

FOR IMMEDIATE RELEASE



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EMILY SHILSON ANNOUNCED AS A WRESTLE LIKE A GIRL BRAND AMBASSADOR

(WASHINGTON, DC) – Wrestle Like A Girl (WLAG) announced today that **Emily Shilson** is a **2022 Brand Ambassador**. Shilson, a Junior at Augsburg University in Minneapolis, MN, has had stellar success at both the collegiate and international levels. During the 2019-20 and 2020-21 college seasons, Shilson won three collegiate national titles. The first was the WCWA National Championship and the next two have been the Cliff Keen/NWCA NCWWC (NCAA) National titles.

Internationally, Shilson is the only wrestler in the world, male or female to have won Cadet Worlds, Junior Worlds, and U23 Worlds as well as the Youth Olympic Games.

Emily's athletic goal is to be an Olympic Champion for TEAM USA while supporting more wrestling opportunities for girls and women. With her remaining time at Augsburg, she aspires to be a leader by example. She lives by the creed Opera Non Verba, or 'deeds not words.' Her goal of Augsburg University winning its first Championship team title is evident in everything she does on a daily basis. Beyond the mat, Emily's work ethic from wrestling carries over to all aspects of her life. Emily carries a 4.0 cumulative GPA as she works to complete her third year in school.

WLAG Founder and CEO, Ms. Sally Roberts said, "We're delighted Emily is joining WLAG as a Brand Ambassador. Her incredible credentials and passion for the sport will help amplify WLAG's vision of ensuring equal access and opportunities for girls and women in wrestling, worldwide."

WLAG's CO-Founder and COO Ms. Amy Zirneklis said, "Emily is well-known in the wrestling community, has received numerous awards and accolades from her success both in wrestling and life. Her commitment to excellence for the sport goes beyond the mat, and for WLAG, that is a critical driver in the development of girls' and women's wrestling. Emily is a powerful addition to the Brand Ambassador program and will play a key role in WLAG's ongoing efforts to grow girls' and women's wrestling."

Emily Shilson hails from Maple Grove, Minnesota, and is a 2019 graduate of Mounds View High School in Arden Hills, MN. She wrestled varsity for six years and as a senior was the recipient of the National Tricia Saunders High School Excellence Award, given annually to the top female high school wrestler in the country. Currently, she is a Junior at Augsburg University in Minneapolis, Minnesota where she majoring in Finance.

About Wrestle Like A Girl

Wrestle Like A Girl, Inc. is a 501(c)3 whose mission is to empower girls and women using the sport of wrestling to become leaders in life. More information is available at: WrestleLikeAGirl.Org.