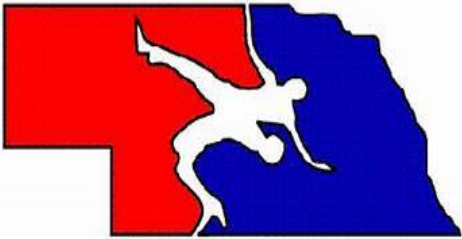


NEUSAW FRECO SEASON

UPCOMING EVENTS

See below!!!



FREESTYLE AND GRECO- ROMAN

Freestyle/ Greco-Roman season is upon us and there is some important information you will need to know. USAW requires all FS/GR competitors to have a full USAW athlete membership. The cost of this membership is \$47 dollars. If you had a limited folkstyle card, the cost will be \$30 dollars to upgrade to a full athlete membership. I understand that this is a new process and additional costs can be frustrating. A full athlete membership is required to participate in FS/GR events. But this means athletes may compete in all NEUSAW FS/GR Events, as well as Regional and National competitions This opens the door to additional tournaments, travel, and events for your athlete and will better prepare them to compete nationally and encourages a more well-rounded wrestler. They will see improvements in their folkstyle wrestling as well. We have already significantly grown our FS/GR schedule and will continue to add more events to ensure that athletes can take full advantage of having the full athlete membership. Please check our Facebook page regularly for updates.

WRESTLING LEADERSHIP CLINIC

Zac Dominguez, head wrestling coach at MWC wrestling academy and member of the USAW coaches' council, has offered to host a wrestling leadership clinic. This clinic will take place on April 16th at MWC, which is located at 302 East Cary St. Papillion, NE 68046. This clinic will be free to all coaches who have a current USAW leadership card. This clinic will focus on the following areas: rules, scoring, and Par Tare (top and bottom). The purpose of this clinic is to allow coaches to become more familiar with the Olympic styles. We would like to encourage coaches to feel more comfortable coaching these styles and demonstrate this ability and support to their clubs and wrestlers.

Coaches Memberships

As you know, if you intend on coaching at any NEUSAW or USAW-sanctioned event, you are REQUIRED to complete SafeSport and background check, and purchase a wrestling leader membership in order to coach. I understand that this takes time and that your time is valuable. The safety of our athletes, at all levels, is our number one concern and focus. It is important to get this done as soon as possible. The current background check process is taking *fourteen or more days* to come back. I would hate to tell a coach they cannot coach their club because they waited until the last minute and their background check hasn't come back yet.

UPCOMING EVENTS

April 5th – Freestyle/ Greco Clinic at Lincoln HS 6- 8:30 pm

April 7-8 – MWC Freestyle/ Greco Tournament @ Bellevue HS

April 14th – Freestyle/ Greco Clinic @ Valentine Elementary Gym 6pm

April 15th – Freestyle Clinic 8:30 am – 12:00 pm Tournament starts @ 1:00 pm Scottsbluff Middle school.

April 16th - Wrestling Leader Clinic @ MWC wrestling academy @ 9 am

April 22nd – The Throwdown Presented by Nebraska Boyz WC- Clinic 8 am – 9:30 am tournament starts @ 10:00 am

April 23rd – 3rd Annual Waverly Vikings FS/GR tournament @ Waverly HS starts at 9:00 am

April 23rd -MWD North Platte FS/GR Tournament Times TBA

April 30th – Grand Island Grapplers FS/GR Times TBA

April 30th – Powerhouse FS/GR Tournament Council Bluffs, IA

May 7th – NEUSA Freestyle and Greco- Roman State Tournament @ Lancaster Events center

*If Events are added, they will be announced on our Facebook page, so please check in often.

FROM THE DESK OF THE EXECUTIVE DIRECTOR

NEUSAW is partnering with various clubs from around the state to introduce the Olympic styles of wrestling to the masses of Nebraska!! I am very excited to announce that we have **10** Freestyle and Greco- Roman events scheduled for this spring. This is just year one, imagine where we will be in years two, three, four, and into the future. It is truly exciting to see and hear the excitement in the state about bringing a freestyle and Greco (FRECO) season back to Nebraska. The rest of the country has been put on notice, Nebraska wrestlers are coming for NATIONAL TITLES, WORLD TEAM SPOTS, and it **ALL** starts this spring.

In the wrestling spirit,

Matthew Paeth

Matthew Paeth

Executive Director

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