

# ROCK SOLID WRESTLING LT. WEIGHT INTENSIVE CAMP AT CAMP MAPLE LAKE

## 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.

\_\_\_\_ Senior High Lightweight Intensive Camp  
(150 lbs and under)

\_\_\_\_ Junior High Lightweight Intensive Camp  
(150 lbs and under)

### 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 Rock Solid Wrestling Club, 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:  
**Rock Solid Wrestling**

Send application and payment to:  
**Rocky Bonomo**  
101 Marchakitus Road  
Hunlock Creek, PA 18621

## **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.

**SCOTT GOODALE:** Head Coach, Rutgers University enters 4th yr. as the Rutgers head wrestling coach. During his tenure, 12 RU wrestlers have earned NCAA bids & 14 Scarlet Knights placed at the EIWA Championships. RU has tallied a 50-19-1 record during his first 3yrs. "On the Banks." In 2010, Rutgers is ranked in the top ten in the Nation, & placed 3rd in the EIWA Championships in March. Rutgers finished at No. 22 in the final 2009-10 NWCA/USA Today Division I Team Coaches Poll after posting a 19-5-1 record. 7 Scarlet Knights earned NCAA bids, the most since 1960. The No. 22 ranking is the highest in school history. They put together a 15-match unbeaten streak from early Dec. to late Feb. which was the longest streak in school history.

As a Jackson, N.J. native he spent 7 yrs. stint as head coach at his alma mater, Jackson Memorial H.S. In 7 seasons, Goodale compiled a record of 155-16, leading his squad to the top ranking in the state in 2006 and 2007. He was inducted into the South Jersey Wrestling Hall of Fame on Nov. 7, 2009.

**ROBBIE WALLER:** Head Coach Lock Haven University In his first season as head coach, Waller produced one NCAA Division 1 Qualifier, one EWL Tournament Champion, one PSAC Tournament Champion, one NWCA Academic All-American and seven PSAC Tournament Place winners.

Waller, a Western Pa. native and former NCAA Division I National Champion at the University of Oklahoma in 2003, and a four time NCAA qualifier and an All American in 2002. As in his own wrestling career, Waller has been quick to help his athletes excel on the mats. He has coached 12 NCAA Division I All-Americans and four NCAA Finalists. In 2006, Waller helped Oklahoma to a third-place finish at the NCAA National Championship.

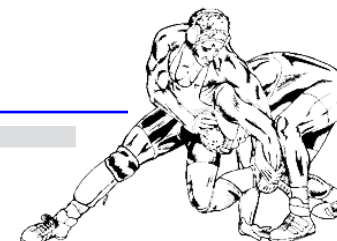
**TEYON WARE:** Volunteer Assistant Coach Lock Haven University, recently competed in the U.S. Open Freestyle & Greco-Roman Championships in Cleveland, OH April 22-24th. Competing for the Nittany Lion wrestling club, Coach Ware entered in the freestyle division at 66 kg and finished fifth. He was also a two-time NCAA Division I National Champion at Oklahoma. Ware, a former Big 12 Conference Champion & 4-time NCAA All-American, is currently training for the 2012 Olympics in London England.

## **RICK BONOMO**

- 3X NCAA DIV I National Champion
- 3X EWL Champion
- 3X PSAC Champion
- Pa State Champion

## **CARLOS "THE PUMA" PONCE**

- Florida State Champion
- 3X EWL Champion
- NCAA Qualifier
- High School Head Coach, Miami FL.



## **INFORMATION**

Free T-Shirts to all campers!

**Check-In:** Registration will be held at Camp Maple Lake on Sunday, July 24<sup>th</sup> from 9:00 am - 1:00 pm.

Camp will end at 12:00 PM on Saturday, July 30<sup>th</sup>. Early registration is advised.

**Fees:** Cost of the camp is \$640. per camper.  
Meals provided by Camp Maple Lake.

**Directions:** Visit: [http://www.maplelakesports.com/sports\\_camp\\_location.php](http://www.maplelakesports.com/sports_camp_location.php)

**TIMES**

*Sunday (dinner only provided)*

Session 2: 2:00 pm - 4:30 pm

Session 3: 7:15 pm - 9:00 pm

*Monday - Friday*

Session 1: 8:30 am - 11:00 am

Session 2: 2:00 pm - 4:30 pm

Session 3: 7:15 pm - 9:00 pm

*Saturday (breakfast only provided)*

Session 1: 8:30 am - 11:00 am

Check Out: 12:00 pm - 1:00 pm

**To view camp pictures/facilities: Visit:**

<http://www.maplelakesports.com/>

**For further information**

**Rocky Bonomo ~ ph: 570.660.9760**

**email: rocksw7@ptd.net**

**IMPORTANT:**

**All campers must stay on premises during camp hours.**

## TESTIMONIAL

The Bonomo Brothers capture the hearts and attention of kids young and old with their blend of humor, wit and technique. Their technique clinics and presentations are second to none and unlike any other clinic, camp or presentation you have attended. If you are looking to capture the attention of your wrestlers young and old, this is a must clinic for you!"

Jeff "peanut" Bowyer  
Director of Sports Marketing  
The Henson Group – Brute/adidas

## JUNIOR/SENIOR HIGH CAMP

Rock Solid Wrestling's Lightweight Intensive Program (150 lbs and under) is geared toward the elite Jr. and Sr. high wrestler. In the sport of wrestling, it is the extra edge that will make you a dominant wrestler. Rock Solid will provide a different experience than other intensive camps. Our goal is not to push you to the limit mentally and physically each day, but to teach you how to train so that you will be able to dominate your opponent technically as well as physically. We will challenge you to learn as much good wrestling technique as possible. We will help you develop a proven system of attack from your feet, top and bottom positions, as well as a strong conditioning program that will help you increase your durability on the mat. All phases of wrestling will be covered, including, match strategy, nutrition, match preparation as well as, strength and cross training. \*\*This camp is intended for the serious wrestler. In addition to a great deal of live wrestling, campers will experience a demanding physical conditioning program.

THE ROCK SOLID WRESTLING DAY CAMP  
c/o Rocky Bonomo  
101 Marchakitus Road  
Hunlock Creek, PA 18621



## CAMP MAPLE LAKE

*presents the*

## ROCK SOLID WRESTLING STAFF AND



## 7 DAY LIGHTWEIGHT INTENSIVE

(150 lbs and under)

## WRESTLING CAMP

AT

CAMP MAPLE LAKE  
368 BEINLICH ROAD  
FORKSVILLE, PA 18616

JULY 24-30, 2011