

2021 Minnesota/USA Wrestling



Freestyle and Greco Regional Training Site (RTS) Information

**** *Must have current USA Wrestling Athlete
card/membership* ****

Minneapolis – MN/USAW Training Center, Coon Rapids, MN - Freestyle & Greco

Juniors and Cadets (16U) - NO SCHOOLBOYS OR YOUNGER ALLOWED.

Start - Monday March 29 @ 7pm-8:30pm - Continuing until Junior National training camp

- Freestyle on Mondays 7pm-8:30pm - Jayson Ness

- Greco on Wednesdays 7pm-8:30pm - Dan Chandler

Coach(es) - Dan Chandler, Jayson Ness, Alec Ortiz, Calvin Germinaro, Hayden Zilmer

CHANGED - Schoolboys/Girls (14U)

Start - Sunday March 28 @ 6:30pm-8:00pm - Continuing until Schoolboy National Duals

- Freestyle & GR Moved to Mondays and Wednesdays **7:00pm-8:30pm (This is a change)**

Coach(es) – Jayson Ness and Dan Chandler

STOPPED - Northern MN Training Site – Itasca CC and Scoring Edge Wrestling Center - Freestyle & Greco

Start - Tuesday April 6th @ 7:00pm-8:30 pm – Ends Week of May 10th

Tuesdays @ Itasca Community College, Grand Rapids - 6:30-8:00pm - ICC Coaches & GRAWA Staff

Thursdays @ Scoring Edge Wrestling Center, Brainerd - 6:30-8:00pm - Scoring Edge Staff

Open to all Juniors, Cadets (16U), and Schoolboy/Girls (14U).

Contacts - Champ Hesch, Mike Schauer (218-259-1220)

Northwest MN Training Site - Detroit Lakes Armory - Freestyle & Greco

Start - Monday March 29 @ 7:00pm-8:30 pm

Freestyle & Greco on Mondays and Thursdays 7:00pm-8:30pm

NOTE - Open to all Juniors, Cadets (16U), and Schoolboy/Girls (14U).

Coach(es) - Mike Fiedler (218-790-3324) Mike Quamme, Andy Quittschreiber, Garrett Hoffner and MSUM Wrestlers

St Cloud Area Regional Training Site – Wrestle Jitsu Gym - Freestyle & Greco

Start Tuesday March 30th

Freestyle & Greco 6:00-7:15pm

This is open to all Juniors, Cadets (16U), and Schoolboy/Girls (14U) ages.

Coaches: 9x US National Champion Jake Clark, area coaches, and college wrestlers.

Girls Practices Start Monday April 5th @7:00-8:30

Coached by Chelynn Pringle

Contact Jake Clark with any questions: wrestlejitsu@hotmail.com 612-868-7157

STOPPED - Southeast MN Training Site - Warriors Warehouse (Winona Mall) - Freestyle & Greco

Start - Monday March 30th through May 10th

- Freestyle & Greco on **Mondays 5:30pm-7:30 pm (This is a change)**

NOTE - Open to all All Ages.

Coach(es) - John Alexander john@winonamall.com (507-458-0997), Mike Uker (719-822-3085)

STOPPED - Southern MN Training Site - Kasson - Freestyle & Greco

Start Wednesday April 7th – Ends April 22nd

Freestyle & Greco 7:00-8:30

Kasson Shopco – 301 Mantorville Ave S Kasson, MN 55944

NOTE - Open to all Juniors and Cadets (16U) and Schoolboys (14U).

Coaches: Travis Rutt and Jim Richardson

Contact Travis Rutt w/ any questions: (952) 451-7885