

# ALL STATE GIRLS WRESTLING SELECTION PLAN

**Nomination Due Date: March 5, 2025**

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 5, 2025.** 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.

## 2025 GIRLS WRESTLING SELECTION COMMITTEE

### 6A West:

Dwayne DeNolf - Yukon  
Archie Randall – Putnam City West

### 6A East:

Trent Cleveland – Sand Springs  
Kydel Billy - McAlester

### 5A West:

Jimbo Smith – Cache  
Bryan Miller – Bridge Creek

### 5A East:

Ottawa Cochran - Mannford  
Allen Stockton - Poteau

**Chairman:** Fay Barnett - Cashion

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**Nomination Deadline: March 5, 2025**

All nominations must be in the OCA office by the deadline. You may mail or email a copy to the OCA office. Please email nominations in .PDF 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.

Please return the nomination form to:

**Oklahoma Coaches Association**  
**8080 Crystal Park Dr.**  
**Oklahoma City, OK 73139**

**EMAIL: [lea.mouss@oklahomacoaches.org](mailto:lea.mouss@oklahomacoaches.org)**