

November 2, 2020

Wrestling Coaches and Administrators,

This email will give some brief reminders of a few important wrestling items regarding the upcoming season. Best of luck to all of you as you prepare for the winter months.

1. The 2021 IHSA State Wrestling Championships and State Duals schedules, ticketing, etc. are still to be determined. As soon as our office is given direction from the Wells Fargo Arena staff regarding seating capacity allowances, we will then make decisions based on our scheduling and ticketing. We appreciate your patience regarding this situation, as it is a fluid process.
2. The sites and assignments for sectional and district tournaments will be put on the November 21 Board of Control agenda for approval. Once approved, we will release those for school and public viewing.
3. Body composition assessments are underway (could start 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.
4. As a reminder regarding body comp and weight loss descent plans... (from the 2020-21 Regular Season Wrestling Manual) - 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. 22-29 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.)
5. Attached is the most current list of girls' division tournaments that I have had sent to me. Please consider attending these tournaments with any of your girls. Be reminded that the girls, just like any of your boys, must be accompanied by a school-approved coach. These are not open tournaments. The girls must be a member of your team in order to compete, and they must be in grades 9-12. Contacting the host school in advance will help them prepare for that girls' division.
6. Also attached is a flier for the Feather Singlet. This product is designed to be a "weigh-in singlet" and might be something your team wants to consider with the change in protocol for weighing in with legal uniforms being worn. Keep in mind, sharing uniforms is not allowed at weigh-ins, so individuals would need to have their own singlet in which to make weight.
7. For planning purposes, I will seek input from coaches for IWCOA Dual Meet Rankings on the following dates: Dec. 13-15, January 1-5, and January 24-26. The final set of rankings will assist

in determining locations or the Regional Dual meets. Keep in mind, this procedure has changed this season, as the Sectional championship team for Class 1A and 2A automatically qualify for Regionals, then the next 8 highest ranked teams based on the IWCOA Rankings also qualify, for a total of 24 teams. Those teams will be paired together in groups of three to compete at Regionals for the right to compete in the state duals. Knowing that the postseason may look different this season, those plans may also have to be altered. As soon as those decisions are made, we will communicate it with our wrestling schools.

8. A suggestion for workers who set up for wrestling meets has been made. Please try to have the green start line be on the right-hand side as you face the scorer's table and have the red start line on the left-hand side as you face the scorer's table. With the end-of-match procedure changing and officials being asked to indicate the winner by raising their own red (left) or green (right) colored wristband, the proper set-up will help eliminate confusion for the crowd, scorers, and others involved.
9. As the start of practice is only two weeks away, please communicate between coaches, athletic administrators, and anyone else using your wrestling facilities. Cleaning needs to be ramped up this year and should include all groups or users of the facility. When you host a wrestling event, be sure to plan and communicate your cleaning plan as well. At a minimum, cleaning after a round of wrestling or a dual meet should take place.
10. Tanita scales will be offering a 15% discount to all schools, when purchasing a new scale. Please contact Max at max@tanita.com. Here's the link to their wrestling page:
<https://www.tanita.com/en/wrestling-scales/>
11. Reminder for all coaches, and mandatory for all head coaches, the IHSA Wrestling Rules Meeting is on our website and must be viewed prior to competitions. Access it at [2020-21 Wrestling Rules Meeting](#) and sign in as a coach from your school.

Girls' Division Tournaments for 2020-21 Wrestling season

<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Other Division(s)</u>	<u>Contact email</u>	<u>Secondary contact email</u>	<u>Contact Name</u>
MOC-Floyd Valley	Monday, Dec. 1, 2020	4:45 PM	JV boys	llundgren@mocfv.org	mgunderson@mocfv.org	Lyle Lundgren, Mark Gunderson
Council Bluffs, A. L.	Monday, Dec. 7, 2020	6:00 PM	JV boys	amanz2@cbcsd.org	mchilders@cbcsd.org	Adam Manz, Mike Childers
Waverly-Shell Rock	Friday, Dec. 11, 2020	5:00 PM	Varsity boys	dave.litterer@wsr.k12.ia.us		Dave Litterer
Algona	Friday, Dec. 11, 2020	5:00 PM	JV boys	ajacobson@algona.k12.ia.us		Andy Jacobson
Oakland, Riverside	Saturday, Dec. 12, 2020	11:00 AM	Varsity boys	caconover@riverside.k12.ia.us		Casey Conover
Maquoketa	Saturday, Dec. 12, 2020	10:00 AM	Varsity boys	tgruenwald@maquoketaschools.org		Tom Gruenwald
Sgt. Bluff-Luton	Monday, Dec. 14, 2020	5:00 PM	JV boys	koedacli@sblschools.com		Clinton Koedam
Young Arena (Waterloo) (BOW)	F & S, Dec. 18-19, 2020	TBD	Varsity duals	huffd2@waterlooschools.org		Dan Huff
Chariton	Friday, Dec. 18, 2020	TBD	JV boys	jamiecochran@gmail.com		Jamie Cochran
Shenandoah	Saturday, Dec. 19, 2020	10:00 AM	G/B Pools	mcginnist@shenandoah.k12.ia.us	weinrichi@shenandoah.k12.ia.us	Todd McGinnis, Jon Weinrich
Spencer (M.S. location)	Saturday, Dec. 19, 2020	10:00 AM	Varsity and JV	agress@spencerschools.org		Adam Gress
Wilton	Saturday, Dec. 19, 2020	9:30 AM		gabeboorn@wiltoncsd.org	janekreimeyer@wiltoncsd.org	Gabriel Boorn, Jane Kreimeyer
Colfax-Mingo	Saturday, Jan. 2, 2021	10:00 AM	JV boys	ehume@colfaxmingo.org		Erin Hume
North Scott	Saturday, Jan. 2, 2021	9:00 AM	JV boys	jason.schroeder@north-scott.k12.ia.us		Jason Schroeder
Center Point-Urbana	Monday, Jan. 4, 2021	4:30 PM	JV boys	mgrennan@cpuschools.org		Matt Grennan
Anamosa	Monday, Jan. 4, 2021	5:00 PM		Bjones@anamosa.k12.ia.us		Bret Jones
Central Elkader	Saturday, Jan. 9, 2021	10:00 AM	Varsity boys	jgkoehn2012@gmail.com	areinhart@central.k12.ia.us	
Ogden	Saturday, Jan. 9, 2021	9:00 AM	JV boys	ben.vanwyk@ogden.k12.ia.us	jesse.sundell@ogden.k12.ia.us	Ben Van Wyk, Jesse Sundell
Ames (Mendenhall)	Saturday, Jan. 9, 2021	10:00 AM	Varsity boys	andy.fecht@ames.k12.ia.us		Andy Fecht
Greene County	Saturday, Jan. 16, 2021	10:00 AM	JV boys	gordont@greenecountycsd.net		Todd Gordon
ADM, Adel	Saturday, Jan. 16, 2021	9:00 AM	Var and JV boys	chatchitt@admschools.org	rwiebers@admschools.org	Chris Hatchitt, Rod Wiebers
Solon	Monday, Jan. 18, 2021	4:00 PM	JV boys	chack@solon.k12.ia.us	jmunson@solon.k12.ia.us	Casey Hack, Jake Munson
Glenwood	Friday, Jan. 22, 2021	4:30 PM	JV boys	bissenj@glenwoodschoosls.org		Jeff Bissen
MOC-Floyd Valley	Monday, Feb. 1, 2021	4:45 PM	JV boys	llundgren@mocfv.org	mgunderson@mocfv.org	Lyle Lundgren, Mark Gunderson

RULE CHANGE!!!

NFHS // Wrestling Rules Changes - 2020-21

4-5-1 – Clarified how opponents shall weigh-in.

Rationale: Opponents regardless of gender shall weigh-in together because of the modification of the rule that allows them to wear a legal uniform for weigh-ins.

4-5-7 Note – Clarified the appropriate weigh-in attire.

Rationale: Wrestlers are now permitted to weigh-in wearing a legal uniform with suitable undergarments. This modification will simplify the weigh-in process by having all the competitors in the same area and can expedite the activity. Beside the legal uniform, the wrestlers may wear low-cut socks on the scale. The socks cannot be removed or added for fear that practice would affect the wrestler's weight loss or gain.



Feather Singlet™



Feather Singlet™ is the world's first, and only, singlet designed with the scale in mind. The world's lightest WEIGH-IN singlet is competition ready and it weighs approximately 1/10th of a pound, so you don't have to lose more weight than you really need to.

GET THIS SPECIAL OFFER

1. Go to www.thebestwrestler.com
2. Enter the code "**LIGHT**" at checkout
3. Get **15% OFF** storewide

FOR TEAM ORDERS

Contact Georgi Ivanov at givanov@thebestwrestler.com