

**What?** Nobles Wrestling Camp 2019

**Who?** 5th-11th graders.

**When?** Tue. 6/25-Fri. 6/28.

**Where?** Nobles Wrestling Room - Noble & Greenough School.

**Why?** To improve as a wrestler & person.



**Details/Registration:**

-Registration online through Nobles Day Camp.

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

-Camp shirt included.

-\$50 deposit. Total cost \$315.

Financial assistance available on a sliding scale. Please inquire.

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

-An athletic trainer will be on site.

-Each session will be recorded on PlaySight. If you sign up, you will be able to see video of all sessions.

# **Nobles Wrestling** **Camp 2019**

**Camp Overview:** Nobles Wrestling Camp is for wrestlers in grades 5-11 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, most of those coaching under legendary Jeff Buxton, current head coach of the Buxton School of Wrestling and the Lehigh Valley Wrestling Club. The camp will focus on techniques and drills that work at all levels, helping set wrestlers up for success.



**Daily Schedule:**

Morning Session- 9:30-11:30.

Lunch/Discussion- 12:00-12:45

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.



**Lunch Discussions:**

-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

## Clinicians & Counselors:

### Steve Toubman

- Head Coach Nobles-35 years.
- National Wrestling Hall of Fame inductee
- 300+ wins
- 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 - 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

### Sean Boyle

- 3X NCAA D1 qualifier at Michigan & Tennessee.
- Asst. Coach - Buffalo

### Anthony Valles

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



### Jordan Kutler

- 2X NCAA D1 All-American
- Southern Scuffle Champion
- Competing for Lehigh

### Chas Tucker

- EIWA finalist
- 2X NCAA D1 qualifier
- Prep National Champion
- Junior National Finalist
- Competing for Cornell

### Matt Kolodzik

- 3X NCAA D1 All-American
- Competing for Princeton

### Clay Mizgerd

- Competing for Williams
- Former Nobles Captain
- Prep Nationals Qualifier

### Peter Bearse

- Prep National Placewinner
- Competing for Harvard

### David Yeh

- Prep NE Champ
- Competing for Williams
- Northeast Regional Placer

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