

**YOUTH WRESTLERS: TAKE YOUR WRESTLING TO THE NEXT LEVEL!**

# HI FLYERS WRESTLING



Would you like to learn advanced wrestling techniques from a 3-time state high school champ, 2-time Big Ten conference champ, 3-time NCAA All American, and World Freestyle silver medalist?

**Who:** Youth wrestlers, 8<sup>th</sup> & under, Not on varsity team

**What:** Advanced wrestling instruction  
Technique, live wrestling, conditioning

**Coach:** Brandon Eggum

- Head Assistant Wrestling Coach, University of Minnesota
- 115-23-0 record at the university of Minnesota
- 4-time U of M letter winner
- 1999 and 2000 Big Ten Champion
- 2001 World Freestyle silver medalist

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

**When:** All sessions 6:30 – 8:00PM, Mondays  
January 2nd, 9th, 23rd and 30<sup>th</sup>, 2012  
February 6th, 13th and 27<sup>th</sup>, 2012



**Cost\*\*:** \$10 per individual session  
\$40 for all Jan-Feb Sessions (7 sessions)  
Check us out, 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](http://www.mnusawrestling.org)). Having a USA Wrestling card is mandatory to cover our insurance requirements for the facilities.