



**LIMITED TO  
36 WRESTLERS  
PER CAMP!**

## **FARGO PREP CAMP JUNE 25-28TH, 2023 COST: \$350**

**PRICE INCLUDES FOOD AND ONSITE LODGING. CAMP IS OPEN TO ANYONE TRAINING FOR FARGO, WORLD TEAMS, OR ANYONE LOOKING TO GET BETTER IN THE JUNIOR AND CADET LEVELS IN THE INTERNATIONAL STYLES.**

### **CAMP CLINICIAN**

### **DENNIS HALL**

**CAMP LOCATION: 3039 STATE HWY 73  
WISCONSIN RAPIDS, WI 54495**



**2011 NATIONAL WRESTLING HALL OF FAME MEMBER, 3X OLYMPIAN, 1995 WORLD CHAMPION, 10X US NATIONAL CHAMPION, 2010 HEAD GRECO ROMAN COACH**  
COACH HALL ALSO HAS EXTENSIVE FOLKSTYLE EXPERIENCE. HE'S A 3X STATE CHAMPION, A FULL SCHOLARSHIP ATHLETE FOR THE UNIVERSITY OF WISCONSIN BEFORE SWITCHING TO GRECO ROMAN, AND HAS COACHED A YOUTH CLUB FOR 27 YEARS.

### **CAMP SCHEDULE:**

<b>SUN:</b>	<b>5:00-5:30—CHECK IN</b>
	<b>5:30-6:00—WELCOME AND PICTURE</b>
	<b>6:00-8:00— PRACTICE</b>
<b>MON-TUES:</b>	<b>9:00-11:00— PRACTICE</b>
	<b>1:00-3:00— PRACTICE</b>
	<b>6:00-8:00— PRACTICE/LIVE</b>
<b>WED.</b>	<b>9:00-11:00— PRACTICE</b>
	<b>1:00-3:00— PRACTICE</b>
	<b>3:00— CHECK OUT</b>

**CAMP EMPHASIS:** FARGO PREP FROM ONE OF THE US'S BEST COACHES IN THE INTERNATIONAL STYLES. 6 SESSIONS EACH OF FREESTYLE+GRECO WITH STRENGTH+ CONDITIONING BETWEEN SESSIONS DESIGNED TO HELP YOU PEAK AT THE RIGHT TIME FOR FARGO. (SINGLE STYLE ATHLETES CAN TRAIN EXCLUSIVELY ONE STYLE)

**CAMP OFF TIME:** RECREATIONAL ACTIVITIES INCLUDE CAMP FIRES, CORNHOLE TOURNAMENT, VOLLEYBALL, FISHING, SPIKEBALL, ETC.

**DISCOUNTS:** REGISTER FOR MULTIPLE CAMPS AND RECEIVE A \$75 DISCOUNT APPLIED TOWARDS A 2ND CAMP. THERE IS ALSO A 50% DISCOUNT FOR A SECOND CHILD AFTER THE FIRST FULL PRICE ATHLETE FOR MULTI-ATHLETE FAMILIES

**SEND PAYMENT TO : THE BEAST CAGE, 6426 5TH AVE RUDOLPH, WI 54475**

**OR REGISTER ON TRACKWRESTLING (WORLD GOLD FARGO PREP CAMP)**

**FOR ADDITIONAL INFORMATION CONTACT BRIAN BACK BY**

**EMAIL AT [OBSESSEDWRESTLER36@GMAIL.COM](mailto:OBSESSEDWRESTLER36@GMAIL.COM) OR PHONE— 715-459-4090**