



Women's Wrestling Newsletter

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<http://www.usapawf.com>



Volume 2.0
Issue 1

We have our marching orders for 2019!

In early December we met with Mark Byers (Chief Operating Officer) at the PIAA and held a discussion regarding the state of Girls Wrestling in PA. This was a very good discussion and it gives us direction for the future of the sport in Pennsylvania. **Key takeaways:**

The Bad: Unlike trends in other states like New Jersey, per current PIAA by-laws, they will not just establish an individual girls state championship without the sport being sponsored in the commonwealth.

What does that mean?

PIAA POLICY: *The PIAA Board of Directors shall consider establishing an Inter-District Championship in a sport upon the number of member senior high schools sponsoring that sport reaching 100.*

What does sponsorship mean? How many girls constitutes a team in the eyes of the PIAA?

Right now there are 205 HS Girls wrestling in 128 different schools in PA. However many of these schools have just a single girl or two which doesn't necessarily warrant a legit school sponsored team in the eyes of the PIAA.

Per PIAA by-laws:

Section 4. Eligibility of Teams and Multiple Individuals for Championship Contests.

A PIAA member school which does not sponsor during the Regular Season a Team which participates in at least 50% of the maximum permitted number of Regular Season Contests in a sport is ineligible to enter a Team in that sport in the District or Inter-District Championship Contests, to receive a Team score in that sport in District or Inter-District Championship Contests, and to enter in that sport in the District or Inter-District Championship Contests any Athletic Event which requires the participation of more than one individual, including but not limited to relay Teams and doubles tennis Teams.

This provision is waived if (1) the school scheduled at least 50% of the maximum permitted number of Regular Season Contests in a sport; and (2) the Team ultimately participated in at least 33.3% of the maximum permitted number of Regular Season Contests in a sport.

Vague yes, but we can at least begin working in the right direction. Next page....



Picture by Chris Manning (Sun-Gazette)
**Savannah Paulhamus leading her
Montoursville team to a win over
Towanda**



So what do we need to do to progress girls wrestling in PA?

Coaches/Superintendents/Principals

If you have a female wrestling for your team... spend the off-season recruiting more. Promote girls wrestling, have the boys bring their sisters in to try the sport. Coaches, consider running a spring girls club (freestyle or folkstyle). There are so many benefits to anyone who wants to wrestle (physically and mentally). Promote the sport.

Second part of this initiative for next season is to establish girls divisions in tournaments (officially) and to create some girls only tournaments for HS girls in Pennsylvania. Unofficially, per PIAA, Girls can wrestle unattached anytime during the regular season in tournaments provided they do not wear a school issued singlet and do not represent their school. This is one unofficial way for coaches to get their girls more mat time and keep them engaged in the sport during the winter.

To get to 100 sponsored schools we need competitions for girls.

District Wrestling Steering Leadership

Keep promoting and holding discussions regarding girls wrestling. If you are in a district with more girls, consider girls divisions in league tournaments and in some of the bigger tournaments in your region for next season. Madison the girls if necessary to pair girls and get more matches for girls. Please keep pushing the word about girls wrestling up through to the PIAA for further discussion and review.

Everyone else

Keep wrestling and supporting events in state and out. Girls wrestling is the fastest growing sport in the country. You are lucky because in PA year round there is always a tournament, camp, clinic or some event available to attend for wrestling and more and more girls only opportunities are becoming the norm. There are girls clubs around the state now including in Erie, Lancaster and the Lehigh Valley. Be supportive and get your daughter out wrestling. Help diminish the age old stigma that says girls shouldn't wrestle. Girls want to be athletes... promote that and let them compete!



2x PA State Champ and 2x NCAA Finalist Jon Treng (Parkland/Lehigh) with Coach Kasey Kruczek (Easton/Campbellsville University) running girls through practice at the Lehigh Valley Wrestling Club (LVWC) Athena program.

Come support Team PA Girls vs
Team NJ on Feb 2nd at
Princeton University!



Girls Wrestling



2/2/19

NJ vs PA



2/3/19

NJ vs NY

Princeton vs. Brown 1:00 pm
NJ Girls vs. PA Girls 3:00 pm
Princeton vs. Harvard 5:00 pm

NJ Girls vs. NY Girls 9:30 am
Rutgers vs. Princeton 12:00 pm

COME SUPPORT THE GIRLS AND HELP TO GROW THE SPORT



Coming up... These opportunities are open to All PA Girls
Regardless of experience reach out caymaccad@gmail.com



PJW Area Qualifiers are coming up this month and next. Every girls 12 and under in Pennsylvania should be attending their qualifier for a chance to head to Pittsburgh for the PJW Girls State Championships!

<http://pajw.org/>

Click on your Area Website for more information and to get registered for your Area Championships!

We are looking for girls K-12 for Viper Pit Duals (46lbs to 180lbs) in Wheeling West Virginia on April 13th. This is a freestyle event.

We may be looking to take an all girls elementary team to NHSCA National Duals Memorial Day weekend in Virginia Beach. Email if interested (K-6 52lbs to 150 lbs)

We are starting to plan our trip to USA Wrestling Womens Nationals in Irving, Texas, May 10-12.

Email me if you are interested:

9U - Born 2010-2012

12U - Born 2007-2009

14U - Born 2005-2006

UWW Cadet - Born 2002-2004

UWW Junior - Born 1999-2001, or 2002 with medical approval

A link for the tournament is here:

<https://usawevents.sportngin.com/wmnationals>

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PENNSYLVANIA



WOMEN'S WRESTLING



2019 MyHouse PA HS Girls State Wrestling Championship March 10, 2019



- Where:** Gettysburg High School (Day after PIAA Boys States in Hershey)
- Time:** 7:30-8:00 am Registration/Check-in, Wrestling starts at 9:00 am
- Awards:** 1st through 4th, Custom Medals
My-House Custom Champion 1/4 zip shirts 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 for the 2018-19 wrestling season and cannot have turned 19 prior to July 1, 2018.
- Cost:** NO COST, Must pre-register via TrackWrestling, no exceptions.
Must register by March 5, 2019 no exceptions.
- Format:** Folkstyle, All PIAA Rules apply, hairnets optional, headgear mandatory
Championship periods 2:00, Consolation periods 1-2-2.
- Weights:** [101-108-115-122-128-134-140-147-162-184-222](#)
(Morning of the tournament weigh-ins only) If you fail weight or skin check you will not wrestle. No weight changes after registration.
- Tournament Director:** Joe Stabilito, 215-317-3079, joe.stab@gmail.com
Chris Atkinson, 215-534-7453, caymaccad@gmail.com
- Registration:** <http://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=79824132>

As we work towards establishing Girls Wrestling as an official sport in the state of Pennsylvania (PIAA), it is important to have opportunities for all girls wrestling in the state. Our hope is that PIAA will soon add a girls division for wrestling. We hope every PIAA member school and their coaches will attend with their female wrestlers.



Middle Atlantic K-8 Girls Folkstyle Championship

March 10, 2019



- Where:** Gettysburg High School (Day after PIAA Boys States in Hershey)
- Time:** Registration/Check-in by 8:15, Wrestling starts at 9:00
- Awards:** 1st through 4th, Custom Medals, Best record in pool gets 1st.
Tie-breakers (pins, techs, majors, and then most match points scored)
- Eligibility:** Open to any female wrestlers residing in the Middle Atlantic Region (Virginia to Maine).
- Registration:** Must pre-register via TrackWrestling, no exceptions.
Must register by March 5, 2019 no exceptions.
- Format:** Folkstyle, All PIAA Rules apply, hairnets optional, headgear mandatory, all periods 1:00. Most girls will get at least 3 matches, we will make every effort to get girls into a pool of 6 (5 matches). Girls do not have to wrestle anyone they feel is too big, this needs to be addressed before the match, not after.
- Weights:** **Divisions: Grades K-2, Grades 3-4, Grades 5-6, Grades 7-8**
Madison Pairing, Girls will be paired in brackets by Grade and Weight
Honor Weigh-in, Each wrestler should be within 3 lbs. of registered weight.
Challenge scale will be available.
If you fail weight or skin check you will not wrestle.
- Tournament Director:** Joe Stabilito, 215-317-3079, joe.stab@gmail.com
- Registration:** <http://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=79820132>

Pennsylvania

Girls Club Duals



April 6, 2019
8 Teams/Freestyle/K-12

Where: Germantown Academy, 340 Morris Road, Fort Washington PA 19034
Admission: \$5 Adults/\$2 Children

Time: Wrestling will start at 10am. Coaches meeting at 9:45. There will be 2 morning sessions followed by a short break and then we will wrestle to finals.

Weigh-ins: Honor System for each club. Please submit roster with a list of wrestler's actual weight. Challenge scale will be available. **55, 60, 65, 70, 75, 80, 88, 95, 105, 110, 115, 120, 125, 130, 135, 145, 155, 165, 180 and 215**

Format: Freestyle, 2-2:00 periods, USA Wrestling rules apply. Team awards for 1st through 4th. Exhibitions will be allowed as there is time and space. Outstanding Wrestler will be awarded based on coaches' selection. Each team **MUST** provide a Timer and a Scorer for the table. Wrestlers are only allowed to bump up 1 weight class and can only wrestle on 1 team roster.

Entry Fee: \$400, Made out to Mohawk Wrestling;
Send to Joe Stabilito, 1510 Anna Marie Circle, Maple Glen PA 19002.



PIC OF 2018 DUALS WRESTLERS

CONTACT CHRIS ATKINSON FOR MORE INFORMATION
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