

SPRING TRAINING

(Grades K-7th)

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

Cost: \$150 / 10 Sessions Location: Apple Valley HS	SPRING TRAINING March 18 th -May 16 th	Sign up now! <i>Practice Time: 6-7:30</i>
--	--	---

COACHES

CHAD ERIKSON

4-time State Champion for Apple Valley
1997 Mr. Minnesota
Junior National All-American
Cadet National All-American
2-time Division I All-American for the U of M

JAKE AVRE

State Champion for Cambridge Isanti
4-Year Letterman for the University of Minnesota
Graduate Assistant for SouthWest State
Current Program Director for MN Elite

DAKOTA TROM

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

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

SPRING SCHEDULE

*March 8th, 9th, 10th –

MN/USA Folkstyle State
Tournament

Sunday March 18th - Practice

Sunday March 25th - Practice

Sunday April 1st - Practice

Sunday April 8th – No Practice

EASTER SUNDAY

Wed April 11th -Practice

Sunday April 15th - Practice

Sunday April 22nd - Practice

Sunday April 29th - Practice

Sunday May 6th - Practice

Sunday May 13th - Practice

Wed May 16th - Practice

May 18th, 19th, 20th MN/USA

Freestyle/Greco State

Tournament

