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Holmen Women's Wrestling End of Summer Newsletter

Aini Anderson after winning a match at Junior National Duals



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Olive and Ruby at the Iowa women's wrestling camp



Our team camp with Lucas Steldt at Combat Wrestling Club



- School just started up again last week at Holmen and we had a fun summer!
- Aini Anderson competed for team Wisconsin on the Junior National Dual team. She had winning record of 5-3, even though it was her first time ever competing in freestyle!
- Coach Carl did some traveling for coaching or officiating:
 - He helped coach Team Wisconsin 14U National Dual team to a 4th place finish at their national duals.
 - He coached in Fargo for the 16U and Junior Individual National Tournament. Team Wisconsin had two national champions (Taylor Whiting from Lena and Brook Huffman from Wittenberg) and the teams placed 5th and 11th.
 - He traveled all the way to Guatemala to officiate, earning his international wrestling officiating license.
- Two of our upcoming freshman, Ruby Gustafson and Olive Bergman, went to Iowa for a camp at the University of Iowa. They got to learn from the best NCAA program in the country!
- Speaking of Iowa, we had NCCA Champion and Junior World Champion Kylie Welker in our room for a camp this August! She is from Wisconsin

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- We did something different for our team camp this year and traveled to Combat Wrestling Club in Blue River, WI. Lucas Steldt owns the club and he led us through three days of refining our technique, suplexes, and getting better. His daughter, Avery Steldt helped us out a lot too. We also had time for swimming, mini golf, go-karts, and going to *Inside Out 2*!
- During Holmen's Kornfest, we had a big group representing Holmen Wrestling at the parade!
- For more details on everything mentioned above, check out our Instagram. All our social media links and website link are below.
- Happy Labor Day! Enjoy your extra day off if you get one.



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