



2024 Minnesota/USA Wrestling

Freestyle and Greco Regional Training Site (RTS) Information

These practices are FREE for all in age groups 14U and above. ALL athletes and you **Must** have current USA Wrestling Athlete card/membership to attend, all practice listed are coed

Minneapolis – Augsburg University - Freestyle & Greco

Starting - Monday March 18 @ 7:00 pm-8:30 pm - Will go until 16U/Junior Fargo training camp
- Freestyle on Mondays 7pm-8:30pm - Jayson Ness MN/USA Freestyle State Coach
- Greco on Wednesdays 7pm-8:30pm – Justin LaValle MN/USA Greco State Coach
Other state duals and Fargo coaches as well
Questions contact Matt Njos (612-481-7634)

Southeastern Minnesota Training Site – RCTC College - Freestyle & Greco

Start Tuesday March 19th @ 7:00-8:30 pm
Practices: Tuesdays March 19th, 26th, April 2nd, 9th, 16th, 23rd, 30th & May 7th
Location: 851 College Pkwy SE, Rochester, MN 55904
Coaches: Cody Buchanan (507-990-7643) as well as other coaches possible

Northern MN Training Site – Scoring Edge WC- Freestyle & Greco

Start - Wednesday March 20th @ 6:30 pm-8:00 pm
Address: 10926 N Long Lake Rd, Brainerd, MN 56401
Practices: Wednesday's March 20th, 27th, April 3rd, 10th, 17th, 24th May 1st and 8th
This is open to all Juniors, Cadets (16U), and Schoolboy/Girls (14U) ages only.
Contact: Matt Dircks (218-821-4915) Multiple other coaches possible.

Northwest MN Training Site - Detroit Lakes High School- Freestyle & Greco

Start - Monday March 4th @ 6:30 pm-8:00 pm
Address: 1301 Roosevelt Ave Detroit Lakes, MN 56501
Practices: Freestyle & Greco on Mondays and Thursdays 6:30 pm-8:00 pm
This is open to all Juniors, Cadets (16U), and Schoolboy/Girls (14U) ages only.
Contact: Mike Fiedler (218-790-3324) Multiple other coaches possible.

Saint Cloud Area Regional Training Site - Pursuit Wrestling Freestyle & Greco

Start Tuesday March 19th @ 6:45 pm-8:15 pm
Address: 420 South Division St Rice, MN 56367
Practices on Tuesdays March 19th, 26th, April 2nd, 9th, 16th, 23rd, 30th & May 7th
This is open to all Juniors, Cadets (16U), and Schoolboy/Girls (14U) ages only.
Contact: Rylee Molitor (320-828-4461) Multiple other coaches possible.

Willmar Regional Training Site – Ridgewater College Freestyle & Greco

Start Thursday March 21st @ 6:30 pm-8:00 pm
Address: 2101 15th Ave NW Willmar, MN 56201
Practices on Thursday March 21st, 28th, April 4th, 11th, 18th, 25th & May 2nd & 9th
This is open to all Juniors, Cadets (16U), and Schoolboy/Girls (14U) ages only.
Contact: Logan Peterson (320-894-2573) Multiple other coaches possible.