

DC Elite 2019 OUTDOOR WRESTLING CAMP

WHO: Open to any boy or girl 1st-8th grade wrestler.

Cost: \$250 which covers 3 meals a day, camping spot for the 4 day camp and a tee shirt. We do offer a sibling discount please contact us for details.

WHERE: Sugar Bottom Campground. 2192 Mehaffey Bridge Rd NE, Solon, IA 52333.

WHEN: July 14th-18th. Check in Sun. July 14th at 4pm; Check out by noon Thur. July 18th.

We have 18 spots available to reserve for a camper but you must let us know and pay up front in order to camp with the group. The cost will be \$88 for the 4 days. This will be on first come first serve basis. Please make checks out to DC Elite Wrestling and contact Mindy via text @ 319-270-2057 to reserve your spot.

CLINICIANS/COUNSELORS: Max Thomsen 4X Iowa High School state champion, 3X NCAA qualifier, NCAA AA for UNI. Josh Wenger 3X Iowa High School state place finisher, 1X state champion, 3X NAIA AA and 2X NAIA national champion for Grand View. Cole Erickson 4X Iowa High School state place finisher, 1X Div 3 AA for Coe College. Bryce Esmoil 4X Iowa High School state place finisher, 2X High School state champion, currently wrestles for UNI.

FORMAT: We will break the kids down and place them with counselors based on age. 1st-4th graders will be in a group and 5th-8th graders will be in a group for all work outs, group games, wrestling and team bonding activities. New this year we will have a take down tournament tied into our beach wrestling day. We also will end the camp with our swim and running competition. We will run a 5k for 1st-4th graders and 7k for the 5th-8th graders.

AWARDS: We will award a champion in the beach wrestling takedown tournament for 1st-4th grade and 5th-8th grade and we will award a champion in the swim and run competition to end the camp for 1st-4th grade and 5th-8th grade groups.

Contact Dustin Coufal @ 319-350-0274 or dustin.coufal@yahoo.com with questions.



2019 Outdoor Wrestling Camp

Located at Sugar Bottom Campground / Coralville Lake

Sites: A215, Loop A and C234 Loop C

July 14th – 18th

Any wrestler 1st – 8th grade

Sign up ASAP to reserve your spot – Limit to first 40 wrestlers!

\$250 per wrestler; 1 sibling is \$225; 3rd sibling is free

Clinicians: Max Thompsen, Josh Wenger, Cole Erickson and Bryce Esmoil

Coaches: Dustin Coufal, Brandon Pence, Johnny Siegel, Dan LeClere

Camp includes a free T-shirt and an experience they won't forget! There will be group competitions, games, runs, swims, and beach wrestling, along with some campfires and hikes. Clinicians will teach technique/skills, there will be live matches, and a takedown tournament. Awards will be given to the Take Down Tournament Champion as well as the Swim/Run Champion in 1st-4th grade, and 5th-8th grade.

If interested, please fill out and turn in with payment to Dustin Coufal or pay by Venmo to @Mindy-Washburn

Wrestler Name **Age** **Grade** **Shirt Sz**

Parent Name **Ph** **Email**

Parent Name **Ph** **Email**

I am interested in camping on site with my child : **Yes** **or** **No** **Tent / Camper** **(Circle one)**