

2012 MINNESOTA ELITE

Preseason Training

(Grades K-8th)

~Learn Technique and Train with Top Minnesota

Wrestlers~

**All ability levels Welcome!*

Location: Apple Valley HS Cost: \$150 Time: 6-730	Fall Training Sept 9th –Nov 18th	Bungee Cord Training Climbing Ropes – Monster 88 Hard Drilling – Live Wrestling
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COACHES

Chad Erikson, Head Coach of MN Elite

- 4-time State Champion
- 1997 Mr. Minnesota
- Cadet National All-American
- Junior National All-American
- 2-time Division I All-American

Jake Avre, Program Director at MN Elite

- State Champion for Cambridge Isanti
- Four Year Letterman for the UofM
- Graduate Assistant for Southwest St

FALL SCHEDULE

Sept 9th – Practice

Sept 16th – Practice

Sept 23rd – Practice

Sept 30th – Practice

Oct 7th – Practice

Oct 14th – Practice

Oct 21st – No Practice

MEA Weekend

Oct 28th – Practice

Nov 3rd-4th

Preseason Nationals

(Iowa)

Nov 4th – Practice

Nov 11th – Practice

Nov 18th – Practice

GUEST CLINICIANS



CHRIS DARDANES

State Champion from Illinois
Junior National All-American
Division 1 All-American
High School All-American



NICK DARDANES

2-time State Champion from Illinois
Junior National All-American
RS Freshman at the UofM
High School All-American



DAKOTA TROM

3-time State Champion for Apple Valley
USA National Triple Crown
Cadet National Finalist

REGISTRATION:

<http://www.minnesotaelite.org>

CONTACT US: Chad Erikson

eriksonchad@gmail.com

or

(612) 327-2423

MISSION STATEMENT

MINNESOTA ELITE

*Camps provide some of
Minnesota's best wrestlers to
teach takedown strategies,
turn and pin series,
and much more.
Along with good technique,
our camps focus on
instilling a hard work ethic
and developing the
"mental toughness"
that is critical to
being successful in wrestling,
as well as in life.*

