



Women's Wrestling Newsletter

<http://www.facebook.com/PAWomensWrestling>

<http://www.usapawf.com>

Volume 1.0

Issue 12



Pennsylvania Girls take Super 32 by storm!

The girls that wrestled and represented Pennsylvania were lights out this past Sunday as the Super 32 Tournament was held in Greensboro, North Carolina. In only the second year for the tournament nearly 200 girls participated in the High School girls division. This tournament is becoming one of the must attend tournaments for high school girls across the nation.

PA ran away with the girls team title accumulating 47 team points. Both **Caitlyn and Amanda Walker** (Wyoming Seminary) won title belts, (Caitlyn was awarded PA Wrestler of the week and Amanda was awarded the Super 32 Most Outstanding Girls Wrestler). **Kennedy Blades** (Wyoming Seminary) also took home a Super 32 belt. **Vayle Baker** (Wyoming Seminary) wrestled a hard fought match against a fellow world team member but came up just short. **Lily Sherer** (Delaware Valley) stormed to the finals a super tough bracket but came up short as well.

Montana DeLawder (Gettysburg) and Korina Blades (Wyoming Seminary) - 3rd
Reese Larramendy and Ava Bayless (Wyoming Seminary) - 4th
Tiffani Baublitz and Abby Duke (Wyoming Seminary) - 5th
Tatyana Ortiz (Mariana Bracetti) - 6th

Other competing and falling just short of medals:

Carly Gross (West York), Madison Matta (Waynesboro), Kaitlyn Pegarella (Nanticoke), Janyssa Berrios (JP McCaskey), Julia Dailey, Shaina Murray, Sophie Smith, Ekta Arora (Wyoming Seminary)

Thanks to Jon Trengue and Kasey Kruczek (Lehigh Valley Wrestling Club), Chris Haines (Gettysburg HS), Cassidy Ferrell, Erin and Chad Vandiver (Wyoming Seminary) for coaching.



SUPER 32 Girls Freestyle Championships—North Carolina





What has leadership done in October for PA Girls Wrestling?

- 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.
- 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.
- In Early November we are meeting with all of the District 11 officials and coaches to discuss girls wrestling and try and get that District to help push forward girls wrestling in PA.
- Districts 3 and 5 have discussed girls wrestling and opportunities in their pre-season meetings.
- We will be presenting girl wrestling to the District 1 Athletic Directors meeting in Mid November.
 - Whether coaches have reached out to us or us to coaches we have had communications with District 1, 2, 3, 4, 5, 6, 7, 9, 10, 11 and 12. We need all of these districts to push the subject of girls wrestling up through their leadership to PIAA. We are NOT trying to establish Girls Wrestling as a new sport. It already exists... girls are wrestling every winter alongside the boys in rooms around the state.
Over 170 girls in over 116 PA high schools last year to be exact.

We need PIAA to help these girls establish an Individual State Championship tournament in Hershey alongside the boys tournament.



**Bring
Your
Sister
To
Wrestling
Practice
Day**

Try It!



BATTLE OF GETTYSBURG-DAY 3
GIRLS DIVISION FOLKSTYLE
SUNDAY, DECEMBER 16, 2018

Place: Gettysburg High School, Gettysburg, PA
1130 Old Harrisburg Road
Gettysburg, PA 17325

Awards: 1st, 2nd, and 3rd place in each weight class will receive medals.

Online Registration Only-www.pywrestling.com

Weigh-Ins - **Girls do not need to weigh in-honor system**

No Sunday Morning Walk-Ins-Brackets will be made Saturday night

DIVISIONS: Grade for the 2018-2019 school year
GIRLS DIVISION-GRADES 7-12

GIRLS DIVISION STARTS AT 9:00am

WEIGHT CLASSES: Weight classes will be formed using the Madison System.

SIX MATS WILL BE USED
LIMITED TO THE FIRST 300 PAID ENTRIES
ROUND ROBIN POOLS

COST: \$25.00 Online Registration at www.pywrestling.com-Registration closes Friday,
December 14
\$5.00 Admission Fee

CONCESSIONS AND T-SHIRTS WILL BE AVAILABLE ALL DAY.

CONTACT- Chris Haines- chaines@gettysburg.k12.pa.us



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

School Practices are starting around the state. Find and get affiliated with
your local school team or club!

November 17 K-12 Freestyle

FLWC Girls Freestyle Duals

Cornell University, NY

Need Girls at 52-57-78-125-130-165-225

December 2 Spooky Nook Duals—Manheim PA

They need girls teams

K-8 58-65-73-82-91-100-112-125-140-160 (Build a girls team and sign up)

December 15th Southeast PA Duals

K-8

Need 55-80-120 and up

February 2 Dual with Team NJ at Princeton University

Need 78-95-102-125-130-145-165

K-12

PAWF President

Joe Stabilito

joe.stab@gmail.com

**PAWF Women's Co-
Director**

Chris Atkinson

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GANNON UNIVERSITY WOMEN'S WRESTLING FREESTYLE CLINIC

Come learn freestyle technique from the Gannon Women's Wrestling-the first and only collegiate women's wrestling team in PA!

ALL GIRLS. ALL AGES. \$10 per girl/\$5 extra per sibling.

SUNDAY
Nov. 4th

STARTS
AT 10 AM

FINISHES
AT 1 PM

Don and Diane Henry Wrestling Room
At The Gannon Recreation and Wellness Center
130 West 4th Street, Erie



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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