



Legends of Gold Montana Wrestling

Preseason Wrestling Camp

Featuring Mike Mena



4X NCAA All-American at Iowa, Big Ten Champion in 1995. Co-Captain and National Runner-Up of the 1997 Hawkeyes National Championship Team. Appeared in three Big Ten finals and won Midland Titles in 1994 and 1995. 3X U.S. Freestyle National Team Member at the World Team Trials in 1999, 2001, and 2003. 2000 Olympic Trials Dallas, 2004 Olympic Trials Indianapolis. A native of Rock Falls, IL, graduated from Newman Central Catholic H.S. Mena is the only four-time undefeated state champion in the history of Illinois wrestling. He finished his career with a 157-0 record. Mena graduated from the University of Iowa in 1997 with a bachelor's degree in Art. Mena coached at Indiana University for nine seasons before joining the University of Dubuque wrestling staff in 2012.

**** Coach Mena will be having meetings with the high school participants regarding the recruiting process, specifically the difference between all divisions (D1, D2, D3, NAIA, and JUCO), academic requirements, the clearing house, etc. He will have a Q & A afterwards to discuss more for parents if needed. He is a very useful resource in this area and we encourage any wrestler interested in wrestling in college to attend.**

Location: Bozeman High School Wrestling Room
Dates: Friday, September 30 – Saturday, October 1
Age Groups: 10yrs to 18yrs (experienced wrestlers only if they are younger than age 10)

Times: Friday-
3:30-4:00pm Check-In
4:00pm – 5:30pm Session I
Saturday-
11:00am – 1:00pm Session II
1:00pm – 1:30pm Lunch Provided
1:30pm – 3:30pm Session III

Cost: \$75 (includes lunch on Saturday & camp T-shirt)
There are only 50 spots available.
Deposit of \$25 due by September 6th. Balance due at check-in.
2016-2017 USA Wrestling membership card required to attend camp.

Questions: Brian Schroeder 406-580-8367 or brian.schroeder10@yahoo.com
Tracy Schroeder 406-570-6586 or tracyschr@yahoo.com



Camp Registration

All participants must have a current USA Wrestling card. No Exceptions will be allowed!

\$75 Camp Fee (includes lunch & t-shirt designed by Treasure State Designs-Jeremy LaPorte)

Name: _____

Grade: _____ **School:** _____

Address: _____

Email: _____

Phone: _____ **USA #** _____

T-Shirt size (circle) Youth: S M L Adult: S M L

Emergency Contact (name & phone): _____

Insurance: _____ **Policy #** _____

I hereby waive and release Legends of Gold Montana Wrestling, Mike Mena and Bozeman High School & Bozeman School District from any and all liability and injuries or illness incurred while in camp. I authorize the said camp to act for me in case of any medical emergency, according to their best judgement.

Parent/Guardian Signature: _____ **Date:** _____

Mail to: Legend of Gold Montana

12 Pronghorn Trail

Bozeman, MT 59718