

AQUINAS WRESTLING CAMP

WITH Ben Askren & John Mesenbrink



DATES: Tuesday, June 18 - Thursday, June 20

NEW LOCATION: Aquinas Wrestling Facility

located at

1501 St. Andrews Street, La Crosse



Grades K-2nd

8:30-9:30 a.m.

Cost: \$30

Grades 3rd-6th

10 a.m. - Noon

Cost: \$50

Grades 7th-12th

12:30 - 3 p.m.

Cost: \$70

Grades K-2nd will be run by Head Wrestling Coach Deke Stanek. Grades 3rd-12th will be run by John Mensenbrink on June 18-19 and Ben Askren on June 20.

REGISTER TODAY!

Go to: aquinaswrestling.com/summer-camp-registration
or scan the QR code.

Space is limited.

Registration deadline is Friday, June 14.

Register your child for the grade they will be in for the 2024-25 school year.



BEN ASKREN

Co-founder of Askren Wrestling Academy (AWA) and a highly decorated 2008 U.S. Olympic Freestyle team member, Ben Askren, is one of the most well known wrestlers in the United States. After being a four-year starter at 174 lbs for Missouri (2004 -2007), and a four year college coach, Askren moved back to Wisconsin to train at Roufusport MMA and help coach at AWA. The four-time All-American and three-time Big XII champion was a dominant force in his final two seasons as he went undefeated and won 87 matches in a row, which ranks among the Top 10 all-time in NCAA history. Along with 93 career wins by fall, Askren also collected an NCAA record by pinning 18-consecutive opponents in the first period of their matches.



JOHN MESENBRINK

Coach John Mesenbrink possesses not only the ability to coach the best of the best with his 20 years of experience, but has also had significant and notable understanding of the sport as both a collegiate athlete and freestyle wrestler himself. John spent a total of 19 years as a high school head coach in Wisconsin and Iowa. During that time, he influenced and inspired eight NCAA Division I competitors, three NCAA Division II competitors, seven NCAA Division III competitors, and two NJCCA competitors. Additionally, he had 87 state qualifiers, 44 state place winners, 8 runners-up, and 12 champions, 3 of who were All-Americans, and one, a runner up within Senior Folkstyle Nationals. John lead 8 teams to Conference Championships, and had Wisconsin State Team qualifiers in '97, '04 – '08 and '11. Three of those years his teams were semi-finalists ('04, '06, '08) and in 2005 and 2011, they were State Runner-up.