

NSAA WRESTLING NEWSLETTER

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A Publication by the Nebraska School Activities Association
for Wrestling Coaches and Officials registered with the NSAA
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Comments

The 2010-11 wrestling season is under way and I would like to commend coaches and officials on your professionalism as you seek answers to your questions. As we move forward into the season, we shift the focus **to competition and improved good sportsmanship** on and off of the mat. Good luck the rest of the season!

NSAA Wrestling Official Observers

Jim Ayres, Duane Choutka, Darrell Barnes, Bill Emsick, Mike Mitchell, Bill Phipps, and Lynn Senkbeil are NSAA Official Observers, assisting Darin Boysen, in observing and evaluating wrestling officials for the 2010-2011 season. Duane Choutka was seriously injured in a farm accident in last year but is hoping to get doctor's clearance to observe soon.

December Practice/Competition Moratorium

The 2010 December Practice/Competition Moratorium is December 22-26. There shall be no practice and no interschool competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association.

NSAA Weight Management

Reminders:

- **A pre-meet weigh-in form must be presented for all levels of competition. The only documentation a coach needs at the time of an official weigh-in is the Pre-Meet Weigh-In Form.
- **All Appeals and Medical Clearances must be completed before the athlete competes at any level.
- **The coach must enter weigh-in data after each competition. This must take place before you make the Pre-Meet Weigh-In Form for the next competition.
- **The NSAA no longer requires 50% of a wrestler's weigh-ins be at the minimum weight class.

Consecutive Day Feature Example from the NWCA:

- **If the wrestler is eligible for scratch weight or lower for that date of competition and takes the consecutive day allowance. That wrestler would be still allowed to wrestle at that SAME weight class. He/She would descend back to the established Minimum Wrestling Weight Class.
- **If the wrestler is dropping to 152 and his/her Weight Loss Plan for that date of competition is 156. The wrestler weighs in at 162 (taking the 2 lbs consecutive day allowance), the wrestler's Weight Loss Plan will re-start over at 160. He would still be eligible to compete at 160 lbs.
- **In a different case, if the wrestler Weight Loss Plan is 156 and he weighs in at 159, the descent plan will re-start over at 159.
- **The idea is that if the wrestler is eligible for scratch weight, they would still be able to wrestle that weight class later.

NEBRASKA – Growth Allowance Instructions:

1) Wrestlers who have made scratch weight at the lowest weight class they intend to wrestle for the remainder of the season will receive the growth allowance starting December 25. In order for the on-line system to recognize who receives the growth allowance the coach MUST go to the following area of the OPC: Coaches, Wrestlers, "Show Entire Roster" to identify which wrestlers have made scratch weight and at what weight class.

2) If coaches want to raise a wrestler's minimum weight class (MWC) they do so by going to the "Show Entire Roster" and making the change. For example, if a wrestler's MWC is 119#, but he is never going to compete below the 125# weight class the coach should change his MWC to 125#. If the MWC is not changed the wrestler's descent plan will be affected ; as the system is still programmed for the wrestler to go to 119#.

How to raise a wrestler's MWC to a higher weight class:

1. From the NWCA OPC homepage, click on "Coaches"
2. **Click on "Wrestlers"** tab in blue.
3. Click the "Show Entire Roster" You can now change a wrestler's original MWC.
4. Be sure "No" is selected under the Using Original MWC column.
5. Under the column "New (Higher) MWC" select the new minimum weight class at which the wrestler will be competing.
6. After making changes: Click on: "Save Roster Information"

How to indicate that a wrestler has made scratch weight at least one time when the weight loss plan allowed at the MWC:

1. From the NWCA OPC homepage, click on "Coaches"
 2. **Click on "Wrestlers"** tab in blue.
 3. Click the "Show Entire Roster"
 4. Under the column "Made Scratch Weight" change the 'No' to 'Yes'. The printed weigh-in forms will now show that a wrestler has certified their MWC.
 5. Be sure to do this ONLY after a wrestler has made scratch weight at the LOWEST weight class at which he/she intends to compete
- **The wrestler must make scratch weight without any allowances before taking the two-pound growth allowance after December 25. Questions regarding the Weight Management computer program should be directed to the NWCA at 717-653-8009.

State Wrestling Tickets

The Qwest ticket staff has completed the drawing of all ticket orders that were postmarked December 3, 2010. The Qwest ticket staff is now working on filling such orders. On January 3, 2011 Ticketmaster will begin to sell remaining seats for all sessions.

Registered NSAA Wrestling Officials

The total number of Nebraska wrestling officials registered was **180**, (3% less than last year) Please continue to recruit new officials each season. The breakdown by Classification is as follows: **Registered – 89; Approved – 16; Certified – 68; Affiliate – 7**. Officials please update varsity schedules online with the NSAA.

Wrestling Ejections Update

Ejections for wrestling as reported to the NSAA office as of December 13, 2010: **Wrestlers = 0** and **Coaches = 1**. Thank you for your efforts in sportsmanship. PLEASE continue your outstanding efforts! Officials are reminded to file an ejection report online with the NSAA office (if you have an ejection) right after the meet.

Referee's Position – NO Sequence Required

Coaches and officials are reminded that the sequence portion of the starting position rule has been removed. You are required to give a verbal "Set", momentary pause, then the whistle.