

ABOUT THE PROGRAM

Thunderbolts Goals:

- Experience the rewards of wrestling & have fun.
- Participation in individual tournaments.
- Learn basic & advanced wrestling skills.
- Develop athletic skills needed for all sports.

Thunderbolts Program will include:

- Quality Coaching Staff
- Competitive Tournament Schedule
- Thunderbolts Tournament – April 3rd
- MN/USA State Tournaments
- International & Olympic style of wrestling.
- Basic & Advanced Freestyle Techniques
- Organized Practices & Activities
- Free Thunderbolts T-Shirt.

Wrestler & Parent Expectations:

- Wrestlers attend practices and tournaments.
- Work hard and follow instructions.
- Parents assist with Thunderbolts Tournament.
- Parents will be positive and supportive.

Sign-Ups: Tuesday, March 9th 6:15-7:15pm
Walk-in Thursday, March 11th
E-Mail – Name, Grade, Address
travis.lee@district196.org

Who: Wrestlers in Grades 1st – 12th

1st Practice: Thursday, March 11th

Times: 1st – 6th 6:15-7:10pm
7th – 12th 7:15-8:30pm

Dates: **Practices March – May**
Select Tuesday's & Thursdays.
Tournament Schedule on Saturdays.

Place: **Eastview HS Wrestling Room**
Enter through main west doors.

Cost: 1st – 6th (\$50) 7th – 12th (\$55)
MN/USA Card & Tourney's Extra.
Make checks payable to:
Thunderbolts Wrestling

THUNDERBOLTS WRESTLING LEADERSHIP

PROGRAM DIRECTOR

Mike Hogan
(H) 651 681-8798
mhogan@ford.com

EASTVIEW LIASON

Kurt Habeck
VM: 651 683-6969 ext. 98669
kurt.habeck@district196.org

COACHING STAFF

Justin Smith

2X NCAA National Champion
MN/USA National Team
MN State Place Winner

Zach Hanson

Augsburg College Wrestler
MN State Place Winner
Freestyle Coach

Brandon Klukow

Augsburg College Wrestler
MN State Place Winner
Freestyle Coach

AGE AND WEIGHT GROUPS

PEE WEE Born 2004 – 05. **Weights:** 30, 35, 40, 45, 50, 55, 60, 65, 65+

BANTAM Born 2002 – 03. **Weights:** 40, 45, 50, 55, 60, 65, 70, 75, 75+

MIDGET Born 2000 – 01. **Weights:** 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+

NOVICE Born 1998 – 99. **Weights:** 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+

SCHOOL BOY Born 1996 – 97. **Weights:** 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265

CADET Born 1994 – 95. **Weights:** 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 185, 215, 285

JUNIOR Born 9/01/90. **Weights:** 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

Regional Training Sites:

Freestyle - Monday: Augsburg @ 7:00 pm

Greco - Wednesday: Augsburg @ 7:00 pm

2010 TOURNAMENT SCHEDULE

DATE	EVENT	SITE
March 19 March 20	Eagan Greco Eagan Freestyle	Eagan H.S. Eagan H. S.
March 27	Owatonna Freestyle	Owatonna H.S.
April 3	Thunderbolts Freestyle	Eastview H.S.
April 9 April 10	Apple Valley Greco AV Freestyle	Apple Valley H.S. Apple Valley H.S.
April 16 April 17 April 17-18	Stewartville Greco Stewartville Freestyle Jr. Greco/Freestyle State	Stewartville H.S. Stewartville H.S. Augsburg
April 23 April 24	Simley Greco Simley Freestyle	Simley H.S. Simley H.S.
April 30 May 1	Forest Lake Greco Forest Lake Freestyle	Forest Lake H.S. Forest Lake H.S.
May 7 May 8	Champlin Greco Champlin Freestyle	Champlin Park H.S. Champlin Park H.S.
May 15	St. Francis Freestyle	St. Francis H.S.
May 21-23	Kid/Cadet Freestyle State	Rochester

Thunderbolts coaches will attend tournaments in bold.

Tournament Calendar Links:

www.mnusawrestling.org
www.theguillotine.com

THUNDERBOLTS FREESTYLE TOURNAMENT

Date: Saturday, April 3rd
Weigh-Ins: 7:00-8:30 am
Wrestling Begins: Approximately 10:30 am
Entry Fee: \$12.00

- All Thunderbolts Parents are expected to volunteer.

IMPORTANT DATES & PRACTICE SCHEDULE

1st - 6th Practices

6:30-7:30pm

7th - 12th Practices

6:30-8:00pm

- Practice times may be adjusted based on the number of participants.
- The adjustment times would be 6:15-7:05 for (1st - 6th) and 7:15-8:30 for (7th - 12th)

March 11	Thursday	First Practice (1 st -12 th)
March 16	Tuesday	Practice (1 st -12 th)
March 18	Thursday	Practice (1 st -12 th)
March 23	Tuesday	Practice (1 st -12 th)
March 25	Thursday	Practice (1 st - 12 th)
March 30	Tuesday	Practice (1st-12th) Parent Meeting
April 1	Thursday	Practice (1 st - 12 th)
April 3	Saturday	Thunderbolts Tournament
April 6	Tuesday	Practice (1 st -12 th)
April 8	Thursday	Practice (1 st -12 th)
April 13	Tuesday	Practice (1 st - 12 th)
April 15	Thursday	Practice (1 st -12 th)
April 20	Tuesday	Practice (1 st - 12 th)
April 22	Thursday	Practice (1 st - 12 th)
April 27	Tuesday	Practice (1 st - 12 th)
April 29	Thursday	Practice (1 st -12 th)
May 4	Tuesday	Practice (1 st - 12 th)
May 6	Thursday	Practice (1 st - 12 th)
May 11	Tuesday	Practice (1 st - 12 th)
May 13	Thursday	Practice (1 st - 12 th)
May 18	Tuesday	Practice (1 st - 12 th)

THUNDERBOLTS WRESTLING 2010



FREESTYLE &
GRECO ROMAN
WRESTLING

1ST - 6TH GRADE PROGRAM

7TH - 12TH GRADE PROGRAM