



SUPPORT WOMEN IN WRESTLING

Learn more – NWCAOnline.com/Girls

Girls wrestling is the fastest growing girls high school sport. Female athletes are looking for a challenge, to get fit, and to be part of something bigger. Wrestling is a great solution.

Don't wait until you have everything in place or a set number of girls to start, work on offering a quality experience and build on it to make it comparable to other girls sports at your school.

Give Them a Team Experience That Keeps Them Coming Back

1. **Have a separate interest meeting for girls** – more girls will show up knowing that you are serious about providing experiences and opportunities specifically focused on them.
2. **Offer girls-only competitions** – make a separate schedule for the girls. Team up with other schools to get everyone girls vs girls matches throughout the season.
3. **Hire a girls wrestling coach** – find a quality person with good people skills, who has the ability to build relationships and treat the program as a varsity sport.
4. **Run a girls team practice** – present the first practices as “trial-practices” with no pressure to join the team.
5. **Meet athletes where they are** – practices don't need to mirror what boys are doing. Programs in their infancy may need to have shorter practices, be more fun, and have more team building & relationship components.
6. **Focus on setting goals, healthy habits and life-lessons** – vs. making weight and winning at all costs.
7. **Offer female cut uniforms** – and let the girls design them.

Tell the School and Community You Have a Girls Wrestling Team

Inform parents that you offer a girls wrestling team **experience** that is safe and will help them make lifelong friends, learn how to overcome challenges and prepare them for success later in life.

Work with middle school and youth programs in your area to focus on cultivating the thought process of girl vs. girl competition from an early age.

Get Your Administration ONBOARD

Share your vision, plan and roadmap for the girls team to the administration, booster club, school board, etc.



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