

# SPRING TRAINING

## (Grades 7<sup>th</sup>-12<sup>th</sup>)

**~Learn Technique and Train with Top Minnesota  
Wrestlers~**

<b>Cost:</b> \$200 / 18 Sessions <b>Location:</b> Apple Valley HS	<b>SPRING TRAINING</b> March 20 <sup>th</sup> -May 17 <sup>th</sup>	<b>Sign up now!</b> <i>Practice Time: Tu /Th 7-8:30</i> 20 Available spots
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### TRAINING DIRECTOR

#### **DUSTIN SCHLATTER**

4 Time Ohio State Champion  
NCAA Champion for the University of Minnesota  
World Team Member  
Current Strength and Conditioning Coach at the UofM

#### **Training Environment:**

-Foot and Agility Training  
-Video Critiquing -Technique -Live Wrestling -ect  
**\*If you have any questions or need  
more information,**

**EMAIL:** CHAD ERIKSON

[EriksonChad@gmail.com](mailto:EriksonChad@gmail.com)

Register at [www.minnesotaelite.org](http://www.minnesotaelite.org)

#### SPRING SCHEDULE

Tues, March 20<sup>th</sup> - Practice  
Thurs, March 22<sup>nd</sup> - Practice  
Tues, March 27<sup>th</sup> - Practice  
Thurs, March 29<sup>th</sup> - Practice  
March 30<sup>th</sup>- April 1<sup>st</sup> USA  
Folkstyle Nationals  
Tues, April 3<sup>rd</sup> - Practice  
Thurs, April 5<sup>th</sup> - Practice  
Tues, April 10<sup>th</sup> - Practice  
Thurs, April 12<sup>th</sup> - Practice  
April 14<sup>th</sup>- 15<sup>th</sup> MN/USA Junior  
Freestyle/Greco State  
Tournament  
Tues, April 17<sup>th</sup> - Practice  
Thurs, April 19<sup>th</sup> - Practice  
Tues, April 24<sup>th</sup> - Practice  
Thurs, April 26<sup>th</sup> - Practice  
Tues, May 1<sup>st</sup> - Practice  
Thurs, May 3<sup>rd</sup> - Practice  
Tues, May 8<sup>th</sup> - Practice  
Thurs, May 10<sup>th</sup> - Practice  
Tues, May 15<sup>th</sup> - Practice  
Thurs, May 17<sup>th</sup> - Practice  
May 18<sup>th</sup>- 20<sup>th</sup> MN/USA  
Kids/Cadets Freestyle/Greco  
State Championship

