

## Regional Training Camps are seeing a lot of success!

Working with leaders from the region, we have now put on 3 girls day camps at USA Wrestling Regional Training Centers (RTC). Through September and October over 70 girls have participated in day camps at Princeton, Columbia and Drexel Universities, working with the Division 1 coaches and their staffs at these national acclaimed institutions. Coach Matt Azevedo said he was thrilled with the opportunity to work with the girls and was inspired by their work ethic and willingness to ask questions and learn.

The series will continue into November with stops at Harvard on Nov 2 and will conclude on the 16th at Wyoming Seminary. We will be working with the other states to setup camps in the spring as well and hope to get more girls involved.



**Picture: Taken at Drexel University at the RTC Training Camp held there in Mid October with Head Coach Matt Azevedo and his staff.**



## **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 220 in 2018-19. Over 120 schools are represented in that number. At the PAUSAW Girls State Folkstyle Championships in March over 100 PA High School Girls participated.**

Nationally Girls Wrestling has tripled in just the last ten years, up to over 21000 girls in 2018-19. 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).

## **2018-19 OPC Numbers for PA**

### **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

**District 1—44 girls**  
**District 7—30 girls**  
**District 12—29 girls**  
**District 3—28 girls**  
**District 10—21 girls**  
**District 11—16 girls**  
**District 6—6 girls**

Remaining districts account for  
 the rest of the girls.



## **New Womens Development Coach in PA**

I would like to introduce the community to the new Women's Development Director for Pennsylvania USA Wrestling (PAUSAW). Caitlyn Baker has assumed this role and has a tremendous amount on knowledge and experience. Caitlyn grew up wrestling in Illinois and was the first high school girl to qualify for the boys state tournament. She went on to win 3 National Freestyle Championships in Fargo. In college, wrestling for Missouri Baptist University she was a 2x All-American in the Womens Collegiate Wrestling Association (WCWA). Caitlyn made the USA Senior national finals and placed 5<sup>th</sup> in the 2004 Olympic Trials.

She has international wrestling experience and has trained at the US Olympic Training Center. As a coach she has done national team trips with Missouri, Illinois and Pennsylvania. Caitlyn brings a wealth of experience and vision to girls wrestling in Pennsylvania. Caitlyn's role will include girls promotion, development of wrestlers and coaches, as well as helping with our National teams for PAUSAW.

Caitlyn is married and has two beautiful young daughters at home in Southeast PA. Her husband Lewis is also a girls wrestling advocate, coach and a certified PIAA and USA Wrestling official.





## 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? District 1 is proposing to sponsor a exhibition state girls individual championship in Hershey with 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, Lackawanna, 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.**



## 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 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.

PAUSAW Chairman

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# Girls Wrestling

Why not? Come try a practice!

**Girls Wrestling is the fastest growing sport in the country!**

In 2019 East Stroudsburg, Lock Haven, Lackawanna College and Gannon all started women's wrestling programs.

Wrestling will help you get in shape, cross-train for other sports and increase your balance, agility, stamina and it is fun!

You don't have to wrestle boys. Year round there are now all-girls tournaments, clinics, camps and opportunities all over the state and the region.





# 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)





**WRESTLE  
LIKE A GIRL**

# **GIRLS WRESTLING**

**BE A TRAILBLAZER** Join the movement to [#wrestlethegap](#)

**FIND YOUR STRENGTH** Face mental and physical challenges

**TEAM BONDS RUN DEEP** Friendships are forged on the mat

**DEVELOP CONFIDENCE** Be amazed at your capability