Recruiting and Coaching Women

from USA Wrestling's National Coaches Education Program (NCEP)

Once you get an athlete into the practice room, good coaches can not only teach them how to wrestle but also how to fall in love with the sport. Do you want to grow your team's numbers?

Recruit Pairs

Encourage new females to bring a buddy. Promise incoming girls the opportunity to wrestle with other girls and not just boys.

Define The Clothing Expectations

le: Long shorts are okay and volleyball shorts are not mandatory. Compression shirts can be worn under singlets.

Attitude & Opinion Of The Coach Toward Girls On The Team

Coaches need to convey positive and open messages to all incoming athletes. Promote the same positive attitudes and opinions to both boys and girls within the program.

Remember, a Background In Martial Arts Is Good

le: Jiu-Jitsu, Judo, etc.



2015 USA Wrestling Women's World Team

Provide Adult Women Role-Models

Identify top athletes within the sport or former athletes who have come through a similar environment. Females should see the future opportunities in the sport and also know they are not alone in their efforts.

Know the fine line of treating girls on the team as equals but knowing that they may sometimes need different motivators and/or support.

Understand that communication can be processed and perceived differently by each athlete. Find what works best for each of your athletes.





Free resources for parents and coaches at <u>www.TheMat.com</u>

Teammates Need To Be Inviting

Teammates should be encouraging to incoming athletes. (Ie: Do not allow teammates to intimidate, criticize, haze, etc.)

1st Practice Should Be Low Intensity

You want incoming athletes to attend an introductory practice or technique clinic before starting with an intense in-season practice. Ease from a September or October pre-season practice to more of a hard contact and highly technical practice.

Note: All coaches are encouraged to start each season with 3-5 practices of shorter duration and lower intensity. This allows the team time to acclimate to the tough training conditions of our sport and significantly reduce the risk of heat related injuries.

Avoid One on One Closed Door Meetings.

You don't want anything to be misinterpreted. If you do have to have to have this type of meeting, it is best to have another person in the room.

Several male coaches have female assistants so females can freely communicate special needs.



3x World Champion, Adeline Gray

Ensure Strong Communication and Trust

Let your female wrestlers know that you expect them to meet the same high standards created for any athlete to be successful. You must lead by gaining their respect while being sensitive to their strengths and weaknesses. Show them that you value their contributions.

Coach us like men, but treat us like women.

- Mia Hamm (USA Soccer)

Coach your female wrestlers as you would their male counterparts, while being sensitive to their needs as a female.

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Special thanks to the following coaches and officials for contributing to this article: Hood River Head Coach Trent Koll, USA Women's National Team Assistant Coach Emma Randall.

