



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Fall Memo #2

September 18, 2025

Good morning, Head Wrestling Coaches, AD's, & Asst. AD's –

Just a few quick updates as it pertains to wrestling following last week's board meeting.

1. TrackWrestling

Just a reminder from last month's fall memo, login for school's team admin will be sent out **Monday, September 22**. Assessor login will be sent out on Monday, September 29. If you do not receive this information, please have your AD contact TrackWrestling directly at support@trackwrestling.com or contact our office.

- First Body Composition Assessment: October 20, 2025

2. 2026 Traditional State Tournament Schedule

The traditional state tournament schedule was re-examined after feedback received from coaches and administrators over the last three years regarding the current structure, number of qualifiers, expense to schools, number of sessions, and length of the tournament (4 day implemented in 2022-23). When meeting with our wrestling advisory committee and members of the IWCOA multiple times including last spring's meeting, the group was committed to keeping 24 qualifiers, which we support, and helped work to assess options. Logistically, it is not possible to have 3 classes of 24 qualifiers compete within three days. However, we have developed a schedule that keeps the 24 qualifiers per class and only requires one class every third year to wrestle over 4 days with the other two classes competing over three days. This revised schedule does also bring all semifinals together on Friday night. At last week's IHSAA Board of Control meeting, the revised state wrestling tournament schedule, reviewed by the advisory committee, was approved. You can view the schedule [HERE](#).

3. Official Recommendations (2024-25 season)

Please ensure your school has submitted official recommendations within Bound from the 2024-25 season. Whitney from our office has sent out a reminder to several schools that had yet to complete this earlier this week. If you have not done this yet, ensure you go back into the 2024-25 school year on Bound to gain access to this form under the IHSAA tab to complete. Please understand the importance of completing these. As an Association we value these numbers for assigning officials for postseason assignments. Officials use these numbers to understand how they are doing each season compared to a previous season and feedback from schools is important piece of this assessment process.

4. IWCOA Convention

Reminder, the 2025 IWCOA Convention will be held on Saturday, October 18 at the Airport Holiday Inn in Des Moines. Registration details and itinerary will be shared once available. I will be there throughout the day and welcome feedback on schedule and/or any other important wrestling items or concepts you may have.

Thanks, and do not hesitate to reach out if you've got further questions.



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