



PA Girls Wrestling is growing in state and nationally!

Using numbers from the Optimum Performance Calculator (OPC)

PA has gone from 101 registered girls (Grades 9-12) in 2015-16 to over 170 in 2017-18. Over 116 schools are represented in that number.

Nationally Girls Wrestling has tripled in just the last ten years, up to over 16000 girls in 2017-18. That total doesn't include girls from several states who don't turn in participation numbers for Girls Wrestling to the National Federation of High School Athletic Associations (NFHS).

2017-18 OPC Numbers for PA

District 1—43 girls

District 2—9 girls

District 3—23 girls

District 4—12 girls

District 5—N/A

District 6—7 girls

District 7—19 girls

District 8—5 girls

District 9—3 girls

District 10—9 girls

District 11—15 girls

District 12—30 girls



NJ has officially voted in Girls Wrestling!!! What has PA done to work towards sanctioning Girls Wrestling?

- Established a bi-weekly call with NJ/PA Leaders, Axa Molina and Glenn Gormley (Wrestle Like a Girl), Joan Fulp (USA Wrestling). This call was instrumental in helping NJ with their sanctioning.
- Starting in mid summer we have sent numerous emails, flyers and requests for meetings to the PIAA Executive Board, District Wrestling Steering Committee, PA Chapter National Wrestling HOF, PWCA Board of Directors. (NO PIAA RESPONSE)
- Requested and have started receiving endorsement letters from PA Division 1 Colleges (Bloomsburg, Clarion, Drexel)
 - Met with the PA District One Women's Sports Chairman who will address with women's directors statewide.
- March 2019 PAWF will host a Pennsylvania HS Girls State Tournament in hopes of being able to showcase to PIAA.
- District 1 Steering Committee (Southeast PA) unanimously voted to have Dr. Mike Barber (District 1 Sports Chairman) request Girls Wrestling be brought up officially for discussion by the PIAA Competition Committee. District 12 is also exploring and we will ask other districts statewide to this as well.
- Gannon (Erie) and Delaware Valley (Doylestown) have started women's collegiate programs in PA.
- District 3, 11 and 12 to our knowledge have been proactively discussing girls wrestling, progress and opportunities. We are meeting with all of District 11 on November 7 to present to them.
- Working with Gannon and Delaware Valley to have each University President draft a letter of support for PIAA Girls Wrestling. Both PA schools started Womens Wrestling programs in 2018.
- Joe Stabilito (President of PAWF) spoke with Mark Byers (PIAA Chief Operating Officer) on October 26 and we hope to meet with him in November. Joe explained that what we are trying to do right now is establish a Girls State Championship alongside the boys in Hershey. Girls Wrestling already exists in PA and they compete everyday in practice right alongside the boys.



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

Create a Girls Division at the PIAA Individual State Wrestling Tournament

- We already transition from 6 down to 4 mats on the latter competition days, if we leave those mats in place all 3 days we are more than able to run the girls tournament.
- One division at first until the numbers support dividing the tournament into AA/AAA.
- Create an opportunity for girls to wrestle girls at a championship level.
- Grow our girls program in the state to support the demand with the growth of the sport at the collegiate level.
- Qualification can be done via 2-3 regionals tournaments held the week first or second week of February, that way they should not interfere with boys schedule or tournaments.
 - 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.
- Proposed weights, these are inline with what other states use:
101-108-115-122-128-134-140-147-162-184-222



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 yourself with regards to PIAA sanctioning. NJ just added the sport by stating they were not adding a sport but merely creating a new division at the individual wrestling state tournament. We need to add a girls individual division to our existing PIAA State Wrestling Championship in Hershey.
- 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 tournament 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. In PA we have Gannon (Christen Dierken) in Erie and now Delaware Valley (Caitlyn Baker) near Philadelphia.
dierken001@gannon.edu and caitlyn.baker@delval.edu

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.