



2019

Heartland USA Middle School National Duals

Mid America Center; Council Bluffs, Iowa

April 13th – 14th

You have been invited for MINNESOTA USA Duals Team

(Team will be selected and based on past participation or placing at 2018/2019 tournaments including MN/USA State, National Events or the High School Season including High School state)

Team Information: There will be 2 teams participating. Wrestlers will need to be in 7th – 8th grade to be given a form.

To be a part of the pool of applicants you will need to fill out the following form and return it to the awards table or email it to Matt Njos within 48 hours of the completion of the MN/USA State Tournament. The 2 competitively selected teams will be evaluated by a team of coaches. **An email/phone call will be given within about one to two weeks to notify you of your selection for one of the teams. If you don't receive a phone call in that time frame that would mean the team has been filled.** There are 20 kids per team 17 weights and 3 alternates.

The cost per wrestler is \$200. This includes: national team singlet, national team t-shirt, national team shorts, national team sweatshirt/jacket, and a meal after weigh ins Friday night.

Each participant is required to stay with a parent or with a chaperone during the event weekend.

Weight Classes: 75, 80, 85, 90, 95, 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275

Hotel Information: (call right away to get a room under – TEAM MINNESOTA)

Hampton Inn @ Ameristar
2204 River Rd.
Council Bluffs, IA 51501
PHONE: 712-328-2500

Holiday Inn Council Bluffs @ Ameristar
2202 River Rd.
Council Bluffs, IA 51501
PHONE: 712-322-5050

For more information contact:

Matt Njos at: mnjios@yahoo.com or 612.481.7634

Cory Nelson at: coryallen28@hotmail.com or 612.240. 2114

2019 Heartland USA Middle School National Duals

April 13th – 14th

Please fill out the following form and return it to the awards table or email it to Matt Njos. Please do so within 48 hours of completion of the MN/USA State tournament, to be included in the pool of applicants that may be selected to participate in this MINNESOTA State team event. The decision will be based on your placement or participation in the last year.

TURN IN REGISTRATION FORM TODAY

WE WILL NEED A BIRTH CERT., REPORT CARD & PAYMENT ONCE YOU ARE ON THE TEAM

(PLEASE PRINT CLEARLY AND FILL OUT COMPLETELY)

Name: _____ Club: _____

Parent(s) Name(s) _____

Phone #1 _____ Phone #2 _____

E-mail (Very Important) _____

USA Card # _____ Grade _____

Please enter the age group and weight wrestled at the MN/USA or MN HS state tournament.

Age Group: _____ Weight: _____

Since weight classes are different at state than this tournament please circle

THE LOWEST WEIGHT you can wrestle at the duals. There are 20 kids per team 17 weights and 3 alternates.

Weight Classes: 75, 80, 85, 90, 95 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275

T-Shirt Size: (YM) (YL) (S) (M) (L) (XL) (XXL)

Jacket Size: (YM) (YL) (S) (M) (L) (XL) (XXL)

Shorts Size: (YM) (YL) (S) (M) (L) (XL) (XXL) = **\$200.00**

All sizes are final you will not be able to exchange for different sizes

PARENT or FAN Apparel E-mail will be sent with link to purchase.

Hotel: ALL PARTICIPANTS ARE REQUIRED TO STAY WITH THEIR PARENT(S) OR WITH A CHAPERONE