



© The Guillotine/Mark Beshey

2022-23 Info Meeting



Coaches

- Head Varsity Coach- Chase Steffen
- Head Varsity Assistant- Jack Bergeland
- Head JV Coach- Mike Williams
- Head Girls Coach- Kalhea Jolly
- Isaiah Bettinger
- Luke Breuning
- Tony Larson
- John Noll
- John Bergeland
- Jeff Hackett
- Eric Hotakainen



Girls Wrestling

- Girls only tournaments
 - Hastings-12/10
 - Hopkins12/17
 - Pine Island 2/4
 - Section tournament
 - State Tourney
- Matchups during JV events
- Weigh ins are separate
- 100,107,114,120,126,132,138,145,152,165,185,235



Girls Wrestling Opportunities

- Fastest growing HS/college sport
- Freestyle
- MN Colleges
- Iowa
- Many scholarships available



Equipment

- Headgear
- Shoes
- Knee Sleeves/pads
- Compression shirt- Girls
- Double sided mouthguard if braces



Misconceptions

- Cutting weight
- Skin issues
- Cauliflower ear
- Too hard
- Injuries



MSHSL Boys Weights

106	152
113	160
120	170
126	182
132	195
138	220
145	285

* receive a 2lb growth allowance after new years.



Minnesota State High School League
Male Wrestling Weight Permit

NOTE TO SCHOOL OFFICIALS

Each student participating in wrestling must have a current completed physical form and must submit the annual Wrestling Weight Permit properly signed by the skin fold technician, a physician and the student's parent before engaging in any interschool wrestling match. **SKIN MEASUREMENTS AND WEIGHT MUST BE DONE AT THE SAME TIME.** This permit must be kept on file in the school office and be available on request.

NOTE TO PHYSICIAN AND PARENT

The purpose of this report is to prevent undue and unsafe weight reduction for competitive purposes—weight reduction which might jeopardize the physical, scholastic and psychological well-being of the student. During the wrestling season, which can extend to early March, the student-athlete should eat and drink normally while in training and participating in wrestling activities.

This weight permit form cannot be changed by modification or by a second examination. There are no exceptions to this rule.

Student: _____ School: _____

Date of Birth: _____ Age: _____ Years in Wrestling: _____

The MSHSL requires that the minimum wrestling weight be established based on body fat. Following is the required protocol.

Skin fold measurement sites (Thickness in mm)

Tricep _____

Infrascapular (below medial lower angle of scapula) _____

Abdominal (to right of umbilicus) _____

Sum Skin Folds (SSF) [_____]

Weight (on date of examination) _____

Equations

Body Density (BD) = $\{1.0973 - (SSF \times .000815)\} + \{(SSF)^2 \times .00000084\}$

BD = $\{1.0973 - (_____ \times .000815)\} + \{(_____)^2 \times .00000084\} = _____$

% Body Fat (% BF) = $\{[(4.57 / BD) - 4.142] \times 100\}$

% BF = $\{[(4.57 / _____) - 4.142] \times 100\} = _____$

Weight at 7% BF = $\{[1 - (\% BF / 100)] \times \text{Weight}\} / .93$

Weight at 7% BF = $\{[1 - (_____ / 100)] \times \text{Weight}\} / .93 = _____$

Standard error allowance = 3%

Minimum Wrestling Weight = Weight at 7% BF x .97

Minimum Wrestling Weight = _____ x .97 =

Signature of Skin Fold Technician _____

Skin Fold Measurement Date _____

Physician's Recommendation

As the attending physician, I have personally examined this student and certify that the student-athlete designated above should not be allowed to wrestle in any weight classification less than the listed weight class circled below:

106 113 120 126 132 138 145 152 160 170 182 195 220 285 (Hwt.)

Signature of Physician: _____ Date Examined: _____

Parent's Recommendation

As a parent, I am responsible for the health and welfare of my child. I have read the recommendation of the examining physician and I request that the student-athlete designated above should not be allowed to wrestle in any weight classification less than the listed weight class circled below:

106 113 120 126 132 138 145 152 160 170 182 195 220 285 (Hwt.)

The higher of the two weight class designations recommended by the Parent or the Physician shall be the minimum weight class for competition.

Signature of Parent: _____ Date: _____

Note to physician and parent: The purpose of this report is to prevent undue and unsafe weight reduction for competitive purposes—weight reduction which might jeopardize the physical, scholastic and psychological well being of the student. During the wrestling season the student-athlete should eat and drink normally while in training and participating in wrestling activities. The physician is encouraged to review the MSHSL's guidelines for the weight certification process found on the MSHSL Website prior to completing the weight certifications.

This form ensures that a wrestler only wrestles at a weight that is safe for them.

Wrestlers can only wrestle **at or above** the highest weight circled, by either the parent or Physician. The weight circled **does NOT** mean that is the weight they will wrestle, simply the lowest weight they could wrestle if they burn excess fat to approx 7% bodyfat.

We will have a Physician in to certify on November 29th.

These will need to be signed and returned on the 30th to be eligible to wrestle in our first event.

Schedule

Sat 12/03 @ STMA invite

Thurs 12/8 HOME v. Blaine *alumni & youth night

Fri/Sat 12/16 & 12/17 @ Pequot Lakes invite *Overnight

Sat 12/17 JV @ WBL Invite

Weds 12/21 @ Irondale

Thurs 12/29 @ St. Paul North Duals

Thurs 1 /5 @ Champlin Park

Sat 1/7 @ Buffalo Invite

Thurs 1/12 @ East Ridge Quad

Sat 1/14 @ ZM Duals

Thurs 1/19 @ Elk River Tri

Sat 1/21@ Bloomington Kennedy Duals

Weds 1/25 @ Anoka

Thurs 1/26 @ N St. Paul Tri

Fri 1/27 HOME Quad- Maple Grove/Coon Rapids/St. Cloud
Crush

Thurs 2/2 HOME v. Andover - Looking for 3rd *Sr. Night

Tues 2/7 @ WBL Quad

Sat 2/11 @ NWSC JV Conference

Sat 2/18 Team Sections @ MV

Sat 2/25 Individual Sections at N. St. Paul

3/3-4 State Tournament

Other Dates:

11/29- Tentative Weight
Certification

12/10 Girls @ Hastings

12/17 Girls @ Hopkins

1/28 MN 9th Grade League Regions

2/4 MN 9th Grade League State

2/11 Girls Sections @ Hastings

Pequot Lakes Tournament 12/16-12/17

- Varsity only
- Guaranteed matches the both days
- 26 teams so far, looking for 32
- Staying at AmericInn in Pequot Lakes
- Will carpool up with parents willing to drive.
- Wrestling starts at 1- Weigh ins likely at 1130. Leave the School at 8-830.

*JV will attend the WBL invite on Saturday Dec17th.

* Girls will attend the Hopkins Athena Invite Dec 17th.



Apparel

Round 3 of BSN will be opening up November 21st- 28th.



Steak Dinner Club

Steak dinner club qualifiers

- 30 wins
- 20 pins/Techs- V
- 80 TD- V or JV
- State entrant
- Perfect attendance
- JV conference Champ
- 9th grade state place winner



Perfect Attendance

Attend all Scheduled Practices, Events, and Lifts.

- Dylan Larson
- Andrew Person
- Malachi Thoennes
- Evan Just
- Owen Hackett x2
- Cameron Bettinger



Lettering

Boys- 10 matches on Varsity

Girls- Top 3 in Section

*Ultimately up to coaches discretion



Other Items

- Captains practice
- Registration
- Matboss
- Blaine Dual
 - Black out
 - T-Shirts
 - Youth and Alumni night



Contact Info/ Questions

Please Scan and enter your name and email(s)





Managers- Expectations

- At all events
- Work together
- No drama
- No violations
- Mop & spray mats



Managers- Main Job

- MatBoss
 - Record ALL matches
 - Use scoring directly on matboss
 - Should replace all written stats
 - NEED TO BE ACCURATE

