



## CHAMPION'S WRESTLING SCHOOL

2100 NW 100<sup>TH</sup> ST. CLIVE, IA 50325 • PHONE: 515-278-8888 • FAX: 515-278-8097

***"LEARNING FOR LIFE"***

**WHO:** 3<sup>rd</sup> grade through 12<sup>th</sup> grade. Beginners, Intermediate, Advanced, Elite.

**WHAT:** *Going to the next level in wrestling and life.* Wrestling fundamentals, the mental aspect of athletics, goal setting, confidence building, & life principals.

### FALL SESSION

*16 Workouts on Thursday nights and Saturday mornings.*

*Use this session to get ready for the upcoming season!!*

*New technique, improving your current moves, mental preparation.*

**Cost is \$349.** Includes 7 Flags use. **Starts September 7.**

**1-DAY TRIAL:** \$20 (2hr workouts); \$25 (3hr workouts). *Try our program.*

**SMALL GROUP TRAINING:** Training for 2-6 wrestlers on a limited basis. Thursday nights from 7-8:30pm. Call or email for costs and for spaces available.

**3-DAY CAMP:** October 23<sup>rd</sup>, 24<sup>th</sup> and 26<sup>th</sup> from 5-7pm. **Cost \$20 per day or \$50 for all 3 days. Keith Massey will teach at least 2 of the days.** Preparation for tournaments on October 28<sup>th</sup> at Dowling and November 4<sup>th</sup> at Vets.

**KEITH MASSEY:** *2-Time State High School Team and Dual Team Champions, 2-Time NCAA Qualifier at UNI. Coached over 50 State Champions & over 15 National Champions.*

**MIKE LAND:** Executive Director of Champion's Wrestling School, NCAA Champion, *Coached over 20 wrestlers to State Championships & 500 at Land's Gym in the 80's & 90's.*

**FRANK SANTANA:** President/CEO 7 Flags Fitness & Racquet Club, NCAA Champion, 2-Time NCAA Runner-up, Team Captain at ISU, Successful Business Man & Entrepreneur.

PLEASE CONTACT MIKE LAND AT [miland@7flags.com](mailto:miland@7flags.com) FOR MORE INFORMATION.