



NWCA COMMUNITY

Now open to all NWCA members!

**Reminder that all OPC subscribers are NWCA members*

[Go to NWCA Community](#)

The new place to check in, connect, and collaborate with coaches nationwide as we grow the sport together.

The screenshot shows the NWCA Community Dashboard. At the top, there is a navigation bar with links for Community, Groups, Directory, Events, Posts, and Sponsors, along with notification, search, and create icons. The main header area is dark blue with the text 'Community Dashboard' and a 'NWCA Convention' badge. Below the header, there is a text input field for posting a discussion. The main content area is divided into two columns. The left column, titled 'Posts', shows two recent posts: 'Welcome to the NWCA Community' and 'MOVING ON AFTER ADVERSITY'. The right column, titled 'INFO CENTER', features a 'Update your info' button and a list of 'IMPORTANT LINKS' including Resources, NWCA Blog, Video Library, Member Benefits, Athlete Leadership Course, Career Center, Collegiate Where to Wrestle Map, High School State Profile Map, Mental Health Course, and NWCA Store. At the bottom right, there is a 'Check out our Podcast' link.

Profile Info

Happening now!

INFO CENTER

Users can personalize their accounts by clicking on “Update your info.”



Update your info



IMPORTANT LINKS

- [RESOURCES](#)
- [NWCA BLOG](#)
- [VIDEO LIBRARY](#)
- [MEMBER BENEFITS](#)
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- [CAREER CENTER](#)
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Community Groups Directory Events Posts Sponsors

← Back to My Profile

Account Settings

Edit Profile

Password

Groups I Belong To

Manage Email Digests

General info

Email * Hide

technology@nwca.cc

First name *

NWCA

Last name *

Communications

School * Hide

Username

NWCACommunications

Your url will be <http://community.nwcaonline.com/user/Username>

Cloak mode

Off

Timezone


Select Time Zone

Title Hide

e.g. CEO at Acme Corp.

Short Bio

Profile Picture



Upload

SOME FIELDS CANNOT BE UPDATED HERE:

* To edit restricted fields in your profile, please click here to make changes: [NWCA Member Profile](#)

Please note that edits will not display on this page until you have logged out and logged back into this site. If you have any questions please contact us here:

Mail: technology@nwca.cc
Telephone: 717-653-8009

Resources

Members can access many valuable and free resources such as promotional posters.



Happening now!

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Check out our Podcast


The screenshot shows the NWCA website interface. At the top, there is a navigation bar with links for Community, Groups, Directory, Events, Posts, and Sponsors. Below this is a dark blue header for the 'General' group, featuring the NWCA logo and the word 'GENERAL'. A row of action buttons includes Unfeature, Favorite, Edit, Delete, Create Event, and Leave Group. Below the header is a sub-navigation bar with options like Dashboard, Discussions, Articles, Videos, Documents, Collections, and Create+. The main content area displays a grid of resource cards, each with the NWCA logo and a title. The 'Middle/High School Resources' card is highlighted with a red box and a red arrow pointing to it from below. Other cards include Research, Youth Resources, Sport Psychology, and Physical Therapy. Each card shows the number of items and views, and a 'Check it out!' button.



NWCA
MIDDLE & HIGH SCHOOL

- ☆ Feature In Portal
- ☆ Feature In Group
- Edit Collection
- 🗑️ Delete
- 📄 Copy
- ☆ Follow
- Manage Co-Authors
- User Reports
- Notify Users

Creator



7085/edit* in a new tab NWCA Communications

Middle/High School Resources

Created by NWCA Communications in General as public

- Easy Ways to Encourage Wrestlers to Coach & Officiate**
Posted by NWCA Communications in General
- Why Football Players Should Wrestle_11x17** ←
Posted by NWCA Communications in General
- The Wrestlers Diet**
Posted by NWCA Communications in General
- Heads Up Concussion Action Plan**
Posted by NWCA Communications in General
- A Parents Guide to Concussion in Sports**
Posted by NWCA Communications in General
- 1.5% rule science**
Posted by NWCA Communications in General
- Becoming a team captain**
Posted by NWCA Communications in General
- Tips for Sharing Your Coaching Philosophy**
Posted by NWCA Communications in General



NWCA Communications

8 months ago

Posted as public in General Group

Click to Download

Share to   

Published 📄 Edit 🗑️

Comment Mode

- 👤 Allow New Comments
- 👁️ Read-only Comments
- 🔒 Hide Comments

- ☆ Feature In Group
- ☆ Feature In Portal
- 📄 Copy
- Manage Co-Authors
- 🔔 Notify Users
- 👤 Follow
- 📅 Schedule Meeting
- 👤 Register as Expert

Why Football Players Should Wrestle_11x17

👍 0



RODDY WHITE IS A GREAT PRO FOOTBALL PLAYER

"WRESTLING IS A GREAT SPORT FOR DISCIPLINE AND IT BREEDS TOUGHNESS. IT HELPED ME TREMENDOUSLY."
-RODDY WHITE

BLOG

Read new posts and review years worth of our blog archives. Including articles from experts in their industry such as Sport Psychology.



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Check out our Podcast

The screenshot shows the NWCA Blog website interface. At the top, there is a navigation bar with links for Community, Groups, Directory, Events, Posts, and Sponsors. Below this is a dark blue header for the 'NWCA Blog' group, featuring the group logo and several action buttons: Feature, Favorite, Edit, Delete, Create Event, and Leave Group. A secondary navigation bar includes Dashboard, Discussions, Articles (highlighted), Videos, Documents, Collections, and Create+. The main content area displays a list of articles. The first article, 'MOVING ON AFTER ADVERSITY' by Michelle Joshua Ph.D., is highlighted with a red border. The second article, 'INJURY PREVENTION' by JAG PT, is visible below it. Both articles include a date, author name, and a brief description with a 'More' link.





NWCA Communications

Jul 15, 2025 - 3:58 PM GMT+0000

Posted as public in NWCA Blog

Share to Facebook Twitter LinkedIn Email

Published Edit

Comment Mode

- Allow New Comments
- Read-only Comments
- Hide Comments

- Feature in Group
- Feature in Portal
- Copy
- Manage Co-Authors
- Notify Users
- Print View
- Unfollow
- Report as Inappropriate
- Show Change Log
- Schedule Meeting

MOVING ON AFTER ADVERSITY

By Michelle Joshua Ph.D.

Sports Medicine



JULY 15, 2025 - Imagine that you have just come off a season when you scored more points than anyone in history, you were the first pick in the draft, and you began your rookie year setting records in the first month. Confidence is high and you are living your dreams, only to find out that the Olympic team for your sport did not select you to their roster.

This was the recent reality for basketball star, [Caitlin Clark](#). The media and fans were in an uproar and had plenty of fodder for discussion. All were eager to see how Caitlin would respond. And true to her high-level athlete status, her comments matched the level of professionalism fans have to come to expect and respect her for.

"I think it just gives me something to work for.... Hopefully one day I can be



Video Library

☰ Happening now!

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Update your info



Find past Convention presentations and technique videos in the new Video Library. This includes professional content from experts like JAG Physical Therapy. ➔

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Search Videos

Enter Text: Filter by Category: Filter by Year: Go to: Of 64

Search Videos



The Mat Stats Show | Episode #40 (Wrestling Right Here in Cedar Falls)

2025

Watch Video



JAG PT - Skin Checks Presentation

In this video, JAG PT highlights the importance of regular skin checks, especially for athletes who are frequently exposed to conditions that can lead to skin infections or irritations.

2024

Watch Video



JAG PT - Neck & Shoulder Strengthening Presentation

In this video, JAGPT demonstrates effective neck and shoulder strengthening exercises designed to improve stability, flexibility, and resilience. Learn how to safely target key muscles using a variety of techniques, including the innovative NeckLevel device.

2024

Watch Video





Dan Kane, PT, DPT
Senior Regional Clinical Director



Benefits / Discounts

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View all the discounts available to members made possible by our generous our partners.



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[NWCA HOME](#)

MEMBER BENEFITS

Member Benefits

Sorry, but you do not have permission to view this content.



ADIDAS WRESTLING
20% Discount

Use code "NWCA20" at checkout.

[Click Here!](#)



CLIFF KEEN WRESTLING
15% Discount

Use code "NWCA15DEAL" at checkout.

[Click Here!](#)

Leadership Course

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Coaches may register their athletes for our free Leadership Course.

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[NWCA HOME](#)

LEADERSHIP ACADEMY - COACH LOGIN

Leadership Academy – Coach Login

Leadership Experience & Development

[Log Out](#) | [Edit Info](#) | [Instructions](#)

In order to use the Leadership system you must have a valid Leadership account. In order to obtain an account please obtain password information from your coach. If you have lost your password you may ask your coach to recover your lost password.

To log in, enter your user ID and password, then click the Log in button:

User ID: Example: user@domain.com
Password: Example: *****

Career Center

Coaches can purchase discounted job postings for their opening positions or find positions that interest them.



... Happening now!

INFO CENTER

Update your info



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The screenshot shows the NWCA Career Center website interface. At the top, there is a navigation bar with 'Guest Job Seeker Sign In', 'Job Seekers', and 'Employers'. Below this is a main navigation menu with 'HOME', 'JOBS', 'YOUR PROFILE', and 'RESOURCES'. A search bar is prominently displayed with options for 'Search', 'Browse', 'Explore Map', 'Your Job Matches', and 'Your Saved Jobs'. The search results section shows 14 jobs, with the top result being 'Assistant Wrestling Coach' at Springfield College. The job details include a description, location (Springfield, Massachusetts), type (Full-time), and salary (\$35,000). There are also social media icons and an 'APPLY NOW' button.

Guest Job Seeker Sign In Job Seekers Employers

HOME JOBS YOUR PROFILE RESOURCES

Search Browse Explore Map Your Job Matches Your Saved Jobs

Keywords Location All locations SEARCH Q FILTER

Only show Hybrid/Remote jobs.

Search Results: 14 Jobs Sort By Create Notification

Assistant Wrestling Coach
Springfield College
Springfield, Massachusetts

Director, Wrestling
IMG Academy
Bradenton, Florida

Head Men's Wrestling Coach- Grand Valley State University
Grand Valley State University
Allendale, Michigan

Assistant Wrestling Coach
Springfield College

Save Job Expand

APPLY NOW

Springfield College seeks applicants for an Assistant Wrestling Coach. The qualified applicant will report to the Head Wrestling Coach. This position is a full-time, ten-month position beginning August 2025. Preference will be given to applicants who can bring diverse perspectives to this growing department and who are motivated to help students succeed.

The individual will assist in all phases of the Wrestling program including competition and practice planning (traditional and non-traditional season),

Details
Posted: 11-Jul-25
Location: Springfield, Massachusetts
Type: Full-time
Salary: 35,000
Categories:
Coaching
Coaching - Wrestling

Program Map

Coaches can find every collegiate wrestling program across the country and connect their athletes with coaches who have unfilled scholarships.



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NWCA HOME

[Click here to view the High School Girls Sanctioning Map](#)

Where to Wrestle

View high school participation data [here](#).

Fort Hays State - Womens
Address: 600 Park Street Athletic Dept. Hays, KS 67601
Coach Name: Aljah Jeffery
Coach Email: a.jeffery@fhsu.edu
Division: Division II Women
Conference:
Qualifying Tournament: Region 8

Filters

- CCCAA Men (22)
- CCCAA Women (9)
- Division I Men (80)
- Division I Women (6)
- Division II Men (73)
- Division II Women (37)
- Division III Men (135)
- Division III Women (70)
- NAIA Men (74)
- NAIA Women (51)
- NCWA Men (50)
- NCWA Women (78)
- NJCAA Men (65)
- NJCAA Women (28)

State Profile Map

🗨️ Happening now!

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Find important contact info and participation numbers for each state.

Update your info



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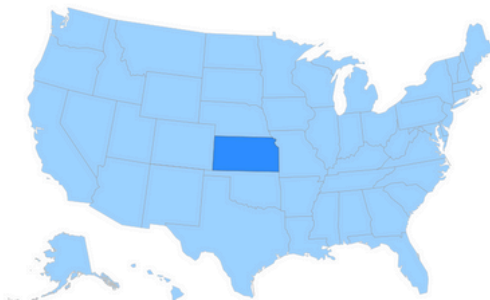


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Scholastic State Profile Map

State Profile Map

Please click on your preferred state to access key wrestling contacts and data.



State of Kansas

10 Year Boys Participation Trend: <https://nces1.sharepoint.com/:s/nwca-09w-https://nces1.sharepoint.com/:s/nwca-071-ff>
10 Year Girls Participation Trend: <https://nces1.sharepoint.com/:s/nwca-071-ff>
State Boys Individual Tournament Link: <https://www.kshaa.org/Public/Wrestling/State>
State Girls Individual Tournament Link: <https://www.kshaa.org/Public/Wrestling/State>

Key Contacts

| | | | |
|---|----------------|-----------------------|---|
| NWHS Wrestling Liaison | Elliot Hopkins | ehopkins@rhu.org | 📧 |
| NWCA Boys State Representative | Ricky Creek | creek@ud113.org | 📧 |
| NWCA Girls State Representative | Jay Johnston | johnton@ud4458.org | 📧 |
| State HS Association Executive Director | Bill Fallick | bfallick@kshaa.org | 📧 |
| State Wrestling Liaison | Mark Lentz | mlentz@kshaa.org | 📧 |
| USAW State Chair | Will Cokeley | willcokeley@gmail.com | 📧 |

State Associations

| | | |
|---|----------------|---|
| AAU District Director - Kansas | | https://aawrestling.net/page.php?page_id=101014 |
| Kansas State High School Activities Association | (785) 273-5329 | www.kshaa.org |
| Kansas Wrestling Coaches Association | | www.kansaswrestling.org |
| National Wrestling Hall of Fame - Kansas | | https://nwhof.org/State-chapters |
| USAW - Kansas | | http://www.usawks.org |

Mental Health Course

Coaches may register and complete a free mental health awareness course to better spot the warning signs on their roster.



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ERIC • MONDAY
FOUNDATION

COURSE SIGN IN

A Coach's Guide to Mental Health Awareness

Young athletes experience unique stressors and are least likely to ask for help. This training will provide awareness to mental health issues that are often not obvious, offer strategies in your role as coach and identify areas of outreach for help.

[Enroll for free](#)

WIBN Career Center



WRESTLERS IN BUSINESS NETWORK

Visit the Wrestlers in Business Network Career Center

[CLICK HERE](#)

The screenshot displays the WIBN Career Center interface. At the top left is the logo and a search bar with the placeholder text "Type a keyword to filter the map". A "List View" button is located in the top right corner. The main area is a map of the United States with numerous green location pins, each containing a number representing the count of job openings in that area. To the right of the map is a list of job openings, each with a WIBN logo, a job title, location, and a brief description.

| Job Title | Location | Description |
|---|-------------------------|--|
| Line Haul Supervisor | Saint Charles, Missouri | Are you someone who never rests on their laurels, always str... |
| Dock Worker/Forklift Operator - Nights/Weekends Required | Indianapolis, Indiana | Are you someone who never rests on their laurels, always str... |
| Janitor / Material Handler | Dallas, Texas | Are you someone who never rests on their laurels, always str... |
| Sales Engineer | Pewaukee, Wisconsin | Dixon Sanitary is seeking a driven and technically skilled Sale... |
| Screw Machine Operator - 2nd Shift with 20% Shift Premium | North Carolina | Screw Machine Operator 2nd Shift & Dixon Quick Cou... |
| Screw Machine Operator - 2nd Shift with 20% Shift Premium | North Carolina | Screw Machine Operator 2nd Shift & Dixon Quick Cou... |
| Screw Machine Operator - 2nd Shift with 20% Shift Premium | North Carolina | Screw Machine Operator 2nd Shift & Dixon Quick Cou... |
| CNC Lathe Machinist-2nd Shift | Houston, Texas | Dixon is seeking a skilled CNC Lathe Machinist to join our 2n... |
| Customer Service Representative | Pewaukee, Wisconsin | Join Our Team as a Customer Service Representative in Pew... |