



WORLD GOLD WRESTLING

LIMITED TO
36 WRESTLERS
PER CAMP!

FARGO PREP CAMP 7/5 - 7/9/22 COST: \$250

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

CAMP CLINICIAN DENNIS HALL



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:

TUESDAY: 5:00-5:30—CHECK IN
5:30-6:00—WELCOME AND PICTURE
6:00-8:00— PRACTICE

WED-FRI: 9:00-11:00— PRACTICE
1:00-3:00— PRACTICE
6:00-8:00— PRACTICE/LIVE

SAT. 9:00-11:00— PRACTICE
1:00-3:00— PRACTICE
3:00— CHECK OUT

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, STRONGMAN EQUIPMENT, 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)

USA WRESTLING CARD REQUIRED. FOR ADDITIONAL INFORMATION CONTACT:

EMAIL— OBSESSEDWRESTLER36@GMAIL.COM PHONE— 715-459-4090

CREATING CHAMPIONS IN LIFE