

## 4 - Days 2 - Sessions / Day

### Session I (9-11:30am):

Ages: 7-14(1-3 years experience) - This session is based around basic technique directed toward beginning youth wrestlers.

### Session II (1-3:30pm):

Ages: 10-18(3+ years experience or high school) - This session will still contain basic technique but will move at a quicker pace.

### General Info:

- \* Technique by technicians
- \* Video clips
- \* Live Wrestling
- \* Cardio Fun

### Cost:

Pre-registration—\$120

At-the-door—\$135

Costs include 4 days of camp, including one session a day, with some of the best Northeast Ohio athletes ever assembled. Also included in the cost is a Northeast Ohio Championship Wrestling Camp t-shirt. **Entry fee** included into the 4th Annual Longhorn Round-Robin Tournament on July 24th and 25th.



Northeast Ohio Championship  
Wrestling Camp

Send Payable Checks to: Chris Vondruska  
29318 Osborn Road  
Bay Village, OH 44140

Phone: 440-865-1608  
E-mail: [NortheastOhioCWC@hotmail.com](mailto:NortheastOhioCWC@hotmail.com)



## Northeast Ohio Championship Wrestling Camp

Hosted by:  
Chris Vondruska



Date: July 20th-23rd  
Ages 7-14: 9-11:30am  
Ages 10-18: 1-3:30pm  
Location:  
Lutheran West High School  
3850 Linden Road  
Rocky River, Ohio 44116

## Tentative Camp Counselors



### Chris Vondruska

- \* St. Edward graduate
- \* Two-time Ohio state runner-up
- \* 2006 CAA Champion
- \* Two-time NCAA qualifier
- \* Two-time Academic All-American
- \* Hofstra University graduate
- \* Ohio State University graduate



### JD Bergman

- \* Oak Harbor graduate
- \* Two-time Ohio state champion
- \* 2004 NCAA All-American (3rd)
- \* 2007 NCAA All-American (4th)
- \* 2008 NCAA Finalist (2nd)
- \* Ohio State University graduate



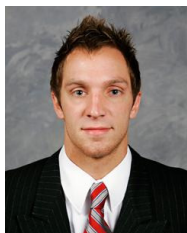
### Lance Palmer

- \* St. Edward graduate
- \* Four-time Ohio state champion
- \* 2007 NCAA All-American (4th)
- \* 2008 NCAA All-American (8th)
- \* 2009 NCAA All-American (4th)



### Mike Pucillo

- \* Walsh Jesuit graduate
- \* Ohio state champ
- \* Four-time Ohio state placer
- \* 2007 NCAA All-American (6th)
- \* 2008 NCAA Champion
- \* 2009 NCAA Finalist (2nd)



### J Jagers

- \* St. Peter Chanel graduate
- \* Four-time Ohio state champion
- \* 2007 NCAA All-American (7th)
- \* 2008 NCAA Champion
- \* 2009 NCAA Champion

## General Information

### Sessions By Day

CHECK-IN BEGINS 30 MINUTES PRIOR TO EACH SESSION.

**Day 1:** Features offensive techniques from the neutral position including basic moves (single, double, high crotch) and advanced techniques (cross ankle picks and inside trips).

**Day 2:** Features additional techniques from the neutral position as well as a set of defensive arsenals from the standing position.

**Day 3:** Features offensive moves from the top position including cradles, power halves, tilts, and leg turks.

**Day 4:** Features techniques from bottom including solid escapes, leg defense, and sit-outs used at the collegiate level.

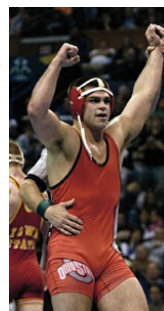
### Directions:

**From Northeast:** I-90 West, Hilliard Exit(#162), straight on Hilliard, Left on Linden Rd, School on right-hand-side.

**From Northwest:** I-90 East, Detroit Exit(#161), Left on Detroit Rd, Right on Wagar Rd, Left on Center Ridge Rd, Right on Linden Rd, School on right-hand-side.

**From Southeast:** I-480 West, Clague Rd Exit (#7), Right on Clague Rd, Right on Lorain Rd, Left on W 210th St, Right on Center Ridge Rd, Right on Linden Rd, School on right-hand-side.

**From Southwest:** I-480 East, North Olmsted Exit(#6), Left on SR-252, Right on Lorain Rd, Left on W 210th St, Right on Center Ridge Rd, Right on Linden Rd, School on right-hand-side.



**Mike Pucillo**  
\* 2007 All-American (6th)  
\* 2008 NCAA Champion

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Age \_\_\_\_\_ School / Club \_\_\_\_\_

Weight \_\_\_\_\_

Session	T-Shirt Size
<input type="checkbox"/> I: Ages 7-14 (9-11:30am) (1-3 years experience)	<input type="checkbox"/> Small
<input type="checkbox"/> II: Ages 10-19 (1-3:30pm) (3+ years experience or HS)	<input type="checkbox"/> Medium
	<input type="checkbox"/> Large
	<input type="checkbox"/> X-Large
	<input type="checkbox"/> Other: _____

Registration Type	Method of Payment
<input type="checkbox"/> Pre-Registration \$120	<input type="checkbox"/> Check
<input type="checkbox"/> At-The-Door \$135	<input type="checkbox"/> Cash

In consideration of your acceptance of my entry, I agree to be legally bound for myself, my heirs, executors and administrators, waive and release Lutheran West High School, representatives, committee members from any and all claims of right to damages for injuries suffered by me directly or indirectly traveling to and from or competing in the Northeast Ohio Championship Wrestling Camp.

Parental Signature \_\_\_\_\_ Date \_\_\_\_\_

Note: Upon arrival of the first day at camp an emergency medical form will be supplied and will need to be filled out completely.

### Northeast Ohio Championship Wrestling Camp

Cash is appreciated, but make all checks payable to: **Chris Vondruska**

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Bay Village, OH 44140

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