



ALL Female Wrestlers Training Camp 2011-2012

All practices will be on Sundays, from 12:00 - 1:30 (unless noted)

Location: Pinnacle Wrestling School

503 County Rd E. West, Shoreview MN 55126

Practice dates are subject to change throughout the season. Notification of any changes will be emailed and posted to the Guillotine website (theguillotine.com)

All female wrestlers are welcome to participate in practice regardless of state residence and age (pre k – high school). There is **no cost** to this training camp as long as you have a current USA Wrestling card. USA Wrestling cards will be available to purchase at the first couple practices of the season.

December 11th – Practice (11:00 – 1:30) **2008 Olympian Marcie Van Dusen at practice. Note extended time.**

January 8th – Practice (12:00 – 1:30)

January 29th – Practice (12:00 – 1:30)

February 5th – Practice (12:00 – 1:30)

February 19th – Practice (12:00 – 1:30)

MN Girls High School State Tournament – Details coming – March 4th

MN USA Girls Folkstyle State Tournament - Rochester - March 10th

March 18th – Practice (12:00 – 1:30)

USA Girls Folkstyle Nationals - Oklahoma City, OK - March 25th

April 8th (Freestyle) – Practice (12:00 – 1:30)

April 15th (Freestyle) – Practice (12:00 – 1:30)

April 29th (Freestyle) – Practice (12:00 – 1:30)

May 6th (Freestyle) – Practice (12:00 – 1:30)

MN USA Girls Freestyle State Tournament - Rochester - May 19th

Northern Plains Girls Freestyle Tournament – Grand Island, NE - June 16th USA

Women's Cadet and Junior Nationals – Fargo, ND – July 14, 17 & 18

**** All tournaments listed count toward the Minnesota Top Five Girl Wrestlers, Top Cadet and Top Junior Awards, except Girls HS State ****

All practices will be run by current MN USA Girls/Women's Director and Coach Chad Shilson. Other coaches are welcome and encouraged to participate. Guest clinicians will be present throughout the season. Practices will consist of warm-up, technique and live wrestling sessions.

Please call me with any questions.

Sincerely,

Chad Shilson

MN USA Wrestling – Girls/Women's Director & Coach

612-791-1120