



# Ice Bears Wrestling Club

Serving the Northeast Communities of the Twin Cities

**Head Coach: Jacob Volkmann: University of Minnesota, 3 time NCAA All-American**

## Taste of Wrestling Camp / Regular Season Sign-up

### WRESTLING CAMP

**Where:** White Bear Lake North Campus  
**When:** November 4, 6, 7, 12, 14  
**Time:** 6:00 - 7:00 PM (K–2nd)  
 7:15 - 8:15 PM (3rd–5th)  
**Cost:** \$45.00 per wrestler  
**Who:** K–5th Grade;  
 New/Beginner Wrestlers

### REGULAR SEASON

**Where:** White Bear Lake North Campus  
**When:** Mondays/Tuesdays/Thursdays (begins Tuesday, Nov. 19th)  
**Time:** Evenings TBA for age groups  
**Cost:** \$105.00 per wrestler  
 (includes MN/USA wrestling card)  
**Who:** K–5th Graders

### Registration:

**When:** **October 24 (6:30–8:00 PM)**  
**Where:** **White Bear Lake North Campus (outside Cafeteria)**  
**Questions:** **Please give us a call!!!**

### **Highlights:**

- Open to all boys and girls from K–6th Grade
- Focus on conditioning, agility and coordination
- Build your child's self-confidence
- Regular season starts Tuesday November 19th

Bring this form to the sign-up

For more information contact:

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### Camp/Regular Season Sign-up Form

	Price	Subtotal
Wrestler Name _____		
Date of Birth _____		Parent or Guardian _____
Grade _____		Address _____
Phone _____		Phone Number _____
		Email _____
Method of Payment <input type="checkbox"/> Check		<input type="checkbox"/> As the parent or guardian of my child, I give permission for Ice Bears to use my child's photograph in club sanctioned publications.
<input type="checkbox"/> Cash		
Parent or Guardian Signature _____		Camp Total: _____
		Total: _____