



# 2025 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 17 @ 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)

### **Women's Only Freestyle - Minneapolis – Augsburg University**

Starting - Wednesday March 26 @ 5:15 pm-6:45 pm - Will go until 16U/Junior Fargo training camp

- Practice on Wednesdays **only** 5:15pm-6:45pm - Steve Polakowski MN/USA Women's State Coach

Other state duals and Fargo coaches as well

Questions contact Brandon Kingsley (952-261-6977)

### **Southeastern Minnesota Training Site – RCTC College - Freestyle & Greco**

Start Tuesday March 18th @ 7:00-8:30 pm

Practices: Tuesdays March 18th, 25<sup>th</sup>, April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29th & May 6<sup>th</sup>

Location: 851 College Pkwy SE, Rochester, MN 55904

Coaches: Cody Buchanan (507-990-7634) as well as other coaches possible

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

Start - Wednesday March 19th @ 6:00 pm-7:30 pm

Address: 10926 N Long Lake Rd, Brainerd, MN 56401

Practices: Wednesday's March 19<sup>th</sup>, 26<sup>th</sup>, April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> and May 7<sup>th</sup>

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 3rd @ 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 Sunday March 23rd @ 3:00 pm - 4:30 pm

Address: 420 South Division St Rice, MN 56367

Practices on Sundays March 23rd, 30th, April 6th, 13th, 27th

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

Contact: Rylee Molitor (320-828-4461) Multiple other coaches & SCSU Wrestlers possible.

### **Willmar Regional Training Site – Ridgewater College Freestyle & Greco**

Start Tuesdays March 18th @ 6:30 pm-8:00 pm

Address: 2101 15<sup>th</sup> Ave NW Willmar, MN 56201

Practices on Tuesdays March 18th, 25th, April 1st, 8<sup>th</sup>, 15<sup>th</sup>, 22nd, 29th & May 6th

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

Contact: Logan Peterson (320-894-2573) Multiple other coaches possible.

### **Watertown Regional Training Site - No Nonsense Freestyle & Greco**

Start Sunday March 23rd @ 6:00 pm - 7:30 pm

Address: 11145 MN-7, Watertown, MN 55388

Practices on Sundays March 23rd, 30th, April 6th & 27th NO Practice the 13th

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

Contact: Jake Saatzer (612-720-8435) Multiple other coaches possible

### **South Central Training Site - Jackson Freestyle & Greco**

Start Tuesday April 1st @ 7:00-8:30 pm

Practices: Tuesdays April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29th

Location: Thorn Wrestling 126 Ballard Ave Jackson, MN 56143

Coaches: David Thorn (763-913-7759) as well as other coaches possible