MAPLE GROVE WRESTLING CLUB

2026-2027 Season Update

AGENDA

- Welcome by Board
- Introductions : Who's Who
- Coaches' Philosophy
- Season Schedule
- Tournament Schedule + Dual Team
- Our Wrestling Family
- Volunteer Opportunities
- Wrap Up

WHO'S WHO



BOARD:

Ryan Bielat- President
Brittany Clark- Vice President
Lynsey Seubert – Secretary *
Lindsey Renken – Treasurer
Mel Rodriguez-Hild – Girls Rep



COACHES:

Donnie Leuer- Head Coach
Dan Williams - Assistant Coach
David Zilverberg- Assistant Coach
Ethan Skog- Assistant Coach
Thomas Schlangen- Assistant Coach
Troy Seubert - MGSH Head Coach



COORDINATORS:

Kyle Palmer- Social Media
Open Position– Volunteer Coordinator
Open Position - Equipment Manager
Open Position - Photographer
Open Position – Fun Coordinator(Team Manager)

*Open position next season

COACHES' PHILOSOPHY

- Code of Conduct and Discipline – Wrestler and Parent
- Overarching season goals for each group
- Greater Later
- Practice Format (Beginners + Experienced)
- Parent help during practice
- Tournaments
- 40 Match Club
- Dual Team opportunity

Wrestling Practice Expectations

- **Respect**
  - Coaches
    - Volume
  - Teammates
  - Wrestling Room
- **Suggested Practice Attire**
  - Athletic Shorts, Sweatpants, Singlet, Compression Bottoms
  - T-shirt or Long Sleeve
  - Wrestling Shoes and Headgear
  - Water Bottle

ONLY WRESTLING SHOES OR SOCKS ARE ALLOWED ON THE MATS

- **Wrestling Partners**
  - Weight
  - Age
  - Skill
- **Supportive and Fun!**

Practice schedule will be posted on CrossBar App- You will be assigned and should see practices in the app.

Full Season- we will be slotting kids into groups:

Team Crimson

Team Gold

Ankle Biters (Monday's 6-6:50p) through mid December

Look for email by end of the weekend for group assignment

**We will use CrossBar Chat function to communicate any changes to schedule which may happen last minute due to weather, etc. Also, please read emails every Sunday as they come across for weekly updates on schedule, social events, tournaments, etc.





MAPLE GROVE WRESTLING

Pre-K through 1st Grade & Beginner Wrestlers

Nov 9th through Dec 14th

Mondays, 6-6:50p *(Exception Wednesday Nov 18)*

Wrestlers may continue for the full season for an additional $50. Please speak with Coach David if interested.

ANKLE BITERS

TOURNAMENT OPPORTUNITIES

The Guillotine

MNUSA Membership

BEGINNER BASH

OPENS

MNUSA TOURNAMENTS

DUAL TOURNAMENTS

TOURNAMENT SCHEDULE

* Weekly emails and chats will be source of truth for tournaments Coaches will be at each week

The Guillotine

MNUSA Membership

OPENING TOURNAMENT OF THE SEASON:

11/29 Maple Grove Wrestling Club Tournament

Club Paid Tournaments

- 12/6 STMA
- 12/13 Wayzata
- 1/17 Rockford

MNUSA Regionals (10U-14)

- 2/14 Waconia
- 2/20 Forest Lake
- 2/21 Brainerd & Owatonna
- 2/28 Blaine

MNUSA State - Rochester

- 3/12-3/14

Maple Grove Wrestling Club Tournament Calendar 2026-2027

COLOR KEY	
INDIVIDUAL TOURNAMENT	TEAM TOURNAMENT
COACHES ATTENDING	
GOOD FOR BEGINNERS	
CLUB PAID AT THE DOOR	GIRLS DIVISION

The Guillotine Open Tournament Calendar
MNUSA Tournament Calendar
USA Wrestling National & Regional Events

USA Wrestling Open tournaments typically require pre regristration.

DATE	DAY OF WEEK	TYPE	TOURNAMENT (Click the name for details)	LOCATION	GRADE/AGE	GIRLS DIVISION	GOOD FOR BEGINNERS	CLUB PAID AT THE DOOR	Pre Regristration Needed	COACHES ATTENDING
November 14, 2026	SAT	Individual - Open	Rosemount Open	Rosemount HS - Rosemount, MN	PreK-8TH	No	Yes	No	No	No
November 14, 2026	SAT	Individual - Open	Battle by the Border Preseason Nationals	La Crosse Center - La Crosse, WI	8U-HS	Yes	Yes	No	Yes	No
November 21, 2026	SAT	Individual - MNUSA	Apple Valley MNUSA Qualifier	Apple Valley HS - Apple Valley, MN	6U-14U	Yes	No	No	Yes	No
November 29, 2026	SUN	Individual- Open	Maple Grove Youth Wrestling Tournament	Maple Grove HS- Maple Grove, MN	PREK-6th	Yes	Yes	No	No	Yes
December 4, 2026	FRI	Individual - Open	NP Doc Berg Classic	New Prague HS - New Prague, MN	PREK-6TH	Yes	No	No	No	No
December 5, 2026	SAT	Individual - Open	Eastview Lightning Wrestling Tournament	Eastview HS - Apple Valley, MN	PREK-8th	No	Yes	No	No	No
December 6, 2026	SUN	Individual - Open	MYAS Yellowjacket Nationals	Regional Sports Center - Rochester, MN	PREK-8TH	Yes	No	No	Yes	No
December 6, 2026	SUN	Individual - MNUSA	Lakeville MNUSA State Qualifier & Beginners	Lakeville North HS - Lakeville, MN	6U-14U	Yes	Yes	No	Yes	No
December 6, 2026	SUN	Individual-Open	STMA Youth Open	STMA High School - St. Michael, MN	K-6thTH	No	Yes	Yes	No	Yes
December 12, 2026	SAT	Ind-Open/Girls NStar	[Big Lake Open] & [Girls North Star Qualifier]	Big Lake HS - Big Lake, MN	PREK-6th	Yes	Yes	No	No	No
December 13, 2026	SUN	Team- PreK-6	Maple Grove Team Tournament	Maple Grove HS- Maple Grove, MN	PREK-6TH	No	No	N/A	No	Yes
December 13, 2026	SUN	Individual- Open	Wayzata Wrestling Folkstyle Open	Wayzata High School- Wayzata, MN	PREK-6TH	No	Yes	Yes	No	Yes
December 13, 2026	SUN	Individual - Open	Chaska/Chanhassen Stallions Open Tournament	Chanhassen HS - Chanhassen, MN	PREK-8th	Yes	Yes	No	No	No
December 13, 2026	SUN	Individual - MNUSA	Andover MNUSA State Qualifier & Beginner	Andover HS - Andover, MN	6U-14U	No	Yes	No	Yes	No
December 13, 2026	SUN	Individual - MNUSA	Prior Lake MNUSA Qualifier & Beginner	Prior Lake HS - Savage, MN	6U-14U	No	Yes	No	Yes	No
December 19, 2026	SAT	Individual - Open	MYAS Hawkeye Nationals	Alliant Energy Powerhouse - Cedar Rapids, IA	PREK-8TH	Yes	No	No	Yes	No
December 19, 2026	SAT	Individual - Open	St. Cloud Crush Youth Wrestling Open	St. Cloud Tech HS - St. Cloud, MN	PREK-6th	No	Yes	No	No	No
December 20, 2026	SUN	Individual - MNUSA	St. Francis MNUSA State Qualifier & Beginners	St. Francis HS- St. Francis, MN	6U-14U	Yes	Yes	No	Yes	No
December 20, 2026	SUN	Individual - MNUSA	White Bear Lake MNUSA State Qualifier & Beginners	White Bear Lake HS - White Bear Lake, MN	6U-14U	Yes	Yes	No	No	No
December 20, 2026	SUN	Individual - Open	Two Rivers Youth Wrestling Tournament	Two Rivers HS - Mendota Heighs, MN	PREK-6th	Yes	Yes	No	No	No
January 2, 2027	SAT	Individual - MNUSA	Rogers MNUSA State Qualifier	Rogers HS Fieldhouse - Rogers, MN	6U-14U	Yes	No	No	Yes	No
January 3, 2027	SUN	Team- K-3	Kid-Kat - Lakeville South K-3 Team Dual Tournament	Lakeville South HS- Lakeville, MN	PREK-3rd	NO	No	N/A	Yes	Yes
January 9, 2027	SAT	Individual - MNUSA	Forest Lake MNUSA State Qualifier & Beginners	Forest Lake Area HS - Forest Lake, MN	6U-14U	Yes	Yes	No	Yes	Yes
January 10, 2027	SUN	Individual - Open	Buffalo Youth Wrestling Open	Buffalo HS- Buffalo, MN	PREK-8th	Yes	Yes	No	No	No
January 10, 2027	SUN	Individual - MNUSA	Coon Rapids MNUSA State Qualifier	Coon Rapids HS - Coon Rapids, MN	6U-14U	No	No	No	Yes	No

Link - Maple Grove Wrestling Club Tournament Calendar 2026-2027

Beginner Bash

To Participate:

- 1st or 2nd year wrestlers (not winning any state titles).
- 3rd year wrestlers are welcome if they haven't competed in any regional, state or national tournaments in the past.



KEY POINTS~

MNUSA CARD NOT REQUIRED- CAN PURCHASE DAY OF
"TAKE A SHOT" FOR $10 PER TOURNAMENT

PRE-REGISTRATION REQUIRED IN ADDITION TO COST OF "TAKE A SHOT" FEE

DUAL TEAM

ONE Mat

ONE Team

ONE Goal

Dual Tournaments

12/13	**Maple Grove Dual K-6**
1/3	Lakeville South Team Dual K-3
1/17	Mounds View Team Duel K-3
1/24	The Brawl K-6
2/14	Waseca Team Clash K-3

* If you are selected to be on a dual team, you are expected to be there for the team. This includes alternates

Weight Classes

- Weigh-ins vary by tournament (K-3 tournament vs K-6th tournament)
- 10ths allowed (ex. 45.9lbs)
- Can move up one weight class from weigh-in weight
- Most tournaments allow alternates to roster
- Coaches' discretion for who is sent out to wrestle based upon matchups and team needs

OUR WRESTLING FAMILY

When you come to practice, put down the phones if you can and watch and learn- this is an easy way to learn how to wrestle. This could be beneficial for tournaments where you may be mat side without a coach.

After tournaments or dual tournaments- meet after for food/ice cream whatever that looks like.

Social events- Dad's night and Mom's night and Parent's night

Sit together at a tournament that you attend continuing to build the program and easier for coaches to find you

Experienced families, make yourselves available to newcomers- whether that be through answering questions or helping them through first tournaments.

Encourage your kids throughout the season- this sport is challenging and could be frustrating or exciting! Through thick and thin, stick with it!

Ask to be part of planning or board positions; there will be one open in the next season (Secretary)

Important Hygiene Tips



Shower Immediately after Practice

- Antibacterial Body Wash- ex. Dial
- Antifungal Shampoo- ex. Selsun Blue



No Outside Shoes on Mats



Disinfect Gear Regularly



Keep Nails Trimmed



Frequently Conduct Home Skin Checks



Ask if Unsure

- **Wrestling 101 Night for parents- 11/18 at the HS—new space down hall from wrestling gym**
- Picture Night – 12/9
  - All athletes will get a MG Shirt and shorts, Please wear to pictures
- Gopher's Practice – 12/10-6:30p
- Youth Night (MGHS) – 12/16
- Family Socials
  - Dad's Night Out – *TBD*
  - Mom's Day Out – Nov 23 6-8pm
  - Bowling – 1/31/27 5-7pm
  - Parent's Night Out w/HS parents- *TBD*
- End of Year Banquet –week after State Tournament

- As always, please be mindful as we head into winter, if your child is sick at all, please keep them home.
- If you notice anything from skin perspective, reach out to a coach and ask!

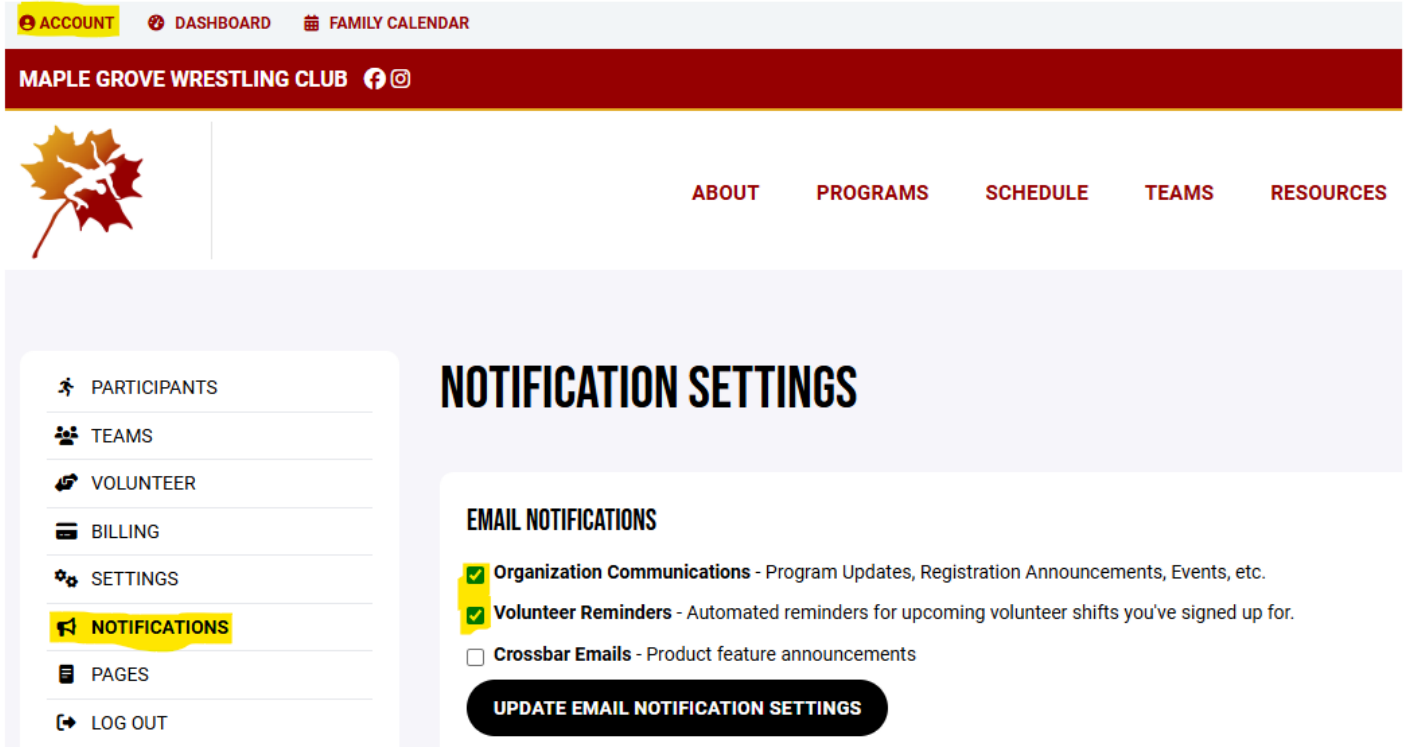
Best way to learn as a new parent is to watch the practice!

SEASON SCHEDULE

Practice and other Fun events will be posted on CrossBar App

Use CrossBar to communicate (via Chat function) which tournaments folks may be going to throughout the season and any changes to schedule which may happen last minute (weather, etc) will be communicated in the app as well

- DON'T MISS INFORMATION- Adjust your settings in your profile so you stay connected throughout the season.



CROSSBAR

Email Notifications

DIBS

VOLUNTEER OPPORTUNITIES

No experience needed

- Volunteer Hours- 4 hours per family/ $150 deducted from card on file in Crossbar if not completed by end of the season
- Use the Sign up Genius linked here or posted on the website to select a shift. We will manually mark your volunteer hours as complete in Crossbar after your shift. Sign-up sheets will also be available tonight to choose a shift.
- Opportunities
  - MG Youth Tournament: 11/29 **Most needed!**
  - Youth Dual Tournament MGWC Hosts: 12/13
  - HS Opportunities:
    - 12/11 and 12/12 tournaments (table workers/concessions)
    - 12/3, 12/8, 12/16, 1/7, 2/4

Please plan accordingly and look to get these done with the dates listed above

WRAP UP COMMENTS

- Scholarship Opportunities - See Lynsey or email Club directly for more information
- "Like" and share us on Facebook and Instagram
- Fan Gear
  - 1st Round open through 11/1 (delivery by Thanksgiving)
  - 2nd store reopens 11/16 through 11/29 (delivery by Christmas)
- Tables in back: (Cash, Check, or Venmo)
  - Opportunities to buy past year compression gear/Singlets $15 - $20
  - Maple Grove Wrestling Club singlets $50
    - Need to place order by 11/12 *(Pay when arrive ~5 weeks. First orders are ready to be picked up at practice)*
  - Car Decals, Stickers, Attic Stock Apparel (shorts, t-shirts, etc) $2

THANK YOU FOR YOUR CONTINUED SUPPORT - SEE YOU ON THE MAT!