



# GHS Girls Wrestling Proposal

---

By: Carley Rusk



# Our Why

Our goal is to empower young women as they attempt to learn a sport that few before them have ever done before. These young women are leading the way not only for this sport in our school, but for this sport in our country. They are incredibly brave as they continue to disprove and break stereotypes that have been sent upon them.



# Benefits

---

- Wrestling instills athletes with confidence, grit, resilience, discipline, mental toughness, and self-esteem.
- It also provides them with a basic knowledge of physical fitness, nutrition, and self defense.
- Another opportunity for girls in the winter season
- Opportunity to be leaders in a rising sport

# Girls Wrestling is one of the quickest growing sports in the Nation

---

- 256 Schools participated in IHSA Girls State Series

**2021-22:** 1,249 girls had their body fat assessed

**2022-23:** 2,215 girls had their body fat assessed

**517** girls participated in the Sectional

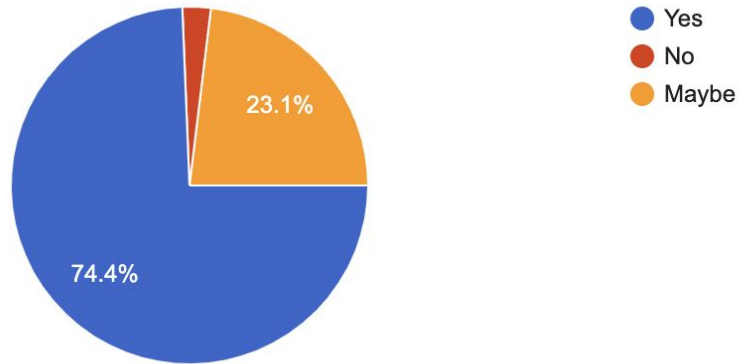
**908** girls participated in the Sectional

- 77% increase in one year.

# Interest at GHS

Are you Interested in Wrestling next year? (If you are not interested end the survey here)

39 responses



- 39 Responses
- Yes- 29
- No- 1
- Maybe- 9
- All 9 responses to maybe chose to receive messages about open gyms over the summer.

# Athletic Numbers

---

<b>Total Enrollment- 831</b>	<b>Percentages</b>				<b>Athletic Enrollment -468</b>	
Boys- 420	50.50%				Boys- 245	52.35%
Girls - 411	49.50%				Girls- 223	47.65%

# Why not just a club?

---

- Gia Ritter- State Qualifier. Senior in the 2023-2024 Season.
- Emily Bopes- Senior in the 2023-2024 Season
- Grace Schilling- Senior in the 2023-2024 Season
- Gwen Burbridge- Senior in the 2023-2024 Season. Started the Geneseo Girls wrestling club.

# Hosting IHSA Sectional



- We were asked to host again in the 2023-2024 season



# 2 State Qualifiers our first year

---



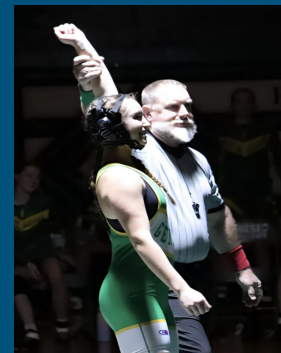
# Other Accolades

1st Team All Quad City Wrestler

2nd Team All Quad City Wrestler



Honorable Mention



# Are we pulling from other winter sports?

Year	22-23	21-22	20-21
12	G. Wrestling		
12	G. Wrestling	Winter Manager	
12	G. Wrestling	G. Basketball	
12	G. Wrestling	G. Basketball	G. Basketball
12	G. Wrestling		G. Basketball
12	G. Wrestling		
12	G. Wrestling	G. Basketball	G. Basketball
12			
12			
12			
12		G. Basketball	G. Basketball
11	G. Wrestling	Winter Manager	
11	G. Wrestling		
11	G. Wrestling	G. Basketball	
11	G. Wrestling		
11			
11	G. Bowling	G. Bowling	
11			
11			
11			
11			
11			GMS G Bball
10	G. Wrestling	GMS Wrestling	GMS Wrestling
10	Cheer		
10	G. Bowling		
10		GMS G Bball	
10			
10		GMS G Bball	GMS G Bball
9	GMS Wrestling	GMS G Bball	
9	GMS Wrestling	GMS G Bball	
9	GMS Wrestling		
9	GMS G Bball	GMS G Bball	

Only 4 athletes currently signed up participated in a different winter sport last year.

# Obstacles

---

- Currently-
  - Busing
  - Singlets
- Competition in our area

# Practice/Schedules

---

- Practices officially start on November 6th
- Offering open gyms throughout the summer
- 11 Girls committed to Malecek Team Camp

Date	Event	Location
11/22/23	Minooka Thanksgiving Invitational	Minooka HighSchool
12/2/23	Princeton Tournament	Princeton
1/6/24	Clinton River Queens Dual Tournament	Clinton
2/9/24- 2/10/24	IHSA Sectional Tournament	Geneseo High School
2/23/24- 2/24/24	IHSA State Tournament	Bloomington, Il

2023-2024 Competition  
schedule so far.

# Equipment provided by Athlete

---

- Wrestling Shoes
- Headgear
- Mouthguard (if applicable)

# Anticipated Costs

---

IHSA Entry Fee- \$150

Home Meets-

- Referee

- Table Workers

- Wrestling Mats- Share with the boy's team

Transportation- Pinks buses and White buses for over nights.

Hotel- Only needed for State

Uniforms-

- Women's Cut Singlets (\$65-\$85)

- Warm Ups

# In Conclusion

---

These girls have worked incredibly hard over the past season. They have continually broken down all barriers that others have set for them. They have proven themselves over and over. We have the opportunity as the premier wrestling team in the Western Big 6 to be the leaders and set the example for other schools around us.