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A SURVEY OF NEW YORK HIGH SCHOOL WRESTLING COACHES  
CONCERNING WEIGHT REDUCTION IN WRESTLING

BY 6791

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## INTRODUCTION

The sport of wrestling is rapidly becoming one of the leading interscholastic sports in the state of New York. In the years 1948-1949, only ten percent of the high schools in New York state offered wrestling as an interscholastic sport. In the years 1968-1969, sixty-seven percent of the high schools had wrestling as a part of their athletic programs. At the beginning of the 1969 school year there were approximately four hundred and ninety-four teams. In a twenty year period the growth and popularity of wrestling has attributed to the addition of wrestling to athletic programs in high schools by fifty-seven percent.(8)

## STATEMENT OF THE PROBLEM

The main purpose of this survey was to examine the practices of wrestling coaches in the state of New York, concerning policies and procedures relating to weight reduction and its effect on the health and performance, and well being of the wrestler under their supervision. The evaluation of the results of this survey may produce some questions as to whether the current practice of weight reduction and the method and procedure for weighing-in the wrestlers before a match are adequate or inadequate.

Sub-Problems.

1. A survey of the literature was conducted to determine what has been done in the area of:
  - a, Regulations concerning weight loss.
  - b, "Certified" weights in wrestling.
  - c, Effect of weight loss on the wrestler's performance.
  - d, Coaches conducting public relations programs for the public.
2. A questionnaire was designed to survey each High School coach in the New York state.
3. The data received from the questionnaire was tabulated and comparisons were made to determine what practices exist in the state concerning weigh-ins, public relations programs, and the weight reduction of wrestlers.
4. Make possible recommendations, based on the data received from the questionnaire. (9)

Importance of the study.

There are questionable procedures connected with the validity and reliability of the weighing-in and the selecting of the proper weight-class for the wrestlers. The coach or the wrestler often selects a lower weight class and the dieting for the season begins.

At the beginning of the wrestling season each individual who is going to participate, is weighed in by the school doctor or nurse. At this time each individual has his weight recorded on a card that is kept as a reference as to how much weight he can lose during the season. This is done also as a health factor so that wrestlers do not lose an excess amount of weight that would be harmful to their health. At times an individual may try to qualify for a lower weight class by losing weight through vigorous workouts, a limited