

CHIPPEWA ELITE WRESTLING CLUB

INTENSIVE TEAM CAMP

Join us for an intense **three-day wrestling camp** featuring elite clinicians: **Nick Becker, Jim Gruenwald, Eric Barnett, James Huntley, and Brandon Carroll**. This camp is designed for **wrestlers grades 6-12** and offers high-level training and competition.

ELITE CLINICIANS



Nick Becker

Head Coach at the
University of Wisconsin-Parkside



Jim Gruenwald

2X Greco-Roman Olympic
Team Member



James Huntley

Assistant Coach at the
University of Wisconsin-Eau Claire



Eric Barnett

3X NCAA D1 All-American



Brandon Carroll

Assistant Coach at the
University of Wisconsin-Eau
Claire

Details:

- **Six** high-intensity training sessions (2 hours each) led by top-level clinicians.
- **Final day:** 4-team round-robin duals, giving wrestlers the chance to apply their skills in live competition.
- **Championship prizes:**
 - 1st place team wins a custom championship belt
 - 2nd-4th place teams receive trophies

Teams:

**8 teams max, with
20 wrestlers per team**

Cost:

**\$3,000 per team
(~\$200 per wrestler)**

Register now at : chippewaelitewrestling@gmail.com

CHIPPEWA ELITE WRESTLING CLUB

INTENSIVE TEAM CAMP ITINEARY

Location: Valley Sports Academy (VSA) & Hotel (TBD)

Dates: June 18–20, 2025

For Athletes, Coaches & Parents

Wednesday, June 18th

ARRIVAL DAY

- **Check in to hotel**
(Time TBD based on travel)
- **7:30 PM – Coaches Meeting at VSA**
 - Final schedule check, team assignments, and expectations
 - Location: VSA Conference Room

Thursday, June 19th

FULL TRAINING DAY

- **9:30 AM – Arrive at VSA / Check-In**
- **10:00 AM – 12:00 PM – Session 1**
(Technique + Drills)-- Nick Becker
- **12:00 PM – 1:00 PM – Lunch Break**
- **1:30 PM – 3:30 PM – Session 2**
(Live Situations + Group Drills)
-James Gruenwald
- **3:30 PM – 5:30 PM – Break /
Recovery Time**
- **5:30 PM – 7:30 PM – Session 3**
(Wrestling IQ & Strategy)
James Gruenwald
- **8:30 PM – 10:00 PM – Camp Bonfire
at Jacob's Well**
 - Team bonding, smores, and reflection

Bring lawn chairs or blankets

Friday, June 20th

MIND & BODY FOCUS

- **6:00 AM – 7:00 AM – Team Run/Workout**
(Hill sprints or circuits) *Optional*
- **8:00 AM – 10:00 AM – Session 4**
(Drill Chain wrestling & Technical Refinement)
- Brandon Carroll
- **10:00 AM – 1:00 PM – Team
Competitions (National Guard)
& Lunch Break**
- **1:00-2:00 Session 5**
Active recovery– James Huntley
- **2:30 PM – 4:30 PM – Free time/
Hot Yoga *Optional***
- **5:00 PM – 7:00 PM - Final Session**
Technique – Eric Barnett
- **7:00 PM – 10:00 PM – Movie at
Micon Theatre– Unstoppable**

Saturday, June 21st

DUAL TOURNAMENT DAY

- **10:00 AM – Warm-ups**
Led by Coach Brandon Carroll
- **11:00 AM – TBD – Dual
Tournament Begins**
 - Bracket-style duals
 - Awards & wrap-up to follow