








Seo Analyzer wvmat.com

Generated on March 14 2022 02:51 AM





The score is 35/100







SEO Content

	Title	WV-Mat -- The West Virginia Wrestling Page					
		Length : 43					
		Perfect, your title contains between 10 and 70 characters.					
	Description	Length : 0					
		Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.					
	Keywords						
		Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.					
	Og Meta Properties						
		This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.					
	Headings	H1 9	H2 6	H3 5	H4 0	H5 0	H6 0
		<ul style="list-style-type: none">• [H1] What's new ...• [H1] CONGRATULATIONS TO ZANE LANHAM, 2022 NAIA NATIONAL CHAMPION!!• [H1] 2022 WVSSAC STATE WRESTLING TOURNAMENT• [H1] UPDATES AS OF 4:20 P.M., SATURDAY• [H1] PILL TWO• [H1] PILL TWO• [H1] PILL THREE• [H1] HAPPY GROUNDHOG DAY• [H1] IT'S ON!!• [H2] Attention Coaches and Fans: Submit Match Results• [H2] CHAMPIONSHIP FINALS WILL BEGIN WITH THE 106-LB WEIGHT CLASS• [H2] WEST VIRGINIA YOUTH WRESTLING ASSOCIATION REGION I TOURNAMENT• [H2] WEST VIRGINIA YOUTH WRESTLING ASSOCIATION REGION II TOURNAMENT• [H2] WEST VIRGINIA YOUTH WRESTLING ASSOCIATION REGION					

SEO Content

		<p>III TOURNAMENT</p> <ul style="list-style-type: none"> • [H2] WEST VIRGINIA YOUTH WRESTLING ASSOCIATION REGION IV TOURNAMENT • [H3] Complete Day 2 Tournament Results: AA/A link https://sikorasoftsystems.com/WVAA/ AAA Link https://sikorasoftsystems.com/WVAAA/ • [H3] Complete Day 1 Tournament Results: AA/A link https://sikorasoftsystems.com/WVAA/ AAA Link https://sikorasoftsystems.com/WVAAA/ • [H3] WVSSAC State Tournament Live Results: AA/A link https://sikorasoftsystems.com/WVAA/ AAA Link https://sikorasoftsystems.com/WVAAA/ • [H3] Links for State Tournament Web Results A-AA link https://sikorasoftsystems.com/WVAA/ AAA Link https://sikorasoftsystems.com/WVAAA/ • [H3] Links for State Tournament Web Results A-AA link https://sikorasoftsystems.com/WVAA/ AAA Link https://sikorasoftsystems.com/WVAAA/
	Images	<p>We found 21 images on this web page.</p> <p>20 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 59%</p> <p>Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

SEO Links

	URL Rewrite	<p>Bad. Your links have query string.</p>
	Underscores in the URLs	<p>We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.</p>
	In-page links	<p>We found a total of 1004 links including 311 link(s) to files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 41.73%</p>

SEO Links

Internal Links 58.27%

In-page links

Anchor	Type	Juice
Outstanding Contributors	Internal	Passing Juice
High School State Tournament	Internal	Passing Juice
Top Wrestlers	Internal	Passing Juice
AA/A Region Map	Internal	Passing Juice
AAA Region Map	Internal	Passing Juice
High School State Duals Tournament	Internal	Passing Juice
Academic All-State Team	Internal	Passing Juice
Overview of Wrestling Rules	Internal	Passing Juice
Girls State Tournament	Internal	Passing Juice
Academic Honor Roll	Internal	Passing Juice
Submit Scores	Internal	Passing Juice
TITLE IX	Internal	Passing Juice
WVU Wrestling	Internal	Passing Juice
Camps, clinics, instructional	Internal	Passing Juice
Youth Team Directory	Internal	Passing Juice
=	Internal	Passing Juice
Archive of WV-Mat Columns	Internal	Passing Juice
WV-Mat FORUM	Internal	Passing Juice
FOLLOW THIS LINK	Internal	Passing Juice
AT THIS LINK	Internal	Passing Juice
AB Contracting Bill Hughes Wrestling Invitational	Internal	Passing Juice
St. Marys Blue Devil Alumni Invitational	Internal	Passing Juice
WV-Mat and Coaches Polls	Internal	Passing Juice

In-page links

Middle School Team Polls	Internal	Passing Juice
Try the WV-Mat Quiz	Internal	Passing Juice
WVSSAC	External	Passing Juice
National Wrestling Coaches Association Website	External	Passing Juice
Trackwrestling.com	External	Passing Juice
The New WVSSAC Weight Management Program	Internal	Passing Juice
New WVSSAC Weight Management Program - FAQ	Internal	Passing Juice
Legal Hair Covers for Wrestlers	Internal	Passing Juice
Recent Major Rule Changes	Internal	Passing Juice
The Tiebreaker System for Dual Meet Competition	Internal	Passing Juice
WVSSAC High School Classifications	Internal	Passing Juice
Central West Virginia Wrestling Officials	Internal	Passing Juice
How Wrestling Tournament Brackets Work	Internal	Passing Juice
Rule Interpretations for the Safety of Wrestlers	Internal	Passing Juice
WVSSAC Forms	External	Passing Juice
Important note regarding Weigh-Ins	Internal	Passing Juice
Rules clarification regarding mouth appliances in wrestlers	Internal	Passing Juice
CONCUSSION CONCERNS AND MANAGEMENT IN ATHLETICS	Internal	Passing Juice
Team Advancement Tournament Rules	Internal	Passing Juice
Changes for State Wrestling Tournament for 2016	Internal	Passing Juice
Wrestling from the Rear Standing Position	Internal	Passing Juice
State Tournament Weigh-in Procedure	Internal	Passing Juice
ALPHA DATE RULING ON OFFICIAL WVSSAC SITE	Internal	Passing Juice
West Virginia Youth Wrestling Association	External	Passing Juice
West Virginia Youth Wrestling Association Rules	Internal	Passing Juice
West Virginia Youth Wrestling Association Scholarship	Internal	Passing Juice
WV-Mat Youth/Open Tournament Listings	Internal	Passing Juice
Coaching Youth Wrestling	Internal	Passing Juice

In-page links

Promote the Sport!	Internal	Passing Juice
The Mindset and Tactics of a Champion	Internal	Passing Juice
A Syllabus for Youth Wrestling	Internal	Passing Juice
Follow this link for information on Team West Virginia Freestyle/Greco-Roman wrestling	External	Passing Juice
2022 WV USA Wrestling Freestyle Pamphlet	Internal	Passing Juice
Why Wrestle Freestyle	Internal	Passing Juice
www.wvaauwrestling.org	External	Passing Juice
West Virginia University Wrestling	Internal	Passing Juice
WVUSports.com	External	Passing Juice
WVU Website	External	Passing Juice
Clarion Open	External	Passing Juice
University of Oklahoma	External	Passing Juice
West Liberty University Wrestling	Internal	Passing Juice
hilltoppersports.com	External	Passing Juice
West Liberty University Website	External	Passing Juice
Alderson Broaddus University Wrestling	Internal	Passing Juice
gobattlers.com	External	Passing Juice
Alderson Broaddus Wrestling	External	Passing Juice
Glenville State/West Liberty at HOME	Internal	Passing Juice
Davis & Elkins/Notre Dame (Ohio)/Wheeling University at Wheeling	Internal	Passing Juice
Bluefield State College Wrestling	Internal	Passing Juice
Davis and Elkins College Wrestling	Internal	Passing Juice
senatarnation.com	External	Passing Juice
Fairmont State/Wheeling University at HOME	Internal	Passing Juice
Alderson-Broaddus/Notre Dame (Ohio)/Wheeling University at Wheeling	Internal	Passing Juice
Fairmont State University Wrestling	Internal	Passing Juice
fightingfalcons.com	External	Passing Juice

In-page links

Fairmont State Falcon Wrestling Facebook Page	External	Passing Juice
Davis & Elkins/Wheeling University at Davis & Elkins	Internal	Passing Juice
Glenville State/West Liberty at HOME	Internal	Passing Juice
Glenville State College Wrestling	Internal	Passing Juice
gscpioneers.com/sports/wrestling	External	Passing Juice
Alderson-Broaddus/West Liberty at Alderson-Broaddus	Internal	Passing Juice
Fairmont State/West Liberty at HOME	Internal	Passing Juice
Wheeling University Wrestling	Internal	Passing Juice
wucardinals.com/sports/wrestling	External	Passing Juice
Wheeling University Website	External	Passing Juice
Davis & Elkins/Fairmont State at Davis & Elkins	Internal	Passing Juice
AT THIS LINK.	Internal	Passing Juice
WVU Tech Wrestling	Internal	Passing Juice
goldenbearathletics.com	External	Passing Juice
WVU Tech Website	External	Passing Juice
WVUTechWrestling	External	Passing Juice
AAC Duals	Internal	Passing Juice
Submit Team Information Update	Internal	Passing Juice
Hilltoppers Earn 3rd-Place Trophy at NCAA D2 Nationals: Back-to-Back Titles for Laya at 125; Five All-Americans Place for WLU	External	Passing Juice
Battler Wrestling Finishes On a Winning Note	External	Passing Juice
Davis & Elkins Wrestlers Have Good Showing, Tarr Earns All-American Status	External	Passing Juice
GSU Wrestling Closes Season at NCAA Championship: Hunter DeLong and Cole Houser Make History as First NCAA Qualifiers in Program History	External	Passing Juice
Top Wrestlers 2021-22	Internal	Passing Juice
Berkeley Springs	Internal	Passing Juice
Grafton	Internal	Passing Juice
Point Pleasant	Internal	Passing Juice

In-page links

AAA Region History (AAA - All Regions)	Internal	Passing Juice
Youth and open tournament updates/announcements:	Internal	Passing Juice
West Virginia Novice State Championship Trophy	Internal	Passing Juice
AAA	Internal	Passing Juice
podium photos	Internal	Passing Juice
AAA	Internal	Passing Juice
podium photos	Internal	Passing Juice
Individual Champs. Alphabetical Listing	Internal	Passing Juice
Individual Champs. by Coach	Internal	Passing Juice
Individual Champs. by School	Internal	Passing Juice
Individual Champs by Year, 2021- Present AA/A	Internal	Passing Juice
Individual Champs by Year, 2021- Present AAA	Internal	Passing Juice
West Virginia High School Team Champions, from 1948	Internal	Passing Juice
Four Time and Three Time State Champions	Internal	Passing Juice
Outstanding Wrestler Award Winners	Internal	Passing Juice
Top Dual Meet Victories, Coaches	Internal	Passing Juice
Coach of the Year Award Winners	Internal	Passing Juice
National Federation of State High Schools Association Active Award	Internal	Passing Juice
Snyder-Miller Media Award	Internal	Passing Juice
Life University Men's Wrestling Finish Second at NAIA Nationals; Stonecheck and Lanham Capture Individual Titles	External	Passing Juice
AA/A	Internal	Passing Juice
AAA	Internal	Passing Juice
https://sikorasoftsystems.com/WVAA/	External	Passing Juice
https://sikorasoftsystems.com/WVAAA/	External	Passing Juice
AA/A	Internal	Passing Juice
AAA	Internal	Passing Juice
AA/A	Internal	Passing Juice

In-page links

AAA	Internal	Passing Juice
at this link	External	Passing Juice
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AAA	Internal	Passing Juice
AA/A	Internal	Passing Juice
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AA/A Individual Rankings	Internal	Passing Juice
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Team Polls	Internal	Passing Juice
Special Guest Jenny Hannan: Quick Regional Recap	External	Passing Juice
YouTube	External	Passing Juice
Facebook	External	Passing Juice
YouTube	External	Passing Juice
Facebook	External	Passing Juice
at this link	External	Passing Juice
Big 12 Championship Pre-Seeds Released	External	Passing Juice
Big 10 Championship Pre-Seeds Released	External	Passing Juice
Henry Miller Open (University High School)	Internal	Passing Juice
scores	Internal	Passing Juice
scores	Internal	Passing Juice
Back-to-Back Regional Titles for Hilltopper Wrestling	External	Passing Juice
Pappas Takes Sixth Leads Wrestling at NCAA Super Regionals	External	Passing Juice
Laubach & Sita Punch Their Tickets to the NCAA Championship in St. Louis	External	Passing Juice
Senator Wrestlers Cook, Scollo, and Tarr Qualify for NCAA Championships	External	Passing Juice
Two Pioneers Advance to NCAA Nationals	External	Passing Juice
Wrestling Wraps Up Season at NCAA DII Super Regional III	External	Passing Juice

In-page links

Men's Wrestling Capture Second Consecutive MSC South-Division Tournament Title	External	Passing Juice
Fairmont State's Luke Martin Honored Prior to Wrestling Match with NCAA National Championship Ring	External	Passing Juice
WV Novice State Championship (Charleston)	Internal	Passing Juice
Mason County Mothman Open	Internal	Passing Juice
NCAA DII Super Regional I	External	Passing Juice
NCAA DII Super Regional III	External	Passing Juice
WVYWA State Tournament	External	Passing Juice
Three Mountaineers Remain Steady in Third NCAA Coaches' Ranking/NCAA Qualifier Allocations Revealed	External	Passing Juice
Hilltopper Wrestlers Prep for Title Defense	External	Passing Juice
WVUTech competes at Appalachian Athletic Conference Championship	External	Passing Juice
Wheeling Wrestling Heads to Super Regionals to Begin Road to Nationals	External	Passing Juice
Davis & Elkins Wrestling Travels to West Liberty for NCAA Super Regionals	External	Passing Juice
Fairmont State Wrestling Heads to Pitt-Johnstown for Super Region 1 Wrestling Championship on Saturday	External	Passing Juice
GSU Pioneer Wrestling Competes in NCAA Super Regional Saturday	External	Passing Juice
High School State Duals	Internal	Passing Juice
West Virginia Enters Regional Wrestling	External	Passing Juice
Area Grapplers Prepping for Postseason	External	Passing Juice
B-UHS Wrestlers Start 2022 with Strong Showings	External	Passing Juice
Fairmont State University Welcomed #13 Pitt-Johnstown	External	Passing Juice
Hess Wins Wrestler of the Year, Fortier Coach of the Year in Jam-packed Big 10 Tournament+] -	External	Passing Juice
Robin Captures Second Ranked Win at No. 5 Iowa State	External	Passing Juice
UNI Wrestling Rolls Over West Virginia	External	Passing Juice
LC Wrestling Adds Three More Victories	External	Passing Juice
Prep Wrestling Notebook: Shady Hosting Snuffer Slam	External	Passing Juice

In-page links

Saturday: Point Pleasant Wins AA-A State Duals		
St. Clairsville Repeats As OVAC Dual Meet Champs	External	Passing Juice
He's the Guy: Keyser Wrestler Earns 100th Career Win	External	Passing Juice
Musselman Enters State Wrestling Poll for 1st Time	External	Passing Juice
Bryant and Lanham latest inductees into Ripley High School Wrestling Hall of Fame	External	Passing Juice
Final Results	Internal	Passing Juice
Class AAA pairings	Internal	Passing Juice
Class AA/A Pairings	Internal	Passing Juice
Final Results	Internal	Passing Juice
Final Results	Internal	Passing Juice
Class AAA	Internal	Passing Juice
Class A/AA	Internal	Passing Juice
Final Results	Internal	Passing Juice
Final Results	Internal	Passing Juice
Final Results	Internal	Passing Juice
Final Results	Internal	Passing Juice
Final Results	Internal	Passing Juice
A/AA Region III preliminary brackets	Internal	Passing Juice
AA/A Individual Rankings	Internal	Passing Juice
AAA Individual Rankings	Internal	Passing Juice
Team Polls	Internal	Passing Juice
AAA Region III preliminary brackets	Internal	Passing Juice
Day 1 Results	Internal	Passing Juice
Day 1 Results	Internal	Passing Juice
preliminary brackets	Internal	Passing Juice
Day 1 Results	Internal	Passing Juice
preliminary brackets	Internal	Passing Juice
AAA Region I	Internal	Passing Juice

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AAA Region II	Internal	Passing Juice
AAA Region IV	Internal	Passing Juice
Parkersburg High	Internal	Passing Juice
at this link	Internal	Passing Juice
Woodrow Wilson	Internal	Passing Juice
AAA Region I Future Sites Updated	Internal	Passing Juice
March Matness Qualifier #2	Internal	Passing Juice
Coach Jack Perry Memorial Odd Year Tournament	Internal	Passing Juice
John Marshall 75 Morgantown 6	Internal	Passing Juice
AA/A Individual Rankings	Internal	Passing Juice
AAA Individual Rankings	Internal	Passing Juice
Team Polls	Internal	Passing Juice
Mat Time Season 2 Episode 9 - Special Guest: Kyle Bratke	External	Passing Juice
Girls High School State Tournament	Internal	Passing Juice
Girls Middle School State Tournament	Internal	Passing Juice
Girls Jr. State Tournament	Internal	Passing Juice
West Virginia Novice State Championships	Internal	Passing Juice
Morgantown Mohigan JV Tournament	Internal	Passing Juice
brackets	Internal	Passing Juice
rosters with seeds	Internal	Passing Juice
WV-Mat Bulletin Board	Internal	Passing Juice
https://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=200296132&fbclid=IwAR2NRuZQTuwt1B2ert73aKXf8orzbsUPkp85Xgjkz2XwyHDZoXC954mnvQo	External	Passing Juice
https://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=201554132&fbclid=IwAR2KvaeAzXbzY30iAZkYYnrD_JU8UjBhf_EuBcNrgApMvSW_LeOvTGZbBds	External	Passing Juice
https://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=201555132&fbclid=IwAR1kffurGMiiwJ7uzDhgb50lhTepu4Ue716JN5mmnT4FAfyDjFsvyu-TXXw	External	Passing Juice
https://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=201556132&fbclid=IwAR0ne4LGgAD_rzj	External	Passing Juice

In-page links

F-ZkyeX7SWVRziHuLXKXtjNe_CvkozQe-TRPGukjMtJs		
AA/A Individual Rankings	Internal	Passing Juice
AAA Individual Rankings	Internal	Passing Juice
Team Polls	Internal	Passing Juice
2022 Regional Dual Team Champions	Internal	Passing Juice
2022 WV State Dual Team Brackets	Internal	Passing Juice
A/AA Region I Wrestling Tournament	Internal	Passing Juice
March Matness Qualifier #1	Internal	Passing Juice
March Matness Qualifier #3	Internal	Passing Juice
March Matness Qualifier #4	Internal	Passing Juice
2022 March Matness Championships	Internal	Passing Juice
Mat Time Season 2 Episode 8 - Special Guest: Brian Miluk (WSAZ Recap, State Duals Preview)!	External	Passing Juice
Big 10 Conference Tournament	Internal	Passing Juice
Day 1 Brackets	Internal	Passing Juice
sikorasoftsystems.com/WSAZHS/	External	Passing Juice
Day 1 Brackets	Internal	Passing Juice
sikorasoftsystems.com/WSAZMS/	External	Passing Juice
Junior Girls State Tournament	Internal	Passing Juice
Rod Oldham Memorial Wrestling Tournament	Internal	Passing Juice
AA/A Individual Rankings	Internal	Passing Juice
AAA Individual Rankings	Internal	Passing Juice
Team Polls	Internal	Passing Juice
here	Internal	Passing Juice
Mat Time Season 2 Episode 7 - Special Guest: Legendary Coach Bill Archer!	External	Passing Juice
here	Internal	Passing Juice
Coalfield Conference Tournament	Internal	Passing Juice
Girls State Tournament	Internal	Passing Juice

In-page links

Pitt-Johnstown Wrestling Team Blanks Fairmont State to Remain Unbeaten	External	Passing Juice
"He's got a warrior mentality." Fairmont Senior's Hamilton Strives for Success	External	Passing Juice
Marine Killed in NC Accident Confirmed to Be From Preston County	External	Passing Juice
45th WV Jr. State Wrestling Championships	Internal	Passing Juice
here	Internal	Passing Juice
AA/A Individual Rankings	Internal	Passing Juice
AAA Individual Rankings	Internal	Passing Juice
Team Polls	Internal	Passing Juice
Schedules	Internal	Passing Juice
Preston Coverage	External	Passing Juice
B-UMS Wrestling Team Battles to 1-1 Record at Home Tri-Match	External	Passing Juice
Minutemen Wrestling Team Continues to Excel	External	Passing Juice
Pioneer Wrestling Returns to Action	External	Passing Juice
University Wrestling Puts Out Runner-up Performance at OVAC Championships	External	Passing Juice
Elam Name Synonymous with Local Wrestling	External	Passing Juice
Blue Devils Alumni Wrestling Tourney Set for Saturday	External	Passing Juice
B-UMS Wrestling Team Posts 3-2 Fairmont Field House Duals	External	Passing Juice
Carman Named Student-Athlete of the Week	External	Passing Juice
Four Eastern Panhandle-Area Wrestlers Ranked No. 1	External	Passing Juice
Hinkle and Mahan First Inductees into Ravenswood High School Wrestling Hall of Fame	External	Passing Juice
Wheeling Park Takes Overall and 5A Titles at OVAC Tournament	External	Passing Juice
Cards Deliver Injury to "Insult" to Capture Winner's Choice	External	Passing Juice
National Wrestling Hall of Fame Announces Mario Lopez As 2022 Outstanding American	External	Passing Juice
Battle on the Mat: Patriots Defeat Cabell Midland, Fall to University	External	Passing Juice

In-page links

Mat Time Season 2 Episode 6 - Winner's Choice and OVAC Review!	External	Passing Juice
Black Eagle Invitational	Internal	Passing Juice
West Fairmont Junior Wrestling Tournament	Internal	Passing Juice
West Fairmont Junior Wrestling Tournament	Internal	Passing Juice
Lord of the Rings Tournament	Internal	Passing Juice
Monarch Youth Duals Tournament	Internal	Passing Juice
Hamilton's Title Highlights Locals at Winner's Choice	External	Passing Juice
Peyton Hall and West Virginia Natives Helping Lead the Way for WVU Wrestling	External	Passing Juice
Fairmont Senior's Hamilton Stays Undefeated with First Place pin at Winner's Choice	External	Passing Juice
Women's Wrestling Continues to Grow	External	Passing Juice
High School Tournament Information	Internal	Passing Juice
High School Team List	Internal	Passing Juice
Middle School Tournament Information	Internal	Passing Juice
Middle School Team List	Internal	Passing Juice
brackets	Internal	Passing Juice
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Entries by School	Internal	Passing Juice
Entries by Weight	Internal	Passing Juice
Seeds	Internal	Passing Juice
AA/A Individual Rankings	Internal	Passing Juice
AAA Individual Rankings	Internal	Passing Juice
Team Polls	Internal	Passing Juice
scores	Internal	Passing Juice
All State and Honor Roll	Internal	Passing Juice
South Charleston	Internal	Passing Juice
Winner's Choice	Internal	Passing Juice
Williamstown Novice Tournament	Internal	Passing Juice

In-page links

Danny Suite Memorial Tournament	Internal	Passing Juice
here	Internal	Passing Juice
Mat Time Season 2 Episode 5 - Things Are Heating Up!	External	Passing Juice
OVAC Brackets	Internal	Passing Juice
National Guard Duals - Preliminary Pool Results	Internal	Passing Juice
scores	Internal	Passing Juice
Williamstown Bob Zide Rumble	Internal	Passing Juice
Cougar Classic	Internal	Passing Juice
The Canfield Fairgrounds Mid-Season Border Brawl	Internal	Passing Juice
The Sharon Youth Wrestling Open	Internal	Passing Juice
Coach Steve White Memorial Wrestling Tournament	Internal	Passing Juice
Seeds	External	Passing Juice
Shadyside Youth Wrestling Tournament	Internal	Passing Juice
Ripley's Haskins Aiming for the Ultimate Prize in His Final Days of High School Wrestling	External	Passing Juice
Mat Time Season 2 Episode 4 - AAA Clarity	External	Passing Juice
Braxton County Invitational	Internal	Passing Juice
Bridgeport	Internal	Passing Juice
Inaugural Fairmont Field House Classic Set for January 8	External	Passing Juice
Grafton Youth Wrestlers Takedown the Competition in Bridgeport	External	Passing Juice
Alexander Spartan Youth Open Tournament	Internal	Passing Juice
Beallsville Mighty Devils Wrestling Tournament	Internal	Passing Juice
Braxton County 42 Tyler Consolidated 36	Internal	Passing Juice
Fairmont Senior 55 Berkeley Springs 18	Internal	Passing Juice
Berkeley Springs 48 Hurricane 33	Internal	Passing Juice
here	External	Passing Juice
McGuffey "Sledgehammer" Open Tournament	Internal	Passing Juice
McGuffey "Sledgehammer" Novice Tournament	Internal	Passing Juice

In-page links

Robert L. Bland Middle School	Internal	Passing Juice
Liberty (Harrison) Wrestling Focused on Growing the Program	External	Passing Juice
OVAeC.org	External	Passing Juice
Mat Time Season 2 Episode 3 - AAA Chaos!	External	Passing Juice
Powerade Wrestling Tournament Again Loaded with Talent	External	Passing Juice
Williamstown 66 St Marys 18	Internal	Passing Juice
Berkeley Springs' Isaac Harris Named Most Outstanding Wrestler at Max Horz Invitational	External	Passing Juice
East Fairmont's Marsh Wins Rematch in Bees' Wrestling Victory	External	Passing Juice
Early Upsets Prove How Tough College Wrestling Is	External	Passing Juice
Northern Wrestling Primed for Success on the Mat	External	Passing Juice
Letter to the Editor, "Say It Ain't So, Joe" (Note: School was Fairmont Senior, not Farmington)	External	Passing Juice
Three Bucs Go 8-0 at Musselman	External	Passing Juice
Little Bucs Earn Split in Home Tri	External	Passing Juice
This Week's Hank Ellis All Stars - Tucker Hurst	External	Passing Juice
Little Bucs Off to a Strong Start	External	Passing Juice
Bucs Fare Well at Ernie Sparks Duals Despite Not Having Full Roster	External	Passing Juice
Bucs Put Through the Grinder at Washington Elite Opener	External	Passing Juice
Bucs Win Debut in Dual Outing with Lewis County	External	Passing Juice
Bucs to Debut Thursday Hosting Lewis County	External	Passing Juice
Bucs Seek Even More Success in 2021-22	External	Passing Juice
2022 STATE TOURNAMENT SCHEDULE	Internal	Passing Juice
Wahama	Internal	Passing Juice
Lincoln	Internal	Passing Juice
Mid-Ohio Valley Girls Championship	Internal	Passing Juice
Bulldawg's Throwdown at the Pound	Internal	Passing Juice
Point Wins Jason Eades Memorial Duals	External	Passing Juice

In-page links

Shady Spring 52 Hurricane JV 36	Internal	Passing Juice
Shady Spring 45 Independence 42	Internal	Passing Juice
2022 Battle on the Hill at Huntington High School	Internal	Passing Juice
Marshall County Old Timers Tournament	Internal	Passing Juice
Peyton Hall Named WVU Student Athlete of the Week	External	Passing Juice
Childers Signing	External	Passing Juice
Edwards Signing	External	Passing Juice
Hardwood Duals Day 1	Internal	Passing Juice
Pool assignments	Internal	Passing Juice
Jim Matney Memorial Youth Wrestling Tournament	Internal	Passing Juice
Hampshire	Internal	Passing Juice
David Hypes Memorial Youth Wrestling Tournament	Internal	Passing Juice
Caldwell Redskin Open	Internal	Passing Juice
Jones Snags 100th Win as Polar Bears Sweep Season Opener	External	Passing Juice
John Marshall 48 Ripley 22	Internal	Passing Juice
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Top Wrestlers 2020-21	Internal	Passing Juice
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Fairmont Fieldhouse Classic	Internal	Passing Juice
Buckhannon-Upshur Middle 74 Mountaineer Harrison 54	Internal	Passing Juice
WVU Wrestling Takes Down Glenville 40-3	External	Passing Juice
Keyser, Frankfort Wrestlers Start Hedgesville Duals	External	Passing Juice
Tyler Consolidated Wrestling Hosts Senior Night	External	Passing Juice
South Parkersburg Jr. Wrestling Open	Internal	Passing Juice
Prep Wrestling Rolls Out Mats Saturday at Rick Link Invite	External	Passing Juice
Mat Time Season 2 Episode 2 - Ironman Special	External	Passing Juice
Wirt Duals results	Internal	Passing Juice

In-page links

9th Annual Tony Williams Memorial Tournament	Internal	Passing Juice
Glenville State Ready to Challenge WVU Wrestlers	External	Passing Juice
Walsh Jesuit Ironman Major Test for South Wrestlers	External	Passing Juice
Preston Open	Internal	Passing Juice
Bellaire Youth Wrestling Tournament	Internal	Passing Juice
Braxton County Youth Wrestling Tournament	Internal	Passing Juice
Marietta Tiger Tussle	Internal	Passing Juice
1955 State Tournament	Internal	Passing Juice
2004 Coalfield Jr. High Conference Tournament	Internal	Passing Juice
Jason Eades Memorial Duals	Internal	Passing Juice
Mountaineer Middle (Harrison County)	Internal	Passing Juice
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Updated brackets for the Region 2 AA/A tournament	Internal	Passing Juice
Initial brackets for the AA-A Region IV Tournament	Internal	Passing Juice
Updated brackets	Internal	Passing Juice
Team Scores	Internal	Passing Juice
www.mawawrestling.com	External	Passing Juice
AAA Region IV Seeds	Internal	Passing Juice
2020 AA/A Region I Brackets	Internal	Passing Juice
January - February High School Scores	Internal	Passing Juice
2020 Region III AA/A Wrestling Tournament February 14-15 at Independence High School	Internal	Passing Juice
Region 4 AA-A	Internal	Passing Juice
A/AA Region I Wrestling Tournament	Internal	Passing Juice
2020 WVSSAC A/AA Region I Wrestling Tournament	Internal	Passing Juice

In-page links

West Virginia Girls State Championship (High School and Middle School)	Internal	Passing Juice
FORUM	Internal	Passing Juice
this	External	Passing Juice
this	Internal	Passing Juice
this	Internal	Passing Juice
This one	Internal	Passing Juice
this one	Internal	Passing Juice
what's going on with this one?	External	Passing Juice
The First High School Wrestling Match in West Virginia	Internal	Passing Juice
Read All About It	Internal	Passing Juice
Details AT THIS LINK	Internal	Passing Juice
Details AT THIS LINK	Internal	Passing Juice
Details AT THIS LINK	Internal	Passing Juice
Details AT THIS LINK	Internal	Passing Juice
Team Polls - AAA / AA / A	Internal	Passing Juice
AAA	Internal	Passing Juice
AA/A	Internal	Passing Juice
59th Annual Wood County Middle School Championship Day 1 Results	Internal	Passing Juice
November - December High School Scores	Internal	Passing Juice
PHS vs SM	Internal	Passing Juice
2020 MSAC Wrestling Tournament	Internal	Passing Juice
TOURNAMENT WEBSITE	External	Passing Juice
2020 Coalfield Conference Invitational Wrestling Tournament	Internal	Passing Juice
Academic All-State	Internal	Passing Juice
Honor Roll	Internal	Passing Juice
December Middle School Scores	Internal	Passing Juice
WV HS State Champ 127lbs 1966 Huntington High	Internal	Passing Juice

In-page links

Inducted WV Chapter NWHOF in 2007	Internal	Passing Juice
WSAZ High School Seeds and entries	Internal	Passing Juice
WSAZ Middle School SEEDS AND ENTRIES	Internal	Passing Juice
Qualifiers for the State Dual Team Championships	Internal	Passing Juice
Further Detail	Internal	Passing Juice
WSAZ Middle School LIST OF PARTICIPANTS	Internal	Passing Juice
AAA	Internal	Passing Juice
AA/A	Internal	Passing Juice
Point Pleasant 32 Parkersbrg South27	Internal	Passing Juice
Day One Winners Choice HERE	External	Passing Juice
High School Academic All-State and Honor Roll	Internal	Passing Juice
PRESTON SQUIRES DUAL	Internal	Passing Juice
Bill Hughes Tourney	Internal	Passing Juice
Joe Altobello	Internal	Passing Juice
Guard Duals at Summersville - Day One Results	Internal	Passing Juice
High School	Internal	Passing Juice
Middle School	Internal	Passing Juice
Middle School	Internal	Passing Juice
High School	Internal	Passing Juice
Whittington earns 700th	External	Passing Juice
Webster County Hardwood Duals Day One Results	Internal	Passing Juice
Flyer AT THIS LINK	Internal	Passing Juice
Seeding Sheet	Internal	Passing Juice
Two future Mountaineers, One a current WV wrestler	External	Passing Juice
Wrestling Buccaneers have change of plans	External	Passing Juice
D&E wrestlers take pair of matches	External	Passing Juice
AAA, AA, A Team Polls	Internal	Passing Juice
Tigers hope to bounce back	External	Passing Juice

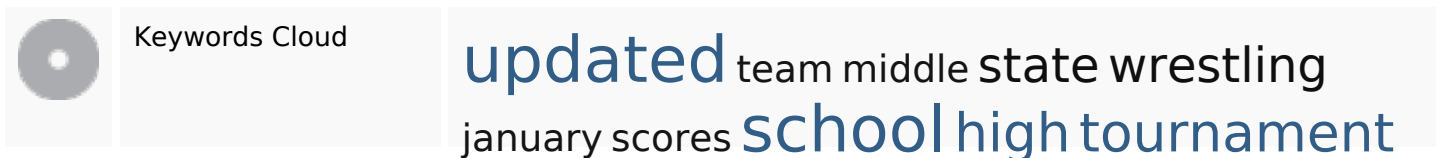
In-page links

FS starts at 4-0	External	Passing Juice
Prep Sports Roundup: Amos tames Ironman again...	External	Passing Juice
TCMS Knights Wrestling season begins	External	Passing Juice
Buckhannon Youth Wrestling Tournament	External	Passing Juice
Clay 9 - Point Pleasant 69 December 13, 2019	Internal	Passing Juice
Alderson-Broaddus	Internal	Passing Juice
West Virginia Wrestlers at Walsh-Jesuit	Internal	Passing Juice
Hedgesville HS	Internal	Passing Juice
Roane County	Internal	Passing Juice
Detail for Huntington Middle School Classic	Internal	Passing Juice
Braxton County Invitational	Internal	Passing Juice
Braxton Duals	Internal	Passing Juice
Panhandle returns plenty of talent...	External	Passing Juice
Patriots Wrestling off to 7-1 start	External	Passing Juice
Minutemen Wrestling hits the mat on 2019-20 season	External	Passing Juice
Walsh Jesuit Ironman Pre-seeds	External	Passing Juice
(Greenbeier East) Spartans "have fun" at Raider Rumble	External	Passing Juice
Liberty (Raleigh) to host annual Raider Rumble on Saturday	External	Passing Juice
PikeView wrestled to fifth at Raider Rumble. Grundy boys pick up first win	External	Passing Juice
Sherando Warriors go 10-0 at wrestling duals (Hedgesville Duals)	External	Passing Juice
Reed Between the Lines with Bearcat Noah Allman	External	Passing Juice
Grafton youth wrestlers hit the mat at South Harrison tournament	External	Passing Juice
Ohio Valley University	Internal	Passing Juice
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Middle School	Internal	Passing Juice
LKC Tournament	Internal	Passing Juice
Jason Eades Memorial	Internal	Passing Juice

In-page links

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Wiseman Insurance Middle School Invitational	Internal	Passing Juice
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Spencer Middle School Duals	Internal	Passing Juice
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Detail AT THIS LINK	Internal	Passing Juice
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Healthy Kids, Inc.	External	Passing Juice
WrestlingGear.com	External	Passing Juice
My Wrestling Room	External	Passing Juice
Wrestling shoes	External	Passing Juice
WePlay Sports	External	Passing Juice
wrestling gear	External	Passing Juice
showyourpins.com	External	Passing Juice

SEO Keywords








Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
updated	635	✖	✖	✖	✖






Keywords Consistency

school	587	✖	✖	✖	✖
tournament	439	✖	✖	✖	✔
high	389	✖	✖	✖	✖
state	332	✖	✖	✖	✔

Usability

	Url	Domain : wvmat.com Length : 9
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use this free meta tags generator to declare the intended language of your website.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	Missing doctype								
	Encoding	You have not specified the document's charset. Use this free meta tags generator to declare document's charset.								
	W3C Validity	Errors : 0 Warnings : 0								
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.								
	Deprecated HTML	<table><tr><th>Deprecated tags</th><th>Occurrences</th></tr><tr><td></td><td>96</td></tr><tr><td><CENTER></td><td>2</td></tr><tr><td><center></td><td>19</td></tr></table>	Deprecated tags	Occurrences		96	<CENTER>	2	<center>	19
Deprecated tags	Occurrences									
	96									
<CENTER>	2									
<center>	19									

Document

<u>	45
	90
<strike>	2

Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.



Speed Tips

- ✖ Attention! Try to avoid nested tables in HTML.
- ✔ Perfect. No inline css has been found in HTML tags!
- ✔ Great, your website has few CSS files.
- ✔ Perfect, your website has few JavaScript files.
- ✖ Too bad, your website does not take advantage of gzip.

Mobile



Mobile Optimization

- ✖ Apple Icon
- ✖ Meta Viewport Tag
- ✔ Flash content

Optimization



XML Sitemap

Missing

Your website does not have an XML sitemap - this can be problematic.

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.



Robots.txt

<http://wvmat.com/robots.txt>

Great, your website has a robots.txt file.



Analytics

Missing

We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.

Optimization