

# Fall Wrestling Retreats

You love wrestling and so do we!

Join others with similar goals!

Hosted by:

## Camp of Champs®

#1 October 22 & 23, 2010 Juneau, WI

#2 November 5 & 6, 2010 Juneau, WI

Costs: \$90 (postmarked 1 week ahead) or \$100 (at the door)

Both Weekends - \$140 - 1 week ahead/ \$150 at the door

Saturday only - \$70 - 1 wk. ahead/ \$80 at door

Coaches & Dads - half price

**Includes:** 9 hours of Wrestling Training in 25 hours  
3 home-cooked meals and 2 evening snacks  
Housing (bring your own bedding)  
Motivation from an Olympic Champion  
A great start for a successful season!

Ages: 8 years old through college age - divided by age - Coaches & Dads welcome.

Director & Instructor: Ben Peterson - Olympic Champion

Staff Includes: Andy Peterson - Assistant Director, College Coach

Strength & Conditioning Specialist

Mike DeRoehn - University of W. Oshkosh Head Coach

Wisconsin Wrestling Federation Coach

Dallas Herbst - NCAA Div. #1 All American @ Univ. of Wisconsin

2x State Champion

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

Maranatha Bible College - 165#

### 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:

Camp of Champs facility

301 Lincoln Dr.

Juneau, WI 53039

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  
7:50am - Breakfast (*family style*)  
9:00-11:00 - Session #2: Techniques & Drilling  
11:00 - Noon - Free time: Recreation areas, Wrestling videos & Camp Store open  
11:45-12:30pm - Lunch (*walk-through*)  
1:30-4:30 - Session #3 Drills & hard goes (*bring your head gear*)  
5:00 - Supper  
6:00-7:40 - Session #4 Techniques, Drills & Hard Finish  
8:00pm - Goodbyes and Head Home (*Saturday housing can be arranged*)

## Yes, I would like to attend a Camp of Champs Fall Wrestling Retreat!

Check the dates you will attend:

#1 October 22&23, 2010

#2 November 5&6, 2010

Send \$25 deposit with form to:

Camp of Champs

PO Box 222

Watertown, WI 53094

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone h/c \_\_\_\_\_

Age & Wt. \_\_\_\_\_

Parental Signature for Minors \_\_\_\_\_

