

NEW WRESTLING RULES TO MANAGE WEIGHT

In his nineteen years as industrial arts teacher and coach at Treynor High School, Gary Schuler has learned to wrestle. Actually he learned about wrestling by first being an assistant coach. For several years now Schuler has been head wrestling coach for Treynor junior and senior high students. Schuler noted that wrestling started at Treynor in 1967 with about 18 participants. This year there are 21 on the team. Over the years the number of participants has been relatively stable, Schuler observed. Several wrestlers are in this winter sport to keep in shape for the spring, summer and fall sports. This is a practice that Schuler strongly recommends. For some wrestlers this is the only sport of interest. Either way, wrestling has some unique requirements regarding weight and weight management in order to determine the matches between opponents. Schuler explained that all wrestlers have to have a body fat test before the start of the season. A caliper method is administered by hospital staff to arrive at a percent body fat number. A minimum of 7% is expected for team participation unless there is authorization from a doctor. From this number the minimum wrestling weight class is determined for each wrestler. A wrestler's body weight is checked frequently and it can not be reduced more than 1.5% per week to be eligible to wrestle. Schuler noted high school wrestling is governed by the Iowa High School Athletics Association who determined the weight management rules.

Schuler also coaches a junior high wrestling program of about 25 participants, and is involved with an elementary program of about the same number. With parent support and participation youth from kindergarten through 6th grade practice twice a week and have the option to participate in youth wrestling tournaments. Schuler said he doesn't like to see too much tournament activity to avoid 'burn out' of the sport.