

# 2026 MISSOURI USA WRESTLING

## 16U & JUNIOR GIRLS' NATIONAL TEAM Fargo, ND

Thank you for your interest in participating on the Missouri National Team. In this information packet, you will find all the important dates, details for qualifying for the team, and costs. The cost of the trip will cover entry fees, transportation, uniform package, coaching, meals, and lodging at Fargo. The Fargo team will report to camp on the morning of Sunday, July 12th, at Missouri Valley College for camp on July 12th/13th. We will leave for Fargo on Tuesday, July 14th. You will be responsible for your transportation to the departure site and from the bus drop-off site to your home upon our return. Please fill out all paperwork online and submit your deposit to hold your potential spot on the team. The deposit and the online application form must be returned no later than Friday, May 22nd, 2026. Your balance will be due no later than Friday, June 26th, 2026. **If you miss these deadlines, you will forfeit your spot on the team, and it will be assigned to another wrestler.**

### Cost

- **Early Registration: \$1,150** if registered on or before May 21st, 2026.
- **Normal Registration: \$1,250** if registered on or after May 22nd, 2026.

Fargo Registration will be on the front page of Missouri USA Wrestling. All forms will be filled out online.

[www.missouriusawrestling.org](http://www.missouriusawrestling.org)

[16U & Junior Event Schedule](#)

The team will stay at the Springhill Suites in Fargo: 3401 Jacks Wy S, Fargo, ND 58104

If you have any questions, you can contact Women's National Teams Director Bobby Herrick at (816) 985-3153 or email [bobby.herrick@harrisonvilleschools.org](mailto:bobby.herrick@harrisonvilleschools.org)

## FREQUENTLY ASKED QUESTIONS

### JUNIOR/CADET NATIONALS FARGO ND

1. How do I qualify to be considered for Team Missouri at the National Tournament?

- There are three ways to qualify for the team this year:

A. The top 3 at the MO USA State Freestyle Championship **at the weight you competed at in that tournament** will be guaranteed one of the four spots that Missouri is allotted per each weight class at Fargo.

B. Claim the additional state spot per weight by signing up and winning the spot in a wrestle-off if needed.

C. The following shall serve as automatic qualifiers for Junior & 16U Nationals and shall not count against any roster limit; athletes may compete at **any weight**:

Current year 1st-6th Place at USA Wrestling Regionals (placement must be in the same age and style)

Current year 1st-8th Place at U15 Nationals (placement must be in the same style)

Current year 1st-8th Place at U17 Nationals (placement must be in the same style)

Current year 1st-8th Place at U20 Nationals (placement must be in the same style)

Previous year 1st-8th Place at Junior Nationals (placement must be in the same style)

Previous year 1st-8th Place at 16U Nationals (placement must be in the same style)

Previous year age-level World Team member (must be in the same style)

2. **Once I have qualified to be on Team Missouri by placing in the top three at state, or I decide I would like to be considered for one of the additional national team spots at each weight to go to Nationals, what do I need to do?**

Fill out all necessary paperwork online and submit it, along with a \$400.00 deposit, to Missouri USA Wrestling.

3. **What are the deadlines for making my decision?**

All paperwork (Will be submitted online with registration) and deposits have to be submitted **NO LATER than Friday, May 22nd, 2026. (NO EXCEPTIONS) FINAL Payment** is auto-drawn on Friday, June 26th, 2026. **(NO EXCEPTIONS)** If you miss this deadline, you will lose your spot on the team, and the next alternate will be added. (Please note that no payments will be accepted after this date or on the bus before you depart).

**4. Why are these deadlines so early, and can no exceptions be made?**

We need time to order all the uniforms so we can get them back before we depart. We have to secure and finalize travel plans and accommodations, as well as making sure we have enough coaching and supervision for all participants.

**5. If I decide not to attend after I have submitted my deposit, can I get a refund?**

**All deposits are non-refundable.** We require the deposit because we also have to start paying deposits, and in some instances, we have to prepay for things we use during the trip in full. The deposit helps the organization offset some of the costs we incur. Some of the costs we incur are transportation, uniforms, lodging, food during training camps, boarding while in Fargo, and tournament entry fees. Many of these expenses are due before we leave Missouri. The only exceptions would be:

- A) If you failed to earn a spot on the team during a wrestle-off, then your deposit would be refunded.
- B) Or you have a medically documented injury from an MD that would restrict the athlete from competing.

**6. How much will it cost to attend Freestyle Nationals?**

Our fee structure for attending Fargo was updated this year to incentivize wrestlers who compete at State, Regional, and National events. The fee structure will be:

**COST TO ATTEND JUNIOR/CADET NATIONALS**

- Early Registration: \$1,150 if registered on or before May 21st, 2026.
- Normal Registration: \$1,250 if registered on or after May 22nd, 2026.

**You will receive the following credits off the price above if you meet the criteria:**

- a. \$50 credit for Dual Team member
- b. \$50 credit for a previous year Fargo All-American (credit only given 1X)
- c. \$50 credit for State Champion (Competing at the weight you won State, \$50 max)
- d. \$50 credit for a Regional, U15, OR UWW National Qualifier (credit only given 1X)

**These credits will be refunded to you within five days of your full payment for Fargo. These refunds will begin on July 6th, 2026.**

**7. Does my athlete need a photo on their USA Membership profile?**

**Yes,** Athletes must have a profile picture uploaded to their USA Wrestling membership by Monday, June 1st, 2026. Pictures in the membership system will be used for credentials in Fargo.

**8. Can my child spend the night in our hotel instead of with the team?**

NO! They are there as part of Team Missouri, and you have entrusted them to our care. We have nightly team meetings, morning roll-calls, and weigh-ins, etc. Our past success has been built on the team concept. They are there not only to wrestle but also to support their teammates. We feel it is important for them to have the total team experience so that they stay with the team at all times. In past years, we have had close to 100 wrestlers on our team. What may seem like a small thing to you and your child has a ripple effect on our coaching staff as we try to ensure we are providing a safe environment for all our wrestlers. We appreciate your cooperation with this!

**9. Can I take my child with me when she is finished wrestling?**

Yes, but only after the Team Leader or Head Coach has released them into your care and you have officially signed them out. They also have to officially check out of the hotel. We will not release any wrestler to anyone other than a parent without prior consent!

## **NATIONAL TEAMS BUS SCHEDULE FOR FARGO**

We will leave camp for Fargo on the morning of July 14th.

***We will stop in Brookings, SD, and spend the night on the way to Fargo.***

We will be returning on Sunday, July 19th. Wrestlers will call to give you an estimate of when they will be at the drop-off location. Drop-off locations on the way home will be Platte County High School, Park behind Career Center and Missouri Valley College.

### **National Team Mass Communication: Athletes will need this app.**

Missouri USA Wrestling is using the **Stack Team App**. The app will be used to post the daily itinerary, the bus schedule between the arena and the hotel, practice times, and other news for the athletes while in Fargo. To get the app, go to the App Store or Google Play and download it to your smartphone.

Once downloaded, you need to:

1. Sign up. You'll be sent an email to confirm your registration.
2. Log in and search for **Missouri USA Women's Wrestling**, then request to become a member.

**ITEMS YOU NEED TO BRING**

Plenty of workout clothes

Socks/underwear

Wrestling gear (shoes, headgear)

Running shoes

Toiletries (including soap, shampoo, deodorant, toothpaste, toothbrush, etc.)

Appropriate doctor notation on letterhead or prescription pad stating that the skin/medical condition is non-contagious and the required NFHS form for ringworm or any other medical problem that may be a potential issue at the medical/skin check in Fargo.

Alarm Clock

Phone Charger

**All Forms will be filled out online during registration. The following forms are for informational purposes.**

**National Team Form**

2026

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

City: \_\_\_\_\_

USA Card #: \_\_\_\_\_

Zip: \_\_\_\_\_

DOB: \_\_\_\_\_

I plan to wrestle the following weight and style(s)

\_\_\_\_\_ Freestyle ~ Weight \_\_\_\_\_

Emergency Contact & Number: \_\_\_\_\_

MISSOURI USA WRESTLING  
CODE OF CONDUCT  
ATHLETES

Participation in activities of MISSOURI USA WRESTLING for teams organized, sponsored, or sanctioned by MISSOURI USA WRESTLING and competitions, camps, clinics, or appearances for, on behalf of or in representation of MISSOURI USA WRESTLING is an honor and a privilege. In consideration of the foregoing, I acknowledge, understand, and agree to abide by and uphold the spirit of this Code of Conduct, which offers a general guide to my conduct. Therefore, I pledge and agree to the following:

1. I will at all times display the conduct expected of me as a representative of MISSOURI USA WRESTLING, act in a sportsmanlike manner, consistent with the spirit of fair play and conduct myself in a manner that will not in anyway, bring disrespect, or dishonor to either myself, MISSOURI USA WRESTLING, or the athletes or other representatives of MISSOURI USA WRESTLING.
2. I will conform to all applicable local, state, and federal laws and regulations, and any rules, regulations, and codes that may be established for competitions, camps, clinics, appearances, or other events, programs, and activities in which I participate.
3. I will respect the property of others, whether personal or public.
4. I will respect members of the MISSOURI USA WRESTLING teams and delegations, other teams and delegations, spectators, coaches, trainers, administrators, and officials, and engage in no form of verbal, physical, or sexual harassment, or abuse. I will not engage in any inappropriate behavior with athletes, coaches, trainers, administrators, officials, or volunteers, nor will I use or attempt to use my position to exert undue influence or to seek unfair advantage over others, including athletes.
5. I will follow my MISSOURI USA WRESTLING delegation rules including, by way of example, for participation in or attendance at Events, practices, team meetings, travel, accommodations, and curfews, official ceremonies, and public relations assignments.
6. In addition to the foregoing, but not by way of limitation, the following could result in disciplinary proceedings:
  - A. Transporting, possession, or use of alcoholic beverages, illegal drugs, any IOC-banned medication or substances, or any other substances or procedures in violation of the USOC National Anti-Doping Program.

Any athlete found to violate this provision will immediately be removed from further participation in this Event and is subject to further disciplinary actions as prescribed below.

- B. The use or possession of tobacco or vapes, or tobacco products.
  - C. Any physical damage to facilities, equipment, furnishings, or loss of items in a room where I am lodged, which will be paid for by those individuals assigned to the room in which the damage or loss occurs, including willful destruction of property (including that caused by horseplay, fighting, etc.)
  - D. Any act considered being an offense under federal, state, or local laws; or a violation of the applicable rules, regulations, or codes of MISSOURI USA WRESTLING, USA WRESTLING, or the organizer of an Event in which I participate.
  - E. Gross misconduct (i.e., inappropriate horseplay, theft, fighting, etc.)
7. I realize and understand that if I violate this Code of Conduct, I will be subject to disciplinary action in accordance with the disciplinary procedures of MISSOURI USA WRESTLING. I also understand that while I am in attendance at an Event, discipline may be imposed by the team or the delegation leader or other responsible person(s) at the Event. The consequences of my actions could possibly affect my opportunities to participate for MISSOURI USA WRESTLING and my membership in the MISSOURI USA WRESTLING in the future. Disciplinary action could include, but not by way of limitation, any one or more of the following:
- A. Dismissal from a MISSOURI USA WRESTLING delegation.
  - B. Expulsion from an Event and being sent home immediately, or other restrictions on activities.
  - C. Denial of participation in future Events.
  - D. Requirements to issue written or verbal apologies.
  - E. Suspension or expulsion from MISSOURI USA WRESTLING or from MISSOURI USA WRESTLING programs and activities.

I recognize that this Code of Conduct does not establish a complete set of rules, which prescribes every aspect of appropriate behavior.

# MISSOURI USA WRESTLING

## 2026 16U NATIONAL/JUNIOR NATIONAL TOURNAMENT

I have read the code of conduct and understand that I will be held responsible for any violations of this code. Further, I accept any disciplinary measures deemed appropriate by Missouri USA Wrestling and agree to reimburse Missouri USA Wrestling for any financial obligations arising from such measures.

\_\_\_\_\_  
Athlete's Signature

Date\_\_\_\_\_

\_\_\_\_\_  
Parent or Guardian Signature

Date\_\_\_\_\_

## 2026 16U NATIONAL/JUNIOR NATIONAL TOURNAMENT

### TRANSPORTATION RELEASE

I hereby give my permission for my child, \_\_\_\_\_ to travel via motor coach with Team Missouri to participate as a member of Team Missouri. Missouri USA Wrestling in connection with the 2026 National Wrestling Tournaments, sponsors this trip. In signing this agreement, I hereby release and waive any claims with respect to any loss incurred during or in connection with this trip to USA Wrestling, Missouri USA Wrestling, Inc., or the Officers, Directors, or membership of Missouri USA Wrestling, Inc.

\_\_\_\_\_  
Athlete's Signature

Date\_\_\_\_\_

\_\_\_\_\_  
Parent or Guardian Signature

Date\_\_\_\_\_



**MEDICAL CONSENT**

**Parent or Guardian of minor must read and complete the following:**

Without this signed authorization from the parent/guardian, hospitals in many states are obligated by law to delay treatment of a combatant's injury or illness until the parents can be reached by telephone and their permission granted to begin treatment. Such a delay can prove unnecessarily painful and even dangerous to the athlete, particularly if the parents cannot be reached immediately. To avoid such delays, the parent/guardian should check one of the options below and endorse the selection with his/her signature.

Check one:

If my child needs medical attention, it is my wish that I be contacted before any medical procedures are begun, unless immediate medical treatment is necessary to save my child's life or prevent permanent injury, in which event I authorize all necessary treatment.

If my child, named above, needs medical treatment during this event, it is my wish that the necessary treatment be initiated while efforts are being made to contact me. So that treatment of my child will not be delayed, I consent to any medical procedures that the physician believes my child needs, on the understanding that efforts will continue to be made to reach me. I accept responsibility for all costs related to such treatment.

Adult athletes hereby authorize and consent to emergency medical treatment. Exceptions: List any medical procedures that you do not want performed unless specific approval is received.

Name \_\_\_\_\_  
USAW Card # \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Birth Date \_\_\_\_\_  
E-mail \_\_\_\_\_  
Grade \_\_\_\_\_ Weight Class \_\_\_\_\_  
School/Club \_\_\_\_\_

Name of Primary Insurance Company \_\_\_\_\_  
Policy # \_\_\_\_\_  
Address \_\_\_\_\_  
Family Doctor \_\_\_\_\_  
Phone \_\_\_\_\_  
Presently on any medication? \_\_\_\_\_  
If yes, please list medication(s) \_\_\_\_\_  
Drug Sensitivities or Allergies \_\_\_\_\_  
Special Medical Conditions \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_  
Date \_\_\_\_\_  
Signature of Participant \_\_\_\_\_  
Date \_\_\_\_\_  
Signature of Participant/Coach \_\_\_\_\_  
Date \_\_\_\_\_

Age Group \_\_\_\_\_

Name \_\_\_\_\_

Signature of Participant \_\_\_\_\_

Style \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

Gender \_\_\_\_\_

Special Medical Conditions \_\_\_\_\_

Date \_\_\_\_\_

Please enter the age-group, style and gender that you plan to participate at the listed Event above.

Please indicate another person to call in case of emergency



**Authorization for Minor Participation in Abuse Prevention Training**

I, the undersigned, certify that I am the parent or legal guardian of the below-named (Minor Athlete). I understand that my permission and authorization are required in order for Minor Athlete to be trained in abuse prevention by taking the U.S. Center for SafeSport Training online (the "Training"). I also understand that Minor Athlete will not be permitted to register, take the Training, or become a member of USA Wrestling, unless I provide my permission by signing this Authorization. In connection with and in consideration of Minor Athlete's participation in the Training, I, on behalf of Minor Athlete and myself, my heirs, personal representative(s) and assign(s) hereby represent and agree as follows: 1) I agree to allow the Minor Athlete to attend and participate in the Training; 2) I authorize the release and disclosure of Minor Athlete's name, training date, national governing body, and other relevant information, as needed, to authorized third parties (e.g., the U.S. Olympic Committee, the U.S. Center for SafeSport, etc.) for the purposes of demonstrating that Minor Athlete has completed the Training; 3) I agree to release USA Wrestling and their respective officers, directors, employees, agents and volunteers from any and all liabilities, damages, losses and/or causes of action (collectively, "Claims") that I may or Minor Athlete may suffer or have, including without limitation, to our persons or property or both, which arise out of, are related to or in connection with, or occur during Minor Athlete's participation in the Training except to the extent any such Claims are caused by the gross negligence or willful misconduct of USA Wrestling; and 4) I agree that this Authorization shall be governed by the laws of the state of Colorado without giving effect to any choice or conflict of law principles, and if any portion of this Authorization is held invalid, the remainder of the Authorization shall continue in full force and effect. I certify that I am 18 years of age or older and the parent or legal guardian of the Minor Athlete. In addition, I certify that I have read, fully understand, and agree to the terms of this Authorization, and I sign it voluntarily with full knowledge of its significance.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Signature

Minor Athlete Name  
Parent or Legal Guardian Printed Name  
\_\_\_\_\_  
Date