

2012 MINNESOTA ELITE YOUTH CAMP

(Grades K-7th)

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

**All ability levels Welcome!*

Cost: \$150 Location: Apple Valley HS	YOUTH CAMP July 9th-July 12th	Bungee Cord Training Climbing Ropes – Monster 88 Hard Drilling – Live Wrestling
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CLINICIANS



CHRIS DARDANES

State Champion from Illinois
Junior National All-American
RS Freshman at the UofM
High School All-American



NICK DARDANES

2-time State Champion from Illinois
Junior National All-American
RS Freshman at the UofM
High School All-American



DUSTIN SCHLATTER

4-time State Champion from Ohio
NCAA Champion
4-time All American
2009 World Team Member



DAKOTA TROM

3-time State Champion for Apple Valley
USA National Triple Crown
Cadet National Finalist

CAMP SCHEDULE

8:30-9:30

Check-In/Drop Off

9:30-9:45

Videos

9:45-10:15

Dynamic Warm-up

10:15-11:15

Technique

11:15-11:30

Break/Snack

11:30-12:30

Technique

12:30-1:00

LIVE SITUATIONS

1:00-2:00

LUNCH BREAK

2:00-3:30

HARD PRACTICE

**(Hard Drilling, Bungee/Agility
Training, Live Wrestling)**

3:30-3:45

Break

3:45-4:30

REC

4:30-5:30

Parent Pick Up

CAMP DIRECTORS

Chad Erikson, Head Coach of MN Elite

- 4-time State Champion
- 1997 Mr. Minnesota
- Cadet National All-American
- Junior National All-American
- 2-time Division I All-American

Jake Avre, Program Director at MN Elite

- State Champion for Cambridge Isanti
- Four Year Letterman for the UofM
- Graduate Assistant for Southwest St

REGISTRATION:

<http://www.minnesotaelite.org>

CONTACT US: Chad Erikson

eriksonchad@gmail.com

or

(612) 327-2423

MISSION STATEMENT

MINNESOTA ELITE

Camps provide some of Minnesota's best wrestlers to teach takedown strategies, turn and pin series, and much more.

Along with good technique, our camps focus on instilling a hard work ethic and developing the "mental toughness" that is critical to being successful in wrestling, as well as in life.