

# Minnesota Wrestling Coaches Association



## All-State Academic Nomination Form

Deadline: **February 9<sup>th</sup> (no exceptions)**

Wrestler's Name \_\_\_\_\_ High School \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_ Class: AAA AA A (circle one)

Complete Address \_\_\_\_\_ Grade: 11<sup>th</sup> 12<sup>th</sup> (circle one)

City & Zip \_\_\_\_\_ Current Weight Class \_\_\_\_\_

Best Phone Contact # \_\_\_\_\_ Projected Weight Class for Sections \_\_\_\_\_

Coach's Name \_\_\_\_\_ Coach's Phone Number \_\_\_\_\_

Coach's email address \_\_\_\_\_

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Cumulative High School GPA (**UNWEIGHTED**; minimum of 3.0 and as recent as the last grading period) \_\_\_\_\_

**Career** Varsity Win/Loss Record (as of 2/9) \_\_\_\_\_ Total Matches \_\_\_\_\_ Winning % \_\_\_\_\_

State Individual Tournament Participation (# of times) \_\_\_\_\_ (State Prelim in 2021 counts)

State Tournament Placement(s) \_\_\_\_\_

We, the undersigned, verify that the given information is correct. **Nominations will not be accepted from Head Coaches that are not active in the MWCA.** The Head Wrestling Coach's signature also certifies that they **are an active member** of the MWCA.

Head Wrestling Coach \_\_\_\_\_

Counselor or Principal \_\_\_\_\_

### System Used:

GPA (x2) Example: 3.25 x 2 = 650 points	Career Varsity Matches – 1 point/match	
Career Varsity Winning % - 85% = 85 points	State Individual Tournament Participation – 25 points/year	
State Tournament Placement(s): 1 <sup>st</sup> = 50 points	2 <sup>nd</sup> = 40 points	3 <sup>rd</sup> = 35 points
4 <sup>th</sup> = 25 points	5 <sup>th</sup> = 20 points	6 <sup>th</sup> = 10 points

**\*\* Plaques will be given to the top two wrestlers in each weight class and a letter will be sent to the recipients congratulating them prior to the State Tournament. Plaques will be available for pick-up by coaches at the State Tournament (pick-up location will be announced by the MWCA).**

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Send to: Joe Puncochar Email: [jpuncochar@hlww.k12.mn.us](mailto:jpuncochar@hlww.k12.mn.us)  
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