

# ROB WALLER'S ALL-AMERICAN WRESTLING CLUB

## CONNECTICUT PRE-SEASON WRESTLING CLINIC

SATURDAY, NOVEMBER 21 & SUNDAY, NOVEMBER 22, 2009  
NEW FAIRFIELD MIDDLE SCHOOL, NEW FAIRFIELD, CT

The New Fairfield Wrestling Club is hosting Coach Waller and his staff the weekend before Thanksgiving for a two-day clinic. **Coach Waller's All-American Wrestling Club is arguably the most successful youth club in Pennsylvania.** This clinic will focus on proper technique and how to drill; there will be very limited live wrestling. Any high school, middle school, or advanced elementary school wrestler that wants to get a step ahead for the upcoming season should look to attend. **You will not want to miss this rare opportunity to learn the style and intensity of Pennsylvania wrestling.** Please read the attached page for Coach Waller's bio and his history of proven results with wrestlers in PA and in Connecticut.

Check out Coach Waller's website at <http://wrestlingreport.com/Waller>

### SATURDAY AND SUNDAY SCHEDULE

Session 1: 9:00am – 11:00am

Session 2: 12:30pm – 2:30pm

Session 3: 5:00pm – 7:00pm

**Cost: \$125 for both days, \$75 for one day.** Wrestlers attend all sessions and will receive an All-American Club Camp T-shirt. Dinner will be provided both days between the Second and Third Sessions. Each wrestler should plan to bring a lunch. Water/Sports Drinks will be sold.

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Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ School: \_\_\_\_\_

Grade: \_\_\_\_\_ Weight: \_\_\_\_\_ Day(s) Attending (circle): Sat Sun Both

USAW Card Members: Card number \_\_\_\_\_

**\*\*NON-USAW MEMBERS:** Please indicate below your health insurance carrier and ID number. A completed **"WAIVER and RELEASE from LIABILITY"** form (located at [www.newfairfieldwrestling.org](http://www.newfairfieldwrestling.org)) must be signed by a parent. Non-USAW wrestlers will not be covered by our insurance and therefore all costs related to any injury that may occur during the event are solely the wrestler's responsibility.

Health Insurance Carrier \_\_\_\_\_ Member ID# \_\_\_\_\_

Please make checks payable to NFWC and mail with completed form by November 13<sup>th</sup> to:

Coach Greg Heinzer  
49 Columbia Drive  
New Fairfield, CT 06812

Contact New Fairfield HS Coach Greg Heinzer at [gheinz1980@sbcglobal.net](mailto:gheinz1980@sbcglobal.net) or 203-947-6788 with any questions. Updates on the clinic can also be found at [www.newfairfieldwrestling.org](http://www.newfairfieldwrestling.org).

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## COACH ROB WALLER

**ROB WALLER** is a member of the Western Pennsylvania Wrestling Hall of Fame, the Pennsylvania Wrestling Hall of Fame, and the National Wrestling Hall of Fame.

- Won the NCAA 142lb. National Championship in 1970
- Won three College Conference Championships
- Two time Olympic Trials Finalist: 1972 and 1976
- Head clinician and director of the All-American Wrestling Camps since 1973
- Head Coach of the Pennsylvania Junior National Free-Style Team 1999-2001
- Head Coach PA Junior National Free-Style Team National Champions in 2001

### **Proven Coaching Results:**

Coach Waller is one of the most successful coaches in PA history. He was a high school coach for 25 seasons. In his 25 seasons, he had: 47 state qualifiers, 26 state place winners and 10 PIAA State finalists. 42 of Coach Waller's wrestlers have gone on to wrestle at the collegiate level, twenty-eight on the Division I level. Coach Waller's Wrestlers have earned 8 NCAA All-American awards and two NCAA Champions. The truest test of his coaching ability is the fact that 25 of his wrestlers have become coaches on the collegiate and high school levels, the majority as head coaches.

While working at his camps and clinics, I have met a number of his successful wrestlers, including: a current 3-time defending PA Middle School State Champion, the defending 2009 215lb. PA High School State Champion, and his son Rob Waller who was a 2003 NCAA D1 Champion for the University of Oklahoma and is currently the Associate Head Coach at Lock Haven University.

### **Proven Connecticut Results:**

Current New Fairfield wrestlers that attended Waller camp have agreed that it was the best camp they have ever attended (these wrestlers have gone to camps at the University of Michigan, Cornell University, and a number of Ken Chertow camps). Other current Connecticut wrestlers who go to his camps frequently cite Rob as fundamental to their success including a 2x all American, a 1x all American, 4 repeat CT State winners, and 3 New England Champions. Wrestlers fly from all over the country to train with Rob throughout the year. Don't miss this opportunity to gain from his technique and style!

**It is highly recommended that you sign up soon as there are limited spots, and they will all be filled!**

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