

What? Nobles Wrestling Camp 2018

Who? Middle School & High School wrestlers - at least 1 year experience.

When? Tue. 6/26-Fri. 6/29.

Where? Nobles Wrestling Room - Noble & Greenough campus - Dedham, MA. Minutes from 95.

Why? Because you want to improve as a wrestler.



Details/Registration:

-Wrestlers should pack lunch, clothes for the 2nd session, shower items.

-Camp shirt included w/ payment.

-An athletic trainer will be on site.

-Each session will be recorded on PlaySight, something campers who sign up will have access to any time.

-Registration online through Nobles Day Camp.

<https://noblesdaycamp.campintouch.com/ui/forms/application/camper/A pp>

-\$50 deposit. Total cost \$310.

Financial assistance available on a sliding scale. Please inquire.

Nobles Wrestling Camp 2018



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 25 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 & agilities.



In between Sessions:

-Lunch - Bring your own.

-Clinician talks - Topics will include:

- 1) wrestling in college
- 2) goal setting
- 3) mindset

-Wrestling videos.

****Camp capped at 32.****

****Register before it fills up.****



NOBLE AND GREENOUGH SCHOOL

Camp Director:

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

Potential Clinicians &

Counselors:

Steve Toubman

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



Kevin Gerhart

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

Steve Jordan

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



Scott Honecker

- Head Coach - Williams College
- Division 3 Rookie Coach of the Year
- Coached 18 National Qualifiers & 9 All Americans
- USA wrestling coach for Team CT.

Tom Foote

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

Jordan Kutler

- NCAA D1 All-American
- Southern Scuffle Champion
- Currently competing for Lehigh

Chas Tucker

- Prep National Champion
- Junior National Finalist
- Currently competing for Cornell

Sean Boyle

- 3X NCAA D1 qualifier at Michigan & Tennessee.

- Asst. Coach-CSU Bakersfield

Matt Kolodzik

- 2X NCAA D1 All-American
- Competing for Princeton

Anthony Valles

- Assistant Coach - Trinity College
- Former Coach - Blair Academy
- Former Resident Athlete @ the Olympic Training Center
- Prep National Champion
- Cadet National Champion

Clay Mizgerd

- Currently competing for Williams
- Former Nobles Captain
- Prep Nationals Qualifier

Peter Bearse

- Prep National Placewinner
- Currently Competing for Harvard

For more information, email, text, or call Coach Danhof at 603.661.7760 or charles_danhof@nobles.edu.