

THE CALIFORNIA PAGE

BY

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Welcome to another season (2017-18) of the California Wrestling Page. Between Al Fontes and myself, we try to make you aware of some of the wrestling events and happenings around the state and sometimes around the nation. There seems to be a multitude of national and invitational tournaments that have more and more California wrestlers are participants. As a result, it is certainly making our state wrestlers tougher than ever.

This is the beginning of my 44th year of serving as the California Page Editor.

Wrestling Weight Management: For the past nine years our State CIF has participated in the National Federation Weight Management Program. Most of the CIF Sections are using the Tanita Scale in this process which prints out the wrestlers' weight, the minimum weight that the wrestler can lose during a season, and the wrestlers' body fat. A printout can be provided for the coach.

The Central and Central Coast Sections have changed from the Tanitra to the use of a **BodyMetrix Unit called a "Wand."** It replaces the Tanita Scale printout and is supposed to be a more reliable and an accurate measure of the wrestlers' body fat percentage. For girls the wand is used on the triceps and scapula area, and for boys it's used on the triceps, scapula and belly area.

As the coordinator of the weight certification program for a large part of the Central Coast Section I have a few concerns with this change. First there is not a printout available for the coaches which leaves them waiting for the information to appear on the Track Wrestling Program a day or two later. Second, each test takes about one minute to complete as compared to about 20-30 seconds with the Tanita Scale. When certifying five or six schools this adds up much more time to assess a team.

I use a team of five assessors to participate in every assessment of the wrestlers. This is necessary as we always assess at least 4 schools in the evenings as well as on Saturdays. In addition, we always have at least one -woman assessor to supervise the handling and supervision of the urine collection for girls as well as to use the BodyMetrix Unit on the girls. It is also imperative that girls wear either a sports bra or singlet so that the assessor can easily get to the scapula area of the wrestler. In addition to the height and weight of the wrestler we use two BodyMatrix units to handle our large groups. We always start with girls at the assessments followed by the boys. We usually use the same locker room for both the boys and the girls, so that starting out with the girls gives them the privacy that they need and once they are finished, we continue with the boys.

I still have preference to the Tanita Scale system as I think it's important that we provide the coach with the necessary print-out information about each wrestler as soon as possible.

State CIF Wrestling Tournament: The 2017-18 State Championships will be held on Friday and Saturday, March 2-3, 2018 at RaboBank Arena in Bakersfield. Following this state tournament, the 2019 tournament will be held one week earlier,

the last weekend in February and will continue to be held in February. At the 2019 tournament both the girls and the boys state tournament will be held at the state time and location. At this time the State CIF is exploring various schedules that might be used.

It makes sense to me to start the state tournament on Thursday afternoon with at least the first round of competition. This will insure that all matches will be held in the arena. One concern is that the wrestler would have to make weight three days in a row. It is also being considered if the tournament starts as usual on Friday using the stage in the adjoining theatre for two to four mats. This would be a big mistake and would not be fair to the parents who come to see their son or daughter wrestle as well as for the coaches having to move from one venue to another.

It is also being considered to do away with the elevated platform for the finals and have the boys and girl's finals start at 5:00 PM so that many of the teams could return home on Saturday at a reasonable time. Will the girls and boy's championship finals be held at the same time on two mats? or will they start one championship, either girls or boys first followed by the other?

This is the time for the California High School Wrestling Coaches Association to become actively involved in making recommendations as to how the tournament should operate.

California Collegiate Wrestling: It is great to see Fresno State Wrestling return. I attended the Fresno State vs. Illinois match in early November and it was an exciting dual with Isaiah Martinez leading the Illinois team to victory. Martinez of nearby Leemore, easily outpointed his opponent and won by a technical

fall. The dual was well attended and Fresno State did a great job of making an attractive wrestling venue with its flashy red wrestling mat the focal point. Dennis Deliddo, former longtime Fresno State Wrestling Coach was recognized and did the preliminary flip of the coin, while Stephen Abas, a three time NCAA Champion made introductory comments on the scoreboard monitor throughout the dual.

Jason Welch a three time CIF State Champion and outstanding Northwestern University wrestler has been hired as the new wrestling coach at San Francisco State University replacing long time wrestling coach Lars Jensen .

State Predictions: It's too early to make predictions on who will win the state championship but I can always predict that Buchanan and Clovis will be two of the top teams. More on predictions on a later article.