



HIGH LEVEL MINNESOTA/USA WRESTLING TRAINING

Saturday March 16th Minnesota/USA Wrestling is hosting a Freestyle and Greco-Roman Kick-Off camp at Shakopee HS. This camp is a great opportunity for all USA Juniors, 16U (birth year 2003-2004), and 14U (birth year 2005 or 2nd year Schoolboy/Girl), to get a jump start on the FS/GR season, and to start to hone the important skills and techniques needed to win a National Title this summer. We will have many of our Senior level Minnesota Storm athletes on hand to interact with each wrestler. (Must have current USA Wrestling card, and may purchase at clinic \$45).

This is a camp that will have high level technique, partners, and coaching. Anyone who is serious about winning at the highest level should be here! We want you there to make sure you are ready for the Freestyle/Greco season, and are getting the little things right all Spring long #MNStorm

[Please Register on Trackwrestling for this Event.](#) **\$10.00/athlete (training, lunch, transportation)**

Camp Schedule

- 9am - 10am Arrival & On-Site Registration (if needed)
- 10am - 11:15am Session 1 Freestyle Technique - Jordan Burroughs (USA Wrestling)
- 11:15am - 11:45am Break 1 Rest/Games
- 11:45am - 1:00pm Session 2 Greco Technique - Dan Chandler (State Greco Coach)
- 12:30pm - 3:00pm Officials/Coaches clinic (adjacent classroom) - Tom Kuisle (Mat Officials Director)
- 1:00pm - 2:00pm Lunch Break Eat, Nap, Chat
- 2:00pm - 3:30pm Session 3 Freestyle Technique - Jayson Ness (State Freestyle Coach)
- 3:30pm - 4:00pm Break 2 Rest/Games
- 4:00pm - 5:30pm Session 4 Greco Technique - Dan Chandler
- 5:30pm - 6:00pm Session 5 Referee Talk - Tom Kuisle (Mat Officials Director)

Camp Transportation - Buses from the Northeast, Northwest, and Southwest will be provided. Note there is limited space with *Bus Registration deadline of March 10, 2019*.

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| Northwest | Detroit Lakes Alexandria St. Cloud | Mike Fiedler (218-790-3324) mfiedler@detlakes.k12.mn.us |
| Northeast | Cloquet Grand Rapids Aitken Princeton | Champ Hesch (218-821-7842) champhesch@hotmail.com Mike Schauer (218-259-1220) schauerconcrete@yahoo.com |
| Southwest | Marshall Redwood Falls | Brett Bartholomous (507-920-6213) Brettbartholomous@rrcfalcons.org |