



Freestyle is a great opportunity to work on your wrestling skills, while still maintaining a low pressure atmosphere, and having fun at the same time. Less emphasis is on conditioning, and more is placed on getting better AT wrestling. Many of the skills learned are tough to learn through folkstyle wrestling— In freestyle, you are forced to work on these specific areas, and become very adaptive to them. When you return to folkstyle wrestling, the dramatic improvement in these special areas is immediately noticeable! Take advantage of the off season, and close the gap on your competition, or better yet, widen the gap as you pull away!

Eric Juergens  
 3200 Hunter Lane  
 Eldridge, IA 52748  
 563-451-2932  
 ericjuergens@hotmail.com  
 younggunswrestling.com

## **YOUNG GUNS**

### **FREESTYLE / GRECO WRESTLING**

**74 out of the 80 All Americans in the  
 2008 DIV I Championships  
 wrestled Freestyle and Greco growing  
 up.**

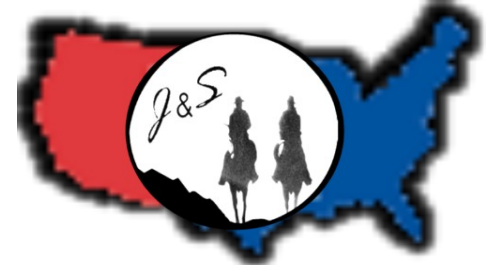
### **Numbers Don't Lie**

Schedule of freestyle tournaments can be found at [themat.com](http://themat.com) under Iowa and Illinois tournaments

**[www.younggunswrestling.com](http://www.younggunswrestling.com)**

Practice Location-  
**Troy Grove Township Gymnasium**  
 306 E. Ottawa st, Troy Grove IL, 61372  
**2010**

## **YOUNG GUNS**



### **FREESTYLE / GRECO WRESTLING**



The best kids in the Country  
 (including your state) are wrestling  
 freestyle. **Are YOU?**

## About Freestyle

### Important, take a moment to read...

-If your Goal is to be a State Champion or earn a college scholarship, freestyle wrestling increases your chances dramatically. If one kid wrestles 5 months a year and another kid wrestles 10 months, whom do you think is going to get better at a faster rate? It's as if you have a two years experience for every year they have. More practice and matches will increase your technique, skill and mat strategy. More minutes on a wrestling mat will equal more wins. Are your opponents going to these tournaments and getting ahead of you?

The best kids in the state are wrestling freestyle. **Are YOU?**

-Freestyle wrestling allows the best kids in the state to compete against the best kids in the nation. There are multiple National tournaments of all ages in freestyle where you compete against other states.

-Freestyle wrestling can also help you earn a scholarship. The Junior National tournament is the number 1 recruiting tournament for college coaches. If you can prove yourself there against the best kids in the country, Your chances of earning a college scholarship increase tremendously!

-The time to learn freestyle is **NOW**. Whether you just want to improve your wrestling technique and skill, want to become a state champion or place winner, or even have dreams to become a World or Olympic Champion. Freestyle wrestling is critical to becoming successful. If you have high wrestling goals, freestyle wrestling has to be part of your yearly schedule. We are committed to helping you learn freestyle and we are sure you will enjoy

**This Club is for all ages of wrestlers from any school district. The Club is designated to make wrestlers better at the sport of wrestling, and to create foundations for future Champions. We all share the same vision, it is time to start getting better.**

## Coaching Staff

### **Eric Juergens— Club Coach**



- 2x NCAA National Champion for the Univ. of Iowa**
- 4x NCAA All-American (1998-2001)**
- 2000 and 2001 Big Ten Outstanding Wrestler—Univ. of Iowa**
- 2x Big Ten Champion (2000 & 2001)**
- 2000 Midlands Champion**
- 2000 and 2001 Male Athlete of the Year for the Univ. Of Iowa**
- Head Coach Augustana College**
- 4 x Undefeated State Champion IA 144-0**
- Runner up Cadet Nationals**



#### **The DIFFERENCE between being ATHLETIC, and being GOOD at WRESTLING**

*-I felt I knew wrestling very well as a younger student of the sport, but as I stepped from one level to the next, I found as more wrestlers developed athletically, I no longer was ahead of the pack. When I began to learn real technique, with very explicit details, I came to the realization of just how little I truly had not known about the sport, and this was after I had won 4 state titles! Upon entering the Hawkeye room in Carver Arena, my state titles meant nothing. I was consistently reminded every time I lost position and was schooled by others in the room, that to be great, I had to learn wrestling from a precise technical aspect of it. My coaches worked with me daily on improving my narrow understanding of the beginning basic fundamental wrestling position. As time progressed, repetition of superior technical position made me ridiculously better at defense, and my offense began to work against not just the guys in the room, but my competition on the mat. With the skills they helped develop and teach me, I went on to win **TWO NATIONAL TITLES for the Hawkeyes.***

- ERIC JUERGENS

Who were my coaches at the time? **Maybe you've heard of them....**

#### **DAN GABLE.**

**TOM BRANDS. TERRY BRANDS. JIM ZALESKY.  
LINCOLN MCLLRAY. JOE WILLIAMS. MARK IRONSIDE.  
BEING GREAT at Wrestling is something taught,  
it doesn't just happen.**

**CHAMPIONS TRAIN CHAMPIONS.** The question is this...

Who are you learning YOUR wrestling SKILLS from, or better yet

**WHO IS COACHING AND TRAINING YOU ?**

## General Information

**Where: Troy Grove Township Gymnasium**  
306 E. Ottawa st, Troy Grove IL, 61372

### **When: APRIL MAY**

Practice every Monday

1st practice—April 5th, 2010

#### **Schedule for April and May**

Mondays 6:30-8:00pm

Both practices will consist of multiple positions learning, proper body position, fundamentals, and live wrestling

**How Much:** \$105 for April & May session. We strongly encourage each club member to attend as many practices as possible, but it is up to each individual to decide how often they want to come. You get out of wrestling what you put into it.

**The fee is due at the first practice.**

**Limit-** This session is limited to the first 40 students to register.

## Additional Coaching Staff

There will be additional staff members who help out including collegiate wrestlers who instruct and wrestle with the club members. These college wrestlers are training for freestyle also and are going to multiple tournaments of their age level. This is extremely beneficial for High School wrestler who want to become the best!