Historical Match Up: LPS hosts five citywide girls’ wrestling competition

Girls’ wrestling has grown over the years. According to the National Federation of State High School Associations, 18.9% of high school wrestling athletes are female. The National Girls and Women in Sport Foundation estimates that the number of girls participating in school sports has increased by 30% since 1978.

“I 100% wish girls wrestling was an option when I was a teen,” said Campbell Colborn, a senior at Southeast High School. “It’s a sport near and dear to my heart and I hope I’m able to share my love of the sport with them,” Colborn said.

“It’s really cool and important,” Frahm said.

The “latest addition to the Wooden Cup” is a sport that is growing at Lincoln Public Schools. Girls wrestling was added to the LPS winter athletics lineup during the 2022-2023 school year. All seven LPS high schools and Lincoln Pius X added the sport to its winter athletic offerings.

“Wrestling was added to the school district’s offerings in order to create inclusive and collaborative environments of engagement and learning,” said Kyle Righter, LPS athletic director. “Student participation in school sports is critical to their overall success and development.”

Student-athletes made history competing in the first-ever tournament. LPS added the sport to its winter sports offering in the fall and saw an influx of new athletes.

“The girls were really excited, really happy to have the opportunity,” said Frahm.

“Wrestling has really brought in students that you don’t see in other sports,” said Colborn.

LPS wrestling coach Morgan Sindel said 68 girls registered for the sport.

“It’s a sport that we’re really proud of and that we’re excited to see grow,” Sindel said.

A federal mandate called Title IX requires schools to create inclusive environments for students and athletes of both genders. LPS has made compliance with Title IX a top priority.

“Title IX is a federal mandate which requires school districts to create inclusive and collaborative environments of engagement and learning,” said Righter. “Student participation in school sports is critical to their overall success and development.”

The advancement of girls’ athletics is a priority at LPS. According to the U.S. Department of Education, 30% of school districts report that they did not offer girls’ and women’s sports at their school in 2015-16. LPS administers an equal number of sports for boys and girls.

“Girls’ athletics at LPS is at a critical stage of development. The school district is growing and thriving, serving over 42,000 students in more than 60 schools,” Righter said.

Mileena Notaro, a senior at Lincoln East who wrestles for Lincoln Pius X, said the opportunity to compete in this new sport is a game-changer.

“Girls aren’t being ignored anymore. It’s been really cool and important,” said Notaro.

Colborn said the girls are looking forward to the competition.

“I can’t wait for the tournament,” said Colborn.

Colborn said the tournament created an opportunity for athletes to compete against each other.

“I can’t wait to see who comes out on top,” said Colborn.

For girls and athletes, wrestling is a sport that demands hard work, determination, and focus.

“Wrestling is a sport that is really cool and important,” said Frahm.

Colborn said the girls look forward to the opportunity to compete.

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The girls are expected to continue to grow and thrive, as they develop a love for the sport.