

# TRAIN WITH THE BEST

## 2021 MN/USA Wrestling Cadet National Training Camp Letter

(PLEASE READ COMPLETELY)

To attend the MN/USA Junior National Training Camp you must have competed at State, Northern Plains or a UWW Nationals. With a last minute change, there are auto-qualifier spots now. Top 4 place winners at any Regional National like Northern Plains and top 8 place winners at UWW U15 and U17/Cadet will get auto spots on team Minnesota at Fargo and not go against MN's roster limit. You are also guaranteed a spot as a State champ at the same weight and style you competed in and any MN top 3 place winner at Northern Plains at the same weight and style you compete in. Wrestle-offs will be held at the June 26<sup>th</sup> camp date and the team will be finalized at that date. Wrestlers will need to be within 4 pounds of Fargo competition weight on this date. Please register by June 22<sup>nd</sup> and indicate on your Track Wrestling registration entry which weight and style (or styles if both) you wish to compete.

**This will not be an over-night camp this year. We understand some wrestlers will be coming from a distance away and will not make sense for them to commute for this camp. In this cases we will put the wrestler up for the one night. Please let us know when registering if your wrestler will need lodging. They are welcome to stay at the homes of local wrestlers 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 camp in a marked container.**

**Camp Check in information:** The Cadet Camp will take place May 22<sup>nd</sup>, June 26<sup>th</sup> (wrestle-off day) and Tuesday July 13<sup>th</sup> to Wednesday, July 14<sup>th</sup> at the MN/USA Wrestling Training Center in Coon Rapids. This year's Cadet Freestyle Head Coach is Justin Koob and the Greco Head Coach is Adam Thronson. Check in will be at the Training Center at 8:00 am, Tuesday July 13th. Camp will finish around 5:00 p.m. Please have your wrestler picked up by 6:00 p.m. Wednesday morning check-in at 8:00 a.m. with practice starting promptly at 9:00 a.m. Camp finish will be approximately 5:00 pm on Wednesday July 14th. Because of past Greco registration numbers, the camps will be run in conjunction this year, allowing Freestyle wrestlers that are crossing over to also get Greco practices in. Coaches will decide and notify wrestlers if they are crossing over as soon as possible. Departure for Fargo for those wrestlers that have made the Freestyle team will be on Friday July 16th from the Training Center, and at various sites and times to be determined at camp.

The Cadet Greco Camp will get out on July 14<sup>th</sup> also which will leave 5 days in between camp and departing for Fargo. There may be practices set up around the state where possible to help keep wrestlers sharp and allow for weight cutting practices. These will be announced at camp if happening. Departure for Fargo will be on Tuesday July 20<sup>th</sup> from the Training Center in the morning and various pick-up sites and exact times to be determined at camp.

The cost of the Fargo experience which includes camp and the trip and stay up at Fargo will be **\$500.00 (pre-registered)**. **If you choose to cross-over and wrestle both styles, there will be a \$150 additional fee. There is a \$50 cash penalty fee added if you do not pre-register for camp by June 22<sup>nd</sup> and there are no guarantees for a spot at camp after that date; it depends on if there are still space available and 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 \$145.**

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 register online at the following link on TrackWrestling.com no later than Saturday, June 22<sup>nd</sup>.

[http://www.trackwrestling.com/registration/TW\\_Register.jsp?tournamentGroupId=196052132](http://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=196052132)



All wrestlers requesting to participate in both styles please request it online with an **additional payment of \$150.00**. The only acceptable form of payment will be through Track Wrestling. If you request to have a spot on BOTH teams and are chosen for a spot on the Greco Team the **\$150.00 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 <https://www.jrwrestling.com/wrestling-apparel/mn-storm-apparel.html> . Please get these ordered as soon as possible if you haven't already.

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 up to 3 practices per day and you must have clean gear for each session.

**Travel Information:** We will be taking a bus to Fargo and the Cadet team will be staying at the Hampton Inn Fargo Medical Center (701-356-8070) for 2 days and then the rest of the event 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 Monday July 19<sup>th</sup>. Greco Wrestlers will return Thursday July 22<sup>nd</sup>. 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.

**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 (3 PRACTICES PER DAY)

\_\_\_ RUNNING SHOES

\_\_\_ WATER BOTTLE W/ NAME

\_\_\_ CAMP CHAIR IF WANTED – NO SEATING IN THE BUILDING

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 22<sup>nd</sup>. Contact Jeff Lathrop at 612-709-4362 or [jlathrop@mnusawrestling.org](mailto:jlathrop@mnusawrestling.org) with any questions.

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