GAHANNA LINCOLN



GIRLS WRESTLING

EST. 2022

Team Handbook
2026-2027

Dear Athletes and Parents,

Welcome to the fifth season of Girls Wrestling at Gahanna Lincoln High School! We are grateful to have your family join our growing program and look forward to supporting each student-athlete as she develops as a wrestler, student, teammate, and leader. This handbook introduces our program's expectations, policies, resources, and shared responsibilities. Parents and guardians, please take time to review it carefully with your student athlete so your family has a clear understanding of the season and can help us create a positive, safe, and successful experience for everyone. We are excited for the season ahead and proud to have you as part of our wrestling family!

Sincerely,

Coaches Leeseberg, Mills, Tibbs and VanMeter

Contact Information:

Head Coach:
Jamie Leeseberg
Leesebergj@gjps.org

Assistant Coaches:

Derrick Mills
milllsd@gjps.org

Jeffery Tibbs
tibbsj@gjps.org

Shawn VanMeter
vanmeters@gjps.org

Booster Parents:
Angie Abrams & Seneca Kelley

Communication

Team Updates

- Coaches share team information with parents and athletes through SportsYou **and** Final Forms.
- Events requiring an RSVP are often posted on the SportsYou schedule.
- SportsYou and Final Forms QR codes are provided below.

Parent–Coach Communication

- Email is preferred for contacting coaches directly; SportsYou messages may be missed.
- Coaches aim to respond within 24 hours to emails received during the workweek.

Coach–Athlete Communication

- Coaches use SportsYou to communicate directly with athletes.

Final Forms | Participation Requirements

- Before participating, every athlete must register in Final Forms and complete all required submissions, signatures, and uploads (“green” status).
- Access Final Forms using the QR code below.

Important Communication Links

Final Forms | Registration & Announcements

Required registration for every athlete, sign the code of conduct and emergency contact forms, and upload the athlete's physical. Major announcements and team details are sent here.



SportsYou | Updates & Calendar

Daily updates, team calendar, and coach–athlete chats. Managed by Coach Mills. Download the app and keep notifications on.



SportsYou QR Code
Team Code: KJ3J-ZBGT

Stack Team App | Payments

Use this app to pay team fees and other team-related expenses.



Stack Team App QR Code

Gahanna Lincoln Athletics: Scores and updates for all high school teams, including wrestling during the season. Available for Apple and Android.



Gahanna Lincoln Athletics QR Code | Apple App Store

Equipment, Spirit Wear and Boosters

Wrestling equipment

- Water bottle: Bring a refillable bottle to every practice and meet.
- Mouthpiece: Required for athletes with braces.
- Wrestling shoes: Purchase from a sporting goods store or online wrestling retailer.
- Headgear: Required for all OHSAA matches. Purchase online; ask a coach about styles and fit.
- Gym bag: Strongly encouraged for carrying gear throughout the season.
- Running shoes: **Required** at every practice.
- Knee pads: Optional.

Wrestling team uniforms and spirit wear

- Team-issued singlets: Wash after every wrestling event and return at the end of the season.
- Sports bras: Required under singlets by OHSAA. Athletes must select and provide their own.
- Compression shirts: Optional under singlets.
- Team warm-ups: Purchase the required Gahanna Girls Wrestling shirt and warm-up pants through the BSN Team Shop when it opens. A sweatshirt is strongly encouraged.
- Meet attire: Wear at least a “Gahanna” shirt when not wrestling.

Booster Parents & Family Support

Boosters help coordinate fundraising, serve as a liaison between the athletic booster organization and the coaches/team, and provide resources and activities that support our wrestlers. Seneca Kelley and Angie Abrams are the team’s two booster representatives this season.

Parent and family involvement is an important part of our team’s success. We ask every family to participate in fundraising and volunteer efforts during the season. We know schedules vary, so there will be different ways to contribute. When everyone pitches in wherever they can, it helps us provide the best experience possible for our athletes.

Some of the team’s primary fundraising activities include:

- Volunteering at the Gahanna Blues & Jazz Festival
- Working at the OSU Team Shop during Ohio State football games
- Double Good Popcorn Sales
- Online fundraising through Snap! Raise

Funds raised help cover things like food for wrestling events, wrestling statistics and video tools such as Matboss, team bonding activities, special-event shirts, and lodging and meals for overnight tournaments.
Food for meets and tournaments is one of our larger team expenses and another important way families can help. A SignUpGenius will be shared at the beginning of the season, and we ask each family to sign up to provide food or drinks at least once. Families may be reimbursed for some or all their expenses depending on available booster funds. More details will be shared at the start of the season.

Practice Clothing Expectations

- We are continuing last season's successful practice clothing expectations to maintain a uniform team look and keep the focus on wrestling—not clothes. No new clothing purchases are expected; athletes may wear clothing they already own that meets the guidelines below.
- Wear gray, blue, or black short- or long-sleeved tops to practice.
- Sweatshirts and sweatpants are allowed in gray, blue, or black. Colors do not need to match.
- Singlet Wednesday: Wear a singlet to practice each Wednesday to prepare for meet attire. Purchasing a personal singlet is optional; singlets are available online.
- No tank tops or midriff-baring clothing. Athletes must change into approved clothing before participating.
- Optional BSN practice wear: The BSN Team Shop will offer gray, blue, or black tops with a simple Gahanna Girls Wrestling logo. Families may purchase these items or use clothing they already own; BSN practice wear is not required

Team Resources

Matboss

- The coaching staff has invested in matboss, which is a web-based wrestling specific recording and tracking mechanism. In matboss, we have the following capabilities:
    - Student Athletes have their own login and can view their own matches.
    - Team singlets are inventoried in MatBoss. Each singlet issued to an athlete is recorded and tracked for return at the end of the season.
    - New MatBoss feature: Weight tracking. Every athlete is required to weigh in before each practice, weigh out after each practice, and record both weights in MatBoss.
    - Matboss also records all scoring and stats per season and career.
    - Unlimited cloud storage.

Google Classroom

- There will be assignments throughout the season for student athletes to complete. Assignments will consist of training videos to review, google forms and short quizzes.
- The purpose of creating a google classroom is to work with student athletes towards improving their knowledge of wrestling.

Gahanna Lincoln Girls Wrestling Mission and Philosophy

- Build a supportive, family-like team environment.
- Put athletes first and winning second. Pursue success without compromising athlete well-being, growth, or sportsmanship.
- Support each athlete's goals through short- and long-term training plans and one-on-one meetings.
- GLHS Girls Wrestling coaches **do not** require weight loss for participation.
- Follow and enforce Gahanna Jefferson Public Schools, OHSAA, and NFHS rules and guidelines.
- Require every wrestler to complete the OHSAA Alpha weigh-in. This assessment establishes permitted competition weights and weight-loss limits to protect athletes and coaches; it does not determine where an athlete should compete or require weight loss. The parental permission form is available on the website.
- Live our three team pillars: **Spirit, Pride and Family**.

Attendance

Attendance

- Attendance will be taken every day by Coach Mills in Final Forms.
- Student Athletes are expected to be <u>fully dressed, taped</u> and ready to practice prior to start time.
- It is expected that team members will attend and be punctual for all practices, meets, team functions and any other activities deemed mandatory by the head coach.
- Transportation can be an issue and ride share/carpooling is encouraged if necessary.

Absence Procedure

- If a student athlete is going to be absent for any reason, **PARENTS and STUDENT ATHLETES** must notify all coaches directly.
- Notify coaches of an expected absence BEFORE it is time to practice
- A student is marked "Excused" in Final Forms only if the following occurs:
    - 24-hour notice of required academic event.
    - Parental notification of an illness
    - Parental notification student needs to leave practice early/ miss practice
- A student will be marked "Unexcused" in Final Forms until a message is sent from a parent or teacher confirming student is missing practice. Once Coach Mills receives parental or teacher notification of absence, the absence will be marked as excused.
- If a student is not feeling well or has decided to miss practice on the day of practice immediately after school (for any reason), the absence will be marked as unexcused until a parental message is sent to **ALL COACHES** confirming the absence and reason.
- Any unexcused absences during the week may result in student athletes not being permitted to travel or wrestle for the upcoming wrestling event(s).
- Notification after the beginning of practice will be considered an unexcused absence.
- Whenever possible please try to plan doctor's visits, vacations and other functions so that they DO NOT conflict with practice or competitions. In the case of an unavoidable conflict please notify one of the coaches in advance of absence.

Examples of excused absences include:

- Death in the family (or other extreme family emergencies)
- Medical appointments
- Illness from school
- Religious holidays
- Conflicting academic events (DECA, NHS, band)
- Approved participation in another sport at GLHS
- Other reasons approved by the coaches in advance

Examples of unexcused absences include:

- Lack of transportation - "I didn't have a ride"
- Oversleeping - "My alarm didn't go off"
- Homework - "I had to study"
- Lack of proper practice equipment - "I forgot my shoes"
- Other club sports - "My club soccer coach said we needed to condition"
- Non-academic school activities or Jobs - "My boss called me and said I had to come in"

Athlete Expectations

General Athlete Expectations
Every student athlete is expected to meet the following responsibilities. Parents and guardians should review these expectations with their athletes.

- Follow the student code of conduct in the Gahanna Lincoln Student Handbook.
- Bring all required gear to every practice, including practice clothes, wrestling shoes, headgear, and a mouthpiece if required.
- Bring a reusable water bottle and fill it before every practice.
- Weigh in and out before and after every practice and record it in MatBoss.
- Complete a journal entry after every practice before leaving.
- Review wrestling match footage in MatBoss.
- Tell coaches about ongoing or recurring injuries and any injury concerns.
- Be coachable and open to constructive feedback.
- Get consistent, quality rest each night (7–8 hours of sleep or more).
- Maintain a healthy, balanced lifestyle.

Dual/Tri/–Quad Meet and Tournament Expectations

- Dual meets are typically during the week.
- Tournaments will typically be on weekends.
- The team will bring food to tournaments. Typically, the team eats after weigh-ins.
- Gahanna Lincoln will always warm-up as a team.
- Wrestlers should always have singlets on until they have concluded their competition.
- It is imperative that wrestlers pay attention to announcements and mat numbers and assignments. Coaches will be there to coach, but wrestlers are responsible for making sure they are paying attention when their matches are coming up.
- Although wrestling is an individual sport, it is expected that teammates will watch other matches and cheer each other on.
- Coaches will need time to discuss the match with the wrestler immediately following. Please give coaches the opportunity to meet with your athlete before talking to them.

Academic Expectations
In addition to other things, athletes are expected to:

- Conduct themselves well and be a role model within the classroom
- Maintain eligibility as determined by the academic standards of our district
- Athletes that fall short of these standards may be required to attend study tables, suspended or dismissed from the team

Parent Expectations

- Review this handbook with your athlete.
- Keep pre-match conversations brief and positive. Encourage your athlete without adding pressure.
- Cheer for your athlete and the entire team.
- After each match, offer brief, positive encouragement, then let your athlete return to the team and debrief with coaches.
- Approach coaches with the understanding that they prioritize athletes' best interests. Discuss questions or concerns with them respectfully.
- Support your athlete's independence. Allow room for mistakes and setbacks as part of learning and growth.

Coaches' Expectations

- Wrestling benefits **ALL** athletes in a myriad of ways, instilling within them: confidence, grit, resilience, mental toughness, self-esteem, self-reliance, and discipline. Wrestling also encourages physical fitness, teaches basic self-defense, and provides a family of wrestlers. As coaches, we will strive to create a positive atmosphere for your student athletes to grow
- Create a high-paced, teachable atmosphere at each practice where coaches and student athletes improve every time!
- Monitor academic eligibility for each student athlete
- Keep wrestlers and families up to date with all information pertaining to the team through SportsYou.
- Meet with each student athlete 1:1 and discuss short- and long-term wrestling goals.

Travel

Transportation to Meets

- Bus times will be emailed to parents earlier in the week and shared with athletes
- All athletes are expected to show up early to the school to ride the bus
- Athletes may not drive themselves (this is an OHSAA violation)
- Athletes are expected to ride the bus home with the team. We understand that sometimes there are circumstances that require you to take your athlete home. Please provide coaches with advanced notice.
- There is a mandatory form that needs to be filled out if you are taking your child home.

Overnight Trips

- We plan to have multiple overnight trips this season.

- Typically, we leave shortly after school on Friday, check into the hotel, get dinner, have team bonding activities and light's out.
- Four student athletes to a room.
- We welcome parent chaperones. Closer to the time of the tournament, we will ask for volunteers.
- Hotel fees will be communicated when finalized pricing is available.
- These overnight tournament trips are approved by Gahanna Athletics and the School Board.
- Our goal is to travel and experience as many wrestlers around the state and wrestle as much competition as possible in preparation for postseason play.

Practice Times and Information

Season practice:
In general, here is the weekly schedule we will follow for the entire season:

Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Saturday***
Rest	6:00pm till 8:00pm	6:00 pm till 8:00pm	6:00pm till 8:00pm	6:00pm till 8:00pm	6:00pm till 8:00pm	8:00am till 10:00am **Time subject to change*

Practice Expectations
- The girls team will practice in the wrestling room
- The girls team will have its own designated locker room area.
- Weekly practice will begin promptly at 6:00pm.
- Practice on Saturday (when we don't have an event) will be from 8:00am till 10:00am in the wrestling room. Weighing in and out will still be required.
- Monday-Friday Practice will end at 8:00pm. We will do our best to consistently finish each practice at 8:00pm so athletes can be picked up.
- Every wrestler must weigh in before each practice and weigh out afterward and record both weights in MatBoss.
- At the end of every practice, we will meet as a team for journaling and reflection.

Showering and hygiene
Good hygiene helps protect every wrestler and the team from skin infections. Make these steps part of your routine after every practice:
- Before leaving: Grab a Defense wipe provided by the booster parents and wipe skin that contacted the mats.
- At home: Shower with soap as soon as you arrive. Defense wipes do not replace a shower.

- Clean clothing: Wash practice clothes after every use. Never rewear unwashed wrestling clothes.
- Hair: Wash your hair after practice to remove sweat and oil.

Shower as soon as you get home from competitions, too.

Seeing the Trainer
Report injuries to a coach immediately. For pre-practice treatment or taping, notify coaches first and arrive early enough to see the trainer before the 6:00 p.m. start, allowing for the trainer's availability. Return to practice promptly after treatment or assessment, as permitted by the trainer. Stay involved as appropriate, including observing and offering teammates feedback when unable to participate physically.

Technology Use During Practice
Cell phones may be used only to record weigh-in and weigh-out weights in MatBoss before and after practice, or to contact parents or a ride home when practice times change. Injured athletes who cannot participate may use a school Chromebook for homework with coach approval. Coaches may also approve or direct MatBoss film review during practice. Whenever possible, injured athletes are **encouraged to remain involved in practice**.

Varsity Letter Criteria and Selection

Varsity Letter Criteria
Earning a varsity "L" indicates that an athlete has represented Gahanna Lincoln at the highest level of interscholastic athletics. To earn a varsity letter in girls wrestling an athlete must be in good standing as a team member based on all other team expectations AND complete THREE of FIVE of the following:

- Compete as a scoring wrestler three or more times at tournaments during the season.
- Qualify for and represent the team at the District or State Tournaments.
- Compete as a scoring wrestler three or more times at Dual meets during the season.
- Be a senior who has completed four years of participation in good standing.
- Be recommended by the coaching staff for any other reason.

Wrestle-offs

Wrestle-offs will be used to decide who will represent the team at different weight classes for tournaments when two or more athletes are in the same weight class. The coaching staff does reserve the right to change the lineup in the best interest of the team.

- Wrestle-offs will be a full-length match between two athletes where the winner will be the varsity starter for that weight class.
- Wrestle-offs will be conducted at coaches' discretion throughout the season.

Captains and Selection of Captains

Captain Selection, Criteria, and Duties

Being selected as a team captain is an honor and a privilege earned through dependable leadership, character, and commitment to the team. Candidates must have at least one prior season of wrestling and be in good standing. Coaches select captains each year, considering team input. Serving as a captain in the previous season does not guarantee selection the following year; the role must be earned again. Athletes may discuss their own candidacy or recommend a teammate to a coach. Captains must consistently meet these expectations:

- Lead by example through dependable attendance, punctuality, accountability, and positive conduct in wrestling, the classroom, and the community.
- Promote enthusiasm for girls wrestling and encourage teammates.
- Maintain a healthy lifestyle in and outside of the season
- Follow the training program with consistent effort during summer, fall, and the regular season.
- Communicate clearly and respectfully with teammates and coaches.
- Help teammates understand team policies, training expectations, and wrestling strategies.
- Meet regularly with coaches to discuss team needs and concerns and work with Coach Mills and the other coaches on leadership training and development throughout the season.
- Assist with daily weigh-ins and weigh-outs.
- Follow through on assigned responsibilities and additional tasks to help practices and matches run smoothly.

Awards and Recognition

End of year team awards:

1. Emily Leeseberg Spirit of the Pride Award
    - Our program's highest honor, named for Emily Leeseberg, an inspiration and driving force behind the program's founding, recognizes an athlete whose career-long dedication, hard work, leadership, and character have helped advance our team. This award honors a lasting contribution to the program—not just a single season's accomplishments.

2. Most Valuable Wrestler
    - The Most Valuable Wrestler Award celebrates the total package—a wrestler whose season-long contributions make our team stronger on and off the mat! More than wins, losses, or statistics, this honor recognizes the dedication, effort, leadership, and support for teammates that move our program forward. Being MOST VALUABLE means bringing out the best in yourself and others, all season long.

3. Rookie of the Year
    - The Rookie of the Year Award honors the program's top first-year wrestler—whether a freshman or an upperclassman joining the program for the first time. More than wins and losses, this award celebrates an outstanding first season defined by effort, growth, dedication, and positive contributions to the team on and off the mat.

4. Hammer of the Year
    - The Hammer of the Year Award honors a wrestler who demonstrates toughness on and off the mat all season long. This honor recognizes the dedication, hard work, determination, team pride, and commitment to teammates celebrated by Hammer of the Week—sustained throughout an entire season. Being the team's Hammer means responding to setbacks with resilience, leading through consistent effort, and lifting up teammates—not just for one standout week, but from the first practice to the final match.

5. Captains Award
    - The Captains Award recognizes the honor and privilege of being selected to lead our team. It celebrates captains who demonstrate dependable, year-round leadership, dedicate themselves to team goals, and foster fellowship by encouraging, supporting, and bringing teammates together. More than a title, captaincy is a commitment to lead by example and strengthen our wrestling family.

6. Most Improved Wrestler
    - The Most Improved Wrestler Award celebrates the pride of becoming a stronger wrestler, teammate, and individual! This honor recognizes outstanding overall

improvement on and off the mat through a year-long commitment to learning, hard work, and personal growth. It is not based on wins and losses, but on the progress earned through consistent effort at practices and meets. This is an award to be proud of—proof that dedication makes a difference!

7. Bill Withrow Award
    - The Bill Withrow Award is a school-wide athletic honor presented by each Gahanna Lincoln High School sports team. Named in honor of Bill Withrow, it recognizes a student-athlete who demonstrates outstanding school spirit, dedication, team pride, and leadership throughout the season. Each team's recipient is eligible to apply for consideration for a college scholarship sponsored by the Gahanna Lincoln Athletic Boosters; receiving the team award does not guarantee a scholarship.

8. Most Pins Award
    - The Most Pins Award recognizes the wrestler with the most total pins for the season, including postseason competition. If wrestlers tie for the most pins, each receives the award

9. Most Takedowns Award
    - The Most Takedowns Award recognizes the wrestler with the most total takedowns for the season, including postseason competition. If wrestlers tie for the most takedowns, each receives the award

10. Most Wins Award
    - The Most Wins Award recognizes the wrestler with the most total wins for the season, including postseason competition. If wrestlers tie for the most wins, each receives the award.

Hammer of the Week

The hammer is more than a weekly award—it is a symbol of dedication, hard work, and team pride. Each week, coaches select a wrestler who embodies the spirit of the end-of-year Hammer Award through outstanding effort, determination, and commitment to teammates. Passed to a new recipient each week, the hammer is a special honor to carry and a reason for the entire team to celebrate. Bring your best, lift up your teammates, and EARN THE HAMMER!

Injuries and Injury Prevention

IMPORTANT NOTE: If you think you have sustained an injury, please talk to the coaches first. We are also lucky to have an extremely qualified and experienced training staff (including a team sports doctor that is here at least once a week) that can diagnose injuries, develop a plan of therapy, and will help you return to action as soon as possible.

If you feel that you do need to go to an outside doctor, make an appointment somewhere that practices sports medicine. Please, do not go to your general family doctor – most of the time they will treat injuries by restricting you from wrestling for anywhere between a week and three weeks.

Skin Infections
Skin infections have been known to spread quickly from team member to team member with the three most common infections in wrestlers being herpes simplex, ringworm, and impetigo. With so much skin-to-skin contact, it is especially important to minimize risk by:

- Taking routine and thorough showers both before and after practice and matches
- Use Defense Wipes after every practice and competition match
- Wearing clean clothing at each practice session
- Sanitizing mats with antiseptic solution after each practice

Per OSHAA Guidelines, athletes will need to seek treatment from a doctor and be cleared prior to competing. There is a form which the coaches can provide. (also on the webpage)

References

Nutrition & Weight Management Resources:
https://wrestlelikeagirl.org/female-health

Uniform Guidelines
https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/NFHSWrestlingUniformGuideforGirls.pdftling

Wrestle Like a Girl
https://wrestlelikeagirl.org/female-health

Hydration
https://www.health.harvard.edu/heart-health/take-it-with-a-grain-of-salt

Girls Wrestling Team Awards

Emily Leeseberg Spirt of the Pride Award	
Emily Leeseberg	2024
KyLee Tibbs	2025
Mina Gee	2026

Most Valuable Wrestler	
KyLee Tibbs	2024
KyLee Tibbs	2025
KyLee Tibbs	2026

Team Captains	
Emily Leeseberg	2023-2024
Emma Abrams Jordan Mills Elizabeth Tieber	2024-2025
Emma Abrams Jordan Mills Elizabeth Tieber Karina Kelley Mina Gee KyLee Tibbs	2025-2026

Hammer Award	
Jordan Mills	2024
Mina Gee	2025
Mykah Bailey	2026

Most Improved Wrestler	
Mina Gee	2024
Chloie Garver	2025
Karina Kelley	2026

Rookie of the Year	
Jordan Mills (w/ Boys team)	2023
Not Awarded	2024
Haylin Stager	2025
Sasha Miller	2026

Girls Wrestling Team Awards

Lion Spirit Award	
Emma Abrams	2024
Karina Kelley	2025
Elizabeth Tieber	2026

Coaches Award	
Chloie Garver Elizabeth Tieber	2024
Jordan Mills	2025
Emma Abrams	2026

Gahanna Bill Winthrow Award	
Emily Leeseberg	2024
Emma Abrams	2025
Jordan Mills	2026

Girls Wrestling Statistical Awards

Most Pins	
KyLee Tibbs (36)	2024
KyLee Tibbs (40)	2025
Mykah Bailey (37)	2026

Most Wins	
Emily Leeseberg (43)	2024
Jordan Mills (49)	2025
Mykah Bailey (46)	2026

Most Takedowns	
KyLee Tibbs (68)	2025
KyLee Tibbs (68)	2026

Girls Wrestling Individual Stats

Most Wins - Season

Rank	Name - Year	Wins
1	Jordan Mills - 2025	49
2	KyLee Tibbs - 2025	48
3	MyKah Bailey - 2026	46
4	KyLee Tibbs - 2026	44
5	Emily Leeseberg -2024	43
6	Kylee Tibbs - 2024 Mina Gee - 2026	40
7	Jordan Mills - 2026	39
8	Jordan Mills - 2024	38
9	Mina Gee - 2025	36
10	Mina Gee - 2024	32
11	Emma Abrams - 2025	31
12	Jordan Mills - 2024 Emma Abrams - 2026	31

Most Wins - Career

Rank	Name	Wins
1	Jordan Mills	157
2	Kylee Tibbs	132
3	Emily Leeseberg	116
4	Mina Gee	108
5	Emma Abrams	77
6	Karina Kelley	75
7	Cam Garver	59
8	Elizabeth Tieber	53
9	Mykah Bailey (Gahanna Only)	46
10	Haylin Stager	33
11	Sasha Miller	27
12	Kris Brobst	25

Most Takedowns - Season (since 2024-25 Season)

Rank	Name	Takedowns
1	KyLee Tibbs (2025) KyLee Tibbs (2026)	68
2	Jordan Mills (2025)	63
3	Mykah Bailey (2026)	59
4	Mina Gee (2025) Jordan Mills (2026)	48
5	Sasha Miller (2026)	45
6	Elizabeth Tieber (2026)	43
7	Emma Abrams (2026)	42
8	Chloie Garver (2025)	36
9	Karina Kelley (2026)	34
10	Karina Kelley (2025)	33

Most Takedowns - Career (since 2024-25 Season)

Rank	Name	Takedowns
1	KyLee Tibbs	136
2	Jordan Mills	111
3	Mina Gee	103
4	Elizabeth Tieber	75
5	Emma Abrams	69
6	Karina Kelley	67
7	Chloie Garver	62
8	Mykah Bailey	59
9	Haylin Stager	48
10	Sasha Miller	45

Most Pins - Season (since 2022-23 Season)

Rank	Name	Pins
1	KyLee Tibbs (2025)	40
2	KyLee Tibbs (2024) Jordan Mills (2025)	38
3	Mykah Bailey (2026)	37
4	Mina Gee (2026)	36
5	Emily Leeseberg (2024)	35
6	Mina Gee (2025) Jordan Mills (2026)	33
7	Jordan Mills (2023)	31
8	Mina Gee (2024) Jordan Mills (2024) KyLee Tibbs (2026)	30
9	Emma Abrams (2026)	29
10	Emma Abrams (2025)	28

Most Pins - Career

Rank	Name	Pins
1	Jordan Mills	132
2	Kylee Tibbs	108
3	Emily Leeseberg	95
4	Mina Gee	90
5	Emma Abrams	65
6	Karina Kelley	60
7	Cam Garver	45
8	Mykah Bailey	37
9	Elizabeth Tieber	36
10	Haylin Stager	23

Win Percentage - Season

Rank	Name	Win %
1	KyLee Tibbs (2025)	1.000
2	KyLee Tibbs (2026)	0.957
3	Mykah Bailey (2026)	0.920
4	KyLee Tibbs (2024)	0.909
5	Jordan Mills (2026)	0.886
6	Jordan Mills (2025)	0.845
7	Jordan Mills (2024)	0.844
8	Emily Leeseberg (2024)	0.827
9	Mina Gee (2026)	0.769
10	Emma Abrams (2026)	0.750

Win Percentage - Career (0.500 or higher only)

Rank	Name	Win %
1	KyLee Tibbs	0.957
2	Jordan Mills	0.831
3	Mykah Bailey (Career)	0.777
4	Emily Leeseberg (2022-24 only)	0.753
5	Mina Gee	0.697
6	Emma Abrams	0.658
7	Karina Kelley	0.581
8	Sasha Miller	0.551
9	Cam Garver	0.522
10	Taylor Bennett	0.52

Girls Wrestling Individual & Team Accomplishments

Pre-Regional/ Sectional Champions

Emily Leeseberg	2024
KyLee Tibbs	2024, 2025, 2026
Jordan Mills	2024, 2025, 2026
Mykah Bailey	2026

District Qualifiers

Emily Leeseberg	2024
KyLee Tibbs	2024, 2025, 2026
Jordan Mills	2024, 2025, 2026
Emma Abrams	2025, 2026
Mina Gee	2025, 2026
Sasha Miller	2026
Karina Kelley	2026
Elizabeth Tieber	2026
Mykah Bailey (Gahanna Only)	2026

Regional/ District Champions

KyLee Tibbs	2024, 2025, 2026
Mykah Bailey	2026

State Qualifiers

Emily Leeseberg	2021, 2022, 2023, 2024
Jordan Mills	2023, 2024, 2025, 2026
KyLee Tibbs	2024, 2025, 2026
Mykah Bailey	2026
Mina Gee	2026

State Placers

1st	KyLee Tibbs - 2025 KyLee Tibbs - 2026
2nd	KyLee Tibbs - 2024
3rd	
4th	
5th	Jordan Mills - 2026
6th	Jordan Mills - 2025
7th	Jordan Mills - 2023
8th	Emily Leeseberg - 2024

Best Team Regional/ District Finish

Runner-up	2024
Champions	

OCC Championships

2026		

Gahanna Lincoln Girls Wrestling Wrestler All-Time Win, Loss, Pin Takedown Records

As of: 10/26/2026

Emma Abrams	Wins	Losses	Win %	Pins	Takedowns
2023-24	13	14	0.481	8	N/A
2024-25	31	15	0.674	28	27
2025-26	33	11	0.750	29	42
2026-27					
	77	40	0.658	65	69

Mykah Bailey	Wins	Losses	Win %	Pins	Takedowns
2023-2024 (HD)	18	15	0.545		N/A
2024-2025 (HD)	30	8	0.789		
2025-26	46	4	0.920	37	59
2026-27					
	94	27	0.777	37	59

Taylor Bennett	Wins	Losses	Win %	Pins	Takedowns
2025-26	13	12	0.520	8	15
2026-27					
2027-28					
2028-29					
	13	12	0.520	8	15

Ava Ciampa	Wins	Losses	Win %	Pins	Takedowns
2025-26	3	17	0.150	2	14
2026-27					
	3	17	0.150	2	14

Isla Crawford VanMeter	Wins	Losses	Win %	Pins	Takedowns
2025-26	13	19	0.406	9	11
2026-27					
2027-28					
2028-29					
	13	19	0.406	9	11

Amelia Davis	Wins	Losses	Win %	Pins	Takedowns
2025-26	9	11	0.450	6	15
2026-27					
2027-28					
2028-29					
	9	11	0.450	6	15

Hugo Garcia	Wins	Losses	Win %	Pins	Takedowns
2024-25	4	20	0.167	1	7
2025-26	4	13	0.235	2	4
2026-27					
2027-28					
	8	33	0.195	3	11

Mina Gee	Wins	Losses	Win %	Pins	Takedowns
2023-24	32	20	0.615	21	N/A
2024-25	36	15	0.706	33	48
2025-26	40	12	0.769	36	55
2026-27					
	108	47	0.697	90	103

Chloe Hoy	Wins	Losses	Win %	Pins	Takedowns
2025-26	3	14	0.176	1	3
2026-27					
	3	14	0.176	1	3

Karina Kelley	Wins	Losses	Win %	Pins	Takedowns
2023-24	18	20	0.474	12	N/A
2024-25	29	19	0.604	24	33
2025-26	28	15	0.651	24	34
2026-27					
	75	54	0.581	60	67

Sasha Miller	Wins	Losses	Win %	Pins	Takedowns
2025-26	27	22	0.551	21	45
2026-27					
	27	22	0.551	21	45

Gahanna Lincoln Girls Wrestling Wrestler All-Time Win, Loss, Pin Takedown Records

As of 10/26/2026

Haylin Stager	Wins	Losses	Win %	Pins	Takedowns
2024-25	12	25	0.324	7	26
2025-26	21	22	0.488	16	22
2026-27					
	33	47	0.413	23	48

KyLee Tibbs	Wins	Losses	Win %	Pins	Takedowns
2023-24	40	4	0.909	38	N/A
2024-25	48	0	1.000	40	68
2025-26	44	2	0.957	30	68
2026-27					
	132	6	0.957	108	136

Elizabeth Tieber	Wins	Losses	Win %	Pins	Takedowns
2023-24	6	23	0.207	2	N/A
2024-25	20	23	0.465	17	32
2025-26	27	16	0.628	17	43
2026-27					
	53	62	0.461	36	75



Gahanna Lincoln High School
Girls Wrestling

TEAM HANDBOOK ACKNODLEDGEMENT FORM

I have read and understand the policies and procedures contained within the Team Handbook and agree to abide by them.

Name: _____

Student Athlete Signature: _____

Date: _____

Parent/ Guardian Signature: _____

Date: _____

Coach Signature: _____

Date: _____