

Fall Wrestling Retreats

You love wrestling and so do we!

Join others with similar goals!

Hosted by:

Camp of Champs®

#1 October 23 & 24, 2009 Juneau, WI

#2 November 6 & 7, 2009 Juneau, WI

Costs: \$90 (postmarked 1 week ahead) or \$100 (at the door)

Both Weekends - \$140 - 1 week ahead/ \$150 at the door

Saturday only - \$70 - 1 wk. ahead/ \$80 at door

Coaches & Dads - half price

Includes: 9 hours of Wrestling Training in 25 hours
3 home-cooked meals and 2 evening snacks
Housing (bring your own bedding)
Motivation from an Olympic Champion
A great start for a successful season!

Ages: 8 years old through college age - divided by age - Coaches & Dads welcome.

Director & Instructor: Ben Peterson - Olympic Champion

Staff Includes: Andy Peterson - Assistant Director,

Strength & Conditioning Specialist

Mike DeRoehn - University of W. Oshkosh Head Coach

WI Wrestling Federation Coach

Dallas Herbst - NCAA Div. #1 All American

2x State Champion

University of Wisconsin - 197#

Ben Hoover - 2nd Place NCAA Div. #3 - 2008

Maranatha Bible College - 165#

Schedule: **Friday** 6:00-7:00 p.m. - Check-in (*let us know if you'll be late*)
7:00-9:00 - Session #1: Techniques, drilling & hard finish
9:45 - Motivational Thoughts from an Olympic Champion
10:30 - Lights Out - (Housing provided - bring your own bedding & towel)

Saturday 7:00am - Run 1 mile & 5 sprints
7:45am - Breakfast (*family style*)
9:00-11:00 - Session #2: Techniques & Drilling
11:00 - Noon - Free time: Recreation areas, Wrestling videos & Camp Store open
Noon-12:40pm - Lunch (*walk-through*)
1:30-4:30 - Session #3 Drills & hard goes (*bring your head gear*)
5:00 - Supper
6:00-8:00 - Session #4 Techniques, Drills & Hard Finish
8:00pm - Goodbyes and Head Home (*Saturday housing can be arranged*)

Contact info:

Camp of Champs
PO Box 222
Watertown, WI 53094
1-800-505-5099
920-261-8071
info@campofchamps.org

Location:

Camp of Champs facility
301 Lincoln Dr.
Juneau, WI 53039

Yes, I would like to attend a Camp of Champs Fall Wrestling Retreat!

Check the dates you will attend:

___ #1 October 23&24, 2009

___ #2 November 6&7, 2009

Send \$25 deposit with form to:

Camp of Champs

PO Box 222

Watertown, WI 53094

Name _____

Address _____

City/ST/Zip _____

Phone h/c _____

Age & Wt. _____

Parental Signature for Minors _____

