

**8<sup>th</sup> Annual  
Mellmer Wrestling, LLC  
Fall Camp 2017**

**Open to Middle School and High School Wrestlers**  
*Will have openings for younger wrestlers upon request*

Dear Wrestlers and Parents:

We would like to invite you to sign up for the annual fall wrestling camp being put on by Jake and Luke Mellmer. Jake and Luke, Adam Aho, Roger Kish, Matt Nagel, Phil Moekendick, Kris Nelson, and Evan Forde will run the camp sessions, (see accolades below). Parents and Coaches are welcome to join. Over 70 of the best wrestlers in the state, as well as beginners participated in camp last fall! Last year, Bismarck, Century, Legacy, St. Mary's, Mandan, Dickinson, Hettinger, New Salem, New Town, Beulah/Hazen, Standing Rock, Carrington, Napoleon, Watford City, and Minot all had wrestlers attend. This is a great opportunity to practice with different wrestlers and coaches in a different environment! This camp is for the dedicated wrestler who is looking to get a jump on the upcoming season.

**Dates:**

**September 10, 17, 24 - October 1, 8, 15, 22, 29**

- *Session Time: 3 – 5 p.m. on Sunday Evenings*
- *Location – Mandan High School Wrestling Room*

<b>Roger Kish</b>	<b>Kris Nelson</b>	<b>Adam Aho</b>	<b>Phil Moekendick</b>	<b>Evan Forde</b>	<b>Matt Nagel</b>
4X Michigan State Champ	2X ND State Champ	MN State Champ	MN State Runner-up	ND State Runner-up	5X MN State Champ
Junior Freestyle <b>Fargo Champ</b> Cadet Freestyle <b>Fargo Champ</b>	2X NCC Conference Champion	NDSU Letter Winner	Concordia College 3X National Finalist	4X Letter winner @MSUM	3x Greco <b>Fargo Champ</b> <b>Fila Junior Champ</b>
Univ. of Minnesota 2X NCAA D1 FINALIST 2X All-American	3X Division 2 All American <b>National Champ</b> <i>Outstanding Wrestler</i>	Cadet/Junior National Staff Member	Concordia College 2X NCAA D3 <b>National Champion</b>	Cadet/Junior National Staff Member	Univ. of Minnesota 4X NCAA D1 Qualifier NCAA D1 All American
<b>NDSU Head Coach</b> 2X NCAA WWC Coach of the Year	<b>Minnesota State University-Moorhead Head Coach</b>	<b>Univ. of Mary Head Coach</b>	<b>Concordia College Head Coach</b>	<b>Minot State Head Coach</b>	<b>NDSU Assistant Coach</b>

**Jake Mellmer**

- 4 time ND State Champion
- 2 time USA Wrestling National All-American
- University of Minnesota letter winner at 133lbs
- Assistant Coach at St. Mary's High School
- Head Coach Mandan Wrestling Club

**Luke Mellmer**

- 2 time ND State Champion
- 3 time USA Wrestling National All American
- University of Minnesota letter winner at 149lbs
- Head Coach at Mandan High School
- ND Class "A" Coach of the Year

# REGISTRATION

\$150 per wrestler for the eight sessions- Includes RUDIS Board Shorts

\*Checks should be made out to **Mellmer Wrestling** and mailed to: **915 West Ave. C Bismarck, ND 58501**

If you have any questions, contact **Jake Mellmer** at (701) 260.8576 / [jake.mellmer@gmail.com](mailto:jake.mellmer@gmail.com) or **Luke Mellmer** at (701) 260.1041 / [lukemellmer@gmail.com](mailto:lukemellmer@gmail.com).

## Mellmer Wrestling Fall Camp 2017 Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Phone: \_\_\_\_\_ Grade: (Fall '17) \_\_\_\_\_ E-mail address: \_\_\_\_\_  
Current Weight \_\_\_\_\_ High School \_\_\_\_\_

As a condition of enrollment the following disclaimer must be signed and dated by the camper's parent or guardian: The camper, in attending the Mellmer Wrestling Fall Camp and in using any camp facility, does so at his/her own risk. The staff shall not be liable for any damage arising from personal injury sustained by the camper during the camp at the facilities. The camper and his parents assume full responsibility for any damages or injuries that may occur during the camp session and so hereby fully and forever discharge the Mellmer Wrestling Camp, its counselors, employees, and agents, from any and all claims, demands, damages, right of action or cause of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of the camper's participation in the camp session and in the use of the facilities. I/We the undersigned hereby authorize any first aid, medication, medical treatment, medical treatment or surgery deemed necessary for my son or daughter, a participant in Mellmer Wrestling Camp. I/We understand that I/We will be responsible for any expenses incurred on his/her behalf in connection with such treatment. I certify that to the best of my/our knowledge, my son or daughter is in good physical condition and has no disease or injury that would impair his/her performance in training or competition.

I/We hereby consent to the participation of my son or daughter, \_\_\_\_\_ in the Mellmer Wrestling Fall Camp. If he or she fails to obey the camp rules, the director has the authority to expel him/her from camp.

Insurance Company and Policy Number \_\_\_\_\_

Emergency Phone Numbers \_\_\_\_\_

Parent/Guardian Signature and Date \_\_\_\_\_

**\*\*\*Send registrations in as soon as possible so shorts can be delivered on time!\*\*\***

### ME11MER WRESTLING RUDIS Board Shorts

#### Adult Sizes

- X- Small
- Small
- Medium
- Large
- X- Large
- XX- Large
- XXX- Large

#### Youth Sizes

- Small
- Medium
- Large

