

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 9/10 _____

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 Datillo Road
Derry, NH 03038

Rock Bonomo

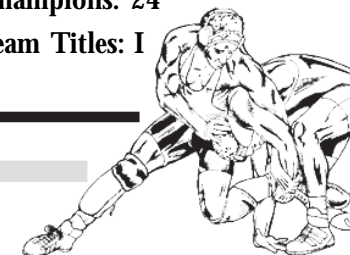
The 2005 Eastern Wrestling League Coach of the Year, Rock Bonomo has 30 years of Division 1 competition and coaching experience. Prior to that, he served for twelve years as an Assistant Wrestling Coach. He brings with him a wealth of experience and talent. Bonomo was an outstanding wrestler at Bloomsburg 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 Solid Rock Wrestling team members.

Solid Rock 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 19 from 8:30-9:00 AM.
Camp will end at 4:00 PM on Wednesday, July 21. Early registration is advised.

Fees: Cost of the camp is \$150 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: jimnane@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 Rock Solid Wrestling Day Camp
c/o Jim Cherrinack
11 Dattilo Road
Derry, NH 03038

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 19 - 21, 2010

