

Junior National Tournament Team

2025 MN/USA Wrestling Junior National Training Camp Letter

(PLEASE READ COMPLETELY)

To attend the MN/USA Junior National Training Camp **you must have competed at MN/USA State, any USA Wrestling Freestyle or Greco Regional or a UWW Nationals**. There are several opportunities to secure an auto-qualifier spot on the team before camp starts. The top 6 place winners at any Regional National like Northern Plains and the top 8 place winners at U17/Cadet and U20 will get auto spots on team Minnesota at Fargo and not go against MN's roster limit. Returning All-Americans from the previous year are also given an auto-qualifier spot. You are also guaranteed a spot as a State champ at the same weight and style you competed in. **Wrestle-offs will be held at the June 28th camp date at ST. CLOUD STATE** and the team will be finalized at that time. Wrestlers will need to be within **5 pounds** of Fargo competition weight on this date. **Please register by June 24th** and indicate on your USA Wrestling registration entry which weight and style (or styles if both) you wish to compete in.

This will not be an overnight camp this year. We understand some wrestlers will be coming from a distance away and it will not make sense for them to commute for this camp. In these cases, we will put the wrestler up for the night. Please let us know when registering if your wrestler will need lodging. They are welcome to stay at the homes of local wrestlers if they like to. Lunch will be provided daily, and we will have snack items on hand too. If your wrestler has specific things they like to eat while training, feel free to bring them to camp in a marked container.

Camp Check-in information: June 28th (SCSU/wrestle-off day) and Wednesday, July 9th to Thursday, July 10th at Augsburg University in Minneapolis, the camp at Augsburg is **MANDATORY** to be able to compete in Fargo. Check-in will be at Augsburg at 8:00 am, Wednesday, July 9th. Camp that day will finish around 3:00 p.m. Please have your wrestler picked up by 4:00 p.m. Thursday morning check-in will start at 8:00 a.m. with practice starting promptly at 9:00 a.m. The camp finish will be at approximately 3:00 pm on Thursday, July 10th. Because of past Greco registration numbers, the camps will be run in conjunction this year, allowing Freestyle wrestlers that are crossing over to also get Greco practices in. Coaches will decide and notify wrestlers if they are crossing over as soon as possible. Departure for Fargo for those wrestlers that have made the Freestyle team will be on Sunday, July 14th from Augsburg time will be announced at camp, and at various sites and times to be determined at camp.

If you are wrestling **Greco only**, you will get out of camp on July 10th which will leave 7 days in between camp and departing for Fargo. These will be announced at camp if happening. Departure for Fargo will be on Thursday, July 17th from Augsburg at 9:00 am and various pick-up sites and exact times to be determined at camp.

The cost of the Fargo experience which includes camp and the trip and stay up at Fargo will be **\$540.00 (pre-registered)**. **If you choose to cross-over and wrestle both styles, there will be a \$180 additional fee. There is a \$50 cash penalty fee added if you do not pre-register for camp by June 24th and there are no guarantees for a spot at camp after that date; it depends on if there is still space available and you are pre-qualified. If there are wrestle-offs at your wrestler's weight and they do not make Team Minnesota, they will be refunded \$450. If a cross-over spot isn't available, they will be refunded \$165.**

There is no additional fee collected if you are selected to compete at the National tournament (other than needing spending/food money at the tournament). Please register online at the following link no later than Tuesday, June 24th. [Fargo Camp and Team Registration](#)



You have the opportunity to offset the cost of the National Dual team fee and/or Fargo by selling raffle tickets for a drawing with cash prizes on Sunday, August 17th. This opportunity is open to all and replaces the previous scholarship offering. Read more about it here: [MN/USA 2025 National Team Fundraiser](#).

All wrestlers requesting to participate in both styles please request it online with an **additional payment of \$180.00**. The only acceptable form of payment will be through the registration system. If you request to have a spot on BOTH teams and are chosen for a spot on the Greco Team the **\$180.00 crossover fee** will become non-refundable. The only case in which the crossover fee shall be refundable is if the MN/USA coaching staff does not grant you a spot on the Greco team or if you are red-carded at the Freestyle tournament due to an injury.

Uniforms are not included in the camp/tournament fee this year, they are to be purchased separately. Included in the camp fee is a camp T-shirt and a Fargo team Nike T-shirt if you make the team. The required National Team uniform of 2 Nike singlets, a Nike jacket, and a pair of basic shorts are available at <https://www.jrwrestling.com/wrestling-apparel/mnusaw-apparel.html> . Please get these ordered as soon as possible if you haven't already.

Please come to camp in good condition. This is a short camp to prepare you for the National Tournament. If you come in good shape, then the coaching staff will be able to focus on getting you ready for the National tournament. Please make sure you have all skin diseases under control, as we cannot jeopardize other wrestlers' health during camp. If you're being treated for any skin condition, then please bring a doctor's permission slip for our camp doctor to review. Our camp doctor makes the final decision on whether you can compete or practice. See the MN/USA website for other medical recommendations. Bring plenty of workout gear, as we have 2 practices per day and you must have clean gear for each session.

Travel Information: We will be taking a bus to Fargo and the Junior team will be staying at the SLEEP INN, 4625 23rd Ave S, Fargo, North Dakota (ND) 58103. Freestyle wrestlers choosing to ride back in the bus will return on Wednesday, July 16th. Greco Wrestlers will return on Saturday, July 19th. Wrestlers are free to leave with parents from Fargo **after notifying the coaches**.

NOTICE TO PARENTS: Wrestlers are expected to behave in a manner that meets MN USA Wrestling's high standards. Any behavior that is deemed unacceptable will result in a bus trip home at the parent's expense. All athletes must follow all MSHSL rules.

LIST OF THINGS TO BRING TO CAMP:

BE IN GOOD PHYSICAL SHAPE!!

BRING THE RIGHT ATTITUDE!

___ WORK OUT GEAR – 1 CLEAN SET FOR EACH PRACTICE STRONGLY SUGGESTED (2 PRACTICES PER DAY)

___ WATER BOTTLE W/ NAME

Also, please do not bring valuable items to camp or Fargo as MN/USA Wrestling will not be responsible for lost or stolen items. The coaching staff is looking forward to working with you!

Please complete the online registration by June 24th. Contact Eric Swensen eswensen@mnusawrestling.org with any questions.

