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COLLECTIVE COACHING KNOWLEDGE PROVIDES RESOURCE FOR THOSE NEW TO COACHING FEMALE WRESTLERS

BY WRESTLE LIKE A GIRL | DEC. 1, 2020

Wrestle Like A Girl, USA Wrestling, and the National Wrestling Coaches Association team-up to create Coaching Girl Wrestlers: Best Practices, releasing today, Dec. 1, 2020.

It is well-recognized that girls' wrestling is one of the fastest-growing high school sports in the nation, increasing by 27% two years in a row with 6000 plus new high school girls joining wrestling in 2020 alone. Coaching Girl Wrestlers: Best Practices compiles "knowledge from a dozen seasoned female wrestling coaches from across the country," addressing topics such as:

- Female Health
- Motivation and Confidence
- Female Specific Technique

The goal of this strategically created resource is to: "develop a comprehensive set of best practices for secondary school coaches who find themselves coaching female wrestlers for the first time. We aim to provide evidence-informed information and collaborate with national wrestling organizations in unified support of the girls wrestling movement."

The resource includes a simplified document, Coaching Girl Wrestler's Quick Guide, with links to additional resources, videos, and an expanded version housed on the Wrestle Like A Girl website.

Among the Coach Developers sharing their expertise are:

Colorado - Eric Everard

Indiana - Katie (Downing) Kriebel

Maryland - Jacque Davis

Nebraska - Ray Maxwell, Les Painter

New York - Emma Randall
Ohio - Dr. George Shore, Brian Nicola
Oregon - Trent Kroll
Pennsylvania - Brooke Zumas
Washington - Andrea Yamamoto

Additionally, we reached out to a group of athletes and coaches to “give an athlete-to-coach perspective on how to develop an inclusive culture in their program.” This group included; World and National Team members, college athletes, high school athletes, and USA Wrestling’s Diversity and Inclusion Committee members.

[Click for Best Practices Quick Guide](#)

Project Lead and Wrestle Like A Girl’s Athlete Activation, Tela O’Donnell Bacher said:

“Coaching Girl Wrestlers: Best Practices captures the collective wisdom from an incredible group of coaches and athletes. The Best Practices Quick Guide gives easy, to-the-point tips for coaching girl wrestlers with links to videos and resources, and the Best Practices Expanded document takes a deeper dive into each topic. This resource will support a positive experience for both coaches and athletes in the fastest growing high school sport in the nation: girls wrestling.”

Coaching Girl Wrestlers: Best Practices is now available on
<https://wrestlelikeagirl.org/coaching-girl-wrestlers>

For more information, contact WLAG Athlete Activation, Tela Bacher at
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