

DON'T MISS OUT!

Developing champions PreSeason Wrestling Camp

CAMP CLINICIANS...

Seth Gross

3X MN State Champ
3X Fargo Champ
3X Big 12 Finalist
2X Big 12 Champ
Big 12 tournament OW
Big 12 Wrestler of the Year
Midlands Champ and OW
2X NCAA Finalist
NCAA Champ
Hodge Finalist

Ronna Heaton

2X place finisher High School

Women's Cadet World
Champ

Women's Cadet Silver
Medalist

3X Women's Junior World
team member

Sat/Sun: October 20 & 21, 2018

Boys & Girls Sessions for any skill level

Oct 20th: 8am Check in

Session 1

Seth Gross 8:30am - 10:30am
Ronna Heaton 11:00am - 12:30pm

Lunch break 1:00pm - 2:30pm

Session 2

Seth Gross 2:30pm - 4:30pm
Ronna Heaton 5:00pm - 6:30pm

Oct 21st :

Session 3

Seth Gross 8:00am - 9:30am
Ronna Heaton 10:00am - 11:30am

Lunch break 12:00 pm - 1:00 pm

Session 4

Seth Gross/Ronna Heaton 1:00 pm-2:30 pm

DC Elite Training Facility | 913 Metzger Dr, Hiawatha, IA 52233



DC Elite Training Facility

913 Metzger Dr
Hiawatha, IA 52233



K-6th grade: \$75

7th-12th grade: \$100

Additional Sibling: \$35

If you are only able to attend one day: \$50

Register by Wed, Oct 10th to receive a T-shirt

Walk-Ins Welcome

We're honored to welcome Seth Gross and Ronna Heaton to lead this camp! Our mission is to introduce senior level training and technique to men/women and boys/girls in the sport of wrestling. They will be showing a range of basic to detailed and advanced technique for all levels of folkstyle wrestling. This camp will include motivated drilling, senior level technique, and monitored live wrestling. This is the perfect camp to kick off wrestling season 2018/2019, with 2X NCAA finalist & NCAA Champ, Seth Gross, and Female Wrestler & Member of Sunkist Wrestling Club, Ronna Heaton. Plan on working hard, having fun, and gaining outstanding experience!

Mail bottom portion with payment, made out to *DC Elite Wrestling Club* to:

Dustin Coufal
367 Battle Creek Dr
Marion, IA 52302

Name _____ Age/Grade _____ School _____

Address _____ Email _____ Phone# _____

Consenting Parent signature _____ Phone # _____

Emergency contact _____ Phone # _____

T-shirt size: circle one per camper - YS YM YL AS AM AL AXL A2X

Registration must be received by Oct. 10th to receive a T-shirt

Questions: mindywashburn@yahoo.com or text 319-350-0274 (Dustin Coufal)

