

## Girls participation numbers were huge last year

(excerpts taken from USA Wrestling—Gary Abbott)

Annual statistics from the National Federation of State High School Athletic Associations (NFHS) were just released. Girls wrestling numbers increased for the 30th straight year. There were 21,124 girls participants in 2018-19, an increase of 4,562 athletes from the year before. This is a tremendous 27.5% increase from the previous year.

The number of schools with girls wrestling climbed to 2,890, an increase of 539 schools. This marks a 22.9% increase from the previous year. There are now 18 state high school associations who have announced official high school state individual championships for girls. Two years ago there were only 6.

Pennsylvania does not report statistics for girls but unofficially per OPC their were over 200 girls (over 100 schools) in grades 9-12 who wrestled and over 220 girls in grades 7-8. Additionally youth numbers are showing dramatic increases each year.

## Montana DeLawder recognized for winning a national title

(taken from the Gettysburg Times—Darryl Wheeler)

Senator Doug Mastriano (R-33) visited the Gettysburg High School Tuesday evening to present a Senate citation to Montana DeLawder who was the U.S. Marine Corps Junior Women's Freestyle national champion wrestler in the 112-pound class in Fargo, North Dakota, over the summer. from left are Meagan DeLawder, Montana DeLawder, Rebbie Mastriano and Mastriano.





## Girls Wrestling by the numbers

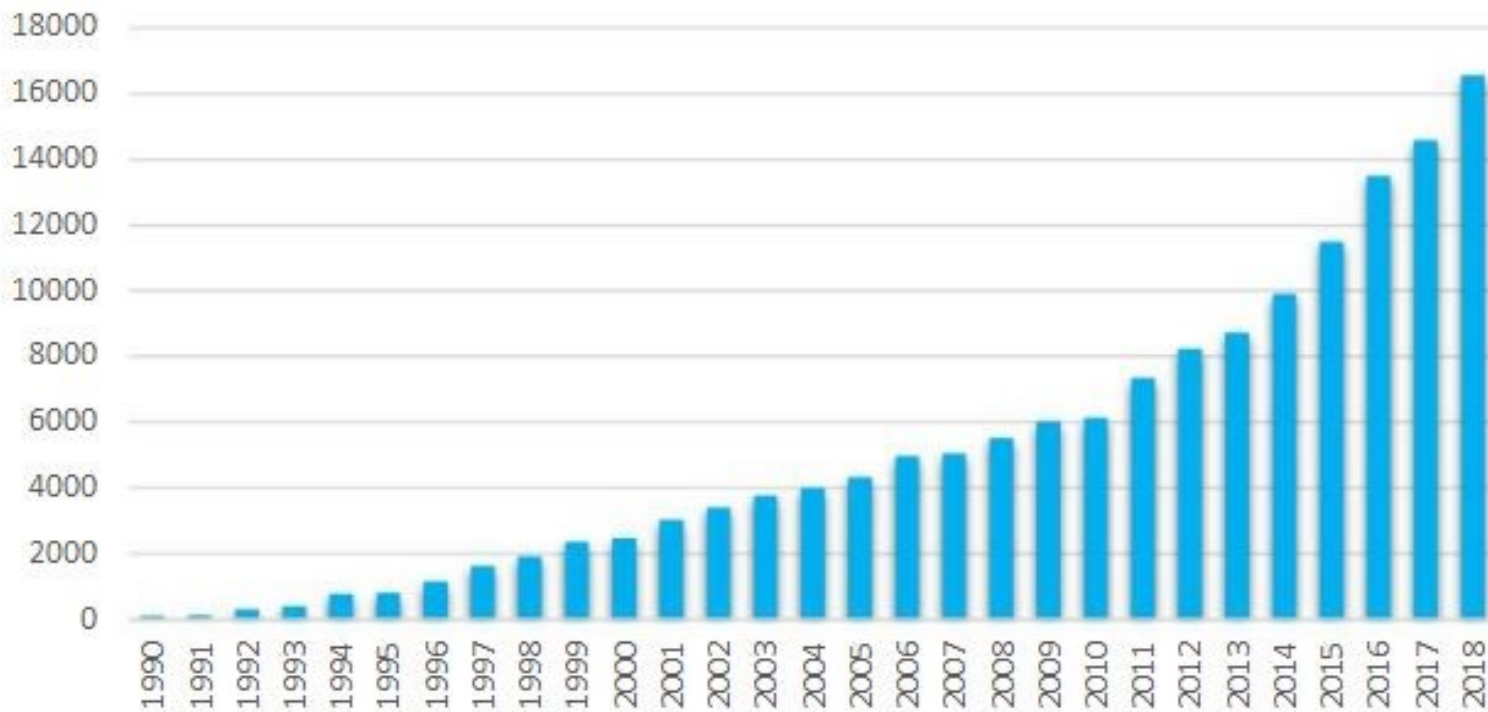
### Nationally

2018-19: 21,124  
 2017-18: 16,562  
 2016-17: 14,587  
 2015-16: 13,496  
 2014-15: 11,496

### Pennsylvania

2018-19: 220+HS/240+MS  
 2017-18: 160+HS/200+ MS  
 2016-17: 150+HS/190+MS  
 2015-16: 110+HS/150+MS  
 2014-15: 100+HS/140+MS

## U.S. High School Girls Wrestling Participation 1990-2018





## What are we trying to accomplish in PA with Girls Wrestling?

- **Create a Girls Division at the PIAA Individual State Wrestling Tournament**

*Over 200 girls wrestled in over 100 schools in Pennsylvania last season. Why can't we provide them with an individual girls state wrestling championship along side the boys?*

- **We need to continue to grow our girls program in the state to support the demand and growth of the sport at the collegiate level.**

*Lock Haven, East Stroudsburg and Gannon all have women's programs.*

- **We are NOT looking to implement a separate season (Spring) or implement freestyle. Although all Women's College programs compete in freestyle, most women's coaches we have spoken with just want solid wrestlers. Folkstyle girls from PA have already proven to be some of the best female wrestlers in the country.**





## **What can I do as a coach, principal, athletic director, administrator in Pennsylvania to help Girls Wrestling?**

- **Talk to your PIAA District (HS/MS) or Area (PJW) leadership about girls wrestling. Get them to keep promoting and pushing for opportunities. We need each PIAA District to start asking their Wrestling Steering committees to press the issue with the PIAA.**
- **Educate your wrestlers, coaches, parents, schools on girls wrestling and the opportunities that are available for girls.**
- **PA High School/Middle School Coaches—Register all of your girls in OPC and keep an eye out for girls tournaments popping up in PA this winter.**
- **Implement a Bring your Sister to wrestling day!**
- **Get your girls already wrestling involved with Pennsylvania Duals teams and with regional and national events we compete in year round.**
- **Get your girls training in freestyle every spring. Women wrestle Freestyle collegiately and internationally.**
- **Get your high school girls familiar with college wrestling opportunities. There are new women's college programs popping up everyday with tons of money available.**



## **Upcoming Wrestling Opportunities**

Email [caymaccad@gmail.com](mailto:caymaccad@gmail.com) if interested

### **Freestyle**

September 29

Journeyman Fall Classic

<https://www.journeymenwrestling.com/training-programs/journeymen-fall-classic/3>

October 12-13

Super 32

<https://www.super32.com/>

October 25-26, 2019

Columbus Day Girls Freestyle Duals K-12

York, PA

We need girls at 50-78-84-90-125-130-135-165 and 225

November 23, 2019

FLWC Girls Freestyle Duals K-12

Cornell University

We need girls at most weights from 52 to 225

**PAUSAW Chairman**

Joe Stabilito

[joe.stab@gmail.com](mailto:joe.stab@gmail.com)

**PAUSAW Women's Co-Director**

Chris Atkinson

[caymaccad@gmail.com](mailto:caymaccad@gmail.com)



# ESCAPE THE ROCK GIRLS PRESEASON CLASSIC



NOVEMBER 9TH



COUNCIL ROCK NORTH HS, 62 SWAMP RD, NEWTOWN, PA

WEIGH-IN: 7:00-8:00 AM WRESTLING STARTS 9:00 AM

AWARDS: 1ST TO 4TH, HS CHAMPIONS GET 1/4 ZIP SHIRTS

ELIGIBILITY: ANY HS OR MS (6TH THROUGH 8TH GRADE) GIRL WHO WRESTLES AT A PUBLIC OR PRIVATE HS OR MS.

COST: \$30.00 (MUST PRE-REGISTER VIA TRACK WRESTLING BY NOV 7 AT 9PM NO EXCEPTIONS.

FORMAT: FOLKSTYLE, ALL PIAA RULES APPLY, HAIRNETS OPTIONAL, HEADGEAR MANDATORY

CHAMPIONSHIP PERIODS 2:00, CONSOLATION PERIODS 1-2-2.

HS WEIGHTS: 101-108-115-122-128-134-140-147-162-184-222

(HS WILL NEED TO WEIGH-IN MORNING OF THE TOURNAMENT)

IF YOU FAIL SKIN CHECK YOU WILL NOT WRESTLE)

YOU CAN MOVE UP A WEIGHT CLASS IF YOU DON'T MAKE REGISTERED WEIGHT.

MS: MADISON WE WILL USE THE WEIGHT THAT YOU SUBMITTED ON YOUR PRE-REGISTRATION (CHALLENGE SCALE WILL BE AVAILABLE. IF YOUR WEIGHT IS QUESTIONED AND YOU'RE NOT WITHIN 5 LBS OF YOUR PRE-REGISTERED WEIGHT YOU WILL BE DISQUALIFIED)

TOURNAMENT DIRECTORS: JOE STABILITO, 215-317-3079, JOE.STAB@GMAIL.COM AND CHRIS ATKINSON, 215-534-7453, CAYMACCAD@GMAIL.COM

WE PLAN TO BUILD THIS EVENT EACH YEAR AND MAKE IT THE SAME AS THE BOYS DIVISION AND ONE OF THE PREMIER EVENTS IN THE COUNTRY!

REGISTER AT [TRACKWRESTLING.COM](http://TRACKWRESTLING.COM)





# Pennsylvania USA Wrestling FOLKSTYLE SERIES

Tournament Date	Location	Tournament Director
Saturday Oct 12	Phillipsburg Osceola High School 502 Phillips Street Phillipsburg, PA 16866	Brian Martz 610-308-5401 bmartz@mac.com
Saturday Oct 19	Boyertown High	
Sunday Oct 20	Easton Middle School 1010 Echo Trail Easton, PA 18040	

**Weigh-in:** 7:00 AM – 7:45 AM **Wrestle:** 9:30 AM

**Entry Fee:** \$30.00 on-line **NO WALK IN** – You must register on **TRACK**  
(Type in Tournament Name in Track to find event)

**USA Wrestling and National Federation High School Wrestling Rules will apply**  
**Double Elimination Tournament** - (PAUSAW reserves the right to combine weight classes)

## Time Periods:

8U and 10U Championship: 3 (1 Min) Consolation 3 (1 Min)  
12U and 14U Championship: 1 (1 Min)/ 2 (1 ½ Min) Consolation 3 (1 Min)  
16U and Junior Championship: 3 (2 Min) Consolations: 1 (1 Min)/ 2 (2 Min)

Folkstyle Weights (September 1, 2019 – August 31, 2020)		
Division	Year Born	Weight Classes
8U Boy	2011-2012	43,45,49,53,56,62,70,85
8U Girl	2011-2012	<b>Madison Weight (list actual Weight)</b>
10U Boy	2009-2010	49,53,56, 59,63,67,71,77,84,93,105,120
10U Girl	2009-2010	<b>Madison Weight (list actual Weight)</b>
12U Boy	2007-2008	58,63,67,70,74,78,82,86,92,98,108,117,135,160
12U Girl	2007-2008	<b>Madison Weight (list actual Weight)</b>
14U Boy	2005-2006	71,77,83,87,92,97,102,106,110,114,119,125,130,136,149,165,187,250
14U Girl	2005-2006	72,79,85,92,97,101,105,110,119,127,136,145,185
16U Boy	2003-2004	88,94,100,106,113,120,126,132,138,145,152,160,170,182,195,220,285
16U Girl	2003-2004	94,100,106,112,117,122,127,132,138,144,152,164,180,200
Jun Boy	9/1/99 after in 9-12 Gr.	106,113,120,126,132,138,145,152,160,170,182,195,220,285
Jun Girl	9/1/99 after in 9-12 Gr.	100,106,112,117,122,127,132,138,144,152,164,180,200,225

## USA Wrestling Membership

2019- 2020 USA Wrestling Limited Folkstyle or Full Athlete Membership cards are **MANDATORY** at every tournament and must be purchased on line prior to coming to an event through USA Wrestling at <https://www.usawmembership.com/index.jsp>

Cooper or Bronze Level Coaches Card are required to coach at all Folkstyle Events.  
Coaches cards must be purchased through USA Wrestling