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# Pathway to Excellence

How can I be a part of USA Wrestling's Women's Freestyle Program and Make a World / Olympic Team?

Our current stars Sarah Hildebrandt, Dominique Parrish, Jacarra Winchester, Jenna Burkert, Helen Maroulis, Abigail Nette, Kayla Miracle, Mallory Velte, Forrest Molinari, Tamyra Mensah Stock, Amit Elor, Dymond Guilford, and Adeline Gray have all come through the development system. We encourage you all to get involved and step on the path to success!

Below are the different levels of the USA Women's Program. How do I get my child / athlete started in the sport and how do I assist them in developing into an elite level athlete? Below is the developmental pathway through the system.

## U15 Level

Age Group: Born between January 1, 2007 - December 31, 2009

Weight Categories: 29-33 kg / 36kg / 39kg / 42kg / 46kg / 50kg / 54kg / 58kg / 62kg / 66kg

Training Opportunities:

- [Local Club](#) chartered by USA Wrestling
- Local [Beat the Streets Organization](#)
- If you are the #1 Ranked person in the U15 age division from the Women's Nationals you will be invited into the development camp system within the USA Women's Freestyle Program.

U15 Pan-American Championship Team

- [Team Selection Procedures](#)
- U15 Pan-American Championship Athletes ONLY will be invited into Development Camps between November and March. #2 and #3 U15 Athletes will NOT be invited to these camps. Athletes will be responsible for their flights, room and board for Development Camps.

*(A Development Camp is a camp held between the months of November and March. These are training opportunities with the U17 and U20 National Team Members to develop technique, tactics, and general knowledge)*

## U17 Level

Age Group: Born Between January 1, 2005 - December 31, 2007

Weight Categories: **26-40kg** (79.4-88lbs) / **43kg** (94.8lbs) / **46kg** (101.4lbs) / **49kg** (108lbs) / **53kg** (116.8lbs) / **57kg** (125.6lbs) / **61kg** (134.5lbs) / **65kg** (143.3lbs) / **69kg** (152.2lbs) / **73kg** (161lbs)

Training Opportunities:

- [Local Club](#) chartered by USA Wrestling
- Local [Beat the Streets Organization](#)
- Local Middle School and High School Teams
- State Training Sites / Camps available locally preparing you for Cadet / Junior National Events in the Summer - Ask your [State Association](#)
- If you are in the top 3 at the U17 age division at the Women's Nationals you will be invited into the Development Camp System within the USA Women's Freestyle Program

- Currently there are over 120 [Womens College Wrestling Programs](#) as you look to further your academic and athletic goals after your high school years are completed

U17 World Championship Team

- [Team Selection Procedures](#)

U17 Pan-American Championship Team

- [Team Selection Procedures](#)

U17 National Team:

- The Top 3 Athletes at each weight category from the U17 Trials at Women's Nationals each year
- #1 Athletes will receive full funding for the U17 World Championships, a Championship Camp leading into the World Championships, and an International Competition leading into the Worlds
- #2 Athletes will receive full funding for the U17 Pan-Am Championships and a Championship Camp leading into the event
- U17 National Team Athletes will be invited into Development Camps between November and March. Athletes will be responsible for their flights and USAW will cover their room and board for Development Camps
- U17 National Team Athletes will receive some funding for an International Winter Tour if they attend 2 of the 3 Development Camps

*(A Championship Camp is a camp held during the summer months preparing athletes for either the Pan-American Championship or the World Championship in their given age group)*

*(A Development Camp is a camp held between the months of November and March. These are training opportunities with the other National Team Members to develop technique, tactics, and general knowledge)*

*(The Age Group Year starts Immediately after the Women's Nationals in May and runs up until the following years event)*

## **U20 Level**

Age Group: Born between January 1, 2002 - December 31, 2005

Weight Categories: 50kg / 53kg / 55kg / 57kg / 59kg / 62kg / 65kg / 68kg / 72kg / 76kg

Training Opportunities:

- [Local Club](#) chartered by USA Wrestling
- Local Middle School and High School Teams
- State Training Sites / Camps available locally preparing you for Cadet / Jr National Events in the Summer - Ask your [State Association](#)
- If you are in the top 3 at the U20 age division at the Women's Nationals you will be invited into the Development Camp System within the USA Women's Freestyle Program
- See Other **Training / Funding Options** below
  - [Women's Wrestling University / College Programs](#)
  - Regional Training Centers - [RTC Programs](#)
  - Elite Club Teams:
    - [WCAP: US Army's World Class Athlete Program](#)
    - [Titan Mercury Wrestling Club - TMWC](#)
    - [Sunkist Wrestling Club](#)
    - [New York Athletic Club - NYAC](#)
  - [US Olympic Training Center Resident Program](#)

U20 World Championship Team

- [Team Selection Procedures](#)

## U20 Pan-American Championship Team

- [Team Selection Procedures](#)

## U20 Pan-Am Games Team - TBD at a later date

## U20 National Team:

- The Top 3 Athletes at each weight category from the U20 Trials at Women's Nationals each year
- #1 Athletes will receive full funding for the U20 World Championships, a Championship Camp leading into the World Championships, and an International Competition leading into the Worlds
- #2 Athletes will receive full funding for the U20 Pan-Am Championships and a Championship Camp leading into the event
- U20 National Team Athletes will be invited into Development Camps between November and March. Athletes will be responsible for their flights and USAW will cover their room and board for Development Camps.
- U20 National Team Athletes will receive some funding for an International Winter Tour if they attend 2 of the 3 Development Camps

*(A Championship Camp is a camp held during the summer months preparing athletes for either the Pan-American Championship or the World Championship in their given age group)*

*(A Development Camp is a camp held between the months of November and March. These are training opportunities with the other National Team Members to develop technique, tactics, and general knowledge)*

*(The Age Group Year starts Immediately after the Women's Nationals in May and runs up until the following years event)*

## **U23 Level**

Age Group: Born between January 1, 1999- December 31, 2004

Weight Categories: 50kg / 53kg / 55kg / 57kg / 59kg / 62kg / 65kg / 68kg / 72kg / 76kg

### Training Opportunities:

- If you placed in the top 3 at the U23 age division at the Women's Nationals you will be invited into the USA Sr National Team Camps within the USA Women's Freestyle Program
- See Other **Training / Funding Options** Below
  - [Women's Wrestling University / College Programs](#)
  - Regional Training Centers - [RTC Programs](#)
  - Elite Club Teams:
    - [WCAP: US Army's World Class Athlete Program](#)
    - [Titan Mercury Wrestling Club - TMWC](#)
    - [Sunkist Wrestling Club](#)
    - [New York Athletic Club - NYAC](#)
  - [US Olympic Training Center Resident Program](#)

## U23 World Team

- [Team Selection Procedures](#)

## U23 National Team:

- The Top 3 Athletes at each weight category from the U23 Women's Nationals
- #1 Athletes will receive full funding for the U23 World Championships and an International Competition leading into the Worlds
- U23 National Team Athletes will be invited into select Senior National Team Camps during the year, funding for camps will vary

## **Senior Level**

Age Group: Born January 1, 2004 or before

Weight Categories: **50kg** / **53kg** / 55kg / **57kg** / 59kg / **62kg** / 65kg / **68kg** / 72kg / **76kg**

(*Olympic Weight Categories in **Bold** / World Weights not Bold*)

Training Opportunities:

- If you placed in the top 3 at the Senior age division at the USA World / Olympic Team Trials you will be invited into the USA Senior National Team Camps within the USA Women's Freestyle Program.
- See Other **Training / Funding Options** below
  - [Women's Wrestling University / College Programs](#)
  - Regional Training Centers - [RTC Programs](#)
  - Elite Club Teams:
    - [WCAP: US Army's World Class Athlete Program](#)
    - [Titan Mercury Wrestling Club - TMWC](#)
    - [Sunkist Wrestling Club](#)
    - [New York Athletic Club - NYAC](#)
  - [US Olympic Training Center Resident Program](#)

USA Olympic Team

- Team Selection Procedures - TBD one year out of 2024 Olympic Games

Senior World Team

- [Team Selection Procedures](#)

Senior World Cup Team

- What is the World Cup? The World Cup Competition includes the top 8 teams from the World Championship. The Teams are separated into 2 pools of 4, the winner of each pool will wrestle for the World Cup Team Championship. The competition is a dual meet format
- Team Selection: The USA Team will consist of the current year Senior World Team Members.

Senior Pan-American Championship Team

- [Team Selection Procedures](#)

Senior Pan-American Games Team:

- Team Selection Procedures: The #1 ranked athlete at the Olympic Weight Category the year before the Olympic Games. This event is always held the year before the Olympic Games. The weights must be qualified through the Senior Pan-Am Championships the 2 years preceding the Senior Pan-Am Games.

Senior National Team:

- The Top 3 Athletes at each weight category from the Olympic / World Team Trials each year.
- Each Senior National Team Member receives a monthly stipend from USAW / USOPC as a national team member.

## **Coaching**

- To Get involved as a volunteer - Please apply in the [Volunteer Coaches Pool](#)
- Athletes competing for Team USA at United World Wrestling Events are allotted 1 coaches credential for competition. All costs associated with personal coaches are at their expense. You must register through USA Wrestling Staff. You must have a UWW Coaching License to receive a credential.
- All Coaches must have a valid USA Wrestling Membership, Background Check and Safe Sport Training

## **USA Event Schedules**

[The Overall USA Wrestling Event Schedule](#)

The USA Women's Freestyle Wrestling Program Event Schedule for the remainder of 2022 and the anticipated [USA Womens Freestyle Event Schedule](#) for 2023