



**Re: Girls Wrestling**

1 message

Joan Fulp <joanfulp@gmail.com>  
To: "Tackett, Julian" <jtackett@khsaa.org>  
Cc: "Angolia, Joe" <jangolia@khsaa.org>

Tue, Oct 4, 2022 at 4:24 PM

Julian and Joe,

**Wt Classes:**

1. Our committee did a lot of work on weight classes starting in 2018. The original six states holding a championship used 215 up to 235 as their top weight class.

The next eight states sanctioning also used this range for their top weight class. Some states used their hydration numbers at the beginning of the season to determine weight classes along with our data, but most all used the 235 as the top.

2. A few states that were 100% NFHS or decided to only use NFHS boys weights for girls, would indeed have some athletes affected by the change to 235.

3. I checked in with Pat Tocci, as the NWCA (National Wrestling Coaches Association) worked with the NFHS wrestling rules committee using national data on girls

hydration numbers to create the new NFHS girls weight classes. Pat said there was zero push back or negative feedback on using 235. The data did not support going higher than 235.

**State Championship thoughts:**

One option a few states have used is a girls open invitational for their first state championship. A regional format for girls to qualify to state was used the 2nd year. The excel sheet below (excerpted from our 2022 Girls High School Summary) denotes states holding a championship with participation numbers close to Kentucky. NOTE- NWCA hydration data was used for 2019-20 and 2021-22.

I did see your reported 2021-22 NFHS Kentucky participation numbers were 287 for girls wrestling. That would only be a difference of 28 from beginning of the season hydration numbers reported. That is EXCELLENT retention!! A huge shout out to Kentucky coaches supporting girls on their teams.

Kentucky's growth over the past five years is fantastic and I can only support your staff and agree that choosing to hold a state championship this year would be a positive move.

	First Year of Championship	State	2021 - 2022	2020-21	2019 - 2020	NFHS 2018-19	NFHS 2017-18
	2020	New Mexico	381	COVID	296	154	136
	2020	Arkansas	349	COVID	165	54	51
		<b>Kentucky</b>	<b>315</b>	<b>COVID</b>	<b>221</b>	<b>123</b>	<b>62</b>
	2021	Montana	315	COVID	77	40	32
	2021	South Dakota	279	COVID	35	36	35
	2014	Alaska	252	COVID	341	347	337
	2022	North Dakota	250	COVID	46	27	20
	2022	Minnesota	234	COVID	142	20	20

USAW GIRLS HS DEVELOPMENT COMMITTEE May 1, 2022

I have attached two guidelines created by Missouri and Kansas when they first sanctioned girls wrestling. These documents have been useful for other states as they implement guidelines for a girls season and championship. Their hydration numbers are 1733 and 858 respectively for 2021-22.

I would also highly recommend Mark Reeves, now executive director for Tennessee, as an excellent resource to run questions by as you proceed in the championship process. Mark has offered his support for coaches and state associations since 2016. I am sure you know Mark.

I will also send some excellent coaching resources to share as the wrestling season begins.

We are excited to support KHSAA in the growth of girls wrestling. If we can be of help on a zoom call or with additional questions or resources, please don't hesitate to contact us.

Kindly,  
Joan

**Create the excitement... follow through with education and the numbers will grow.**

## Joan Fulp

USAW Girls HS Development Committee Co-Chair  
USA Wrestling Board of Directors 2nd Vice President  
USA Wrestling Women's Age Group Council Chair  
National Wrestling Coaches Association Board of Directors  
Cell - 650-922-1493

On Oct 4, 2022, at 8:27 AM, Tackett, Julian <[jtackett@khsaa.org](mailto:jtackett@khsaa.org)> wrote:

Thank you as always

On Tue, Oct 4, 2022 at 9:14 AM Joan Fulp <[joanfulp@gmail.com](mailto:joanfulp@gmail.com)> wrote:

Good morning Julian,

Thanks for the update!

I am pulling together some information re your question and will respond later today. I am currently in Denver, ie mountain time zone.

Kindly,

Joan

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## Joan Fulp

USAW Girls HS Development Committee Co-Chair  
USA Wrestling Board of Directors 2nd Vice President  
National Wrestling Coaches Association Board of Directors  
Cell - 650-922-1493

On Oct 4, 2022, at 3:34 AM, Tackett, Julian <[jtackett@khsaa.org](mailto:jtackett@khsaa.org)> wrote:

Good morning Joan. Hope you are well. Our schools have indicated a strong interest and we will review next steps with our Board of Control at their November meeting. We are trying to determine the feasibility of adding it this year or whether we would be better to wait. Our staff prefers this year at this point, but we do need to work out logistics. We have a certain expectation as to the state event and its logistics and participant experience and the extra time to plan for next year might be advantageous. At the same time, some of us certainly feel like we have waited long enough. We should know more about a sanctioned championship in a few weeks.

Hope you are well. One question. We have had a bit of pushback (very small mind you) about the top end weight class being 235. Are you hearing that anywhere else or even nationally?

On Fri, Sep 30, 2022 at 2:59 PM Joan Fulp <[joanfulp@gmail.com](mailto:joanfulp@gmail.com)> wrote:

Hi Joe and Julian

I hope this email finds you both well.

Have there been any decisions (or discussions) made in regard to adding girls wrestling as a championship sport in Kentucky this month?

Many thanks,

Joan

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## Joan Fulp

USAW Girls HS Development Committee Co-Chair  
USA Wrestling Board of Directors 2nd Vice President  
National Wrestling Coaches Association Board of Directors  
Cell - 650-922-1493

On Mar 1, 2022, at 7:49 AM, Angolia, Joe <[jangolia@khsaa.org](mailto:jangolia@khsaa.org)> wrote:

Joan,

Girls' wrestling will be included with the upcoming triennial survey of our membership to gauge interest in sanctioning a state championship. The results will then be presented to our Board of Control for possible adoption.

Thanks

On Wed, Feb 23, 2022 at 4:31 PM Joan Fulp <[joanfulp@gmail.com](mailto:joanfulp@gmail.com)> wrote:

Hi Joe,

I hope this email finds you well. I am sure the wrestling season has kept you busy!

It has been a while since our committee has communicated with Kentucky re girls high school wrestling, and Mike Barren was our last contact person. Are there any proposals for a state championship moving forward to your board?

Would you also be so kind to send me your hydration numbers for girls wrestling for the 2021-22 season?

Please let me know if our development committee can be of support with data or coaching guides. Girls wrestling continues to grow exponentially each year across the nation. 34 states have committed to holding a girls state championship and over 100 colleges offer a girls wrestling team.

It is exciting to witness the beginning and growth a new sport for girls.

Kindly,

Joan

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USAW Girls HS Development Committee Co-Chair  
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**Joe Angolia**, Assistant Commissioner  
External Relations and Internal Operations



**#ShotatSports**

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Please let me know if I can be of further assistance.

*"If I were to try to read, much less answer, all the attacks made on me, this shop might as well be closed for any other business. I do the very best I know how - the very best I can; and I mean to keep doing so until the end. If the end brings me out all right, what's said against me won't amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference." -Abraham Lincoln*

Julian Tackett, Commissioner  
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**3 attachments**

 **2018 KSHSAA GIRLS WRESTLING.DOCX**  
17K

 **MSHSAA GIRLS WRESTLING.pdf**  
62K

 **2022-Girls-High-Wrestling-Summary-2-V2.pdf**  
680K