

Ben Askren Wrestling Technique Camp Hosted by Aquinas High School



What: Askren Wrestling Academy co-founder Ben Askren will be showing techniques fundamental to being a successful wrestler at all levels over a 3-day commuter camp.

Where: The camp is held in the main gym at Aquinas High School.

When: Monday June 11th-Wednesday June 13th.

Kindergarten-2nd-8:30 AM-9:30 AM

3rd-6th Grade-10:00 AM-11:30 AM

7th-12th Grade-1:00-3:00 PM

About Ben: Ben Askren is a native of Wisconsin, winning 2 state titles for Hartland Arrowhead HS in 2001 and 2002. He attended Division 1 Missouri and was a 4X National Finalist and 2X National Champion at 174 pounds. Ben had 93 career pins and went undefeated his last 2 collegiate seasons. He completed his career with a record of 153-7 and added four Academic All-Big XII honors to his mantle.

After graduating, Askren continued to hone his skills and went on to capture the 74kg freestyle championship at the 2008 U.S. Olympic Team Trials. With the victory came a spot on the Team USA roster and trip to the Beijing Olympics where he posted a 1-1 record on the world's largest stage.

Today, Ben is the camp director of the Askren Wrestling Academy (AWA) Camps. Ben teaches the unique Pillars of A.W.A. that includes a focus of long-term success through “total wrestling”, fundamentals, and experimentation.

Camp registration on back of this sheet-Preregistration only-No Walk-ins
SPOTS ARE LIMITED! GET YOUR REGISTRATION IN EARLY!

Application and Consent form

Wrestler/s Name/s _____

Grade Next Fall _____

Address _____

City _____ State _____ Zip _____

Parent/s phone Contact (Required): Phone #1 _____ / Phone #2 _____

Parent/s Email (Required) _____

Fee's (CIRCLE camp wrestler will be attending)

Kindergarten-2nd grade-\$30.00 (Maximum 40 wrestlers)
(No more than \$50.00 per family if more than one child registered)

3rd-6th grade-\$40.00 (Maximum 50 wrestlers)
(No more than \$70.00 per family if more than one child registered)

7th-12th grade-\$50.00 (Maximum 60 wrestlers)
(No more than \$90.00 per family if more than one child registered)

Amount Enclosed \$ _____

Make Checks payable to: Aquinas Wrestling Club

Mail completed application/consent and waiver form to:

Aquinas High School
Attn: Aquinas Wrestling
315 South 11th Street
La Crosse, WI 54601

All applications must be in no later than Friday, June 1st.

Upon receiving the application, Aquinas Head Coach Deke Stanek will notify you to let you know if your wrestler made the cut-off.

Questions?: Contact Coach Stanek @ StanekD@westerntc.edu or 507-208-3084

Consent/Waiver

Aquinas Catholic Schools, Aquinas Head Coach Deke Stanek, Ben Askren and Askren Wrestling Academy and the coaching staff will not be held responsible for injuries that may occur.

This Application has my consent and approval

Parent or Guardian Signature & Date

