



US Women's Wrestling Newsletter



Upcoming Events

April 16-19th

Cadet Development Camp . Seattle
Lake Stevens, WA

April 20-27th

Senior Pan Am Championships
TBD, Chile

May 4th

Deadline to Register
Cadet Dev. Camp . NYC

May 6-8th

Junior Pan Am Championships
Havana, Cuba

May 7-9th

US Open . Senior Nationals
Jr Western Regionals
Las Vegas, NV

May 10-17th

OTC Resident Break

May 15-17th

Body Bar - Cadet & Junior Nationals
Irving, Texas

May 31-June 5th

World Team Trials Prep Camp
Colorado Springs, CO

June 12-14th

Senior World Team Trials
Madison, Wisconsin

June 15-23rd

OTC Resident Break

June 22-July 3rd

Age Group Championship Camps
Colorado Springs, CO

July 3-5th

UWW Cadet Pan Am Championships
Guadalajara, MEX

July 4th

Canada Cup
Guelph, CAN



THE UPCOMING 2015 SENIOR WORLD TEAM TRIALS FOR ALL EIGHT WEIGHT CATEGORIES WILL BE HELD IN MADISON, WISCONSIN JUNE 12-14 ON THE UNIVERSITY OF WISCONSIN CAMPUS.

US Women's Wrestling Summer Camp Schedule

This summer all women's world championship preparation camps will take place at the US Olympic Training Center in Colorado Springs, Colorado. These camps are open to any female athlete within the designated UWW age range. Bed priority will be given to National Team athletes at each age group. The cost is \$65/day for campers and \$20/day for commuters. For more information on our camps, please contact Jose Quintina at wfs@usawrestling.org

June 22-July 1st

UWW Cadet Championship Camp #1

June 22-July 1st

UWW Junior Championship Camp #1

June 24 – July 3rd

Senior World Team Camp #1

June 24 – July 3rd

University Champions Camp #1

July 8 – 12th

Senior World Team Camp #2 (NYC)

July 26 - August 8th

UWW Junior Championship Camp #2

July 27 – August 1st

Senior World Team Camp #3

August 5 – 19th

Senior World Team Camp #4

August 12 – 23rd

UWW Cadet Championship Camp #2

August 9 – 20th

Senior World Team Camp #5

August 24 – Sept. 4th

Senior World Team Camp #6



The upcoming US Open is a qualifying event for the 2015 World Team Trials. The top 7 finishers are invited to compete for the World Team spot while the US Open Champion has an automatic bid to the World Team Trials finals. This event is also held in conjunction with the Western Regional Freestyle Competition for high school age women.

UWW Cadet Development Camp

The fifth and final development camp of the 2014-2015 year will be May 28-31, 2015 in Staten Island, New York on the College of Staten Island campus. The camp will be led by USAW Women's National Coaching Staff.

Camp cost is \$200 which includes room, board, and local transportation. This camp is open to any UWW Cadet age female wrestler (Born 1997-2000). The deadline to register is May 4th!

If you are interested in participating or would like further information, please contact our Women's Coordinator Jose!
wfs@usawrestling.org

Why Should You Attend Body Bar Nationals?

Each May, the Body Bar Competition sets the UWW Cadet and UWW Junior National Team. To make a national team, athletes must place within the top three at each respective age division. This also adds them into our Olympic Development Program. The top placing athletes within the UWW weights are invited to represent Team USA in the World Championships. Number two athletes will compete in the Pan American Championships. These championship tours are funded to those who participate in summer training camps at the US Olympic Training Center. Throughout the year, these top three athletes will participate in development camps and international tours with USAW staff members.

The 2015 Body Bar Nationals will take place in Irving, Texas on May 15-17th!

Keep Up With Team USA



USAW_Women



US Women's Wrestling

Upcoming Pan American Championships

The Junior Pan American Championships will take place in Havana, Cuba on May 7-9. In years past, this event occurred after the Body Bar Nationals and the second place Junior finishers were invited on this tour. As this was not possible this year, the team was selected based off of the 2014 Junior Body Bar Championships. The top three finishers at this event who met the 2015 Junior age requirement were given priority by rank over non-placers. Below is our Junior Pan American Championship team roster:

44kg Regina Doi	48kg Cody Pfau
51kg Amy Hou	55kg Becka Leathers
59kg Kayla Miracle	63kg Alexis Porter
67kg Skylar Grote	72kg Destane Garrick
Coach: Danny Struck	Coach: Kerry McCoy

The Senior Pan American Championships will take place in Santiago, Chile on April 24-25. This event is a qualifier for the Pan American Games competition to be held this July in Toronto, Canada. So far, Team USA has only guaranteed the 48kg weight class for the Games. Athletes must place top five at the Pan Am Championships in order to qualify their weights for the Pan Am Games. The Pan American Championships team selection was based on Senior National Team members' rank.

48kg Victoria Anthony -TMWC	53kg Carlene Sluberski - TMWC
55kg Sarah Hildebrandt	58kg Kelsey Campbell - Sunkist
60kg Jennifer Page - TMWC	63kg Amanda Hendey - TMWC
69kg Veronica Carlson - NYAC	75kg Jackie Surber - TMWC
Coach: Terry Steiner	Coach: David Bell

Athlete's Corner – Check Here For Training Tips

In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. USADA can grant a therapeutic use exemption (TUE) in these situations in compliance with the WADA Standards. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field. More information can be found at:
<http://www.usada.org/substances/tue/>

In sport and in life, it is inevitable you will face adversity. The first and most important thing you must do is to decide how you will view adversity: an opportunity or challenge to test your skills or a threat that can harm your social status, skills, or future endeavors. **Simply changing the way your view** adversity can change your reaction or response to a situation. Take every opportunity to challenge yourself and learn from mistakes along the way. We only fail when we choose not to learn from our experiences.