

Badger Elite

ADVANCED TRAINING

Wrestle at the highest level.

- 22-7, a 75.9% winning percentage in the high school state championship finals over the past 19 years. The highest winning percentage of all high schools in Nebraska.
- 4 Collegiate National qualifiers in 2013 were Bennington alumni, the most of any Nebraska high school.
- Bennington Alumni won 4 Collegiate National Champions, 2 National Runners-Up, and 2 third place All American in the past 13 years.
- The only high school to have an alumnus win a National Championship as a freshman in college, Bennington has two accomplish that in the past 15 years.
- 33 High School State Champions over the past 29 years.

Learn what it takes to compete at the highest level. We will be teaching many of the techniques that have made Bennington wrestling so successful.

Andy Pokorny

University of Nebraska / St. Cloud State

2-Time NCAA DII All-American
4th Big XII Championships
First Team Academic Big XII
3-Time State Champion
5-Time Cadet & Junior All-American
Grand Prix of the Czech Republic Runner-Up
FILA (UWW) Cadet Greco National Champion
FILA (UWW) Cadet Freestyle National Runner-Up
3-Time Kids Greco National Champion
2-Time Kids Freestyle National Champion

Ages: Advanced wrestlers in grades 3-8
(3 years or more experience preferred)

Dates/Time: 6:30 - 8:00pm Mondays
November 13th – March 12th

Cost: \$50 / Season (or \$10 / Session) Make checks payable to: Bennington Wrestling Club
*USA Wrestling card required

Email: pokorny1@cox.net

Alan Pokorny

1990, 2007 State Champions
2005, 2008, 2014 State Runner-Ups
33 Individual State Champions
2005 - USA FILA Cadet World Team Coach
Multiple times Nebraska USA National Team Coach

Location:
Bennington High School Wrestling Room
16610 Bennington Rd
Bennington, NE 68007

Registration: *Sign up at any session*

Name: _____ Grade: _____ Years of Experience: _____

Address: _____

Phone: _____ School/Club: _____

I certify that the above information is correct, and that the wrestler named above has my permission to participate in the Badger Elite Advanced Training. I hereby release the Bennington Public Schools, Coaches and their agents from any liability for accident or injuries occurring during this program. Furthermore, I agree to authorize medical treatment by trained personnel in case of injury or accident. I also understand that the Bennington Public Schools, Coaches and their agents are not responsible for the loss or theft of any item left unattended.

Parent/Guardian Signature: _____ Date _____