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**Date:** February 20, 2015  
**From:** Les Gutches, Associate Executive Director, USA Wrestling  
**To:** All USA Wrestling club organizers  
**Re:** Super 8 Women's Wrestling Week practice guidelines

Dear Club Organizer,

Super 8 Women's Wrestling Week is a wonderful opportunity for the USA Wrestling community to welcome female athletes into our practices and events. The number one goal of this week is that these girls leave practice looking forward to their next opportunity to get on the mat. In order to help you provide a positive experience for everyone involved, USA Wrestling would like to offer the following guidelines:

- 1 – Recruit in pairs: when a girl brings a female friend to practice, she has a built-in wrestling partner, which ensures that she does not have to wrestle a boy. Additionally, recruiting in pairs doubles your club's growth potential and increases the chances that the girls will stick with wrestling together.
- 2 – Define clothing expectations: as longtime participants in the sport, this is something we take for granted. Let new female participants know that long shirts or sweats are okay and that volleyball shorts/spandex bottoms are not mandatory. A compression top or T-shirt is acceptable attire for the upper body.
- 3 – Attitude is everything: as with any new participant in your practice, his or her experience is highly correlated with the coaching staff's demeanor. Please show these prospective female participants that you have a positive attitude with regard to women's wrestling and that you value them as potential new club members.
- 4 – Recruit women as role models: it is important that we have positive adult female role models in the practice room that these young women can look up to. Seek out local women with wrestling experience or even a team mom can be a positive influence on female members.
- 5 – Understand the differences in coaching male versus female athletes: the girls and boys in the team should be treated as equals, but it's important to understand that each gender can sometimes need different forms of motivation and/or support.
- 6 – Current club members as recruiters: the young boys and girls currently on your team can be your best sales force. Challenge them to bring friends to practice so they can try the sport. It's also important that they do not brag about how hard practices are or how daunting the sport can be.

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"WHERE OLYMPIC  
JOURNEYS BEGIN"



7 – First impressions are important: a new athlete's first practice should be a Super 8 practice or an early, preseason practice. This ensures that an athlete isn't "thrown into the deep end" of a hard contact or extremely technical practice. We believe that a "wrestlenastic" approach is ideal. Please consider the following format:

- For suggested drills and games, please consult the "Wrestling Drills and Games" section of USA Wrestling's Core Curriculum here: <http://www.teamusa.org/USA-Wrestling/Coaches/Core-Curriculum/Wrestling-Drills-and-Games>
- For basic techniques on the feet, please consult USA Wrestling's Core Curriculum Folkstyle Level 1 here: <http://www.teamusa.org/USA-Wrestling/Coaches/Core-Curriculum/Folkstyle-Level-1>

### **IDEAL PRACTICE STRUCTURE:**

**Please note:** it is perfectly acceptable for the first time participants to simply sit on the wall and observe practice. No one should step on the mat until he or she is ready to do so.

1. Welcome and Intro
2. Warm up with club members
3. Club should teach a basic skill for benefit of first-timers that will be review for everyone else
4. Stance and motion
  - a. [Single leg](#)
    - i. Head snap set up
    - ii. [Lower elevation and penetrate step](#)
    - iii. Position (head inside, torso angle, proper lock, etc)
    - iv. Finish
5. Girls sit on wall and watch live wrestling
6. Participate in non or low contact game. Club members should be advised to keep the contact and intensity at a low level.
7. Participate in cool down
8. Thank women for coming and invite them back

Thank you for participating in Women's Wrestling Week!



Les Gutches  
Associate Executive Director  
USA Wrestling