

Louis Peragallo

(1956 – 1992)

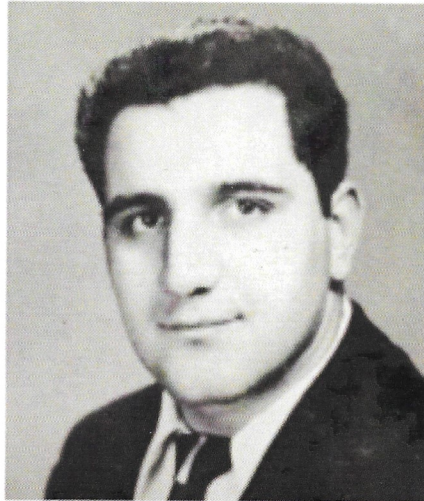


ALJ's Coach, Athletic Director & Ambassador of Athletics

- *Teacher, Coach and Athletic Director at ALJ from 1956 to 1992.*
- *Served in the United States Army and worked at Panzer College (now Montclair State) as a coach (soccer & basketball) and Assistant Director of Athletics.*
- *Joined ALJ's staff in 1956 (first day the School opened).*
- *A pioneer in initiating the Athletic Program at ALJ. Was a driving force behind the Program's growth and development.*
- *Coached soccer, basketball, and baseball at ALJ. Led the baseball team to the Union County Championship game in 1973 and a State Section Championship in 1974.*
- *Served as ALJ's Athletic Director for over 30+ years.*
- *As Athletic Director, started the girls interscholastic athletic program.*
- *Athletic administration was a family business, his wife (Florence) was the Athletic Director at Mother Seton for many of Lou's years at ALJ.*
- *Served on numerous committees and associations of Conference, County and State Athletic Organizations.*
- *Member of the Panzer College Hall of Fame, Director of Athletics Association of NJ Hall of Fame and ALJ Hall of Fame Inaugural Class.*
- *Upon retirement, ALJ's gymnasium was named in his honor.*
- *Selected by NJ.com writers to ALJ's "Mount Rushmore – Top 4" in 2021.*
- *Along with Florence, raised five children (Bruce, Ronald, Wayne, Gary and Tracy). They have eleven grandchildren and nine great grandchildren.*
- *Raised his family in Colonia. Was well-respected in the community and a devout Catholic.*
- *Passed away in 2019 at the age of 92.*

Joe Sisia

(Class of 1958)

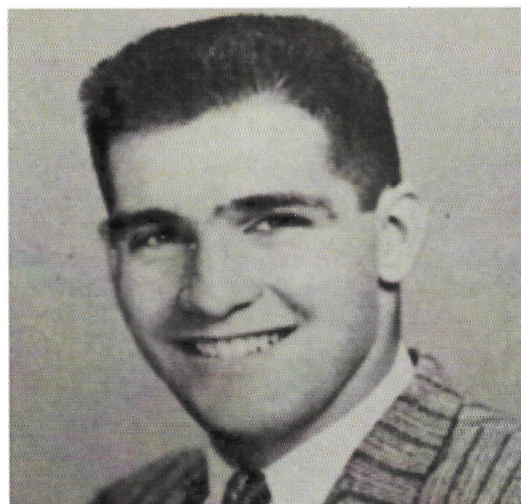


Football Standout and ALJ's First State Wrestling Champion

- *Came to ALJ from Jonathan Dayton Regional High School in his junior year as a three-sport athlete.*
- *Played on ALJ's football team as a junior in 1956 (the first football team in the School's history). Was a standout two-way lineman on the team in his junior and senior seasons .*
- *Participated in track & field in the Shot Put.*
- *As a wrestler, finished in the "Top Three" in the state for three years.*
 - *Third in the State as a sophomore*
 - *Second in the State as a junior (at ALJ)*
 - *State champion as a senior (at ALJ)*
- *ALJ's first state wrestling champion (one of only two wrestlers in the history of the School to win a state wrestling title).*
- *Went on to play football at the University of Alabama under late legendary coach Paul "Bear" Bryant. Due to his agility as a wrestler, was Coach Bryant's first "large size football lineman."*
- *After graduating from Alabama, went on to a lengthy and successful career as a wood, metal, and mechanical drawing teacher at Point Pleasant Boro High School.*
- *Started the wrestling program at Point Pleasant Boro, where he served as the head wrestling coach for a number of years.*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
- *Married to his high school sweetheart Frances for 42 years. They had three children (Joseph, Terri, & Toni) along with three grandchildren.*
- *Passed away in 2004 at the age of 63.*

Joseph Provenzano

(Class of 1959)



ALJ Three Sport Standout & NFL Draft Choice

- *Four-year letter winner in Football, Basketball, and Baseball.*
 - *Achieved recognition as an All-State lineman in Football.*
 - *Played Football at Kansas State University, appearing in the Senior Bowl and East West Shrine Game as a senior.*
 - *A 17th round draft choice of the Detroit Lions in 1964.*
 - *Played two years of semi-pro ball with the New Jersey Generals.*
 - *Went on to 31-year teaching and school administration career.*
 - *Started teaching at Monmouth Regional High School in 1965, where he assumed the roles of assistant Football, Soccer, and Baseball coach. Named head football coach in 1970, and became the school's all-time winningest coach. Guided the 1972 team to a school best record of 7-2, before stepping down in 1979.*
- Monmouth Regional High School renamed its Football field the "Joseph S. Provenzano Football Field" in 1998.*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
 - *Passed away in 1998 at 57 years old. Survived by his wife Patricia, father of four children (Charles, Beth Ann, Jennifer, & Michael, along with nine grandchildren. His two grandsons have had the honor of playing the game of football on the field named after him.*

Frank Spaziani

(Class of 1965)

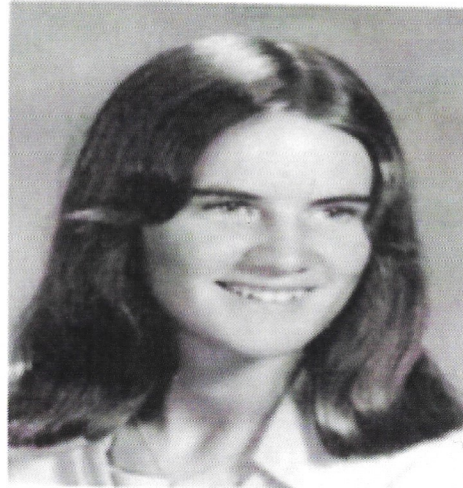


One of ALJ's Greatest Athletes of All-Time

- *Two sport star athlete that played Football and Baseball.*
- *Two-year starter at quarterback and defensive back. Captained the 1964 Team to a 7-2 record as a senior, receiving 1st Team All-State recognition for his outstanding season.*
- *Was an All-State pitcher in his senior year. Drafted by the Cleveland Indians in the 33rd round of the 1965 Major League Baseball Draft. (The only player in School history to be drafted out of high school to play professional Baseball.)*
- *Based on his two-sport success, accepted a scholarship to attend Penn State to play Football and Baseball.*
- *Two sport letterwinner at Penn State as a freshman. Played quarterback and linebacker for the football team and was a pitcher on the Baseball team.*
- *Made the decision to only play Football after his freshman year. Started at defensive end for the Penn State Teams that won the 1967 Gator Bowl and 1969 Orange Bowl ('68 Team that won the Orange Bowl was undefeated and is considered one of Penn State's greatest defensive teams of all time.)*
- *Owens a distinguished college Football coaching career, serving as an Assistant coach/Defensive Coordinator at Navy, Virginia, Boston College and New Mexico State. Coached in numerous bowl games, including the Sugar Bowl.*
- *Served as Defensive Coordinator with the Winnipeg BlueBombers and Calgary Stampeders of the Canadian Football League from 1992 - 1996. Appeared in three Grey Cup games as a Coach.*
- *Served as Head Football Coach at Boston College from 2009 – 2012, leading his team to the Kraft Bowl, Emerald Bowl, and Meineke Car Care Bowl.*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
- *Married to his wife Laura. They have three children (Joseph, Avery & Andre). Currently residing in the Boston area.*

Marlene Milkosky

(Class of 1976)

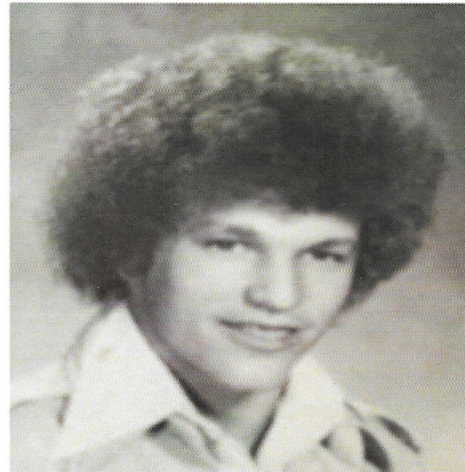


Pioneer of ALJ Girls Sports

- *Played on the first ever girls varsity Basketball team. Received a gold letter for playing four years of varsity Basketball. First player in the school's history to score 1,000 points.*
- *Played on the first ever girls varsity Softball team as a sophomore, starting all three years at shortstop.*
- *Played varsity tennis as a junior and senior, where she earned two letters. Played "first singles" and undefeated as a senior.*
- *Received ALJ's "Most Athletic Award" and "Scholar Athlete Award" as a senior.*
- *Received a Basketball scholarship to West Chester University. Played four years, serving as a captain as a senior. A two-sport athlete at West Chester, as she also played on the school's varsity Tennis team for three years.*
- *Played two years of semi-pro Basketball for the Allentown Crestettes. Team placed 4th in the national tournament.*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
- *Worked 32 years in education at Mount St. Mary's and Watching Hills Regional High School. Coached Basketball, Softball and Tennis. Her Tennis teams at Watchung Hills won the County tournament five times, state section four times, Group 4 state tournament twice, and made two appearances in the "Tournament of Champions". Honored as the Somerset County "Coach of the Year."*
- *Recognized by the NJSIAA for service in the sport of Tennis in 2002.*
- *Remains active post-retirement, playing Pickleball, Golf and running 5Ks. Currently splitting her time residing in Bedminster NJ & The Villages FL. Participated in the National senior games in Albuquerque NM in 2019.*

Rich Zavali

(Class of 1978)

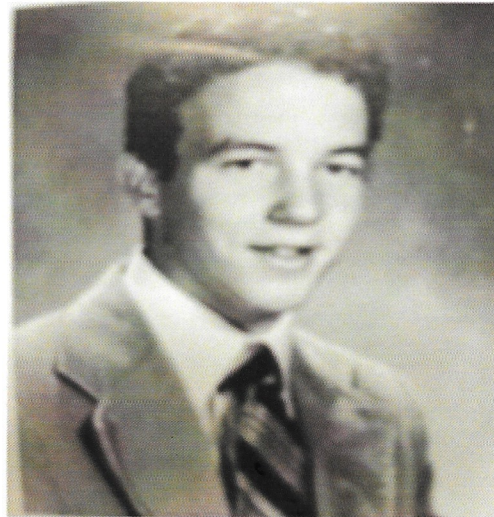


Outstanding ALJ All-Around Athlete & State Wrestling Champion

- *Three-year letter winner in football, playing both offense and defense. Named the team's "Most Outstanding Player" as a senior. Selected All-Union County as a linebacker by the Star Ledger.*
- *Played varsity lacrosse for three years as a defenseman. Selected 1st Team All-State in his senior year.*
- *Wrestled at 158 lbs. as a junior, going 22-2 and taking 2nd place in the Union County Tournament, 1st place in the Districts and 3rd place in the State Regions. Began senior season at 170 lbs., but moved to 158 lbs. by mid-season. Known for his "spread eagle" move. Went on to post a perfect 27-0 record with 22 pins, winning the Union County Tournament, Districts, Regions, and State championship. (One of only two ALJ wrestlers in school history to win a state wrestling championship.)*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
- *Selected to ALJ's 2023 Hall of Fame class under the category of "Crusader Pride".*
- *Worked 42 years at Torcon Inc. (a construction company) where he finished his career as a Project Manager.*
- *Married to wife Karen for 32 years. Proud stepfather of two children (Dianne & Daniel) and three grandchildren (Nicolette, Nathaniel and Winter).*
- *Retired and currently residing in Florida.*

Kevin Boyle

(Class of 1981)

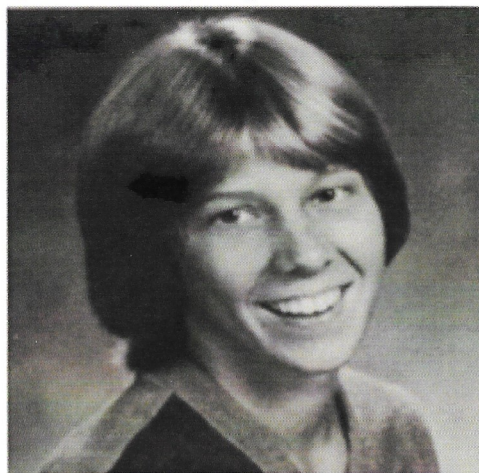


Best Basketball Player in ALJ History

- *Three-year letter winner and starter on the Varsity Basketball Team. Played in 75 career games. Known as a highly intelligent player who could both score and distribute the ball to his teammates.*
- *Totaled 1415 points and 353 assists for his career. An 80% free throw shooter.*
- *Led 1980 Team to an 18-8 record as a junior, averaging 21 points per game. Set the School record for points in a game (39) and points in a season (552). Earned All-Conference, All-Union & All-Metro honors.*
As a senior, lead his Team to a 23-3 record and the Union County Tournament Championship, averaging 17.6 points per game. Named 1st Team: All-Conference, All-Metro, All-Area, All-Union, Group III, and 2nd Team All-State. Selected to the New Jersey North vs South All-Star Game. Was also a McDonalds All America nominee.
- *ALJ Basketball (#24) retired in 1986.*
- *Played on scholarship for two years at Seton Hall University before transferring to St. Peter's College, where he started for two years. Led the MAAC Conference in assists (177) in his senior year, breaking the School's single season assist record. Ranks 11th in School history in career assists. An All-Met selection and MAAC All-Tournament Team selection in 1986.*
- *Upon graduating from St. Peter's, went on to play in the USBL.*
- *Selected by NJ.com writers to ALJ's "Mount Rushmore – Top 4" in 2021.*
- *Owner of an outstanding high school coaching career at St. Patrick's - Elizabeth and Monteverde Academy – Florida. His teams have captured five NJ Tournament of Championships and seven National Championships. Widely recognized as one of the premier high school coaches in America.*
- *Married to his wife Kelly. They have three children (Kelsey, Kevin & Brendan) along with two grandchildren. Currently residing in Florida.*

Tracy Hayden Monari

(Class of 1982)

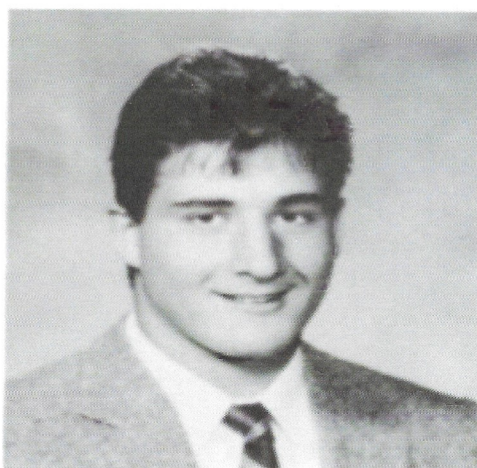


First Female All-State Athlete at ALJ

- *Earned 10 varsity letters at ALJ (soccer, basketball, softball & track).*
- *Selected Team MVP in soccer, basketball, and softball.*
- *Captain of the soccer, basketball, and softball team.*
- *Gold Letter winner in softball. A starter all four years, batting .569 as a senior with a 1.123 slugging percentage. Committed only one error as a 1st baseman in her last two seasons.*
- *Her 1981 team won the Union County Softball Tournament.*
- *Two-time 1st Team All Union County selection.*
- *Selected 1st Team Group III and 1st Team All-State as a senior. (First ALJ female athlete to receive All-State recognition.)*
- *Named ALJ's Most Outstanding Female Athlete in her senior year.*
- *ALJ Softball number was retired in 1983.*
- *Continued softball career on scholarship at Seton Hall University. Played 1st base, outfield, shortstop, and pitcher. Compiled a 1.34 ERA in the 1986 season (7th best in school history).*
- *Served as captain of the Seton Hall Softball Team in her senior year.*
- *After graduating from Seton Hall, played on national semi-pro softball teams, and received All-America honors in 1988.*
- *NJ.com writer's pick to ALJ's "Mount Rushmore - Top 4" in 2021.*
- *Inducted into the ALJ Alumni Hall of Fame in 2019 for the category of Community Contributor.*
- *Retired from the Union Educational Services Commission after 25 years of service. Has dedicated her time to coaching in the Clark Softball Recreation League and works as the Lead Supervisor of the Clark Recreation Summer Camp Program.*
- *Married to her husband Lou Monari, mother of three children (Ashlee, Taylor & Erik) and currently residing in Clark.*

Todd Burger

(Class of 1988)

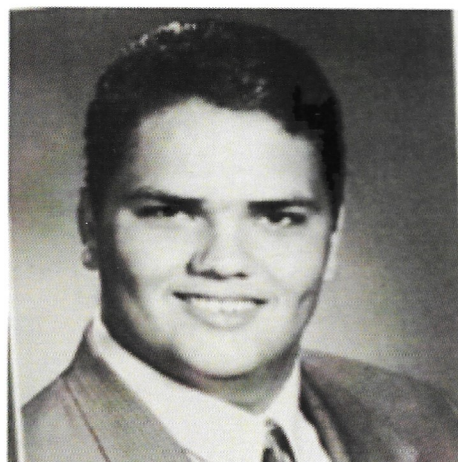


Three Sport Standout & ALJ's Most Accomplished Professional Athlete

- *In Football, standout "two-way" tackle who was equally dominant on both sides of the ball. Earned 1st team All-Union and Group II honors as a junior. As a senior, led the 1987 Team to the Group II Section semifinals. Was named 1st Team All-Union, 1st Team Group II and 1st Team All-State. Recruited and offered a scholarship by most every Division 1 Football power, including Syracuse, Rutgers, Ohio State, Boston College & Virginia. Accepted a scholarship to Penn State, playing for legendary Coach Joe Paterno.*
- *ALJ Football jersey (#78) was retired in 1988.*
- *Had an outstanding four-year career at Penn State as an Offensive Lineman. Played in four Bowl games, including the 1992 Fiesta Bowl.*
- *Went on to play six seasons in the NFL. Appeared in 62 games (including 40 starts) from 1993-1998 with the Chicago Bears and New York Jets. Started for the Jets in the 1998 AFC Championship Game.*
- *Excelled in Winter Track & Field as a Shot Putter and in Lacrosse. In Track & Field, finished 2nd in Union County with a Shot-Put throw of 52' 4". In Lacrosse, showed his true athleticism playing as a Midfielder and garnering All-State honors.*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
- *Currently residing in Freehold, New Jersey with his wife Denise. They have two grown children (Todd & Lucy).*

Ray Redziniak

(Class of 1996)



Multi-Sport Standout & Leader of ALJ's Greatest Football Team

- *As a wrestler: Won the Union County Tournament. Also was a District and Regional Champion.*
- *Fierce two-way lineman in Football.*
Earned 1st Team All-Union and Group II honors as a junior.
Team captain as a senior. Led the Crusaders to a Group II section championship, earning 1st Team All-Union, All-Area, Group II and All-State recognition.
Selected to play in the NJ State North vs. South All-Star Game.
- *Attended the University of Illinois on a Football scholarship.*
- *Starred on the offensive line at Illinois, where he captained the Team for two years. Earned 2nd Team All-Big 10 honors twice during his career.*
Member of the Team that won the Micron PC Bowl. Played in the Blue/Grey All-Star Game in his senior year.
- *After graduating from Illinois, went to the NFL New York Giants as a free agent. Spent time with the Miami Dolphins, Cleveland Browns and Cincinnati Bengals on their practice squads.*
- *Played for the NFL Europe Barcelona Dragons in 2002 & 2003.*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021*
- *Married to his wife (Kristin). Currently residing in North Hunterdon NJ.*

Karen Kolmos Planas

(Class of 1998)

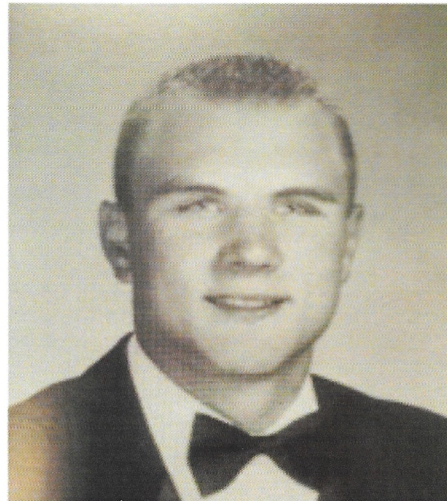


Outstanding Softball Player & Three Sport Athlete

- *Earned eleven varsity letters in the sports of Soccer, Basketball, and Softball.*
- *Distinguished herself athletically the most in Softball.*
 - *Four-year Varsity starter, Team's # 1 pitcher, & an outstanding outfielder.*
 - *Pitched her Team to two Conference championships, two State Section championships, two State finals (including a 10 inning 6-5 loss to West Deptford in 1996).*
 - *In her junior and senior years, threw a perfect game, three no hitters, eight one hitters, and had twelve shutouts.*
 - *Pitched three years with less than 20 walks in 16 or more games each year. Had an ERA under 1.00 in two of her four years.*
 - *Career .300 hitter (with a high of .327).*
- *Received the following accolades during her Softball career:*
 - *Home News Player of the year (as a sophomore)*
 - *Two-time Home News 1st Team All Area*
 - *Four-time 1st Team All Union County*
 - *Two-time 1st Team Group II*
 - *2nd Team All-State (as a senior)*
- *Earned a softball scholarship to St. Peters College, where she pitched and played the outfield.*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
- *Selected to the ALJ Alumni Hall of Fame in 2023.*
- *Married to her husband Manny. They reside in Clark with their two daughters (Addison & Emmalynn). Was very active in the Clark Girls Softball Program as a coach and board member in developing the next generation of ALJ softball.*

Matthew Poskay

(Class of 2002)

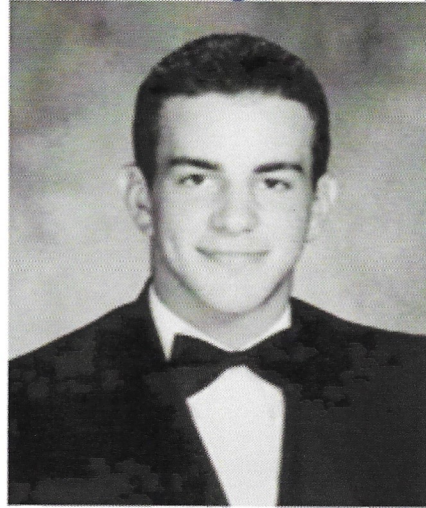


Three Sport Standout & ALJ's Most Accomplished Lacrosse Player

- *Gifted athlete, who played varsity Football, Basketball and Lacrosse.*
- *In Football, named Group II All-State as a quarterback in 2001. Earned 1st Team honors in 2002 as a senior.*
- *In Lacrosse, three-time All-State selection, earning 1st team honors as a junior and senior.*
- *Graduated in 2003 with the state and national records for goals (362) and State record for career points (468).*
- *Accepted a Lacrosse scholarship to the University of Virginia.*
- *As a freshman, helped the Cavaliers win the 2003 national championship.*
- *In his senior season, helped Virginia to an undefeated season (16-0) and a second national championship by defeating UMass in the 2006 title game and scoring five of Virginia's 15 goals in the game. Named All-American for the second year in a row.*
- *A United States Intercollegiate Lacrosse Association Scholar All-American, as well as a three-time ACC Honor Roll selection.*
- *Left Virginia as the fourth-leading goal-scorer by a midfielder.*
- *Was the 12th overall pick in the Major League Lacrosse (MLL) by the Boston Cannons. Led the Cannons in goals and was named the team's Rookie of the Year.*
- *Played professional Lacrosse for eleven seasons.*
- *Named head coach at Wagner College in 2011, and had success rebuilding the Seahawks program. Accepted the head coaching job at Montclair State in 2018.*
- *In 2012, became the youngest person inducted into the New Jersey Lacrosse Hall of Fame.*
- *Selected by NJ.com writers as the Top Athlete of ALJ's "Mount Rushmore" in 2021.*
- *Married to his wife Katrina. They currently reside in Clark, along with their three children (Ty, Tatum, & Sheppard).*

Rob Smorol

(Class of 2009)



Most Accomplished Baseball Player in ALJ History

- *Four-year varsity player, three-time letter winner.*
- *Two-time ALJ Baseball Team MVP.*
- *Three-time All-Mountain Valley Conference selection.*
- *Three-time 1st Team All-Union County selection.*
- *Two-time Group II selection (earning 1st Team honors as a senior).*
- *All-State selection as a senior. (One of only three players in school history to achieve this honor.) Also selected to the 2009 Rawlings All Northeast Region Team & Baseball Clearing House All-National Team.*
- *Selected to the 2009 NJ State Senior All Star Game.*
- *Played at Rutgers University, graduating as one of the most accomplished left-handed pitchers in school history. Finished in the "Top 10" in ten different pitching categories, including the following:*
 - *1st in consecutive weekend starts (42)*
 - *2nd in career innings pitched*
 - *3rd single season & career wins*
 - *3rd in single season & career starts*
 - *4th in career strikeouts*
- *Defeated every team in the Big East during his career.*
- *All-Big East Conference selection in 2012.*
- *Two-time All-Big East Academic selection.*
- *Three-time NJ Division I All-Star selection.*
- *Signed with the Boston Red Sox in 2013, playing two years in the organization. (Only ALJ player to play professional Baseball.)*
- *Union County Baseball Association "2013 College Male Athlete of the Year".*
- *Nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.*
- *Currently teaching in the Rahway School District. Resides in Clark with his wife (Michelle) and daughter (Lucia).*

Boys Basketball Team

(1981)



ALJ's Greatest Basketball Team

TEAM MEMBERS

Kevin Boyle
Glenn Bodnar
Jim Taylor
Henry Trani
Dan Liebers
Mike Dibiagio
Ken McMurdo

Brian Kernan
Seth Oberman
Blair Ligus
Bob Kraus
Rich Jordan
Alex Firkser

COACHES

Head Coach: Steve Petruzzelli
Asst. Coach: Rich Nead
Asst. Coach: Bob Kowalski

Manager: Keith Barranger
Statistician: Kim Lovejoy Kenna

- Followed a 1980 record of 18-8, returning four starters. Expectations were high, as the Team was ranked #7 in the Star Ledger "Top 20" to begin the season.
- The Team was known for its talent, intelligent play, and great defense. (Only allowing three opponents to score 60 points or more in a game.)
- Sold out numerous home games during the season. The Team grew stronger from two regular season losses, as it later defeated Hillside (one of the losses) twice.
- Captured the 1981 Union County Tournament Championship, defeating Hillside 73-60 in the final. (The only team in School history to win the Tournament!) ALJ fans dominated the crowd at the Championship game in the Dunn Center, as stores closed early for the game. Saturday night mass at St. Agnes was stopped to announce the Team's victory. The Team was escorted home by the Clark Police after the game, further adding to the Township's hysteria.
- Following a home victory over Hillside in February, the Team was ranked #5 in the State. (The highest ranking in School history!)
- Seeded #1 in the Group III Section of the 1981 State Tournament. The Team was upset in the Section semi-final by a quality Linden team 73-67.
- Finished the season with a 23-3 record and a #10 ranking in the State "Top 20". (The best record in School history and the only team to ever receive a "Top 20" ranking at the end of the season!)
- Team was nominated by NJ.com to ALJ's "Mount Rushmore" in 2021.