



# 2026 Minnesota/USA Wrestling

## Freestyle and Greco Regional Training Site (RTS) Information

\*\*\*These practices are **FREE** for all in age groups 14U and above. **ALL** athletes and you **Must** have current USA Wrestling Athlete card/membership to attend, all practice listed are **CO-ED** unless specified\*\*\*

### Minneapolis – Augsburg University - Freestyle & Greco

**Starting - Monday March 16<sup>th</sup> @ 7:00 pm-8:30 pm - Will go until 16U/Junior Fargo training camp**

- Freestyle on Mondays 7pm-8:30pm - Jayson Ness MN/USA Freestyle State Coach

- Greco on Wednesdays 7pm-8:30pm – Justin LaValle MN/USA Greco State Coach

Other state duals and Fargo coaches as well

Questions contact Matt Njos (612-481-7634)

### Women's Only - Freestyle - Minneapolis – Augsburg University

**Starting - Wednesday March 18<sup>th</sup> @ 5:15 pm-6:45 pm - Will go until 16U/Junior Fargo training camp**

- Practice on Wednesdays **only** 5:15pm-6:45pm - Steve Polakowski MN/USA Women's State Coach

Other state duals and Fargo coaches as well

Questions contact Brandon Kingsley (952-261-6977)

### Mankato Area Regional Training Site - Wrestling Brotherhood Freestyle & Greco

**Start Wednesday March 18<sup>th</sup> @ 6:30 pm-8:00 pm Will go until 16U/Junior Fargo training camp**

Address: Wrestling Brotherhood 1430 2nd Ave, Mankato, MN 56001

This is open to all Juniors, 16U, and 14U ages only

Contact: Clint Adams (507-508-2995) Multiple other coaches possible

### Southeastern Minnesota Training Site – RCTC College - Freestyle & Greco

**Start Tuesday March 17<sup>th</sup> @ 7:00-8:30 pm**

Address: 851 College Pkwy SE, Rochester, MN 55904

Practices: Tuesdays March 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> & May 5<sup>th</sup>

This is open to all Juniors, 16U, and 14U ages only

Coaches: Cody Buchanan (507-990-7634) as well as other coaches possible

### Northern MN Training Site – Scoring Edge WC- Freestyle & Greco

**Start Tuesday March 17<sup>th</sup> @ 6:00-7:30 pm**

Address: 10926 N Long Lake Rd, Brainerd, MN 56401

Practices: Tuesdays March 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> & May 5<sup>th</sup>

This is open to all Juniors, 16U, and 14U ages only

Contact: Matt Dircks (218-821-4915) Multiple other coaches possible.

### Northwest MN Training Site - Detroit Lakes High School- Freestyle & Greco

**Start - Monday March 2<sup>nd</sup> @ 6:30 pm-8:00 pm**

Address: 1301 Roosevelt Ave Detroit Lakes, MN 56501

Practices: Freestyle & Greco on Mondays and Thursdays 6:30 pm-8:00 pm

This is open to all Juniors, 16U, and 14U ages only

Contact: Mike Fiedler (218-790-3324) Multiple other coaches possible.

### Saint Cloud Area Regional Training Site - Pursuit Wrestling Freestyle & Greco

**Start Sunday March 22<sup>nd</sup> @ 3:00 pm - 4:30 pm**

Address: 420 South Division St Rice, MN 56367

Practices on Sundays March 22<sup>nd</sup>, 29<sup>th</sup>, April 5<sup>th</sup> (No Practice), 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

This is open to all Juniors, 16U, and 14U ages only

Contact: Rylee Molitor (320-828-4461) Multiple other coaches & SCSU Wrestlers possible.

**SMSU Regional Training Site – Southwest Minnesota State Freestyle & Greco**

**Start Wednesday March 18<sup>th</sup> @ 6:30 pm-8:00 pm**

Address: SMSU Wrestling Room, Recreation Athletic Facility (RA)1501 State St #1001, Marshall, MN  
Practices on Wednesdays March 18<sup>th</sup>, 25<sup>th</sup>, April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> & May 6<sup>th</sup>

This is open to all Juniors, 16U, and 14U ages only

Contact: Chayse Jackson (541-430-5328) Multiple other coaches & SMSU Wrestlers possible

**Watertown Regional Training Site - No Nonsense Freestyle & Greco**

**Start Tuesday March 24<sup>th</sup> @ 6:00 pm - 7:30 pm**

Address: 11145 MN-7, Watertown, MN 55388

Practices: Tuesdays March 24<sup>th</sup>, 31<sup>st</sup> April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> & May 5<sup>th</sup>

This is open to all Juniors, 16U, and 14U ages only.

Contact: Jake Saatzer (612-720-8435) Multiple other coaches possible

**South Central Training Site - Jackson Freestyle & Greco**

**Start Wednesday April 1<sup>st</sup> @ 6:30 pm-8:00 pm**

Address: Thorn Wrestling 126 Ballard Ave Jackson, MN 56143

Practices: Wednesdays April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

This is open to all Juniors, 16U, and 14U ages only.

Coaches: David Thorn (763-913-7759) as well as other coaches possible