

DC Elite/TWC Wrestling Camp

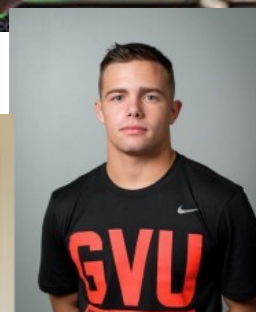


Since 2008, DC Elite has been Developing Champions at the High School and Youth levels. We have a proven system that produces results.



FEATURED CLINICIANS

- **Seth Gross**
 - 3x MN State Champ
 - 3x Fargo Freestyle National Champ
 - 2x World Team Member
 - Big 12 Champ and OW
 - NCAA Runner-Up for SDSU
- **Josh Wenger**
 - 4x IA State Placer
 - NAIA National Champ for Grandview
- **Dustin Coufal**
 - IA State Champion
 - 4 Year Starter for Wisconsin, 2x NQ
 - Founder of DC Elite Wrestling Club 2008



Place: Red Oak High School

Location: 2011 N. 8th St Red Oak, IA 51566

Grades: K-12

Cost: K-6 \$45 7-12 \$55 (Each Additional Sibling \$25) Walk-ins are welcome.

PRE-REGISTRATION FORMS ARE DUE BY: Friday, June 9th to be guaranteed a shirt for camp.

Camp Outline

Saturday June 24th

10-12 Technique 1 (Feet)

12-12:45 Wrestling

12:45-1:00 Conditioning Games (k-6) Lift Circuit (7-12)

1:00-2:30 Break-Lunch

2:30-4:30 Technique 2 (Bottom)

4:30-5:00 Wrestling

Sunday June 25th

9-11 Technique 3 (Top)

11-11:30 Wrestling

11:30-12:00 Conditioning/Dodgeball

Brought to you by the DC Elite and the Tiger Wrestling Club

Red Oak Wrestling CAMP REGISTRATION FORM

Campers Name _____

Address _____

City _____ STATE _____ SHIRT SIZE _____

Parent Or Guardian Signature _____

Emergency Phone _____

Email _____

Mail in Application & non-refundable payment before June 9th to be guaranteed a shirt for camp. K-6th grade \$45, 7th-12th grade \$55, additional siblings \$25. Walk ins are welcome.

Please mail/return forms to:

Dustin Coufal

367 Battlecreek Drive

Marion, IA 52302

Or

Tiegen Podliska

2011 North 8th Street

Red Oak, IA 51566

PLEASE COMPLETE THE FOLLOWING

Youth Waiver

Participant Name _____ Address _____

Phone _____ AGE _____ Date of Birth _____ Weight _____

Signature of Parent or Guardian: I hereby authorize my son to participate in the above stated program

I understand that this program like most programs similar in nature has (have) some degree of inherent risk involved

futhermore my son is in good physical condition appropriate to participate in the stated activities.

And I Understand that the participants must

assume full responsibility for bodily injury incurred while taking part in the activities

NO Accident insurance is provided-

SIGNATURE _____ **DATE** _____