

# Mission Statement

**The USA Wrestling Girls HS Development Committee is committed to supporting the athletes, coaches and state athletic associations in the process of growing girls wrestling.**



# Creating Opportunities:

## Oklahoma Wrestling Coaches Association

Joan Fulp & Andrea Yamamoto  
*USA Wrestling Girls High School Development Committee*

*Photo: Chris Mora, Tech Fall*





# Presentation Outline

- National Summary
- What's Happening In Oklahoma
- The Time Is Now
- Working Together Across Your State & Close To Home
- Getting Started At Your School
- Coaching Girls
- All Students Deserve Your Talents and Gifts



# 2018-19 Girls High School Participation Data

Governing Body	State	2019
California Interscholastic Federation	CA	5926
Texas University Interscholastic League	TX	3291
Washington Interscholastic Activities Association	WA	1994
Missouri State High School Activities Association	MO	910
Florida High School Activities Association	FL	668
Oregon School Activities Association	OR	639
Illinois High School Association	IL	621
New York State Public High School Athletic Assoc	NY	584
Hawaii High School Athletic Association	HI	553
Arizona Interscholastic Association	AZ	543
Georgia High School Association	GA	516
New Jersey State Interscholastic Athletic Association	NJ	445
Kansas State High School Activities Association	KS	376
Michigan High School Athletic Association	MI	367
Tennessee Secondary School Athletic Association	TN	359
Alaska School Activities Association	AK	337
Virginia High School League	VA	319
Wisconsin Interscholastic Athletic Association	WI	288
Indiana High School Athletic Association	IN	257
Colorado High School Activities Association	CO	253
North Carolina High School Athletic Association	NC	232
Ohio High School Athletic Association	OH	224
Pennsylvania Interscholastic Athletic Association	PA	202

These totals were derived from the National Wrestling Coaches Association's state weight hydration numbers or from interscholastic state offices for 2018-19 HS season.

Red - 18 States Holding or will hold a Girls State Championship

**Total Girls Wrestling in High School for the 2018-19 season = 22,096**

Governing Body	State	2019
Iowa High School Athletic Association	IA	189
Maryland Public Secondary Schools Athletic Assoc	MD	189
Kentucky High School Athletic Association	KY	166
New Mexico Activities Association	NM	165
Utah High School Activities Association	UT	150
Nevada Interscholastic Activities Association	NV	146
Idaho High School Activities Association	ID	132
Connecticut Interscholastic Athletic Conference	CT	131
Nebraska State Activities Association	NE	112
Minnesota State High School League	MN	96
Oklahoma Secondary School Activities Association	OK	87
Massachusetts Interscholastic Activities Association	MA	80
South Carolina High School League	SC	69
Maine Principals' Association	ME	66
Montana High School Association	MT	65
Arkansas Activities Association	AR	58
W. Virginia Secondary School Activities Commission	WV	47
Louisiana High School Athletic Association	LA	38
North Dakota High School Activities Association	ND	37
Alabama High School Athletic Association	AL	35
South Dakota High School Activities Association	SD	30
Rhode Island Interscholastic League	RI	28
Wyoming High School Activities Association	WY	27
New Hampshire Interscholastic Athletic Association	NH	26
Delaware Interscholastic Athletic Association	DE	19
Vermont Principals' Association	VT	4

USA Wrestling Girls High School Development Committee

Joan Fulp & Andrea Yamamoto Co-Chairs 7/2019



**THE NUMBERS ARE IN**

**22,096\***

**THE MOMENTUM IS REAL**

2018-19 Girls High  
School Wrestling  
Participation  
Numbers Across  
50 States.

Joan Fulp & Andrea Yamamoto Co-Chairs  
*USA Wrestling Girls High School Development Committee*

\*These totals are derived from each states' weight hydration numbers or directly from a state's interscholastic office.



# NFHS\* Participation Data

## *For Girls High School Wrestling*

<i>Year</i>	<i>Athletes</i>	<i># Increase</i>	<i>% Growth</i>
2012	8,235	884	+12.0%
2013	8,727	492	+6.0%
2014	9,904	1,177	+13.5%
2015	11,496	1,592	+16.1%
2016	13,496	2,000	+17.4%
2017	14,587	1,091	+8.1%
2018	16,562	1,975	+13.5%

\*Ten states reported 0 numbers of girls to the NFHS for 2018:

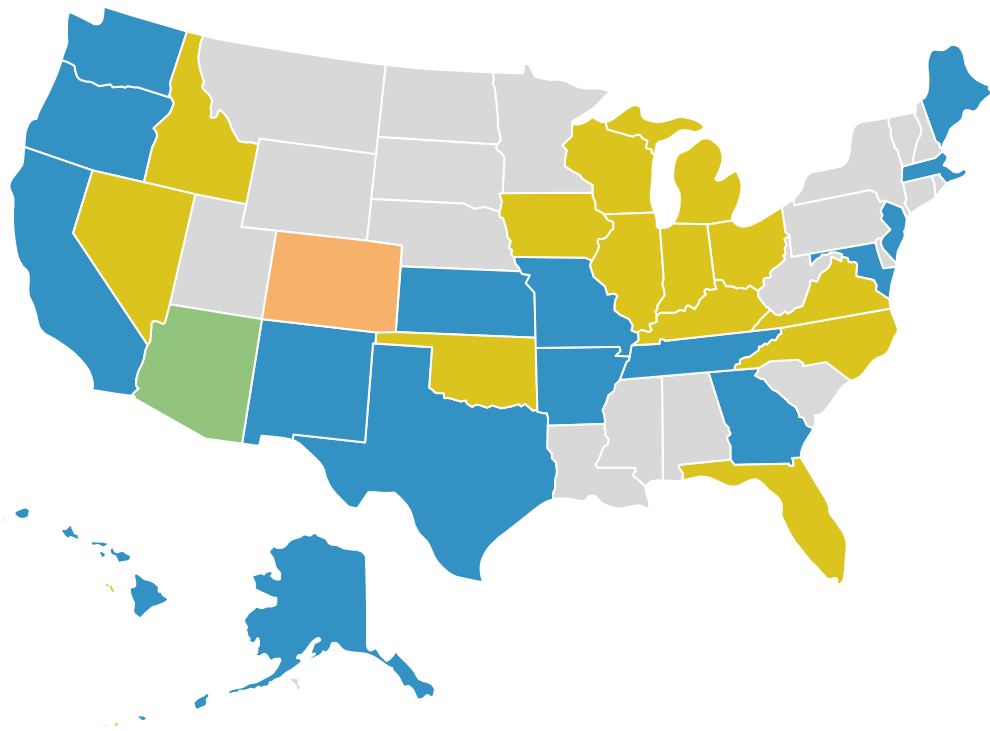
Alabama, Illinois, Mississippi, Missouri, Nevada, North Carolina, Pennsylvania, South Carolina, West Virginia, Wisconsin

**\*NFHS = National Federation of State High School Association**



# 2019 State Updates and Momentum

- States with an official girls state championship for 2020.
- Colorado is approved for a 2-year pilot program with a state championship for 2019-2020.
- Arizona voted emerging sport status with a state championship for 2019-2020.
- 13 States holding an unofficial girls state championship for 2020





# Growth is Real!

## *Girls Wrestling is Coming to Your State*

### Weight Hydration:

- **\*2017-18 Data from NWCA/State Office/NFHS**
- **\*2018-19 Data from State Office/NWCA OPC numbers**

(National Wrestling Coaches Association/Optimal Performance Calculator)

<i>State</i>	<i>*2018-19</i>	<i>*2017-18</i>	<i>Increase</i>	<i>2018 Source</i>
Missouri	910	169	741	NWCA/OPC Data
Oregon	639	506	133	NWCA/OPC Data
Illinois	621	400's approx	221	State Office
Arizona	543	286	257	NWCA/OPC Data
Georgia	516	238	278	NWCA/OPC Data
New Jersey	445	124	321	NWCA/OPC Data
Kansas	376	215	161	State Office/NFHS
Iowa	189	96	93	NWCA/OPC Data
Kentucky	166	52	114	NWCA/OPC Data
New Mexico	165	115	50	NWCA/OPC Data
Utah	150	101	49	NWCA/OPC Data



# 2019 State Updates and Momentum

## States in Play

Holding girls divisions, stand alone girls tournaments, and/or girls unofficial state invitationals or exhibitions run by high school coaches.

- Alabama
- Florida
- Kentucky
- Idaho
- Indiana
- Iowa
- Wyoming
- Nebraska
- Nevada
- Rhode Island
- Utah
- Virginia
- Wisconsin

## States in Progress

Girls unofficial championship events are supported by the state office, executive boards or coaches and officials organizations.

- Illinois
- Kentucky
- Michigan
- North Carolina
- Ohio
- Oklahoma



# USA Wrestling Participation Data

## *For All Age Groups*

<i>Year</i>	<i>Athletes</i>	<i># Increase</i>	<i>% Growth</i>
2013	5,640	916	+19.4%
2014	8,040	2,400	+42.6%
2015	9,765	1,725	+21.5%
2016	11,582	1,817	+18.6%
2017	13,338	1,756	+15.16%
2018	16,112	2,774	+20.8%
2019	18,875	2,763	+17.15%



# 2018-19 **OFFICIAL** Girls State Championship Weights

STATES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Maine (66)	106	113	120	132	145	160	182	220							
Massachusetts (80)	105	113	120	125	135	145	152	170	205						
Alaska (347)	103	112	119	125	130	135	145	160	189	235					
Texas (3291)	95	102	110	119	128	138	148	165	185	215	Texas holds two divisions				
Arizona (543)	101	110	118	125	130	135	145	160	185	225					
Colorado (253)	100	105	111	118	127	136	147	161	185	215					
New Jersey (445)	100	105	111	118	127	136	147	161	185	225					
Georgia (516)	95	106	116	126	136	146	156	166	176	225					
Tennessee (359)	103	112	119	125	132	140	150	160	170	190	215				
Missouri (910)	103	110	116	121	126	131	136	143	152	167	187	235			
Oregon (639)	100	105	110	115	120	125	130	135	140	145	155	170	190	235	
California (5,926)	101	106	111	116	121	126	131	137	143	150	160	170	189	235	
Washington (1994)	100	105	110	115	120	125	130	135	140	145	155	170	190	235	
Hawaii (553)	97	102	107	112	117	122	127	132	138	145	155	168	184	225	
USAW Junior	100	106	112	117	122	127	132	138	144	152	164	180	200	225	
WCWA College (2019)	101	109	116	123	130	136	143	155	170	191	Women's Collegiate Wrestling Association				

The number in parenthesis is the OPC/Weight Hydration number for 2018-19 season or the participation





**OKLAHOMA**



# Oklahoma Girls: The Numbers

2018-2019 Oklahoma Girls Hydration Number: 87

Oklahoma Girls NFHS Girls Participation Numbers:

School Year	Schools	Girls	Percentage Increase
2017-2018	51	92	27.77 %
2016-2017	42	72	50.0 %
2015-2016	34	48	92%

USA Wrestling Girls Memberships

2019	2018	2017	2016
288	272	218	172



# Border States with Girls Championships

# Texas 1999

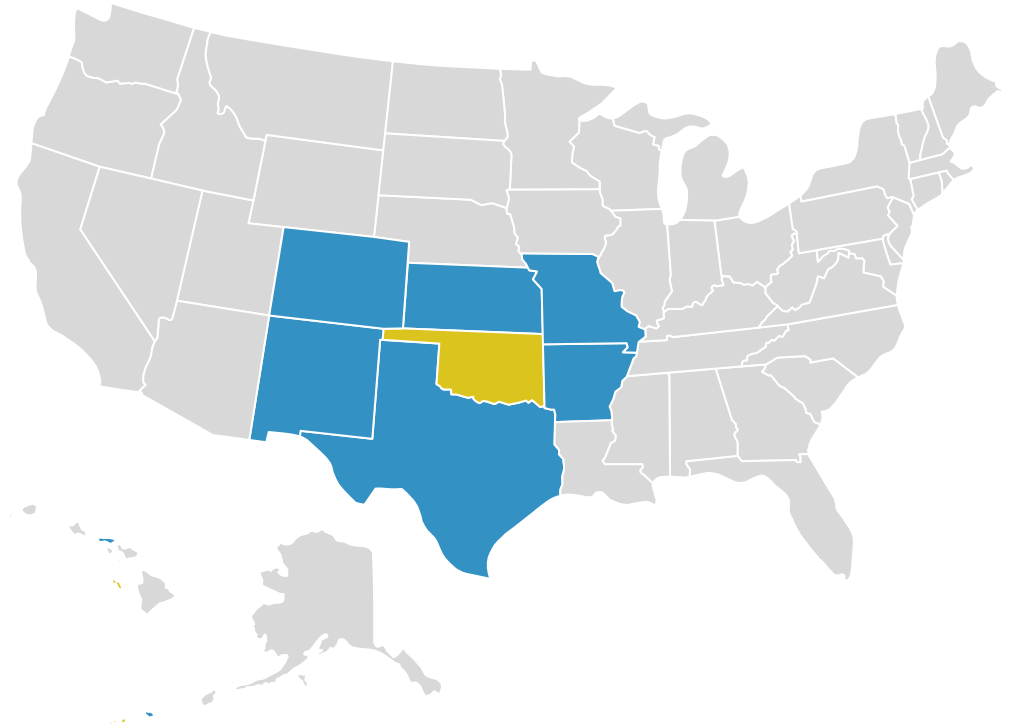
## Colorado 2019\*

# Missouri 2019

# Kansas 2020

# Arkansas 2020

# New Mexico 2020



\*CHSAA operates an official girls championship under 2 year pilot program.

USA Wrestling Girls High School Development Committee 07/2019



# Examples of Growth as Programs Develop

## Hydration #

2017 112

2018 234

2019 376

## KANSAS

## Girls High School Events

2017 4

2018 9

2019 15

## Kansas Unofficial Girls State Tournament

2017 36 schools 56 girls competing

2018 57 schools 145 girls competing

2019 80 Schools 220 girls competing



# Oklahoma Girls & Women's Wrestling

- Oklahoma City University Women's Wrestling Team
- National Wrestling Hall of Fame, NWHOF Tricia Saunders High School Excellence Regional and National Award
- Home of Senior World Medalist Becka Leathers
- OSU Head Coach John Smith was a 2018 Senior US Women's World Team Coach
- U.S. Marine Corps Girls Folkstyle Nationals & Junior Women's Folkstyle Duals
- Regional Training Center



# Oklahoma Girls & Women's Wrestling

- 2019 News: Cassidy Jasperson hired to be first Varsity Girls Wrestling Coach at Broken Arrow High School
- Olivia Brown wins her second U16 National Women's Freestyle National Title
- 2019 OSSAA Memo about girls wrestling: Pilot program, girls tournaments approved, girls weight classes outlined, girls must choose boys postseason or girls postseason. Limit to 26 event dates.
- "The OSSAA will host a Girls' Exhibition Division during the State Tournament. Additional information will be disseminated later in the season." **Could the girls exhibition finals and the boys finals run together to create strong visibility?**



# Girls HS Wrestling: The Time Is Now





# Girls HS Wrestling: The Time Is Now

Girls competing in elementary and middle school need opportunities in high school (this is the gap).

We are on the forefront of a ***dramatic increase in higher education opportunities*** for girls wrestling.

1. 61 colleges now offer girls wrestling
2. The NAIA held their first national women's invitational wrestling championship in March 2019.
3. The NCAA Women's Sports Committee voted in favor of approving women's collegiate wrestling for emerging sport status.



# Girls HS Wrestling: The Time Is Now

- **Girls wrestling is not going away.** Everyone must be educated and prepared.
- Girls should not have to shoulder the heavy burden of wrestling in high school without support and girls competitive opportunities.
- Girls and boys deserve to COMPETE against their own gender.
- **Girls wrestling is attracting more young people to our sport.**



# Working Together Across Your State

- Support Girls vs Girls Competition
- **Create a Girls Wrestling Advisory Committee**
- Girls Coaching Network
- Girls Wrestling on every agenda for every wrestling meeting.
- Create **visibility** of girls wrestling at boys events.
- Consider Open Gym Weigh Ins (singlets on straps up)
- Consider a Coaches Association Survey

30 girls and 1 mat is a **WIN!**



# Coordination Close To Home

- Coordinate with Neighboring Schools
- Schedules
- Who Can Host An Event?
- Showcase girls wrestling at boys duals
- Inter-school practices
- Joint transportation and staffing?
- Include Middle Schools on season plans



# Getting Started: Your School

- **Start the conversation** with your school's leaders.
  - Budgeting
  - Staffing
  - Transportation
- Determine your practice structure
  - Same time & place: Girls and boys can train together
  - Same time and place: Girls will only train with other girls
- Determine your girls competition philosophy
  - Girls only compete against other girls
  - Girls can compete against boys
- Can you bring a **positive adult female role model** into your program?



# Getting Started: Recruiting

- Have a spring or fall meeting for interested girls. **Create a potential roster, address the one courageous girl early.**
- Speak with fall and spring sports teams.
- “New Girls Team” should be included in school newsletters, websites, social media and morning announcements.
- List weight classes “A sport for every body”
- Recruit in Pairs, encourage them to bring a friend.
- Martial Arts or combat sport experience is a plus.
- New Uniform Options
- Don’t have to compete against boys
- Higher Education Opportunities
- **“Historical” 2020 OSSAA Unofficial Girls Championship.**
- 2020 is an Olympic Year



# Getting Started: Your Wrestling Room

- Make sure you communicate with your boys team
- Prepare and plan with your coaching staff
- Determine dress code for co-ed practice environment.
- Purchase a separate scale for the girls and keep it in their locker room.
- Hang posters, images, and girls wrestling information in your room.
- Show inspiration videos of girls wrestling or showcase a great girls match.



# Getting Started: Your Wrestling Room

- Periods
- Hair
- Suggest High Neck or High Cut Sports Bras
- Weight Loss & Management
- The Wrestling Boys Dilemma





**“ The true measure of a girls’ success or failure should not be judged by whether or not she can beat a guy.  
She needs to establish her sense of value by competing against other girls ”**

Lee Allen 1/12/2000  
1980 USA Greco Roman Olympic Coach  
2X Olympian (Freestyle & Greco Roman)



# Why Not Boys Singlets?

“Last year, I had to wear a boy’s singlet, which I absolutely hate with a passion” she says. “It’s stressful to stay modest.” Her solution: a modified uniform from the New Jersey-based company Chick Wrestler, which has more coverage and, Ayres says let’s her “look more like a girl on the mat.” *Quote from Chloe Ayres, New York Post, February 27th*

*Photo credit to New York Post photos.*





# Getting Started: Uniforms

- If at all possible avoid boys singlets
- Sports bras don't fix a boys singlet.
- Survey your female students on the different types of uniform options.
- There are women's cut singlets available for purchase.
- The one girl on the team
- Spirit packs should include language for girls such as "lady tiger" wrestling team or "Riverview Girls Wrestling Team"
- Recommend "High Neck or High Cut" sports bras for competition





How do we educate our coaches and athletes to eliminate the challenges these pictures depict?



# Getting Started: Uniforms





# Coaches Corner

- Parent meeting just for girls team
- Athlete Checklists
- Never meet with athletes alone
- T-shirts On or Straps up
- Address issues head on with consultation from your school's leaders





# Coaches Corner

- Strength Training
- All Girls Summer Camps
- Middle School Development
- USAW Development Camps
- Freestyle Greco Club
- YES, teaching wrestling technique on girls **IS** appropriate.





# Coaching Girls

- Coaching girls will make you a better coach across all young people.
- Girls want the same challenging practices, technique and opportunities to learn and compete as boys.
- Like boys, girls deserve to receive all the life-changing benefits wrestling has to offer.
- Girls need your leadership and life experiences to improve their lives.
- Mentoring and coaching girls as athletes to become future wrestling coaches and officials.



**She is getting  
ready for you,  
we want you  
to be ready  
for her.**





# Thank You

There is more work to be done, but we are inspired by your leadership to champion wrestling for all your student athletes.

Joan Fulp B.S. M.Ed  
joanfulp@gmail.com

Elementary Physical Educator  
2017 National Wrestling Hall of Fame  
California Chapter Inductee

Andrea Yamamoto B.A.  
ayamamoto96@gmail.com

World Team Member, 1995  
Chiawana HS Girls Coach (WA) 2013-18  
USAW Cadet Pan Am Coach 2017



# Coaching Girls: Resources

- **USA Wrestling - Head Coach Terry Steiner, Assistant Coach Clarissa Chun, Assistant Coach Jessica Medina.**
- **[LuchaFit](#)- Katherine Shai 2019 US Women's National Team Member, 2019 Final X Runner-Up.**
- **Wrestle Like A Girl - Founder Sally Roberts**



# GIRLS PRACTICE CHECKLIST

1. Remove all jewelry and piercings before practice.
2. Long hair is braided or secured before warm-ups begin.  
Have back-up elastic hair ties ready.
3. NAILS - Sharp nails are dangerous to you and your teammates. Nails should be trimmed short with no sharp edges.
4. CLEAN Knee Pads and Mouth Guards (if wearing braces)
5. SHOWER - Reducing skin infection requires a proper shower directly after practice. Bring a towel, soap, shampoo and a CLEAN set of clothes. Girls with long hair, lift up your hair to scrub your neck and near your hairline.
6. Check Your Calendar GIRLS!!! If you will be on or close to your period be prepared. Check out [LuchaFit.com](http://LuchaFit.com) for some helpful tips!
7. Wear a sports bra and t-shirt during practice. No tanks or crop tops.
8. Proper Bottoms for wrestling are thick tights, sweat bottoms, mid-thigh shorts (NO RUNNING SHORTS).
9. Wrestling Shoes
10. Don't forget your POSITIVE ATTITUDE!!!



## Girls Wrestling Resources

[LuchaFit.com](http://LuchaFit.com)

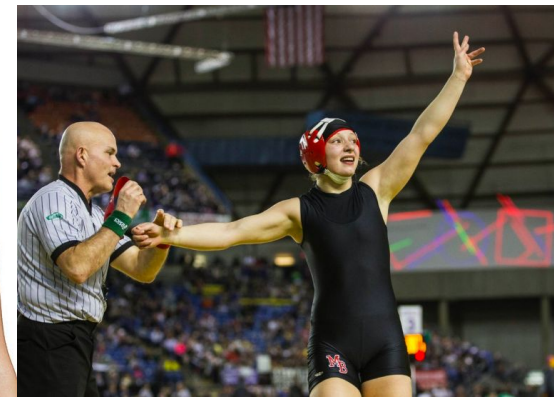
Wrestle Like A Girl

USA Wrestling



# COMPETITION CHECKLIST

1. CLEAN uniform, double check your gear bag.
2. Undergarments: No thongs under singlets. They do show and are not appropriate for competition use. **Know the rules**, you must wear undergarments that completely cover your buttocks.
3. Consider purchasing a High Neck or High Cut Sports Bra. **Know the rules**, you must wear a sports bra that completely covers your breasts during competition. These can easily be found online.
4. Ear Protection - Adjust it the way you like it before you arrive at the competition site.
5. HAIR - **Know the rules**, if your hair is long remember your elastic hair ties and hair cover. **Know the rules**, elastic bands stored on wrists can cost you a point.
6. NAILS - **Know the Rules**, sharp nails are dangerous to you and your opponent. Nails should be trimmed short with no sharp edges.
7. CLEAN Knee Pads and Mouth Guards (for Braces)
8. Check Your Calendar GIRLS!!! Bring everything you need to manage your period. Always bring extra.
9. SHOWER - Reduce Skin Infection. Bring a towel, soap, shampoo and a clean set of clothes.



10. Don't forget your WINNING attitude (The four B's): Believe in Yourself, Be A Risk Taker, Be on the Attack, Be a good Teammate!!

Maintain an appropriate and legal appearance. The conversation about you should be focused on your great wrestling and athleticism, not your attire.

Check with your coach to discuss other items that should go into your gear bag like your student ID, nutrition/hydration items, and homework.

**Stay on those books! Wrestling doesn't pay the rent but your education will.**



# Video & Webinar Links

**Trent Kroll and Andrea Yamamoto - Starting a Girls Wrestling Team**

<https://www.youtube.com/watch?v=SqswNx1HVM8&t=125s>

**Chris and Lori Ayers - Girls High School Wrestling in New Jersey.**

[https://www.youtube.com/watch?v=IfV9JHNDEaA&fbclid=IwAR2R57-4\\_nojkhxF2-ta0Z49t50IPcYZb5-QBaROrPFsx3pTDzon4hE6BDU](https://www.youtube.com/watch?v=IfV9JHNDEaA&fbclid=IwAR2R57-4_nojkhxF2-ta0Z49t50IPcYZb5-QBaROrPFsx3pTDzon4hE6BDU)

**SWEAT EQUITY /CANADA**

<https://www.youtube.com/watch?v=f9IvwFd9K9k&t=944s>

**The Warrior Rising - Wrestle Like a Girl**

<https://www.youtube.com/watch?v=Z4zn6Nytzyl&t=10s>



# Teaching Skills

**Teaching and demonstrating wrestling skills on female student-athletes is appropriate. The girls are there to learn and achieve TODAY just like the male counterparts.**

Some male coaches are comfortable teaching and demonstrating wrestling skills on female athletes right away and others will need more time in the beginning. For those that are less comfortable, realize that this is a hurdle, not a mountain, you will get past.

Teaching and demonstrating wrestling skills including the language we use to facilitate learning should never be sexual in nature towards ANY male or female athlete. Sexualizing athletics is inappropriate when working with young people of any gender particularly in the public school environment and bad for our sport.



# Teaching Skills

Teaching wrestling technique to girls must always be done with appropriate, professional methods including the language used to guide that process.

- Teach skills by verbally walking girls through technique.
- Use landmarks such as clothing to help identify areas where we apply holds, create pressure, position our heads, legs, arms or hands.
- Perform demonstrations on another coach
- Use your more experienced male or female wrestlers to demonstrate technique (kids love to coach other kids)
- Demonstrate technique on girls to help them understand pressure and direction of pressure.
- Work towards neutralizing your language so that your verbal instruction applies no matter who you are coaching.
- Use instructional videos
- Get Creative! New teaching methods will help your coaching across all kids.

You are probably already using these methods with your boys, notice there are **few differences**. Challenge yourself in how you teach wrestling technique to everyone in your program as you continue to strive for success.



# Human Resources

Many programs can support a girls team with their current staff, however if staffing is limited or you want a dedicated coach for the girls consider the following options:

- Look in your community for people with wrestling and coaching experience.
- Look for other great coaches in your athletic department. Their methods of success apply across all sports and they can learn the sport with mentorship and support.
- Consider inviting the other coaches of female sports in your school or middle school to help with your girls team. YES, they can learn wrestling and will be an asset as they understand school and state policies.
- Great wrestling moms can become great girls coaches.
- The spouses of male head coaches make great girls coaches in their programs.
- Is there a former collegiate female wrestler living in your area?
- Is there a great female athlete working in your school system (elementary, middle school, or high school). Approach her about being a positive female role model for the girls team.
- Consider options through local USAW Clubs. If there is a club in your area that is currently working with girls, can that coach be approached about joining your program.
- It's OK to think outside the box, you never know who will fall in love with this sport and become a passionate and successful wrestling coach and expand our wrestling community.



# Female School Survey

Surveys inform every girl in your school about the new team, educates them about girls wrestling and provides you an opportunity to learn what they want in a competitive uniform.

Question 1: Did you know our high school is starting a girls wrestling team?

Answer: YES NO

Question 2: Did you know the OSSAA is holding an unofficial girls state wrestling championship in 2020?

Answer: YES NO

Question 3: This is a sport for EVERY girl! Did you know the OSSAA is looking at girls weight classes ranging from 100 lbs - 200 lbs?

Answer: YES NO

Question 4: Did you know women's wrestling is a collegiate and Olympic sport?

Answer: YES NO

Question 5: Which competitive uniform option would you prefer if you were wrestling for our school?  
(List Images of NFHS options: Women's singlet, compression top and shorts, board shorts and compression top)



# LuchaFit for Girls Wrestling



- Difference in coaching boys and girls
- Underwear for female wrestlers
- Managing your period at a tournament
- What you learn as the only girl on the boys team
- I lost to a girl (this is a girl vs girl article)
- College Wrestling section with numerous articles about college
- What you don't know about being a female wrestler
- What to take in your bag to competition - Art of preparation
- Moving past a tough training session
- When you should be journaling
- Packing snacks for your competition





# LINKS TO LUCHAFIT.COM ARTICLES

<https://www.luchafit.com/blog/emma-randall-differences-between-coaching-boys-and-girls-wrestling>

<https://www.luchafit.com/blog/choosing-underwear-for-female-wrestlers?rq=%20singlet>

<https://www.luchafit.com/blog/managing-your-period-at-a-tournament>

<https://www.luchafit.com/blog/what-you-learn-as-the-only-girl-on-the-boys-wrestling-team>

<https://www.luchafit.com/blog/i-lost-to-a-girl>

<https://www.luchafit.com/college-wrestling>

<https://an.athletenetwork.com/blog/what-you-dont-know-about-being-a-female-wrestler?>

<https://www.luchafit.com/blog/insight-into-the-art-of-preparation>

<https://www.luchafit.com/blog/moving-past-a-tough-training-session>

<https://www.luchafit.com/blog/when-should-you-be-journaling>

<https://www.luchafit.com/blog/packing-snacks-for-your-competition>

