

TAKE YOUR WRESTLING TO THE NEXT LEVEL!

Hi Flyers Wrestling



Would you like to learn advanced wrestling techniques from a 5x state high school champ, or how about one of our two 4x state champs?
How about a 3x NCAA All American?
Better yet, how about 5 current U of M wrestlers?

Who: Wrestlers, K – 12th grade

What: Advanced wrestling instruction, technique, live wrestling and conditioning

Coach: Zach Sanders

- 5x Minn State Champion
- 3x NCAA All American (U of M)
- 2007 Mr. Minn Wrestler of year

Coach: David Thorn

- 4x Minn State Champion
- 2011 National Qualifier (U of M)

Other Coaches: Danny Zilverberg, David Zilverberg, Seth Lange

- All current U of M wrestlers and 5 Combined State Titles

Where: STMA High School (8th – 12th grades)
STMA Middle School West (K – 7th grades)

When: 6:30 – 8:00PM, Tues & Thurs
March 6th - June 12th, 2012



Cost:** \$100 first wrestler
\$80 for each additional wrestler from the same family
Must have a current MN/USA Card

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



****Note:** You will need a USA Wrestling card to participate in Hi Flyers. Cards are available for purchase online at a cost of \$36 at www.usawmembership.com. Having a USA Wrestling card is mandatory to cover our insurance requirements for the facilities.

Hi Flyer Wrestling (Spring 2012)

General Information

Overview: The Hi Flyer wrestling program is entering its 28th season. The Hi Flyer club is coached by current Minnesota Gopher wrestlers. Many of the current coaches were Hi Flyers themselves during their youth wrestling days. The staff works with the kids at all practices and then coaches and monitors their progress at weekend competitions.

What: Advanced wrestling instruction, technique, live wrestling and conditioning (focus on folkstyle and freestyle wrestling).

Where: Saint Michael (High School & Middle School West). All STMA participants will practice at the High School the first night, splitting up to separate schools by age the next night (K – 7th grade at MSW and 8th – 12th grade at the HS)

STMA School Addresses:

STMA High School
5800 Jamison Ave NE
St Michael, Mn 55376

STMA Middle School West
11343 50th St NE
Albertville, MN 55301

When: Registration will begin the first night at 5:45pm at the STMA High School.

*** You MUST purchase a MN/USA Card for insurance purposes prior to the first practice ***

STMA Coaching Staff

Zach Sanders
Senior at the U of M
5x Minnesota State Champion (Wabasha Kellogg High School)
3x NCAA All American at U of M
2007 Mr Minnesota Wrestler of the year

David Thorn
Redshirt Sophomore at the U of M
4x Minnesota State Champion (STMA HS)
2011 National Qualifier, U of M
Former Hi Flyer wrestler

Danny Zilverberg
Redshirt Sophomore at the U of M
2009 Minnesota State Champion (Wayzata HS)
2011 National Qualifier, U of M
Former Hi Flyer wrestler

David Zilverberg
Senior at the U of M
State Finalist (Wayzata HS)
Former Hi Flyer wrestler

Seth Lange
Redshirt Freshman at the U of M
4x South Dakota State Champion

Other volunteer staff members include **Chris Vike**, former NCAA All-American, Olympic Trials Finalist (Greco Roman); **John Thorn** NCAA All-American at Iowa State University and STMA high school coach; **Dan Lefebvre** head coach at STMA high school and 2010 Minnesota AAA coach of the year.

STMA Schedule

STMA Practice Schedule is listed below:

Group #1 = 8th – 12th grades @ STMA High School
Group #2 = K – 7th grades @ STMA Middle School West

March:

6 – First night of practice. All kids practice at STMA High School. Registration at 5:45pm.
8, 13, 20, 22, 27, 29 – Regular Practices **Note: All wrestlers practice at the HS on the 13th (Group #2 @ 6pm & Group #1 @ 7:30pm)**
15 – No practice

April:

3, 5, 10, 12, 17, 19, 24, 26 – Regular Practices

May:

1, 3, 8, 10, 15, 17, 22, 24, 29, 31 – Regular Practices

June:

5, 7, 12 – Regular Practices

Hi Flyer Registration Form (Spring 2012)

Wrestler Name: _____ Amount Paid: _____

Grade: _____ Wrestler MN/USA Card #: _____

Approximate Weight: _____ Hi Flyer Shirt Size: YS YM YL S M L XL XXL

Parent Name: _____

Parent Phone Number: _____

Parent Email (PRINT CLEARLY): _____

Parent Signature: _____

(signature confirms you have purchased your MN/USA card for the wrestler registered above)

Important Notes:

Wrestlers **MUST** have their MN/USA Card Number listed above. Card **must** be renewed for the 2011-2012 season. Please make sure and purchase your card **PRIOR** to the first night of practice. To purchase card online, please follow the guidance below:

1. Go to <http://www.usawmembership.com/>
2. Log in if you are a previous member, or create a new account if you are new to USA wrestling.
3. Choose either "Add New Member" or "Renew Membership" on the left side of the screen.
4. Follow the directions online to purchase a 2011-2012 membership and print out your card for future reference.