

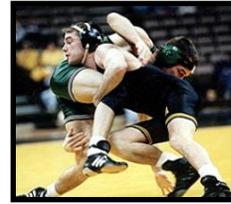
# Augustana College/Young Guns Wrestling

## -Summer Program

-Tuesdays/Thursdays June 1<sup>st</sup>-July 22<sup>nd</sup>

**Augustana College – Newly refinished room!**

Summer Wrestling makes Winter Champions



**ERIC JUERGENS**

Head Coach Augustana College

2x NCAA National Champion for the Univ. of Iowa-

-4x NCAA All-American (1998-2001)-

2000 and 2001 Big Ten Outstanding Wrestler—Univ. of Iowa-

2x Big Ten Champion (2000 & 2001)-

2000 Midlands Champion-

2000 and 2001 Male Athlete of the Year for the Univ. Of Iowa-

1998 NCAA Freshman Wrestler of the Year-

4 x Undeclared State Champion IA 144-0-

**Schedule- June 1<sup>st</sup> -July 22<sup>nd</sup> Folkstyle (collegiate/HS)**  
**Every Tuesday/Thursday-6:30-8pm @ Augustana College**  
**16 tough sessions to raise your ability in wrestling!**

**Cost-** \$170 for two month session Pre Register, by May 25th

\$195 Post register

**Make Check Payable** to ERIC JUERGENS 3200 Hunter Lane Eldridge, IA 52748 **Contact:** [ericjuergens@hotmail.com](mailto:ericjuergens@hotmail.com) 563-451-2932 C

This camp is for all ages, and all levels of experience. All wrestlers at all levels can improve dramatically on their technique in wrestling, even those already having some success. The farther you go in wrestling, the more important it is to do things precisely, and more efficient. Wrestling is the only sport where you don't have to be "athletic" by society's standards. There is no wrestler body "shape", because wrestling is simply about body positioning and applied leverage. Master the position's you put your body in, force your opponent out of position, and you win. We will cover all areas of wrestling, from the feet to the mat. By going over different holds in wrestling, we will examine not just how to do moves properly, but focus on explaining WHY to do moves one way as opposed to another. We will then live wrestle to try new holds and positions learned. Come and learn how to be the best wrestler you can be!

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ School \_\_\_\_\_

Shirt Size \_\_\_\_\_

In consideration of your acceptance of my entry, I hereby release any and all facilities of Augustana College, any facilities used in conjunction with the summer program, and the staff of this camp from any claim, liabilities, or rights to damage for and injuries or losses suffered by my wrestler or me, directly in training for, traveling to and from, or participating in the Summer Wrestling Program.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

***-The only way you really outwork your***

**competition is if you actually work when they don't...**

