

TAKE YOUR WRESTLING TO THE NEXT LEVEL!

HI FLYERS WRESTLING

Would you like to learn advanced wrestling techniques from past state high school champs (multiple times over) and NCAA All Americans?

Better yet, how about 5 current and former U of M wrestlers? If so, you have come to the right place!



Who: Wrestlers, K – 12th grade

What: Advanced FREESTYLE & GRECO wrestling instruction
Technique, live wrestling & conditioning

Location:

St Michael

- STMA High School (8th–12th)
- STMA Middle School West (K–7th)

Minnetonka

- Minnetonka High School
(all ages)

Head Coaches:

Mike Thorn

- 3x Minn State Champion
(St. Michael High School)
- 2x NCAA All American (U of M)

Seth Lange

- Current U of Minn wrestler
- 4X SD State Champion
- 168-3 high school record

Asst Coaches:

All will be current or former U of M wrestlers

When:

6:30 – 8:00PM, Tues & Thurs
March 5th - June 11th, 2013

6:30 – 8:00PM, Tues & Thurs
March 12th – May 16th, 2013
No Practice April 2 and 4

Cost:

\$120 first wrestler
\$100 for each additional wrestler from the same family
Must have a current MN/USA Card **

Contact:

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More Info: Hi Flyers website: <http://www.reardan.org/HiFlyers/2013/Index.htm>

****Note:** Wrestlers 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.

