



Rochester Wrestling Club

2016 FREESTYLE & GRECO-ROMAN TRAINING

Juniors & Cadets

Practices: Thursdays, 6:00 -7:00pm

Location: RCTC Wrestling Room– UCR Parkway SE, Rochester MN

Club Fee: \$30 *All wrestlers must also have a USA Wrestling card – can be purchased at www.usawmembership.com

Over ten weeks, members will **learn advanced techniques and strategies** in addition to **perfecting the basic skills** used in the Olympic wrestling disciplines. The training regimen will be geared towards **competition in the Junior State, Cadet State, and Northern Plains Regional tournaments**.

Coaches will be in attendance at all tournaments on the MN/USA calendar and will be available to coach from the corner if requested.

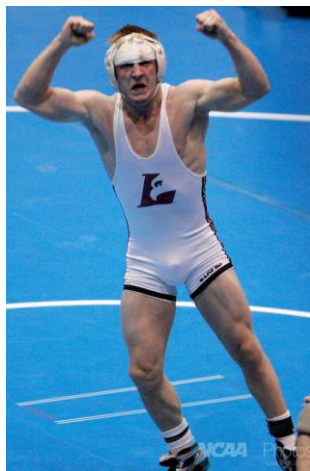
Lead instructor: Matt Mauseth

UW-La Crosse

NCAA D3 National Champ
3x All-American
3x Academic All-American
4x WIAC Champ
WIAC Wrestler of the Year

Rochester Mayo

School Wins Record (189)
MSHSL State Champ
3x State Finalist
MN/USA Triple Crown
Fargo AA – both styles



AAU Team MN Jr Olympics

Head Coach 2011-2015
Freestyle Dual Tournament
3x Champions – 2012,13,15

Team Members Accounted For:
35 MN State High School Titles
>10 USA Wrestling Cadet/Junior
National Champions
3 FILA World Team Members
1 FILA World Bronze Medal

The Rochester Wrestling Club's mission is to give every wrestler the opportunity to learn, to achieve and go as far as their talents, abilities, and determination will allow them.

Contact: Matt Mauseth (612)219-7267 or mausethmm@hotmail.com