

DC Elite Wrestling - Hiawatha Practice Schedule

April – August 2025

Division & Rate	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Beginnners \$100/mo \$125/mo					<i>(true beginner):</i> 5:30 - 6:30pm <i>(novice):</i> 6:30 - 7:30pm		
Boys: Advanced & HS \$165/mo	6:30 – 8:15pm		6:30 – 8:15pm				4:00 – 5:45pm
Girls: Advanced & HS \$165/mo	6:30 – 8:15pm		6:30 – 8:15pm				4:00 – 5:45pm

Advanced, High School, Girls = \$165/mo or Season Rate of \$650 unlimited practices

Boy/Girls Only attending 1 x per week = \$125/mo or Season

True Beginners (5:30pm) = \$100/mo or Season Rate

Novice (6:30pm “beginners”) = \$125/mo or Season Rate of \$550

(Sibling rates will be discounted)

Save \$\$ with the Season Rate, good April – August 2025

- * **Private lessons** or small group sessions available upon request
 - Arrange with the coach – **monthly dues must be current**
- * Must fill out annual **registration** online: www.dceliteiowa.com
- * **Payments:**
 - Check/cash may be placed in the drop box at practice
 - Label an envelope with wrestler’s name/reason for payment
 - Venmo payment to @Mindy-Washburn, and note wrestler’s name/reason
- * **Girls practices** are subject to change depending on attendance. If numbers make sense, we will combine boys/girls sessions, and will evaluate monthly.

COACHES CORNER:			
Dustin Coufal	Advanced & HS & Beginners	319-350-0274	State Champ for Prairie HS & 2x place finisher. D1 collegiate @ University of Wisconsin, 2x NCAA qualifier
Hunter Washburn	Advanced & HS and Girls	319-329-8641	2x State Champ for Alburnett HS, & 3x place finisher. D1 collegiate @ University of Northern Iowa
Gunnar Keeney	Advanced	319-893-0749	
Kal Alger	Girls/Begs	319-775-2523	dcelitegirlzwrestling@gmail.com
Ian Jacobs	Beginners	319-721-9503	
Brandon Keppler	Beginners	319-929-8613	