

Women's National Freestyle Championships Recap

A solid team from Pennsylvania travelled to Irving, Texas two weeks ago for the 2019 Women's National Championships (Formerly Body Bar). Over 1000 girls from around the country travelled to Texas to compete for a national title. There were also 4 divisions where girls were competing to make Team USA for a chance to wrestle in the Pan American games or at their Age Level World Championships.

At 12u, Julia Horger from Bensalem won her 2nd National Championship in the past 3 years in a very solid bracket. At the Cadet level Tiffani Baublitz from Kennard Dale gritted out a very tough semi and made the finals to make the National Cadet Team. Also in placing in Cadets was Ava Bayless (3rd making the national team), Ekta Arora (4th), Reese Larramendy (5th Place) and Grace Gundrum (7th).

In the Junior competition Vayle Baker and Tiffani Baublitz took 4th place. Caitlyn Walker finished in 7th. In U15 Reese Larramendy took home a National Title and Madison Wellen took 8th. The final division contested was U23 which saw Vayle Baker making the finals earning her way on to the national team. Shaina Murray took 7th and Mary Nichols 8th in this division. We are looking to organize this trip fur-



Julia Horger on top of the podium
in the 12u Division



Tiffani Baublitz made the Cadet
Finals and the Cadet National Team.



Congrats to Lock Haven joining Gannon, Delaware Valley and East Stroudsburg in offering Women's Wrestling as a collegiate sport. **"Interest in competitive women's wrestling is on the rise," said LHU President Robert Pignatello. "With Lock Haven's long history of wrestling success, the expansion of our wrestling program to include women's wrestling makes LHU athletics even more competitive. We're excited to provide additional opportunities for current and future women student-athletes to compete at a high level."**

Pennsylvania Girls Freestyle State Championships Recap

Last Sunday PAUSAW held their annual state championships in Freestyle and Greco. Women's Cadet State Champions were Savannah Paulhamus, Massima Curry, Lily Belle Rock and Trinity Monaghan. Junior Champions were Montana DeLawder, Bridgette Schoultz, Julia Dailey, and Alexis Reinert. All of the top 3 girls qualified for the Pennsylvania National Team and will compete at the USA Wrestling National Championships in Fargo, North Dakota in July. Congrats Ladies!

2019 PENNSYLVANIA WOMENS FARGO CADET AND JUNIOR NATIONAL QUALIFIERS

ABBYGALE DUKE	KATE O'BRIEN
ALANNA BARBERIO	LEXI REINERT
ALEX ORTIZ	LILY BELLE ROCK
AVA BAYLESS	LILY SHERER
AVIA BIBEAU	MACKENZIE DELVECCHIO
BRIDGETTE SCHOULTZ	MASSIMA CURRY
CAITLYN WALKER	MONTANA DELAWDER
CARLY GROSS	PAIGE LENHARDT
EKTA ARORA	PORSHA LINHARD
GABRIELLE MALINOWSKI	RHIANNA LEWIS
GRACE COLEMAN	RILEY STONER
GRACE GUNDRUM	SAVANNAH PAULHAMUS
GRACE STEM	TATYANA ORTIZ
HANNAH SPIELMAN	TAYLOR BLOOM
JANYSSA BERRIOS	TIFFANI BAUBLITZ
JULIA DAILEY	TRINITY MONAGHAN
JULIANNA FIGUEROA	



National Girls Wrestling Sanctioning Update

Much like in last year, 2019 has already seen tremendous growth and development for girls wrestling. Prior to 2016, only six State High School Associations had sanctioned girls wrestling; Washington, Hawaii, Texas, California, Tennessee, and Alaska. Very little had changed for high school girls wishing to compete in the sport for almost twenty years. However, in just the last couple of years, tremendous progress has been made by numerous State High School Associations to address this issue. Since the start of 2018, 10 more states have implemented an individual girls state wrestling championship tournament supported by their High School Athletic Associations (Georgia, Oregon, Missouri, Massachusetts, Maine, Arizona, Colorado, Kansas, New Jersey and Maryland). Several other states are working through pilot and emerging sport status.

In Pennsylvania it appears as if PIAA does not want to recognize Girls Wrestling as an individual sport and want to see at least 100 member school with at least 5-7 girls prior to giving the sport legit interest. This is against the trend that most other states in the country are following in promoting the sport. Almost every state that has sanctioned and established an official Individual Girls State Tournament have see tremendous growth in the following seasons. Missouri grew by hundreds of girls in a year after sanctioning as did Tennessee. **New Jersey whose numbers were behind Pennsylvania up until sanctioning saw this exact trend realized. In 2017-18 NJ had 140 girls registered in OPC. In 2018-19 after recognizing girls wrestling through the NJSIAA their OPC numbers went to 459 and they anticipate blowing that number out of the water next year with much more growth.**