



**MWC Wrestling Academy**

# **Pre-Season Wrestling 2025**



## **Pre-Season = Turning on the Mechanism***Pre-Season*

*Wrestling is meant to turn on the brain and body after your time off from the mat. Many kids are playing summer sports and have not been practicing their wrestling. This short, but all important season will prepare you for the start of the Folkstyle Wrestling season. We will not over-work physically or mentally but give the right amount of challenge to get the brain and body moving together again. Wrestling is a timing sport and Pre-Season Wrestling will get the clock back in sync and give your wrestler a head start going into the season! – Coach Zac Dominguez*

### **Gold Room – High School Boys**

- **Coaches' discretion to move inexperienced wrestlers to Silver Room**
- Season runs from August 19<sup>th</sup> to November 15<sup>th</sup>
- **First Practice is Tuesday August 19<sup>th</sup> at 5:00pm. (Register prior to first practice using link below)**
- Cost is \$500 for all days or \$350 for one practice per week (you choose the day).
  - \$25 off for each additional sibling wrestler
- Practice Schedule: **Tuesday & Thursday** 5:00 pm – 6:30 pm  
**Saturday** 10:30 am – Noon

### **Teal Room - Middle/High School Girls**

- Season runs from August 18<sup>th</sup> to November 15<sup>th</sup>
- **First Practice is Monday August 18<sup>th</sup> at 6:30pm. (Register prior to first practice using link below)**
- Cost is \$500 for all days or \$350 for one practice per week (you choose the day).
  - \$25 off for each additional sibling wrestler
- Practice Schedule: **Monday & Wednesday** 6:30 pm – 8:00 pm  
**Friday** 5:00 pm – 6:30 pm

### **Silver Room – Elementary/Middle School**

- **Coaches' discretion to move more experienced wrestlers to Gold/Teal Rooms**
- Season runs from August 19<sup>th</sup> to November 1<sup>st</sup>
- **First Practice is Tuesday August 19<sup>th</sup> at 6:30pm. (Register prior to first practice using link below)**
- Cost is \$350 for all days or \$250 for one practice per week (you choose the day).
  - \$25 off for each additional sibling wrestler
- Practice Schedule: **Tuesday & Thursday** 6:30 pm – 8:00 pm  
**Saturday** 9:00 am – 10:30 am

All practice sessions are held at the MWC Wrestling Academy Training Facility:

**302 East Cary St. Papillion, NE 68046**

#### **Registration link:**

For more information or questions please contact:

**Justine Garman** – (402) 660-5344 or [justine.garman@hotmail.com](mailto:justine.garman@hotmail.com) (email or text preferred)

Zac Dominguez - (402)639-4507 or [matside63@gmail.com](mailto:matside63@gmail.com)



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**ATHLETES WILL BE GIVEN A QR CODE THROUGH  
SPORTSENGINE IN ORDER TO COME INTO PRACTICE!!!!**

## **IMPORTANT DATES YOU NEED TO KNOW**

### **WE WILL HAVE COACHES AT THESE EVENTS ONLY!!**

October 11-12, 2025: PNL Fall Training Camp-MINNEAPOLIS, MN (14U-USA JR)

October 24-26, 2025: USA Wrestling Preseason Nationals-Des Moines, IA (All Ages)

November 1-2, 2025: PNL Fall Championships-Chicago, IL (14U-USA JR)

December 13-14, 2025: PNL Winter Training Camp-Papillion, NE (12U-15U)

January 18-19, 2026: PNL Winter Championships-Irving, TX (12U-15U)

April 11-12, 2026: PNL Spring Championships-Wisconsin (12U-USA JR)

April 18, 2026: Alan Vera Memorial-Papillion, NE (All Ages)

April 2026: US OPEN CHAMPIONSHIPS-TBD (U15-Senior Level)

May 2026: FRECO State-TBD (All Ages)

May 2026: Northern Plains Regional-TBD (All Ages)

May 2026: MWC Golf Outing-TBD

May 2026: U20 & U23 Trials-TBD

June 6-7, 2026: PNL Summer Duals-Coralville, IA (12U-USA JR)

June 2026: Kids Nationals-TBD (8U-14U)



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July 2026: 16U & USA JR Nationals-Fargo, ND

**\*\*\*PIN (Performance Index Number) Matters!!! These tournaments will increase that number.\*\*\***