

**OKLAHOMA COACHES ASSOCIATION
ALL STATE GIRLS WRESTLING
NOMINATION FORM**

OFFICE USE ONLY

Rec'd: _____

Other: _____

DUE: MARCH 5, 2025 (All late forms will be subject to a fine.)

Only Senior Wrestlers are eligible.

Please circle the appropriate information in the category below:

EAST / WEST

ATHLETE'S

NAME: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIPCODE: _____

PHONE: (_____) _____

EMAIL: _____ ***REQUIRED – Athlete must have their email address on file.**

HIGH SCHOOL: _____

ADULT SHIRT SIZE: _____ UNIFORM SIZE: _____

RING SIZE: _____ All State athletes are awarded an All State ring **only** if they participate in the All State Games.

WEIGHT: 105 110 115 120 125 130 135 140 145 155 170 190 235

(Circle two (2) weights only)

Please complete the athlete profile information as accurately as possible. The OCA must be able to reach the athlete at an address and phone number other than the school. This form must be completed for the athlete to be considered for All State honors.

Longevity in the program and character are much more important than athletic ability. Due to the selection process and guidelines, please note that the top athletes may not always be chosen.

In nominating this prospective All State athlete, I understand I assume the responsibilities as the coach in seeing that my nominee, if selected, will abide by the rules and regulations ascribed by the Oklahoma Coaches Association.

COACH'S NAME: _____

COACH'S SIGNATURE: _____

PHONE: (_____) _____ EMAIL: _____

Coach and athlete information MUST be filled out for the All State Nomination to be considered complete.

The head coach must be a member of the Oklahoma Coaches Association to nominate an athlete for All State.

The nomination form must be signed by the head coach. Assistant coaches cannot nominate for All State.

ALL STATE GIRLS WRESTLING ATHLETE PROFILE (PAGE 2)

(Please Print)

Nominee's Name: _____ School: _____

Varsity Team Record

Dual State, Regional, State Team Placing

Freshman Year: W _____ L _____ _____

Sophomore Year: W _____ L _____ _____

Junior Year: W _____ L _____ _____

Senior Year: W _____ L _____ _____

Individual Varsity Record

Tournament, Regional, State Individual Placing

Freshman Year: W _____ L _____ _____

Sophomore Year: W _____ L _____ _____

Junior Year: W _____ L _____ _____

Senior Year: W _____ L _____ _____

ADDITIONAL INFORMATION

G.P.A on a 4.0 Scale: _____

Other sports participated in and any honors or awards received: _____

List any academic or student awards/honors received, any class offices held and any other club or organization memberships: _____

Additional Comments: _____

MAIL FORM TO: Oklahoma Coaches Association, 8080 Crystal Park Ave., Oklahoma City, OK 73139.

EMAIL: You can email forms to lea.mouss@oklahomacoaches.org. Please SCAN your form as a .PDF. Scanned nominations are preferred.

A copy of the nomination form must be in the office on March 5, 2025. Make any additional copies as needed.

Selection committee members are not exempt from the due date.

Late nominations brought into the office on the day of the selection meeting will be subject to a \$25.00 fine.