

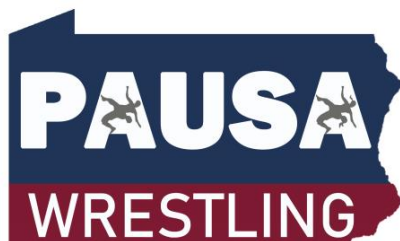
PA Girls High School programs are working together for competition!

Governor Mifflin hosted an All Girls Wrestling tournament this past weekend which saw 5 of the 9 approved PA school teams in attendance. Girls from Annville-Cleona, Easton, Governor Mifflin, Gettysburg, and JP McCaskey all attended the event to get girls competition against other girls. This was another historic step in the growth of girl's wrestling in Pennsylvania. In early January girls from McCaskey also visited a scrimmage hosted by Chris Haines at Gettysburg. The Pennsylvania Girls Wrestling Task Force helped initiate a call with all of the formed teams and they have since been communicating with one another to coordinate competition.



Picture:
Girls Wrestling coaches from
the five teams that attended
the girls wrestling
competition held at
Governor Mifflin on
January 23rd.





USA Wrestling has implemented a National Recruiting Showcase tournament series. The pinnacle of the series is the new USA Wrestling High School National Recruiting Showcase, which will be held the weekend of March 26-28.

USA Wrestling Girls Folkstyle Nationals will also be held the same weekend in the same venue.

- All PA Girls State Champions and National Prep champions (any year) will automatically qualify for the High School National Recruiting Showcase for both boys and girls (They would not need to attend a qualifier). **MUST PRE-REGISTER FOR THE NATIONAL RECRUITING SHOWCASE BY MARCH 1** to guarantee their spot.
- High school wrestlers who have not won a state title or Prep National title can qualify to compete through the Northeast Regional qualifier being held here in Pennsylvania:

2021 USAW High School National Recruiting Showcase - PA Qualifier

<https://usawrestlingevents.com/event/2100048802/schedule>

C3 Sports in State College, PA - 03/12/2021 - 03/14/2021

High School Girls/FREESTYLE

- Born 9/1/2001 & after, plus enrolled in grades 9-12
100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225
*2 lb. growth allowance at both the qualifiers and National Showcase

PAUSAW Girls Freestyle Coaches Clinic

PAUSAW will be hosting a clinic on May 1st, specifically geared towards coaching girls and girls freestyle. Share this out... let's get as many coaches to attend as possible!
More information will be on the PAUSAW Facebook and webpages as it becomes available!



The road to 100 schools is now up to 9

Currently there are 9 schools who have sanctioned girls wrestling teams within their school districts.

- JP McCaskey (Lancaster-District 3), Easton Area (District 11), Executive Education Academy (District 11), North Allegheny (District 7), Central Mountain (District 6), Governor Mifflin (District 3), Annville-Cleona (District 3), Gettysburg (District 3), Brandywine Heights (District 3)





Gettysburg Area



Easton



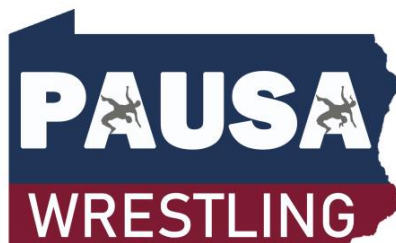
North Allegheny



Governor Mifflin



JP McCaskey



Congrats to Sierra Chiesa (Bad Karma/Northwestern) and Jordyn Fouse (Orchard Wrestling Club/Northern Bedford) for their amazing tournament at Tulsa Nationals. Sierra is in 8th grade and took 3rd in a bracket with 3 nationally ranked high school girls. Jordyn stormed through a bracket with several very highly regarded middle school and high school girls.

2020-21 Pennsylvania Girls Participation Numbers

As we know, this year has presented a lot of challenges in regards to participation. There are approximately 60 schools who have not gone through assessments this year. Not including those schools, 254 HS girls have assessments in the OPC on HS rosters and 41 freshmen are competing on JH teams, for a total of 295 HS girls wrestling compared to 229 last year.

It's a testament to the work everyone has done that the girls numbers have increased and not dropped. With that said, it would be great to see growth on both sides – the boys and girls – next season. We are going to continue to encourage schools to support and recruit girls and to also do the same for boys. This sport is better the more people we can get into it.

PAUSAW Chairman

Joe Stabilito

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PAUSAW Women's Director

Chris Atkinson

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2021 MYHOUSE PA HS GIRLS STATE CHAMPIONSHIPS

Official PIAA High School Coaches will receive free admission.
Email your name and school to joe.stab@gmail.com
to be added to the list.

SPOOKY NOOK SPORTS COMPLEX
75 CHAMP BLVD.
MANHEIM, PA 17545

TOURNAMENT IS MARCH 21, REGISTRATION ON TRACKWRESTLING.COM,
MUST PRE-REGISTER BY MARCH 17.

AWARDS: 1ST THROUGH 6TH, CUSTOM MEDALS, MYHOUSE 1/4ZIPS TO
THE CHAMPIONS

ELIGIBILITY: ANY GIRL WHO WRESTLES AT A PUBLIC OR PRIVATE HIGH
SCHOOL WITHIN THE GEOGRAPHICAL BOUNDARIES OF PENNSYLVANIA.
MUST BE IN GRADES 9-12 AND CANNOT HAVE TURNED 19 PRIOR TO
7/1/20.

FORMAT: FOLKSTYLE, ALL PIAA RULES APPLY, HEADGEAR OPTIONAL, ALL
PERIODS 2:00.

WEIGHTS: 101-108-115-122-128-134-140-147-162-184-222
(MORNING OF TOURNAMENT WEIGH-INS) IF YOU FAIL WEIGHT OR SKIN
CHECK YOU WILL NOT WRESTLE. NO WEIGHT CHANGES AFTER
REGISTRATION.

DIRECTOR: JOE STABILITO, 215-317-3079, JOE.STAB@GMAIL.COM

COST: \$20

REGISTER AT TRACKWRESTLING.COM



2021 NORTHEAST GIRLS K-8 FOLKSTYLE CHAMPIONSHIP

SPOOKY NOOK SPORTS COMPLEX
75 CHAMP BLVD.
MANHEIM, PA 17545

TOURNAMENT IS MARCH 20, REGISTRATION ON TRACKWRESTLING.COM,
MUST PRE-REGISTER BY MARCH 17.

AWARDS: 1ST THROUGH 4TH, CUSTOM MEDALS, MYHOUSE SHIRTS TO THE
CHAMPIONS

ELIGIBILITY: OPEN TO ANY K-8 FEMALE WRESTLER RESIDING IN THE
NORTHEAST REGION (VIRGINIA TO MAINE AS WELL AS PA BORDER STATES)

FORMAT: FOLKSTYLE, ALL PIAA RULES APPLY, HEADGEAR MANDATORY, ALL
PERIODS 1:00. MOST GIRLS WILL GET AT LEAST 3 MATCHES, WE WILL
MAKE EVERY EFFORT TO SETUP POOLS OF 6 (5 MATCHES).

DIVISIONS: K-2, GRADES 3-4, GRADES 5-6, GRADES 7-8

WEIGHTS: MADISON BRACKETING

(HONOR WEIGH-INS) CHALLENGE SCALE WILL BE AVAILABLE. IF YOU FAIL
WEIGHT OR SKIN CHECK YOU WILL NOT WRESTLE.

DIRECTOR: JOE STABILITO, 215-317-3079, JOE.STAB@GMAIL.COM

COST: \$30

REGISTER AT TRACKWRESTLING.COM



PJW Girls State Championship Replacement

This tournament is replacing the Pennsylvania Junior Wrestling (PJW) Girls State Championship, which was cancelled for 2021.

KEYSTONE STATE YOUTH & JUNIOR HIGH Girls State Championships

Date/Times:	Saturday, April 3, 2021 See schedule below. Live Streaming on FLOWrestling.com
Location:	Monroeville Convention Center - 209 Mall Blvd., Monroeville, PA 15146
Entry Fee:	\$40.00 per wrestler entry. Due to preplanning costs, No Refunds after February 19, 2021. ONLINE Registration ONLY! Must be submitted online by Monday, March 22, 2021 (by noon).
Other:	Age as of December 31, 2020. Pennsylvania Girls only. Birth certificates needed if contested. No high school experience. Keystone State Medals and Championship t-shirts for all placers.
Weigh-Ins: @ Monroeville DoubleTree Hotel	Weigh-ins Friday, April 2 from 4:00 pm - 7:00 pm (All age groups)
Rules:	Modified rules, Referee's decisions are final. Double elimination, No true second. Period times: 1:30 – 1:30 – 1:30 (Girls Junior High) 2:00 -1:00 -1:00 (Girls 8U, 9-10 & 11-12) All Consy matches will be 1:00 - 1:00 - 1:00 Sudden Death Overtime.
Covid Rules	Masks will be mandatory. Social distancing will be enforced. We will follow all CDC & PA Dept. of Health guidelines. All wrestlers will have to sign off on a Covid waiver form included in registration.
ONLINE REGISTRATION ONLY Go To - http://wrestlereg.com/ Must be submitted online by March 22, 2021 (by noon)	

Divisions	Weight Classes
Girls 8 & Under	45, 51, 57, 65, 70, 77, 85, 100
Girls 9 & 10	50, 56, 63, 70, 78, 87, 97, 108, 120
Girls 11 & 12	65, 72, 78, 84, 94, 103, 114, 125, 145
Girls Junior High	82, 93, 104, 115, 125, 135, 148, 165, 185

TIME SCHEDULE			
Friday, April 2, 2021	Weigh-ins	4:00 pm - 7:00 pm	@ the Monroeville DoubleTree Hotel
Saturday, April 3, 2021	Wrestling Begins	9:00 AM	Monroeville Convention Center



First interview for Girl Power has been scheduled.. Stay tuned for the link as Lily Sherer interviews Nittany Lion Wrestling Club star Jen Page.



JEN IS THE 2020 US SENIOR NATIONAL CHAMPION AT 62 KG UPSETTING NATIONAL CHAMP AND WORLD TEAM MEMBER MACEY KILTY IN THE FINALS.

CURRENT SPRING SCHEDULE FOR PA GIRLS

DATE	TOURNAMENT	LOCATION	NOTES
March 13-14	USAW High School National Showcase Northeast Qualifier	C3 Sports, State College PA	https://pausaw.com
March 20	Northeast Girls K-8 Folkstyle Championship	Spooky Nook, Lancaster PA	
March 21	MyHouse PA HS Girls State Championship	Spooky Nook, Lancaster PA	
March 26-28	USAW High School National Showcase Championship		https://www.teamusa.org/USA-Wrestling/Features/2021/January/13/High-School-National-Showcase-series-announcement
March 26-28	USAW Girls Folkstyle National Championships		https://usawrestlingevents.com/http://www.pywrestling.com/keystone-girls-states-43.html
April 2-4	Keystone Girls State Championships	Monroeville Conv Center, Pittsburgh PA	
April 10th	USAW Olympic Trials	State College, PA	https://usawrestlingevents.com/
April 10-11	Viper Pit Duals	Wheeling WV	Multiple PA Girls Club teams will be attending
April 18	Buckeye Border Battle PA vs OH Girls State Champs		
April 18-19	Olympic Girls Club Freestyle Championships	State College, PA	https://olympicclubduals.com/
May 1-2	PAUSAW Coaches Clinic and Freestyle Qualifier		https://pausaw.com
May 7-9	USAW Women's Nationals (Freestyle)	Irving, Texas	https://usawrestlingevents.com/
May 14-16	USAW Northeast Regionals	New Jersey	https://usawrestlingevents.com/
May 21-23	PAUSAW Freestyle and Greco State Championships	Spooky Nook, Lancaster PA	https://pausaw.com
June 5	PAUSAW Girls K-8 Freestyle Duals	C3 Sports, State College PA	https://pausaw.com
June 6	PAUSAW Girls HS Freestyle Duals	C3 Sports, State College PA	https://pausaw.com
May 2	PAUSAW Girls GRECO Tournament	York, PA	https://pausaw.com
USA WRESTLING	AGE DIVISIONS	AGE GROUPS	GROUP WEIGHTS
	8U	Born 2013-2014	45 lbs, 50 lbs, 55 lbs, 60 lbs, 70 lbs, 85 lbs
	10U	Born 2011-2012	50 lbs, 55 lbs, 60 lbs, 65 lbs, 70 lbs, 75 lbs, 80 lbs, 90 lbs, 100 lbs, 110 lbs
	12U	Born 2009-2010	65 lbs, 70 lbs, 75 lbs, 80 lbs, 85 lbs, 90 lbs, 95 lbs, 100 lbs, 110 lbs, 120 lbs, 130 lbs, 145 lbs
	14U	Born 2007-2008	72 lbs, 79 lbs, 85 lbs, 92 lbs, 97 lbs, 101 lbs, 105 lbs, 110 lbs, 119 lbs, 127 lbs, 136 lbs, 145 lbs, 185 lbs
	16U	Born 2005-2006	94 lbs, 100 lbs, 106 lbs, 112 lbs, 117 lbs, 122 lbs, 127 lbs, 132 lbs, 138 lbs, 144 lbs, 152 lbs, 164 lbs, 180 lbs, 200 lbs
	USA Junior	9/1/2001 & after, plus enrolled in grades	100 lbs, 106 lbs, 112 lbs, 117 lbs, 122 lbs, 127 lbs, 132 lbs, 138 lbs, 144 lbs, 152 lbs, 164 lbs, 180 lbs, 200 lbs, 225 lbs
PAUSAW EVENTS			