

MAY 15-17

4TH ANNUAL
Rochester, Minnesota
The Clash
National Wrestling Duals **CAMP**
POWERED BY SEMWREC

In Association with:



May 15, 16 & 17th, 2009 -www.clashmn.org/camp
Kasson, Minnesota – Kasson-Mantorville Elementary School, 604 16th St. N.E., Kasson, MN 55944



Jared Lawrence

- Team USA Wrestling: 66 kg
- 3X Senior Level National Team Member
- 2004 Olympiad Athens, Greece Team USA 66 kg
- 2002 NCAA Champion
- 2003 NCAA Runner Up
- 4X NCAA All-American
- 4X Idaho High School State Champion (133-0)



Jayson Ness

- NCAA Runner Up
- 3X NCAA All-American
- 2X Minnesota State Champion
- 2004 NHSCA Senior All-American



Zach Sanders

- NCAA All American
- 5X Minnesota State Champion
- 223-5 HS Record
- NHSCA Senior Champion

- Takedowns
- Technique
- Conditioning Tips

Camp to Include:

- Goal Setting
- Weight Management
- Mental Conditioning

- Balancing Wrestling & Life
- Question and Answer
- Autographs (at the end of Camp)

SEMWREC* School Rates

- Individual Rate \$30.00**
- Family Rate \$55.00**

Non-SEMWREC* Rates

- Individual Rate \$60.00**
- Family Rate \$110.00**

T-Shirt included in cost!

*SEMWREC (Southeastern Minnesota Wrestling Coalition) includes Section 1 schools and Section 2 schools East of I35.

K thru 5th grade: (first 250 campers)

- Friday 6:00 – 8:00 pm.
- Saturday 9:00 am – Noon.
- Sunday 9:30 am – Noon.

6th thru 12th grade: (first 200 campers)

- Friday 7:00 – 9:00 pm.
- Saturday 1:00 – 5:00 pm.
- Sunday 1:00 – 5:00 pm.

For more information contact:

Ryan Thomas (507) 358-8540
Email: camp@clashmn.com

Register online ONLY

www.clashmn.org/camp

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There will be no refunds because of limited space.