

MAT RATS

WRESTLING CLUB

Youth wrestling is available for all boys and girls in Pre-K- 6th grade for
Cannon Falls/Randolph community.

The focus will be on skill development, exercise, team building, and of course FUN!!

How to stay informed:

1. <http://www.mnmatrats.com>
2. Our LIVE calendar is available at [24/25 Mat Rats Live Calendar](#)
3. GameChanger App
4. Cannon Falls – Randolph Mat Rats Wrestling Facebook Page
[Cannon Falls-Randolph Mat Rats Wrestling | Facebook](#)

Ways to help club:

1. VOLUNTEER YOUR TIME at our home club tournaments (signup Genius will be available)

THESE TOURNAMENTS RAISE FUNDS DIRECTLY FOR MAT RATS

- a. Saturday Jan 4, 2025 HS Team Tournament
 - b. Sunday Jan 5, 2025 MATRATS OPEN Tournament
 - c. Saturday Feb 8, 2025 JV HVL Conference
 - d. Sunday Feb 9, 2025 MN/USA Youth State Qualifier
2. Join our Board! Meeting dates are posted on the LIVE calendar.

What to wear to practice:

1. Shorts, t-shirt, wrestling shoes, and headgear
2. Bring labeled water bottle
3. Please check fingernail length before each practice or Tournament.

REMINDER!! It is VERY important to shower after each practice and Tournament.

What to wear to tournaments: singlet, wrestling shoes, and headgear.

If no singlet, can wrestle in t-shirt and shorts.

Uniforms: You can purchase or rent MR uniforms through the club. See uniform flyer.

NO FOOD OR BEVERAGES ALLOWED IN THE WRESTLING ROOM!!

NO Street Shoes are allowed in the wrestling room. Socks or wrestling shoes only please!

NO PARENTS allowed in Wrestling Room

Please reach out with any additional questions

Email: cfmatrats.communications@gmail.com

How do I find a tournament to attend?

The Guillotine will have all youth tournaments listed.

<https://theguillotine.com/>

Click on Youth

Click on Open Youth Tournaments

What is an OPEN tournament, MN/USA, NYWA, or Jaycee's?:

1. An **OPEN tournament** is your neighboring town youth wrestling programs putting together a tournament usually by grade and skill level. These are great “get your foot in the door” of the sport of wrestling!
2. **MN/USA** wants to recognize the outstanding performances of our membership athletes in the age groups of 6U, 8U, 10U, 12U, 14U, 16U, and Juniors. Wrestlers will accumulate points throughout the season in Folkstyle, Freestyle, and Greco events sponsored by MN/USA and USA Wrestling. MN/USA is membership based and tournaments are more by age level. To be able to wrestle at these events you need to purchase a membership for \$55. **YOU WILL NEED THIS CARD IF YOU PLAN TO WRESTLE AT OUR FEB. 4TH 2024 TOURNAMENT. THIS IS COMPLETELY OPTIONAL!**



3. The **Northland Youth Wrestling Association (NYWA)** aims to elevate the standard of youth folk style wrestling by organizing a series of tournaments that test the endurance and abilities of competitors. These tournaments, including a State-wrestling event similar to the MN State High School League, provide opportunities for wrestlers to showcase their skills and improve their level of competition. To qualify for the State tournament, a wrestler must earn a top-two finish at a District qualifier, and the top three wrestlers from the Regional Qualifier will move on to the State tournament. In the tournament, wrestlers will compete against opponents in the same grade level, with divisions for preschool and kindergarten wrestlers, 1st and 2nd grade wrestlers, 3rd and 4th grade wrestlers, and so on up to 8th grade.



4. Jaycees is another OPEN type tournament that you need to place 1st and 2nd places qualify to advance to the State Tournament in their area. All tournaments are 4-man brackets. Brackets based on grade and then scratch weight. K-6th wrestle 3 periods (1-1-1).



Lastly, please come out and support the High School wrestling team at the home duals!!!

High School matches are posted on the LIVE calendar.