



Women's Wrestling Newsletter

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PA Girls numbers are exploding!

The 2018-19 season is starting off with a bang. Not only are middle school and high school numbers up across the commonwealth but clubs and school programs are reporting a tremendous increase in the amount of girls they have coming out this season. PIAA uses the Optimal Performance Calculator (OPC) to register wrestlers and weights for all middle school and high school wrestlers who compete for a PIAA school. In 2017-18 OPC reported 207 middle school female wrestlers (some 9th grade junior high as well) and 176 high school females wrestlers. As of December 12th, for the current 2018-19 season OPC reported 210 girls in middle school and over 190 high school girls. Those numbers are sure to trend upwards through the month of December.

What's more impressive is the amount of new wrestlers coming out on the youth front! As school teams (k-6/k-8) have begun winter sessions numbers have been very impressive all around the state, many clubs seeing a tremendous increase from years past.



Kendra Barnett (Union City) pinning her opponent to get a victory to start the season!



Matti Hyland (Pleasant Valley) also scoring her first ever victory by fall this past weekend!



First major weekend of winter action in PA!





East Stroudsburg University becomes 3rd to add Women's Wrestling Program!

EAST STROUDSBURG – East Stroudsburg University President Marcia G. Welsh, Ph.D., announced Monday that the University will add women's wrestling as an intercollegiate sport beginning in fall 2019.

Women's wrestling will be ESU's 21st varsity sport. While not recognized as an NCAA intercollegiate sport, it is governed by the Women's College Wrestling Association (WCWA) and is in the process of pursuing emerging sport status from the NCAA.

"We are extremely excited to bring women's wrestling to ESU," said President Welsh. "High school girls' wrestling participation has grown for 27 straight years and continues to expand. Currently there are 48 college teams that sponsor a varsity women's wrestling program, and most teams have about 30 members by the program's third year. Women's wrestling has been under consideration for some time and we've already developed our schedule for next fall. We are eager to recruit new student-athletes for this opportunity."

According to ESU's athletic director, Dr. Gary Gray, ESU wrestling coach Anibal Nieves will initially coach both the men's and women's wrestling teams. Nieves, who earned All-America honors at ESU in 1989 and represented Puerto Rico in the 1992 and 1996 Olympics, is in his first year as men's head coach at ESU. His coaching experience includes the previous six years as women's head coach and men's assistant coach at Springfield Technical Community College in Springfield, Mass.

"Coach Nieves' success in coaching both men's and women's wrestling, including four women's national champions at Springfield Technical Community College, gives ESU an excellent opportunity to launch our women's wrestling program while also continuing to build our men's program to a championship level," said Dr. Gray.

The addition of women's wrestling and consideration of acrobatics and tumbling and esports falls under the guidelines of a new Athletics Master Plan for ESU, expected to be finalized early in 2019. The Athletics Master Plan, which has been in development since September 2018, will also address facility changes to improve teaching spaces for two of the University's academic programs – athletic training and exercise science – as well as facility upgrades for student-athletes.

"The academic success of our athletic training and exercise science programs requires ESU to re-evaluate the available space in Koehler Fieldhouse and explore options for growth," said President Welsh. "At the same time, the master plan will enable us to assess the needs of our varsity sports and our current facilities in order to determine changes that need to be made that will provide our student-athletes with the capability to remain competitive with other institutions in the Pennsylvania State Athletic Conference and beyond."





What has leadership done this fall 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 prior to Christmas. 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 met 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 presented girls 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 190 girls in over 115 PA high schools in 2018-19 to be exact as of right now!

Get your girls registered in OPC High School and Middle School coaches!

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



**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!

We are starting to plan our trip to USA Wrestling Womens Nationals in Irving, Texas, May 10-12. Email me if you are interested:

9U - Born 2010-2012

12U - Born 2007-2009

14U - Born 2005-2006

UWW Cadet - Born 2002-2004

UWW Junior - Born 1999-2001, or 2002 with medical approval

A link for the tournament is here:

<https://usawevents.sportngin.com/wmnationals>

February 2 Dual with Team NJ at Princeton University

Need 102-125-130-145-165-225

K-12

PAWF President

Joe Stabilito

joe.stab@gmail.com

PAWF Women's Co-Director

Chris Atkinson

caymaccad@gmail.com

215-534-7453

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
215-534-7453 CAYMACCAD@GMAIL.COM