

STATE CHAMP WRESTLING CLINIC

Utilizing the "Getting Better Faster in Wrestling" System

Where: Newaygo Middle School - 850 76th St., Newaygo, MI 49337

When: June 20th

Time: 9:00am to 3:00pm

Cost: \$65.00 (lunch will be provided) • **Grades** 2nd-12th

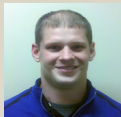


Dave Mills - Master World Champion,
2X National Coach of the Year,
State Champion, National Hall of Fame,
Former HS Coach at Forest Hills Central HS
(last 5 year record 110-6)

Wrestlers will drill...
200+ takedowns
100+ pinning holds
100+ escape & Reversals



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

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!!!!!! It's our way to keep on coaching you throughout the season. Hope to see you at Newaygo Middle School on June 20.

Contact: Mike Roesly (231) 740-2532

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

Please register by June 15

Name: _____

- 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

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