

STATE CHAMP

WRESTLING CAMP

Utilizing the "Getting Better Faster in Wrestling" System

Where: Catholic Central High School • CAT field house 2770 Knapp St • Grand Rapids MI 49525
When: June 12th - June 13th (Wed. & Thurs)
Time: 9:00am - 3:00pm **Grades** 3rd - 12th
Cost: \$95.00

11 hours of instruction and each wrestler will get two live matches each night

Bring a sack lunch



Dave Mills - Master World Champion, 2X National Coach of the Year, State Champion, National Hall of Fame, Former HS Coach at Forest Hills Central HS (last 5 year record 110-6)



Brad Anderson - Head Coach at Forest Hills Central HS, National All-American, 2X State Champion, Varsity letter winner at Central Michigan University



Rick Bolhuis - Head Coach at Grand Valley State, National Coach of the Year, 4X All-American, National Champion



Corey Melinn - Former Heavyweight for GVSU, 3X All-American NCWA National Champion 2011. Currently an Assistant Coach at Coopersville High School

The "Getting Better Faster in Wrestling System" will help you reach for your goals in an easy to learn "Systematic Approach." Wrestlers will be taught moves that "STATE CHAMPION" wrestlers use to dominate their opponents. Wrestlers will also be able to pick two of the Mills Product videos. Each session the wrestlers will be broken into small groups by size and ability. Our experienced State Champ staff will then instruct in an easy to learn step-by-step method. Each session wrestlers will be drilled on material learned and then presented new moves. Wrestlers will also be coached on mat strategy, things to do in the off season, weight training, nutrition, and goal setting. This camp **WILL** put each wrestler on a path to become their own STATE CHAMPION!!! I look forward in working with all wrestlers big and small to pass on the knowledge to become the next STATE CHAMPION!!! It's our way to keep on coaching you throughout the season. Hope to see you at the CAT Field House on June 12-13.

Wrestlers will receive 2 videos with paid camp fee
 Additional videos may be purchased.

Please register by June 8

- Live Pinning Situations
- Live Escape & Reversal Situations
- Live Takedown Situations
- Deadly Weapons I
- Deadly Weapons II
- Youth Wrestling - Pinning

- Youth Wrestling - Take down
- Youth Wrestling - Escape
- 60+ Pinning Drills
- 50+ Escapes & Reversals
- 35+ Takedown Drills
- 50+ Upper Body Drills

Name: _____

Phone: _____

Email: _____

School: _____

Make checks payable to Mills Products LLC: Send to Mills Products 7425 Kenrob Dr. SE, Grand Rapids MI, 49546.
 (any questions call Coach Mills at 616 262-0654) • www.millswrestling.com • dave@millswrestling.com