

2011 MINNESOTA ELITE PRESEASON NATIONALS / MEA TRAINING CAMP

(Grades K - 8th)

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

All ability levels welcome!

<p>Cost: \$100 Location: Apple Valley H.S.</p>	<p>MEA CAMP OCTOBER 20th and 21st</p>	<p>Sign up now! <i>*Registration limited to first 50 wrestlers</i></p>
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GUEST CLINICIANS

JAKE DEITCHLER

- *3-time State Champion for Anoka
- *Junior National Champion
- *2008 Olympic Team Member
- *Current University of Minnesota Wrestler

CAMP DIRECTORS

CHAD ERIKSON Head Wrestling Coach MN ELITE

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

JAKE AVRE Assistant Wrestling Coach MN ELITE

- *State Champion for Cambridge Isanti
- *4 Year Letterwinner for the University of Minnesota
- *Grad Assistant for Southwest State

Questions or to Register: Contact Chad Erikson

eriksonchad@gmail.com or visit www.minnesotaelite.org

SCHEDULE

9:00-9:15	Check-in
9:15-9:45	Warm Ups
9:45-10:00	Drills
10:00-11:00	Technique
11:00-11:30	Live Situations
11:30-12:30	LUNCH BREAK
12:30-1:30	Technique
1:30-2:00	Live Situation
Break	20 min
2:20-4:00	HARD PRACTICE (Hard Drilling, Live Wrestling, Bungee Cord Training, Ropes, Foot Agility Drills)
4:00-5:00	Games / Parent Pick Up

