



2026 Women's Fargo National Team Training Camp Info Letter

TRAIN WITH THE BEST

Camp is July 12th and 13th at Augsburg University and is MANDATORY

(PLEASE READ COMPLETELY)

No qualifying events are required to attend the MN/USA Wrestling Women's National Training camp. There are four ways to earn a spot on the MN Women's Fargo team:

- Auto qualification: There are 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
 - Returning All-Americans from the previous year are also given an auto-qualifier spot.
- MN/USA State Champion guarantees a spot around the same weight you wrestled at state (with-in one weight class of state weight).
- Wrestle-offs, if necessary, will be held during the camp on Saturday, June 27th at STMA High School 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 23rd and indicate which weight and style (or styles if both) you wish to compete in at Fargo.

Leading up to Women's 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 30th** at Waconia High School
- **June 27th** at STMA High School– match day and wrestle off day (PRE-REGISTRATION IS REQUIRED)
- **Sunday, July 12th to Monday, July 13th** at Augsburg University in Minneapolis. **MANDATORY CAMP**

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)

[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 can 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 ON IT

Fargo Information

Dates: July 15th – 18th

- Freestyle Tournament: July 15th – 18th

Departure Information:

- Wednesday, July 15th from Augsburg and various sites and times to be determined at camp.

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

- Registration: \$540.00 (pre-registered)
- Late payments: If not registered before June 23rd during camp pre-registration, a \$50 penalty will be applied.

You will 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 16th. This opportunity is open to all and replaces the previous scholarship offering. Read more about it here:

[MN/USA 2026 National Team Fundraiser.](#)

There are no guarantees for a spot at camp after June 23rd; it depends on if there is still space available. If there are wrestle-offs at your wrestler's weight and they do not make Team Minnesota, they will be refunded \$450. If you are given a spot on the team and fail to show up for the event you will forfeit your payment.

There is no additional fee collected if you are selected to compete at the National tournament (other than wrestlers will need 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 23rd. [Fargo Camp and Team Registration](#)



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 for \$230.00 at [Girls 2026 National Team Package](#) . Please get these orders in as soon as possible if you haven't already.

Team Hotel and Travel Information: We will be taking a bus to Fargo and the Women's team will be staying at the La Quinta Inn, 2355 46th St S, Fargo, North Dakota (ND) 58103 phone # is: 701 499 2000. After wrestling on Saturday July 18th the bus will return to Augsburg with stops on the way down 94. 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 you to camp or Fargo as MN/USA Wrestling will not be responsible for lost or stolen items. The coaching staff are looking forward to working with you!

Please complete the online registration by June 23rd. Contact Brandon Kingsley bkingsley@mnusawrestling.org with any questions.

[Fargo Camp and Team Registration](#)

