

WINTER TRAINING

(Grades 3rd-12th)

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

Cost: \$100 / 10 Sessions Location: The Barn St. Boni	WINTER TRAINING December 4 th - March 4 th	Sign up now! <i>Practice Time: 3:30-5:00</i>
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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

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

Register at www.minnesotaelite.org

WINTER SCHEDULE

Sunday Dec 4th – Practice

Friday Dec 9th – UofM vs. Iowa State

Sunday Dec 11th – Practice

Sunday Dec 18th – Practice

Sunday Dec 25th – No Practice
Christmas

Sunday Jan 1st – Practice

Sunday Jan 8th – UofM vs.
Ohio State

Sunday Jan 15th – Practice

Sunday Jan 22nd – UofM vs.
Wisconsin

Sunday Jan 27th – UofM vs.
Michigan

Sunday Jan 29th - Practice

Sunday Feb 5th – UofM vs.
Nebraska

Sunday Feb 12th – Practice

Sunday Feb 19th – Practice

Sunday Feb 26th – Practice

March 3rd & 4th – Big Tens
Indiana University and State
Tournament

Sunday March 4th – Practice

March 8th, 9th, 10th – MN/USA
State Tournament

