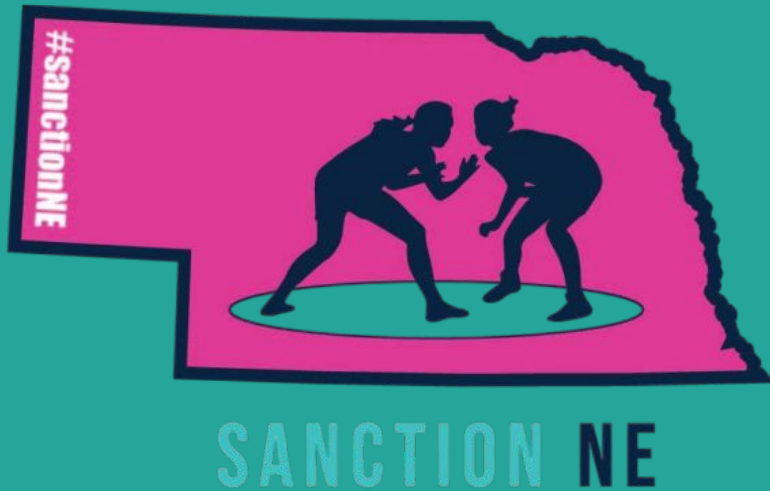


Nebraska Coaches Webinar



Overview:



- Introduction/Welcome
 - What is Sanction NE?
 - Women's Wrestling on the Rise
 - Diversity & Inclusion
 - Why Start a Program
 - Recruiting
 - Tips for Coaching Girls
 - 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:

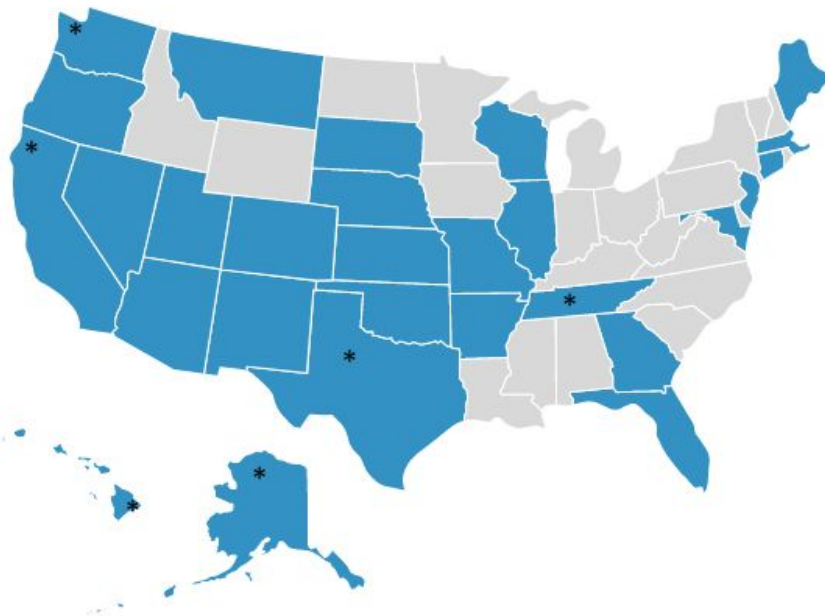
NWCA's Weight Hydration Numbers for 2020 are over 28,000. An increase of over 27% or 6,000 girls.

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
Nebraska	85	112	186	101	Emerging Sport Status 2020	NWCA/OPC Data
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

Diversity and Inclusivity in Female Wrestling

Jessica Medina

USA Wrestling's National Developmental Coach

Why Start a Program

- Les - Coach Perspective
- Kim - Parent Perspective
- Katy - Athlete Perspective



First Steps to Starting a Girls Wrestling Program

Talk to Admin

- Get their blessing (backing)
- Title 9 is met
- Second winter sports option for girls
- Ask what is allowed for recruiting
- Tell them the benefits to our students (actively involved, confidence, post secondary options, etc.)

If you can:
Bring a Female Coach onto the
Coaching Staff

#HowSheWrestles with Coaching Females-One Coach's journey...

Recruiting

Gauge and Build Interest

- Find ways to communicate you want THEM to wrestle
- Reach out to girls in the Cafeteria and Halls
- Have a Girls Only Meeting
- Have a Parents Meeting
- Posters



Poster and Flyer Examples

All girls interested in going out for Girls Wrestling this year.

Please meet in Mr. ?????? room after school on Tuesday.



Download flyers: <https://wrestlelikeagirl.org/coaches-education>

Sample Info Sheet to Put up in School

[Link to Document](#)

The NSAA has voted to make girls wrestling an emerging sport offered by the State through the winter months. There were 21,000+ girls listed last year in the US without any reports from some states, so the number is much higher. Nebraska had 190 girls on the boys rosters last year. Nebraska has shown a 354% growth in the last 4 years. We already had 60,000+ in attendance with coaches and wrestlers during last year's boys 3 day state tournament so Nebraska already has a great following for the sport.

We will begin practice in mid-November. There will be 10 tournaments and at least 3 duals this season for girls only that you can participate in but as last season you will be listed as part of the boy's team. You will have to take the hydration test and the Alpha body fat test like the boys, to be able to compete. Also, there are 27 current states that have sanctioned girls wrestling and offer it with a state tournament and many more are considering adding it next season. There are 80+ colleges that offer it and it is the fastest growing sport in the nation, so the scholarship options will be quite high. York College in York, Midland University in Fremont, and Hastings College in Hastings are three of those schools in this state.

You will be instructed by our current wrestling coaches but mainly by Coach Maxwell and Coach Tomlin. You must have a physical, NSAA parent permission form and a concussion test on file in the office before you can practice. We have black singlets and you will wear an under armor type shirt under it to compete in.

Positives:

It will teach a good form of Self-defense

A higher chance at a college scholarship if you want to go to the next level

It is the best sport in total physical conditioning (better overall athlete)

Practices are usually done by 5:30-6:00

Get in on ground level and set new records

Negatives: (To some)

Be a part of the winning tradition in this sport

It is very hard work (total mind and body conditioning)

It will help you in self-discipline with other things in life

Tournament competitions are usually on Friday afternoon and night or Saturday

How to Sell Wrestling to Girls

- Be Energetic
- Engage Wrestlers in the Recruiting Process
- Be Informative
 - Let them know what to expect
- Create a Family-Type Feel
- Focus on the Benefits of Wrestling



How to Sell Wrestling to Parents

- Show them you care about their daughter
- Answer all the questions they might have
 - What concerns would you have as a parent?
- Discuss your role as the coach and their communication avenues
- Sell the lessons learned through wrestling:
 - Self-defense, confidence, work ethic, family, etc.
- Highlight post-graduation opportunities (financial and educational)



Coaching Girls Key Points

Gear, Equipment, and Med Kits

- Wrestling Shoes - same as boys (student's responsibility)
- Make sure they are properly covered for a contact sport (practice and competition)
- Competition Rule: Female (high) cut singlet and high neck sports bra
 - Singlet vs. 2 piece
 - Compression shirt under singlet
- Practice:
 - Compression shorts under practice shorts
 - Prepare med kit for females (feminine products, hair restraint, extra sports bra, and singlet.)

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.

Resources:

www.SanctionNE.com

www.WrestleLikeAGirl.org

[One-Courageous-Girl](#)

<https://www.luchafit.com>

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

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

Questions & Comments

Ask a coach:

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Les Painter lespainter@piercebluejays.org

Ryan Stusse rstusse@kingsteelcorp.com
