

# LADIES TAKE TO THE MATS

by Bill Bray | Dec 15, 2021 | Boys Wrestling, Girls Wrestling



Submitted Story

Girls' wrestling is one of the fastest-growing sports in the country. Fremont Ross is very excited to have girls wrestling this year! Girls' wrestling is semi-sanctioned in the State of Ohio; girls are considered OHSAA athletes and follow all the rules that the boys follow. This will be the 3rd year of a Girls State Wrestling

Tournament, and we have high hopes that Ohio will soon fully sanction the sport for ladies! As of now, 787 girls are registered on teams in Ohio. Starting girls' wrestling has been in the works for a few years and has received support from many, including AD Chad Berndt. The Long & Hetrick families are glad to be a part of Fremont & Ohio history!

For the Longs:

Chad had a great wrestling career at Clyde High School. Jen couldn't wrestle (because she was a girl), but enjoyed watching her brother wrestle in biddy all through high school. Jen married her younger brother's football & wrestling coach! Chad was the head Coach at both Tiffin Columbian and Fremont Ross, and they have been a part of the Wrestling family in both communities. When they had children, they started wrestling at an early age. Chad & Jen realized that girls wrestling was needed, their three oldest are girls, the older two wrestle on the Middle School team, and the younger two wrestle for Headstrong.

For the Hetrick's:

Chad began coaching with his cousin, Mike Mezinger, when their son was 3 years old. There was no local biddy wrestling team, so they started the Fremont

Wrestling Club. Later, Chad decided to branch off and began Headstrong Wrestling Club with his wife, Stephanie. Wrestling has always been a massive part of their lives. With traveling every weekend to tournaments with the same families from our teams, your wrestling family really becomes a huge part of your lives. After seeing the growing interest in girls' wrestling, Chad and Stephanie knew they had to be a part of this!

A lot of our girls who wrestle have Dads, brothers, and Uncles who wrestled, so they've grown up around wrestling and are excited for their chance on the mats!



2021-22 Girls HS Wrestling Team Back: Coach Chad Hetrick, Coach Stephanie Hetrick, Coach Brooke Scully, Xsaria Puente, Elizabeth Stratton, Coach Jen Long, Coach Chad Long Front: Ava Thomas, Samantha Alejo-Hernandez, Esmeralda Guitterez, & Emma Guitterez