

Lady Vikes Wrestling FAQ

Dear Parent,

If you are reading this, it is because your daughter has expressed an interest in our girls wrestling program!

Last season, we had 11 brand new girls on our team and had a very successful first year. ***Many of their parents had initial questions. I promise you are not the only one who has some questions about how it all works so please read this page and give me a call before denying them an opportunity :)***

Parent Testimonials from last year:

"Wrestling has given our daughter a boost in her self confidence, an independent drive to achieve her goals mentally and physically, and it has pushed her to have self discipline. It also has gave her the opportunity to make friends from all over the nation that she will have for a lifetime." - Lori Potter

"When our girls told us they wanted to wrestle I was so skeptical. They have made me fall in love with the sport. And watching them work so hard and shine the way they do is unexplainable....I've been a sports mom for about 14 years. They've played softball, basketball, volleyball, soccer, dance and cheer....But wrestlers are a different breed....Watching my daughters set goals and reach them makes me want to be a better woman." - Anonymous Parent

"Wrestling has greatly improved Emery's self confidence. She has learned better ways to take care of her body and gotten her more active. We love how involved she is and how much she enjoys it. "
- Marissa Graham

"My daughter grew as an athlete and a young woman through her first ever wrestling season. I watched her handle adversity and victory with grace through determination and passion for a new found love of the sport. It was a proud moment watching her no matter the outcome of the matches." - Wyatt Federau

Please do not hesitate to reach out with any questions or concerns. I would love to introduce myself and our sport to you over the phone.

Lane Allen
Head Coach
734-660-7657

Lady Vikes Wrestling FAQ

- **"Why should my daughter want to join wrestling?"**
 - Because wrestling is fun! Almost all kids love wrestling around with their siblings or cousins. We just teach the real thing and are able to teach life lessons along the way.
 - Our girls also tend to build confidence through the following:
 - Changes toward positive body image
 - Working through challenges
 - Creating new friendships
 - Hard work
 - Michigan winters can make many of us homebodies but the season gives our team a ton of experiences together. We will have team meals, play games in practice, travel to overnight tournaments, and more!
- **"Does she have to wrestle or practice with boys?"**
 - No! In fact, we do not want them competing against boys. There are girls only events in every corner of the state every weekend.
 - We actually have separate practices from the boys.
- **"Is girls wrestling a new thing?"**
 - Not at all. Girls have been wrestling at the world championships since 1984.
 - Schools we compete against like Hastings, Middleville, Holt, and Dewitt all have girl's programs with 10-20 girls per team.
- **"Will my daughter have to lose weight?"**
 - No! While there are weight classes, we want the girls wrestling where they weigh naturally. Cutting weight is discouraged on our team.
 - Positive weight loss has been a side effect of being more active. We have had multiple girls lose anywhere from 5-30 pounds and they would tell you they are healthier, more confident, and a better athlete today because of the shape that wrestling helped them get in.
- **"Who are the coaches?"**
 - Lane Allen - Head Coach
 - Active Substitute Teacher
 - 2x All State Wrestler
 - 2018 Lakewood Athlete of the Year

Lady Vikes Wrestling FAQ

- Allison Slater - Assistant Coach
 - Lakewood's first CAAC League Champion
 - Active Service Member in the Air National Guard
 - Aspiring college wrestler
- Casey Shettler - Assistant Coach
 - Alumni of the wrestling program
 - 2x nominee for regional assistant of the year
- **"What do the girls wear?"**
 - For practice, we recommend sweatpants with a T-shirt.
 - For competition, our team uniform is a singlet. While there are other uniform options available, for competitive purposes the singlet is what our team is planning on wearing.
- **"Why is Lane passionate about building a girls program at Lakewood?"**
 - 'I believe with all of my being that this is the greatest sport on the planet. There is nothing else that can prepare young people for life quite like wrestling does. The sport made me the person I am today and I'd like to make sure girls have the same opportunities that I was afforded. I really believe that we are doing something special in the State of Michigan with girls wrestling and our girls at Lakewood will be a part of it.'
- **"Can my daughter play another sport and wrestle?"**
 - In most cases, for sure! We will work with schedules as we are building the program. If it ends up being too much conflict, we would have a conversation about it.
- **"When does the season start?"**
 - Our first intro sessions are on 10/28 and practice starts on 11/17.
 - If they are still participating in a fall sport, have them finish the season strong and be all in! Don't come to any of our stuff until you are 100% finished with your season.
- **"How does the team communicate?"**
 - The Band App. Scan this QR Code or use the link!
 - tinyurl.com/ladyvikeswrestle
 - 95% of the season's calendar is uploaded here

