

STATE CHAMP WRESTLING CAMP

Utilizing the "Getting Better Faster in Wrestling" System
Featuring Dave Mills and Tom Krepps

Where: Kenowa Hills HS
When: June 13th-June 16th

Time: 6:00-9:00pm Grades 2nd-12th
Cost: \$95.00



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)



Tom Krepps - National Coach of the Year, National Hall of Fame Inductee, Former HS Coach at Grandville HS (23 year record 426-58)



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. (three if paid by June 1st !!) 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 day 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 !!!!! To reinforce the moves taught at camp each wrestlers will receive three Mills video's!!! It's our way to keep on coaching you throughout the season. Hope to see you at Kenowa Hills HS (3825 Hendershot Ave. NW - Grand Rapids, MI 49544) on June 13th.

Wrestler receives 2 videos with paid camp fee
Sign up before June 1st receive one BONUS video (total of 3)

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| <input type="checkbox"/> Live Pinning Situations | <input type="checkbox"/> Youth Wrestling - Take down |
| <input type="checkbox"/> Live Escape & Reversal Situations | <input type="checkbox"/> Youth Wrestling - Escape |
| <input type="checkbox"/> Live Takedown Situations | <input type="checkbox"/> 60+ Pinning Drills |
| <input type="checkbox"/> Deadly Weapons I | <input type="checkbox"/> 50+ Escapes & Reversals |
| <input type="checkbox"/> Deadly Weapons II | <input type="checkbox"/> 35+ Takedown Drills |
| <input type="checkbox"/> Youth Wrestling - Pinning | <input type="checkbox"/> 50+ Upper Body Drills |

Name: _____

Phone: _____

Email: _____

Grade: _____

School: _____

Make checks payable to Mills Products : Send to Mills Products 4674 W. Kirk Ct. SE , Grand Rapids MI , 49546.
(any questions call Coach Mills at 616 262-0654) • www.millswrestling.com • dave@millswrestling.com