

**What?** Nobles Wrestling Camp 2017  
**Who?** Middle School & High School wrestlers - at least 1 year experience.  
**When?** Tuesday 6/27-Friday 6/30.  
**Where?** Nobles Wrestling Room on the Noble & Greenough campus in Dedham, MA. Minutes from 128/95.  
**Why?** Because you want to improve as a wrestler.



**Details/Registration:**

- Wrestlers should pack lunch, clothes for the 2nd session, shower items.
- Camp t-shirt included with payment.
- An athletic trainer will be on site.
- Registration online through Nobles Day Camp.  
<https://noblesdaycamp.campintouch.com/ui/forms/application/camper/App>
- \$50 deposit. The camp costs \$300. Financial assistance available on a sliding scale. Please inquire.

## **Nobles Wrestling Camp 2017**



**Camp Overview:** Nobles Wrestling Camp is for middle school & high school wrestlers who want to advance their technique, training, and mental toughness. Coach Danhof will lead the camp, bringing with him techniques and drills he has learned in 27 years of wrestling, 11 of them coaching at Blair Academy, #1 high school wrestling team in the country. The camp will integrate techniques from folkstyle, freestyle and greco-roman in order to make campers more complete wrestlers. Learning many different positions and different styles increases wrestlers chances for success.

**Session Overview:**

Morning Session- 9:30-11:30.  
Afternoon Session- 1:30-3:30.

Each session will begin with a dynamic warm-up and will include technique, drilling, situational wrestling, live wrestling, and a cool down. Some sessions will also include fitness: body weight/sandbag exercises, and agilities.

**In between Sessions:**

Campers will have time to eat lunch and chat with clinicians and fellow campers. Clinicians will also give talks in between sessions, and we will show wrestling videos on the projector in the wrestling room.



Camp capped at 32; be sure to register before it fills up.



**NOBLE AND  
GREENOUGH  
SCHOOL**

**Camp Director/Head Clinician:**

**Charles Danhof**

-Head Coach at Nobles  
-Former Head Coach Blair Academy,  
#1 high school team in the country  
-New England Placewinner and  
Captain for Williams College  
-2X Public School New England  
Finalist, 2X NH State Champ

**Clinicians/Counselors:**

**Steve Toubman**

-Head Coach at Nobles for 35 years.  
-Worked at camps and clubs all over  
the Northeast, including the Ken  
Chertow Camp  
-3X All New England Place Winner  
and Captain at Amherst College



**Kevin Gerhart**

-Assistant Coach at Nobles  
-Wrestled at Wilkes University  
-PA State Place Winner

**Steve Jordan**

-Assistant Coach at Nobles  
-Former Head Wrestling Coach at  
Dedham High School  
-Coached 5 Sectional Champions, 2  
State Champs, an All-State Champion,  
and a New-England Champion



**Scott Honecker**

-Head Coach at Williams College  
-Division 3 Rookie Coach of the Year  
-Coached 17 National Qualifiers and 9  
All Americans  
-Current USA wrestling coach in  
Greco-Roman/Freestyle for Team CT

**Tom Foote**

-4X DIII Regional Finalist  
-3X NCAA Qualifier  
-Assistant Coach at Williams College



**Anthony Valles**

-Former Coach at Blair Academy  
-Former Resident Athlete @ the  
Olympic Training Center  
-Prep National Champion  
-Place winner at the Beast of the East  
and Ironman  
-Cadet National Champion

**Chas Tucker**

-Prep National Champion  
-Junior National Finalist  
-Beast of the East and Ironman placer  
-Currently competing for Cornell

For more information, email, text, or  
call Coach Danhof at 603.661.7760 or  
[charles\\_danhof@nobles.edu](mailto:charles_danhof@nobles.edu).