

TAKE YOUR WRESTLING TO THE NEXT LEVEL!

HI FLYERS WRESTLING

Would you like to learn advanced wrestling techniques from past state high school champs 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
(first night – all ages)

Coaches: Zach Sanders, Danny Zilverberg, David Zilverberg, David Thorn, Mike Thorn

When: 6:30 – 8:00PM, Tues & Thurs
March 4th - June 10th, 2014

Contact: Tim Mlsna 763-360-4564
Email: Tim.mlsna@charter.net

Location: Minnetonka

- Minnetonka High School
(all ages)

Coaches: Seth Lange

When: 6:30 – 8:00PM, Tues & Thurs
March 11th - May 15th, 2014
(no practice April 1st & 3rd)

Contact: Mike McAnally 612-817-9971
Email: Mcanally19@yahoo.com

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

More Info: Hi Flyers website: <http://hiflyerswrestling.com/>

***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 insurance requirements for the facilities.