

MIDWEST EXTREME WRESTLING

November 11th, 2009

FILLMORE CENTRAL LAST CHANCE CAMP

Coach Billy Huebner – Luther College Assistant Coach/ Decorah Iowa

16 years of wrestling clinician experience and has ran over 250 clinics all over the Midwest and country.
Has been a part of 9 NCAA trophy teams and Coached 56 All Americans.

“Train Like a Norseman”

Place: Fillmore Central HS Wrestling Room, City of Harmony, MN.

Cost: \$45 (Includes two Work out T-Shirts) **Grades:** 3rd-12th

CAMP SESSIONS: WEDNESDAY, November 11th

5:00 p.m. – 7:00 p.m. (20 MIN Break) 7:20PM-9:20PM

Contact: Nate Carlson at (507) 696-8117 Email at nacarlson_2@yahoo.com

Contact: Billy Huebner at 608-790-2468 or Email at Coachbilly@luther.edu

Completed Registration forms should be sent to: Nate Carlson at 145 Main Ave South Harmony, MN 55939

Checks should be enclosed with registration and Checks made payable to: Norse Extreme Wrestling Club.

REGISTRATION FORMS ARE DUE BY November 11th , 2009 (May register at the door)

CAMP PHILOSOPHY & GOALS: This camp implements the Midwest style of wrestling. We teach the campers how to break down opponents, both physically and mentally. This camp has helped wrestlers improve their technique by providing exposure to a variety of wrestling moves and attitudes. We are seeking out the wrestlers that want to strive to become better and be the elite wrestler. Our goal is to take wrestlers to the next level and to expand their knowledge in the sport. We want our campers to better their skills and training habits. These clinics are to help you learn technique and strategies so when you step on that mat during season, you will have the confidence you need to out smart your opponent.

These clinics have something very special happening. We have developed a unique style of wrestling into our teachings. We are known throughout the country for our prowess on our feet, and we will model many of the techniques that help define our style of wrestling. Our philosophy of dominating opponents on top, non-stop movement on bottom, combined with the attitudes of grinding out victories provides a winning way for athletes. These clinics are serious, but we will have fun. By going through these clinics we will both be part of something special. Take advantage of this opportunity!

Name: _____ Wrestlers Cell: _____

Address: _____

City/State/Zip: _____

Email: _____ Home Telephone: _____

Weight Class for 2009: _____ Grade In Fall of 2009: _____ Height _____ Weight _____

Wrestling Accomplishments: _____

As the parent/legal guardian of the above named athlete, I understand and agree that the City of Harmony, Fillmore Central Public Schools, Norse Extreme Wrestling Club and its clinicians, and anyone else connected with the facilities used assume no responsibility for accidents, injuries, medical, or dental expenses incurred by my son/daughter while participating in this program.

Signed (parent or legal guardian): _____ Date: _____

Print Parents Names _____

Parents Email _____ Parents Cell _____