

Eagan Open Mat Time

You Become Like The People You Surround Yourself With

The Eagan coaching staff know that all great wrestlers surround themselves with great practice partners and coaches that have the same: commitment, goals, and work habits. If you are tired of the traditional camp, have a busy schedule; spending a lot of money on camps when you know it's the basics that win matches and who your practice partners are in and out of season. If so, then this open mat time is the thing for you and your partners.

What does open mat time offer your wrestler?

1. An opportunity to get on the mat two times a week.
2. An opportunity for you to organize a schedule with your partners.
3. An opportunity to make a commitment during the summer on days you can wrestle.
4. A place that you and your partners can meet.
5. An opportunity to be guided by coaches that know the cores to winning.

What is the time frame for open mat?

1. Open mat time will be offered 12 days during the months of June and July.
2. Mondays and Wednesdays
3. 6:30 pm-8:00 pm

Where will these practices take place?

1. The practices will take place in the Eagan High School.
2. Coaches will have a set practice planned for each night that will ensure that you are getting the basics down and getting some good live wrestling in.

The Coaches and Cost?

1. The Eagan coaches have a wide variety of experience and can offer your wrestler insight on the moves and positions that win matches.

Chad Gage- Augustana College

Dan Boos- Luther College-National Champion

Andrew Twito-Eagan Club Coach

Tom White-Emmetsburg,Iowa

Tony Stensland- UMD

Nate Schraan-St.Johns College

Josh Burhans-Eagan H.S. Assistant Coach

2. The cost of the open mat time is **FREE** for the summer. We want you to be on the mat this summer as much as possible. Making that commitment when you have a night off is a big step to becoming a champion.

Summer Wrestling =Winter Champions

How do I sign-up?

1. Contact 3-4 wrestlers of your ability that you know can make a commitment.
2. Pick out the dates on the schedule that you and your partner/s can make.
3. Fill out the waiver form on the bottom.
4. Bring the waiver form with you to the first practice.
5. Questions: Call Chad Gage: 651-688-0883 or email chad.gage@district196.org

Week 1-Dates

Monday June 14
 Wednesday June 16

Week 2-Dates

Monday June 21
 Wednesday June 23

Week 3-Dates

Monday June 28
 Wednesday June 30

Week 4-Dates

Monday July 12
 Wednesday July 14

Week 5-Dates

Monday July 19
 Wednesday July 21

Week 6-Dates

Monday July 26
 Wednesday July 28

-----**Wrestlers Waiver Form**-----

Name _____ Grade _____ Age _____ Weight _____

Parents Name _____ Telephone _____

I agree to allow my child to participate in the program sponsored by the Eagan High School Wrestling program. I understand that participation is voluntary. I agree that all activities undertaken by my child are undertaken at his risk and that Eagan High School shall not be liable for any claim, demands, damages, actions, or causes of action. I have read this agreement carefully and know and understand its contents.

Signature _____ **Date** _____