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WRESTLE LIKE A GIRL TO LEAD US DEPARTMENT OF STATE SPORTS DIPLOMACY EXCHANGE BETWEEN US AND MONGOLIA

(WASHINGTON, DC) – Wrestle Like A Girl (WLAG) announced today that it will lead the 2023 US State Department Sports Diplomacy Division’s International Sports Programming Initiative (ISPI) US/Mongolia sports exchange. This exchange program is a cooperative agreement between the [U.S. Department of State](#), the [US Embassy in Mongolia](#), [Women Win](#), Mongolia’s [Rebel Grappling](#), and [Wrestle Like A Girl](#) to utilize the incredible power of sport to champion solutions for social progress and inclusion.

The 2023 ISPI Exchange will utilize the unique power of sport to explore how wrestling is used to empower girls and women in Mongolia and the US.

“Sport changes lives; it affords opportunities that transcend socioeconomic status, we forge friendships with those who look different, pray different, and believe differently than us. Through sport we have a shared language that unite us across borders.” said Tela O’Donnell Bacher who leads Special Projects and Female Specific Coaching Education for Wrestle Like A Girl, “Wrestle Like A Girl is thrilled to lead this exchange as it will highlight and amplify the many ways women are empowered through wrestling in the US and Mongolia.”

Each ten-day exchange will include 10 American participants traveling to Mongolia and 10 Mongolian participants traveling to the United States. During the exchanges, each group will attend site visits to relevant sport for social change programming, engage in leadership development activities, visit historical and cultural sites, and take part in sport events, clinics and workshops. Target participants for this program will be male and female non-elite wrestling coaches, staff and administrators from sport and social change organizations.

Wrestle Like A Girl is currently accepting applications from US participants for the Mongolian portion of the exchange that will occur in April of this year. The US portion of the exchange will occur in October.

Wrestle Like A Girl sits at the intersection of wrestling, gender equality, and social good with a focus on Strategic Programming, Advocacy and Education, and Research. Their mission is to empower girls and women, using the sport of wrestling, to become leaders in life.