

# 2010 WSWCA Regional Survey Results

## GENERAL WRESTLING QUESTIONS

### 1. What classification do you represent?

Total=148    B = 16    1A = 24    2A = 26    3A = 28    4A = 54    Girls = 5

### 2. What region are you participating in this year?

|       | B | 1A | 2A | 3A | 4A | Girls |
|-------|---|----|----|----|----|-------|
| Reg 1 | 5 | 6  | 12 | 7  | 20 | 1     |
| Reg 2 | 9 | 6  | 2  | 7  | 13 | 3     |
| Reg 3 | 2 | 6  | 4  | 9  | 8  | 1     |
| Reg 4 | 0 | 6  | 8  | 5  | 13 | 0     |

### 3. Are you a current member of the WSWCA (and WSCA)?

Yes = 94    No = 53    Skipped = 1

### 4. Would you favor eliminating the regional tournament format, qualifying directly to the state tournament from league tournaments and increasing the size of the bracket at the state tournament?

|         | Total             | B         | 1A         | 2A         | 3A         | 4A         | Girls   |
|---------|-------------------|-----------|------------|------------|------------|------------|---------|
| Yes     | <b>94 (63.9%)</b> | 7 (43.8%) | 9 (37.5%)  | 15 (57.7%) | 18 (64.3%) | 45 (84.9%) | 3 (60%) |
| No      | <b>53 (36.1%)</b> | 9 (56.3%) | 15 (62.5%) | 11 (42.3%) | 10 (35.7%) | 8 (15.1%)  | 2 (40%) |
| Skipped | <b>1</b>          |           |            |            |            | 1          |         |

### 5. Would you favor different sized state tournaments based on participation numbers of wrestlers in each classification? Example in 2009: 1A=1100 wrestlers, 2A=1700, 3A=2850 and 4A=3150. 1A could have 16-entry bracket, 2A could have 24-entry, 3A and 4A could have 32-entry bracket.

|          | Total             | B         | 1A         | 2A         | 3A        | 4A         | Girls   |
|----------|-------------------|-----------|------------|------------|-----------|------------|---------|
| Yes      | <b>81 (55.5%)</b> | 6 (37.5%) | 8 (33.3%)  | 8 (30.8%)  | 17 (63%)  | 42 (79.2%) | 3 (60%) |
| No       | <b>46 (31.5%)</b> | 7 (43.8%) | 11 (45.8%) | 15 (57.7%) | 8 (29.6%) | 5 (9.4%)   | 2 (40%) |
| No Opin. | <b>19 (13.0%)</b> | 3 (18.8%) | 5 (20.8%)  | 3 (11.5%)  | 2 (7.4%)  | 6 (11.3%)  | 0       |
| Skipped  | <b>2</b>          |           |            |            | 1         | 1          |         |

## GIRLS WRESTLING

### 6. Do you have girls participating in your wrestling program (for part of all of this past season)?

|         | Total             | B         | 1A         | 2A         | 3A         | 4A         | Girls    |
|---------|-------------------|-----------|------------|------------|------------|------------|----------|
| Yes     | <b>91 (62.3%)</b> | 7 (43.8%) | 13 (54.2%) | 16 (61.5%) | 15 (55.6%) | 40 (75.5%) | 5 (100%) |
| No      | <b>55 (37.7%)</b> | 9 (56.3%) | 11 (45.8%) | 10 (38.5%) | 12 (44.4%) | 13 (24.5%) |          |
| Skipped | <b>2</b>          |           |            |            | 1          | 1          |          |

### 7. If you answered YES to #6 above, how many girls did you have TURN OUT during the season?

1-3 girls = 54    4-6 girls = 12    7-9 girls = 14    10 or more girls = 11

### 8. If you answered YES to #6 above, how many girls did you have COMPLETE the season?

1-3 girls = 62    4-6 girls = 14    7-9 girls = 5    10 or more girls = 7

### 9. If you have girl's wrestling, do you have a coaching position dedicated to the girl's only?

YES = 16    No = 80

### 10. If you have girls wrestling, do your girls practice separately or directly with the boys team

With boys team = 92    Separately = 3

### 11. Does the league that your girls compete in have Standard Operating Procedures for the girls?

YES = 42    NO = 67

## WIAA RECLASSIFICATION

### 12. Do you like the new classification system being implemented by the WIAA for 2010-12?

|          | Total             | B         | 1A        | 2A         | 3A         | 4A         | Girls   |
|----------|-------------------|-----------|-----------|------------|------------|------------|---------|
| Yes      | <b>61 (41.8%)</b> | 4 (25.0%) | 9 (37.5%) | 10 (38.5%) | 16 (57.1%) | 22 (42.3%) | 0       |
| No       | <b>53 (22.6%)</b> | 3 (18.8%) | 8 (33.3%) | 11 (42.3%) | 3 (10.7%)  | 8 (15.4%)  | 1 (20%) |
| No Opin. | <b>52 (35.6%)</b> | 9 (56.3%) | 7 (29.2%) | 5 (19.2%)  | 9 (32.1%)  | 22 (42.3%) | 4 (80%) |
| Skipped  | <b>2</b>          |           |           |            |            | 2          |         |

- a small 2A team is half the size of a larger 2A team. it is not fair competition.
- Don't feel it accomplishes what is was intended to do.
- Evens out the # of schools in each division
- Highest end 2A schools are double the lowest end.
- I dislike that the classifications change every two years. That is too short of a time frame. You are just getting used to leagues and post season completion and then everything switches. Make it every 4 to 5 years
- I like the 5 class system or at least combining the A and B schools into one classification. There could even be separate "team" scores and titles but one individual champion.

- I think that if teams choose to opt up then it is great that the WIAA allows the next smallest school to then fall down to replace the opt up.
- In our situation most schools in the area are within 100-150 students, but many schools are opting up or staying down. They should all be in one league. Schools are playing games based on possible playoff bids and success. Because some schools stayed 3A fewer state berths were given to our region. Our region has been very successful in the past, but we have a difficult time at state because fewer good kids are getting to the tournament. The new classification system was designed to make more opportunities for student/athletes. This is not the case in our area.
- Just Play Fair! what a joke! 2A goes from 527 to 1085, how is that fair? maybe the WIAA needs to get rid of the old farts and get some new blood!!!
- League assignment should be more clear. 2a/3a joint leagues are unsatisfactory, AD's need to get on this situation.
- Schools should not be allowed to opt-up forcing a even larger school to drop to a smaller classification. Permission from the league the school is leaving should occur and permission from the league where the larger school is dropping into should be required from that league.
- The size of student bodies in the 2A division are too diverse
- There is still a large separation from top to bottom in school size.
- there is too big of a difference between the sizes of schools in 1a
- Too big of disparity in the numbers in 2a
- Too many schools opt Up.
- We are competing with schools almost 3 times larger than us.

**13. Do you feel the new numbers for classifications in 2010-2012 are fair and equitable?**

|          | Total             | B         | 1A        | 2A         | 3A         | 4A         | Girls   |
|----------|-------------------|-----------|-----------|------------|------------|------------|---------|
| Yes      | <b>68 (46.6%)</b> | 6 (37.5%) | 9 (37.5%) | 11 (42.3%) | 17 (60.7%) | 25 (48.1%) | 0       |
| No       | <b>33 (22.6%)</b> | 4 (25.0%) | 9 (37.5%) | 11 (42.3%) | 2 (7.1%)   | 7 (13.5%)  | 1 (20%) |
| No Opin. | <b>45 (30.8%)</b> | 6 (37.5%) | 6 (25.0%) | 4 (15.4%)  | 9 (32.1%)  | 20 (38.5%) | 4 (80%) |
| Skipped  | <b>2</b>          |           |           |            |            | 2          |         |

- anyone who can do math and percentages knows that it is not fair. a 3A school has to only compete with a school 300 students more when a smaller 2A school has to go against a school with over 500 students more! what is the percent? how is that fair for kids?
- as long as everyone can opt up and move around it skews the classifications. In theory the percentages work fine, when you allow so many schools to opt up it changes the dynamics of classifications and allows schools to compete against opponents more than double their size which was the rationale for adopting the new system.
- As much as they can be - no perfect system out there
- Except for the 2a division as there is much disparity
- In 1A, we're back to the point where the larger schools (Elma, ie) are 2.5 times bigger than the smaller schools (Toledo, ie). Years ago, the push was to get away from schools being twice the size of other schools. Now we're back to that again.
- In our league alone, we will have 3 schools that are twice the size as our school. Makes it tougher to compete when the talent pool is double what ours is.
- It would be fair if the WIAA WOULD NOT ALLOW SCHOOLS TO OPT UP. East valley Spokane, who should be a "AAA" will now be pushed down into the "AA" and will compete against schools less than half their size, pullman and Deer Park. The decision weather or not to allow to allow a school the size of East Valley to compete in a AA division should be decided by the school in the gnl who will have to compete against them not the WIAA
- Make a number. The rotating numbers based on the number of schools makes it a game every two years.
- Not even when schools are doubled in enrollment like 2A
- One new team will be double the size of our school.
- There is to big of a gap in numbers between the smaller and larger 1-A schools
- Too big of disparity in the numbers in 2a
- Warden and Lake Roosevelt are very large schools

**WEIGHT MANAGEMENT**

**14. Are you in favor of the current weight management system as it stands at this time?**

|         | Total             | B         | 1A         | 2A         | 3A         | 4A         | Girls   |
|---------|-------------------|-----------|------------|------------|------------|------------|---------|
| Yes     | <b>94 (65.3%)</b> | 9 (56.3%) | 19 (79.2%) | 15 (60.0%) | 18 (66.7%) | 33 (63.5%) | 3 (60%) |
| No      | <b>50 (34.7%)</b> | 7 (43.8%) | 5 (20.8%)  | 10 (40.0%) | 9 (33.3%)  | 19 (36.5%) | 2 (40%) |
| Skipped | <b>4</b>          |           |            | 1          | 1          | 2          |         |

- ADJUST LOCK-IN SYSTEM
- Coaches should be given the opportunity to implement the decent plan at their discretion at any time during the season. As it stands now, athletes are "forced" into their decent plan after their initial assessment. Lean athletes, like cross country runners, are forced down to weight classes they may not want to be at early in the season.
- Doesn't take into account the 2 lb allowance that comes for post-season. I have a kid each year whose MWC is less than the weight class below him once the allowance is in effect. (Ex. a 130 lb whose MWC is 126.8, but can't go down, and in post-season the 125 becomes 127, he is stuck @ 130) Also, a 1 lb growth on the last Saturday of December, and another on the last Saturday of

January would be a more realistic growth allowance instead of the two pounds all at one time. This way wrestlers can qualify for a weight class during the regular season with the growth allowance.

- hard to get an assessor. it is expensive. reassessments are hard to schedule. assessors are inconsistent
- I disagree with the one weigh-in rule at the lowest weight.
- I feel that the old system of 1/2 weigh-ins was better. I don't favor only having to make the lowest weight once. Not far. 1/2 the weigh-ins was more consistent.
- I think it is fine. probably could use some fine tuning and allow more flexibility in certain cases. Overall a good system.
- I think that all of the assessments are not accurate. Some schools assessors may be assessing differently and it may effect the weight a wrestler goes. I think there needs to be a way to make it consistent across the state.
- I think that it is easily manipulated. Those that abused weight cutting in the past, still do so today. It penalizes those that follow the rules and gives an unfair advantage to those that beat the system.
- I would like to see the wrestler have to make the scratch weight at least once without an allowance to qualify for post season.
- I would really like to see a reassessment in January to allow those kids to be down and in shape before the post season. It is a double edged sword because if you want a full team these guys have to certify early but if you want them to have a better shot during tournament time you have to wait.
- if it is a good system, why can't they be re-done until jan, 15. it must not be good, or it would always be good!
- It is subjective and paper work loaded. The idea is good and valuable, but the reality is that it is not objective. Each assessor can pinch a different number. Wrestlers can manipulate the system by dropping weight prior to the season
- kids cut down to early to make the wt. class they want to compete in post season. defeats purpose
- Many athletes are under their assessed weight at the end of the season and have to wrestle up.
- Program could be adjusted to account better for growth. Perhaps a 1lb weight allowance in dec and another 1 or two in feb.
- The basics are a great idea. But, there too many fine points and clauses. The assessment and minimum weight is fair but it is not reasonable to bar kids from moving around weight classes of their or the coaches choosing during the season.
- The lock-in procedure needs to be fixed
- The system is flawed in two respects. 1) we need lower body fat % for lightweights 2) need a second date for certification in Jan for those who have dropped lower in weight.
- The variance needs to be larger
- The weight management system currently causes too much extra paperwork for coaches. A strictly one hour or mat side weigh-in with no growth allowance will eliminate all weight cutting.
- there are some schools who are not complying, and don't think its fair.
- There seems to be some teams that have found a way around certification; or maybe some testers are more lenient at different places when checking for fat and hydration. Rumors from wrestlers are that certain wrestlers have cheated on hydration using water to squirt into their urine for helping the specific gravity. I cannot say that is true or untrue. We are fortunate to have a nurse on site do ours; I don't know what we would do if she was not here. Our students are low income and would have a hard time finding locations for testing on their own.
- Unless actual weigh-in weights are reviewed we have not eliminated the potential of yo-yo dieting
- Weigh in kids just prior to the season and that is their weight class for the year!
- yes as long as every one is getting assessed the same way
- Yes, but I would like to see a mat side weigh in.
- Yes, though I still feel (no evidence) that some schools/kids are finding ways around the rules. However, I know the loopholes are being closed, and the bad apples eliminated.
- you should not have to lock in if staying at higher weight.... assessor should take height measurement...reevaluation part should be looked at

**15. Do you feel that wrestlers in Washington are safer now than when we were using the old system of half of your weigh-ins had to be at the lowest weight wrestled?**

|         | Total      | B         | 1A         | 2A         | 3A         | 4A         | Girls   |
|---------|------------|-----------|------------|------------|------------|------------|---------|
| Yes     | 87 (60.4%) | 9 (56.3%) | 16 (66.7%) | 11 (42.3%) | 16 (59.3%) | 35 (68.6%) | 3 (60%) |
| No      | 57 (39.6%) | 7 (43.8%) | 8 (33.3%)  | 15 (57.7%) | 11 (40.7%) | 16 (31.4%) | 2 (40%) |
| Skipped | 4          |           |            |            | 1          | 3          |         |

- Athletes are cutting harder during the beginning of the season in order to keep a weight open for the end of the season. Additionally, there is no check and balance system for smaller communities in the WC process.
- depends on the program, so abused the old system and some did it the right way. the current system is also being abused by some schools!
- I believe it has been a couple decades since wrestlers have been more dangerous in operations than any other sport. I think it has been safe for quite some time.
- I still see kids wrestling at weights that make me question the integrity of testing.
- I think half of weigh ins are more of a true measure of being safely at a weight.
- I think it definitely eliminates as much yo-yoing as there was in the past
- I wouldn't say safer, but definitely easier to go down a weight class.
- I'm seeing more kids cut than before

- It is a different game. Some kids cut weight and others do not.
- It used to be that a wrestler would get down to where they were going to be and stay there. In some cases now there are athletes cutting weight all season long now. There will always be kids losing weight to make their weight class on the day of a match. I do not think that will change.
- Kids still cut weight to get to the weight class the sheet says they need to be at.
- Mostly yes. I think it limits the hard crashing during the season, but it still happens.
- no kids still lose the weight and get by the system. The old way was fine.
- Often the WWMP certifies kids at a lower weight than a physician would, and it is also inconsistent. This question is asking about 2 entirely unrelated issues - 1: safety and 2: 1/2 weigh-ins. The 1/2 weigh-ins was not a safety issue, but a fairness issue. Safety: Kids are still cutting weight - the new system does not safeguard against unhealthy weight loss. It certifies a minimum weight, but HOW kids achieve that weight is ultimately up to the kid. Some kids lose a lot of weight in a healthy and safe way, and some kids lose minimal weight in an unhealthy and unsafe way. The best person to influence healthy weight management is the coach, although our influence does not always extend to all kids - and probably many coaches do not provide a positive influence. I dislike not having to make post-season weight for 1/2 the season (see below). It is unfair to the kid who makes the weight all year to have someone drop down for the post-season due to a "growth allowance." If there is one change I could make to the system, it would be this one. With the current system, we could still require 1/2 the weigh-ins, or a set number of weigh-ins. g
- The plan works well for some athletes and but does not account for those who lose weight easier
- They still boom and bust!
- to the extent that you only have to have one weigh-in at lowest eligible weight.
- Yes, but kids still crash diet.

**16. What flaws do you see in the current weight management system and how can it be improved?**

- [1] Lots of rumors and talks of guys who cheat the hydration. [2] Discrepancy between assessors is HUGE. We saw 3 this season; another for reassessment that was 5% different! [3]No tracking. I've noticed a number of wrestlers who should have been locked-in because they weighed-in above their 2 wts, only to see them down at the end of the year. In a neighboring conference another coach was called on it and the offending coach begged the other coach not to tell anyone.
- 1. Current system is easier to "beat" than old system, since it relies on standardized data rather than a physician examining kids individually. Favors kids cutting weight pre-test and certifying at a low weight. 2. 2-lb. growth allowance should either be implemented earlier in the season or not at all. Kids are cutting down for the post-season because of the allowance - need to eliminate the allowance or re-implement a rule requiring 1/2 the season's weigh-ins at post-season weight. I would like to have been able to comment on #4 & 5. I don't necessarily disapprove of mat-side weigh-in, but it would depend on how it was set up. I don't think it would keep kids at "natural weight" any more than any other system.
- 1.5 percent weight drop per week is too low a percentage.
- 2nd time they are able to go across the scale they start from scratch like they did the first time. Nothing is carried over from the first weigh in or body fat test. As long as they are not below 7% body fat, what does it matter.
- A one system fits all approach is the biggest problem, and you have taken local doctors who know the kids out of the picture. There should be a comprise, an option between the old and new system.
- A wrestler should be able to wrestle up as many as two weight classes above the weight he/she is currently certified at.
- As mentioned earlier...kids still crash diet and the assessing is not equal across the state. There needs to be a more accurate way to assess the wrestlers. I also think that there should be a regional assessment for schools. This would prevent the different inaccuracies that may be occurring and also prevent the potential for cheating the assessments.
- Biggest growth in wrestler comes after the holidays, not during post season. if we are trying to do what's right for kids the 2 pound allowance should occur after Christmas break Jan 1st
- body fat testing is not consistent from athlete to athlete, school to school.
- Eliminate paperwork for wrestlers locking in at an weight above.
- get rid of it. it does not work and it has created a lot of extra work
- Have an earlier cut off date for qualifying at the lowest weight and give a growth allowance once noone can drop anymore.
- I think it would be safer for kids to have to wrestle 1/2 of their matches at the weight they plan on wrestling at the end of the season. That would be tough for kids cutting a lot of weight and probably discourage them from moving down weight classes.
- I think that is not a fair system for the 103, 17 and 189 pound wrestlers. Also it is not fair as some wrestlers are not able to get down to their competitive weight classes until towards the end of the year and it affects their seeding for league placings.
- I think that wrestlers should be able to weigh-in the night prior, like in college.
- I think the growth allowance should happen right after Christmas Break. If you are really allowing for growth, then it does no good to have it for the last 3 weeks of the season.
- I Think we should rethink the lock- in procedures, some kid stake longer to loose the weight, especially young ones
- I would like to see a mandatory hydration and body fat check by the end of the 1st week. After that, I would like to see it available to redo during the 1st week of Jan. I see teams waiting till the last moment so kids can diet and cut hard. This defeats the reason we have it.
- I would like to see the re-assessment deadline done away with completely. If a kid gets down to a weight below his assessed weight naturally and is still above 7% body fat why does it matter what

point it is in the season? I think it is still good to require 3 consecutive weigh-ins at that weight and still pass hydration test.

- In particular the body fat percentages. Using a skin caliper is not the most accurate way of assessing the percentage of body fat on a wrestler because the numbers could be skewed based on the assessor pinch.
- It can be a pain to try to get wrestlers who missed the original assessment to get through the process. Don't know how to fix that however!
- It doesn't seem like some of the schools are following the assessments are are being allowed to drop more weight than is recommended
- It is difficult to understand. It would be beneficial to have a classroom or online class detailing how the weight management system is supposed to be utilized. It would also be nice to have a greater understanding of the importance of some aspects of the system (i.e. locking a wrestler into weight).
- It punishes hard working wrestlers that are naturally slender.
- It would be nice to move kids up two weights for a dual and not be penalized
- Kids are cutting weight at the beginning of the season. We are not certifying kids when they are in shape. We would get different results in January than in November. We are testing guys who have not worked out. I have several kids who weigh below the weight they certified at in November. If we certified in mid January --the kids would be in shape and have different results.
- Kids can still cut the weight. They just do it sooner. They also starve themselves over an extended period rather than dehydrate for a short period to make the weight.
- Kids drop weight much faster than the current 1.5% per week. I think the system would be great if we were able to re-cert in January and get new descent plans.
- Kids need to have at least 3 chances and be allowed to wrestle in the mean time. They should be allowed to certify again after they are in shape and weight is down naturally from working out. I think it would be positive and less punitive.
- Kids who are naturally low in fat are not allowed to drop hardly any weight and are forced to stay in a weight class where they are not strong enough to compete.
- Later challenging system to get down to another weight if a wrestler holds there weight down later in the season that January 9th
- Let the coaches dictate when the decent plan is implemented.
- Lock-in and initial certification can be somewhat inaccurate, making kids have to "Challenge" for the certification of the lower weight class.
- LOCK-IN ASPECT OF IT. IF THEY ARE LOCKED IN AT A WEIGHT IT SHOULD BE THE WIEGHT THEY MISS AND THE ONE ABOVE IT.
- Lock-in requirements need to be changed.
- Locking in a wrestler takes some of the ability to move wrestlers for a dual. Take out the locking in!!!
- Need a mid season reassessment if a wrestlers wants to do it WITHOUT the 3 weigh-in process
- Need to have the wrestler make scratch weight at least once.
- No hydration randoms on borderline students after initial test.
- not everyone follows the rules and athletes will still end the rules when losing weight
- pee test needs to have only opt. and be supervised
- People are using tournaments with 1 and 2 pound allowances to get their wrestlers certified for lower weight classes.
- Schools are finding ways to sneak around the current system. Some kids are cutting as much weight and finding ways to beat the test.
- Schools picking thier own assessors. System can be easily manipulated to give a kid a lower weight class.
- Schools using their own trainers--some trainers not as stringent as others; very casual about hydration testing protocol, etc.
- Setting up testing dates and re-tests can be overly time consuming if you do not have a certified person close by.
- Some kids don't lose weight a little at a time some their bodies just kick in and they start to loose. I have kids that get sick hurt and then have to be locked in early and not be able to go down any weighty classes because he is no longer on track locked in even though losing a little at a time.
- Some minimum weight values are unrealistic and some kids lock in too early.
- some of the testing is subjective, and not objective. For example, when kids are asked to drink water for the hydration, and they do, and it comes back that they have lots of water in their system, and they are then booted out of the assessment because they "are too hydrated" it becomes subjective. The best way for the hydration portion of the assessment is to use a thermometer type of stick that measures the temp as well as hydration so kids can not use other means to pass the assessment. Kids are still yo-yoing every week, no matter how much we think this new system takes care of that part, they are still doing the same type of thing. probably need to institute that coaches need to input their weights so coaches don't have this yo-yo diet. the computer can be fixed so that if the wrestlers are within 5lbs of their minimum weight class then it won't bumped their time frame of when they can make their lowest weight even further back.
- Some school are abusing the Doc's approval of 7% and wait till kid is at 7% then get certified
- Still a lot of bouncing up and down
- testing by independant assessors, allow testing until jan. 15 without penalty. no growth allowance, if the system is good why not allow later and why a growth allowance?
- The act that wrestlers can follow their decent plan and make it to their weight then go back up and lose more then the 1.5% during the last week or two.
- The automatic lock-in at two weights above if you wrestle above your eligible weight. It should be just the weight you wrestled at and one below is where the auto lock in should be.

- the decent plan is off for kids that start the season lean
- the decent plan is overly conservative.
- The first couple weeks of practice my kids always lose weight faster then the decent plan and often have to wrestle up a weight class.
- The hydration test fails kids that are not cutting weight.
- The measurement system is less then ideal as research shows nearly a 5% standard error of measure. we only allow for a 1% error.
- The reassessment option should be allowed another week or two later.
- The system doesn't do anything. College kids cheat and so do high school kids.
- There are too many details. I believe it is hard to enforce with all the minute points and would benefit from being simpler.
- There is so much extra paperwork and responsibility placed on the coaches. The weight management system makes athletes feel obligated to lose weight. In addition...many schools athletic trainers are clueless! They look at the weight assessments as a burden and rush thru them with little regard for what is best for each athlete. I had a wrestler who weighed 320 lbs. and came out at 18% body fat...the kid is a big pile of goo, and his decent plan never let him become eligible.
- There is still inconsistency among assessors in how the data gathered, recorded and entered. It depends on who trained them and also on their interpretation. Some assessors are very cautious while others are not. Any inconsistency in the assessment creates problems.
- There needs to be more room for appeals. The testing apparatus used is not accurate enough to disqualify a wrestler from a weight class by .1 lbs.
- There should be an opportunity later in the season for a wrestler to re-classify
- There should be specific WC centers where teams have to meet on a specific date with other teams, independent of personal certifiers to find a state wide certification.
- This is the best system we have ever had. It takes the emphasis off of weigh-ins and puts it on wrestling.
- Those coming in late (footballers) are at a disadvantage having less time to make prime weight
- Too many wrestlers still worry more about making weight than wrestling!
- Too much paperwork and rules. The old days of weighing and wrestling worked much better than this computer non-sense.
- Two suggestions: 1. I think that a wrestler should not be locked in with one weigh in above his weight, but if has two or more weighins. 2. Currently a wrestler whose decent plan has him within 1% of a lower weight can go down to the lower weight (decent plan of 140.5 can wrestle 140). I would like to see that number bumped up to 1.5 or maybe 2%
- Unless we actually collect and review actual weight at weigh-ins we can not monitor the yo-yo dieting and insure that the athletes are adhering to weight decent plan or not
- Unsure if testing protocols are being followed. By all assessors in all situations. What are the guidelines for becoming an assessor and are they strict enough?
- Using calipers for fat testing is never very accurate from one person to the next.
- Using the Tanita Scale to eliminate skin fat errors. 3 different assessors usually get different % for the same athlete
- Variation by different assessors.
- When we get to Districts, there's no holding coaches accountable with weigh-ins. No one had to prove that each of their kids made their "actual" weight class at least once. I think we should have to put every weigh-in result on the computer. That way there's proof of every weigh in.
- Wrestlers have found ways to fudge and cheat. I'm not sure how, but I know it has occurred. Also, not enough chances to appeal if you don't agree with the results.
- Wrestlers are still cutting a lot of weight and with the growth allowance they can even wrestle at a lower weight class. A one hour weigh-in definitely eliminates all weight cutting.
- Wrestlers have figured out the system and still "yo-yo" around; I also think the WIAA needs to investigate more to make sure all teams/areas are not cheating the system. LOTS of rumors about how the East side is cheating; able to get wrestlers to circumvent the diet plan and drop to a lower than suggested weight.

**17. Do you favor mat side weigh in prior to wrestlers stepping out onto the mat to wrestle?**

|         | Total              | B          | 1A         | 2A         | 3A         | 4A         | Girls   |
|---------|--------------------|------------|------------|------------|------------|------------|---------|
| Yes     | <b>24 (16.7%)</b>  | 1 (6.3%)   | 2 (8.3%)   | 5 (19.2%)  | 1 (3.7%)   | 15 (29.4%) | 2 (40%) |
| No      | <b>120 (83.3%)</b> | 15 (93.8%) | 22 (91.7%) | 21 (80.8%) | 26 (96.3%) | 36 (70.6%) | 3 (60%) |
| Skipped | <b>4</b>           |            |            |            | 1          | 3          |         |

**18. Do you believe that mat side weigh in would help keep kids at their natural weight when competing?**

|         | Total              | B          | 1A         | 2A         | 3A         | 4A         | Girls   |
|---------|--------------------|------------|------------|------------|------------|------------|---------|
| Yes     | <b>34 (23.6%)</b>  | 1 (6.3%)   | 2 (8.3%)   | 5 (19.2%)  | 1 (3.7%)   | 15 (29.4%) | 2 (40%) |
| No      | <b>110 (76.4%)</b> | 15 (93.8%) | 22 (91.7%) | 21 (80.8%) | 26 (96.3%) | 36 (70.6%) | 3 (60%) |
| Skipped | <b>4</b>           |            |            |            | 1          | 3          |         |

## CLINIC AND WSWCA LEADERSHIP

### 2009 Clinic Comments

- but I think the sessions should be offered more than twice so coaches can go to more than 2 classes. There were other classes I would have liked to see but couldn't because I had to prioritize which ones I went to.
- from year to year I think the WSWCA does a good job trying to bring-in a variety of guys that are appealing. Good job
- I thought the clinic was well run and we had some good knowledgeable clinicians.
- Most coaches are on the west side we should have it closer to the west side. I liked the raised stand in the main room that is needed in any room with technique.
- need to get down and practice holds.
- Not a good location. Need to make sure there are partners arranged for technicians.
- One of the better ones I have been to.

### 3. If you did not attend the clinic, what was the main reason you did not attend?

Busy the weekend = 42    Not interested in clinicians = 2    Location = 29    Other 16

### 4. Would you like to see the clinic held at the Yakima Convention Center again in the future?

YES = 74 (57.4%)    NO = 55 (42.6%)

### 5. What suggestions or ideas do you have for future WSWCA Coaches Clinics?

- 3 of 4 regions and the majority of participants are on the west side. hold the clinic on the west side.
- As much nutritional information as possible
- Back to the Great Wolf Lodge
- big wolf lodge.
- Bring in Northwest college coaches, i.e. Zalesky, Randall.
- Clinic was great
- Combine a big college dual meet with the clinic for entertainment purposes.
- do bronze level certification in the middle instead of at the end of the clinic
- focus more on the motivational tools learned, taught, and aquired by wrestling to be used in life. What are we teaching our young men? How does it motivate? Inspire? To never give up! See it through to the end, inspire others, the reward of hard work! What tools are we giving them?
- go back to the great wolf lodge. Great for coaches with families. We spend a lot of time away from family during the season and the great wolf lodge made it easy choice to go and bring family.
- Have both an east side clinic and a west side clinic. Neither side of the state wants to travel to other.
- Have it in Tacoma
- have more gear give aways or gifts at the begining for coming. Shirts,bags, hats etc.
- High School Coaches as Clinicians
- Host it on the West side
- I understand that Yakima was pretty central, but clinic at Great Wolf was well attended because of location.
- I would prefer it if the clinic was back in Wenatchee.
- if possible, not during another season
- If you put it on in Yakima please promote the local college wrestling program like if they have a match the night before or let them introduce themselves and their program during lunch.
- It would be nice to tie the clinic in with a college match like Oregon state vs Boise State or perhaps have North Idaho come over and wrestle one of their opponents.
- Keep the Hall of Fame "Fish Stories" segment. It is awesome!
- Make it family oriented like last year.
- Return to the Great Wolf Lodge. Allowed for more family participation.
- Set-up some smaller-sized discussion groups for issues such as those raised in this survey. Give coaches an opportunity to voice opinions and dialogue with WSWCA decision makers as well as hear rationale for decisions, rather than having to resort to a survey which offers very limited input.
- Some where on the west side where the most schools are
- Spokane
- switch between east and west side
- Too far to come for me with my schedule. The other issue for me is Sunday's. I work on Sunday's. That is not a day off for me.
- Wenatchee seems to be the center of the state and thus better on most school budgets.

### 8. Other comments you would like to share with the WSWCA Board:

- Appreciate their efforts.
- Define the line between girls and boys competing against each other. Especially in dual meet competition. If a team qualifies to have a seperate girls team and has a paid girls coach, can they use girls in a boys varsity dual? I believe there is no current rule that states it is illegal. This loophole should be closed as I support a philosophy that we should be moving toward a division between the two without risking discrimination.
- expand individual and team match counts.
- For B's especially, I think we need more allocations to state. On the West side, we only get three because of the number of teams; however, the individual wrestlers are not taken into consideration.

For example, this year @ 135, Toutle Lake had 1 wrestler who was coached by Castle Rock. This kid got the benefits of working with a larger team (better practice opportunities, competition, more coaches, etc.). Then, he shows up out of nowhere to compete in our sub-regional. This screws my "pretty good" kid out of a placing; he didn't get the same opportunities, and we didn't get a chance to scout this kid. The East gets an unfair advantage of getting five kids to state AND on top of that, their #1 wrestles their #5; unfair.

- For years we have tried to get rid of the match count. Coaches say they want it but nothing ever happens. This state is a dinosaur compared to other states. Five matches in a day and our match count is way behind other states. Get rid of both and keep the 16 outings. Take some lessons from Oregon, Idaho and Montana.
- Hall of Fame should be less of an old boy network and more about coaches who have made a contribution to the sport....regardless of years served, rather; contribution to the sport
- i am a real fan of the matside weight in. It is the completely fair way
- I believe that the WSWCA Board is doing a great job. Thank you.
- I think the state should go to one true state champion instead of classification champions.
- I think the WIAA needs to change the way they look at wrestling. The rules they set up were made many years ago. If our wrestlers are going to compete in college we need to do away with the match count for a season.
- I would also like to see and elimination of the 33 match count. Leave 16 outings but eliminate match counts
- I would like to see the match count (33) removed, keep the limit on the number of events/dates but lift the number of match counts altogether. There is already a rule limiting the number of matches a wrestler can wrestle in a day, if you couple that with a limit of dates you can essentially accomplish the same thing as a match count and remove a lot of headache from the coaches at the same time. I would also like to see the B state tournament become a 12 man bracket (similar to the girls two years ago).
- I'm a coach in WESCO, we are the only Region in the state that has a 2 day regional tournament. We pass over King County school to go compete against schools in Auburn, Federal Way, etc. Having this alignment is not only unfair, but also very suspicious as to why we must travel further to wrestle in a "tougher" region than what is right down the road from us.
- Only wrestlers that will be competing in the State tournament should be on the mats on the Thursday before competition. I might be more inclined to see a 32 man bracket if we still have the 2 weeks after the District tournament.
- Thank You for your hard work
- thanks for all your work. most people don't recognized all the time the board puts in.
- THanks for your time and effort on behalf of coaches and the sport of wrestling.
- The biggest disaster we have now is allowing girls to compete in dual meets and tourneys against boys. When state went to separate boys and girls state tourneys, that implied that boys and girls should be separated, which I agree. But some coaches will plug in girls to get FF, or to force the other coaches hand and put a boy in a no-win situation, for the sake of a dual meet win. The boys teams should have a dual meet champ in every league, as well as the girls having one. Girls should also only be allowed to wrestle at girls only tourneys. It makes NO sense to say they can't compete in post season versus boys, but during the regular season it's OK. What other sport would even think about having boys and girls compete. It's absurd, and it needs to be addressed.
- The officials have done a great job this year, but the starting position is still wishy washy..
- There should be a panel of coaches in place to work on seeding for the 32 man bracket rather than giving that task to WIAA.
- They need to come up with ways to support wrestling coaches who are not teachers in the buildings where they coach.
- Too much politics and not enough "kids"!
- Washington should look to move away from the maximum match count and only restrict schools to 16 dates of competition. This will help the teams who compete out of state to not have to forfeit matched based on match counts. We will also do the same as most other states in this regard.
- We need to get our allotments figured out for state tournament time. 2 regionals are getting screwed and leaving wrestlers at home every year that should be at state. Region 1 and Region 4
- We need to go to weigh-ins with singlets. This way everyone (boy and girl) have an opportunity to weigh-in shoulder to shoulder. The rule should be no shoes, no socks, no jewelry, and just a singlet (and in girls cases a singlet and sports bra). This is a fair way to weigh-in. Our weight classes need to change. From 103 to 145 the weight classes are great, and so is the 215 and 285 weight class. But the old weight classes were better between 150 and 200. I would like to see the old weight classes with 215 added. I would like the state to mandate MS weight classes and weigh-ins (in singlets). Currently, each league has the choice on what to do for these situations. Many MS leagues are quite different than HS, and many AD's aren't interested in getting involved. The state needs make MS wrestling much more uniform than it currently is.
- you feel well represented by the wswca? yes, except when it comes to new rules that are not logical like the starting position.