

WINTER TRAINING/METRO MONDAYS

(Grades K-8th)

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

TO REGISTER: Go To WWW.MINNESOTAELITE.ORG

STMA WINTER TRAINING

Location: STMA Middle School West Mondays 6:30-8	WINTER TRAINING	Sign up now! Cost: \$150 Live Wrestling Critiquing –Hard drilling, ECT...
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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
Four year Letterman for the University of Minnesota
Graduate Assistant for Southwest State
Current Program Director for MN Elite

***ADDITIONAL GUEST CLINICIANS WILL ATTEND
THROUGHOUT THE WINTER**

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

WINTER SCHEDULE

Sunday Nov 27th - UofM vs.
NDSU

Monday Nov 28th – Practice

Friday Dec 9th – UofM vs. Iowa
State

Monday Dec 12th – Practice

Monday Dec 19th – Practice

Monday Dec 26th – No Practice
Christmas

Monday Jan 2nd – No Practice

Sunday Jan 8th – UofM vs. Ohio
State

Monday Jan 9th – Practice

Sunday Jan 22nd – UofM vs.
Wisconsin

Sunday Jan 27th – UofM vs.
Michigan

Monday Jan 23rd – Practice

Monday Jan 30th - Practice

Sunday Feb 5th – UofM vs.
Nebraska

Monday Feb 6th – Practice

Monday Feb 13th – Practice

Monday Feb 27th – Practice

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

