



Freestyle/Greco Wrestling Season

Our main focus is to improve wrestling skills in the areas of Freestyle/Greco, and build confidence on the mat in general. Schools are encouraged to get your youth and high school wrestlers to train outside of the regular season and build team camaraderie. **Wrestlers must sign up together for team DISCOUNT.** USA card required. Practice begins Tue 3/09/21.

Clinicians include:

- **Hunter Washburn:** Tuesdays
 - 3x Iowa High School State Place Finisher, 2x Iowa State Champion for Alburnett High School. 2013 USA Cadet National Champion. Wrestled for UNI Panthers.
- **Dan LeClere:** Thursdays
 - 4x Iowa High School State Champion for North Linn, Wrestled at the University of Virginia Tech and Iowa. 1x NCAA qualifier for Iowa. Inducted into the Iowa High School Wrestling Hall of Fame. 6th pl. 66 kg at ASICS men's freestyle University National Championships. 5th and 2nd Place Finisher at FILA Juniors. 2x AA Cadet Greco and 1x AA Cadet Freestyle at Fargo.
- **Special Guest Clinicians will include various DC Elite Alumni wrestlers, as well as:**
 - **Clayton Rush:** Head Wrestling Coach at Alburnett HS, 4x D3 AA, 3x Finalist, 2X NCAA Champion.
 - **Brock Henderson:** 4x HS State Qualifier, 4x HS State Place Finisher, 2x HS State champion, 1X D3 National Qualifier and AA wrestling for Coe College.
 - **Brett Schoenherr:** 3x HS State Qualifier, HS State Place Finisher for Midland HS, Wrestling for Wisconsin-Platteville.
 - **Cole Erickson:** Assistant Coach Coe College, 4X HS State Qualifier, 4X HS State Place Finisher, 2X D3 National Qualifier, 2X D3 All American, U23 All American.
 - **Barry Davis:** 2x Olympian and Silver Medalist, 3x NCAA Champion for University of Iowa.

Who: 3rd-12th grader that is looking to learn Freestyle and Greco, or just expand their wrestling experience. We encourage any female wrestler that is interested in wrestling to participate as well.

Where: DC Elite: 913 Metzger Dr Hiawatha, IA 52233

When: **March – April – May (begins Tue, March 9th 2021)**

- Tuesdays & Thursdays 6:30-8pm

Cost: 1 wrestler cost is \$225.

2-4 wrestlers from your school \$200 ea. **Must sign up as a school to get discount.**

5-7 wrestlers from your school \$180 ea. **Must sign up as a school to get discount.**

8+ wrestlers from your school \$160 ea. **Must sign up as a school to get discount.**

\$20 drop in rate per practice.

Please indicate what school you are from so we can give credit to your wrestler and school

Participant's Name _____ School _____ Grade _____

Participant's shirt size _____ USA# _____

Parent Contact Name(s) _____

Email for updates/info _____ Ph's _____

Emergency Contact _____ Ph's _____

School / Club affiliated with _____

Contact info for any child or parent that you think might be interested in wrestling practices:

Legal custodian: By signing below I give my full consent and permission for _____ to participate in practice and all activities associated with DC Elite Wrestling Club. I agree to hold harmless and indemnify the Club, Coaches, and Facility located at 913 Metzger Dr in Hiawatha, Ia from any and all liabilities, possible contracting of Corona Virus and any and all damages, loss, or expenses that may be sustained during the course of DC Elite practices. I also give consent, if emergency should arise, for members of DC Elite to begin necessary medical treatment while attempting to contact myself or others listed on this consent form as "Parent" and "Emergency Contact".

Print Signature & Date _____

Paid: _____

Must be turned in prior to practicing.

Contact Dustin Coufal for more information: 319-350-0274 or dustin.coufal@yahoo.com