

Offseason Wrestling/Training Opportunities

Waunakee Wrestlebackers Reimbursement Program (also see www.waunakeewrestling.com)

- Reimburse up to \$500 for Fargo Nation Team/Northern Plains
- Reimburse up to \$250 for offseason training including camps, clubs, etc. (for all students not currently in high school, current 8th graders are eligible)

Open Gyms @ Waunakee

- **Mondays 7pm - 8:30 pm**
- **Starting Monday April 11th**

Area Clubs for off season training (they all offer monthly/seasonal memberships or drop ins:

- Team Nazar Training Center
 - [Summer Training Information](#)
 - Sunday, Tuesday & Wednesday starting at 6:30 pm
 - www.teamNazar.com
 - 5235 High Crossing Blvd. Madison WI 53718
 - Freestyle, Greco and Folkstyle Training
- RT Elite
 - Email – rtelite2017@gmail.com, Phone (call or text) – 608.480.0366
 - Stop up anytime during practice to talk to Ryan Taylor about opportunities or to try it out. You are also welcome to call or text anytime.
- Askren Wrestling Academy
 - www.awawisconsin.com
 - 2556 Advance Road, Suite A, Madison WI 53718
 - Email – Patrick Spray 715.572.2365, patrick@awawisconsin.com

WWF (wisconsin wrestling federation) **Regional Training Sites** (Freestyle and Greco):

- Cost
 - \$100 Practices
 - \$300 Competitions and practices
 - Cost covers registration, bus and hotel. Tournament include Northern Plains
- Age Levels
 - 14U, 16U and Juniors
- Practices
 - 10am-noon and 12:30-2:30pm
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Camps: There are so many options here are a few that have been recommended

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Local Camps:

Contact – Greg Metzler 715.252.1274

- Wrestlers and parents PLEASE call or text anytime with any questions whatsoever including:
 - Wrestling opportunities, transportation to training opportunities, cutting weight questions, questions about what weight to go next year, looking for a practice partner (I have a wrestling room in the basement) etc.