

From: **The Open Mat** support@theopenmat.com  
Subject: Poland Open Takeaways and Cadet & Junior Pan Am's Final Recaps  
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## Takeaways from Team USA at Poland Open

*Team USA sent a reasonably strong delegation to the 2021 Poland Open. On the men's freestyle side of things, the Red, White, and Blue walked away with seven medals: 3 Gold, 2 Silver, and 2 Bronze.*

*and 2 Bronze.*

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## **Women Claim Bronze in Freestyle**

*Forrest Molinari (68 kg) claims bronze along with teammate Amy Fearnside (53 kg) at Poland Open.*

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## **Team USA Women Dominate Competition**

*Team USA continued its impressive performance adding 10 more medals to its count with U.S. Cadet and Junior women's freestylers earning seven gold medals, two silvers and one bronze.*

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## **Team USA's Strong Finish**

*Team USA wrapped up a successful Cadet and Junior Pan American Championships, earning 11 gold medals and one silver medal in the final day of competition in Oaxtepec, Mexico.*

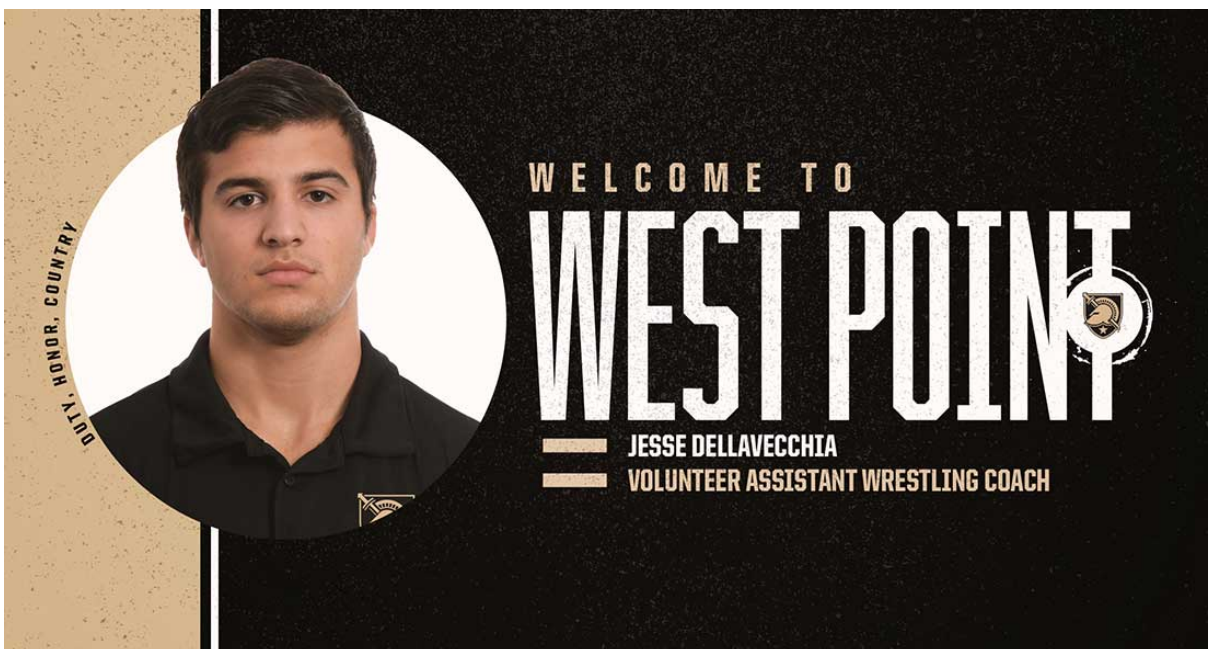
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## How About Them Wyoming Cowboys

*Mark Branch and the Wyoming Cowboy wrestling program added two Class of 2022 BIG commits this week!*

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## Dellavecchia to Join Army Coaching Staff

*In preparation for his eighth season at the helm of the Army wrestling team, head coach Kevin Ward announced that Jesse Dellavecchia will join his staff for the 2021-22 slate.*

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