

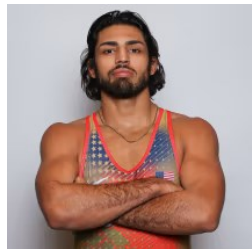
Camp Staff



Frank Molinaro

- ◆ 3 x NJ State Champ
- ◆ 4 x All American at Penn State
- ◆ 2 x Big 10 Champion
- ◆ NCAA Champion

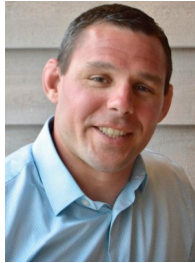
- ◆ 2016 Olympian
- ◆ Placed 5th at Olympics
- ◆ Pan American Games Champion
- ◆ Assistant Coach at Arizona State
- ◆ PAC-12 Champions
- ◆ 4th Place NCAA's 2021 & 2022
- ◆ Top 7 at NCAA's Last 4 Seasons



Zahid Valencia

- ◆ 3 x California State Champ
- ◆ 3 x All American at Arizona State
- ◆ 2 x NCAA Champion

- ◆ 3 x PAC-12 Champion
- ◆ 2019 US Open Champion
- ◆ 2022 Pan American Champion
- ◆ 2023 Final X Champion
- ◆ 2023 World Bronze Medalist



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, 2023, 2024 District Head Coach of the Year
- ◆ 2023 NJ State Coach of the Year
- ◆ NWCA Section 1 Coach of the Year
- ◆ 2019, 2020, 2023, 2024 Group 5 State Champs



2024 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/ Southern Middle School Students (\$180)
Southern HS Wrestlers (2023-2024 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 2nd

For late registration, call Dan Roy.

General Information

The camp will be held at the Southern Regional High School (11/12 Gym), 90 Cedar Bridge Rd. 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 8 - July 10)

Southern Regional High School (11/12 Gym)

90 Cedar Bridge Rd., 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)
&
Zahid Valencia**



From: July 8 - July 10
Southern Regional High School

(11/12 Gym)

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

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