

Rochester Wrestling Club

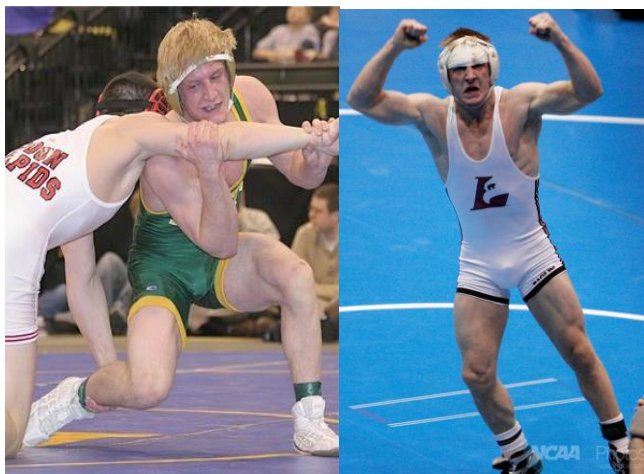
2016 FREESTYLE & GRECO-ROMAN TRAINING

Ages: PeeWee, Bantam, Intermediate, Novice & Schoolboy/girl
Practice Site: Mayo High School – 1420 11th Ave SE, Rochester
When: Monday Nights, 6:00 -7:00pm, March 14 – May 16
Club Fee: \$30 *All wrestlers must also have a USA Wrestling card – can be purchased at www.usawmembership.com

Over 10 weeks, club members will learn the **fundamental techniques involved in the Olympic wrestling styles** from experienced instructors, and have the **option of competing in tournaments nearly every weekend**, including the MN/USA State & Northern Plains Regional.

Club coaches will be at all scheduled MN/USA Freestyle and Greco tournaments and will coach from corner for any club members 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 Finalist
MN/USA Triple Crown Winner
2x Jr Freestyle State Champ
 Fargo AA – both styles

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