

# Washington State

## Contents

2015-2016 Highlights

Data from 2004-2016

“History of Washington Women’s Wrestling Sanctioning” summary  
by Jim Meyerhoff

Letter from Sedro Woolley Women’s Coach  
Barbra Morgan



2015 - 2016 Highlights

- 2016 marked the 10th year of high school state championships for females in Washington State. The state championship is referred to as the WIAA Mat Classic.
- In the first 9 years of wrestling, Washington crowned just one female 4x State Champion (Sheridan McDonald, Kiona Benton High School). In 2016 two 4x State Champions were crowned: Desiree Zavala, Grandview High School and Jordyn Bartelson, Puyallup High School.
- 1,429 - The total number of female wrestlers participating in high school.
- 212 - Total number of schools participating in high school wrestling in Washington in 2016.
- For the second year in a row, Grandview High School Girls Wrestling Team wins a state team title: Maria Reyes, Viannei Perez, Desiree Zavala and Jasel Perez. Grandview won the title in 2015 with only 3 athletes: Desiree Zavala, Marizza Birrueta, and Viannei Perez. Each girl won an individual state title by either pinning or technical fall over their opponents.
- In the 2014-2015 season additional weight classes were added to bring the total number to 14 which is now equal to the boys classifications.
- The state championship for girls continues to be one classification combining 4A, 3A, 2A, 1A & 1B/2B.

- Qualifying for the state championship continues as a two step process with a sub-regional and regional tournament. Top 4 girls and 1 alternate advance from the regional tournament to state. The state tournament is a 16 girl bracket with the top 8 girls as placers.

Special thanks to Porter Stark, WIAA Girls Mat Classic Manager, for providing information detailed in this section. You can find more information, including detailed results, about WIAA State Wrestling by going to [wiaa.com](http://wiaa.com) .

## Data 2004-2016

Year	WIAA Mat Classic Wrestling State Championship		Number of Schools
2003-2004	Girls Exhibition at State and girls had the option of competing in the boys championship if they qualified	69	49
2004-2005	Girls Exhibition at State and girls had the option of competing in the boys championship if they qualified	111	70
2005-2006	Girls Exhibition at State and girls had the option of competing in the boys championship if they qualified	161	74
2006-2007	<b>Official Girls State Tournament:</b> 8 entry 2 girls allowed to wrestle in boys tournament	378	121
2007-2008	Official Girls State Tournament: 12 entry 2 girls were allowed to wrestle in the boys tournament.	489	145
2008-2009	Official Girls State Tournament: 16 entry	615	145
2009-2010	Official Girls State Tournament: 16 entry	817	174
2010-2011	Official Girls State Tournament: 16 entry	1017	177
2011-2012	Official Girls State Tournament: 16 entry	1070	187
2012-2013	Official Girls State Tournament: 16 entry	1232	189
2013-2014	Official Girls State Tournament: 16 entry	1241	203
2014-2015	Official Girls State Tournament: 16 entry Added Weight Classes: Total 14, equal to boys.	1210	197
2015-2016	Official Girls State Tournament: 16 entry	1429	212

The following summary was provided by Jim Meyerhoff, former Washington Interscholastic Activities Association Assistant Executive Director and leader in the sanctioning of women's wrestling in Washington. Jim provided the data included in this packet.

## **Girls Wrestling Girls in Washington State**

In the state of Washington in the early 2000's, a few girls have been members of high school wrestling teams. In most cases they have wrestled the boys. During the 2002-2003 school year, 156 girls were members of high school wrestling teams in Washington State. There were also a few girls-only tournaments to give the girls the opportunity to wrestle other girls.

Prior to the 2002-2003 high school wrestling season only one girl had qualified and participated in the state wrestling tournament. In 1998 a girl participated in the 2A classification at the 103 pound weight class where she won one match and lost two matches. In the 2003 state wrestling championships, two girls participated in two different classifications, each winning one match and losing two matches.

In order to encourage girls to participate in wrestling, the WIAA Executive Board approved a Girls Invitational Tournament in conjunction with the 2004 Mat Classic XVI, the Washington State High School Wrestling Championships annually held in the Tacoma Dome.

In order to participate in the girls invitational event, a girl must have been a member of her high school team during the 2003-2004 wrestling season and must have had a minimum of four matches wrestled. Participation was by application only. 70 girls registered and 68 girls showed up to wrestle. They weighed-in on Friday morning, and were placed in round robin groups of four by weight. The smallest girl weighed 99 pounds; the largest weighed 167 pounds. Most groups of four found the girls within three to five pounds of each other.

The girls wrestled at the end of each of the first three rounds of the Mat Classic Tournament. Since the 1A/B classification state tournament usually finished first, most of the girls matches were held on the 1A/B mats. Prior to the finals, there was an awards ceremony for all the girls participants, and a group photo of all 68 wrestlers was taken to commemorate this "First ever" event in Washington.

The 2004 WIAA-Dairy Farmers of Washington State Girls Invitational event was a huge success. The girls had smiles on their faces and were very appreciative for the opportunity to compete as part of the biggest yearly wrestling event in Washington-Mat Classic. Three Washington girls who placed in national tournaments the previous year won their respective

groups at the invitational: Whitney Conder (10) of Puyallup High School, Lauren Daniels (12) of Vashon High School, and Melissa Simmons (10) of Ridgefield High School. A fourth girl, Lelani Akiyama (11) of Newport High School was the fourth female wrestler in Washington to qualify and compete in the Mat Classic State Wrestling Championships.

The number of girl participants in wrestling was growing at both the middle school and high school levels, and there was an increased concern about girls wrestling boys. The challenge for the WIAA was to promote participation in girls wrestling so that eventually girls wrestling would have their own sport/state championships and girls would no longer be allowed to wrestle boys.

The WIAA Executive Board reviewed the successful Invitational Girls tournament and made plans for the future at their March 2004 executive board meeting. The plan was to continue the girls invitational for the next two years, 2005 and 2006. During this time Washington would establish weight classes for the girls. The long range goal was for the number of girls participating in wrestling to significantly increase so that beginning with the 2007 Wrestling championships there would be 20 or more girls teams in the state, allowing the girls to have their own state championships.

Eleven years later with the 2013-2014 wrestling season, girls wrestling in Washington State is now very well established with 1241 girls wrestling statewide representing 203 schools. The 2013-14 wrestling season concluded with the eighth Washington State Girls Wrestling Championships in the Tacoma Dome.

Looking ahead: The girls weight classes were adjusted and increased to 14 weight classes for the 2014-2015 season. The girls now have the same number of weight classes as the boys.





## SEDRO - WOOLLEY HIGH SCHOOL ATHLETICS

1235 3rd Street  
Sedro-Woolley, WA 98284  
Phone (360) 855-3514

Jerry Gardner - Athletic Director

Rhonda Morgan - Athletic Secretary

---

### WHY GIRLS SHOULD WRESTLE

Here at Sedro Woolley we have a very strong wrestling tradition. We have set many State records on both a team and individual level. And now girls can not only be part of that tradition but continuing on the spirit of excellence with records of their own. Sedro Woolley girls were the first team to win consecutive State team titles and the only team so far to win four State team titles in a row! With that being said it is still difficult to recruit girls into our program. Here are some advantages that I try to promote:

\*Being part of a team. Although wrestling is an individual sport it also is a team sport. A team is only as strong as its weakest member. Wrestling teams usually have a very "family" feel. Girls become very supportive of each other. They spend many hours together both at practice and competitions. And bond thru sharing difficult and rewarding experiences. They push each other to be better both for the individual and the team. They hold each other to the highest standard of the group at practice, matches, and in the class room.

\*Anybody can wrestle. Large or small, tall or short, old or young. It is open to all and group you up against others your size. Wrestling gets a bad wrap for "cutting weight". We teach girls to manage their body weight thru healthy nutrition and exercise. Girls will leave our program with lifelong skills of how to maintain the healthiest self they can be!

\*Discipline, hard work, mental and physical toughness is a lifelong reward! Girls will learn the importance of time management. It is a fact that high school athletes have higher GPA's and are more involved and less likely to drop out than non-athletes. Wrestlers have to balance homework, training and conditioning along with weight management and competition. Setting priorities and making sacrifices teaches young girls to believe in their goals!

\*College opportunities. Girls who come into high school with no previous wrestling experience but are willing to work hard and put the time in can still become competitive at the State level. That is not the case with any other sport. And right now a girl can get financial support to attend a very quickly growing list of colleges offering women's wrestling.

\*With the ever increasing problem of bullying in schools wrestling can be the best sport for girls. It teaches girls to be confident with who they are, secure with their body image, and the strength to defend themselves in the event that something turns physical. It also gives them the support system to voice concerns.

I have had girls who many thought would not finish high school graduate with honors, go on to college or tech schools, and become productive members of society. I have had girls go on to wrestle in college and get the bulk of their tuition paid for. I have had a girl go into the Navy and graduate boot camp at the top of her class. I have had many girls come back and thank me for instilling in them the confidence to promote themselves in job interviews. I know of no other sport that can teach girls so much leadership and responsibility in such a short season!

Thank you for considering wrestling or promoting wrestling to the girls in your life!

*Barb Morgan*

*Sedro Woolley Girls Wrestling*

**GO CUBS!**

*To develop and promote skills for academic success through participation in extra-curricular activities.*