

# Instructors

## ***Eric Guerrero***

- Oklahoma State University Assistant Wrestling Coach
- 3 Time NCAA Wrestling Champion
- 2003 World Cup Champion
- 2004 Olympian
- Coached and helped develop numerous NCAA Division 1 Individual Champions



## ***Mike Malinconico***

- Founder of Rhino Wrestling Club
- A former Oklahoma State and University of Syracuse wrestler, Mike has trained under legendary wrestling coaches John Smith and Gerry Nisivoccia.
- 1996 New Jersey High School state finalist.
- Coached and developed an array of New Jersey state place winners.



# The Urban Cowboy Wrestling Camp

***An elite wrestling camp designed for all ages and skill level***

Campers will be taught a style of wrestling that has helped make OSU one of the nations top programs. Learning high percentage takedown techniques. Leg attack set-ups and finishes will be instructed thoroughly.

The bottom position focus, will be on the safest and most effective method of scoring from the bottom. From the top position, we will teach a series of different rides, breakdowns and turns.

## Student Athlete Counselors



Jordan Oliver



Chris Notte

# Camp Schedule

## **Friday**

***6pm to 7pm - Registration & Opening Remarks***

***7pm to 8:30pm - Introduction of Coaches & Wrestling Philosophy Technique session to follow***

## **Saturday**

***10am to 12pm - Oklahoma State Technical Wrestling Session***

***12pm to 1pm - Lunch (please bring your own)***

***1pm to 3pm - Hard Drilling & Live Wrestling***

## **Sunday**

***10pm to 12:30pm - Technical Drilling & Closing Remarks***

***For more information or to enroll contact:  
Mike Malinconico  
732-672-4496  
mike@rhinowrestling.net***

# Camp Details

**Limited to first 50 wrestlers**

**Camp to be held at  
Rhino Wrestling Club**

**May 14th -16th  
All Ages and Skill Levels**

**Cost - \$199 per wrestler**

**Discount for teams of 10 or more  
available**

### ***Special Note:***

**Housing will be available for  
wrestlers coming from out of the  
area. Families interesting in  
hosting out of town athletes  
contact Mike Malinconico at  
732-672-4496. Discounts will be  
given to host families.**

**Sign Up!  
Only First 50 wrestlers  
accepted  
May 14th to 16th**

Athlete's Name

Parent(s) Name

Address

City

State

Zip

School

Athlete DOB

Month/

Day /

Year

Email (required for confirmation)

Home Phone

Cell / Work (circle one)

Make checks payable to: **Rhino Wrestling Club**  
608 Holly Blvd.  
Bayville, NJ 08721



**O - State Wrestling  
comes to the  
Jersey Shore  
May 14 - 16**



**AT**

**Rhino Wrestling Club**  
14 Tennent Road  
Morganville, NJ 07751  
[www.rhinowrestling.net](http://www.rhinowrestling.net)  
732-672-4496