



DC Elite Wrestling Summer Athletic Program

Coe College Wrestling Room

Eby Fieldhouse

Cedar Rapids, IA

May through September

Football & Agility Drills – Age Appropriate Weight Training – Flexibility Training – Wrestling techniques

Summer time is a great time to improve overall athletic ability, learn new wrestling techniques and match strategies in a fun laid back environment. *Much of the summer athletic program will be outside and off the mat.* Wrestling will just be part of our overall fitness and athletic training.

Head Coach Dustin Coufal

- Iowa High School State Champion
- Division 1 Wrestler at University of Wisconsin – Madison
- Coe College Assistant Wrestling Coach

Practices

Practice dates and times are set each month but are generally Sundays and Wednesday from 6:30pm to 8:30pm. Some Sunday practices are at 3:00pm. Expect about 8 practices per month.

Contact Info

Dustin Coufal – dustin.coufal@yahoo.com – 319-350-0274

Membership Costs

\$50/month payable at the beginning of each month.

You must have a current AAU or USA Wrestling Card for membership in DC Elite Wrestling Summer Athletic Program