



MWC Wrestling Academy

2024 - 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 were 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 to 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 – UWW Cadets, UWW Juniors - Coaches discretion to move less experienced wrestlers to the Silver Room

- **Season runs from February 25- 2024 to July 11- 2024.**
- **The first week of practice is as follows:**
 - Sunday: 2/25 1:00 pm --3:00pm
 - Wednesday: 2/28 6:30 pm – 8:00 pm
 - Friday: 3/1 5:00 pm – 6:30 pm
 - Saturday: 3/2 11:00 am – 12:30 pm
- **Regular Practice Schedule begins Tuesday March 5- 5:00pm – 6:30pm**
 - Tuesday 5:00 pm – 6:30 pm
 - Wednesday 6:30 pm – 8:00 pm
 - Thursday 5:00 pm – 6:30 pm
 - Saturday 11:00 am – 12:30 pm
- Sign-ups - SportsEngine Registration: [2024 Registration Link](#)
- Cost is \$800(\$160/month for 5 monthly payments / first payment due on signup) or discounted to \$650 if paid in full upon registration.
- \$30 off for each additional sibling wrestler

Platinum Room(GIRLS) – U15, UWW Cadets, UWW Juniors - Coaches have discretion on athlete adjustment

- **Season runs from February 25- 2024 to July 11- 2024.**
- **The first week of practice is as follows:**
 - Sunday: 2/25 1:00 pm – 2:30 pm
 - Wednesday: 2/28 4:00 pm – 5:15 pm
 - Saturday: 3/2 1:00 pm – 2:30 pm
- **Regular Practice Schedule begins Monday March 4- 4:00pm – 5:15pm**
 - Monday 4:00 pm – 5:15 pm
 - Wednesday 4:00 pm – 5:15 pm
 - Friday 4:00 pm – 5:30 pm
 - Saturday 1:00 pm – 2:30 pm
- Sign-ups - SportsEngine Registration: [2024 Registration Link](#)
- Cost is \$800(\$160/month for 5 monthly payments / first payment due on signup) or discounted to \$650 if paid in full upon registration.
- \$30 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 25- 2024 to June 27-2024

First practice is Monday March 27- 2022 at 6:30 pm

Practice Schedule:

Monday	6:30 pm – 8:00 pm
Tuesday	6:30 pm – 8:00 pm
Thursday	6:30 pm – 8:00 pm

- SportsEngine Registration: [2024 Registration Link](#)
- Cost is \$600 (\$150/month for 4 monthly payments / first payment is due on signup) or discounted to \$450 if paid in full upon registration.

*****Attention*****

New to 2024 Freco Season - We will be adding Bonus Strength and agility practices on Tuesdays and Thursdays at 930-11am once school is out for the Summer. (approximate date of June 4th, 2024)

These workouts are not meant to replace normal practices but to be additional work to help you reach your goals as an athlete. These workouts are for U15 age groups and up.

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 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

USA Wrestling Rule Book link:

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**: (402)639-4507 or matside63@gmail.com