



TECH TEAM



Overnight Wrestling Camp

Friday-Saturday, July 29-30th, 2022

CLINICIANS

Sierra Ramberg

- Alumni and current coach for West Fargo High School
- Alumni and current coach for ND women's national team
- Trained with Coach G. and Concordia since 2018
- Assisted coaching youth for Concordia college camp 2021
- 2020 ND Women's State Folkstyle champion
- Tricia Saunders high School Excellence Award recipient
- Zachmier Award of Excellence Recipient

Kris Nelson

- NCAA Division II National Champion
- NCAA II Outstanding Wrestler
- 3x NCAA Division II All-American
- 2x North Central Conference champion
- NDSU Athletic Hall of Fame inductee
- 14 years as MSUM head coach
- As head coach, Nelson has coached one NCAA finalist, six All-Americans, 20 NCAA qualifiers and numerous NSIC/NWCA All-Academic wrestlers
- 9 years as NDSU assistant coach
- At NDSU, Nelson helped coach 25 All-Americans, 7 NCAA champions, and 2001 NCAA national team champions
- Two-time ND State High Champion with a career record of 128-19

Graelin Garlington

- Tech Team head coach
- Concordia assistant coach
- Owner and clinician for Garlington Training Center
- Career focus is to help all athletes in furthering their wrestling skillset, mindset, and knowledge of the sport
- 20 years of wrestling experience as an athlete and coach
- MSUM alumni

SCHEDULE

Day 1

11-12 Check-in/Registration
12-2 Technique Session 1
2-3 Snack/break
3-5 Technique Session 2
5-7 Dinner/break
7-8 Personal Hygiene
8-10 Movie
10PM Lights out

Day 2

6-7 Morning Run
7-9 breakfast/break
9-11 Technique Session 3
11-1 Lunch/break
1-3 live wrestling
3PM camp ends

REGISTRATION techteamwrestling.com

CAMP TIME 12:00 PM Friday – 3:00 PM Saturday

PRICE \$100 per wrestler

GRADES 3rd – 8th

WHAT TO BRING Water bottle, workout clothes (several pairs), towel, hygiene items, wrestling shoes, running shoes, headgear, sleeping bag/blanket, pillow

FOOD Meals and snacks will be provided

CONTACT Graelin Garlington - 662-889-1483