



US Women's Wrestling Newsletter



USAW_Women

US Women's Wrestling

Upcoming Events

March 2-9th

Senior World Cup
St. Petersburg, RUS

March 16th

Deadline to Register:
Cadet Dev. Camp . Seattle

March 23-April 2nd

Senior National Team . Mongolia Tour
Ulaan Baatar, MGL

March 27-29th

Girls Folkstyle Nationals &
University Freestyle Nationals
Oklahoma City, OK

March 30-April 5th

OTC Resident Break

April 16-19th

Cadet Development Camp . Seattle
Lake Stevens, WA

April 20-27th

Senior Pan Am Championships
TBD, Chile

April 28th

Deadline to Register
Cadet Dev. Camp . NYC

May 6-8th

Junior Pan Am Championships
Havana, Cuba

May 7-9th

US Open . Senior Nationals
Las Vegas, NV

May 10-17th

OTC Resident Break

May 15-17th

Body Bar - Cadet & Junior Nationals
Irving, Texas

May 17-29th

World Team Trials Prep Camp
Lake Placid, NY

Getting Women Into The Wrestling Room

Once you get an athlete into the practice room, good coaches can not only teach them how to wrestle, but also get an athlete to fall in love with the sport. Hood River, Oregon has the more women within their club team than any other club in the country. How did they do it?

Here's some tips from Hood River Head Coach Trent Koll on how to get more girls in your practice room!

#1: Recruit In Pairs

Encourage New Females To Bring A Buddy. Promise Incoming Girls The Opportunity To Not Have To Wrestle Guys.

#2: Define The Clothing Expectations

le: Long Shorts Are Okay And Volleyball Shorts Are Not Mandatory. Compression Shirts Can Be Worn Under Singlets.

#3: Attitude & Opinion Of The Coach Toward Girls On The Team

Coaches Need To Convey Positive And Open To All Message To Incoming Athletes. Coaches Should Promote These Same Positive Attitudes And Opinions Within Their Program.

#4: Remember Background In Martial Arts Is Good

le: Jiu-Jitsu, Judo

#5: Provide Adult Women Role-Models To Look Up To

Identify Top Athletes Within The Sport Or Former Athletes Who Have Come Through A Similar Environment. Females Should See The Future Opportunities In The Sport And Also Know They Are Not Alone.

#6: Know The Fine Line Of Treating Girls On The Team As Equals, But Knowing That They Can Sometimes Need Different Motivators And/Or Support.

Understand that communication can be processed and perceived differently by each athlete. Find what works best for each of your athletes.

#7: Teammates Need To Be Inviting

Teammates Should Be Encouraging To Incoming Athletes le: Not Bragging About How They Are The Only Ones Who Could Possibly Make It Through A Practice Do To Difficulty.

#8: 1st Practice Ever Should Be A Lower Intensity Practice

You Want Incoming Athletes To Attend An Introduction Or Clinic Practice. Easing From A A September Or October Pre-Season Practice Versus A Hard Contact And Highly Technical Practice.

UWW Cadet Development Camp

The fourth development camp of the 2014-2015 year will be April 16-19, 2015 in Lake Stevens, Washington on the campus of Lake Stevens High School. The camp will be led by USAW Women's National Assistant Coach Erin Tomeo and Junior World Coach Brent Barnes. Camp cost is \$200 which includes room, board, and local transportation. This camp is open to any UWW Cadet age female wrestler (Born 1997-2000). The deadline to register is March 23rd!

If you are interested in participating or would like further information, please contact our Women's Coordinator Jose!
wfs@usawrestling.org

Women's Wrestling Week

USA Wrestling has declared March 2-8th as Women's Wrestling Week in the United States. This new initiative is in cooperation with the Super 8 campaign for women's wrestling, which was created by the international wrestling federation United World Wrestling.

As part of Women's Wrestling Week, any female athlete who is not a member of USA Wrestling is invited to come out and try the sport at a chartered club practice.

USA Wrestling will provide a complimentary membership for March 2-7, the time covered by Women's Wrestling Week. USA Wrestling chartered clubs have been encouraged to allow females of all ages to attend their practice free of charge during World Wrestling Week. To find a club program in your area, visit the link below:
<http://www.teamusa.org/USA-Wrestling/Membership/Athletes/Find-a-Club>

Keep Up With Team USA



Looking Ahead to the World Cup with Coach Steiner

March 2nd Team USA departs for St. Petersburg, Russia for the 2015 World Cup of Female Wrestling. It is a great opportunity for us as a program to see where we stack up against some of the top teams in the world. The World Cup is the only dual meet format event on the United World Wrestling calendar. Therefore it is truly the only event we either win or lose as a Team USA. It will be important for us to show 100% of who we are when we step on the mat regardless of our opponent, As a coach, I am most focused on how we are competing; if we compete to the standard expectations set, the results will take care of themselves. We have not won this event since 2003 and are looking to bring the World Cup back to the US.

World Cup Team Members

Adeline Gray	Helen Maroulis	Randi Miller
Alli Ragan	Jennifer Page	Sarah Hildebrandt
Alyssa Lampe	Katherine Fulp-Allen Shai	Veronica Carlson
Elena Pirozhkova	Kelsey Campbell	Victoria Anthony
Erin Clodgo		Whitney Conder

World Cup Pools

	Pool A		Pool B	
	Japan	United States	Russia	Mongolia
	Poland	Azerbaijan	Ukraine	Sweden

Schedule of Competition

Friday	March 6, 2015	World Cup – Weigh-Ins
Saturday	March 7, 2015	World Cup–Pool Competition
	10:00 am – 12:00 pm	USA vs Azerbaijan
	12:00 pm – 2:00 pm	USA vs Japan
	5:00 pm – 5:30 pm	Opening Ceremony
	5:30 pm – 7:30 pm	USA vs Poland
Sunday	March 8, 2015	World Cup- Medal Matches
	12:00 pm – 1:00 pm	7/8 Place Match
	1:00 pm – 2:00 pm	5/6 place Match
	2:00 pm – 3:00 pm	¾ Place Match
	3:00 pm - 4:00 pm	½ Place Match

Athlete's Corner – Check Here For Training Tips

Supplements are not regulated by the FDA and often do not list all their ingredients on their labels. Athletes must be careful and research supplements through USADA's Supplement 411 website prior to taking them. Even if the athlete is unaware of the substances in their supplements they can still face serious consequences. Check out Supplement 411 :
<http://www.usada.org/substances/supplement-411/>

As the folkstyle season is coming to a close, athletes may feel pressure to win now more than ever. It is important that athletes find the source of this pressure and address it. Whether this pressure is coming from within or from an outside source, an athlete should address the source. Is this pressure rational or irrational? Is the pressure real or just merely perceived? Vocalizing this pressure and it's source allows an athlete to make an emotion into words and easier to comprehend. Many times just talking to a parent, coach, or teammate can reduce the pressure to win.