2019 Mustang Wrestling Club
“PA to IA Pipeline” Camp

When: August 2\textsuperscript{nd} – 3\textsuperscript{rd}
Who: Athletes entering 3\textsuperscript{rd} - 12\textsuperscript{th} Grade
Where: Dallas Center - Grimes Elementary School
1205 13th St
Dallas Center, IA 50063

Schedule:
- Friday Aug. 2nd:
  - 6:00 PM– 6:30 PM  Check In/Registration
  - 6:30 PM – 8:30 PM  Session #1
- Saturday Aug 3rd:
  - 10:00 AM – 12:00 PM  Session #2
  - 12:00 PM – 1:30 PM  Lunch (Provided), Recovery & Games
  - 1:30 PM – 3:30 PM  Session #3
  - 3:30 PM – 3:45 PM  Camp Conclusion - Athlete Pick-Up

NOTE: Groups will be split with athletes entering grades 3-6 training in the Dallas Center Elementary gymnasium and athletes entering grades 7-12 in the Dallas Center wrestling room. Athletes in the 7-12 division should expect a high-intensity training atmosphere.

Registration & Cost: www.dcgwrestling.com  - Registration open from July 5\textsuperscript{th} – August 1\textsuperscript{st}
- $100 per Athlete (Only open to first 100 athletes to register)
  - Cost includes camp, t-shirt, and lunch on Saturday.
  - Must register by July 25\textsuperscript{th} to be guaranteed a shirt.
  - Walk-ins will only be accepted if space allows, must bring payment to registration

John Strittmatter
- Young Guns Wrestling Club
  - Coach - Pennsylvania
  - NCAA Div. II Natl. Champion

Michael Kemerer
- 2x NCAA Div. I All-American
- 1x PA State Champion
- 3x Fargo All-American

Max Murin
- NCAA Div. I All-American
- 2x PA State Champion
- 3x Fargo All-American

Please bring water bottle for each practice and a change of clothes/workout gear is recommended for each session.

For Questions, feel free to contact:
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- Chris Lansink  chris_lansink@yahoo.com  Cell: 515-314-5486
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