

Minutes of the IHSA Wrestling Advisory Committee Meeting

April 22, 2015

The IHSA Wrestling Advisory Committee met at the IHSA Office, Bloomington, Illinois, on Wednesday, April 22, 2015, beginning at 10:00a.m. Committee members present were Ron Stewart, Chicago (CICS/Longwood); Neal Weiner, Wheeling; Bryan Medlin, Washington; Josh Carter, Gibson City (G.C.-Melvin-Sibley); Pat Cheesman, Mt. Carmel; Eric Roberson, Alton (Sr.); Rob Zielinski, McHenry; Craig Anderson, IHSA; Mike Manahan, Shane Benitz, Kelley Altom, and Rich Montgomery, IWCOA rep. Committee members not in attendance: John St. Clair, Lemont (H.S.).

The minutes from April 23, 2014 meeting were approved and discussed.

TERMS AND CONDITIONS RECOMMENDATIONS:

1. VIII. C. Weight Control Plan Entries 3)

Recommendation: If a wrestler weighs in two weight classes above a certified weight then the wrestler would recertify at one weight class above his certified weight. (A wrestler that has weighed in at 132 may weigh in at 132 or 138. If that wrestler weighs in at 145, that wrestler may not weigh in lower than ~~145~~ 138 the rest of the year). (7 – 0)

Rationale: Current penalty is too severe on the wrestler to be recertified two weight classes above an original certified weight when making a mistake on a weigh-in. This change creates some allowance for movement within a team roster in the event of injuries or illness.

Approved

2. IX. Tournament Policies C. State Final Passes

Recommendation: Allow alternates to receive an alternate pass on Thursday upon arriving at the tournament. Indicate on this pass that the alternate pass will only be valid for entry with participants and coaches when an all session paid ticket is attached to the pass when the alternate does not get entered into the tournament. (7 – 0)

Rationale: Coaches have found difficulty in managing their alternates during weigh-ins on Friday and Saturday as few alternates make it into the tournament and receive credentials to enter with their teammates. Requiring an attached all session pass would indicate that the appropriate ticket requirement has been completed for these alternate wrestlers.

Approved

3. VI. Tournament Structure and Time Schedules B. Dual Team Tournaments

Recommendation: The committee recommends adjusting the Session Two starting time to 5:30pm instead of 6:00pm. (7 – 0)

Rationale: The change would allow teams to get started home on Saturday night sooner following the awards ceremony and doesn't interfere with the venues work to prepare for Session Two that evening.

Approved

WEIGHT CONTROL PLAN RECOMMENDATIONS:

1. Equipment

Recommendation: Allow body fat assessor to use the Slim Guide caliper as an option in addition to the Lange Caliper to assess skin fold measurements. (7 – 0)

Rationale: The Slim Guide calipers are much more reasonable for assessors to purchase and have proven to be of good quality. (Agreed upon with Sports Medicine Advisory Committee)

Approved

2. Equipment

Recommendation: Require schools to receive approval from the IHSA Wrestling Administrator to use the Tanita Body Fat Analyzer as a device for calculating body fat percentage (7 – 0)

Rationale: The IHSA Sports Medicine Advisory and Wrestling Advisory committees requests information on the number of schools using the Tanita Body Fat Analyzer to conduct their body fat certifications. Having this information could help the committees determine the future use of the Tanita Body Fat Analyzer in the future.

Approved

3. Equipment

Recommendation: Add language to the Weight Control Manual that recommends the Lange Caliper be calibrated once every two years. (7 – 0)

Rationale: The IHSA Sports Medicine Advisory and Wrestling Advisory committees recommends this to make sure the skin fold readings produced from the Lange Calipers are accurate for the safety of the wrestlers being tested.

ADMINISTRATIVE RECOMMENDATIONS:

1. Conduct staggered weigh-ins on Thursday and Friday in a new available space at State Farm Center or off-site so that wrestling occurs closer to the weigh-in.

Approved

2. In the terms and conditions where “Weight Certification Form” is noted, change this language to “Body Fat Roster” as this is the title of the document that is printed from the IHSA website to be submitted. (7 – 0)

Approved

3. The SMAC and Wrestling Advisory committees approve that future consideration regarding body fat testing should be given in the following areas:
 - a. Create a new body fat assessor certification/recertification scheme that might be approved by the Board of Certification (BOC) so that athletic trainers may be awarded continuing education credits (CEU's) for their time spent in this area.
 - b. Contract a qualified "accredited" anthropometrist to instruct the IHSA body fat certification courses
 - c. Adhere to standards set by the International Society of the Advancement of Kinanthropometry (ISAK) for the skinfold assessment
 - d. Re-establish/Update the Nutrition Education Component of the Wrestling Weight Control Program
 - e. Create a Parental Awareness video/webinar that schools can share with parents that ensures transparency of the body fat certification program.

Approved

4. The committee recommends that all post season tournaments use the Track Wrestling web based tournament software. Financial consideration for this can be deducted from the host school guarantee. At the minimum results will need to be posted on the Track Wrestling website at the conclusion of each tournament in preparation for the next round of tournaments. (7 – 0)

Approved

ITEMS OF GENERAL DISCUSSION:

1. Discussed the recent approval of the Final Body Fat Testing that will be allowed before Friday of Week 24 of the IHSA standardized calendar.
2. Discussed Regional Questionnaire items and discussion from the regional reps meeting.
3. Discussed officiating consistency across the state and throughout the season regarding edge of mat wrestling as well as fleeing and pushing out in all periods.
4. Discussed moving the dual team state tournament series to a mid-season tournament series.
5. Discussed seeding the dual team state series at different levels of the tournament.
6. Discussed the allowance of team personnel (managers and statisticians) entry to the dual team state tournament with the teams at weigh-in times.
7. Discussed the renovations of State Farm Center and determined for the 2015-16 tournament, it would continue to be wrestled on 6 mats prior to finals according to the schedule used in the past couple of years.
8. Reviewed a response from a member school concerned about the 3-day tournament format, cost to schools and missed school days by students.
9. Reviewed a regional realignment proposal allowing for fewer competing teams in class 3A as opposed to 1A and 2A.
10. Discussed the exchanging of passes occurring at the individual state wrestling final to allow for entry into State Farm Center and/or participant/coach seating areas.
11. Recognized outgoing committee members Eric Roberson, Alton (Sr.); Neal Weiner, Wheeling; Rob Zielinski, McHenry
12. Meeting was adjourned at 2:02 pm.