

# Coach's Corner: Holy Spirit Wrestling Coach Ralph Paolone Discusses Pat D'Arcy's Growth

D'Arcy finished third in the state tournament at 106 pounds as a sophomore this year.

Posted by [Anthony Bellano](#) (Editor) , March 15, 2013 at 04:19 AM

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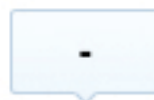
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Holy Spirit High School wrestler Pat D'Arcy, of Galloway Township, finished third in the state at 106 pounds. He attributed part of his success to his coach, Ralph Paolone, who he's known since he first put on a wrestling singlet.



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Check out the video of Paolone, discussing his lifelong protege.