

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

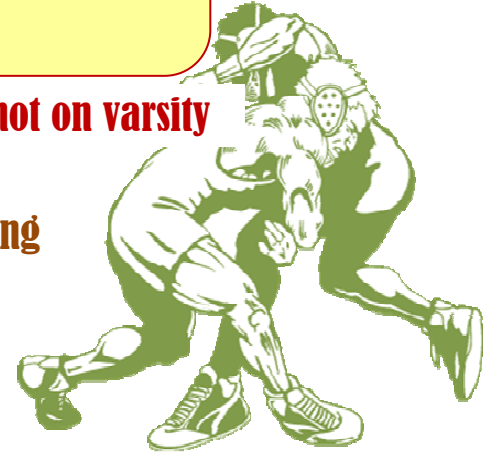
# HI FLYERS WRESTLING

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> grade & under, not on varsity

**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

**Alternate Coach:** **Kevin LeValley**

- All-American Division 1 wrestler for Bucknell University.
- Tied for sixth on Bucknell's career wins list (93)
- Four time Colorado high school champion
- Named Colorado Wrestler of the Year

**Where:**

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

**When:** All sessions 6:30 – 8:00PM, Mondays

10 Training Sessions

December 3rd (sign ups first night), 10th, 17<sup>th</sup> 2012 (no practice on December 24 or 31)

January 7th, 14rd and 28th 2013 (off for Martin Luther King Holiday January 21<sup>st</sup>)

February 4th, 11th and 25th 2013 (off for Presidents Day February 18<sup>th</sup>)

March 4<sup>th</sup> 2013

**Cost:** \$100 first wrestler  
\$80 per wrestler for second or more wrestlers same family  
Must have a current MN/USA Card\*\*

**Questions?** Contact Vince Herda at [vherda@grenergy.com](mailto:vherda@grenergy.com) or Mike McAnally at [mcanally19@yahoo.com](mailto:mcanally19@yahoo.com)

**\*\*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.

