

October 9, 2020

Athletic Director and Head Wrestling Coach,

This is the first email of the 2020-21 Wrestling Season. It is being sent about three weeks earlier than normal, so I hope it is beneficial for planning purposes. Before I relay any information, let me say thank you to all of you for choosing to help wrestlers navigate through what will surely be an interesting and challenging season! I appreciate your willingness to help the young people of Iowa have the opportunity to, as safely as possible, compete in the sport we love.

Athletic Directors, please forward this to your head coach because I may not have all their current email addresses. Also, please forward this to all your 7-12 wrestling coaches so your entire staff can benefit from the information.

1. As of this time, the IHSAA is planning on starting wrestling season with practices on Monday, November 16 and competitions on Monday, November 30.
2. State finals tickets will **NOT** go on sale in early December. Until a determination can be made regarding spectators at Wells Fargo Arena, we will hold off on selling these reserved seat tickets. I will keep you up to date as information becomes available to me regarding finals tickets and the state tournament in general.
3. Preliminary classifications for 1A, 2A, and 3A will be on our website soon. Keep an eye out for that and if you identify a possible mistake, let me know. We check for accuracy as best as we can, but your assistance is always appreciated.
4. The sites and assignments for sectional and district tournaments will be put on the November Board of Control agenda. Once approved, we will release those for school and public viewing.
5. TrackWrestling sent an email on Monday, Oct. 5 (the email came from noreply@trackwrestling.com) that needs your attention! You need to Sign In and verify the information and activate the account so you can begin preparations for this upcoming season (roster, schedule, etc.). Please go into your email (could be in Junk or Spam mailboxes) and find that message, then complete the tasks as directed.
6. **Body composition assessments may begin being conducted on October 26.** For coaches, if you login to your OPC on TrackWrestling, you can hit the "Import Roster" button on your roster page and you can pull in last year's squad members to this year's team (choose 2019-20 High School Boys, then your team name), then you can add and delete as appropriate. This will make the assessor's job of entering wrestlers much easier, as they can then select from a dropdown list rather than entering the names themselves.
7. As a reminder regarding body comp and weight loss descent plans...All wrestlers losing weight are limited to an average weight loss of 1.5% per week beginning the Monday of the week their body composition is assessed. (i.e. – assessment is administered on Tuesday, Nov. 24. Wrestler A weighs in at 141 with 14% body fat and an MWC of 132, his descent plan allows him to lose 2.5 pounds per week. That weight loss is for the current week of Nov. 23-29 but will show up on the descent plan on Monday, Nov. 30, when he can then weigh 138.5 and be eligible for the 145-pound weight class during the week of Nov. 30. Coaches and wrestlers should know that the "loss per week" amount

does not come off during the same week that the assessment is given, rather the next Monday.)

8. Wrestling considerations (guidance) for schools from the IHSAA will be released on **October 19**. Junior High wrestling considerations are already being distributed to Athletic Directors at their District A.D. meetings.
9. A Wrestling Coaches and Athletic Directors webinar will take place on **Wednesday, October 21 beginning at 6:30. p.m.** More information including the link to use to attend will be sent as that date gets closer.
10. Scheduling and travel considerations for the 2020-21 season will be left up to each local school district. Plan accordingly.

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