



October 24, 2016

Wrestling Coaches, Athletic Directors, Parents,

Girls Wrestling is one of the fastest growing sports. In Maryland, we have experienced significant growth in just the last two years. The [Maryland State Wrestling Association \(MSWA\)](#) Women's National Team has now finished a second season of bringing a girls team to Cadet and Junior Freestyle Nationals. Freestyle Nationals is an amazing venue and opportunity that provides an avenue for female athletes towards a future in collegiate wrestling.

What I noticed about all the girls who participated is that they also wrestled for their high school teams, and all of them wrestled in all-girls freestyle duals outside of their boys Folkstyle team matches.

I am writing to invite you to support your current and potential female wrestlers. Some easy ways to support your girls are to encourage them to participate in the Maryland Women's National Team, to wrestle at various all-girls events, and to recruit girls to wrestle on your team.

I want you to be aware of current opportunities in your state for your girls. Please share this information with parents, potential and current wrestlers.

- 1st ever Maryland Girls National Duals Team: a select number of girls at each age/weight division make the team and compete at national and international duals with opportunity for earning All-American Status
- Maryland Girls National Team: a select number of girls compete at Freestyle Nationals with opportunity for earning All-American Status
- Maryland Girls Folkstyle (Feb. 5), Freestyle and Greco State Championships with opportunity for State Champions and Triple Crown winners.
- All-girls freestyle wrestling practices (weekly), and girls freestyle clinic (Nov 12)

Please contact me or direct others my way to learn more about these opportunities for female athletes: 202-302-2724 or e-mail judojani@yahoo.com. I appreciate you time and support,

Sincerely,

A handwritten signature in blue ink, appearing to read "Jani Palmer", with a stylized flourish at the end.

Jani Palmer
Maryland State Women's Wrestling Director