



# Northeast Ohio Championship Wrestling Camp

Hosted by:  
Chris Vondruska

**Date:** July 5<sup>th</sup> – 8<sup>th</sup>

**Location:** Lutheran West High School  
3850 Linden Road  
Rocky River, OH 44116

## Daily Sessions:

**Session I – (9-11:30am):**

Ages: 6-14 (1-3 years experience is recommended but open to any and all wrestlers) – This session is based around basic technique directed toward beginning youth wrestlers.

**Session II – (1-3:30pm):**

Ages: 12-18 (3+ years experience is recommended or high school but open to any and all wrestlers) – This session will still contain basic technique but will move at a quicker pace.

**Cost:** Pre-registration -- \$80

At-the-door -- \$100

**Stay local with camp and get great techniques and instruction from area head coaches and their athletes.**

Limited to first 100 entries per session

## Tentative Camp Counselors Include:



**Chris Vondruska**

- St. Edward Graduate
- Two-time Ohio State Runner-up
- Two-time NCAA Qualifier
- Hofstra University Graduate
- Ohio State University Graduate



**Danny Song and CASE**

- Hauppauge Graduate
- New York State Place Winner
- Former Division I Coach
- University of Iowa Graduate
- Case Western Head Coach



**Josh Malave and MOUNT**

- Lutheran West Graduate
- Ohio State Place Winner
- NCAA All-American
- Mount Union Graduate
- Mount Union Head Coach



**Ben Stehura and CSU**

- Jefferson HS Graduate
- Ohio State Place Winner
- EWL All-Academic Team
- Lock Haven Graduate
- Cleveland State Head Coach.



**Mark Hawald and JCU**

- Solon Graduate
- NWCA Scholar-Athlete
- NCAA All-American
- John Carroll Graduate
- John Carroll Head Coach

• MORE CLINICIANS TO BE ANNOUNCED

## Registration Form

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Age \_\_\_\_\_

Weight \_\_\_\_\_

Session

I: Ages 6-14 (9-11:30am)

II: Ages 12-18 (1-3:30pm)

Registration Type

Pre-Registration \$80

At-The-Door \$100

Method of Payment

Check

Cash

Cash is appreciated, but make all checks payable to:  
**Northeast Ohio Championship Wrestling**

Send Check or Cash to:  
Chris Vondruska  
13080 Northpointe Circle  
Strongsville OH 44136

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 & Tournament.

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.

Contact Chris Vondruska  
Phone: 440-865-1608  
E-mail: NortheastOhioCWC@hotmail.com