

## Camp Staff



### Frank Molinaro-

- ◆ 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 Champion
- ◆ Assistant Coach at Arizona State
- ◆ PAC-12 Champions
- ◆ 4th Place NCAA's 2021 & 2022



### Bryan Pearsall-

- ◆ Big Ten Place Winner
- ◆ National Qualifier at Penn State
- ◆ Member of 3 NCAA Championship Teams

- ◆ Assistant Coach Rutgers University (2013-2014 Season)
- ◆ Assistant Coach Army West Point (2014-2017 Seasons)
- ◆ Currently Associate Head Coach University of Pennsylvania
- ◆ Ranked Top 18 Nationally

## Jacori Teemer-



- ◆ #1 Recruit at 126 in US
- ◆ 5 x State Champ
- ◆ High School National Champ
- ◆ 2017 Cadet World Team (Bronze Medal)

- ◆ 3 x Pac-12 Champ
- ◆ 3 x All American
- ◆ 2021 70 kg U23 World Team Member

**\* Other Arizona State wrestlers will possibly be at the camp.**



### Dan Roy-

- ◆ Head Coach Southern Regional High School
- ◆ Wrestled at East Stroudsburg University
- ◆ Assistant Coach at ESU (2002-2003 Season)

- ◆ Assistant Coach at Southern 16 years
- ◆ 2016 NJ State Assistant Coach of the Year
- ◆ 2019 District Assistant Coach of the Year
- ◆ 2020 District Head Coach of the Year
- ◆ 2019 and 2020 Group 5 State Champs

## 2022 Ram Tough Camp Application

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

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

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

Emergency: \_\_\_\_\_

4. Grade \_\_\_\_\_ Age \_\_\_\_\_

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

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

• Price: \$200 (Checks and cash accepted, no credit) or (Venmo to droy174)

• Discounts for Stafford Rec Students (\$180)  
Southern HS Wrestlers (2021-2022 Season)  
(\$100)

• Payment must accompany registration form

• Make checks payable to  
**Stafford Wrestling Club**

• Send full payment and registration form to:  
12 Fair Haven Way  
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 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. Stafford Wrestling Club or Main Street Alliance Church will not be responsible for any costs. 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 8th

For late registration, call Dan Roy.

### General Information

The camp will be held at the Main Street Alliance Church, 1000 North Main St. Manahawkin, NJ

- 9 Hours of instruction
- Camp T-shirt
- Wrestling Drills
- Live Wrestling
- Goal Setting
- Motivational Talks
- Bring wrestling shoes, 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

(July 13 - July 15)

**Main Street Alliance Church**

**1000 North Main St. Manahawkin, NJ**

**Warm-up/Drills/Technique Session/**

**Live Wrestling**

**9 am - 12 pm**



# Ram Tough Wrestling Camp

(Sponsored By Stafford Wrestling Club)

Featuring  
**Frank Molinaro**  
(Olympian)  
**Arizona State**



*West Coast*

&

**Bryan Pearsall**  
**University of Pennsylvania**



*East Coast*

**From: July 13 - July 15**  
**Main Street Alliance Church**

**Open to Any and All**  
(Grades 3 - 12)

**For More Information Contact**  
**Dan Roy (908) 705-1415**  
**Email: [droy@srsd.net](mailto:droy@srsd.net)**