

Wisconsin Wrestling Federation



Opportunities for Women in Wrestling
Bryan Koontz, WWF Women's Head Coach

MISSION

The WWF, guided by USA Wrestling, provides quality opportunities for its members to achieve their full human and athletic potential.



Human and Athletic Potential through Wrestling

We aim to develop good humans through the sport of wrestling and its opportunities! These things show up through **character, discipline, camaraderie, self-reliance, resilience, and relationships.**

We are committed to supporting our athlete's and building into their athletic potential as they pursue titles at the **state, collegiate, world and Olympic** levels.

Beyond competition, we support our members in creating opportunities for developing into **coaching roles**, building **connections** and advancing in all areas of the sport (officials, admin, media, etc.)



TRAINING & COMPETITION OPPORTUNITIES



Training with Team Wisconsin

Encourage your girls to build relationships with other girls wrestling in the state!

- WFS Training Camp Series (Sep. - Apr.)
- Training Team Camp: at Mauston, National Dual Team Camps and Fargo Camp.



WOMEN'S FREESTYLE CAMP SERIES

Be part of the budding championship team in Wisconsin! Camps are led by the national team coaching staff, and will feature techniques based on takeaways from national competitions in 2024, and discussion topics to level up your wrestling career! Open to Wisconsin 14U, 16U, and Junior female athletes with a USAW athlete card.



SEP
22

Team Nazar Training Center

2754 Agriculture Dr, Madison, WI 53718

Discussion: Creating a long-range planning calendar for your season and journaling - Women's Director Neysa Bianchi

JAN
26

AWA Green Bay

1515 Glory Rd, Green Bay, WI 54304

Discussion: Life after wrestling - Coaches Mateah Roehl, Lauren Louive, and Maddie Ruckdashel

OCT
19

Victory School of Wrestling

125 1/2 N Main St, River Falls, WI 54022

Discussion: My best weight and life after wrestling - Coaches Alisha Howk and Josie Bartishofski

MAR
29

AWA Advance

2556 Advance Road, Suite A, Madison WI 53718

Discussion: Match and tournament management

NOV
3

UW-Stevens Point

2100 Main St, Stevens Point, WI 54481

Discussion: Creating a profile for college coaches - Coach Jake Wozniak

APR
19

Aviators Wrestling Club

945 S Nicolet Rd, Appleton, WI 54914

International training opportunity!

DEC
8

B.A.M Training Center

826 Mohr Ave, Waterford, WI 53185

Discussion: Nutrition and weight management before, during, and after competition.

MAY
4

Mauston Talon Training Center

249 E State St, Mauston, WI 53948

WFS Training Team Camp #1



SCHEDULE

9:30 a.m. - 9:55 a.m., athlete check-in
10:00 a.m. - 12 Noon, practice session I
12 Noon - 12:55 p.m., lunch break
1:00 p.m. - 3:00 p.m., practice session II

REGISTER NOW



Scan the QR code, or email wiwrestlingfed@gmail.com with your name, age group, and USAW card number to register today!



www.wiwrestlingfederation.com

2024 WWF State Tournament Series

The WWF hosts a Wisconsin state tournament series for athletes of all ability levels!

- Kids Team State (March 15th-16th)
- Kids Folkstyle State Qualifiers (March 22nd)
- Kids Folkstyle State Championships (March 28th-30th)
- Beginners Freestyle and Greco State Championships (April 26th)
- Freestyle and Greco State Championships (May 3rd-4th)



Wisconsin National Team

As the Wisconsin affiliate to USA Wrestling, the WWF brings a unified team of athletes to compete each season! The team is determined by placements at events including the WWF freestyle state championships, Women's Nationals, and other USA Wrestling regional and national championship events.

National Duals: June 2025

National Duals are age-level USA Wrestling events featuring some of the best women's freestyle wrestlers on teams from across the country in the 14U, 16U and Junior age groups.

Junior & 16U National Championships: July 2025

The Junior and 16U National Championships, aka Fargo, is a high-caliber USA Wrestling national event where the top freestyle and Greco-Roman wrestlers are tested against the rest of the nation individually and as respective state teams.



Why Freestyle?

Freestyle wrestling for women is a gateway opportunity!

- Beyond high school, women freestyle wrestlers have the opportunity to compete in college and at the national and international level with their schools, regional training centers, with personal coaches or with Team USA.
- NCAA and NAIA women's wrestling is freestyle (150+ programs!)
- Women wrestle freestyle in the Summer Olympics.
- Top placing athletes at the age-group level make the US National Team and are invited to camps at the Olympic Training Center in Colorado Springs.
- Exposure to freestyle through training opportunities and/or the national team process prepares athletes to transition into further opportunities in the sport of wrestling!

National and International Competition

Wrestlers in Wisconsin pursuing the highest level of sport plan their year around key national and international events that prepare them for events like the US Open, World Team Trials, and Women's Nationals—which are all part of USA Wrestling's team selection process for Pan Am and world teams.

In 2024, Wisconsin athletes represented the United States on the world stage in multiple age-groups across the three Olympic disciplines. In women's freestyle, Macey Kilty and Kylie Welker competed at both the U23 and Senior World Championships in Tirana, Albania.



- U23 World Championships: Kylie Welker GOLD, Macey Kilty SILVER
- Senior World Championships: Macey Kilty BRONZE, Kylie Welker BRONZE

FORWARD TOGETHER!

The wrestling community is unparalleled. The way forward, the way to capitalize on opportunities and to learn the ropes is simple: We work together, we learn from each other as we grow, we get on the mats, and we wrestle.



Scan the QR code for links to online resources and social media handles!