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
## NFHS* Participation Data

### For Girls High School Wrestling

<table>
<thead>
<tr>
<th>Year</th>
<th>Athletes</th>
<th># Increase</th>
<th>% Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>8,727</td>
<td>492</td>
<td>+6.0%</td>
</tr>
<tr>
<td>2014</td>
<td>9,904</td>
<td>1,177</td>
<td>+13.5%</td>
</tr>
<tr>
<td>2015</td>
<td>11,496</td>
<td>1,592</td>
<td>+16.1%</td>
</tr>
<tr>
<td>2016</td>
<td>13,496</td>
<td>2,000</td>
<td>+17.4%</td>
</tr>
<tr>
<td>2017</td>
<td>14,587</td>
<td>1,091</td>
<td>+8.1%</td>
</tr>
<tr>
<td>2018</td>
<td>16,562</td>
<td>1,975</td>
<td>+13.5%</td>
</tr>
<tr>
<td>2019</td>
<td>21,124*</td>
<td>4,562</td>
<td>+27.5%</td>
</tr>
</tbody>
</table>

*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.


*NFHS- National Federation of State High school Associations
Women’s Wrestling on The Rise...

28 STATES STRONG JUNE 2020


Nebraska voted emerging sport status 2020.


*Original 6 Sanctioned states - 1998-2015

USA Wrestling Girls High School Development Committee 06/2020
## Women's Wrestling on The Rise...

<table>
<thead>
<tr>
<th>State</th>
<th>2017-18</th>
<th>2018-19</th>
<th>2019-20</th>
<th>Increase over 2 yrs</th>
<th>Year of 1st Championship</th>
<th>Source*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Missouri</td>
<td>169</td>
<td>910</td>
<td>1425</td>
<td>1256</td>
<td>2018-19</td>
<td>NWCA/OPC Data</td>
</tr>
<tr>
<td>Kansas</td>
<td>215</td>
<td>376</td>
<td>972</td>
<td>757</td>
<td>2019-20</td>
<td>State Office</td>
</tr>
<tr>
<td>Arizona</td>
<td>286</td>
<td>543</td>
<td>891</td>
<td>605</td>
<td>Emerging 2 yrs</td>
<td>NWCA/OPC Data</td>
</tr>
<tr>
<td>New Jersey</td>
<td>124</td>
<td>445</td>
<td>695</td>
<td>571</td>
<td>2018-19</td>
<td>NWCA/OPC Data</td>
</tr>
<tr>
<td>Georgia</td>
<td>238</td>
<td>516</td>
<td>650</td>
<td>412</td>
<td>2018-19</td>
<td>NWCA/OPC Data</td>
</tr>
</tbody>
</table>

### Below 100 Participants

<table>
<thead>
<tr>
<th>State</th>
<th>2017-18</th>
<th>2018-19</th>
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<th>Increase over 2 yrs</th>
<th>Year of 1st Championship</th>
<th>Source*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iowa</td>
<td>96</td>
<td>189</td>
<td>571</td>
<td>475</td>
<td>*C &amp; O 2018-20</td>
<td>NWCA/OPC Data</td>
</tr>
<tr>
<td>Oklahoma</td>
<td>84</td>
<td>87</td>
<td>309</td>
<td>225</td>
<td>Exhibition 2020</td>
<td>NWCA/OPC Data</td>
</tr>
<tr>
<td>Nebraska</td>
<td>85</td>
<td>112</td>
<td>186</td>
<td>101</td>
<td>Emerging Sport Status 2020</td>
<td>NWCA/OPC Data</td>
</tr>
<tr>
<td>Arkansas</td>
<td>44</td>
<td>58</td>
<td>165</td>
<td>121</td>
<td>2019-20</td>
<td>NWCA/OPC Data</td>
</tr>
<tr>
<td>South Dakota</td>
<td>39</td>
<td>35</td>
<td>36</td>
<td>0</td>
<td>2020-21</td>
<td>NFHS</td>
</tr>
</tbody>
</table>

*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
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.)

Encourage your girls to come to practice prepared.
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

USAW Girls High School Development Committee 8/2020
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!!

*USAW Girls High School Development Committee 8/2020*
Questions & Comments

Ask a coach:

Ray Maxwell rmaxwell@wpcadets.net

Les Painter lespainter@piercebluejays.org

Ryan Stusse rstusse@kingsteelcorp.com

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/