

**Permission is granted by the authors for use of these materials or presentation and must include the following citation:**

**Source:**

**USA Wrestling High School Development Committee  
Co-Chairs Joan Fulp and Andrea Yamamoto**

# Creating Opportunities

2018-19 State Participation Data  
2019-20 Growth Updates

Joan Fulp & Andrea Yamamoto  
*USA Wrestling Girls High School Development Committee*



# Mission Statement

**The USA Wrestling Girls HS Development Committee is committed to supporting the athletes, coaches and state athletic associations in the process of growing girls wrestling.**

# NFHS\* Participation Data

## *For Girls High School Wrestling*

<i>Year</i>	<i>Athletes</i>	<i># Increase</i>	<i>% Growth</i>
2013	8,727	492	+6.0%
2014	9,904	1,177	+13.5%
2015	11,496	1,592	+16.1%
2016	13,496	2,000	+17.4%
2017	14,587	1,091	+8.1%
2018	16,562	1,975	+13.5%
2019	21,124	4,562	+27.5%

\*Eight states reported 0 numbers of girls to the NFHS for 2019:

Alabama, Mississippi, North Carolina, Ohio, Pennsylvania, South Carolina, West Virginia, Wisconsin

# USA Wrestling Participation Data

## *For All Age Groups*

<i>Year</i>	<i>Athletes</i>	<i># Increase</i>	<i>% Growth</i>
2013	5,640	916	+19.4%
2014	8,040	2,400	+42.6%
2015	9,765	1,725	+21.5%
2016	11,582	1,817	+18.6%
2017	13,338	1,756	+15.16%
2018	16,112	2,774	+20.8%
2019	18,901	2,789	+17.3%

We are on the forefront of a ***dramatic increase in opportunities*** for girls wrestling.

- 76 colleges now offer girls wrestling
- The NAIA held the first National Women's Invitational Wrestling Championship March 2019

# States Holding Girls Championships

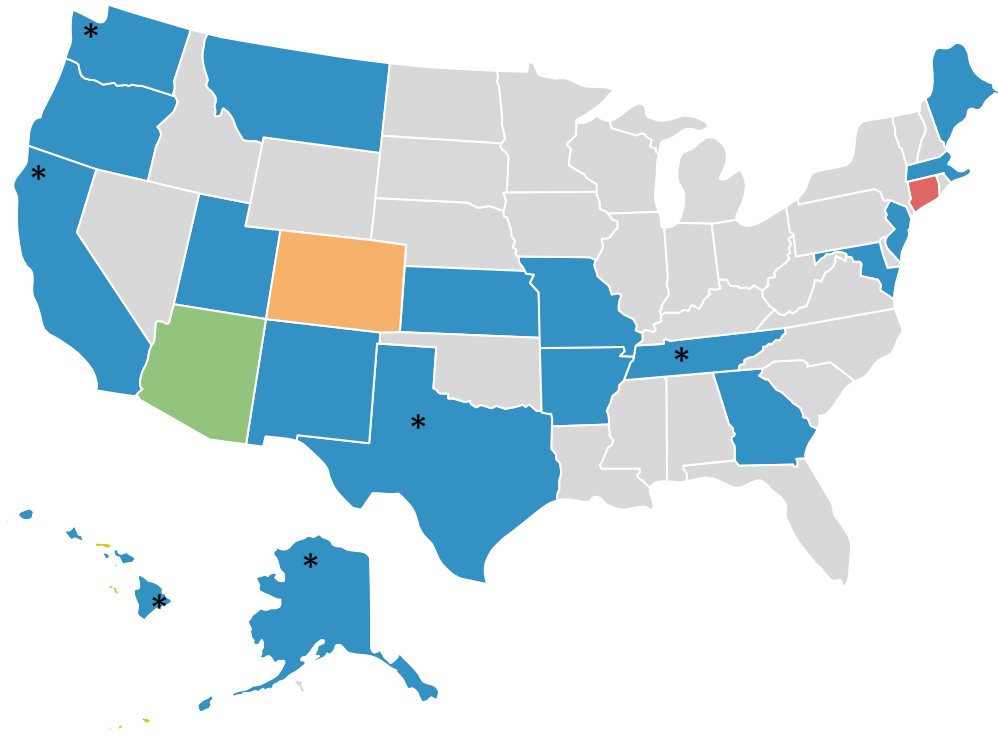
Georgia, Oregon, Missouri, Maine  
Massachusetts, and New Jersey held an official  
girls state championship for 2018-19.  
Kansas, Maryland, Arkansas & New Mexico  
approved for 2019-20. Utah & Montana  
approved for 2020-21.

Colorado (two year pilot program)  
voted to approve an official  
state championship for 2020-21

Arizona voted emerging sport status with a  
state championship starting in 2018-19

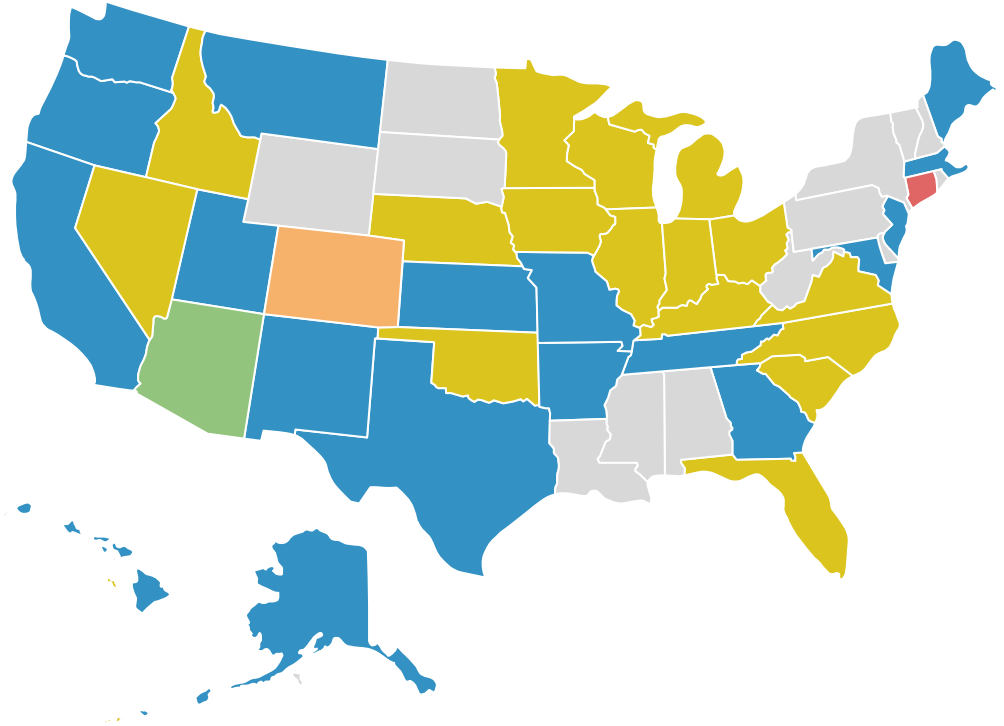
Connecticut will hold a Girls Wrestling  
Invitational for 2019-20

\*Original 6 Sanctioned states - 1998-2015



# 2019-20 State Updates and Momentum

- States with an official state championship for 2020. Utah & Montana 2021
- Colorado is approved for a 2-year pilot program with a state championship for 2019-2020
- Arizona voted emerging sport status with a state championship for 2019-2020
- Connecticut will hold a Girls Wrestling Invitational for 2019-20
- 16 States holding an unofficial girls state championship for 2020



# Growth is Real!

**\*Source:**  
We thank the National Wrestling Coaches Association (NWCA) for providing our committee with the Optimal Performance Calculations for weight hydration for each state.

USA Wrestling Girls High School Development Committee 3/2020

State	2019-20	2018-19	2017-18	Increase over 2 yrs	Year of 1st Championship	Source*
	3yr Participation Numbers					
Missouri	1425	910	169	1256	2018 -19	NWCA/OPC Data
Kansas	972	376	215	757	2019-20	State Office
Arizona	891	543	286	605	Emerging status- 2 yrs	NWCA/OPC Data
Oregon	850	639	506	344	2018-19	NWCA/OPC Data
Illinois	835	621	400's	435	Unofficial 2020	State Office
New Jersey	695	445	124	571	2018-19	NWCA/OPC Data
Georgia	650	516	238	412	2018-19	NWCA/OPC Data
Iowa	571	189	96	475	Unofficial 2019	NWCA/OPC Data
Oklahoma	309	87	84	225	Exhibition 2020	NWCA/OPC Data
New Mexico	296	165	115	181	2019-20	NWCA/OPC Data
Arkansas	165	58	44	121	2019-20	NWCA/OPC Data



# Examples of Growth as Programs Develop

*Hydration #*

2017 112

2018 234

2019 376

**2020 972**

## KANSAS\*

*Girls High School Events*

2017 4

2018 9

2019 15

**2020 30-40**

### ***Kansas Unofficial Girls State Tournament***

2017 36 schools 56 girls competing

2018 57 schools 145 girls competing

2019 80 Schools 220 girls competing

**2020 - 2 regions with 230 approximate/region**

**2020 State - 12 girls in 11 wt classes =132 total**

\*Kansas voted in April 2019 to hold their first official KSHSAA girls state in 2020.

# 2018-19 Girls State Championship Weights

STATES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Maine (66)	106	113	120	132	145	160	182	220							
Massachusetts (80)	105	113	120	125	135	145	152	170	205						
Alaska (347)	103	112	119	125	130	135	145	160	189	235					
Texas (3291)	95	102	110	119	128	138	148	165	185	215	Texas holds two divisions				
Arizona (543)	101	110	118	125	130	135	145	160	185	225					
Colorado (253)	100	105	111	118	127	136	147	161	185	215					
New Jersey (445)	100	105	111	118	127	136	147	161	185	225					
Georgia (516)	95	106	116	126	136	146	156	166	176	225					
Tennessee (359)	103	112	119	125	132	140	150	160	170	190	215				
Missouri (910)	103	110	116	121	126	131	136	143	152	167	187	235			
Oregon (639)	100	105	110	115	120	125	130	135	140	145	155	170	190	235	
California (5,926)	101	106	111	116	121	126	131	137	143	150	160	170	189	235	
Washington (1994)	100	105	110	115	120	125	130	135	140	145	155	170	190	235	
Hawaii. (553)	97	102	107	112	117	122	127	132	138	145	155	168	184	225	
USAW Junior	100	106	112	117	122	127	132	138	144	152	164	180	200	225	
WCWA/NAIA College	101	109	116	123	130	136	143	155	170	191	Women's Collegiate Wrestling Association				

The number in parenthesis is the OPC/Weight Hydration Number for 2018-19 season or the participation number reported by a state's interscholastic office.

**“ The true measure of a girls’ success or failure should not be judged by whether or not she can beat a guy.  
She needs to establish Her sense of value by competing against other girls”**

Lee Allen 1/12/2000  
1980 USA Greco Roman Olympic Coach  
2X Olympian (Freestyle & Greco Roman)

# Thank You

Your leadership has and will make the difference.

We celebrate your willingness to create new possibilities for girls high school wrestling.

Joan Fulp B.S. M.Ed  
joanfulp@gmail.com

Elementary Physical Educator  
2017 National Wrestling Hall of Fame  
California Chapter Inductee

Andrea Yamamoto B.A.  
ayamamoto96@gmail.com

World Team Member, 1995  
Chiawana HS Girls Coach (WA) 2013-18  
USAW Cadet Pan Am Coach 2017