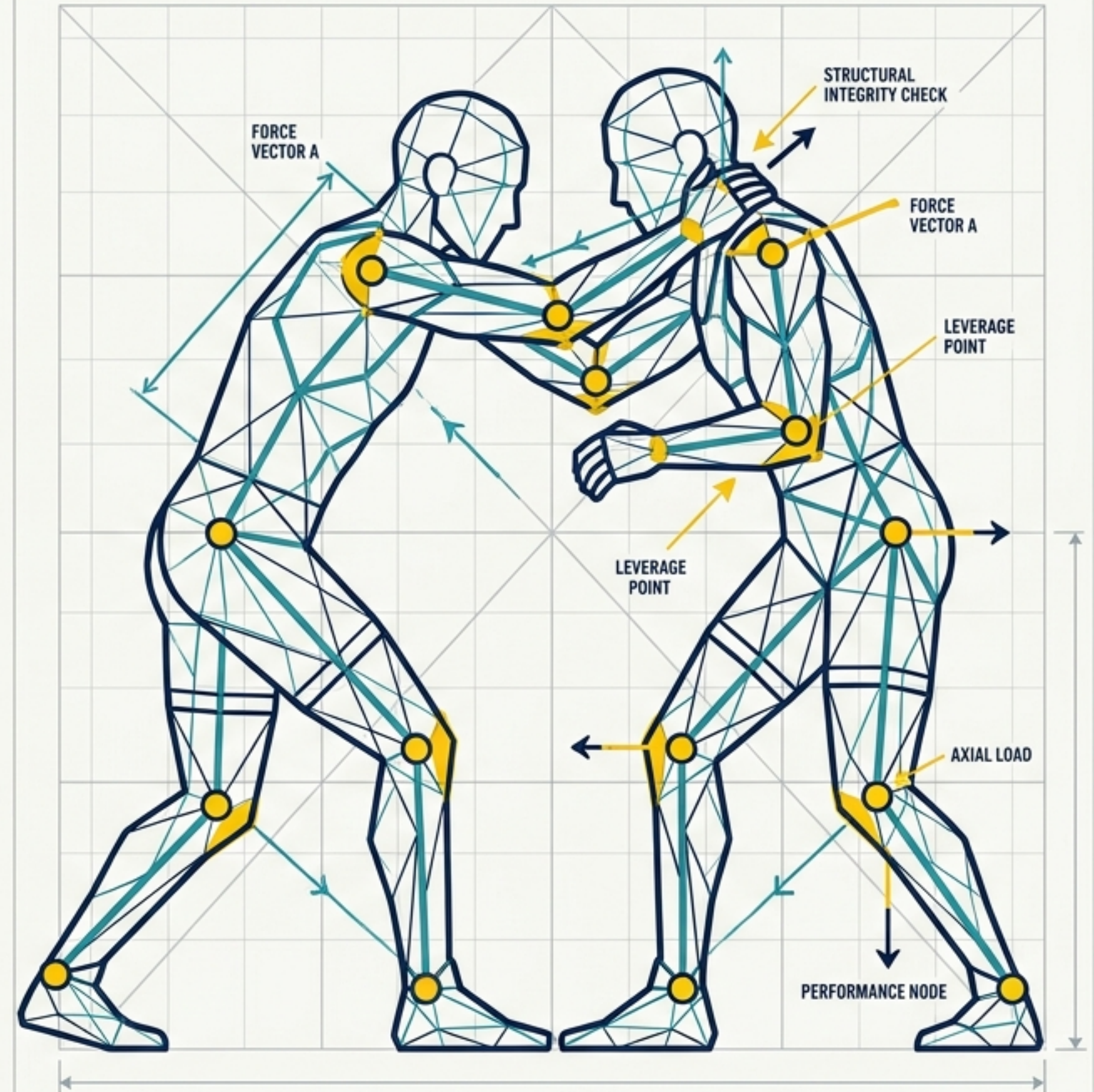


THE WRESTLING BLUEPRINT

Architecting High-Performance, High-Retention High School Programs.

A STRATEGIC PLAYBOOK FOR ADMINISTRATORS AND COACHES



THE MODERN WRESTLING RENAISSANCE

EXPLOSIVE GROWTH

NFHS participation

+19.9%
1-Year Growth

88,771

Boys' Participation

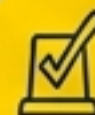
74,064

2023-24

2024-25

8,853 high schools now sponsor girls' programs

GROWTH CATALYSTS



STATE SANCTIONING

Rapid adoption of standalone girls' state championships across the U.S.



NCAA EMERGING SPORT

Explosive growth in collegiate opportunities and scholarship funding.

TITLE IX EQUITY

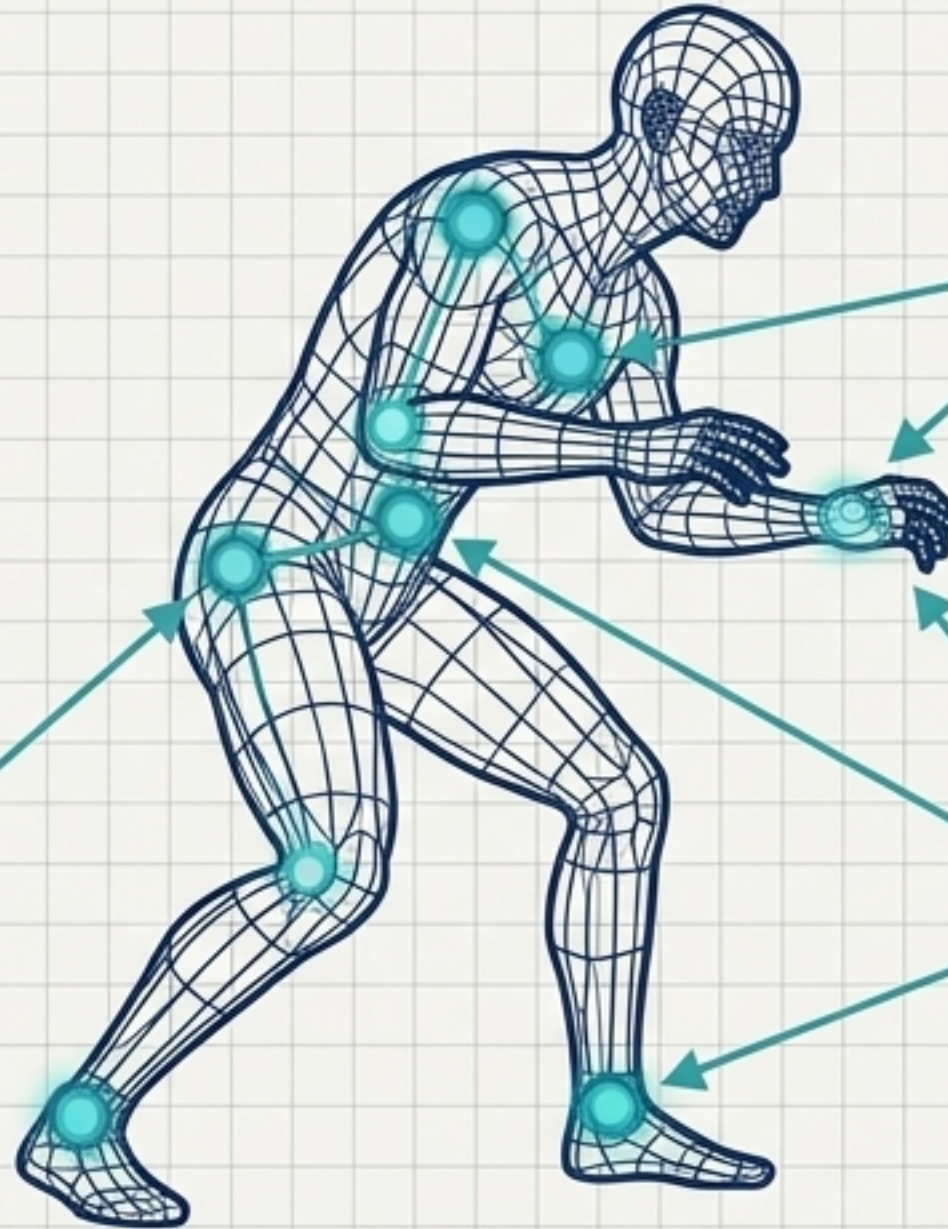
A highly visible, low-cost avenue to instantly expand female athletic opportunities.

THE ADMINISTRATIVE FOUNDATION: INFRASTRUCTURE ALIGNMENT

Leveraging existing infrastructure minimizes capital requirements while optimizing athlete safety.

	SHARED INFRASTRUCTURE (BOYS / CO-ED)	DEDICATED GIRLS' SETUP
Gear & Privacy	Standard singlets, existing mat space, standard locker room.	Women's cut singlets or two-piece compression tops; distinct locker room logistics.
Health & Safety	Standard NFHS skin-check and hydration protocols.	NFHS minimum body fat standard adjusted to 19% (protecting female endocrine health).
Coaching & Culture	Core technical instruction and program-wide philosophy.	Essential integration of female mentors, PE teachers, or alumnae for visibility and safe reporting.

A Sport for Every Body



Soccer & Cross-Country (Lower/Middle Weights)

Brings an elite aerobic base, lateral agility, and relentless foot speed.

Football Crossovers (Upper Weights)

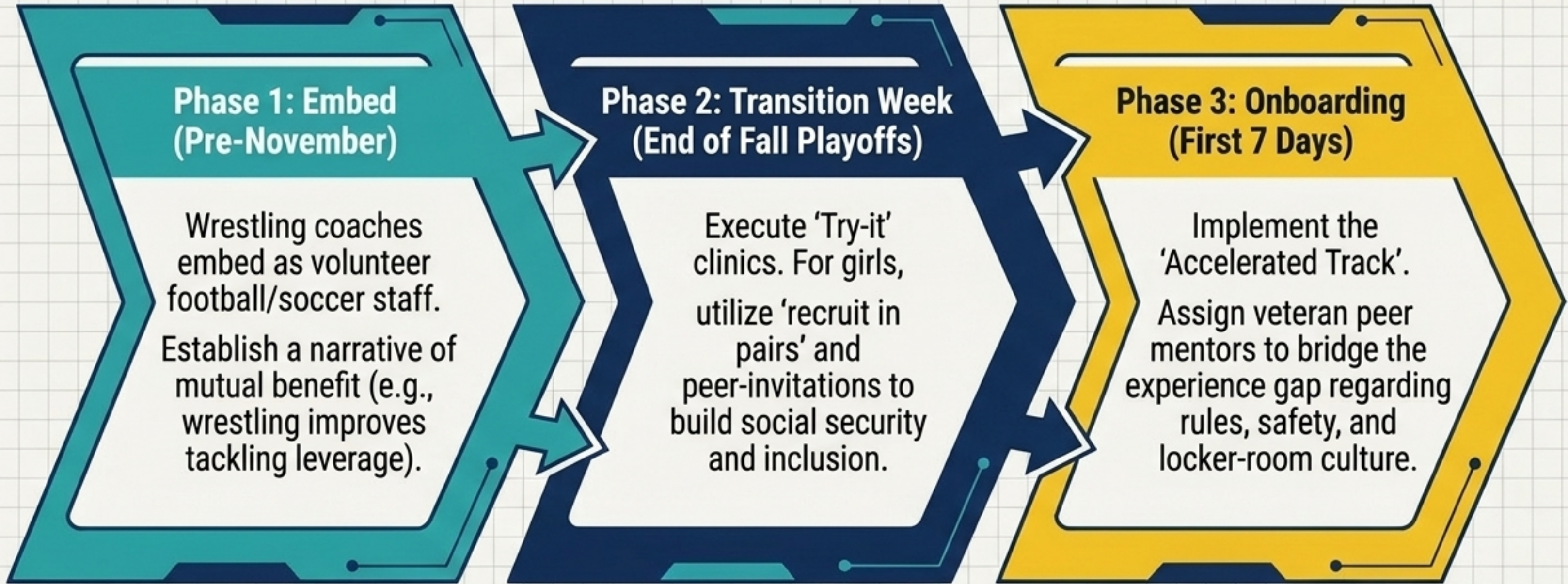
Brings elite leverage, contact confidence, and brute lower-body power.

Volleyball & Cheer (Middle Weights)

Brings spatial awareness, explosive vertical drive, and dominant grip strength.

14 distinct weight classes mean every athlete, regardless of height or build, has a vital role.

The Post-Fall Recruitment Funnel



The systematic progression ensures a seamless and confident transition into the wrestling room for every athlete.

The Competence-Retention Loop



High-intensity "survival" practices cause immediate dropout. Structured early competence builds long-term retention.

Annual Periodization Architecture

	Preseason (Aug-Oct)	In-Season (Nov-Feb)	Postseason (Mar-Jul)
Strength/GPP	HIGH (Foundational movement, aerobic base)	MAINTENANCE (Low/Med)	VARIABLE
Instructional Volume	HIGH	MEDIUM	LOW
Live Intensity	LOW	HIGH (Situational sparring, tactical problem-solving)	LOW/VARIABLE (Recovery, multi-sport participation, skill labs)

Dark Teal = Low | Light Gray = Med/Variable | Yellow = High

The Open Mat Evolution

Redefining off-season mat time from a liability into a deliberate skill-acquisition laboratory.



The Old Paradigm

Unstructured Grind

- **Structure:** Unsupervised live wrestling with no defined parameters.
- **Result:** High injury risk, overwhelming barrier to entry for novices, and high early-season burnout.



The New Paradigm

Peer-Mediated Skill Labs

- **Structure:** Task-based constraints (e.g., hand-fighting only, escaping a defined bottom position).
- **Features:** Variable resistance, low-pressure entry for beginners, and dedicated girls-only sessions to build confidence.
- **Result:** Accelerated technical acquisition and sustained off-season engagement.

Health, Safety, & Weight Management

Pillar 1: Infection Control

- Mandatory post-practice showers
- Automated mat sanitization protocols
- Daily coach-led skin checks.

Pillar 2: Concussion Protocol

- Prioritization of safe falling instruction before any live wrestling
- Strict supervised matching by size and skill level.

Pillar 3: Weight Integrity

- Absolute ban on rapid cutting (saunas, plastics)
- Strict adherence to NFHS hydration testing and gradual, medically monitored descent plans.

Athlete welfare is the non-negotiable foundation of program legitimacy.

The Championship Ecosystem

