

HI FLYERS WRESTLING

SPRING 2012 YOUTH FREESTYLE PROGRAM



Who: Youth wrestlers, 12th & under that want to continue getting better at wrestling!

What: Freestyle wrestling instruction: Technique, live wrestling, conditioning

Why: Freestyle is an exciting, fun complement to folkstyle wrestling

- Many freestyle moves can be used in folkstyle.
- 80% of freestyle is in the neutral position. Get better at takedowns!
- Not ready to end your wrestling season? The freestyle season, including open tournaments, is about to start!
- The best wrestlers in the state are learning freestyle. Are you?

Coach: Joe Grygelko!

- HiFlyer Wrestler and coach for 15 years • St. Michael Albertville wrestler with 218 wins • Won 4 State team titles • Individual State Champion • Fargo Cadet All American • Fargo Junior All American
- Wrestled at the University of Minnesota 2007-2012 • Wrestled in 2009 Big Ten Tournament
- Graduated from U of M with a degree in Business and minor in Management

Where: Minnetonka High School wrestling room, 18301 Highway 7, Minnetonka, MN

When: 10 Week program. All sessions 6:30 – 8:00PM, Tuesdays and Thursdays
March 13, 15, 20, 22, 27, 29
April 10, 12, 17, 19, 24, 26
May 1, 3, 8, 10, 15

Cost:** \$100 for all 17 sessions
\$80 per wrestler for second or more wrestlers same family
Check us out for one session, no charge unless you decide to join



More Info: Hi Flyers website: <http://www.reardan.org/HiFlyers/2012/Index.htm>

****Note:** You will need a USA Wrestling card. If you do not have your card for this year we will have card sign up available at practice at a cost of \$31 (\$36 online from www.mnusawrestling.org). Having a USA Wrestling card is mandatory to cover our insurance requirements for the facilities.