

Coaching women's wrestling: Don't change, but be ready to adapt



Since 1994, the number of women who participate in high school wrestling has increased from 804 to 13,900 (according to National Federation of High School statistics). There are now 36 women's collegiate wrestling programs. And recently, thanks to the hard work of organizations like USA Wrestling, the U.S. Olympic Committee, Wrestle Like A Girl, the National Wrestling Coaches Association and the National Wrestling Hall of Fame, a proposal was submitted to the NCAA seeking Emerging Sports Status for women's wrestling. Despite the growth of women's wrestling at the youth, high school and collegiate level, there are still some wrestling coaches across the country who have yet to have the opportunity to coach women, or have women join their team or club. When that opportunity does come, however, current and former wrestlers have some advice for coaches.

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Tyler Hemmesch

Business Development/Co-Founder

MatBoss

m: 763 213 2923

w: MatBossApp.com **e:** Tyler@MatBossApp.com

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