



**WRESTLING**



"Once you've wrestled, everything else is easy."

-Dan Gable,  
Olympic Gold Medalist  
and two-time NCAA Champion



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## Coastal Mountain Wrestling Association 2026 Freestyle and Greco Season Tournament Schedule

### Coastal Mountain Wrestling Association

Covers: Sonoma/Marin counties, Middletown, St. Helena, Ukiah, and surrounding areas

Contact CMWA President: Tim Bruce 707-484-7727 or [suprbruc@pacbell.net](mailto:suprbruc@pacbell.net) or

CMWA VP Scott Weidemier at 707-501-8976 or [scott.weidemier@tweglobal.com](mailto:scott.weidemier@tweglobal.com)

### Sunday March 22, 2026

Healdsburg High School

1024 Prince Street, Healdsburg, CA 95448

Ages: PW,K,C,J,O,W

Weigh-Ins: 7 – 8 a.m. (Pee-Wee-Schoolboy)

Weigh-Ins: 10 -11 a.m. (Cadets & Up)

Pooled Weights

Styles: Freestyle/Greco-Roman

Cost: \$25 or \$30 for both styles

Contact: Scott Weidemier

Email: [scott.weidemier@tweglobal.com](mailto:scott.weidemier@tweglobal.com) or [sweidemier@husd.com](mailto:sweidemier@husd.com)

Cell Phone: 707-501-8976

### Saturday May 2, 2026

Coastal Mountain Wrestling Association Championship

Maria Carrillo High School

6975 Montecito Blvd, Santa Rosa, CA 95409

Ages: PW,K,C,J,O,W

Weigh-Ins: 7 – 8 a.m. (Pee-Wee-Schoolboy)

Weigh-Ins: 10 – 11 a.m. (Cadets & Up)

Pooled Weights

Styles: Freestyle/Greco-Roman

Cost: \$25 or \$30 for both styles

Contact: Tim Bruce

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