

2026 State Duals Tournament



LADY GIANTS WRESTLING



REGIONALS

REGIONAL STATE DUALS



10:00 AM

SATURDAY FEB. 7, 2026

FREMONT ROSS HS



Lady Giants Wrestling

February 7 at 12:07 PM · 🌐

🎉 STATE Dual Championship bound! Lady Giants defeated Vermillion 54-28 at the Regional State duals, advancing them to Marysville next Saturday for the State Dual Championship! This puts Fremont as the top 8 in the State! Great job ladies! 💪💜💗🎉

Lady Giants Dominate at Home, Advance to OHSWCA State Dual Championships

The Fremont Ross girls wrestling program delivered a statement performance Saturday, hosting and competing in the OHSWCA State Duals Regionals inside the Purple Pit. Joined by Vermilion and Celina High Schools, the Lady Giants rose to the occasion and captured the Regional title with a decisive 54–28 victory.

Ross controlled the dual from start to finish, showcasing both physicality and depth across the lineup. Wins by fall came from Kailani Long, Tamia Bounds, Brooklyn Koebel, Kylee Johnson, and Lilyana Reyes-Rodriguez, while Malaya Hughes, Ariana Hinojosa-Williams, Adellin Corbin, and Keyonna Vann added crucial points with wins by forfeit.

It was an absolutely dominant showing by the Lady Giants, who imposed their will throughout the dual and never let momentum slip. Head coach Jen Long expressed her excitement following the win, noting the significance of hosting such a high-level event.

"It was a new and exciting experience to host the Regional State Duals," Long said. "The ladies appreciated being on their home mats one last time this season. I'm so proud of these girls and their willingness to adjust the lineup to secure the win. Our depth allowed us to shuffle things around, and with injuries and sickness this week, that depth was crucial."

The program continues to build on last season's success, when Ross finished 6th among the top eight teams at the State Dual Championships. With increased depth and valuable experience this year, expectations are high.

With the Regional title secured, the Lady Giants now advance to the OHSWCA State Dual Championships in Marysville this coming Saturday, where the top eight teams in the state will compete for a state crown. The sky is truly the limit for this group, and they are proving why they are among Ohio's elite.





Fremont Ross Athletics

February 17 at 2:00 PM · 🌐

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Fourth in the State: Lady Giants Wrestling Makes History at State Duals

The Fremont Ross Girls Wrestling program continues to rise — and this weekend, they proved they belong among Ohio's elite.

The Lady Giants placed 4th overall at the OHSWCA Duals State Championships, an elite-level competition featuring many of the top teams, individual state qualifiers, and state placers across Ohio. For a growing and excelling program, finishing fourth in the state is not only commendable — it is historic.

After a strong showing at the Marysville Duals in early January, expectations were elevated. The team entered the State Duals determined to improve upon last season's 6th-place finish — and they did exactly that.

The path was not without adversity. The Lady Giants competed without two wrestlers sidelined by season-ending injuries, along with a third athlete out due to illness. With those setbacks, the margin for error was slim, and every match mattered.

Time and again, these young women answered the call.

Throughout the day, the coaching staff shifted athletes within the lineup to maximize matchups and secure team points. The adjustments required toughness, flexibility, and a true team-first mentality — and the Lady Giants delivered.

One of the defining moments came in a dual against Lebanon High School Wrestling, which came down to the final match. Amber Medina-Casanova was bumped up to 190 pounds in a pivotal move. She rose to the challenge and secured the victory, sealing the dual for Fremont Ross in dramatic fashion. It was a moment that embodied the grit and unity of this team.

The Lady Giants finished the season with an outstanding 11–3 dual record, with their only losses coming against elite programs:

Olentangy Orange Wrestling (1st place at State Duals)

Marysville Wrestling (2nd place)

Harrison Wrestling (3rd place)

Competing shoulder-to-shoulder with the top three teams in the state is a testament to just how far this program has come.

The season is not finished yet. The Lady Giants now turn their focus to the NLL Championship on Saturday, February 21st at Napoleon. This will mark the first-ever league championship event for girls wrestling — another historic milestone for the sport.

Fourth in the State. Battling through injuries. Adjusting on the fly. Competing with heart.

This was a true team effort, and the Fremont Ross community has every reason to be proud of these young women and the standard they are building for the future.

