

# Rock Solid Wrestling Day Camp

at the  
West Running Brook Middle School  
Application

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Parent's Work Phone \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Grade in 9/11 \_\_\_\_\_

Email Address \_\_\_\_\_

Please check the camp you plan to attend.

\_\_\_\_\_ Elementary Camp

\_\_\_\_\_ Junior/Senior High Camp

### Liability Release

I, the undersigned, individually and a parent/guardian of the above named camper, a minor, ask that he/she be admitted to participate in this sports camp. I do hereby agree to release, discharge and hold harmless the Boys and Girls Club of Greater Derry, their officers, agents and employees of and from all causes, liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sport camp or in the course of competition and/or activities held in connection with the sports camp. Parent/Guardian Signature Required:

\_\_\_\_\_  
Parent/Guardian Signature

Make checks payable to:

Boys' and Girls' Club of Greater Derry

Send application and payment to:

Anne Chemiack  
11 Darillo Road  
Derry, NH 03038

## Rock Bonomo

The 2005 Eastern Wrestling League Coach of the Year, Rock Bonomo has 30 years of Division 1 competition and coaching experience. Prior to that, he served for twelve years as an Assistant Wrestling Coach. He brings with him a wealth of experience and talent. Bonomo was an outstanding wrestler at Bloomsburg University earning two NCAA Division I All-American crowns and was also a three-time Eastern Wrestling League champion, and a three-time Pennsylvania State Athletic Conference Champion. He was inducted into the Pennsylvania Wrestling Hall of Fame 1992.

**Counselors will include current and former Rock Solid Wrestling team members.**



### Rock Solid Wrestling Under Coach Bonomo

- NCAA Qualified: 95
- PSAC Champions: 33
- EWL Champions: 24
- All American: 16
- PSAC Team Titles: 4
- EWL Team Titles: 1
- NCAA Champions: 2

### Information

Free T-Shirts to all campers!

**Check-In:** Check-in will be held at the West Running Brook Middle School on Monday, July 18 from 8:30-9:00 AM.

**Camp will end at 4:00 PM on Wednesday, July 20. Early registration is advised.**

**Fees:** Cost of the camp is \$160 per camper.

**This does not include meals. All campers should bring bag lunches.**

### TIMES

**Monday..... 9AM - 4PM**  
**Tuesday..... 9AM - 4PM**  
**Wednesday..... 9AM - 4PM**

For further information contact Anne Chemiack.

phone: 603-432-9933

email: jimnanne@comcast.net

**DIRECTIONS:** From I-93 get off at Exit 4 and head through Derry on Route 102 East. Go through town. You will go by a golf course and fire station on your right. When you get to the rotary, take the 1st road off the rotary keeping the Getty Gas on your right. Go 0.6 miles to the first set of lights. Take a left into the school and go to the entrance on the left of the building.

### IMPORTANT:

All campers must stay on premises during camp hours.

## In Your Own Back Yard!

Imagine the expertise of one of the top clinician programs in the nation



and the convenience of having him right here in your own backyard! The day camp will be divided into two specific age groups for personalized quality instruction.

### ELEMENTARY CAMP

Grades 1-6

Before a wrestler can begin to build upon his repertoire of technique, he must first have a firm foundation. The instructor/camper ratio will allow for individualized attention. The basics of the sport will be taught so that each young wrestler will have a solid foundation for future learning and competition. The camp is designed to create an interest in the sport of wrestling.

### JUNIOR/SENIOR HIGH CAMP

Grades 7-12

The Junior/Senior High Camp embodies a curriculum of concentrated teaching, drilling and practical application of the basic skills of wrestling. Every facet of the sport is covered by our expert staff including takedowns, pinning, escapes, reversals, mental attitude, strength development, nutrition and weight loss.

The Boys' and Girls' Club  
of Greater Derry

*presents the*

Rock Solid Coaching Staff  
and



Wrestling Day Camp  
at the

West Running Brook  
Middle School  
Derry, New Hampshire  
July 18 - 20, 2011



The Rock Solid Wrestling Day Camp  
c/o Jim Cherniack  
11 Datillo Road  
Derry, NH 03038

