



EASTVIEW WRESTLING

2019-2020

Coach Habeck kurt.habeck@district196.org
(C) 952 250-3731

Please let Coach Habeck know if you plan on attending Nebraska Team Camp or other camps!

Wrestling Captains...

Mason Enderlein & Roman Gilbert

Other Returning Letter Winners...

Austin Gerisch, Max Enderlein, Nathan Langer, Hong Lin, Connor Meixell, Logan O'Neil, Kellen Stewart, Landon Vath, Drew Bergstedt, Cole Frost, Luke Habeck, Ezra Formanek

2019-2020 Wrestling Team includes...

- (14) Returning Letter Winners
- (9) Returning Varsity Starters
- (8) Wrestlers with 10+ Varsity Wins in 2019
- (3) Section 2AAA Place Winners
- (3) Wrestlers with Conference Recognition
- (1) Returning State Qualifier

Champions are MADE during the off-season.

“Do my choices reflect my dreams?”

Summer Wrestling

- **15+ Sessions...** Mon & Wed June 3, 5, 10, 12, 24, 26, 28, July 8, 10, 15, 17, 22, 23, 24, 25
- **Develop an aggressive & relentless style of wrestling.** Register through Community Ed.

Super Group Strength Training

- Eastview Summer Super Group. Register on Fee Pay.
- **SG is a strength training program available to all athletes!**
- Bigger – Faster – Stronger – Tougher



Augsburg University Technique Camp

- **June 9th – 13th @ Augsburg University** (Sunday – Thursday) www.augsburgwrestling.com
- Register as a commuter on-line or bring registration to check-in.
- **Coach Habeck & parents will provide rides for wrestlers as commuters.**

University of Nebraska Team Camp

- **June 17th – June 21st @ University of Nebraska,** (Monday - Friday)
- Return registration materials to Coach Habeck by May 23rd. (Transportation \$ due by June 15)
- **We will travel as a team in rented vans.** huskerwrestlingcamps.com

Eastview
Attending

EV Youth Wrestling Camp July 22nd – 25th, high school wrestlers serve as counselors.

MN National Guard Training

- July 29th – 31st, Camp Ripley Training Center – Little Falls, MN 56345
- **Confidence Courses, Rappel Towers, Team Building Activities**
- Current 8th – 11th grade wrestlers are encouraged to attend.

Sponsored by
MN National
Guard

In the last 6 years: ACADEMIC GOLD TEAM – 6X

100 Team Wins, 72 Section Place Winners, 20 State Qualifiers, 9 State Place Winners
5 Athletes or Scholar Athletes of the Year Award Winners



22nd Annual Lightning Summer Wrestling

6th – 12th Grade Wrestlers

* Younger wrestlers may be accepted with approval.

MAKE A COMMITMENT...

If you want to be the "BEST" that you can be, you must make a Total Commitment to Excellence!

Summer Wrestling goals are to:

- ◆ Make a Commitment to Team 2019
- ◆ Develop an Aggressive Style of Wrestling
- ◆ Have a Competitive Structured Environment
- ◆ Build Eastview Pride & Team Unity
- ◆ Attend 90%+ of sessions & receive dry fit shirt!

Maximum of (5) sessions can be made up to receive dry fit shirt.

This year's training will include:

- ◆ (15+) Eastview Coach Led Sessions
- ◆ *Other Coaches* – TBD
- ◆ **Team-Building Activities**
- ◆ *Season T-Shirt* for all Participants
- ◆ All training sessions in the EV wrestling room.
- ◆ Complements EVHS Wt Training (Super Group)
- ◆ Low Cost of \$65.00 – Register by June 5th to insure T-Shirt Size.



Questions: Kurt Habeck

Kurt.Habeck@district196.org

15+ Training Sessions

Monday, June 3rd	2:45-4:00 pm
Wednesday, June 5 th	2:45-4:00 pm
Monday, June 10th	8:45-10:00 am
Wednesday, June 12 th	8:45-10:00 am
June 17-June 21 Nebraska Team Camp	
Monday, June 24th	8:45-10:00 am
Wednesday, June 26 th	8:45-10:00 am
Friday, June 28th	8:45-10:00am
<i>MSHSL Blackout Period June 29 - July 5th</i>	
Monday, July 8 th	8:45-10:00 am
Wednesday, July 10th	8:45-10:00 am
Monday, July 15 th	8:45-10:00 am
Wednesday, July 17th	8:45-10:00 am
* Monday, July 22 nd	10:00-11:00 am
* Tuesday, July 23rd	10:00-11:00 am
* Wednesday, July 24 th	10:00-11:00 am
* Thursday, July 25th	10:00-11:00 am
* June 9-13 <i>Augsburg Technique Camp</i>	
* July 22-25 <i>Eastview Wrestling Camp (1st – 9th)</i>	

"Summer Wrestlers make Winter Champions!"

Please Detach Here

Name _____ Grade '19-'20 _____ Weight _____

Address: _____ City _____ St _____ Zip _____

Adult T-Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

Parent E-Mail: _____ / _____

Home Phone # _____ Wrestler Cell # _____

Register Online Preferred @ WWW.district196.org/ce OR Make check payable to *ISD 196* & mail registration to:
Community Education, 15180 Canada Avenue, Rosemount, MN 55068

Wrestling Camp Options for the Summer include...

15+ **Eastview Wrestling Training Sessions** will be offered beginning June 3rd.

Many Eastview wrestlers & coaches will be attending the **Nebraska Team Camp** June 17-21st.

Another great camp option is the **Augsburg Technique Camp** June 9-13th.

Other Camps Options are listed below and @ www.thequillotine.com

Wrestling Camp	Date	Cost	Thoughts...
Augsburg U Technique Camp http://www.augsburgwrestling.com/ Coach Habeck is on staff.	June 9-13 See flyer.	\$250 As a Commuter \$225 for EV wrestlers.	Great technique camp with team & individual competitions. Great for youth, middle school, 9 th , JV, & Varsity
U of Nebraska Team Camp All Eastview wrestlers are encouraged to attend. www.huskerwrestlingcamps.com	June 17- June 21 See flyer.	\$350 As a Resident	Eastview team will be attending as a team. Great for all HS wrestlers who are, or striving to be varsity wrestlers.
Thorn Wrestling Camps https://www.thornwrestling.com/camps	June... July... August...	\$399 As a Resident Camps fill-up quickly.	Camps are 5 day intensive camps which incorporate lots of hard drilling and live wrestling. The athletes will focus primarily on takedowns the down position.
Cadet-Jr Northern Plains (Rochester) Cadet National Duals (Washington) Junior National Duals (Oklahoma) Cadet & Junior Nationals (Fargo)	May 17-19 June 11-15 June 18-22 July 12-19	TBD TBD TBD TBD	Practices before event. Freestyle & Greco Practices before event. Freestyle & Greco Practices before event. Freestyle & Greco Camps dates... TBD. Freestyle & Greco

Contact Coach Habeck if you plan on attending a camp. Recruit teammates to attend camp with you.



EASTVIEW WRESTLING AT THE AUGSBURG TECHNIQUE CAMP

www.augsburgwrestling.com



- What:** **Augsburg University Wrestling Technique Camp**
*(71) Eastview wrestlers have participated in Augsburg camps the past 5 years.
Coach Habeck has been on the camp staff for 25+ years.*
- When:** June 9-13 (Sunday – Thursday)
- Where:** Augsburg University, Minneapolis, MN 55454
- Who:** Eastview High School Wrestlers
Great camp for wrestlers in grades 6-10. Great 2nd camp for those attending the team camp.
- Cost:** ~~\$250~~ **\$225 Technique Camp...** Special discount for Eastview kids!
Discount Code is – **Auggies2019** when registering as a Commuter.
- Registration:** You can register on-line or you can complete the registration form and bring to check-in. Please let Coach Habeck know if you plan on attending.
- Highlights:** High level college & high school coaches serve as technicians. Competitions include Team and Individual Tournaments. Breakfast, Lunch, and Dinner is included.
- Transportation:** We will set-up a car pool plan to and from camp each day. Sunday we will meet at EVHS and leave for Augsburg @ 11:30am.
- What to Bring:** Wrestling shoes, running shoes, work out gear, head gear, spending money, and towel, etc. if you want to shower between sessions.
- Questions:** **Kurt Habeck...** Kurt.Habeck@district196.org or (C) 952 250-3731



EASTVIEW WRESTLING AT THE NEBRASKA TEAM CAMP

www.huskerwrestlingcamps.com



- What:** **University of Nebraska Team Camp**
Last year we had (13) wrestlers attend the Missouri Team Camp.
- When:** June 17th – 21st (Monday - Friday) Check-in by 3:00pm!
- Where:** University of Nebraska – Lincoln, Nebraska 68588
- Who:** Eastview High School Wrestlers
- Cost:** **\$350 Team Camp** (Registrations to Coach Habeck by Thurs, May 23rd)
\$65 Transportation (Make check out to EV Wrestling by Fri, June 15th)
Donations are accepted and will be used to supplement transportation costs.
- Registration:** Complete registration & return to Coach Habeck by **Thursday, May 23rd**.
Include \$100 deposit or pay in full (\$350) check with registrations.
Please have transportation check to Coach Habeck by June 15th.

- GOALS**
- ◆ **Have Great Fun!**
 - ◆ **Learn Wrestling Techniques from Nebraska Coaches!**
 - ◆ **Gain Valuable Wrestling Competition Experience!**
 - ◆ **Develop an Aggressive Style of Wrestling!**
 - ◆ **Team Preparation for 2019-2020!**

- Highlights:** 3-4 Dual Meets Daily
Four hours of organized technical instruction each day.
Personalized instruction for teams throughout the camp.
Teams from 14 different states attended the camp in 2018.
- Competition Format:** Competitions will follow National High School League Rules.
Weigh-Ins on Monday @ Registration... (*Scratch Weight*)
- Transportation:** Multi-Passenger Vans will be rented.
- Tentative Schedule:**
- | | |
|------------------------|--|
| Load Trailer..... | Sun, June 17 th , 8:00pm @ EVHS |
| Depart for Nebraska... | Mon, June 18 th , 8:00am @ EVHS |
| Return to EVHS.... | Fri, June 21 st , approximately 9:00pm. |
- What to Bring:** Wrestling shoes, running shoes, wrestling singlet, work out gear, head gear, bedding-pillow, towels-toiletries, snacks, & spending money.
- Questions:** Contact Coach Habeck with questions. (Cell) 952 250-3731



Summer Super Group Strength & Conditioning

Interested in increasing your athletic ability? Take part in summer strength and conditioning and improve your overall athleticism. Develop confidence, improve power and strength, stimulate flexibility and enhance your cardiovascular endurance. Training will also focus on encouraging teamwork improving character and making the Eastview Lightning a more athletically competitive school. Work hard and strengthen both your mental and physical toughness. Participants receive a camp t-shirt.

(Register based on 2019-2020 Grades)

Youth Camp (grades 6-8) REGISTER ON-LINE AT... www.district196.org/ce

Take part in an introduction to the weight room and receive training suitable to your age and development needs to increase your athletic ability. Focus on agility training, core strengthening, basic strength training movements and speed development.

Mon, Wed | Jun 10-Aug 7 | 10-11:15am | 16 sessions | \$95
EVHS | skip July 1, 3 | EVSC – 68

Super Group (grade 9-10) Register ON-LINE AT... [Fee Pay](#)

Consists of an intense organized lifting program, plyometrics, conditioning, medicine ball training, and core workouts. *All 9-10th wrestlers will train with the 11-12th on Mondays from 7-8:30am – wrestle afterwards.*

Mon, Tue, Thu | Jun 10-Aug 8 | 8:00-9:30am | 24 sessions | \$155
EVHS | skip July 1, 2, 4 |

Super Group (grades 11-12) Register ON-LINE AT... [Fee Pay](#)

Consists of an intense organized lifting program, plyometrics, conditioning, medicine ball training, and core workouts.

Mon, Tue, Thu | Jun 10-Aug 8 | 7:00-8:30am | 24 sessions | \$155
EVHS | skip July 1, 2, 4 |

Open Lifting (grades 10-12) Register ON-LINE AT... [Fee Pay](#)

Work out independent from other groups - for athletes not participating in the Super Group Camp. Open Lifting is an option if you are participating in a sport-exclusive camp and want to participate in the weight room as well.

Mon, Tue, Thu, Jun 10-Aug 8 | 10:30-12:00pm | 24 sessions | \$95
| EVHS | skip July 1, 2, 4 |



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www.eastviewwrestling.com

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Friday, November 8	Commitment Night	Eastview	6:30 pm
Monday, Nov. 18	Practice Begins	Eastview	2:45 pm
Monday, Nov. 25 or Tues, Dec. 3	Intra-Squad Scrimmage (Team Pictures / Parent Open House)	Eastview	6:00 pm
Friday, Dec. 6	Eastview Duals (V-JV)	Eastview	5:00 pm
Saturday, Dec. 7	Eastview (K-8) Tournament	Eastview	9:00 am
Sunday, Dec. 8 or 15th	Spaghetti Dinner / Silent Auction	Rosemount Legion	4:30 pm
Thursday, Dec. 12	Apple Valley	Apple Valley	5:30 pm
Saturday, Dec. 14	Maple Grove Invitational (V-JV)	Maple Grove	10:00 am
Thursday, Dec. 19th	Tartan, Osseo, Roseville (EVAA & Super Fan Night)	Eastview	5:00 pm
Fri-Sat, Dec. 27-28	Bi-State Classic (V)	La Crosse, WI	9:30 am
Friday, Jan. 3	Henry Sibley, _____ (Alumni & EWB Family Night)	Eastview	5:00 pm
Friday, Jan. 10	Farmington / Century / Rosemount	Farmington	5:30 pm
Saturday, Jan. 11	Mounds View Duals (V-JV)	Mounds View	9:00 am
Friday, Jan. 17	Prior Lake (Traveling Night)	Eastview	7:00 pm
Saturday, Jan. 18	Lightning Invitational (V-JV)	Eastview	10:15 am
Thursday, Jan. 23	Eagan (Parent-Senior Night)	Eastview	5:30 pm
Friday, Jan. 24	Lakeville South / Burnsville	Rosemount	5:00 pm
Thursday, Jan. 30	Lakeville North	Lakeville North	5:00 pm
Saturday, Feb. 1	Armstrong Team Tournament (V-JV)	Armstrong	9:00 am
Thursday, Feb. 6	Shakopee	Shakopee	7:00 pm
Friday, Feb. 7	Mound-Westonka Invite (V)	Mound-Westonka	5:00 pm
Saturday, Feb. 8	South Suburban Invite (JV-9)	Lakeville South	10:00 am
Friday, Feb. 14	Section 2 Team Tournament	Shakopee	4:00 pm
Fri-Sat, Feb. 21-22	Section 2 Individual Tournament	Apple Valley	4:30 / 11:00
Thur-Sat, Feb 27-29	State Tournament	Xcel Energy	TBD
Sun, Mar. 15	Wrestling Banquet	Rosemount CC	4:30 pm
March 28	Thunderbolts Freestyle Tourney	Eastview	10:00 am