

Instructors



Dan Roy- 4 year Division I starter for **East Stroudsburg University**, EIWA place winner, 2X PSAC place winner, **ESU Outstanding Wrestler Award**, and former college assistant coach for ESU. Currently, assistant wrestling coach at

Southern Regional High School.

South Jersey Group IV Champs

2005-2009, 2011

2005 Overall Group IV State Champs

Top 10 in NJ 2005-2011



Nick Roy- **University of Michigan**, 2X **NJ State Champion**, 3X **State Finalist**, **High School All American**, 3X **NCAA Qualifier**, 3X **Big Ten Place Winner**, Ranked as high as 6th nationally, **NCAA All American**, **Region 6 Hall of Fame**, **Owner of Triumph Wrestling Club**



Cory Cooperman- **Assistant Coach at Rutgers University**, 4X **Prep National Champion at Blair Academy**, 3 **X All-American**, 3X **EIWA champion at Lehigh University**, Former assistant coach at **Cornell University**



Donnie Defilippis- **Rutgers University**, **NJ State Champion**, 3X **State Finalist**, 2X **Division I NCAA Qualifier**, 2X **Top 12 at NCAA's**, Was consistently ranked top 10 nationally, **Midlands Finalist**.

Counselors



Frank Molinaro- **Penn State University**, 3X **NJ State Champion**, **Senior National Finalist**, **Big Ten Champion**, 3X **Big Ten Place Winner**, **NCAA Finalist**, 3X **NCAA All American**, **Region 6 Hall of Fame**



Dan Rinaldi- **Rutgers University**, 3X **NJ State Place Winner**, 2X **EIWA Place Winner**, 2X **NCAA Qualifier**.



Greg Zannetti- **Rutgers University**, **NJ State Finalist**



4,500 Square Feet of Mat Space

One of the largest wrestling rooms in the state

2011 Roy Brother's Training Camp Application

1. Name: _____

2. Address (Street/City/State/Zip) _____

3. Home Phone: _____

Emergency: _____

4. Grade _____ Age _____ D.O.B _____

5. Adult T-shirt size: SM, M, L, XL _____

6. Years of wrestling experience: _____

7. Allergies/Meds. _____

- Price: \$200 (Checks and cash accepted, no credit)
- Discounts for all **Triumph Club Members (\$140)**
- **Team Discounts**
- **Payment must accompany registration form**
{Make checks payable to Nick Roy}

Send full payment and registration form to:
1304 Brielle Ave.
Ocean, NJ 07712

Parent/Guardian Signature Required

*** ON BACK**

I agree to allow my child to participate at the Roy Brothers' Training Camp (sponsored by Triumph Wrestling Club). 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: July 11, 2011

For late registration, call Nick Roy.

General Information

- Free Camp T-Shirt
- 16 Hours of instruction
- Intense Drills
- Live Wrestling
- Goal Setting
- Motivational Talks
- Bring wrestling shoes, running shoes, 3 T-Shirts, 3 pairs of shorts, head gear, and Lunch. (Water will be provided)



Camp Philosophy

*This camp will concentrate on technique taught by some of the best wrestlers 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 also learn the proper techniques and nutritional information to lose weight in an effective and healthy manner. 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

(July 25-July 28)

Warm-up/Drills/Technique Session

9:30 am - 11:30 am

Lunch (Bring your own)

11:30 am - 12:00 pm

Technique Session/Live Wrestling

12:30 pm - 2:30 pm



Roy Brothers' Training Camp

Featuring
Cory Cooperman
Assistant Coach Rutgers
University
3X All American



From: July 25 - July 28

Triumph Wrestling
Club

For kids of all ages and
experience
(Grades 1 - 12)

For More Information Contact
Nick Roy (732) 778-0723
Email: triumphwrestling@gmail.com