

# US Women's Wrestling Newsletter



US Women's Wrestling



## Outstanding Performance

**Erin Golston – 48kgs**

Senior Nordhagen Bronze Medalist

Junior Nordhagen Gold Medalist

## Upcoming Events

**January 19 - February 8th**

Sr National Team International Camp  
Colorado Springs, CO

**January 22nd 7:00pm (MST)**

Parents Involvement Committee Call

**January 24-25th**

WCWA National Championships

**February 1-2nd**

Dave Schultz Memorial Tournament  
Colorado Springs, CO

**February 4-10th**

Grand Prix of Paris  
Paris, France

**February 25-March 7th**

Lady Klippan Open  
Klippan, Sweden

**March 10-17th**

World Cup  
Tokyo, Japan

**March 28-30th**

Folkstyle/University Nationals  
Oklahoma City, OK

**April 16-19th**

US Open  
Las Vegas, NV

**April 24-27th**

FILA Cadet National Team Camp  
Seattle, WA

## USA vs. Russia Duals Recap

After a week of training together in early December, the senior national team members from both countries met for a dual meet in Albuquerque, New Mexico and Windsor, Colorado. The first dual December 17<sup>th</sup> was hosted by New Mexico USA Wrestling. The American team earned a victory by winning seven of eleven matches.

On December 19<sup>th</sup>, the second dual was hosted by Colorado USA Wrestling. Again the American's won the dual, but by a closer margin this time winning six of the nine matches. Both Helen Maroulis and Alyssa Lampe led the charge with three wins each in the combined duals. Other American winners were Victoria Anthony, Katherine Fulp-Allen, Whitney Conder, Randi Miller, Veronica Carlson, and Alli Ragan. Thank you to all those who helped organize as well as supported Team USA for the duals!



## Recent Results

Minnesota Storm Holiday Cup

Rochester, Minnesota

December 20-21, 2014

48kgs Victoria Anthony

Sunkist - Gold

51kgs Katherine Fulp-Allen

NYAC – Gold

55kgs Jaccarra Winchester  
Missouri Valley College – Gold

59kgs Othella Ferolato

Gold

59kgs Kelsey Campbell

Sunkist – Bronze

67kgs Leigh Jaynes-Provisor

Gold

48kgs Paulina Biega

Missouri Valley College – Silver

51kgs Jessica Medina

Sunkist – Silver

55kgs Whitney Conder

WCAP – Silver

59kgs Melissa Apodaca

Marines – Silver

63kgs Erin Clodgo

Sunkist – Gold

72kgs Randi Miller

WCAP - Gold

Nordhagen Classic

Calgary, Canada

December 7-8, 2014

Senior Competition

Erin Golston  
NYAC - Bronze

Junior Competition

Erin Golston  
NYAC - Gold

## Body Bar National Championships

Body Bar Nationals has officially be relocated to Irving, Texas for May 16-18, 2014. The freestyle event also the FILA Cadet and FILA Junior World Team Trials. The top three finishers at FILA Cadet and Junior weights become the 2014-2015 National Team Members. The event has age groups for all young female wrestlers.

Girls Division 1 Born 2005-2007

Girls Division 2 Born 2002-2004

Schoolgirls Born 2000-2001

FILA Cadet 1997-1999

FILA Junior 1994-1996

\*Those born in 1997 are eligible to compete FILA Junior with a medical certificate.

## 2014 FILA Weights

As promised, FILA delivered the new weight classes! There are six Olympic weight classes for each style and two Non-Olympic weights. All 2014 competitions will use the new weights and rules. The Olympic weights for women's freestyle are 48 – 53 – 58 – 63 – 69 – 75 kilograms respectively. The new Non-Olympic weights are 55 – 60 kilograms.

FILA Junior weights have not been changed. The weights classes are 44 – 48 – 51 – 55 – 59 – 63 – 67 – 72 kilograms.

FILA Cadet weights will remain the same. The weights are 36/38 – 40 – 43 – 46 – 49 – 52 – 56 – 60 – 65 – 70 kilograms.

## 2014 Cadet Pan American Championships & Youth Olympic Games

The 2014 FILA Cadet Pan American Championships will be held in Sao Paulo, Brazil. The tour dates are set for April 29<sup>th</sup>-May 5<sup>th</sup>, 2014. Due to the early placement of the Cadet Pan American Championships, USA Wrestling is taking applications for those wishing to participate. 2014 FILA Cadets are born 1997-1999. For more information regarding the FILA Cadet Pan Ams, please visit [http://fila-official.com/images/FILA/infos/2014/infos\\_05\\_saopaulo.pdf](http://fila-official.com/images/FILA/infos/2014/infos_05_saopaulo.pdf). Applicants will earn a place on the team by a point system based off 2013 performances at Cadet Worlds, Asics/Vaughn Nationals (Fargo), Body Bar Nationals, and Cadet Pan Ams. The cost of the tour is based off of participation in USAW Women's Championship camps as it has been in the past. Those who are selected to go on tour must attend one summer preparation camp to earn their funding for the tour. This year due to timing as well, there will only be one long camp for FILA Cadets June 25-July 12<sup>th</sup>. The cost and location is still to be determined at this point. It will not be at the Olympic Training Center as it has in years past.

Applications are available by clicking the link listed below and are due by February 7<sup>th</sup>. <http://content.themat.com/forms/2014CadetPanAmApp.pdf>

The 2014 Cadet Pan American Championship will qualify the weight and NOT the individual for the 2014 Youth Olympic Games. The YOG will be held Nanjing, China at the end of August. Those selected for the 2014 Cadet Pan American team are not guaranteed a spot on the Youth Olympic Games. YOG participants are limited to the birth years of 1997-1998. As a whole, the women's program will be sending one athlete. This athlete will earn a spot through their performance at the 2014 Body Bar Nationals. There are four weight classes that will be represented at the Youth Olympic Games: 46 – 52 – 60 – 70kgs. Again, USAW will only send one athlete total, not one for each weight class. The champions from the Body Bar at the four YOG weights will be evaluated on number of points scored, points allowed, matches won, falls, point differential, and strength of weight category (evaluation markers are in no particular order). The Body Bar champion that sets themselves apart based off these markers will be selected to represent Team USA at the Youth Olympic Games.

For general information and selection processes for both the Cadet Pan Ams and YOG please visit <http://www.teamusa.org/Home/USA%20Wrestling/Team%20USA/Team-Selection-Criteria.aspx>

If you have any questions, please direct them to Cody Bickley [cbickley@usawrestling.org](mailto:cbickley@usawrestling.org).

## Questions or Concerns?

### Contact Us!

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US Women's Wrestling

"WHERE OLYMPIC  
JOURNEYS BEGIN"



USA **wrestling**