



2025 Cadet (16U) Fargo National Team Training Camp Info Letter

TRAIN WITH THE BEST

(PLEASE READ COMPLETELY)

To attend Fargo National Training Camp, you must have competed at MN USA State, Northern Plains, another regional national event, or UWW Nationals. There are four ways to earn a spot on the MN Fargo team:

- Auto qualification: several opportunities to secure an auto-qualifier spot on the team before camp starts and these auto spots do not go against MN's roster limit.
 - Top 6 place winners at any Regional National like Northern Plains
 - Top 8 place winners at UWW U15 and U17/Cadet
 - Returning All-Americans from the previous year are also given an auto-qualifier spot.
- MN/USA State Champion guarantees a spot in the same weight and style.
- Wrestle-offs, if necessary, will be held at the Saturday, June 28th camp date at St. Cloud State University and the team will be finalized at that time. Wrestlers with wrestle-offs will need to be within 5 pounds of Fargo competition weight on this date. Please register by Tuesday, June 24th and indicate which weight and style (or styles if both) you wish to compete in at Fargo.

Leading up to Cadet Duals and Fargo, there are several camps that the wrestlers should attend. These are day camps. If you are traveling from a far distance and need accommodations for the Augsburg dates, we will put wrestlers up for the night. Please let us know when you register if your wrestler will need lodging. They are welcome to stay at the homes of local wrestlers or families if they like too. 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.

- **May 17th** at Waconia High School
- **June 28th** at St. Cloud State University – match day and wrestle off day (PRE-REGISTRATION IS REQUIRED)
- **Wednesday, July 9th to Thursday, July 10th** at Augsburg University in Minneapolis.

This camp is mandatory to be able to attend Fargo. Time: 8:00 am check in with practice starting promptly at 9:00 and ending at 3:00 pm (wrestlers must be picked up by 5:00 pm) The camps will be run in conjunction this year, allowing Freestyle wrestlers that are crossing over to also get Greco practices in. The Cadet Freestyle Head Coach is Justin Koob and the Greco Head Coach is Adam Thronson.

[Fargo Camp and Team Registration](#)



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 are able to compete or practice. See the MN/USA web site for other medical recommendations. Bring plenty of work out gear, as we have 2 practices per day, and you must have clean gear for each session.

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

Fargo Information

Dates: July 13th – 19th

- Freestyle Tournament: July 14th – 16th
- Greco Tournament: July 17th – 19th

Departure Information:

- Freestyle: Sunday, July 13th at **9:00 am** from Augsburg and various sites and times to be determined at camp.
- Greco only: Thursday, July 17th at **9:00 am** from Augsburg and various sites and times to be determined at camp.

Cost: Includes camp, the trip and the stay in Fargo

- One style: \$540.00 (pre-registered)
- Both Styles: an additional \$180 to wrestle both styles for a total of \$720.00.
- Late payments: if not registered during camp pre-registration, a \$50 cash penalty will be applied.

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.](#)

There are no guarantees for a spot at camp after June 24th; it depends on if there are still space available and if 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 note wrestlers are responsible for their own food and beverages at Fargo. Breakfast provided at the hotel.***



Please ensure your USA wrestling membership is current and if not, register online at the following link on no later than Tuesday, June 24th. [Fargo Camp and Team Registration](#)

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 [National Team Package 2025 w/ Red & Blue Singlets \(jrwrestling.com\)](#) . Please get these ordered as soon as possible if you haven't already.

Team Hotel and Travel Information: We will be taking a bus to Fargo and the Cadet team will be staying at the La Quinta Inn, 2355 46th St S, Fargo, North Dakota (ND) 58103 phone # is: 701 499 2000. Freestyle wrestlers choosing to ride back in the bus will return Wednesday July 16th. Greco Wrestlers will return Saturday July 19th. We will stop approximately one hour north of MPLS to allow wrestlers to call parents for rides home if needed. 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.

Also, please do not bring valuable items with 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 Jeff Lathrop at 612-709-4362 or jlathrop@mnusawrestling.org or Gary Auer at 320-493-7002 or gauer@mnusawrestling.org with any questions.

[Fargo Camp and Team Registration](#)

