Neah-Kah-Nie Middle School · School Board Presentation

Girls Wrestling

Launching our first girls-only team

Coach Ashley Atwood



A first for Neah-Kah-Nie Middle School



Our first girls-only wrestling team.

Neah-Kah-Nie Middle School · Girls Wrestling

11 girls are going out for the team



Eleven students stepped up to try a new sport in our program's very first season.

Girls' wrestling participation has tripled in the last 6 years nationwide.

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Benefits of a girls-only team







A comfortable place to learn

Girls can try a new sport, ask questions and make mistakes alongside teammates who are in the same boat.

Teammates and belonging

A team of girls builds friendships across grades and gives every wrestler someone to lean on.

Confidence and leadership

Girls fill every role on the team, from first-time wrestlers to team leaders.

Benefits of girls-only meets



Fair matchups

Girls wrestle girls, matched by weight and experience, so every match is a real contest.

Confidence for families

Parents and athletes can feel good about a well-matched, supportive setting at every meet.

A real chance to shine

Girls-only events let our wrestlers compete, win and be recognized for their own results.

Neah-Kah-Nie Middle School · Girls Wrestling · Season schedule: [number of meets / first meet date]



2 months of wrestling, November to December

A short winter season in a girls-only league. Practices are after school, matches are usually on weeknights, and no experience is required.

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How this supports district goals

Student engagement

Gives girls a new reason to connect with school and feel they belong.

Health and wellbeing

Builds fitness, resilience and healthy habits within a positive team culture.

Equity and access

Opens the door to wrestling for girls who might not have joined a co-ed team.

Community partnerships

Brings families and neighbors together to cheer on our students.

From middle school to high school



Start as a Raider.

Grow into a Pirate.

A pathway from our middle school team to wrestling at Neah-Kah-Nie High School.

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What the girls are looking forward to…

Learning new skills
Mastering the moves of a brand-new sport.

Making friends
Growing close with their teammates.

Their first meet
Competing against other girls' teams.

Getting stronger
Building strength and confidence.

Representing the Raiders
Wearing the school colors with pride.

"[Add a quote from one of our wrestlers]"
[Name, grade]

Thank you for supporting our girls.



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