



Iowa/USA Wrestling Women's National Team (Fargo)

Dear Wrestlers and Parents,

The 2023 Freestyle National Championships to be held in Fargo, North Dakota. The 16U and Junior Women's freestyle tournament will begin on Friday, July 14th (5:30 pm weigh-ins) and conclude on Sunday, July 16th. All team members must qualify and complete the signup form and sign and comply with the code of ethics.

Age groups USAW 2023-
16U athletes (born 2007 -2008)
Junior (born 9/1/2003 & after, plus enrolled in grades 9-12)

This year's national team camp returns to Simpson College July 7th-9th. Check out the Q&A sheet for more information.

Though the team has grown, to keep expenses lower we will continue our past practice of having athletes travel with parents, coaches, or carpools. You are responsible for your athlete's transportation and meal expenses. This includes transportation to and from the Fargo Dome for weigh-ins and competition. Anyone needing assistance please reach out to the Women's Director--- it's a team sport.

The cost for each women's national team wrestler will be \$550 for one division (16u or Jr). This includes the entry fee, uniform package, training camp, and lodging while in Fargo. Wrestlers must wear the Iowa Team approved singlet while competing in the tournament and will be coached by one of the Iowa USA coaches that we have on staff.

A \$200 deposit is needed to assure your spot on the team at your time of qualification. We are able to accept payments by credit or debit card; we will not be accepting checks. You are welcome to pay the full fee at State or submit the final portion payable to Iowa USA Wrestling at national team training camp (July 7-9, 2023, final details will be provided to registered athletes).

NEW this year, the raffle fundraiser is OPTIONAL.

Athletes may select the "Alternative Payment/fundraiser" option this year. These wrestlers will be provided with raffle tickets to help offset costs for the event. An email will be sent out for tracking raffle information--- you need to keep track of all raffle sales including ticket numbers and contact information for the purchaser. Raffle sales will cover the remainder of your team fee (after the deposit). The total cost for athletes choosing the fundraiser/alternative payment is \$675; this amount includes your \$550 team fee and \$125 to pay out raffle prizes.

Fargo-eligible athletes may also be invited to participate in national duals (combined 16U/Jr girls FREESTYLE division competes June 13-15 in Tulsa, Oklahoma).

Contact womensdirector@iowausawrestling.org with questions or interest in national duals.