

To: Jean Berger, Board of Directors, Iowa Girls High School Athletic Union

Dear Ms. Berger,

First, thank you for being a leader and champion for girls sports in the state of Iowa. Bold moves made for girls athletics has been a long time coming, and I appreciate your work and dedication to the cause.

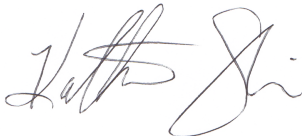
I started LuchaFIT as a way to give back to my own community of female wrestlers across the country and around the world. I had the ability to share my knowledge as an elite wrestler, and recognized the lack of resources available for females to learn and grow in the sport. I firmly believe in the life changing power of wrestling for males and females.

There is only so much that can be done from behind a keyboard, as these young ladies are still lacking the most basic opportunity to compete equally with their own gender.

I have had the incredible opportunity of sharing stories of female wrestlers working hard to stay in the sport despite only competing against boys. We are in a time where the value of a female wrestler is often based on their record against boys, and not always against girls. This is due to the extensive decades long fight for equality within our sport.

That being said, female wrestlers in Iowa clearly have the desire to compete with the best among their gender. I know you believe in the power athletics affords each high school female, and the time to sanction girls wrestling in Iowa is now.

Sincerely,



Katherine Shai  
Founder LuchaFIT.com  
6x National Team Member for Team USA