

## Wrestling memo – 11/21/23

Wrestling coaches, athletic directors, and officials,

- TrackWrestling schedules are due to be posted on your team's TrackWrestling page by the end of the day this Saturday! If you are hosting a tournament or a dual meet event, be sure to get those created and get the team attending added so that they show up on those teams' schedules!
  - Entering schedules is the responsibility of each school that is hosting an event. Schedules need to be added by Nov. 25. The host school in a quad, for example, needs to create the event and add the other three schools. The host then creates their three dual meets inside of that event. The visiting teams need to then go into that event and add their own duals with the first team alphabetically adding two duals and the next team alphabetically adding the final dual. The team that is last alphabetically does not have to add any duals.
    - Teams A, B, C, and D are wrestling in a quad being held at Team C.
    - Team C creates the event and adds Team A, Team B, and Team D.
    - Team C adds the following duals: Team C vs. Team A, Team C vs. Team B, Team C vs. Team D
    - Teams A, B, and D accept the event on their schedules
    - Team A adds the following duals: Team A vs. Team B and Team A vs. Team D.
    - Team B adds the following dual: Team B vs. Team D
    - All six duals have been added into schedules for each to accept and use to live score the matches.
- [District Wrestling Assignments](#) have been posted on our website.
- [Regular Season Wrestling Manual](#) is on our website. Be sure to take time and review this document, as it summarizes the things you need to know, especially coaches! Be sure to also share this type of information with assistant coaches and junior high coaches!
- A few things that we have been seeing with the start of the girls' season that needs correcting and needs to not happen at either gender wrestling events:
  - Only two team personnel are allowed in the corner of the mat. That can be two coaches, it could be one coach and one manager, etc. Two coaches with a manager on the ground filming the match is NOT allowed! Let's get that cleaned up before we go any further.
  - The post-match handshake takes place at the center of the mat between opponents under the supervision of the official. After the handshake and the declaration of the winner, both participants are to return directly to their own corner or bench. Post-match handshakes with the opposing coach(es) are not allowed. This is for all levels of 7-12 wrestling.

- Coaches – be sure to have discussions with your athletes and set clear expectations regarding post-match celebrations. The NFHS has made excessive celebration a point of emphasis this year. We all need to play our part in eliminating this type of display as it is considered unsportsmanlike conduct. It should be penalized accordingly.
- Headgears are not a place to display stickers for special accomplishments. Stickers or tally marks for winning by fall are not to be kept track of on the side of headgear. Appropriate markings on a headgear can be the legal manufacturer's logo, a school logo or lettering, or a name of the contestant
- All participants must have a body composition assessment completed and entered by the assessor on the OPC of the TrackWrestling system. Please get those completed and get your rosters entered along with your schedules. Currently we have over 4,000 assessments entered and that number should increase to nearly 6,000 by next week.
- “Licensed health care provider” means a Medical Doctor, Doctor of Osteopathic Medicine, Doctor of Chiropractic, Physician’s Assistant, Advanced Registered Nurse Practitioner, Physical Therapist, or certified Athletic Trainer. For wrestling meets, the “Designated, on-site, medical professional” needs to hold one of the aforementioned titles.
  - Emergency Medical Technician (EMT) or paramedic does not meet this standard.
  - These same people are the ones who can provide written clearance releasing the student following a concussion or other brain injury to return to or commence participation in any extracurricular interscholastic activity.
  - The [Medical Release to Return to Athletics form](#) is available for use at your wrestling events where you have an on-site, designated medical professional available.
- Tickets for the IHSAA State Individual Championship finals scheduled for February 17, are targeted to go on sale to schools on January 9 and 11. Coaches, please communicate with your AD regarding state finals tickets.

Let's all have a great season and work together to make wrestling a memorable experience for the members of the wrestling teams. Conducting ourselves in a professional and courteous manner reflects not only on yourself, but also sends a positive message to these young athletes and team personnel. Be great at this!

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