

ALL STATE GIRLS WRESTLING SELECTION PLAN

Nomination Due Date: March 4, 2024

A selection committee will be formed to represent the East and the West. The committee will consist of two coaches from the East and two from the West. A chairman will assist and be a tiebreaker, if necessary.

The Oklahoma Girls Wrestling Coaches Association will select the selection committee. Each coach selected for the committee must be a member of the Oklahoma Coaches Association, then approved by the Oklahoma Coaches Association Board of Directors.

The nomination deadline is March 4, 2024. The form must be an official Oklahoma Coaches Association nomination form completed and **signed** by the respective head wrestling coach. The head coach must be a member of the OCA to nominate an athlete for All State. Incomplete or unofficial nominations will be voided.

NOMINATION GUIDELINES

1. The head coach must be a member of the OCA. Only the head coach can nominate an athlete for All State.
2. A coach may nominate only their senior wrestlers.
3. A coach may nominate their wrestler for only two weights and the wrestler may not be nominated at a weight lower than the lowest weight she wrestled that year. If she is nominated at a weight lower than she wrestled at state, a copy of tournament bracket or dual at the lower weight **must** be included with nomination.
4. The nomination must include a comprehensive record, resume' and picture of the wrestler.

The respective selection committee will select thirteen (13) wrestlers, one for each weight class (105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190 and 235) based on (1) state tournament finish; (2) season record; (3) competition; and (4) career record. Each all state squad will consist of no more than two wrestlers from one school. The selection committee must rank in order of preference the wrestlers in each weight on the honorable mention list. Players shall be listed in order of preference by secret ballot.

WEIGH IN PROCEDURES: When wrestlers report for weigh-in, all wrestlers must be within twelve (12) pounds of weight or be sent home.

2024 GIRLS WRESTLING SELECTION COMMITTEE

West: Justin DeAngelis – Norman North
Charles Jones – Edmond North

East: Paul Mayfield – Bixby
Bryan Wilson – Perry

Chairman: Fay Barnett - Cashion

Nomination Deadline: March 4, 2024

All nominations must be in the OCA office by the deadline. You may mail, fax, or email a copy to the OCA office. Email nominations in .PDF format and the photo in .JPEG format. Selection committee members are not exempt from the due date. Late nominations brought in the office on the day of the selection will be subject to a fine. Do not fax the picture.

Please return the nomination form to:
Oklahoma Coaches Association
8080 Crystal Park Dr.
Oklahoma City, OK 73139

FAX: (405) 635-9325
EMAIL: lea.mouss@oklahomacoaches.org