

Cleveland Girl Wrestling Practice and Procedures

Taken from USA Wrestling "Wrestle Like a Girl" Campaign

Presence and Communication: Never be in spaces alone with your wrestlers regardless of gender, never message individually your athletes regardless of gender. Communicate in groups via remind, school email, or with parents.

Consent to Wrestle Handshake - Athlete vs Athlete or Coach vs Athlete - Fist bump or handshake. Athletes can choose to opt-out by not fist bumping or handshake.

Female coach and sponsor recruited from staff members to be present in JH practices and HS traveling.

Coach and athlete technique demonstrations; even when an athlete opts in with a handshake, Avoid ground to ground moves, or technique demos that will last several seconds or more. Find a way to make it comfortable for everyone. There are many ways to do this.

- Delegate to other members of your staff.
- Have a female staff member present.
- Use another coach as your partner to demonstrate technique.
- Use your more experienced wrestlers to demonstrate technique. Kids love to teach skills to other kids.
- Use great technique videos.
- Verbally walk kids through skills.

[Consent Form](#) 2024-2025 season procedure. Consent Forms that allow athletes and parents to give or revoke consent for the athlete to wrestle coaches.