

ROCKY BONOMO

Rocky Bonomo is a 1987 graduate of Bloomsburg University, earning a bachelor of arts degree. He also earned a masters degree at Lock Haven University . He has taught and counseled at numerous wrestling camps



and clinics around the nation and remains a valuable asset both with the wrestling and community outreach programs. Rocky along with his brother Ricky Bonomo(3x NCAA DIV 1 Champion) are two of the most requested clinicians in the

US. They have been featured at the Brute Adidas Nationals. And were also featured clinicians at the Monterey clinic of champions in 2009. Bonomo began his wrestling career at Lake Lehman High School where he won a state title in 1981. He began wrestling for a DIV 1 program at Bloomsburg university where he was a 3x PSAC conference champion and a 3 x EWL champion and a 2x NCAA DIV 1 All American. Bonomo was inducted into the Bloomsburg athletic hall of fame in 1999. Bonomo assisted the Bucknell Bison's for three years during at that time the program experienced its highest NCAA finish in school history. As an assistant coach for Lock Haven Rocky played a large role in the Havens success for more then a decade, helping guide the team to a 175-81-3 dual record and three top 15 finishes at the DIV1 level. With his assistance, the Bald Eagles have won four PSAC championships and won their first-ever EWL Tournament title during the 1997 season. The 2005 EWL Coach of the year. He has coached multiple NCAA champions and all Americans as well as a world and Olympic medalist.



I herby acknowledge that participation in this wrestling club/clinic and related activities is at sole discretion and judgement of the parent or guardian and involves an inherent risk of physical injury. I, on behalf of my child, hereby assume all such risk. I hereby release and agree to hold harmless Rock Solid Spartan Wrestling club, It's founders from all claims, actions, damages and liabilities for personal injury or damage relating to or arising out of any wrestling club activities. I authorize the Rock Solid Spartan wrestling club/clinic to act for me in any medical emergency according to their best judgment , including 911 emergency care if deemed necessary emergency is authorized without need to contact the parent or guardian. I understand that any and all charges resulting from this medical treatment will be billed directly to your own insurance.

Wrestler/Parent Medical Info

Parent or Guardian Signature

_____/_____/_____
Date

**Rock Solid
Spartan
Wrestling**

**ROCK SOLID
SPARTAN
WRESTLING
CLINIC**

**Date:
June, 26 2017
TO
June, 30 2017**

**TIMES
Grade 1-6
3:30-5pm**

**Grade 7-12
6-9pm**

**WYOMING VALLEY
WEST MIDDLE
SCHOOL
210 CHESTER ST
KINGSTON PA**

Registration Info

Attending clinicians:

Ricky Bonomo:

The greatest wrestler in the history of Bloomsburg University. For three straight years (1985-87), Bonomo won all of the major events on the schedule, capturing the NCAA Division I title, along with the Eastern Wrestling League (EWL) title and the Pennsylvania State Athletic Conference (PSAC) title at 118 pounds. He was named the EWL and PSAC Wrestler of the Year all three of those seasons. Bonomo's career record was a stellar 116-12-3. Ricky and his brother Rocky were the first twins to win Pennsylvania state titles side-by-side in 36 years when they won Class AA titles for Lake Lehman High in 1981. Rocky was also an All-American for Bloomsburg, making the Bonomo brothers the most feared light-weight tandem in college wrestling at the time. Ricky Bonomo has been inducted into the National Wrestling Hall of Fame.

Carlos "Puma" Ponce:

All American at Lock Haven University

Clinic Costs;

Grade 1-6 = \$60

Grade 7-12 = \$90

Single Day = \$25

**Make checks payable to
WVW Spartan Wrestling**

The
Rock Solid Spartan Wrestling
clinic would like to welcome
you to our facility.

Please contact Head Wrestling Coach Wyoming Valley West Ryan Vassello;
570-332-6775, call or text
e-mail wrestling@wvwsd.org

Clinic will begin
June 26 2017 and run til June 30,
2017.

Grades 1-6 sessions will be
3:30 to 5:00pm.

Grades 7-12 session will be
6:00 to 9:00pm.

Workout will be designed for
novice and elite wrestlers.

- ** Technique
- ** Combat Drilling
- ** Live Wrestling
- ** Match Strategy & Preparation

** Private and small group lessons
available by appointment

WVW Wrestling room will be
available for open mat, drilling and
live matches beginning Thursday,
March 30th and every Thursday
there after from 5:00-7:00pm

@

WVW Middle School
201 Chester St
Kingston, Pa 18704

Grade

Wrestlers Name

Weight lbs

____/____/____
DOB

Street Address

Town

Name of School

Parents e-mail address

Parents Cell

Emergency Contact Name

Emergency Contact Phone Number