



# MWC Wrestling Academy

## 2025 - FRECO

The old saying goes "Summer wrestling makes Winter Champions." I developed FRECO as a coaching style specifically designed to help kids understand how the techniques, skills, and foundations of Freestyle/Greco cross over into Folkstyle Wrestling. This coaching style is meant to grasp the kids that are on the fence about Freestyle/Greco Wrestling, so that they will be more comfortable in the room. FRECO will only strengthen your skills in Folkstyle Wrestling. Every college coach recruits the kids that wrestle in the off-season first. When and if you love FRECO, you can wrestle in many off-season tournaments to earn national recognition. – Head Coach Zac Dominguez

The following video explains the benefits of Olympic Style Wrestling:

<http://youtu.be/5G8UHpbEL2E>

**Gold Room – U15, UWW Cadets, UWW Juniors - Coaches discretion to move less experienced wrestlers to the Silver Room**

- **Regular Practice Schedule begins Saturday March 1<sup>st</sup> 11:00am – 12:30pm**
  - Monday (Girls) 6:30 pm – 8 pm
  - Tuesday (Boys) 5:00 pm – 6:30 pm
  - Wednesday (Boys and Girls) 6:30 pm – 8:00 pm
  - Thursday (Boys) 5:00 pm – 6:30 pm
  - Friday (Girls) 5:00 pm – 6:30 pm
  - Saturday (Boys) 10:30 am – 12:00 pm
- Sign-ups - SportsEngine Registration: [2025 Registration Link](#)
- Cost - \$875 (\$175/month for 5 monthly payments / first payment due on signup) or discounted to \$700 if paid in full upon registration. 50 off for each additional sibling wrestler

**Silver Room – 14U, 12U, 10U, 8U – Coaches discretion to move more experienced wrestlers to the Gold Room**

- **Season runs from March 18, 2025 to June 26, 2025 (*Athletes wrestling at NEUSAW State not Expected till 3.24.25*)**
- **Practice Schedule:**
  - Tuesday 6:30 pm – 8:00 pm
  - Thursday 6:30 pm – 8:00 pm
  - Saturday 9:00 am – 10:30 pm
- SportsEngine Registration: [2025 Registration Link](#)  
Cost is \$600 (\$150/month for 4 monthly payments / first payment is due on signup) or discounted to \$500 if paid in full upon registration. \$30 discount for each sibling wrestler

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### **\*\*\*ATTENTION\*\*\***

A **Full USA Wrestling Card** (\$45 or \$30 to upgrade your existing Limited Membership) is required to wrestle FRECO. If you do not already have one please go to [www.usawrestling.org](http://www.usawrestling.org) to get your Membership.

Please download the SportsEngine app for easy access to the schedule and communication tools.

Please join our Facebook page. This is the best way to get quick information. Search for:

**"MWC Wrestling Academy – Athletes | Alumni | Families | Fans"**

Follow us on twitter at **@MWC4L**

Follow us on instagram at **@mwcwrestling**

**USA age/weight and UWW age/weight divisions link:**

[https://www.usawmembership.com/age\\_group\\_weight\\_chart](https://www.usawmembership.com/age_group_weight_chart)

**USA Wrestling Rule Book link:**

[https://www.usawmembership.com/usa\\_wrestling\\_rule\\_book](https://www.usawmembership.com/usa_wrestling_rule_book)

**UWW Wrestling Rule Book link:**

<https://uww.org/governance/regulations-olympic-wrestling>

For more information or questions please contact **Zac Dominguez**: (531)210.8535 or

### **\*\*\*IMPORTANT DATES\*\*\***

**April 6:** MWC King of the Mat(ALL-Required)

**April 11-13:** PNL FRECO Championships Kenosha, WI(Gold Room-Required)

**April 22-28:** US Open Las Vegas, NV(ALL-Optional)

**May 3:** NEUSAW State(ALL-Required)

**May 9-11:** Northern Plains Regional Rochester, MN(ALL-Optional)

**May 17:** MWC GOLF OUTING Tregaron Golf Course

**May 28-June 2:** U20/U23 WTT Cleveland, OH(Gold Room-Optional)

**June 6-8:** PNL Summer Dual Championships Coralville, IA(Gold Room-Multiple Teams)

**June 11-14:** 14U Duals Oaks, PA(Silver Room-Selected by NEUSAW)

**June 11-14:** 16U Duals Heriman, UT(Gold Room-Selected by NEUSAW)

**June 17-21:** JR Duals Milwaukee, WI(Gold Room-Selected by NEUSAW)

**June 26-29:** Kids Nationals Cedar Rapids, IA(Silver Room-Optional)

**July 12-20:** 16U & JR Nationals Fargo, ND(Gold Room-Optional)

***In the last 10 years MWC has put over 90 athletes into college on scholarship because they trusted, believed and followed the path that was laid out for them by the coaching staff at MWC Wrestling Academy. If it is your desire to compete at the college level the MWC Coaching staff needs you to believe in the vision and trust the process by attending the practices and tournaments we have put on the schedule. If you have troubles or issues with attending the tournaments please reach out to a coach ASAP, so they can help you come up with a game plan to be able to reach your goals!***

