

PL Metro Monday 2018 - 2019

Live Wrestling (4+ matches) and Intensive Drilling
Led by Hayden Zillmer
All clubs welcome on Monday Nights!



Hayden Zillmer is a USA World Wrestling Team Member, a 3-time Minnesota High School state champion and an All-American at North Dakota State University. He will be leading high intensity practice sessions with a focus on technique/combat, intense drilling and live wrestling. Experienced wrestlers only please.

Dates: (16 sessions) November 12th, November 19th,
November 26th, December 3rd, December 10th,
December 17th **2019**, January 7th, January 14th,
January 28th, February 4th, February 11th, February
25th, March 4th, March 11th, March 18th, March 25th

Place: Prior Lake High School Wrestling Room, 7575 150th St. West, Savage, MN 55378

****Requirements: Must have a USA Wrestling card; 3rd grade and older and three years of competitive experience (i.e. MN/USA State tournament and/or National level events).**

**** all participants *must* meet the minimum requirements to be able to participate. No exceptions!**

The fee for all sessions is a one-time payment of \$50.
Payments will be accepted the first night of practice.

Please submit NAME, GRADE, WEIGHT, and CLUB to congdon@gmail.com by November 12th, 2018 to lock in your wrestler's spot.

Contact: Scott Congdon at congdon@gmail.com / 952.994.7145