



Gut Wrench Wrestling Club

Scholastic & Freestyle

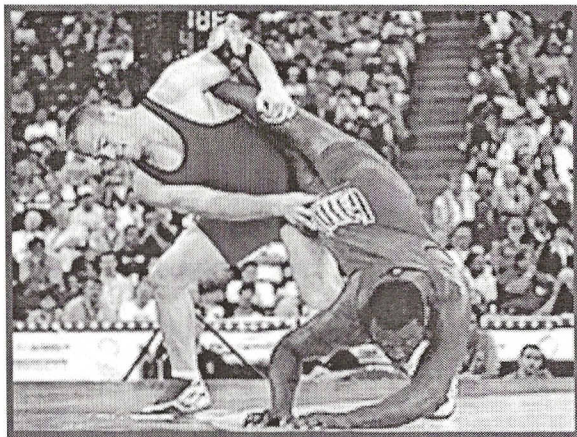
Spring Program

Monday & Thursday Nights, March 9th thru June 1st. 7:00pm to 9:00pm @ Toms River HS South

Scholastic Director

JASON NASE

Assistant Coach—Rider Univ.
2x State Runner-up @ Pt Boro
ECAC Champion @ Rider Univ.
3x NCAA Qualifier
1996 All American—134lbs.
District 23 Coach of the Year



Freestyle Director

JOHN DEMARCO

Former Head Coach @ TRS
7 Class "A" South Titles
6 District Team Titles
4 Shore Conf. Team Titles
Region VI Hall of Fame
So. Jersey Wrestling Hall of Fame
West Chester Univ. Hall of Fame

Guest Clinicians

Dan O'Conne, TSC
3X AA, 2X DIII Runner-up
Head Coach @ Brick Mem.

Todd Palmisano, Rider U.
3X NJ Place Winner

John Caralheira, Rider U.
1997 All American

Scott Goodale, Lock Haven U.
NJ Coach of the Year
Head Coach @ Rutgers Univ.

Joe Melchiorre, Univ. of Iowa
3X NJ State Champion & NCAA Runner-Up

“WRESTLE WITH THE BEST”

Gut Wrench will focus equally on Scholastic and Freestyle wrestling. To become the best an athlete must continue to improve his skills year round. Instruction, drilling, live wrestling, conditioning and strength development will be emphasized. We strongly encourage participation in the spring freestyle qualifiers and Team NJ National Trials.

GUT WRENCH HIGHLIGHTS 1996-2008

Competitions

Gut Wrench vs. Slovakia, Russia, Solvenia, Seagull Wrestling Club, Shore Thing Wrestling Club, Team Hammer, Princeton, The Garden State Games & The New Jersey Club Championships.

Clinics

Doug Parise, Wally Muhammad, The Iowa Way, Dan Mayo, John Povalac, Jack Cuvo, Nick Angen, Bryan Stout, The All American Clinic, Glenn Pritzlaff, Trevor Lewis, Vinnie Santaniello, Dan Smith, Gene Haneman, Lou Lazzari, Damian Hahn & USA Video Clinics

APPLICATION

NAME _____ AGE _____ GRADE _____

DATE OF BIRTH _____ T-SHIRT SIZE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOMEPHONE _____ CELL _____

WEIGHT _____ USA CARD # _____

SCHOOL _____

PARENT/GUARDIAN SIGNATURE _____

* PROGRAM COST: \$125.00

- TUITION DUE ON THE FIRST NIGHT

* USA CARD \$30.00

- ALL WRESTLERS MUST HAVE A CARD AND MAY BE PURCHASE AT THE “GUT”

* MAKE ALL CHECKS PAYABLE TO: *JOHN DEMARCO*

* FOR FURTHER INFORMATION CALL: *732 244-2744*

* TOMS RIVER SCHOOLS WILL BE CLOSED FOR SPRING RECESS, APRIL April 10th - April 17th. DUE TO SCHOOL POLICY GUT WRENCH WILL NOT BE IN SESSION ON THESE DATES.