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Holmen Women's Wrestling Newsletter

September 2023



We've had a lot of recent program firsts!

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- We hosted a [girls-only wrestling camp](#), headlined by World Team Member Macey Kilty!
- During the spring, we hosted our own freestyle practices, the Coulee Club, for any wrestler in our area.
- Multiple wrestlers competed in freestyle tournaments. Prior to this year, we've only ever had one wrestler compete in freestyle.
- Some of our wrestlers trained all summer using our open mat times.
- We gave our website a major revamp to include a [women's wrestling tab](#). It has our coaches' info, FAQ, photos, results, and stats.
- We compiled all the [women's stats](#) (since 2018) to have career and single-season leaders and fast falls. You can also find any award winners and stats for any alumni since 2018.
- We have a [digital record board](#) playing in our wrestling room that looks fantastic!
- Coach Kelsie and Coach Carl were on the [Wisconsin Wrestler Podcast](#) to chat about our team.
- Thanks to the Holmen Viking Wrestling Club for putting on a fun [cookout](#) for the entire Holmen Wrestling program - all ages, girls and boys.
- We now have our own Women's Wrestling [TikTok](#) and [Instagram](#).
- Starting next season, our middle school will have a dedicated girl's coach: Holmen Graduate and two-time state place winner Evelyn Vetsch.

Also, good luck to our assistant coach Jaida Harshman, who is fighting at [3 River Showdown XXI](#) this Saturday in Onalaska!

We hope that everyone had a good holiday weekend and the start of school is going well!

Coach Carl DeLuca

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