



# **HAWK**



## **Haymaker Area Wrestling Klub**



Big Guns (Gr 7-12) Wednesday & Friday @ 7:15-8:45 am

-Big Guns annual fee: \$125

Young Guns (Gr 2-6) Wednesday & Friday @ 9:00-10:15 am

-Young Guns annual fee: \$75

Little Guns (Gr K-1) TBA (\$25 annual fee)

Starts last week in May; attached see club workout schedule

**Cost:** \$125 (Big Guns) or \$75 (Young Guns) for full year program (1<sup>st</sup> family mem)

-2<sup>nd</sup> additional family member is \$50

-3<sup>rd</sup> additional family member is \$25 each additional athlete

### **Year Long Wrestling Membership**

\*Summer folkstyle sessions on Wednesday & Friday mornings

\*Fall Pre-Season workouts in October/November TBA

\*Winter In-Season drill sessions; Tuesday's 7:00-7:45 pm

\*Open access to facility for wrestling purposes; private lessons, parent/son workouts, etc.

\*HAWK sponsored wrestling camp discount rates

**Facility:** 819 Ave H, downtown Cozad

### **Coaching Staff**



Derek Hammerlun

(cell # 308-325-3448)

derek.hammerlun@cozadschools.net

Head Wrestling Coach: 1998-present (Cozad/Medicine Valley)

Top 10 Teams: 2002-6<sup>th</sup>, 2003-6<sup>th</sup>, 2004-4<sup>th</sup>, 2005-4<sup>th</sup>, 2006-8<sup>th</sup>,  
2013-8<sup>th</sup>, 2014-5<sup>th</sup>

State Champions: 5

State Finalists: 14

State Medalists: 47

State Qualifiers: 119

## **HAWK/Young Guns Wrestling Camp Series 2019**

### **Takedown Machine Camp**

**Grades 1-8**

Thursday, May 23	Young Guns; Takedown Machine Camp	HAWK Rec.
Friday, May 24	Young Guns; Takedown Machine Camp	HAWK Rec.

### **Gothenburg Legend's Camp**

Wednesday, June 19	Legends Wrestling Camp	Gothenburg H.S.
Thursday, June 20	Legends Wrestling Camp	Gothenburg H.S.
Friday, June 21	Legends Wrestling Camp	Gothenburg H.S.

-If there's enough interest, HAWK may take a youth team to this camp for off season matches

### **Take Top; Fundamentals of Riding, Legs, & Tilts Camp**

**Grades 1-8**

Friday, July 19	Youth Camp; Choose Top/Legs	HAWK Rec.
Saturday, July 20	Youth Camp; Choose Top/Tilts	HAWK Rec.