

Creating Opportunities

Starting a Girls High School Wrestling Program

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USA Wrestling Girls High School Development Committee

Photo: Chris Mora, Tech Fall



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

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.

GIRLS WRESTLING

A black and white photograph of two young girls wrestling on a mat. The girl in the foreground is wearing a light-colored singlet with a graphic on the side and is in a defensive, crouched position. The girl in the background is wearing a dark singlet with an American flag on the back and is leaning over the first girl, attempting a move. Both girls are wearing protective headgear. The background is blurred, showing spectators and a banner.

The Time is NOW

USAW GHSDC

© Chris Mann For Tech Fall

Key Components to Grow Girls' Programs

- 1. Start girls tournaments/divisions**
- 2. State office communication to coaches**
- 3. Girls Wrestling Should Be on Every Meeting Agenda**
- 4. Coaches Education**
- 5. Visibility at Every Level of Competition**
- 6. Add a Girls Division to the State Championship**

Girls HS Wrestling: The Time Is Now

- Girls and boys deserve to COMPETE against their own gender.
- Girls competing in elementary and middle school need opportunities in high school (this is the gap).
- **Girls wrestling is not going away.** Everyone must be educated and prepared as wrestling attracts more young people to the sport.
- Girls should not have to shoulder the heavy burden of wrestling in high school without support and girls only competitive opportunities.
- Collegiate, National, World and Olympic communities have embraced girls wrestling and need the scholastic world to join them.

Girls HS Wrestling: The Time Is Now

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

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

STARTING A PROGRAM AT YOUR SCHOOL



Getting Started: Your School

- **Start the conversation** with your school's leaders.
Budgeting
Staffing
Transportation
- Determine your practice structure
Same time and 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: 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.

SAMPLE SURVEY:

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

Answer: YES NO

Question 2: This is a sport for EVERY girl! Did you know girls weight classes range from 100 lbs - 200+ lbs? Answer: YES NO

Question 3: Did you know women's wrestling is a collegiate and Olympic sport?

Answer: YES NO

Question 4: 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)

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
- Promote not competing against boys
- Higher Education Opportunities
- Promote getting in shape
- Many girls are trying out for wrestling as their first ever sport
- 2020 is an Olympic Year

Getting Started: Your Wrestling Room

Do I need to make changes in how I coach? VERY FEW!!!

- Make sure you communicate expectations 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
- Hang posters, images, & girls wrestling information in your room.
- Consider a parent meeting just for the girls team.

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.

REACHING YOUR COACHING POTENTIAL

- Coaching girls will make you a better coach across all your athletes.
- 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.
- Girls should be mentored and encouraged to become future wrestling coaches and officials.

INCREASING OPPORTUNITIES



LEAGUE, DISTRICT OR SECTION

- Who can schedule an event?
- Coordinate with neighboring schools
- Showcase girls wrestling at boys duals
- Inter-school practices (check for approval)
- Joint transportation and staffing to all girls events or tournaments with girls divisions.
- Include Middle Schools on season plans

ACROSS YOUR STATE

- Put Girls Wrestling on EVERY Agenda (not the last item)
- Advocate for Girls vs Girls Competition
- Create a Girls Wrestling Advisory Committee
- Create a Girls Coaching Network
- Consider Open Gym Weigh Ins (singlets on straps up)
- Consider a Coaches Association Survey
- **30 girls and 1 mat is a WIN!!!**



SINGLETs

HUMAN RESOURCES

JOHN SACHS - TECH-FALL

USA WRESTLING

Human Resources. Think outside the box

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:

- 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 clubs. If there is a club in your area currently working with girls, can that coach be approached about joining your program.
- Look for 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 female coaches of sports in your 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.
- 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.

Women's Singlets

- If at all possible avoid boys singlets. Purchase women's cut singlets.
- Recommend "High Neck or High Cut" sports bras for competition.
- Sports bras don't fix a boys singlet. The largest contributor to unnecessary exposure of a female wrestler in competition is a boys singlet.
- Survey your female students on the different types of uniform options.
- Spirit packs should include language for girls such as "lady tiger" wrestling team or "Riverview Girls Wrestling Team"
- **We do not want to "cover girls up" in wrestling. Girls need to be girls in appearance with a standard that is appropriate for the athlete, coaches, officials and spectators.**

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 girl’s cut singlet 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.



ADDITIONAL RESOURCES



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 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

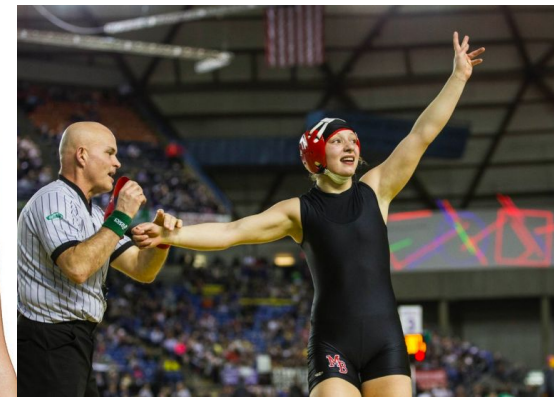
LuchaFit.com

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.

Coaching Girls: Resources

- **USA Wrestling - Head Coach Terry Steiner Letter: Why Not Girls Wrestling?**
<http://content.themat.com/women/WhyWomensWrestling-Steiner.pdf>
- [**LuchaFit**](#) - Katherine Shai 2019 US Women's National Team Member,
2019 Final X Runner-Up. Website dedicated to female wrestlers.
- **Wrestle Like A Girl - Sally Roberts** <https://wrestlelikeagirl.org>

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

SWEAT EQUITY /CANADA -Video

<https://www.youtube.com/watch?v=f9lwFd9K9k&t=944s>

The Warrior Rising - Wrestle Like a Girl

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

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>





SWEAT EQUITY



Thank You

Your leadership has and will make the difference.

We celebrate your willingness to create new possibilities for girls high school wrestling.

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2017 National Wrestling Hall of Fame
California Chapter Inductee

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

One Courageous Girl

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



Photo credit to New York Post photos.

The One Courageous Girl

By Andrea Yamamoto

Don't be surprised, be prepared

Coaching Guide: Welcome her into the wrestling community. Have a meeting to discuss competitive boundaries/options such as girls only competition or mixed competition. Hold a parent meeting to find common ground. Discuss uniform options. Recruit another girl to be her training partner. Find other coaches that also have girls wrestling in your area.

Boys Perspective

Coaching Guide: Lead by example. The boys will follow the coach's welcome, enthusiasm and positive support for the female wrestler.

The Wrestling/Competition/Boys Dilemma

Coaching Guide: Girls competition may be scarce in your local area, region or state. Discuss with her parents what the goals should be this season and where competition against boys fits into those goals.

Coaching Guide: A girl's parents do not want her to compete against boys. Be open to encouraging her participation on the team so she has the potential to fall in love with the sport, learn and develop skills and take her place in our wrestling family. Work with your administration to support her traveling to the one or two competitions in your state or a neighboring state that is holding girls only competition.

Locker Rooms

Coaching Guide: Have a safe and appropriate practice for weighing in your one courageous girl for duals or tournaments. Girls should not be weighed in using boys locker rooms with or without boys in the locker room. Consider open gym weigh-ins in singlets for all athletes.

Coaching Guide Holding team meetings in the boys' locker room often excludes female team members from team announcements, information sharing, and coaches motivational talks.

Not Really One Of The Guys

Coaching Guide: 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. Help her to maintain her female strength through wrestling.

Who Will Be Her Partner?

Coaching Guide: Initially, male teammates may approach partnering with the one courageous girl with hesitancy. Set the tone for practice by creating a predictable procedure for picking partners.

Coaching Guide: A girl that weighs 130 pounds will find her best partner in a male wrestler that weighs less than her to balance out his power and strength. As with all your athletes, examine fitness, athletic and wrestling ability in finding a good partner for your female wrestler.

She Is Your Team of One

Coaching Guide: Yes, one girl can be your girls team. Understand the courage it takes to walk into a room with boys for teammates and men as coaches. How will you choose to honor that daily courage?

A Female Friend

Coaching Guide: If you can't recruit another girl to be her training partner, consider getting a female manager just for her. The one courageous girl needs female support at practice and competition.

One Turns Into Ten

Coaching Guide: The one courageous girl can become 10 girls next season as she inspires more students to give the sport a try. If her goal is to attract more girls to the team, discuss how you can achieve that together.

Check in Regularly

Coaching Guide: As with all your athletes, do the best you can to check in with her on a weekly basis to see how she is experiencing practice, learning new skills, and the team.

Weight

Coaching Guide: Girls do not lose weight like boys. Consider wrestling her at her natural weight until she has the maturity and dedication to follow through on safe weight reduction and management.

Girls Uniforms

Coaching Guide: Despite the easiness, don't put girls in boys singlets. Make the effort to work with your athletic director or through fundraising to purchase women's cut singlets. Boys' singlets are the largest contributor to unnecessary exposure of female wrestlers in competition with or without a sports bra.

The Myth of 110%

Coaching Guide: The one courageous girl on your team should not have to do more than her 100% in daily practice to be valued and accepted in your program.

Practice Motivation & Awareness

Coaching Guide: Instead of playing the traditional boys wrestling motivational video at the beginning of practice, get online and find a great girls or women's match or interview to showcase girls wrestling and reinforce the value of girls in our sport.

It is important for girls and boys in your wrestling room to see successful male and female role models in our sport. Women are competing at the highest level of the sport. Expose your athletes to both male and female wrestlers.

Sports Bras

Coaching Guide: Ideally, all girls should purchase a “high-neck” sports bra to wear under their competition singlet. They can be purchased online if one cannot be found in stores.

Coaching Guide: Sports bras do not solve the problem of a low cut design of a boys singlet. Even with a sports bra, many girls who wear a boys singlet run the risk of exposure. Purchase an affordable women’s cut singlet for your one female wrestler or a full team.

Long Hair

Coaching Guide: Female wrestlers with long hair need to start practice with their hair in braids or ponytails. Only use elastics without metal. Combine water & fix hair timeouts during practice.

Coaching Guide: Female wrestlers with long hair need to wear a hair cover during competition. Make sure to purchase a legal hair cover for those female athletes with longer hair. They should experiment with the hair cover and head gear prior to competition to get the right fit.

Coaching Guide: Females using a hair cover should still braid their hair. Loose hair pushed inside the cover comes loose during competition.

In Her Image

Coaching Guide: There are plenty of positive images and motivational messages of girls and women's wrestling online. Have your managers create a bulletin board or section dedicated to girls wrestling.

Social Media

Coaching Guide: If you are posting positive messages about your team or individual wrestlers, make sure to include your one courageous girl. Visibility of girls wrestling helps to drive growth!

All Girls Camps

Coaching Guide: Reach out to your coaches association or USA Wrestling to find an all girl camp for your one courageous girl. Meeting other girls will boost her enthusiasm for the sport and help her realize she's one of many.

Higher Education

Coaching Guide: Make sure your one courageous girl knows about the higher education opportunities for her through the WCWA, NAIA and one day the NCAA.

Team USA

Coaching Guide: Make sure your one courageous girl knows about the opportunities for high school girls to represent Team USA at International events through USA Wrestling

Olympic Dreams

Coaching Guide: Make sure your one courageous girl knows that women's wrestling has been an Olympic sport since 2004.

NFHS* Participation Data

For Girls High School Wrestling

<i>Year</i>	<i>Athletes</i>	<i># Increase</i>	<i>% Growth</i>
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 reported 0 numbers of girls to the NFHS for 2019:

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

USA Wrestling Participation Data

For All Age Groups

Year	Athletes	# Increase	% Growth
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	18,901	2,789	+17.3%

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

- 71 colleges now offer girls wrestling
- The NAIA held the first National Women's Invitational Wrestling Championship March 2019

States Holding Girls Championships

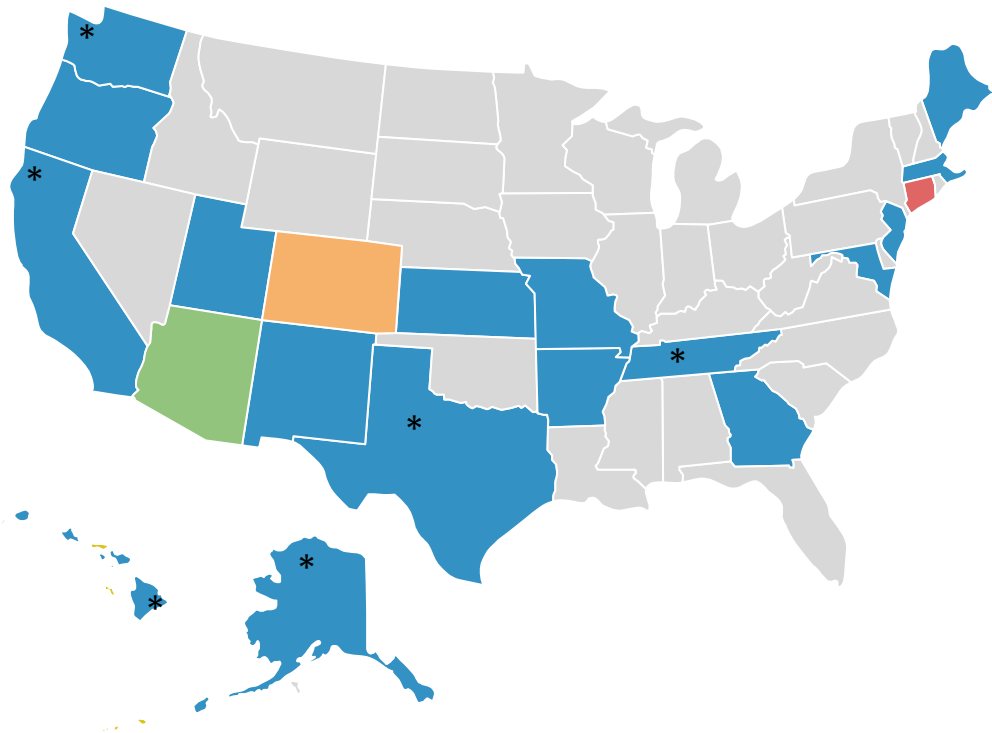
Georgia, Oregon, Missouri, Maine
Massachusetts, and New Jersey held an official
girls state championship for 2018-19.
Kansas, Maryland, Arkansas & New Mexico
approved for 2019-20. Utah approved for
2020-21.

Colorado (two year pilot program)
voted to approve an official
state championship for 2020-21

Arizona voted emerging sport status with a
state championship starting in 2018-19

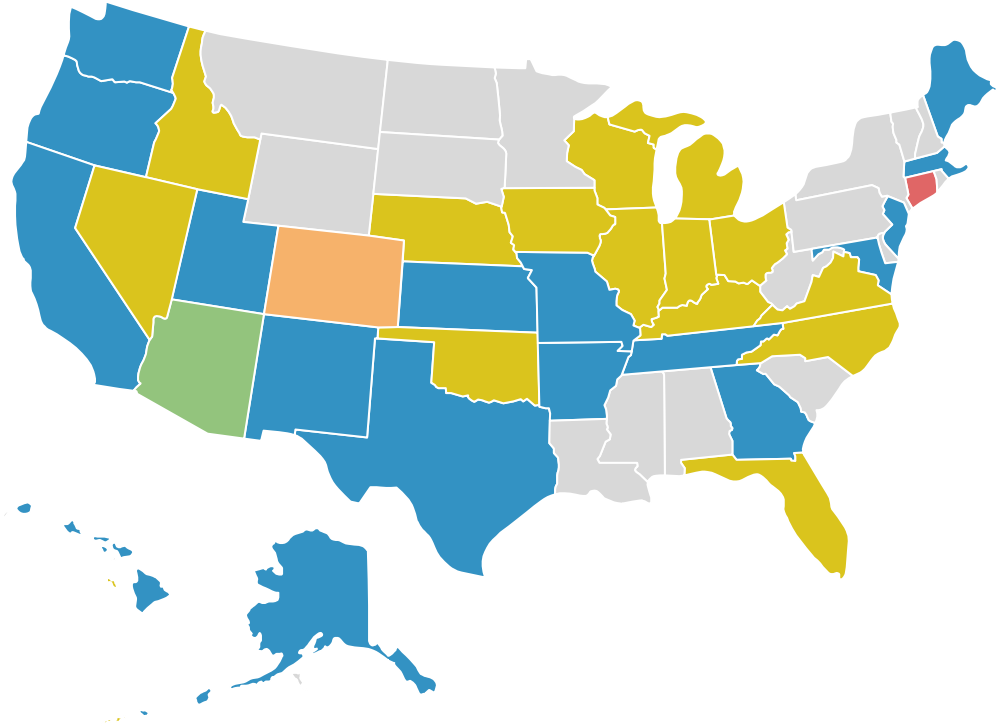
Connecticut will hold a Girls Wrestling
Invitational for 2019-20

*Original 6 Sanctioned states - 1998-2015



2019-20 State Updates and Momentum

- States with an official girls state championship for 2020. Utah 2021
- 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
- Connecticut will hold a Girls Wrestling Invitational for 2019-20
- 14 States holding an unofficial girls state championship for 2020



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 - 19 States Holding or will hold a Girls State Championship or Invitational

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

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
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

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

*Kansas voted in April 2019 to hold their first official KSHSAA girls state in 2020.

2018-19 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/NAIA College	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 number reported by a state's interscholastic office.

**“ 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)

GIRLS WRESTLING COMPETITION CHECKLIST

USA WRESTLING GIRLS HIGH SCHOOL DEVELOPMENT COMMITTEE 10/ 2019

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. Check for online resources.
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. Bring extra hair ties just in case.
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. Your teammates will appreciate you being prepared.
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.

[Packing Your Bag for Competition Day -](https://www.luchafit.com/blog/insight-into-the-art-of-preparation?rq=packing)

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

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.**

USA WRESTLING GIRLS HIGH SCHOOL DEVELOPMENT COMMITTEE 10/ 2019



GIRLS PRACTICE CHECKLIST

USA WRESTLING GIRLS HIGH SCHOOL DEVELOPMENT COMMITTEE 10/ 2019

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 handy tips on competition day.
<https://www.luchafit.com/blog/managing-your-period-at-a-tournament>.
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 - <https://www.luchafit.com>

Wrestle Like A Girl - <https://wrestlelikeagirl.org>

USA Wrestling - <https://www.teamusa.org/USA-Wrestling>



2019 National Girls Wrestling Summary

USAW Girls High School Development Committee
Co-Chairs Joan Fulp and Andrea Yamamoto

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

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1995 USAW World Team Member
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¹ National Federation of State High School Associations. Governance is divided by 8 sections nationwide.

1990-2019 NFHS Girls Wrestling Participation Totals

Year	NFHS	# Increase	%Growth
1990	112		
1991	132	20	17.9%
1992	313	181	137.1%
1993	404	91	29.1%
1994	783	379	93.8%
1995	804	21	2.7%
1996	1,164	360	44.8%
1997	1,629	465	39.9%
1998	1,907	278	17.1%
1999	2,361	454	23.8%
2000	2,474	113	4.8%
2001	3,032	558	22.6%
2002	3,405	373	12.3%
2003	3,769	364	10.7%
2004	4,008	239	6.3%
2005	4,334	326	8.1%
2006	4,975	641	14.8%
2007	5,048	73	1.5%
2008	5,527	479	9.5%
2009	6,025	498	9.0%
2010	6,134	109	1.8%
2011	7,351	1217	19.8%
2012	8,235	884	12.0%
2013	8,727	492	6.0%
2014	9,904	1177	13.5%
2015	11,496	1592	16.1%
2016	13,496	2000	17.4%
2017	14,587	1091	8.1%
2018	16,562	1,975	13.5%
2019	21,124	4,562	27.5%

2015-2019 NFHS Girls Wrestling Participation Numbers

States With An Official Championship

	Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
1	1998	Hawaii	620	592	562	538	498
2	1999	Texas	4,421	3,869	4,140	4,013	3,977
3	2007	Washington	1864	1222	1514	1,184	1,210
4	2011	California	6,014	5,286	4,505	4,104	2,747
5	2014	Alaska	347	337	271	200	194
6	2015	Tennessee	414	313	294	173	170
7	2019	Arizona ²	481	295	243	255	193
8	2019	Colorado ³	140	386	164	180	85
9	2019	Georgia	427	239	173	151	178
10	2019	Maine	78	74	61	89	74
11	2019	Massachusetts	126	103	103	154	86
12	2019	Missouri	956	169 ⁴	123	94	74
13	2019	New Jersey	477	129	116	173	95
14	2019	Oregon	597	498	348	222	128
15	2020	Arkansas	54	51	54	27	28
16	2020	Connecticut ⁵	131	98	80	75	87
17	2020	Kansas	276	215	112	111	77
18	2020	Maryland	199	146	152	128	87
19	2020	New Mexico	154	136	91	68	75
20	2021	Utah	124	101	55	26	14

² Arizona Interscholastic Association (AIA) is holding a girls state championship under emerging sport status.

³ Colorado High School Activities Association (CHSAA) is holding a girls state championship within a 2 year pilot program.

⁴ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

⁵ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational for 2019-2020.

2015-2019 NFHS Girls Wrestling Participation Numbers By State

	1st Year Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
1	2011	California	6,014	5,286	4,505	4,104	2,747
2	1999	Texas	4,421	3,869	4,140	4,013	3,977
3	2007	Washington	1864	1222	1514	1,184	1,210
4	2019	Missouri	956	169 ⁶	123	94	74
5		Illinois	676				
6	1998	Hawaii	620	592	562	538	498
7	2019	Oregon	597	498	348	222	128
8	2019	Arizona	481	295	243	255	193
9	2019	New Jersey	477	129	116	173	95
10		Florida	475	447	358	295	239
11	2019	Georgia	427	239	173	151	178
12	2015	Tennessee	414	313	294	173	170
13	2014	Alaska	347	337	271	200	194
14		Michigan	327	376	243	205	593
15		Wisconsin	288	225	203	149	151
16	2020	Kansas	276	215	112	111	77
17		Indiana	259	217			
18		North Carolina	232	189	175	156	144
19		Virginia	232	246	159	137	79
20		Ohio	224	292	195	195	195
21		Iowa	204	210	99	67	55
22		Pennsylvania	202	160	152	115	101
23	2020	Maryland	199	146	152	128	87
24		Nebraska	168	125	131	144	130
25		New York	168	87		260	25
26	2020	New Mexico	154	136	91	68	75

⁶ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

	1st Year Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
27	2019	Colorado	140	386	164	180	85
28	2020	Connecticut ⁷	131	98	80	75	87
29	2019	Massachusetts	126	103	103	154	86
30		Nevada	124	123 ⁸	116	80	80
31	2021	Utah	124	101	55	26	14
32		Kentucky	123	62	52	33	29
33		Idaho	112	93	40	41	26
34		Oklahoma	98	92	72	48	4
35	2019	Maine	78	74	61	89	74
36		South Carolina	69	90	63	57	50
37	2020	Arkansas	54	51	54	27	28
38		West Virginia	47	43	36	3	3
39		Montana	40	32	24	22	17
40		New Hampshire	38	34	19	14	13
41		South Dakota	36	35	39	73	31
42		Alabama	35	37	46	33	18
43		Rhode Island	32	20	22	18	18
44		North Dakota	27	20	24	14	6
45		Wyoming	22	20	12	13	7
46		Minnesota	20	20	19	19	
47		Louisiana	16	16	20	26	25
48		Delaware	11	25	12	13	12
49		Vermont	9	3	9	11	11
50		District of Columbia	7				
51		Mississippi ⁹					

⁷ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational for 2019-2020.

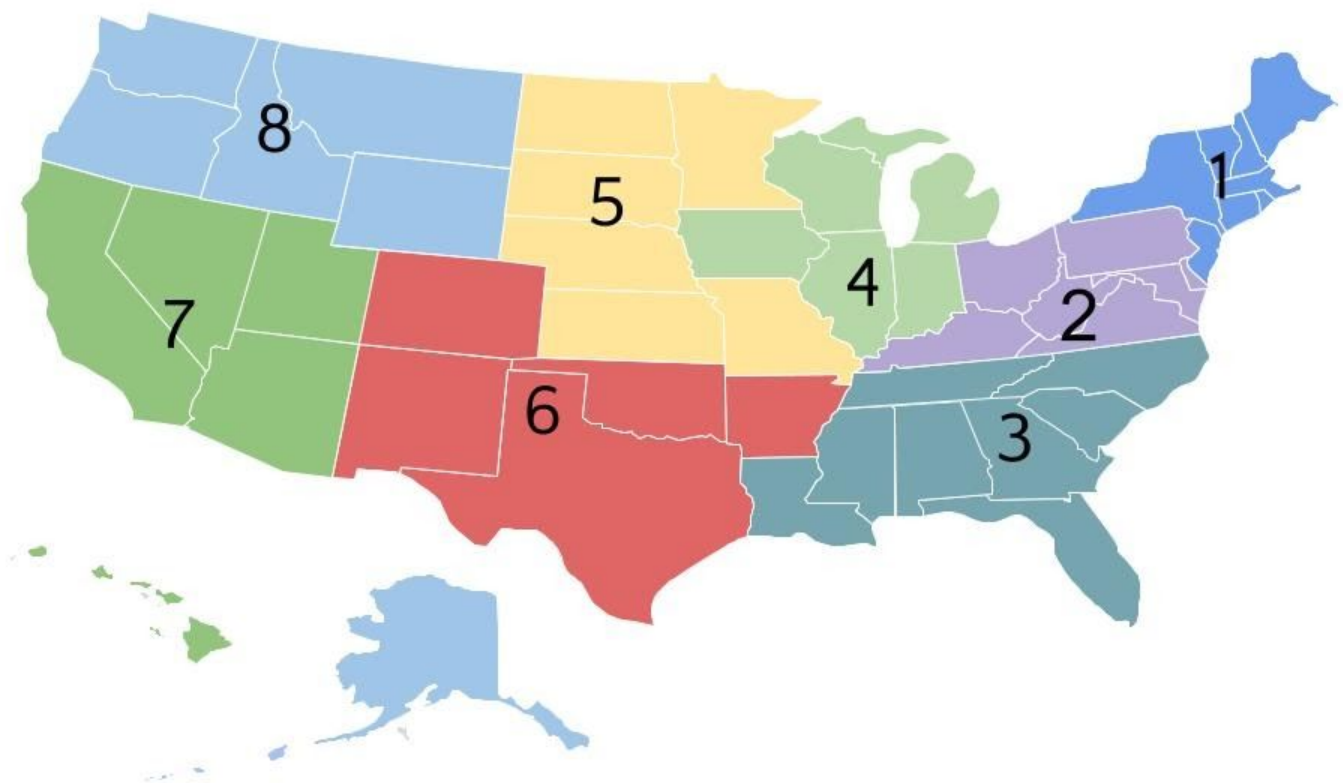
⁸ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

⁹ Wrestling is not a scholastic sport in Mississippi.

NFHS SECTION MAP

The National Federation of State High School Associations serves its members through the writing of playing rules for high school sports including wrestling. The NFHS divides its governance by eight sections nationwide. Pages 7-14 list girls wrestling participation numbers over the past five years by state and grouped by section.

The map below is a reference for pages 7-14



NFHS Girls Participation Numbers and Women's Collegiate Programs by NFHS Sections

NFHS Section 1 Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Connecticut ¹⁰	131	98	80	75	87
2019	Maine	78	74	61	89	74
2019	Massachusetts	126	103	103	154	86
2019	New Jersey	477	129	116	173	95
	New Hampshire	38	34	19	14	13
	New York	168	87		260	25
	Rhode Island	32	20	22	18	18
	Vermont	9	3	9	11	11

	State	College/University	Division
1	New Jersey	New Jersey City University	NCAA Div III
2	New York	Elmira College	NCAA Div III
3	New York	Nassau Community College	NJCAA

¹⁰ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational for 2019-2020.

NFHS Section 2 Mideast: Delaware, District of Columbia, Kentucky, Maryland, Ohio, Pennsylvania, Virginia, West Virginia

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Maryland	199	146	152	128	87
	Delaware	11	25	12	13	12
	District of Columbia	7				
	Kentucky	123	62	52	33	29
	Ohio	224 ¹¹	292	195	195	195
	Pennsylvania	202	160	152	115	101
	Virginia	232	246	159	137	79
	West Virginia	47	43	36	3	29

	State	College/University	Division
1	Kentucky	Campbellsville University	NAIA
2	Kentucky	University of The Cumberlands	NAIA
3	Ohio	Lourdes University	NAIA
4	Ohio	Tiffin University	NCAA Div. II
5	Pennsylvania	Delaware Valley University	NCAA Div. III
6	Pennsylvania	East Stroudsburg University	NCAA Div. II
7	Pennsylvania	Gannon University	NCAA Div. II
8	Pennsylvania	Lackawanna College	NJCAA
9	Pennsylvania	Lock Haven University	NCAA Div. II
10	Virginia	Ferrum College	NCAA Div. III
11	West Virginia	Alderson Broaddus University	NCAA Div. II

¹¹ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 3 South: Alabama, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2019	Georgia	427	239	173	151	178
2015	Tennessee	414	313	294	173	170
	Alabama	35 ¹²	37	46	33	18
	Florida	475	447	358	295	239
	Louisiana	16	16	20	26	25
	Mississippi					
	North Carolina	232	189	175	156	144
	South Carolina	69	90	63	57	50

	State	College/University	Division
1	Georgia	Brewton Parker College	NAIA
2	Georgia	Emmanuel College	NCAA Div. II
3	Georgia	Life University	NAIA
4	Tennessee	King University	NCAA Div II
5	South Carolina	Limestone College	NCAA Div. II
6	South Carolina	Presbyterian College	NCAA Div. I

¹² NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 4 Central: Illinois, Indiana, Iowa, Michigan, Wisconsin

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
	Illinois	676				
	Indiana	259	217			
	Iowa	204	210	99	67	55
	Michigan	327	376	243	205	593
	Wisconsin	288 ¹³	225	203	149	151

	State	College/University	Division
1	Illinois	Lincoln College (Fall 2020)	NAIA
2	Illinois	MacMurray College	NCAA Div. III
3	Illinois	McKendree University	NCAA Div. II
4	Illinois	North Central College	NCAA Div. III
5	Indiana	Indiana Institute of Technology	NAIA
6	Iowa	Grand View University	NAIA
7	Iowa	Indian Hills Community College (Fall 2020)	NJCAA
8	Iowa	Iowa Wesleyan University (Fall 2020)	NCAA Div. III
9	Iowa	Waldorf University	NAIA
10	Iowa	William Penn (Fall 2020)	NAIA
11	Michigan	Adrian College	NCAA Div. III
12	Michigan	Siena Heights University (Fall 2021)	NAIA
13	Wisconsin	Carthage College	NCAA Div. III
14	Wisconsin	Concordia University Wisconsin	NCAA Div. III
15	Wisconsin	University of Wisconsin-Stevens Point	NCAA Div. III
16	Wisconsin	Lakeland University	NCAA Div. III

¹³ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 5 Midwest: Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Kansas	276	215	112	111	77
2019	Missouri	956	169 ¹⁴	123	94	74
	Minnesota	20	20	19	19	
	Nebraska	168	125	131	144	130
	North Dakota	27	20	24	14	6
	South Dakota	36	35	39	73	31

	State	College/University	Division
1	Kansas	Baker University	NAIA
2	Kansas	Central Christian College	NAIA
3	Kansas	Ottawa University	NAIA
4	Kansas	Southwestern College	NAIA
5	Kansas	University of Saint Mary	NAIA
6	Missouri	Central Methodist	NAIA
7	Missouri	Fontbonne University	NCAA Div. III
8	Missouri	Lindenwood University	NCAA Div. II
9	Missouri	Missouri Baptist University	NAIA
10	Missouri	Missouri Valley College	NAIA
11	Missouri	Westminster College	NCAA Div. III
12	Minnesota	Augsburg University	NCAA Div III
13	Nebraska	Hastings College (Fall 2020 or 2021)	NAIA
14	Nebraska	Midland University	NAIA
15	Nebraska	York College	NAIA
16	North Dakota	University of Jamestown	NAIA

¹⁴ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 6 Southwest: Arkansas, Colorado, New Mexico, Oklahoma, Texas

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Arkansas	54	51	54	27	28
2020	New Mexico	154	136	91	68	75
2019	Colorado	140	386	164	180	85
1999	Texas	4421	3869	4140	4,013	3,977
	Oklahoma	98	92	72	48	4

	State	College/University	Division
1	Arkansas	Lyon College	NAIA
2	Colorado	Colorado Mesa University	NCAA Div. II
3	Texas	Schreiner University	NCAA Div.III
4	Texas	Texas Wesleyan University	NAIA
5	Texas	Wayland Baptist University	NAIA
6	Oklahoma	Oklahoma City University	NAIA

NFHS Section 7 West: Arizona, California, Hawaii, Nevada, Utah

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
1998	Hawaii	620	592	562	538	498
2011	California	6014	5286	4505	4104	2,747
2019	Arizona	481	295	243	255	193
2021	Utah	124	101	55	26	14
	Nevada	124	123 ¹⁵	116	80	80

	State	College/University	Division
1	California	Life Pacific College	NAIA
2	California	Menlo College	NAIA
3	California	Simpson University	NAIA

¹⁵ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Region 8 Northwest: Alaska, Idaho, Montana, Oregon, Washington, Wyoming

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2019	Oregon	597	498	348	222	128
2014	Alaska	347	337	271	200	194
2007	Washington	1864	1222	1514	1,184	1,210
	Idaho	112	93	40	41	26
	Montana	40	32	24	22	17
	Wyoming	22	20	12	13	7

	State	College/University	Division
1	Oregon	Eastern Oregon University	NAIA
2	Oregon	Pacific University	NCAA Div. II
3	Oregon	Southern Oregon University	NAIA
4	Oregon	Southwestern Oregon Community College	NJCAA
5	Oregon	Umpqua Community College	NJCAA
6	Oregon	Warner Pacific College	NAIA
7	Washington	Big Bend Community College	NJCAA
8	Washington	Grays Harbor College	NJCAA
9	Montana	University of Providence	NAIA

2015-2019 USA Wrestling Female Membership By State

USAW Data Represents All Female Age Groups

	State	% increase decrease 2018-2019	2019	2018	2017	2016	2015
1	Alabama	-17.50%	33	40	22	19	22
2	Alaska	20.77%	407	337	302	242	192
3	Arizona	44.76%	304	210	125	125	104
4	Arkansas	27.12%	75	59	36	38	21
5	California	2.56%	3679	3587	3025	2612	2265
6	Colorado	18.06%	595	504	460	306	237
7	Connecticut	30.72%	200	153	151	116	84
8	Delaware	-14.29%	6	7	7	7	4
9	DC	15.38%	15	13	11	10	4
10	Florida	38.01%	236	171	194	231	167
11	Georgia	19.40%	320	268	199	172	138
12	Hawaii	2.71%	568	553	595	494	496
13	Idaho	11.73%	219	196	171	131	102
14	Illinois	16.42%	709	609	532	468	376
15	Indiana	28.74%	448	348	283	220	214
16	Iowa	34.59%	214	159	157	95	95
17	Kansas	38.48%	691	499	426	358	304
18	Kentucky	10.06%	186	169	171	124	95
19	Louisiana	60.53%	61	38	43	30	30
20	Maine	43.18%	63	44	55	39	25
21	Maryland	20.25%	190	158	142	122	73
22	Massachusetts	512.50%	98	16	17	24	29
23	Michigan	11.34%	373	335	299	288	295
24	Minnesota	23.81%	234	189	141	121	99
25	Mississippi		0	0	0	1	0
26	Missouri	60.15%	639	399	340	285	204
27	Montana	21.14%	149	123	72	71	69
28	Nebraska	9.41%	186	170	161	90	72

	State	% increase decrease 2018-2019	2019	2018	2017	2016	2015
29	Nevada	2.56%	240	234	198	138	135
30	New Hampshire	110.00%	21	10	7	6	9
31	New Jersey	166.67%	264	99	71	73	82
32	New Mexico	15.76%	213	184	108	98	72
33	New York	23.43%	611	495	359	670	491
34	North Carolina	61.79%	199	123	93	81	76
35	North Dakota	28.13%	123	96	80	58	41
36	Ohio	18.67%	286	241	150	142	130
37	Oklahoma	17.28%	319	272	218	172	52
38	Oregon	26.50%	969	766	660	517	375
39	Pennsylvania	1.98%	309	303	244	141	180
40	Rhode Island	62.96%	88	54	27	27	23
41	South Carolina	17.54%	67	57	41	17	25
42	South Dakota	-5.88%	16	17	14	14	7
43	Tennessee	70.31%	109	64	35	26	18
44	Texas	13.21%	1277	1128	945	964	854
45	Utah	12.81%	317	281	222	136	86
46	Vermont	0.00%	9	9	14	14	26
47	Virginia	10.49%	337	305	257	237	180
48	Washington	2.79%	1364	1327	893	701	625
49	West Virginia	36.36%	15	11	15	6	8
50	Wisconsin	15.16%	638	554	473	420	373
51	Wyoming	18.75%	152	128	78	85	81
	Canada		60				
	Total	17.31%	18901	16112	13339	11582	9765

Thank You!
**Your leadership has and will make
the difference.**



**We celebrate your willingness to
create new possibilities for girls high
school wrestling.**

Joan & Andrea

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