

**WHAT:** WRESTLING CAMP  
WITH MIKE KRAUSE

\*\*\*SPONSORED BY \*\*\*

TEXAS GRAPPLERS &  
DOLLAMUR

**WHERE:** DOLLAMUR  
MARTIAL ARTS  
280 COMMERCE STREET  
SOUTH LAKE, TEXAS 76092

**WHEN:** AUG 11TH-13TH  
8:30AM-10:30AM &  
11:30AM-1:30PM

**COST:** \$125 PER WRESTLER  
INTENSE TAKEDOWN CAMP  
ALL AGES  
**BRING A SACK LUNCH.**

**WHY:** GET SOME SUMMER  
WRESTLING IN,  
LEARN SOME GREAT TECH-  
NIQUE AND GET TO THE  
NXT LVL!

**QUESTIONS:**

**EMAIL: DAVE LEHMAN OR  
CHAD MAK**

TXGRAPPLERS@YAHOO.COM

**BE READY TO BRING-IT!!!**

*From Coach Krause:*

*"I run an intense but fun prac-  
tice . From beginner to National  
Caliber your wrestler will fit in.  
We will be working the seven ba-  
sic skills of wrestling along with  
one I like to add in..ATTITUDE!!  
I feel the repetition, explaining  
how the drills relate to the match  
time, having the wrestlers give  
feedback during the sessions and  
the motivation gives my camps  
the edge. To see one of my, Team  
Shamrock, club practices go to  
Flowrestling.org and search my  
name in the "Speakers" section.  
Any questions feel free to email  
me at Mkrause@WWSport.com !  
BRING THE HEAT!!"*

—Coach Krause!

MIKE KRAUSE'S

# NEXT LEVEL

## WRESTLING ACADEMY



### Coach Mike Krause

- 39 years old, married with 4 children
- First All-State Wrestler for Livonia Churchill 87'
- Scholarship Michigan State Wrestler 4X letterman
- Coached at Livonia Stevenson 93'-99'
- 5 individual State Champions all started in 9th grade
- 34 All-State titles , 2 All-State Teams
- 2003- Present Head Coach NXT LVL Wrestling Academy
- 2004 Head Coach Powerhouse Youth Team
- 2006-07 Head Coach Hartland Wrestling Club 2X MMWA Team State Champs 130+ wrestlers-
- Held National Clinics around the country Tulsa, Reno, West Virginia, Pennsylvania and Illinois.



*Inventor of the "BRING IT"  
Technique Training shirt.*

