

ZUMBROTA-MAZEPPA

Wrestling Camp 2017

June 5th-8th

Students in grades K – 12th (2016-2017) are encouraged to participate at the ZM wrestling camp this summer. The camp will be run by college All-Americans!

Expect a fast pace with many moves shown. Situational/live wrestling will occur roughly 1/3 of each practice. The remaining time will be spent on technique. Our goal is to teach fundamentals but have fun in the process. All ability levels are encouraged to participate.

Cost = \$35 (1 wrestler)

2 siblings = \$50

3 siblings or more = \$60

**Please make checks payable to: Brota Valley Wrestling
(Send checks to: 353 E. 9th street Zumbrota MN, 55992)**

**Please contact Link Steffen with any questions at: 507-358-1344 or email:
link.steffen@state.mn.us**

Registration – Wrestling Camp

5:00 – 6:00pm Grades K – 6 (2016-2017)

6:15 – 7:30pm Grades 7 – 12 (2016-2017)

Name _____ Grade completed _____

Address/City _____

Phone _____ Email _____

I hereby consent to let my child _____ participate in the 2017 wrestling camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the school district will be held responsible in case of an accident.

Parent/Guardian Signature _____

ZM wrestling camp technicians for June 5th-8th

Monday and Tuesday: Ethan Lizak

Ethan Lizak wrestles for the Minnesota Golden Gopher at 126 pounds! He made the Division one college wrestling finals this season, placing 2nd! Ethan is a sophomore season and finished this season with a 30-7 record! Ethan is one of the nation's top (if not best) leg rider! Ethan will be sharing his leg riding secrets with the Zumbrota Mazeppa Cougars!

Ethan in action!!!!

He's good on his feet! See how low he gets on shots!



Ethen keeps the legs in even when he's on his head!



Ethan always stays tight with his hips and body!



Wednesday: Austin Goergen

Austin Goergen wrestles for Division two, St. Cloud State University as their heavy weight! Austin is a four time All-American! This means Austin placed in the top 8, each of his four seasons as SCSU! Austin was also named division II MOST DOMINANT WRESTLER OF 2017! Here is a link to that article: <https://theguillotine.com/2017/03/scsus-goergen-named-the-ncaas-most-dominant-dii-wrestler-for-2016-17/#more-55402> Austin is a heavy weight, but wrestles like a light weight wrestler! Wrestlers, search Austin Goergen and watch some of his matches, you can learn a lot! Austin is one of coach Steffen's favorite wrestlers to watch of all time!

Austin Goergen wrestling!



Austin at St. Cloud State!



Austin winning his 2nd state title for Caledonia!!!!



Austin working hard on top for a fall at St. Cloud State!

Thursday Session:

Coaches: ZM wrestling staff. We look forward to touching base with the zm wrestlers. We will also be incorporating some new technique and helping the beginner wrestlers learn basics. As always wrestlers, be prepared to learn and apply the technique you learn! This should be a great camp for a very affordable price!

Thanks,
Link Steffen, Mark Krier, Tony Stensland, Tony Brown