

# Spring Freestyle & Greco Retreat

Hosted by:

## Camp of Champs®

April 16 & 17, 2010 Juneau, WI  
One Week before State Championships for Freestyle & Greco

Costs: \$90 (posted mark 1 week ahead) OR \$110 (at the door)

Saturday only - \$70 - 1 wk. ahead/ \$90 at door

Coaches & Dads welcome - \$50

**Includes:** 9 hours of Wrestling Training in 25 hours.

3 home-cooked meals and 2 evening snacks

Housing - comfortable bunks (bring your own bedding)

Motivation from an Olympic Champion

Prepare for the next weekends State Tournaments!!

Ages: 6 years old thru Senior Level - divided by age

Coaches &/or Dad must accompany wrestlers under 10.

Staff Includes:

Ben Peterson - Olympic Champion, Director and Instructor

Jim Gruenwald - Greco Specialist

USOEC Assistant Coach

2X Olympian & National Greco Champion

Mike DeRoehn - WWF State Coach - Freestyle Specialist

UW Oshkosh Head Coach

Ben Hoover - 2<sup>nd</sup> Place NCAA Div. #3 - 2008

Maranatha Bible College - 165#

Andy Peterson - Strength & Conditioning Specialist

### Contact info:

Camp of Champs

PO Box 222

Watertown, WI 53094

1-800-505-5099

920-261-8071

[info@campofchamps.org](mailto:info@campofchamps.org)

### Location Only:

Camp of Champs facility

301 Lincoln Dr.

Juneau, WI 53039

Preliminary Schedule:

Friday

6:00-7:00 p.m. - Check-in (*let us know if you'll be late*)

7:00-9:00 - Session #1: Techniques, drilling & hard finish

9:45 - Motivational Thoughts from an Olympic Champion

10:30 - Lights Out - (Housing provided - bring your own bedding & towel)

Saturday

7:00am - Run 1 mile & 5 sprints

7:45am - Breakfast (*family style*)

9:00-11:30am - Session #2: Techniques & Drilling

11:30am - 1:30pm - Free time: Recreation areas, Wrestling videos & Camp Store open

Noon-12:40pm - Lunch (*walk-through*)

1:30-4:00pm - Session #3 Drilling & **MATCHES** (*bring your head gear*)

5:00pm - Supper

6:00-8:00pm - Session #4 Techniques, Drills & Hard finish

8:00pm - Goodbyes and Head Home (*Saturday housing can be arranged*)

## I wish to attend Camp of Champs Spring Freestyle & Greco Retreat!

April 16 & 17, 2010

Send \$25 deposit with form to:

**Camp of Champs**

PO Box 222

Watertown, WI 53094



Name \_\_\_\_\_

Address \_\_\_\_\_

City/ST/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Age/Weight \_\_\_\_\_

Parent's Signature \_\_\_\_\_