

# THE CALIFORNIA PAGE

By

LYNN DYCHE

**WRESTLING WEIGHT CERTIFICATION:** The CIF Wrestling Weight Certification period officially starts on Sunday, November 15th. Teams cannot be certified prior to that date. All California high school wrestlers, both male and female must be certified. The WAND - hand device must be used by all CIF Sections to measure the wrestlers' body fat.

The certification process will indicate the minimum weight that a wrestler can weigh each week as well as for the season. This process has done a great deal in preventing wrestlers from losing too much weight in a short period of time, and has eliminated the use of "sweat boxes", steam rooms, wearing plastic shirts, purging, etc.

**2024 STATE WRESTLING TOURNAMENT:** The CIF STATE TOURNAMENT for both girls and boys will once again be held at the Mechanics Bank Arena in Bakersfield on Thursday, Friday and Saturday, February 22-24, 2024.

It's certainly way too early to make justifiable predictions but I will dare try. I am predicting that Gilroy will upset Buchanan as the state championship team. My top six teams are: Gilroy, Buchanan, Poway, Clovis, Bakersfield and St. John Bosco. Gilroy wrestlers turned in outstanding performances in Fargo this past summer. They are young and experienced.

**SPEAKING OF FARGO:** California USA Wrestling sent 297 wrestlers to Fargo. There were 112 Girls and 185 Boys. Greg Chappel has served as the head coach and coordinator for many years and is applauded for his efforts. Malinda Ripley was the Girls Team Leader & Head Coach. Roberto Dixon was the Freestyle Head Coach, Steve Gee & Robby Smith were the Greco Head Coaches.

**WHAT HAPPENED TO THE STATE DUALS?** The Duals were held at Clovis North High School in 2021 and 2022. It was a very successful tournament, even though a few teams decided not to return, due to having other teams from their same league in the same bracket. These teams had to face each other later in the season.

It takes a lot of work to host the state duals. Once the Clovis North coach was "replaced", the lack of desire to host the tournament seemed evident. I attended

both of the state duals and felt that there was a future possibility that this could turn into a CIF State Dual Tournament. Not so for the present time!