with video clips, photos and insight from all practice sessions.



Woodbridge High School Football
 9 State Championship Titles
 12 Conference / Divisional Titles
 Greater Middlesex Conference - White Division
 NJSIAA - NJ 2, Group 4
 Overall WHS Football Record: 445 - 356 - 40 .553

Follow Greg Tufaro on Twitter [@GregTufaro](https://twitter.com/GregTufaro) as he will post convenient links daily to recaps of all of Borden's visits, many of which will be accompanied by a photo gallery compiled by one of MyCentralJersey.com's staff photographers.

During each Camp Caravan stop, Borden will conduct video interviews with top players, tweet photos of drill work and provide some commentary. Stay with MyCentralJersey.com all season long for the best coverage of GMC football. Following is a look at the schedule for Borden's first 10 stops on the Camp Caravan tour.

- Monday, Aug. 10 at South Brunswick, 9 a.m.
- Tuesday, Aug. 11 at South River, 9 a.m.
- Wednesday, Aug. 12 at Metuchen, 8 a.m.
- Thursday, Aug. 13 at Monroe, 7:30 a.m.
- Friday, Aug. 14 at Old Bridge, 7:30 a.m.
- Saturday, Aug. 15 at Edison, 9 a.m.
- Monday, Aug. 17 at Carteret, 8:30 a.m.
- Tuesday, Aug. 18 at South Plainfield scrimmage against Middlesex, 10 a.m.
- Wednesday, Aug. 19 at Spotswood, 10 a.m.
- Thursday, Aug. 20 at Sayreville, 8:30 a.m.

(Nothing posted yet for Woodbridge)

Giants Season Tickets



Raffle!!!



Sponsored by the WHS 5th Quarter Club

Win 2015 Season Tickets

- 9/20 Atlanta Falcons
- 9/24 Washington Redskins
- 10/11 San Francisco 49ers
- 10/25 Dallas Cowboys
- 11/15 New England Patriots
- 12/06 New York Jets
- 12/20 Carolina Panthers
- 01/03 Philadelphia Eagles

2 Seats per Game!

**\$10.00
TICKET**



Sec 106
Row 36
Seats 27 & 28



Drawing to be held on: August 22, 2015 – During Halftime
 Location: Intra-Squad Scrimmage
 Woodbridge High School
 Nicholas Priscoe Stadium



For tickets call Marie Anderson 732-742-5041 or Christina Prestien-LaPenta 908-881-1806

WHS 5TH QUARTER CLUB

NY Giants Season Tickets Raffle

Donation: \$10.00

Drawing will be held on Saturday, August 22, 2015
 At the Woodbridge High School - Nicholas Priscoe Stadium During the Red and Black Intrasquad Scrimmage

Winner need not be present. Proceed go to the WHS Football and Cheerleading programs

To get your ticket, contact: Marie Anderson
 732-742-5041 or coachmarie24@yahoo.com