



INDIANA STATE WRESTLING ASSOCIATION NEWS & UPDATES -----

MARCH 2026

Team Indiana Opportunities will become available at the awards podium for those teams requiring qualification. Information can be found online at www.iswa.com/teamindiana. The TEAM INDIANA Events & SELECTION PROCESS can also be found online here by trip: <https://www.iswa.com/teamindiana>

2026 HEARTLAND DUALS March 2-4th@ COUNCIL BLUFFS, IOWA Best of luck to ALL TEAM INDIANA!

Clubs: Thank you in advance for communicating with your members. Freestyle/Greco is the International Wrestling styles, clinics, RTC, camps are available for those wrestlers wishing to expand past Folkstyle season. Visit our website for new inspirational video's to share with your club members: <https://www.iswa.com/clinics>

RTC Schedule/Clinicians - Regional Training Centers info can be found here: <https://www.iswa.com/rtc>

2026 CULTURAL EXCHANGE Lou Silverman, ISWA's cultural exchange director is planning a special cultural exchange opportunity in Puerto Rico. April 10th is the final deadline to request \$300 deposit. Simply email office@iswa.com for more info please visit: <https://www.iswa.com/culturalexchangetrip>

2026 ISWA SCHOLARSHIPS The scholarship DEADLINE is – APRIL 1st! Visit our website for more information. Eligible seniors must complete the application form for consideration. More info can be found here: <https://www.iswa.com/scholarshipandrecruiting>

2026 John Hurre Nomination: Nomination due March 31st. Detail and nomination link can be found here: <https://www.iswa.com/awardsandresults>

FOLKSTYLE STATE FINALS Thank you to all coaches and wrestlers who participated in this year Folkstyle State Finals at Nexus Park Columbus. We appreciate all those who helped run, plan and ensure this event was the best quality event.

Team Results: Congratulations to the following Teams/Academies

| Folkstyle State Boys Results | | |
|----------------------------------|---------|-------|
| Large Team Winners (19+) | Wrestle | Point |
| Bulldog Wrestling Club | 54 | 481 |
| Bloomington South Wrestling Club | 45 | 363.5 |
| Franklin Wrestling Club | 42 | 361 |
| Medium Team Winners (13-18) | | |
| Garrett Wrestling Club | 15 | 188.5 |
| East Noble TUF Wrestling | 18 | 188 |
| Alphas Wrestling | 17 | 153 |
| Small Team Winners (8-10) | | |
| Avon Wrestling Club | 10 | 128.5 |
| Lebanon Tiger Wrestling Club | 11 | 114.5 |
| HSE Wrestling Club | 11 | 92.5 |

2026 Heartland Duals Results Coming Soon:

<https://www.iswa.com/awardsandresults>



2026 MEN & WOMENS FREESTYLE/GRECO STATE FREESTYLE STATE FINALS

For the most current info visit: <https://www.iswa.com/iswafgrstatefinals>

May 1-3rd, 2026 @ AVON HS Registration will be online at www.usawmembership.com. NOTE* Two qualifying Freestyle events are required in order to register for this event. A drop down menu of freestyle events will be available to select the qualifiers wrestlers competed in.

Attention Clubs - Table Help is Needed! Email office@iswa.com for more information.

3XGEAR 2026 ISWA Men & Women's Freestyle/Greco State Final Event shirts will be for sale at Avon High School. If you want your wrestler to be listed on the back of the tournament shirt make sure to register before 4/27/26 11:59 pm EST.

Coaches please note; to receive a coaches band, to coach matside, you must be a current USAW Wrestling Leader member, which includes a NCSI background check, completed the Safe Sport certification, and have minimum Copper certification. Please contact the ISWA office to confirm your USAW membership is eligible to coach matside for this event. (317)780-1885 or email office@iswa.com. Note coaches can upload a profile photo to make check in faster at the coaches band table. Visit www.usawmembership.com to begin the 5-7 day processing procedure for new members. COACHES ARE REQUIRED TO PRE-REGISTER FOR COACHES BANDS WITHIN WWW.USAWMEMBERSHIP.COM-EVENT-SEARCH EVENT-COACHES BAND.

05/11/2026 - 05/13/2026 @ Norton Healthcare Sports & Learning Center

2026 USA Wrestling Silver Coaches College

- May 12-13, 2026 (8am-evening daily)

Event to be held at Norton Healthcare Sports & Learning Center, 3029 W Muhammad Ali Blvd, Louisville, KY 40212

Presentation is both classroom and technique demonstration.

Recommend arrival 5.11 and departure 5.14 as sessions start early and run late.

Attendees will get complimentary admission to the 2026 Senior World Team Trials Challenge Tournament 5.15.26-5.16.26 in the same venue as the Silver Coaches College.

Copper and Bronze Coach Certifications are a Pre-Requisite to Attend

Please email NCEP@USAWrestling.org for more info.

Any food allergies? Please let us know so we can accommodate your needs!

Cost: \$400, \$300 for High Performance Leaders.

Accommodations: Attendees will be responsible for their own accommodations. See the accommodations link for host hotel.

Includes: Clinic, notebook, lunch both days of programming, coaches social.

Attire: Workout gear/casual wear. No mandatory physical workouts. Some technical presenters may request a drill partner (if you're willing/able).