

## Instructors



**Tony Robie- Head Coach  
Virginia Tech**  
Two time all American at  
Edinboro  
NCAA Finalist  
Coach at the college level  
for 19 years  
11 years at Virginia Tech  
Top 10 nationally for the past six  
seasons. 2018 ACC Champions



**Frank Molinaro- Assistant  
Coach Virginia Tech**  
3 x NJ State Champ  
4 x All American  
at Penn State  
2 x Big 10 Champion  
NCAA Champion  
2016 Olympian  
Placed 5th at Olympics  
Pan American Games Champ



**Jared Frayer- Assistant  
Coach Virginia Tech**  
2 x All American  
at Oklahoma  
Big 12 Champion  
2010 US Open Champ  
2012 Olympian

**\*Virginia Tech wrestlers will also be on  
staff as instructors and clinician  
support.**



**John Stout- Head Coach  
Southern Regional  
Wrestled at Wilkes  
University**  
Coach at Southern for 23  
years  
Head coach for 17 years  
NJ State Coach of the Year  
12 x Sectional Champs  
2 x Overall State Champs  
16 x District Champs



**Dan Roy- Assistant Coach  
Southern Regional  
Wrestled at East  
Stroudsburg University**  
Assistant Coach at ESU for  
one year  
Coach at Southern 15 years  
NJ State Assistant Coach  
of the Year

## 2018 Ram Tough Camp Application

1. Name: \_\_\_\_\_

2. Address (Street/City/State/Zip)  
\_\_\_\_\_  
\_\_\_\_\_

3. Home Phone: \_\_\_\_\_  
Emergency: \_\_\_\_\_

4. Grade \_\_\_\_\_ Age \_\_\_\_\_ D.O.B \_\_\_\_\_

5. Years of wrestling experience: \_\_\_\_\_

6. Allergies/Meds. \_\_\_\_\_

- Price: \$250 (Checks and cash accepted, no credit)
- Discounts for all Southern or Stafford Wrestlers (\$200)
- Payment must accompany registration form
- Make checks payable to  
*Stafford Wrestling Club*
- Send full payment and registration form to:  
29 Bayberry Dr.  
Waretown, NJ 08758
- Parent/Guardian Signature Required

**\* ON BACK**

I agree to allow my child to participate at the Ram Tough Wrestling Camp (sponsored by Stafford Township Wrestling Recreation). I understand that my child should be covered by personal insurance in case of injury. In case of injury, I agree to assume all costs related to treatment. I understand that there is no refund on the deposit if we (parent or child) should cancel the application (unless special circumstance). I also certify that my child is in good health and is able to participate in the program.

**Parent/Guardian Signature:**

**Date:** \_\_\_\_\_

**Deadline for the application: June 8th**

**For late registration, call Dan Roy.**

### **General Information**

- The camp will be held in the 9/10 Gym at Southern Regional High School
- 9 Hours of instruction
- Camp T-shirt
- Intense Drills
- Live Wrestling
- Goal Setting
- Motivational Talks
- Bring wrestling shoes, running shoes, 2 sets of workout clothes, head gear. (Water will be provided)



### **Camp Philosophy**

This camp will concentrate on technique taught by some of the best wrestlers and coaches in the country. Young wrestlers will learn about correct mental and physical preparation that will allow them to compete at their maximum ability. They will get individual help to strengthen weaknesses that can bring them to the next level. Our staff knows and understands what it takes to become a champion and are eager to share it with you. We also believe in correct skill development and will not rush to teach our kids more than they need or can remember. Our goal is to supply our wrestlers with an arsenal of attacks and counters. We expect them to pick up what works for them and incorporate it into their style of wrestling.

### **Daily Schedule**

**(June 20- June 22)**

**9/10 Gym Southern Regional  
Warm-up/Drills/Technique Session/  
Live Wrestling  
9 am - 12 pm**



# Ram Tough Wrestling Camp

(Sponsored By Stafford Recreation)

**Featuring the Virginia Tech  
Coaching Staff**



**From: June 20-June 22  
Southern Regional  
High School**

**For kids of all ages and  
experience  
(Grades 2 - 12)**

**For More Information Contact  
Dan Roy (908) 705-1415  
Email: [droy174@hotmail.com](mailto:droy174@hotmail.com)**