

# The Case for Wrestling in the State of Arkansas



Prepared by the National  
Wrestling Coaches  
Association (NWCA)

# Historical Background of Wrestling

- Intercollegiate wrestling has been in existence over 100 years.
- Wrestling was included in the ancient Olympic Games, and was one of the select sports included in the first modern Games in Athens, Greece in 1896.
- Wrestling is one of the top three medal winning sports in the last several Olympic games.
- There has been a women's World Championships in wrestling since 1987, and the US Women's National team is currently one of the top programs in the world capturing a silver and bronze medal at the 2004 Olympic Games.
- Wrestling is considered by many historians as the world's oldest sport

# Why Wrestling?

*"As a young man, I participated in wrestling, and later had the privilege of helping others experience the sport as both a teacher and a coach. Wrestling has played a vital role in developing our nation's young people. No sport demands more in courage, discipline, and perseverance."*

**Dennis Hastert,  
Speaker of the US  
House of Representatives**

# Why Wrestling Belongs in the State of Arkansas

- I. Indigenous To Your Geographic Area
- II. Wrestling provides opportunities for all sizes and promotes diversity
- III. Opportunity For Regionally Competitive Program
- IV. High School Participation Trends
- V. Academic Achievement of Scholastic/Collegiate Wrestlers
- VI. Modest Cost for Establishing a Program
- VII. Wrestling's Outstanding Americans

# Indigenous to the Geographic Area

- Scholastic wrestling ranks sixth of all boys sports in terms of participation at the high school level with over 256,509 nation wide.
- Scholastic Participation Rates in Surrounding States:
  - Oklahoma – 2450
  - Texas – 6576
  - Tennessee – 4005
  - Louisiana – 1224
  - Missouri – 6883
- Scholastic Wrestling Teams in Surrounding States:
  - Oklahoma – 125
  - Texas – 209
  - Tennessee – 141
  - Louisiana – 68
  - Missouri - 210

# Wrestling Attracts All Sizes and Diversity

- Wrestling has weight classes from 103lbs to 285lbs so all students of any size have an opportunity to compete
- Historically, wrestling is a “blue collar” sport that attracts student-athletes from diverse socio-economic backgrounds.
- Wrestling is one of the few sports that provides opportunities for the blind and physically handicapped
- On the 2004 US Men’s Olympic Freestyle Team six of the seven athletes were minorities

## Ability to Generate Revenue

- As reported by National Federation of State High School Associations, scholastic wrestling state championships are among the top five sports in terms of revenue production. This mirrors revenue production of the NCAA Championships.

# Modest Cost / Minimum Needs

- The cost of adding a wrestling program is among the lowest of all scholastic sports
  - Principal cost is coaching staff - head coach and one to two assistant coaches
  - Team size: Typically 25 to 30
- Modest Equipment Costs
  - Wrestling Mat (\$8500)
  - Uniforms and shoes (6000/team)
- Collegiate Wrestling has one of the lowest cost per student athlete of any NCAA male sport. (On average approximately \$1,000.00 spent per student athlete based on the NCAA Equity In Athletics Disclosure Act report).

# National Trends to Support Adding Wrestling

- The National High School participation rate for wrestling has shown an increase the last five years. (In 1999, scholastic wrestling had the fourth largest growth of all boys sports nationwide).
- Since 1994, the number of women participating in high school wrestling has grown from 804 to 4975.
- Since 1994, the number of high schools that sponsor wrestling has grown from 8559 to 9744.

Combined total of Male and Female wrestling programs is 10,825

- Since 1994, the number of high school participants in wrestling for boys and girls has grown from 222,429 to 256,509.

# High School Participation Rates

- Wrestling ranks 6<sup>th</sup> out of 33 sports in terms of individual participation (251,534 boys/4975 girls)
- Wrestling has more participants than cross country, tennis, swimming & diving, ice hockey, lacrosse, golf, gymnastics.

Source: National Federation of High School Associations report

# Strength of Wrestling on the College Level

## Wrestling Championships at the college level:

- Its the top five in terms of revenue at the NCAA Division I Championships.
- The NCAA D-I Championships are typically sold out. (97,000 tickets sold in 2006).
- 42 new intercollegiate wrestling programs have been added or reinstated in the past five years.

# Wrestling's Vital Signs

## New or Re-Instated Wrestling Programs Since 1999

### Division I (5)

Binghamton, Bucknell, Liberty, Utah Valley, Sacred Heart

### Division II (9)

Mercyhurst, Grand Canyon, Newberry, Limestone, New Mexico Highlands, CSU-Pueblo, St. Andrews Presbyterian, Belmont Abbey, Mesa State

### Division III (3)

Stevens Institute of Technology, Tri-State University, Olivet

### NAIA (18)

California Baptist, Menlo, McKendree, Grand View, Newman\*, Campbellsville, Hannibal-LaGrange, Great Falls, Hastings, York (Neb.), Notre Dame College, Bacone, Oklahoma City U., Seton Hill\*, Sioux Falls, King College, West Virginia Tech, Morningside

*\*- indicates current re-classification to NCAA Division II*

### JUCO (10)

Darton College, Rend Lake, Iowa Lakes, North Iowa Area CC, Wentworth Military, Southwestern Oregon, Spartanburg Methodist, Mercyhurst NorthEast, Pratt CC, West Hills (Calif.)

### WOMEN (7)

Pacific, Missouri Valley, Menlo, U. of the Cumberland, Missouri Baptist, Jamestown, Oklahoma City.

# Wrestlers Perform on and off the Mat

- The average G.P.A. of the nation's top elite high school wrestler competing in the High School National Championships is 3.0.
- Elite academic institutions are succeeding in Division I wrestling:
  - The Ivy league has three teams ranked in the top 25.
  - Stanford, Harvard and Lehigh each had a 2004 NCAA Champion
  - Elite wrestlers succeed in the classroom as nine of the 20 NCAA Division I finalists were recognized on the NWCA All Academic Team.

# How the NWCA Can Help !

# NWCA Quick Facts

- Headquarters office located in Manheim, PA
- Six full time staff advocating on behalf of wrestling every day
- NWCA and InterMatWrestle.com Memberships is over 8,000
- Official websites: [www.nwcaonline.com](http://www.nwcaonline.com) and [www.intermatwrestle.com](http://www.intermatwrestle.com)
- Association is comprised of thirty four Board of Directors (collegiate and scholastic coaches, businessmen, affiliated groups)

# Affiliated Groups on NWCA Board of Directors

- National Collegiate Athletic Association
- National Association of Intercollegiate Athletics
- National Junior College Athletic Association
- California Community Colleges
- National Federation of State High School Associations
- National Wrestling Officials Association
- USA Wrestling
- National Wrestling Hall of Fame

# Success of the NWCA

- 34 State Associations, National Preps and all collegiate governing bodies licensing the Optimal Performance Calculator Program (over 200,000 student-athletes).
- 4 State Associations licensing the student-athlete leadership course
- Played important roles in many of the 42 new or reinstated intercollegiate wrestling programs
- Mainstream companies and governmental agencies investing in the NWCA and wrestling
- Preliminarily approved for a \$250,000 state grant to demonstrate effectiveness of OPC in combating childhood obesity in Physical Education curriculums

# The NWCA Can Provide the Following:

- **Gold Standard Leadership Training for Coaches and Athletes**
- **Coaches Survival Guide to Maximize Coaching Administrative Efficiencies**
- **Grass Roots Support for wrestling in Arkansas**
- **Assistance in Securing Program Start Up Funds and Equipment**
- **Promote Arkansas Wrestling Nationally**

## Educational programs that strengthen the proficiencies of coaches and more closely align wrestling with educational values

- **Leadership Training for Coaches and Athletes**— online leadership training course from Missouri State University delivered for 1 college graduate credit
- **Coaches Survival Guide** – 600 page administrative manual for scholastic and collegiate coaches
- **Technique Video Library**
- **Novations Online Courses** - Eight online courses (4 hours each) designed to enhance a coach's "small business CEO" skills (public speaking, negotiations, communications, conflict resolution, etc.)
- **Self Assessment tool for scholastic and collegiate coaches**
- **Online Principles of Coaching** - Program for entry level youth club, junior high and high school coaches – anticipated delivery November 2006



# Opportunity to Sell Wrestling as an Educational Program as opposed to an Extra Curricular Activity:

- Pinning Childhood Obesity – enhancement of Optimal Performance Calculator to integrate into physical education/wellness curriculums  
  
Modifying the Optimal Performance Calculator to accommodate the unique needs of the “all sports” community
- Mainstream Strategic Partners – USDA, United States Marine Corps, The Hershey Company, Befour and BodPod
- State Departments of Education: Collaboration to deliver the NWCA Leadership Training Program for Athletes

# NWCA Speaking Points

- Leader since 1928 in developing educational programs that strengthen proficiencies of coaches, enhance the competitive experience and life skills of wrestlers, and align wrestling with educational values.
- Leader in promoting fitness/nutrition in "physical education" communities, general student population, and "all sport" markets at scholastic and collegiate levels.
- Serve as official voice for folk-style wrestling in high school and college.
- Leader in saving threatened wrestling programs and establishing new ones.
- Provider of nationally recognized events for high school and college wrestlers.
- Leader in enhancing the positive reputation of wrestling and its values in the mainstream population.

# Your Wrestling Support Staff

## ***THE NATIONAL WRESTLING COACHES ASSOCIATION***

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