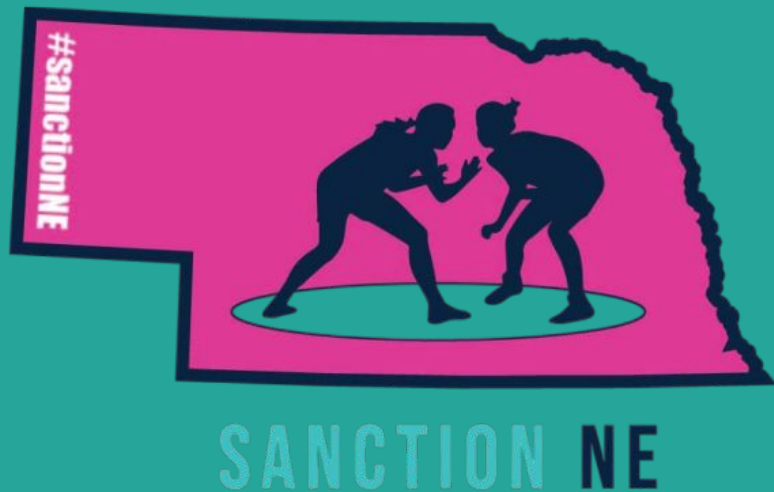


# Nebraska Athlete & Parent Webinar

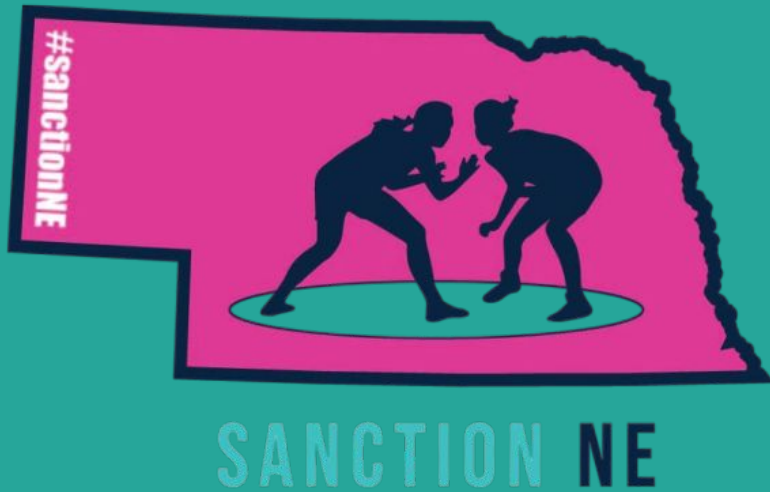


# Introductions:



- Julia Salata - Wrestle Like A Girl, King University, US Senior National Team Athlete
  - Ron Higdon - NSAA, NWCA
  - Joan Fulp & Andrea Yamamoto - USA Wrestling Girls HS Development Committee
  - Ray Maxwell - West Point Beemer Girls Coach
  - Les Painter - NSWCA Girls Director, Pierce Girls Wrestling Club
  - Kim Harrill - Fremont Assistant Wrestling Coach
  - Tela O'Donnell Bacher - Wrestle Like A Girl, Olympian
-

# Overview:



- Introduction/Welcome
- What is Sanction NE?
- Women's Wrestling Overview
- Collegiate Opportunities
- Wrestling Gear for Girls
- First Girl on the Team
- Diversity & Inclusion
- Why Wrestling
- Wrestling is for EveryBODY
- Athlete and Parent Testimonials
- How Can YOU help?
- Q & A

# Women's Wrestling on The Rise...

## NFHS\* Participation Data

### *For Girls High School Wrestling*

Year	Athletes	# Increase	% Growth
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%
2019	21,124*	4,562	+27.5%

\*Eight states did not report **separate** numbers for girls to the NFHS for 2019:

Alabama, Mississippi, North Carolina, Ohio, Pennsylvania, South Carolina, West Virginia, Wisconsin

**NOTE:**

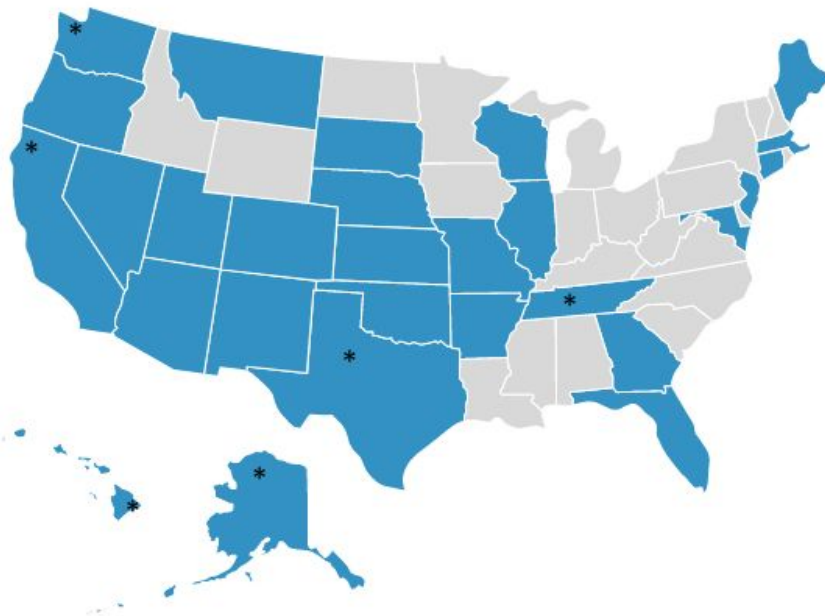
NWCA's Weight Hydration Numbers for 2020 are over 28,000. An increase of over 27% or 6,000 girls.

NWCA - National Wrestling Coaches Association.

# Women's Wrestling on The Rise...

## 28 STATES STRONG

## JUNE 2020



Georgia, Oregon, Missouri, Maine  
Massachusetts, & New Jersey 2018-19.  
Kansas, Maryland, Arkansas & New Mexico  
2019-20. Arizona, Colorado, Oklahoma, Utah,  
Montana, Nevada & South Dakota 2020-21.

Florida, Illinois & Wisconsin approved an official  
championship for 2021-22

Nebraska voted emerging sport status 2020.

Connecticut held a Girls Wrestling Invitational  
for 2019-20.

\*Original 6 Sanctioned states - 1998-2015



# Women's Wrestling on The Rise...

State	2017-18	2018-19	2019-20	Increase over 2 yrs	Year of 1st Championship	Source*
Missouri	169	910	1425	1256	2018 -19	NWCA/OPC Data
Kansas	215	376	972	757	2019-20	State Office
Arizona	286	543	891	605	Emerging 2 yrs	NWCA/OPC Data
New Jersey	124	445	695	571	2018-19	NWCA/OPC Data
Georgia	238	516	650	412	2018-19	NWCA/OPC Data
<i>Below 100 Participants</i>						
Iowa	96	189	571	475	*C & O 2018-20	NWCA/OPC Data
Oklahoma	84	87	309	225	Exhibition 2020	NWCA/OPC Data
<b>Nebraska</b>	<b>85</b>	<b>112</b>	<b>186</b>	<b>101</b>	<b>Emerging Sport Status 2020</b>	<b>NWCA/OPC Data</b>
Arkansas	44	58	165	121	2019-20	NWCA/OPC Data
South Dakota	39	35	36	0	2020-21	NFHS

**Growth is Real!**

*\*Source:*  
We thank the National Wrestling Coaches Association (NWCA) for providing our committee with the Optimal Performance Calculations for weight hydration for each state.

\*C & O =  
COACHES &  
OFFICIALS

USA Wrestling Girls  
High School  
Development  
Committee 7/2020

# Women's Wrestling on The Rise...

## What Are The Opportunities ?

### COLLEGE

### Why should girls get involved?

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

- Girls desire and deserve to succeed in sport at a higher level
- 85 colleges now offer girls wrestling. NCAA Divisions I, II & III approved emerging sport status in 2020
- The NAIA held their first national women's invitational wrestling championship in March 2019
- With MMA and Martial Arts expanding their visibility, girls are looking for their place in combat sports

# Collegiate Opportunities:

It's a good time to be a female wrestler looking for college opportunity.

Wrestling is a sport for 1st generation college students



# 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 (no metal) 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 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 with compression shorts underneath (NO RUNNING SHORTS).
9. Wrestling Shoes
10. Don't forget your POSITIVE ATTITUDE!!!



## Girls Wrestling Resources

[Wrestle Like A Girl](#)

[Lucha Fit](#)

[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 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 if desired.
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!!

## High Neck Sports Bra



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.**

# Communicate with your Coach

## Communicate with your Coach

- A Coach should show parents that they care about their daughter
- A coach should answer all the questions you might have
- Discuss the coach's role and parent's communication avenues

Resources for your Coach:

[One-Courageous-Girl](#)

[Starting a Girls High School Wrestling Program](#)

Connect your coach to Other Nebraska Coaches:

Ray Maxwell [rmaxwell@wpcadets.net](mailto:rmaxwell@wpcadets.net)

Les Painter [lespainter@piercebluejays.org](mailto:lespainter@piercebluejays.org)

Ryan Stusse [rstusse@kingsteelcorp.com](mailto:rstusse@kingsteelcorp.com)

# First Girl On Your Team?

- Talk to the coach and wrestlers
- Invite friends to join
- Show up ready to learn and be challenged
- Be yourself and remember, you belong here
- Connect with girls from other teams
- Anything to add girls on the call?

## **Resource for you:**

- Guide for Parents and Athletes Starting Wrestling - <https://wrestlelikeagirl.org/articles>
- Informational Website for Female Wrestlers - <https://www.luchafit.com>
- Girls can Wrestle Website - [www.girlscanwrestle.com](http://www.girlscanwrestle.com)

The one girl on the team does not need to behave, communicate, or assimilate like a male to be valued in your wrestling program.

Her female qualities are not a weakness, they are where she draws her strength every day to be the only girl on a boys team.

~One Courageous Girl

# Diversity and Inclusivity in Female Wrestling

Across all collegiate sports, wrestling currently ranks 2nd in first generation college students with 23% (Football ranks first with 25%). This number is for men's wrestling, and there's strong reason to believe that women's wrestling is actually a significantly higher percentage.

Within the USA Wrestling Membership base, among women, the current demographics show a breakdown of 24.3% Hispanic, 4.9% Pacific Islander/Hawaiian, 4.8% Asian, 4.1% Black/African American, 3.7% Native American, and 2.4% Mixed Race, for a total makeup of 44.2% of women's members being non-white/Caucasian.



# Why Wrestling?

## Physical Benefits

- Fitness
- Challenge - Mental & Physical
- Competition and Travel
- Become Stronger as a Student & Athlete

## Broaden your Experiences

- Family Atmosphere/Belonging
- Opportunity for Involvement
- Be a Trailblazer

## Life Skills

- Self-defense
- Leadership
- Confidence
- Accountability



Wrestling is for everyBODY

Every size.

All abilities.

# Athlete Testimonial



# Parent Testimonial

Kim

# Wrestling Needs You

- Recruit other girls to join wrestling
- Promote an inclusive culture

*Be Ambassadors for the Sport*





# Resources:

[www.SanctionNE.com](http://www.SanctionNE.com)

[www.WrestleLikeAGirl.org](http://www.WrestleLikeAGirl.org)

[One-Courageous-Girl](http://One-Courageous-Girl)

<https://www.luchafit.com>

[USA-Wrestling/Women/High-School-Sanctioning-Resources](http://USA-Wrestling/Women/High-School-Sanctioning-Resources)

<https://miskosports.com/contact/>

<https://content.themat.com/women/Starting-a-Girls-High-School-Wrestling-Program.pdf>



# #sanctionNE