

A SURVEY -- TO DETERMINE THE STATUS OF
WRESTLING IN KANSAS HIGH SCHOOLS

by

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INTRODUCTION

Purpose

The purpose of this report was to determine the status of wrestling in Kansas high schools.

It was hoped that information in this report may be of value to beginning coaches in the areas of classroom preparation, practice organization, budgeting, facilities, equipment, season schedules, major problems and additional coaching duties that could occur in wrestling. It is also intended to inform other established coaches and physical educators in the State as to the current practices and status of wrestling in Kansas high schools. Each coach will be sent the results of the survey for this purpose.

Method of Study

The first step in the study was to conduct an investigation of literature which was relative to this problem. The investigation, however, did not produce any material pertaining to the status of wrestling in Kansas.

In order to collect material relative to the topic, a simple, short answer questionnaire was constructed. The questionnaire was designed to produce information pertaining to the class of school, enrollment of boys, the coaches' duties, status of squad, budget, facilities, equipment, scheduling and major problems related to wrestling. Several pilot copies were sent to coaches in Kansas high schools and reviewed by members of the faculty at Kansas State University resulting in several additions and corrections to the survey sheet.

The questionnaire was of a three page form and included yes and no questions and short fill in answers. It was the author's belief that this type

of questionnaire would take a minimum amount of time to fill out, thus, resulting in a greater percentage of returns and hence a more complete and accurate study. A copy of the questionnaire was included in the appendix.

A list of high schools participating in wrestling was obtained from Fritz G. Enorr, wrestling coach at Kansas State University. This list was double checked by checking it with the list compiled by the Kansas High School Activities Association. The questionnaire was mailed to each wrestling coach appearing in the composite of the two lists. A return, self-addressed, stamped envelope was included with each questionnaire for the convenience of each coach.

A total of sixty-seven questionnaires were sent out and fifty-seven of the schools replied to the initial questionnaire. A follow-up letter resulted in five more returns, leaving a total of five schools not included in this study. Of the fifty-seven initial returns, seven indicated that they had no program at the present but were interested in the results of the study.

The tabulated results of the questionnaire were:

Questionnaires mailed	<u>67</u>
Questionnaires returned	<u>62</u>
Percentage of return	<u>93</u>

To facilitate ease in the recording of the returned questionnaires, tables for each question were prepared beforehand. As each answered questionnaire was returned the data from each was recorded for final analysis and interpretations.

RESULTS AND DISCUSSION

Kansas high schools were divided into classes according to total enrollment. This division by class is only to give the over all picture, however,

since there is no separation into classes at the state tournament the schools will be treated as a whole.

The schools were classified by enrollment into Class AA, A, B, and BB. The Kansas State High School Activities Association Handbook for 1963-1964 classified them as follows: Interscholastic activities of all high schools shall be divided into three classes--AA, A, and B. Class AA includes the 56 high schools with the largest enrollment; Class A the next 64; and Class B the remainder. Classification shall be determined by the total enrollment in the ninth, tenth, eleventh and twelfth grades as of September 15. One of the questions on the survey questionnaire was the class of each school. Each coach listed his school in a class.

According to the questionnaires returned, 54 schools indicated having wrestling in their school athletic program. This number represents 81 per cent of the total sent out. According to the Kansas High School Activities list and Coach Knorr at Kansas State University, 67 schools included wrestling in their sports program. Seven questionnaires were returned stating that no program existed at the present. The follow-up letter resulted in one school which had no wrestling program making a total of eight schools. The eight schools with no program were omitted which made a total of 54 schools included in the survey.

To facilitate ease in recording all percentages were rounded off to the nearest one per cent. This is the case on all tables in the report.

The number of schools offering an interscholastic wrestling program has increased from 18 in 1953, to 54 in 1964. An increase of 300 per cent in an 11 year period as reported by Fritz G. Knorr, wrestling coach at Kansas State University.

The School Class and Enrollment of Boys

Table 1. The number of high schools by class, including wrestling in the athletic program.

Class of School	:	Number of Schools Partici- pating in Wrestling
AA		33
A		12
B		7
BB		2
TOTAL		54

Of those schools reporting wrestling participation in their athletic program, the Class AA group was the highest with 33 schools. The other classes followed in order with Class A 12 schools, Class B 7 schools and Class BB with 2 schools reporting.

Table 2. The enrollment of boys in each of the schools having a wrestling program.

Enrollment of Boys	:	Number of Schools
1400-1600		2
1200-1399		1
1000-1199		1
800-999		3
600-799		3
400-599		14
200-399		12
0-199		15
no answer		3
TOTAL		54

The approximate enrollment of boys in the schools reporting ranged from a high of 1600 in one school to a low of 40. The highest enrollment range was from 1400-1600 with two schools in this area. One school reported the lowest number with 40 boys enrolled. The difference between the high and

low divisions was 1560. The largest number of schools having wrestling programs were in the 400-599 range with 14 schools in this division. Three of the 54 schools in the survey did not answer this question.

The Wrestling Coach

Table 3. Wrestling coaches in Kansas high schools who majored in physical education.

Answer	:	No. of Coaches	:	Per Cent
	:	Replying	:	
Yes		33		61
No		21		39

A total of 33 coaches had majored in physical education while in college which totaled 61 per cent. The number of coaches reporting as not majoring in physical education was 21 or 39 per cent of the total.

Table 4. Wrestling coaches in Kansas high schools who minored in physical education.

Answer	:	No. of Coaches	:	Per Cent
	:	Replying	:	
Yes		9		17
No		45		83

In order to determine those coaches with at least a minor in physical education the preceeding question was included.

Of the 21 coaches without a major in physical education nine had a minor in physical education. Thus leaving only twelve of the total 54 coaches who had neither a major or minor in physical education. A total of 43 coaches or 80 per cent had a major or minor in physical education.

Table 5. Wrestling coaches in Kansas high schools who graduated from a college or university in Kansas.

Answer	:	No. of Schools	:	Per Cent
	:	Replying	:	
Yes		37		69
No		17		31

As the data indicated the largest number of coaches were graduates from a college or university in Kansas.

A total of 37 coaches graduated from a state college or university, which represented 69 per cent of those replying. Seventeen coaches, or 31 per cent, indicated that they had graduated from a college or university outside of Kansas. Slightly over two-thirds of the coaches graduated from colleges or universities in Kansas.

Table 6. Wrestling coaches in Kansas who have their Master's degree.

Answer	:	No. of Coaches	:	Per Cent
	:	Replying	:	
Yes		19		35
No		35		65

One-fourth of the wrestling coaches in Kansas, a total of 19, had earned their Master's degree. Several of the 35 remaining coaches indicated that they were working towards their Master's. The percentage of coaches with a Master's degree was 35 and non-Master's 65 per cent.

Table 7. Wrestling coaches in Kansas who teach physical education.

Answers	:	No. of Coaches	:	Per Cent
	:	Replying	:	
Yes		20		37
No		34		63

A total of 20 coaches stated that they taught physical education. This indicated that only slightly over one-fourth of the coaches in the survey were teaching physical education. As stated in Table 4, 43 coaches have physical education majors or minors, indicating that over half of them were teaching outside their major field. The coaches not teaching physical education totaled 34, making a total of 63 per cent teaching in other areas than their major.

Table 8. Subjects instructed by wrestling coaches in Kansas.

Subjects Instructed	:	Number of Coaches
Physical Education		8
Math		4
Industrial Arts		3
Math and Science		2
General Science		2
Drivers Education		2
Physical Education and Health		1
Physical Education, Health and Drivers Education		1
Physical Education, Health and Algebra		1
Physical Education, Health and Social Science		1
Physical Education, Health, Drivers Education and World History		2
Physical Education, Health, World Geography, Sociology, Psychology		1
Physical Education, Health, Psychology and Sociology		1
Physical Education, Health and Biology		1
Physical Education, Economics and History		1
Physical Education, Health, American Government, American History		1
Physical Education, Health and Business		1
Math and Business		1
Math and Health		1
Math and Algebra		1
Math, Algebra and Geometry		1
Math, Science and Geometry		1
Algebra and Geometry		1
Biology		1
Biology and Drivers Education		1
American History, World History and Psychology		1
American History, World History and Government		1
American History and Psychology		1
Government		1
Government and Citizenship		1
Government, Geography and Sociology		1
Constitution and Bookkeeping		1

Table 8 (cont.)

Subjects Instructed	:	Number of Coaches
Auto Mechanics, Mechanical Drawing and General Shop		1
Woodwork, Mechanical Drawing and Welding		1
Electronics and Science		1
German and Religion		1
Guidance Counselor		1
Study Hall		1
TOTAL		54

As revealed in Table 8, the subjects taught consisted of a great variety of teaching assignments. Thirty-eight different class assignments were reported in the questionnaires returned. Only eight of the 54 coaches taught physical education as their total teaching assignment, however, 20 did include some physical education in their teaching assignment. A high of 8 coaches taught physical education, math 4, industrial arts 3, math and science 2, general science 2, drivers education 2, physical education, health, drivers education, and world history 2 and in the remaining schools one coach per subject.

Table 8a. The total varied teaching assignments for all coaches.

Number of Subjects Instructed	:	Number of Coaches
1		23
2		14
3		14
4		2
5		1
TOTAL		54

Approximately 42 per cent or 23 of the wrestling coaches were instructing one subject field. Fourteen coaches were instructing in two and three areas. Two coaches were teaching four different subjects and only one five subjects. The largest number or 94 per cent of the coaches were not teaching over three different subjects.

Table 9. Questions related to training of wrestling coaches in Kansas.

Answer:	College: Wrestler	Per Cent:	Varsity: Letter	Per Cent:	Phy. Ed.: Class	Per Cent:	Self Taught:	Per Cent:
Yes	18	33	17	31	16	30	20	37
No	36	67	37	69	38	70	34	63

Eighteen or 33 per cent of the coaches had training as varsity wrestlers while in college. Seventeen of the 18 lettered at least one year while in school. Two-thirds of the coaches had no training as a varsity wrestler in college. Of the remaining coaches, 16 stated that their only training was in physical education classes in college. The remaining 37 per cent stated that their training was acquired through their own initiative. The self training may be in several different forms, for example, wrestling clinics would be one consideration.

Table 10. The number of years as a high school wrestling coach.

Number of years coaching high school wrestling	:	Number of Coaches
1		10
2		12
3		8
4		6
5		4
6		2
7		2
8		1
9		3
10		1
12		1
13		1
14		1
18		1
25		1
TOTAL		54

The coaches reported experience ranging from a low of one year to a high of 25 years in coaching high school wrestling. One coach reported 25

years experience and another reported 18 years of coaching. The low of one year experience was reported by ten coaches. Three coaches nine years of coaching experience was the mean for the group. Thirty-five or a majority of the remaining coaches had experience coaching in high school wrestling which ranged between the mean and the low of one year. Only five coaches were in the range between the mean and the high of 25 years.

Table 11. Number of coaches hired as wrestling coaches.

Answers	:	Number of Coaches	:	Per Cent
	:	Replying	:	
Yes		27		50
No		27		50

The returned questionnaires showed that 50 per cent of the wrestling coaches were hired in that capacity. The remaining 27 coaches or 50 per cent started coaching after they were hired for a particular teaching assignment or started programs where no previous program in wrestling had existed.

Table 12. Number of coaches who are head coaches in other sports.

Answers	:	Number of Coaches	:	Per Cent
	:	Replying	:	
Yes		24		44
No		30		56

As indicated in Table 12, of the head wrestling coaches of the state, 24 coaches or 44 per cent were also head coaches in other interscholastic sports. Fifty-six per cent stated that they were not head coaches in any other sports activities. Approximately 50 per cent were both head coaches in wrestling and one additional sport.

Table 13. Number of coaches who assist in other sports.

Answers	:	Number of Coaches	:	Per Cent
	:	Replying	:	
Yes		38		70
No		16		30

Of the high school wrestling coaches in Kansas, 38 or 70 per cent stated that they were assistants in one or more sports in addition to wrestling. Only 16 coaches or 30 per cent stated that they were not assistant coaches in other sports.

Table 12 and 13. Additional coaching duties performed by wrestling coaches in Kansas.

Additional Coaching	:	Number of Coaches
Assignments	:	Replying

Head Coach:

Football and Track	3
Football	2
Football and Golf	1
Cross Country and Track	1
Baseball	1

Head Coach and Assistant Coach:

Track	Football	4
Football	Track	3
Baseball & Track	Football	2
Tennis	Football	2
Gymnastics & Golf	Football	1
Football & Track	Basketball	1
Golf	Football	1

Assistant Coach:

Football	13
Football and Track	8
Football and Baseball	1
Cross Country	1
Track	1

No other duty:

Wrestling coach only

TOTAL

8
34

The majority of head wrestling coaches were assigned some other coaching responsibilities. There were eight coaches who were head coaches in one or two other sports. These sports were: football and track, three; football, two; football and golf, one; cross country and track, one and one was head coach in baseball. This was a total of 15 per cent of all coaches.

Fourteen coaches reported being head coaches and assisting in some other sport. The combinations were: head track and assistant in football, two; head gymnastic and gold and assistant in football, one; head football and track and assistant in basketball, one; and one coach reported head golf and assistant in football. This indicated a total of 26 per cent of all coaches.

The individuals who were assistants in other sports totaled twenty-four. These were: assistants in football, thirteen; assistants in football and track, eight; assistants in football and baseball, one; assistants in cross country, one; and assistants in track, one. Eight coaches reported as having no other coaching assignment other than wrestling.

In summary, 15 per cent of the coaches were head coaches in other sports; 26 per cent were both head and assistants in other sports; 44 per cent only assisted in other sports and 15 per cent had no other coaching assignments.

Table 14. Number of wrestling clinics attended by wrestling coaches in Kansas.

Answers	:	Number of Coaches	:	Per Cent
	:	Replying	:	
Yes		47		87
No		7		13

As indicated by the data in Table 14, 87 per cent or 47 coaches had attended at least one wrestling clinic in the past year. Several had attended more than one; the top number being three.

Thirteen per cent of the coaches were unable to attend wrestling clinics during the 1963-64 school year. This represents seven of the total 54 coaches reporting.

The Wrestling Team

Table 15. The approximate number of boys reporting for the wrestling team.

Approximate Number That Reported	:	Number of Schools
4		1
10		1
20		5
25		3
30		2
35		3
40		10
45		6
50		4
55		4
60		5
65		1
70		1
75		1
80		2
90		3
100		1
No Answer		1
TOTAL		54

According to the results of the survey, the number of boys that reported for the wrestling teams were dependent on several factors. The number of boys that were available in the school, the limited funds limited the number of boys that could be outfitted properly for wrestling, limited space in which to practice, the prestige placed on other winter sports and in some cases lack of assistant coach to take care of the large number who reported.

As seen on Table 15, the number of boys reporting for wrestling ranged from a low of four in one school to a high in another of 100 boys. The mean

score was 50 boys which occurred in four of the schools reporting. A total of 30 schools were in the range between the mean of 50 boys and the low of four boys. This figure represents approximately 56 per cent of the total wrestling schools reporting. One school did not answer this question on the questionnaires returned.

Table 15. Questions related to status of the different squads.

Question	Yes	Per Cent	No	Per Cent
A	6	11	48	89
B	41	76	13	24
C	6	11	48	89
D	35	65	19	35
E	5	9	49	91
F	26	48	28	52
G	19	35	35	65

According to the data turned in, six coaches cut the number of their squad down and 48 did not. Of those cutting the squad several stated that it was necessary due to limited facilities, equipment and staff.

Forty-one coaches also have B-teams while 13 did not. Only six schools reported as having a Freshman Team separate from the varsity squads.

Of those coaches reporting B-teams, 65 per cent of the varsity coaches did the coaching where as 35 per cent were handled by the assistant or some other person. However, only nine per cent coach the Freshman teams in wrestling.

Slightly less than one-half or 48 per cent of the coaches had assistants to help with the wrestling programs. The other 28 coaches did not have assistants in their program.

Of the total of 26 assistant coaches, 19 had additional coaching assignments in other sports.

It was expressed on several questionnaires that the head coach would welcome an assistant coach in wrestling.

The Practice and Regular Season

Table 16. The average number of varsity and B-team matches in a regular season.

Average Matches per Season	Varsity	Number of Schools	:	Average Matches per Season	B-Team	Number of Schools
	:			:	:	
3		1		1		1
4		1		2		3
7		4		3		7
8		30		4		7
9		3		5		6
10		12		8		5
13		1		9		1
No Answer		2		10		1
TOTAL		54				54

*Several teams indicated exhibition matches before varsity matches by B-team.

The number of varsity matches varied from a low of three matches by one school, to a high of 13 matches in one case. The most frequent number of matches was eight. Several, also, indicated two tournaments besides that of the district, regional and state meets. Twelve schools reported 10 matches per year and two failed to indicate the number of dual matches in a regular season.

The rule pertaining to number of matches as stated by the Kansas State High School Activities Association is as follows: No student or team representing a member high school shall participate in more than ten matches during a season, or more than nine matches and one tournament, or more than eight matches and two tournaments, exclusive of district, regional, and state tournaments.

One school reported a total of thirteen dual matches last season. The rule as stated above was taken from the 1963-1964 Handbook. The coach in the case above may have made a mistake in reporting on his questionnaire.

The number of B-team matches ranged from a high of 10 in one case to a low of one in another school. The average number of matches was six per year, seven schools indicated this number.

Table 17. The number of days between first practice session and first match, also, the approximate length of each session.

Number of practice days	Number of Schools	Approximate Length of Session (hrs.)	Number of Schools
10	1	1	1
12	2	1 1/2	11
13	1	1 3/4	5
14	9	2	26
15	10	2 1/2	6
16	1	3	2
17	1	No Answer	3
18	2	TOTAL	54
20	13		
24	2		
27	1		
30	6		
33	1		
45	1		
No Answer	3		
TOTAL	54		

The low in number of practice days was ten reported by one school. The high of 45 was reported by one school. The number of days listed by most coaches was 20 with 12 in this division next was 15 days of practices reported by 10 coaches. The mean number of days for practice before the first dual match was 21 days.

Rules related to practice in the Kansas State High School Activities Association is stated as follows: All practices and competition must be confined within the dates of November 1 and the state championship tournament.

The length of practice sessions varied in length from a high of three hours listed by two coaches, to a low of one hour as indicated by one coach. Most coaches listed two hours for the length of their practices, 26 coaches in this area. Three questionnaires were returned blank on this question.

Table 18. Number of coaches who use weight training in their wrestling program.

Answers	:	Number of Schools	:	Per Cent
	:	Replying	:	
Yes		26		48
No		28		52

Twenty-six or 48 per cent of the coaches used organized weight training in their wrestling program; and 28, or 52 per cent, stated they did not make use of weights as part of their wrestling program.

Table 18a. Coaches using organized team calisthenics as part of their program.

Answers	:	Number of Coaches	:	Per Cent
	:	Replying	:	
Yes		49		91
No		5		9

Forty-nine or 91 per cent reported using team calisthenics. Only five or nine per cent of the coaches reported that organized team calisthenics were not a part of their practice session.

It should be noted that many of the coaches had calisthenics as part of the practice but it was the individual wrestler's responsibility.

Table 18b. Coaches using both organized team weight training and calisthenics.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		20		37
No		34		63

Twenty or 37 per cent of the 54 coaches reporting stated that they used organized weight training and calisthenics as part of their wrestling programs. In contrast, 34 coaches or 63 per cent stated that a combination of both was not used.

Most coaches indicated they used some form of weight training and calisthenics although not on an organized basis.

Table 18c. Number of coaches using running as part of their program.

Answers	:	Number of Schools Replying	:	Per Cent
Yes		45		83
No		9		17

There were 83 per cent, or 45, coaches requiring running in their wrestling programs, of the remaining participating coaches only nine stated that they did not use running as part of their conditioning program.

It should be noted that running may be a part of their program although they do not use weight training in conjunction with running.

Table 19. The number of coaches who use daily weight charts and see that they are supervised.

Answers	Weight Charts		Supervised	
	Number of Coaches Replying	Per cent	Number of Coaches Replying	Per Cent
Yes	44	81	32	59
No	10	19	22	41

Daily weight charts were used by 44 wrestling coaches or 81 per cent of those who replied. However, only 32 or 59 per cent of the coaches or their assistants supervise the weights of their wrestlers.

It was stated by several of the coaches, who did have weights charts, that it was very essential in the measurement of the boys progress throughout the year.

One of the major concerns of the wrestling coach was or should be the amount of money available to carry on a sports activity for one season. In order to determine more closely what methods and means were used to obtain adequate funds, five questions were included in the questionnaire pertaining to the status of the wrestling budget. These questions were concerned with set seasonal budget, the approximate amount of the budget, the methods used to obtain funds when budgets were not provided, if admission was charged and amount, and the total amount derived from paid general admission.

The Budget

Table 20. Number of coaches with set seasonal budgets for wrestling.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		23		41
No		31		59

The number of schools with a set seasonal budget was 23 or 41 per cent of the total number of schools. Thirty-one or 59 per cent of the schools replying didnot have a definite seasonal budget for wrestling.

Table 20a. The approximate amount of the seasonal budget for wrestling.

Amount of Budget	:	Number of Schools
150		1
300		2
350		1
400		1
500		3
600		1
650		1
750		1
800		1
950		1

Table 20a. (cont.)

Amount of Budget	:	Number of Schools
1000		1
1200		2
1400		1
1500		2
2500		1
No Answer		3
TOTAL		23

The wrestling budgets ranged in amount from a low of \$150 to a high of \$2500. The coach reporting the \$2500 budget stated this was the amount spent the past season but did not indicate whether it would be the same the following year. Three schools indicated a definite seasonal budget but did not report the amounts. The mean yearly wrestling budget was \$870 reported by one school. Three schools reported having the same budget of \$500.

Table 21. Means used to obtain funds for wrestling

Means Used	:	Number of Schools
Athletic Fund		11
General School Fund		8
Gate Receipts		3
Request to Superintendent and Board of Education		3
Activity Fund		2
No Answer		4
TOTAL		31

A variety of methods were used by the coaches to obtain funds for the wrestling season. The majority of coaches or 11 reported using the Athletic Fund to support wrestling. An additional eight coaches used the General School Fund for support of wrestling. Other means used to obtain funds were: Gate Receipts, three; requests to the Superintendent and Board of Education, three; the Activity Fund, two; and four did not give their means of support.

Many of the coaches indicated that they were required to obtain permission from the school administration in order to purchase needed materials and supplies for wrestling.

Table 22. Number of schools charging admission for wrestling matches.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		45		83
No		9		17

Forty-five schools indicated that they charged admission for the dual home matches. This represents 83 per cent of the total number of 54 schools. Only 9 or 17 per cent of the schools did not charge admission.

Table 22a. The amount charged for general admission to wrestling matches.

Adults Price	:	Number of Schools	:	Students	:	Number of Schools
		Replying		Price	:	Replying
\$.25		3		\$.25		26
.40		1		.35		5
.50		31		.50		9
.75		7				
1.00		1				
No Answer		2		No Answer		5
TOTAL		45		TOTAL		45

As previously indicated 45 schools charged admission at their home matches. The prices for adults varied from \$.25 in three schools to a high of \$1.00 in one school. Two schools indicated no specific price for adults. The mean amount charged was \$.50 which was reported by 31 schools. Other amounts were: One school, \$.40 and seven schools, \$.75.

The admission for students ranged from a high of \$.50 in nine schools to a low of \$.25 in 35 schools. The mean was \$.35 reported by five schools.

Five coaches failed to answer the question. It should be noted that in most cases the price for students was free with their activity tickets.

Table 23. Amount of money paid annually by general admission.

Amount Derived	:	Number of Schools
<hr/>		
\$ 15		2
45		1
75		1
80		1
90		1
100		6
125		1
150		3
200		1
250		3
350		1
400		4
500		2
600		1
720		1
1000		1
2200		1
No Answer		14
TOTAL		45

Forty-five schools reported an admission charged for home dual matches. There was quite a large range for annual paid general admission among the various schools of the state. The high was \$2200 reported by one school and the low was \$15 reported by two schools. However, \$2200 does seem quite high and it is assumed that the question was misinterpreted. The next high was \$1000 reported by one school. The mean amount derived from general admission was \$400 reported by four coaches. In several cases, the money went back into the athletic fund, activity fund or some other similar fund.

The Facilities and Equipment

Table 24. Number of schools reporting a separate wrestling room.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		36		67
No		18		18

Thirty-six coaches or 67 per cent reported having their own wrestling room for practice. The remaining 18 or 33 per cent stated that they had no specific practice room. Of these 18, most of them indicated that the gymnasium was used for practice. Thus, moving the mats daily presented some problem.

Of the 36 coaches reporting a separate wrestling room, only 12 indicated any type of protective material on the walls. Six used bed mattresses, four gym mats, one loose rubber and one cotton mat. Some coaches stated that the walls were a safe distance from the mat and, therefore, did not warrant any protective material.

Table 25. Number of wrestling rooms where heat and ventilation can be regulated.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		31		59
No		23		41

Of the 36 coaches indicating a separate wrestling room, 31 or 59 per cent of them were able to regulate heat and ventilation of the wrestling room.

Only five of those coaches having a separate wrestling room were not able to regulate the heat and ventilation in their rooms. Of those having no

separate wrestling rooms, 23 or 59 per cent also indicated it was impossible to regulate the heat and ventilation in the wrestling practice area.

Table 26. Temperature during practice of the wrestling room.

Temperature Change During Practice	:	Number of Coaches
	:	
70° - 74°		10
75 - 79		4
80 - 84		15
85 - 89		7
90 - 94		3
95 -100		1
No Answer		14
TOTAL		54

The temperature of the practice area ranged from a high of between 95-100 degrees, as indicated by one coach to a low of 70-74 degrees as reported by 10 coaches. The majority of the coaches or 15 indicated that they keep the temperature between 80-84 degrees for their practice sessions. Fourteen failed to answer this question, some of which were not able to regulate heat or ventilation.

Table 27. Number of schools with new type foam mat.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		37		69
No		17		31

In recent years, a new type foam mat one inch thick has been developed. It is manufactured by many different companies and is known under many different names. According to scientific investigations this new foam mat is equivalent to a four inch thick regular gym mat and has been instrumental in prevention of many injuries since its development. It is assumed that

this type of mat should be one of the items of equipment to be bought from the beginning schools' budget.

Thirty-seven or 69 per cent of the coaches stated that they had this new type mat. Seventeen or 31 per cent did not have one at present but several coaches indicated they intended to request one in the near future.

Table 28. Number of schools who have sweat box or similar device for losing weight.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		14		26
No		40		74

Only 14 or 26 per cent of the coaches replying had a sweat box or similar device for losing weight. The remaining 40 or 74 per cent stated that they definitely did not.

Of the coaches reporting having a sweat box for reduction of weight a majority stated that losing weight was an individual matter and that careful supervision in the use of such devices was necessary.

Coaches not using or having a sweat box for weight reduction or control, stated that boys should be able to work off all unnecessary weight without the use of artificial gadgets.

Table 29. Number of coaches whose athletes lose weight to make weight classes.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		49		91
No		5		9

Forty-nine coaches reported that their athletes lose weight in order to make weight classes. This represents 91 per cent of the total number reporting. Nine per cent reported that their athletes did not lose any more weight than they could work off by following a moderate diet prescribed by the coach.

Kansas rules require a wrestler to certify in a weight class in December and after January 1st he is allowed five additional pounds. The theory behind this rule being that high school wrestlers are still growing. If a wrestler is certified at one weight and wrestles the next weight up, he may not go back to the original weight class.

Table 30. Number of seasons present match tights have been used.

Number of Seasons	:	Number of Coaches
1		12
2		12
3		11
4		9
5		3
6		1
7		1
10		1
No Answer		4
TOTAL		54

It was the intention of the author to determine the number of schools that provided the necessary wrestling equipment.

The returned questionnaires showed that a total of 54 teams had wrestling uniforms furnished by the school. The average number of years match tights were used ranged from a high of 10 seasons reported by one school to a low of one season as indicated by 12 coaches. The others were reported as follows: two years, 12 coaches; three years, 11 coaches; four years, 9 coaches; five years, 3 coaches; six years, one coach; seven years, one coach and four coaches failed to indicate the number.

Table 31. The number of schools who supplied practice equipment.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		39		72
No		15		28

The numbers and percentages used in this case refer to any items of the practice equipment being supplied by the school. If any item was furnished the question was answered yes. Thirty-nine or 72 per cent of the questionnaires indicated that some or all practice equipment was furnished by the school. The remaining 15 schools or 28 per cent did not furnish any of the practice items listed.

Table 32. Number of schools that launder practice equipment.

Answers	:	Number of Coaches Replying	:	Per Cent
Yes		19		33
No		35		67

Of the 39 schools furnished practice equipment, as shown in Table 31, 19 of them reported laundering the wrestling equipment. The number of times per week varied but in general it was once or twice a week.

Table 33. The responsibility for cleaning the mat, frequency of cleaning and the disinfectant used as indicated by number of coaches.

Responsibility	:	Number	:	Frequency	:	Number	:	Disinfectant	:	Number
for Cleaning	:	of	:	of	:	of	:	Used	:	of
Mat	:	Coaches	:	Cleaning	:	Coaches	:		:	Coaches
Coach		17		once day		25		Soap and Water		5
Manager		15		once week		12		Hexachlorophene		3
Wrestlers		11		twice week		4		Clorox		2
Custodian		9		every two weeks		3		Alcohol		2

Table 33. (cont.)

Responsibility for Cleaning	Number of Coaches	Frequency of Cleaning	Number of Coaches	Disinfectant Used	Number of Coaches
Mat	:	:	:	:	:
Freshmen	1	every other day	3	Lysol	2
Wrestlers		twice day	1	Pheno-Cen	2
No Answers	1	twice year	1	Pram	1
		once month	1	Germ X	1
		no schedule	1	AALCO	1
		No answer	3	Gerinx	1
		TOTAL	54	Mild form of Hydrochloric Acid	1
				Atlas Cleaner	1
				Pine Oil	1
				No Answer	31
				TOTAL	54

As indicated in Table 33, seventeen coaches were responsible for cleaning the mat themselves. The next high was 15 being done by the manager for the team. In 11 schools the laundry was done by the wrestlers and the custodian performed this duty in nine schools. The freshmen wrestlers in one school were responsible for cleaning the mat and one school did not indicate an answer.

Twenty-five coaches indicated that the mat was cleaned once a day. The other indications were: Once a week, 12 schools; twice a week, 4 schools; every two weeks, 3 schools; every other day, 3 schools; and indicated by one school each, twice a day, twice year, once month and no schedule. Three indicated no answer to this question.

There was a wide variety in trade names of the disinfectant used to clean the mats. Soap and water was used by five coaches for the most used product. Next high was three using hexachlorophene. The majority of the coaches failed to specify a product. There were thirty-one in this category.

Table 34. The other winter sports offered by high schools in Kansas.

Other Winter Sports Offered	Number of Schools
Basketball	34
Basketball, Swimming and Gymnastics	9
Basketball and Gymnastics	5
Basketball and Intramurals	2
Basketball and Swimming	1
Basketball, Tumbling, and Gymnastics	1
Basketball and Tumbling	1
No other sports	1
TOTAL	54

A total of 34 coaches reported that basketball was the only other winter sport offered in their school. Next high was basketball, gymnastics and swimming as reported by none coaches. Five coaches reported having basketball and gymnastics. Basketball and intramurals was indicated by two coaches. The others were: basketball and swimming; basketball, tumbling and gymnastics; basketball and tumbling all reported by one school each. One school also reported no other winter sport. This fact is rather obvious in that this school is the Kansas City School for the Blind. Their coach stated that wrestling was their major sport and one in which they could compete with sighted schools.

The Major Problems

Table 35. Problems indicated by wrestling coaches in Kansas.

Problem in Coaching High School Wrestling	Total Number of Coaches
Lack of interest	13
Lack of space and facilities	10
Lack of time	4
None	4
Getting tough boys	3
Weight cutting	2

Table 35. (cont.)

Problem in Coaching High School Wrestling	:	Total Number of Coaches
No assistant coach		2
Lack of boys		2
Educating fans		2
Competition with other sports		2
Lack of coaches training		2
Winning		1
No student body support		1
Too late a start (season)		1
Parents		1
Too much work		1
Teaching fundamentals		1
Getting light weight boys		1
Lack of boys with Jr. High experience		1
TOTAL		54

The major problem that was reported by 13 coaches was lack of interest by the public, students and or administration. Next high was lack of space and facilities as indicated by 10 coaches.

Four coaches stated that lack of time to cover all phases of the program adequately was their major problem. This problem was complicated by schools with bus routes. There were four coaches fortunate enough to have no major problems. Three coaches indicated that their biggest problem was getting tough boys who wanted to discipline themselves enough to do a good job in wrestling.

Weight cutting was listed by two coaches as their major problem. There are too many temptations to over eat, in some cases the family problems were a difficulty also economic factors may be connected.

Two coaches reported that lack of an assistant coach to assist with practice was their major problem. The number of boys out in two schools seemed to complicate the situation.

Lack of boys reporting out for wrestling was a major problem with two coaches. In both cases it was with schools having a smaller enrollment. Educating fans to rule changes from year to year was a major problem as indicated by two coaches.

Two coaches reported that the competition with other winter sports for boys was their major problem. Lack of previous training in wrestling was also indicated by two coaches.

Other problems reported by the coaches were: Winning, no student body support, too late a start (season), parents, too much work, teaching fundamentals, getting lightweight boys and lack of boys with junior high experience in wrestling.

SUMMARY

The survey questionnaire was sent to 67 schools in the state of Kansas. Sixty-two questionnaires were returned for 92.54 per cent.

The enrollments of boys in the schools ranged from a low of forty boys to a high of 1600. The majority of high school wrestling coaches had training in the field of physical education. The training was in the form of a teaching major or minor in physical education. The returned questionnaires revealed 33 wrestling coaches with a major in physical education, nine coaches with a minor, and 12 coaches had no physical education training.

Thirty-seven of the 54 coaches graduated from a college or university in Kansas. Seventeen were graduates of institutions outside of Kansas.

Wrestling coaches with Master degrees totaled 19 while 35 were without this degree. However, of those 35 several stated they were working toward a Masters at the present time.

A total of 42 coaches had a teaching major or minor in physical education. Twenty of those did teach physical education either full time or part of their teaching assignment which represents 47.6 per cent.

The teaching assignments reported by the wrestling coaches were quite varied. The coaches reported teaching in one subject field numbered 23; two subjects, 14; three subjects, 14; four subjects, 2; and five subjects, one.

Most of the coaches in the state did not participate in wrestling while in college. Only 18 out of the 54 coaches wrestled while in college, however, 17 of those lettered one or more years. Sixteen coaches stated that their training was received in a physical education class. The other 27 coaches or 50 per cent had learned the sport through their own initiative.

The majority of Kansas coaches in wrestling were in their first, second or third year as head coach. Thirty coaches were in this category. The remaining coaches had experience ranging from 4 to 25 years as reported by one.

One-half of the coaches were hired as wrestling coaches the other 27 were given or acquired the coaching assignment later.

Twenty-four of the head wrestling coaches were also head coaches in other sports. Thirty-eight or 70 per cent also had assistant coaching assignments. All but seven of the 54 coaches had attended at least one wrestling clinic during the past year. Twenty-five coaches attended at school expense.

The number of boys that try out for varsity wrestling teams ranged from a low of 4 to a high of 100 boys. The most in one range indicated 40 boys trying out as reported by 10 schools. The squad was cut by only six coaches. Forty-one schools had a B-team but only six had a freshman team separate from the varsity. The head coach was responsible for the coaching of B-teams in 35 of the 41 schools and in those schools sponsoring a freshman team it was handled by the head coach in all except one school. Twenty-six coaches had

an assistant coach. Nineteen assistants indicated other coaching assignments in addition to wrestling.

The major portion of the coaches, 30 to be exact, wrestled a total of eight varsity dual matches during a season. The average number of matches for the B-team was three per season. Several coaches indicated exhibition matches being held before the varsity duals.

Approximately 20 days was the average number of days between the first practice and first dual match. Twenty-six coaches reported two hours for the average length of practice session.

Forty-eight per cent of the coaches used organized weight training in their programs. Ninety-one per cent used team calisthenics. Twenty coaches used a combination of both. Forty-five required some running along with weight training.

A daily weight chart was used by 44 coaches and of this number 32 supervised the chart by himself or by his assistant.

Definite seasonal budgets were provided for 23 of the wrestling teams. The budgets ranged from \$150 to \$2500. In schools where a budget was not available the methods used to finance wrestling were: Athletic Fund, General School Fund, Gate Receipts, requests to Superintendent and Board of Education and Activity Fund.

Eighty-three per cent of the schools charge admission for wrestling. The most common charge for adults was \$.50 and \$.25 for children.

Money derived by paid general admission ranged from \$15 to \$2200. Four hundred dollars was the mean amount for the group.

Sixty-seven per cent of the wrestling coaches have a separate wrestling room for practice. Only 12 used protective material on the walls. Thirty-one of the coaches with separate wrestling rooms were able to regulate the

heat and ventilation. Most coaches kept the temperature between 80 and 84 degrees.

Sixty-nine per cent of the coaches had new type foam mats for better protection. These mats are somewhat more expensive than conventional mats.

Only 14 coaches reported having a sweat box or similar device for losing weight. Forty-nine coaches indicated that their wrestlers lose weight in order to make weight class. All weight reduction is done under the supervision of the coach.

Thirty-five of the coaches reported that the match tights were between one and three years old which represents a majority of the coaches. The range was from one to 10 years of use.

All or part of the practice equipment was supplied in 39 schools. Only 15 did not supply such equipment.

Only 33 per cent of the 39 schools launder the practice equipment. The coach was responsible for cleaning the mat in 17 schools, next the manager, 15 schools; wrestlers, 11 schools; custodian, 9 schools, and freshman wrestlers in one school. The mat was cleaned and sterilized once a day in 25 schools for the largest number. Soap and water was indicated by 5 schools as the cleaning agent for the largest number.

The majority of the schools offered one other winter sport which was basketball in 34 schools. As many as three other sports were offered in some schools.

The major problems listed by the coaches were lack of interest and lack of space for the most part.

CONCLUSIONS

The following conclusions based on this study were made concerning the status of wrestling in Kansas high schools.

1. The number of schools offering an interscholastic wrestling program has increased from 18 in 1953, to 54 in 1964. An increase of 300 per cent in an 11 year period.
2. Thirty-three of the 54 schools with wrestling in their programs were classified in the class AA division.
3. Schools with enrollment as low as 40 or 45 boys provided an interscholastic wrestling program.
4. A majority or 42 coaches had training in the field of physical education but it is not mandatory to coach wrestling in Kansas high schools.
5. Approximately two-thirds of the wrestling coaches in Kansas were Kansas graduates.
6. In the smaller high schools in Kansas, a coach should be prepared to teach in two or three subjects.
7. Approximately one-third of the wrestling coaches had their Master's degree and the majority of those remaining had some graduate work.
8. Fifty per cent of the coaches were hired as wrestling coaches.
9. Additional coaching assignments were in football and track in most cases.
10. Provisions for a definite seasonal budget for wrestling is provided for in less than one-half of the schools.
11. Approximately two-thirds of the schools had separate wrestling rooms for practice and new type foam mats for wrestling.
12. The essential wrestling equipment was provided by the majority of the schools. Shoes seemed to be the item most often furnished by the boy.

13. The problems stated most often were lack of interest and lack of facilities and equipment.

14. It is recommended that a follow-up study be done in this area at the end of a five year period to determine the improvement made in wrestling in the state of Kansas.

ACKNOWLEDGEMENT

Sincere appreciation is hereby expressed to Professor T. M. Evans and Assistant Professor Raymond A. Wauthier of the Department of Physical Education at Kansas State University for his professional and personal advice and the cooperation and encouragement given in the preparation of this study. Appreciation is also expressed to the many high school wrestling coaches for their cooperation and assistance in making this report possible.

APPENDIX

A SURVEY - TO DETERMINE THE STATUS OF WRESTLING IN KANSAS

1. School Class: AA ___ A ___ B ___ BB ___.
2. Name of School _____ Approximate number of boys enrolled in school _____.
Coach: _____
3. Do you have a Physical Education Major? Yes ___ No ___.
4. Do you have a Physical Education Minor? Yes ___ No ___.
5. Did you graduate from a college or university in Kansas? Yes ___ No ___.
6. Do you have a Master's degree? Yes ___ No ___.
7. Do you teach Physical Education? Yes ___ No ___.
8. What other subjects do you teach? _____, _____, _____.
9. Did you wrestle in college? Yes ___ No ___.
 a. If yes, did you letter? Yes ___ No ___.
 b. Was your wrestling training received in a Physical Education class only? Yes ___ No ___.
 c. Own Initiative? Yes ___ No ___.
10. How many years have you coached wrestling in secondary schools? _____.
11. Were you hired as a wrestling coach? Yes ___ NO ___.
12. Are you the head coach in any other sports? Yes ___ No ___ . If yes, what sports _____, _____.
13. Are you assistant coach in any other sports? Yes ___ No ___ . If yes, what sports _____, _____.
14. Have you attended any wrestling clinics during the past year? Yes ___ No ___ . At school expense? Yes ___ No ___.
15. What is the approximate number of boys trying out for the team each year? _____.
 a. Is the squad cut? Yes ___ No ___.
 b. Do you have a B-team? Yes ___ No ___ . Number of B-team matches _____.
 c. Do you have a Freshman team? Yes ___ No ___.

- d. Do you coach the B-team? Yes ___ No ___.
- e. Do you coach the Freshman team? Yes ___ No ___.
- f. Do you have an assistant coach? Yes ___ No ___.
- g. Is assistant also assistant in other sports? Yes ___ No ___.
16. Number of varsity matches during a regular season? _____.
17. Number of days between first organized practice and first match of the season _____. Approximate length of average practice session. _____.
18. Do you use organized weight training in your program: Yes ___ No ___.
- a. Do you have organized team calisthenics? Yes ___ No ___.
- b. A combination of both? Yes ___ No ___.
- c. Do you require running along with weight training? Yes ___ No ___.
19. Do you use a daily weight chart? Yes ___ No ___. If yes, is it supervised by you or assistant? Yes ___ No ___.

BUDGET

20. Do you have a set seasonal budget? Yes ___ No ___. If yes, what is the approximate amount? _____.
21. If no set amount is provided, what means are used to obtain funds? _____.
22. Do you charge admission? Yes ___ No ___. If yes, adults price _____ students price _____.
23. How much annual income is derived by paid general admission? _____.

FACILITIES

24. Do you have a separate wrestling room? Yes ___ No ___. If yes, what type of protective material is used on the walls? Loose rubber mats _____ bed mattresses _____ other _____.
25. Can you regulate the heat and ventilation of the wrestling room? Yes ___ No ___.

26. What temperature do you keep the room? _____.
27. Do you have a new type foam mat? Yes _____ No _____.
28. Do you have a sweat box or similar device for losing weight? Yes _____
No _____.
29. Do your athletes lose weight in order to make weight classes? Yes _____
No _____.

EQUIPMENT

30. What is the approximate number of seasons present match tights have been used? _____.
31. Is practice equipment supplies by the school? Yes _____ No _____.
- a. Shoes _____
 - b. Tights _____
 - c. Shorts _____
 - d. Socks _____
 - e. Supporters _____
 - f. Sweatshirts _____
 - g. T-shirts _____
 - h. Slicker sweatshirts _____
32. Does the school launder the practice equipment? Yes _____ No _____.
33. Whose responsibility is it to clean the mat? _____.
How often is it cleaned and sterilized? _____.
What disinfectant is used to sterilize mats? _____.
34. What other winter season sports are offered? _____, _____,
_____.
35. What is your biggest problem concerning high school wrestling?
36. Additional comments:
37. Would you like to have the results of the survey? Yes _____ No _____.

A SURVEY -- TO DETERMINE THE STATUS OF
WRESTLING IN KANSAS HIGH SCHOOLS

by

JOE VAN SEAY

B.S., Kansas State University, 1963

AN ABSTRACT OF A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

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The purpose of this report was to determine the present status of wrestling in Kansas high schools. It was hoped that information in this report would be of value to beginning coaches, established coaches, physical educators and school administrators concerning the areas of subject preparation, practice organization, budgeting, facilities, equipment, seasonal schedules, major problems and additional coaching assignments.

The initial step was to construct a comprehensive short answer type of questionnaire. Pilot copies were sent to five specialists in the fields of interscholastic wrestling and physical education both at the college and high school levels for suggestions. After reviewing the responses, the pilot questionnaire was revised and mailed to all wrestling coaches in Kansas.

A list of schools was furnished by the Kansas High School Activities Association. A list of high schools participating in wrestling was also obtained from Fritz G. Knorr, wrestling coach at Kansas State University.

A return self-addressed, stamped envelope was included with each questionnaire for the convenience of each coach. Tables were prepared beforehand to record the information as it was received.

Fifty-seven schools replied to the initial questionnaire. A follow-up letter resulted in five more returns, leaving a total of five coaches who did not return the questionnaire.

The percentage of returned questionnaires was 92.54 per cent. It should be noted that eight of those replying did not have a wrestling program and, therefore, their questionnaires were not used in this report.

The number of schools offering an interscholastic wrestling program has increased from 18 schools in 1953, to 54 schools in 1964. An increase of 300 per cent in an 11 year period.

Thirty-three of the schools with a wrestling program are in the class AA division. The enrollment of boys in the schools ranged from a low of 40 boys to a high of 1600 boys.

The majority of high school wrestling coaches had training in the field of physical education. All but 12 coaches had physical education majors or minors.

Thirty-seven or approximately two-thirds of the wrestling coaches are Kansas graduates. Approximately one-third of the wrestling coaches have their Master's degree.

According to the survey, a high school wrestling coach in Kansas should be prepared to teach in two or three subjects in the smaller schools.

College wrestling experience is desirable but not necessary for coaching wrestling in Kansas. Eighteen coaches had varsity wrestling experience in college.

Fifty per cent of the coaches were hired as wrestling coaches. Additional coaching assignments usually lie in the areas of football and track.

Provisions for a definite seasonal budget for wrestling was provided for in less than one-half of the schools.

Approximately two-thirds of the schools had their own wrestling rooms for practice and new type foam mats for wrestling.

The essential wrestling equipment was provided by the majority of the schools. Shoes seemed to be the item most often furnished by the boys.

The problems stated most often were lack of interest and lack of facilities and equipment.

It is recommended that a follow-up study be made at the end of a five year period to determine the improvements made in wrestling in the state of Kansas.