

Jason Mester's Wrestling Camp featuring The University of Nebraska's Coaching Staff: Trent and Travis Paulson

Dates: June 11, 12, 13 2009
Times: Ages: 6-12 4:00-5:30 pm
Ages: 13-18 5:45-7:45 pm
Cost: Ages: 6-12: \$40.00*Price Includes Camp T-Shirt
Ages: 13-18: \$60.00*Price Includes Camp T-Shirt

Where: Mineral Point High School Gym
Contact Info: Jason Mester- (989) 430-5555 or
jmester@huskers.com

This is the third Annual Camp for all ages put on by Jason Mester. Jason is a Mineral Point, WI native who now coaches at the University of Nebraska. Jason was a 2X Division I All-American at Central Michigan and a 2X University Freestyle National Champion. The camp will consist of three sessions of technique and live wrestling. You will be exposed to, various techniques, drills, nutrition tips, and strength and conditioning information. Parents, family, and friends are encouraged to come out and watch. Other Camp Counselors will be:

Trent Paulson- Trent wrestled at Iowa State University. He is a three time All-American, 2007 National Champion, and a third place finish in the 2008 Olympic Trials. Trent is currently ranked second in the country on the senior level.

Travis Paulson- Travis wrestled at Iowa State University. He also was a three time All-American, and finished third at the 2008 Olympic Trials. Travis is currently ranked third in the country on the senior level.

Name _____ E-mail _____
Address _____ City _____ State _____ Zip _____
Phone Number (____) _____ - _____ Age _____ School _____
Emergency Contact Person/Number _____ T-Shirt Size _____

Send to: Jason Mester
2455 Ramsey Road
Lincoln, NE 68524

Make Checks Payable to Jason Mester
(Please do not mail after May 31st)
**YOU CAN REGISTER AT THE DOOR!!