

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

by

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INTRODUCTION

Amateur scholastic and interscholastic wrestling is a sport which has suffered because of the frightful image created by its counterpart, professional wrestling. Despite the unpleasant aspects in professional wrestling, the amateur form is now one of the fastest growing competitive sports throughout America.¹

The rapid growth of wrestling is very beneficial to the junior high school boy, because the desire for conquest and physical adventure is a normal characteristic of youth. Since almost every American boy at the junior high school age prides himself on his physical prowess, it is not unusual that he attempts to develop physical skills.

Fortunately, wrestling is a very desirable and natural activity for boys at the junior high school age, for it is unexcelled as a means of developing a rugged, vigorous physique. In addition to developing muscular strength, wrestling develops poise, coordination, self-reliance, aggressiveness, endurance and the ability to think and plan during the heat of the contest.²

Wrestling is very unusual in respect to other sports in that it gives all boys, regardless of size, a chance to participate. Its division into various weight classes provides competitive opportunities in a body contact sport for boys of various sizes

¹"High School Wrestling An Ideal Individual Sport," School Activities Vol. 32, pp 270-2, May, 1961.

²"High School Wrestlers Need Motivation," Athletic Journal, Vol. 38, No. 2, pp 11, October, 1957.

and weights. The matching of boys against opponents of corresponding size permits boys weighing 70 pounds to personally enjoy, profit, and be as valuable to the teams as the heavyweight individual. In the past such opportunity was denied to the small male by most of our team sports.

The relative equality of matching opponents by age and size has enabled physical educators to institute wrestling programs for young boys as far down the educational ladder as the fifth grade. In New Jersey there are at least fifteen teams competing on an interschool basis in elementary schools. In several states there are many junior high school teams actively competing against each other.³

The major criticism leveled at wrestling for the pre-pubescent boy is the dangerous aspect of the sport. This opinion, however, is at variance with that based on the experience of the men who supervise the activity. To confirm the opinion that young wrestlers of elementary and junior high school age suffer relatively few injuries Robert J. Antonacci, conducted a survey with the help of fifteen coaches of elementary school age wrestlers in New Jersey and twenty-eight coaches of junior high school wrestlers in Pennsylvania.

The survey indicated that the danger to young boys in organized wrestling is a myth when the sport is properly handled. Antonacci points out that the benefits to be derived from all

³"The Myth of Danger to Young Boys in Organized Wrestling," Athletic Journal, Vol. 46, No. 1, pp 88, September, 1965.

athletic competition far outweighs the risks. There is a wide range of possible injuries to young boys in wrestling. The incidence of injury will depend upon observing the following precautions: adequate supervision of the wrestlers, the quality and care of the mat, adequate equipment and training space, proper training techniques, maintenance of adequate nutrition and proper pairing of athletes in practice.⁴

The entire team can gain much recognition and praise for participation in wrestling if the student body, local citizens, local organizations and local newspapers express their appreciation to the boys.

Purpose

This report has three major purposes which are: first to determine the status of wrestling in Kansas junior high schools.

Second, present the responsibilities of a coach or instructor in the various phases of classroom preparation, organized practice periods, facilities, equipment, season schedules, additional coaching duties and major problems that may occur in a wrestling program.

Third, it has been the authors purpose to find through investigation if wrestling is a popular activity, and to determine the degree in which the wrestling program is participated in by the students in Kansas junior high schools.

⁴Ibid, Athletic Journal, Vol. 46, pp 89.

The above information may prove to be of value to beginning junior high school wrestling coaches or physical education instructors who are given the responsibility of preparing a program for a wrestling season. It is also intended to be of value to established coaches and physical educators in the State concerning the current practices and status of wrestling in Kansas junior high schools.

Method of Study

The first step in the study was to conduct an investigation of literature in the Kansas State University and the Department of Physical Education libraries which was relative to this problem. The investigation, however, did not produce any material pertaining to the status of junior high school wrestling in Kansas.

In order to obtain material for the purpose of establishing the status, of wrestling in Kansas junior high school a simple, short-answer questionnaire was constructed. The questionnaire was designed to secure information pertaining to the school organization, enrollment of boys, the coaches' or instructor's duties, the coaches' or instructors' training, the wrestling program, the equipment and the facilities available and the major problems related to wrestling. The questionnaire was reviewed by members of the faculty at Kansas State University and as a result several additions to and corrections of the survey sheet were made.

The intent of the short questions and answers questionnaire was to make it possible for each coach to spend a minimum amount

of time in completing the questionnaire so that there would be a greater percentage of returns which would make possible a more nearly complete and accurate evaluation. The questionnaire is included in the appendix.

A list of junior high schools was obtained from the 1964-65, Kansas Educational Directory, issued by Adel F. Throckmorton, State Superintendent of Public Instruction. This list is compiled by the State Department of Public Instruction and gives a list of the accredited junior high schools in the state of Kansas, which numbered one-hundred in 1964-65. The questionnaire was mailed to each principal of the accredited junior high schools, and he was asked to have it completed by the wrestling coach or the physical education instructor, in charge of the wrestling program. A return, self-addressed, stamped envelope was enclosed with each questionnaire for the convenience of each coach or instructor.

One-hundred questionnaires were sent out, and 76 of the schools replied to the initial questionnaires. A follow-up letter resulted in receiving six more returns; eighteen schools did not return the questionnaire.

The return of the questionnaires were:

Questionnaires mailed	<u>100</u>
Questionnaires returned	<u>82</u>
Percentage of return	<u>82</u>

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

RESULTS AND DISCUSSION

The majority, 77 percent, of Kansas accredited junior high schools are organized on a basis of a three-year program of study rather than a two-year program. The three-year program of study consists of three years spent in the junior high school.

Junior high schools with the three-year program of study have the largest enrollment and also the larger percent of schools with a wrestling program. The schools on a two-year program of study have a much smaller enrollment and a smaller ratio of schools offering wrestling. However, in each program of study, the majority of the schools have a wrestling program.

According to the questionnaires returned, 59 schools indicated having wrestling in their school program. This number is represented by 72 percent of the total number of questionnaires sent out. Twenty-three questionnaires which were returned stated that no program existed at the present.

To facilitate ease in recording all percents were rounded off to the nearest one percent. This procedure is followed for all tables in the report.

The School Organization and Enrollment of Boys

Table 1. Junior High School Organization by number of years that the students attend school.

<u>Years of Organization</u>	<u>Schools With Wrestling</u>	<u>Schools With No Wrestling</u>
<u>Two years</u>	11	8
<u>Three years</u>	48	15
<u>Total</u>	59	23

A total of 59 or 72 percent of the schools had wrestling in the school program while 23 or 28 percent of the schools had no wrestling program. The schools organized on a three-year program of study included 48 schools with a wrestling program and 15 schools with no wrestling program. Of the schools organized on a two-year program of study 11 schools had a wrestling program and 8 schools had no wrestling program.

Table 2. The Enrollment of Boys in the Junior High School.

Enrollment of boys	Schools With Wrestling		Schools With No Wrestling	
	2-year	3-year	2-year	3-year
0-99	3	0	2	1
100-199	7	5	3	0
200-299	1	10	2	1
300-399	0	12	0	4
400-499	0	10	0	5
500-599	0	5	0	3
600-900	0	3	0	1
No answer	-	3	1	-
Total	11	48	8	15

The approximate enrollment of boys in the Junior High schools with a three-year program of study ranged from a high of 630 boys with wrestling to 900 boys without wrestling and a low range of 100 boys with wrestling to 90 boys without wrestling. The largest number of schools having wrestling programs was in the enrollment range of 300 to 399 boys; there were twelve schools in this

division. Three schools did not answer this question concerning the three-year organization program.

The enrollment of boys in the schools with a two-year program of study ranged from a high of 200 boys participating in wrestling to 50 boys not participating in wrestling. The largest number of schools having wrestling was in the enrollment range of 100-199 boys; there were seven schools in this division. One school in the two-year organization program did not answer the question.

The Wrestling Coach or Physical Education Instructor Training

Table 3. Kansas Junior High Schools with a Wrestling Coach

Answer	:	Number of Schools Replying	:	Percent
Yes		38		46
No		44		54

A total of 38 schools, or 46 percent, have a wrestling coach in the junior high schools. The number of schools without a wrestling coach was 44, or 54 percent. The number of schools having a wrestling program was 59 schools, and the number of schools having a wrestling coach was 38 schools.

Table 4. Wrestling Coaches in Kansas Junior High Schools Who Majored or Minored In Physical Education.

Answer	Number of Coaches Replying	Per Cent
Majored in P. E.	27	71
Minored in P. E.	6	16
Other Area	5	13

A total of 27, or 71 percent, of the coaches had majored in physical education while in college. The number of coaches who minored in physical education in college was six or 16 percent. The number of coaches reporting as not having majored or minored in physical education was five, or 13 percent, of the total.

Table 5. Physical Education Instructor in Kansas Junior High Schools Who Majored or Minored in Physical Education.

<u>Answer</u>	<u>Number of Instructors</u>	<u>Replying</u>	<u>Percent</u>
Majored in Physical Education	38		86
Minored in Physical Education	6		14

A total of 38 or 86% of the instructors had majored in physical education. The number of instructors that had minored in physical education was six, or 14 percent.

Table 6. Wrestling Coaches or Physical Education Instructors in Kansas Junior High Schools Who Graduated from a College or University in Kansas.

<u>Answer</u>	<u>Number of Coaches and Instructors</u>	<u>Replying</u>	<u>Per Cent</u>
Yes	64		78
No	12		15
No Answer	6		7

The survey revealed that the largest number of coaches or physical education instructors graduated from a college or university in Kansas.

A total number of 64 coaches or instructors were graduates from a college or university in Kansas. This number represents 78 percent of those replying. Twelve coaches or instructors, 15 percent, received an undergraduate degree from a college or university outside of Kansas. Six of the coaches of the 82 schools in the survey did not answer this question. Over three-fourths of the coaches have graduated from colleges or universities in Kansas.

Table 7. Colleges or Universities from Which the Wrestling Coach or Physical Education Instructor Graduated.

School	Reply of the Coach or Instructor
1. Kansas State University	16
2. Kansas State College of Pittsburg	12
3. Wichita State University	9
4. Kansas State College of Emporia	8
5. Kansas University	6
6. Fort Hays State University	6
7. Washburn University	3
8. Bethel College	2
9. Sterling College	2
10. Friends University	1
11. McPherson College	1
12. Ottawa University	1
13. Southwestern College	1
14. William Jewell College	1

College or University Outside of Kansas:

1. Oklahoma	5
2. Iowa	2
3. Nebraska	2
4. Arkansas	1
5. Colorado	1

The college or university in Kansas which had the largest number of graduates in the field of physical education or of wrestling coaches in the junior high schools was Kansas State University with sixteen. Following closely was Kansas State Teachers' College of Pittsburg with twelve. The state outside of Kansas with the largest number of graduates in the field of physical education or of wrestling coach of a junior high school in Kansas was Oklahoma, with five.

Table 8. Wrestling Coaches in Kansas Junior High School Who Have Their Master's Degree:

<u>Answer:</u>	<u>Number of Coaches Replvng</u>	<u>Per Cent</u>
Yes	17	45
No	21	55

A total of 17, or 45 percent, of the wrestling coaches had earned their Master's degrees. The remaining 21, coaches, or 55 percent, had not received a Master's Degree.

Table 9. Physical Education Instructors in Kansas Junior High School Who Have Their Master's Degree:

Answer	Number of Instructors Replying	Per Cent
Yes	28	64
No	16	36

A total of 28, or 64 percent, of the physical education instructors replying had earned their Master's Degree. The remaining 16, or 36 percent, of instructors did not have a Master's Degree. The percentage of physical education instructors and wrestling coaches with Master's Degrees was 64 percent for the physical education instructors, but only 45 percent of the coaches had Masters' Degrees.

Table 10 Wrestling Coaches In Kansas Junior High Schools Who Teach Physical Education:

Answer	Number of Coaches Replying	Per Cent
Yes	25	66
No	13	34

A total of 25 coaches, or 66 percent, stated that they also taught physical education. As indicated in Table 4, 33 coaches have physical education majors or minors. This situation indicates that over half of them were teaching within their major field. The coaches not teaching physical education totaled 13, or 34 percent who were teaching in other fields.

Table 11. Subjects Taught by Wrestling Coaches in Kansas Junior High School:

Subject Taught	Number of Coaches
Physical Education	16
Physical Education and Health	10
General Biological Science	6
Mathematics	6
Social Science	5
History	3
Physical Education and Drivers' Education	2
Geography	2
Industrial Arts	2
Printing	1
Elementary	1
Psychology	1

Table 11 reveals that the wrestling coaches taught in a wide area of subjects fields. Sixteen coaches taught physical education, ten coaches taught physical education and health, six taught general biological science and math, five taught social science, three taught history and the remaining subjects included in the table were taught by two coaches or by one coach.

Table 12. Questions related to training of wrestling coaches in
Kansas Junior High School:

Answer:	Wrestled in college	Per : Cent	Wrestled in High School	Per : Cent	Training in P.E. Class	Per : Cent	Self- Taught Wrestling	Per : Cent
Yes	10	- 26	11	- 29	29	- 55	28	- 74
No	28	- 74	27	- 71	17	- 45	10	- 26

A total of 28, or 74 percent, of the coaches had not wrestled while in college. Only one-fourth of the coaches had wrestled in college. Approximately the same number of coaches who had or had not wrestled in college had or had not wrestled in high school, 29 percent had wrestled but 71% had not wrestled. Over half of the coaches, 55 percent, received some type of wrestling training in physical education classes at college. Three-fourths of the coaches considered self-initiative to have been a leading factor in acquiring their wrestling training. The self-training was obtained in several different ways, for example, in wrestling clinics was one possibility.

Table 13. Questions related to the wrestling training of physical
instructors in Kansas Junior High Schools:

Answer	Wrestled in College	Per : Cent	Wrestled in High School	Per : Cent	Wrestling Received in P.E.	Per : Cent	Self- Taught Wrestling	Per Cent
Yes	6	- 14	4	- 9	22	- 50	18	- 41
No	38	- 86	40	- 91	22	- 50	26	- 59

The number of physical education instructors that wrestled in college was six or fourteen percent while 86 percent had not wrestled in college. A total of 91 percent received no wrestling training in high school, and only nine percent received training in high school. The largest percent of physical education instructors, 50 percent, received their wrestling training in physical education classes. Forty-one percent of the physical education instructors received their wrestling knowledge and training through their own initiative.

The Duties of the Wrestling Coach
or Physical Education Instructor

Table 14. Number of Wrestling Coaches Who are Head Coaches on
Other Sports:

Answer	Number of Coaches Replying	Per Cent
Yes	25	66
No	13	34

A total of 25 or 66 percent of the head wrestling coaches were also head coaches in other interscholastic sports. Thirty-four percent stated that they were not head coaches in any other sports.

Table 15. Number of physical education instructors who are head coaches in other sports.

Answer	Number of Instructors Replying	Per Cent
Yes	24	55
No	20	45

Fifty-five percent of the instructors were head coaches in interscholastic sports and forty-five percent stated that they were not head coaches in any other sport.

Table 16. Additional coaching duties performed by wrestling coaches and physical education instructors in Kansas Junior High Schools.

<u>Additional Coaching Assignments</u>	<u>Number of Coaches and Instructors Replying</u>
<u>Wrestling Coach plus Head Coach in:</u>	
Basketball	11
Football	11
Track	9
Gymnastics	3
Tennis	2
Golf	1
<u>Physical Education Instructor plus Head Coach:</u>	
Wrestling	21
Basketball	14
Football	10
Track	9
Golf	3

The majority of instructors or head wrestling coaches were assigned other head coaching responsibilities. The sports involved were the following: basketball, 25; football, 21; track, 18; golf, 4; bymnastics, 3; and 2 in tennis.

Table 17. Number of coaches and instructors who assist in other sports.

Answer	Number of coaches & Instructors Replying	Percent
Yes	43	52
No	30	37
No answer	9	11

Of the junior high school wrestling coaches or physical education instructors, 43 or 52 percent stated that they were assistants in one or more sports in addition to wrestling. Only 30 or 37 percent stated that they were not assistant coaches in any other sports. Nine or 11 percent failed to answer this question.

Table 17a. Additional assistant coaching duties of the head wrestling coaches or physical education instructors.

Additional assistant coaching duties	Number of coaches and instructors Replying
Football	19
Track	19
Basketball	14
Baseball	2

Nineteen coaches or instructors were the assistant coaches in football and track. Fourteen were assistant coaches in basketball and two were in baseball.

Table 18. Number of schools that have an assistant wrestling coach, plus a head coach.

<u>Answer</u>	<u>Number of Schools Replying</u>	<u>Percent</u>
Yes	19	29
No	46	71

According to the results of the survey, a total of 19 or 29 percent of the schools had an assistant wrestling coach. Seventy-one percent or 46 schools had no assistant wrestling coach.

Table 19. The size of the physical education and coaching staff in Kansas junior high schools.

<u>Size of the Staff</u>	<u>Number of Schools Replying</u>
1	5
2	20
3	9
4	10
5	13
6	9
7	6
8	2
9	3
10	0
11	0
12	1
No Answer	4
	<u>82</u>
	Total

The size of the physical education and coaching staffs varied from twelve to one coach or instructor. The largest coaching or instructional staff consisted of twelve, reported by one school. Five schools reported a staff of one coach or instructor.

The largest number of schools, twenty, had staffs of two, followed by 13 schools that had staffs of five; and ten schools had a staff of four. Four schools gave no answer to this question.

The Wrestling Program

It was reported, in Table 1, that 82 schools answered the survey with 59, or 72 percent of the schools having a wrestling program and 23, or 28 percent not having a wrestling program. The tables listed below attempt to answer the questions concerning the wrestling program of Kansas junior high schools.

Table 20. The Level of the Wrestling Program in Kansas Junior High Schools.

<u>Level of Wrestling Program</u>	<u>Number of Schools Replying</u>
Physical Education Instruction only	16
Physical Education and Intramurals	13
Physical Education and Varsity Competition	9
Physical Education, Varsity Competition, and Intramurals	8
Varsity Competition only	6
Varsity Competition and Intramurals	3
Intramurals only	4
	Total
	59

The level of the wrestling program at the junior high schools varies considerably, for there were several different methods of presenting wrestling in the school program. The majority of the junior high schools introduced wrestling as physical education instruction, 16 schools offered wrestling by this system only. Thirteen schools taught wrestling with physical education and intramurals; physical education and varsity competition was participated in by nine schools; and physical education, intramurals and varsity competition by eight schools. Wrestling offered under varsity competition was available in only six schools; varsity competition and intramurals, in three schools; and intramurals in only four schools.

From the above findings, wrestling was found to be presented in physical education classes by 46 schools of the total number of 59 schools. Twenty-eight of the schools had wrestling included in intramurals and twenty-six of the schools had wrestling included with varsity competition.

Table 21. Number of Years Wrestling Has Been in the School Program of Kansas Junior High Schools.

Number of Years	Number of Schools Replying
0	23
1	7
2	11
3	6
4	5
5	4

Table 21. (continued)

6	6
7	1
8	4
9-10	1
11-12	1
13-14	0
15-19	4
20 and above	6
No answer	3
	Total
	82

The survey indicated that the junior high schools in the western part of Kansas have had wrestling for many years in their school program. Six schools have had a wrestling program for twenty years or more and four schools have had a wrestling program for fifteen to nineteen years. However, the presence of wrestling in the junior high school program is a fairly recent trend, for seven schools have had wrestling for only one year; eleven schools have had wrestling for two years; six schools have had wrestling for three years; fifteen schools have had a program in wrestling from four to six years; and six schools have had a program from seven to twelve years. Twenty-three schools are without a wrestling program, and three schools failed to answer the question.

Table 22. The Number of Boys Participating in the Wrestling Program.

<u>Number of Boys in the Wrestling Program</u>	<u>:</u>	<u>Number of Schools Replying</u>
10-50		19
51-100		12
101-200		14
201-300		3
301-400		3
500		2
630		1
		Total. 54

According to the results of the survey, the number of boys participating in the wrestling program ranged from a low of ten in one school to a high in another school of 630 boys. The range of numbers between ten and fifty had the most boys, with nineteen schools reporting. Twelve schools reported their program included fifty-one to one hundred boys. Fourteen schools reported the number of boys was between one hundred one to two hundred. Three schools stated that the number of boys in the program ranged from two hundred one to three hundred, and three schools had a range of boys from three hundred one to four hundred. Two schools had five hundred boys in their wrestling program, and one school had six hundred thirty boys.

Table 23. The Number of Boys Participating in the Physical
Education Program

Number of Boys in the Physical Education Program	:	Number of Schools Replying
50-99		4
100-199		16
200-299		8
300-399		11
400-499		9
500-599		4
600-699		2
		Total 54

The number of boys participating in the physical education program was considerably higher than the number of boys participating in the wrestling program. The range of boys participating in the physical education program was from a low of fifty in one school to a high of six hundred thirty boys in another school. Sixteen schools stated that one hundred to one hundred ninety-nine boys participate in their program. Eleven schools had three hundred to three hundred ninety-nine boys participating in their programs.

Nine schools had a range of four hundred to four hundred ninety-nine boys, and eight schools had two hundred to two hundred ninety-nine in their physical education program. Four schools reported fifty to ninety-nine boys and another group of four schools had five hundred to five hundred ninety-nine boys.

The highest range was between six hundred to six hundred fifty boys reported by two schools.

Table 24. The Number of Weeks Spent on Wrestling in the School Program of Kansas Junior High Schools

Number of Weeks of Wrestling	:	Number of Schools
0		23
1		2
2		2
3		7
4		11
5		7
6		11
7		1
8		4
9		5
10-13		4
14-16		5
No answer		1

The average number of weeks spent on wrestling in Kansas junior high schools was five weeks. The highest number of weeks in which schools participated in wrestling was fourteen to sixteen weeks by five schools; two schools spent only one week on a wrestling program. Twenty-three schools are without a wrestling program and therefore spent no time on wrestling. One school failed to answer the question.

Table 25. Kansas Junior High Schools that Hold Varsity Wrestling Competition

Answer	Number of Schools Replying	Per Cent
Yes	23	28
No	59	72

A total of twenty-three or twenty-eight percent of the junior high schools in Kansas hold varsity competition in their wrestling program. Seventy-two percent of the total number of schools do not participate in varsity competition. As was indicated in table one, fifty-nine schools have a wrestling program and from the results indicated in Table 25, twenty-three have varsity competition. Therefore, thirty-six, or sixty-one percent, of those schools having a wrestling program do not hold varsity competition.

Table 26. The Average Number of Varsity Matches Held by the Schools Competing in Varsity Competition.

Number of Matches Per Season	Number of Schools
1	0
2	2
3	5
4	6
5	4
6	3
7	2
8	1

The number of varsity matches varied from a low of two matches by two schools, to a high of eight matches in one case. The most frequent number of matches was four.

Table 27. The Kansas Junior High Schools That Participate in Some Form of a Wrestling Tournament.

Answer	Number of Schools	Per Cent
Yes	33	40
No	43	53
No answer	6	7

A total of thirty-three or forty percent of the total number of schools participate in a wrestling tournament. Forty-three, or fifty-three percent do not participate in a wrestling tournament. Fifty-nine schools have wrestling and thirty-three, or fifty-six percent of these schools participate in a wrestling tournament; however, twenty-six, or forty-four percent do not participate in a wrestling tournament. Six schools failed to answer the question.

Table 28. The Kind of Tournament Participated in by the Schools with a Wrestling Program.

Intramural Tournament		:	League Tournament		:	K.S.U. Junior Olympic Tournament	
Yes	- 23		Yes	- 13		Yes	- 12
No	- 36		No	- 46		No	- 47

The majority of Kansas junior high schools, twenty-three, with a wrestling program participate in an intramural tournament. Thirteen schools participate in a league tournament, and twelve schools participate in the annual Kansas State University Junior Olympic Tournament.

Wrestling Facilities and Equipment

Table 29. The Number of Coaches Who Use Daily Weight Charts in Their Wrestling Program.

Answers	Number of Coaches Replying	Per Cent
Yes	16	27
No	43	73

Daily weight charts were used by sixteen wrestling coaches, or twenty-seven percent of those who replied. Forty-three, or seventy-three percent of the coaches do not use a daily weight chart.

Table 30. The Number of Schools Reporting a Separate Wrestling Room.

Answers	Number of Schools Replying	Per Cent
Yes	10	17
No	49	83

Ten coaches, or seventeen percent, reported having their own wrestling room for practice. Of these ten coaches, the majority of them stated that they use the senior high school wrestling

room. It is evident, the junior high school must be connected with or be next door to the senior high school.

The majority, forty-nine, or eighty-three percent, stated that they had no specific practice room; however, eighty-three percent of them indicated that the gymnasium was used for practice.

Table 31. The Number of Schools With a New Type of Foam Mat.

Answers	Number of Schools Replying	Per Cent
Yes	24	41
No	35	59

The present trend in scholastic wrestling mats is a foam mat with a covering of rubber on the surface. According to tests, this new foam mat is equivalent to a four-inch thick regular gym mat and has been instrumental in prevention of many wrestling injuries since its development. It is manufactured by many different companies as Ensolite or Resolite wrestling mats.

Twenty-four, or forty-one percent of the junior high schools stated that they have this new type of foam mat, but fifty-nine percent, or thirty-five schools do not have a new foam mat.

Table 32. The Approximate Size of the Schools Wrestling Mat.

Size of the Wrestling Mat	Number of Schools
Tumbling Mats	7
10' x 20'	4
15' x 15'	5
20' x 20'	18

Table 32. (continued)

24' x 24'	9
30' x 30'	3
36' x 36'	5
40' x 38'	3
50' x 30'	2

According to the Official Collegiate and Scholastic Wrestling Guide, the minimum size required for a scholastic wrestling mat should not be less than a square twenty-four feet by twenty-four feet, or a circular area twenty-eight feet in diameter. The measurements that were indicated in the survey showed that thirty-four schools are below the minimum requirement. This situation indicated that the majority of the schools are not following the scholastic wrestling rule concerning the proper size of a mat; without use of a mat of the proper size the number of injuries cannot be reduced. Twenty-two of the schools are meeting the requirements stated in the scholastic wrestling rule book on mat size.

Table 33. The Number of Schools that Supply Wrestling Equipment.

Answers	Number of Schools Replying	Per Cent
Yes	22	37
No	37	63

A total of thirty-seven, or sixty-three percent, of the schools do not furnish any type of equipment for the wrestling program.

Thirty-seven percent, or twenty-two, schools do supply wrestling equipment.

Table 34. Kind of Wrestling Equipment Supplied by the Schools.

No. of Schools	Varsity Uniform %	Practice Uniform %	Wrestling Shoes %	Knee Pads %	Head Gear %
Yes	19 - 86	7 - 32	3 - 14	6 - 27	13 - 59
No	3 - 14	15 - 68	19 - 86	16 - 73	9 - 41

A total of twenty-two schools supply wrestling equipment of some kind to the boys participating in the wrestling program. Eighty-six percent, or nineteen, schools furnish varsity uniforms; however three schools, or fourteen percent, do not furnish varsity uniforms. Thirty-two percent, or seven schools, furnish practice uniforms; but the majority, or sixty-eight percent, do not furnish practice uniforms. Only three schools, or fourteen percent, supply the boys with wrestling shoes, eighty-six percent do not supply wrestling shoes to the boys. Six schools, or twenty-seven percent, furnish knee pads, but sixteen schools, or seventy-three percent, do not furnish knee pads. Thirteen schools, or fifty-nine percent furnish headgear; forty-one percent did not furnish headgear.

The majority of the schools supply the boys with varsity uniforms and headgear; however practice uniforms, wrestling shoes, or knee pads were not furnished.

Table 35. Number of Coaches Who Use Weight-Training in Their Wrestling Program.

Answers	Number of Schools Replying	Per Cent
Yes	29	49
No	30	51

Twenty-nine, or forty-nine percent of the coaches used organized weight training in their wrestling program; and thirty coaches, fifty-one percent, stated that no weight training was used in their wrestling program.

The Major Problems

Table 36. Problems Indicated By Wrestling Coaches in Kansas Junior High Schools.

Problems in Coaching Junior High School Wrestling	Total Number of Coaches
1. Lack of Equipment and Facilities	20
2. Acquiring Space	18
3. Lack of Time	11
4. Not Allowed by the Administration	10
5. Acquiring Competition	8
6. Too Many Boys	7
7. Need More Coaching Assistance	6
8. None	6
9. Emphasis is on other Sports	4
10. Lack of Boys or Interest	4
11. Lack of Coaching Knowledge	3
12. Cost or Budget	2
13. Getting Program Started	1
14. Too Short a Season	1

Table 36. (continued)

15. Weight Reducing	1
16. Injuries	1
17. Over-Coaching	1
Total	104

The major problem reported by twenty coaches was lack of equipment or facilities. The next highest problem was acquiring space, in order to operate the wrestling program, which was reported by eighteen coaches.

Eleven coaches stated that lack of time to make use of all phases of the program was their major problem. Ten coaches criticized the administration for not allowing wrestling to be offered in the school program. Acquiring opportunities for competition with other schools was a leading factor in the problem of eight coaches.

Seven coaches stated that they had too many boys in the program, and six other coaches needed more assistance to handle the program properly. The problem of other sports in the junior high school program was listed by four other coaches; lack of boys or of interest was the problem cited by four coaches.

Lack of coaching knowledge was reported by three coaches. Two coaches stated that the cost or lack of budget was a large problem in their programs.

Other problems reported by coaches were the following: getting a program started, too short a season, weight reducing, injuries, and over-coaching.

The total number of problems cited by coaches in junior high schools was one hundred and four. It is evident that many problems do arise concerning the fast growing sport of wrestling in the junior high schools.

SUMMARY AND CONCLUSION

Of the questionnaires returned, from eighty-two schools, seventy-two percent of them, or fifty-nine schools, had a wrestling program. The schools with a three-year program of study made up the larger percentage of schools offering wrestling and they also had the largest enrollment of boys. The enrollment of boys in the schools with a three-year programs of study ranged from a high of six hundred and thirty boys enrolled in wrestling as compared with nine hundred boys in the schools not offering wrestling and to a low of one hundred boys taking wrestling compared with ninety boys not taking wrestling. The enrollment of boys in the schools with a two-year program of study ranged from a high of two hundred boys enrolled in wrestling as compared with two hundred and ninety-six boys not enrolled in wrestling.

A total of thirty-eight schools employed wrestling coaches, however, forty-four schools or fifty-four percent were without a wrestling coach. Fifty-nine schools had a wrestling program, but only thirty-eight schools had a wrestling coach. Eleven schools did not have a designated wrestling coach.

The questionnaire revealed that seventy-one percent of the wrestling coaches had a major in physical education, sixteen

percent of the coaches had a minor, and thirteen percent had no physical education training. Thirty-eight or eighty-six percent of the physical education instructors had a major in physical education, and the remaining fourteen percent had a minor in physical education.

Sixty-four of the eighty-two coaches or instructors were graduated from a college or university in Kansas. Twelve coaches or instructors were graduates of institutions outside of Kansas. The university or college with the highest number of graduates in the field of physical education at the junior high level was Kansas State University with sixteen.

The number of wrestling coaches with a Master's degree totaled seventeen, or forty-five percent; fifty-five percent were without a Master's degree. The physical education instructors with a Master's degree totaled sixty-four percent; but thirty-six percent were without the Master's degree.

A total of twenty-five coaches, or sixty-six percent, stated that they taught physical education. This situation indicates that over half of the coaches are teaching in their major field.

It was revealed by the questionnaire that three-fourths of the coaches in the state did not wrestle while in college. Twenty-six percent of the coaches had wrestled in college; twenty-nine percent had also wrestled in high school. Fifty-five percent stated that their training was received in physical education classes. Seventy-four percent acquired their knowledge concerning wrestling by means of their own initiative.

The principle training in wrestling received by fifty percent of the physical education instructors was in their college physical education classes; forty-one percent stated that their training was self-taught; fourteen percent had wrestled in college, and nine percent had wrestled in high schools.

Twenty-five, or sixty-six percent, of the head wrestling coaches, were also head coaches in other interscholastic sports. Fifty-five percent of the instructors were head coaches in other interscholastic sports. The majority of instructors or head wrestling coaches were assigned other head coaching responsibilities: namely, basketball, twenty-five coaches; football, twenty-one coaches; and track, eighteen coaches. Forty-three, or fifty-two percent of the coaches or instructors, stated that they were also assistants in one or more sports in addition to wrestling.

According to the results of the survey, a total of nineteen, or twenty-nine percent of the schools, had an assistant wrestling coach.

The size of the physical education and coaching staffs varied from twelve coaches or instructors in one school to a low of one coach or instructor in five schools.

The level of the wrestling program at the junior high schools varied considerably, for there are several different methods of presenting wrestling in these schools' programs. In the majority of schools having a wrestling program it was presented in the physical education classes. In forty-six schools wrestling was taught in physical education classes, twenty-eight schools participated in wrestling as intramurals, and twenty-six schools take part in varsity wrestling competition.

The survey showed that six schools have had a wrestling program for twenty years or more and four schools have had wrestling from fifteen to nineteen years. However, the teaching of wrestling in the junior high schools is a fairly recent trend for seven schools have had wrestling for only one year and thirty schools less than six years.

The number of boys participating in the wrestling program ranged from a low of ten in one school and a high in another of six hundred thirty boys. In regard to numbers of boys participating in wrestling, it was found to be between ten to fifty boys, but most schools reported nineteen.

The number of boys participating in the physical education program was considerably higher than the number of boys participating in the wrestling program. The number of boys in the physical education classes was from a high of six hundred thirty boys in one school to a low of fifty boys in another school.

The average number of weeks spent on wrestling in Kansas junior high schools was five weeks. The highest number of weeks which schools participated in wrestling was fourteen to sixteen weeks by five schools; however, two schools spent only one week on wrestling. Twenty-three of the total schools, or twenty-eight percent, had varsity competition in their wrestling program. Thirty-six, or sixty-one percent of the schools that had a wrestling program did not have varsity competition. The number of varsity matches varied from a low of two matches in two schools, to a high of eight matches in another school. The most frequent number of matches held was four.

A total of thirty-three or forty percent of the total number of schools did not participate in a wrestling tournament. The schools that participated in a wrestling tournament participated mainly in the intramural tournament, followed by the league and the Kansas State Junior Olympic Tournaments.

Daily weight charts were used by sixteen wrestling coaches or twenty-seven percent of those who replied. Only ten coaches, or seventeen percent, reported having their own wrestling room for practice at the junior high school. Twenty-four or forty-one percent of the schools stated that they have the new type of foam wrestling mat. The mats of twenty-two of the schools meet the requirements stated in the scholastic wrestling rule book for the proper mat size. The survey showed that the mats of thirty-four schools are below the minimum requirement.

Sixty-three percent of the schools did not furnish any type of wrestling equipment. A total of twenty-two schools furnished some of the equipment. The majority furnished varsity uniforms and headgears.

Forty-nine percent of the coaches used organized weight training in their program. The major problems listed by the coaches were lack of equipment or facilities followed by lack of space.

The conclusions reached concerning the status of junior high school wrestling in Kansas are as follow:

1. The majority, seventy-seven percent, of Kansas accredited junior high schools were organized on a three-year program of study.

2. Seventy-two percent of the total schools returning the questionnaire stated that they had a wrestling program.

3. Schools with an enrollment as low as fifty boys and as high as six hundred thirty boys provided a wrestling program.

4. Fifty-nine schools had a wrestling program, but only thirty-eight schools had a designated wrestling coach.

5. The majority of wrestling coaches and physical education instructors had majored in the field of physical education.

6. Approximately three-fourths of the coaches or instructors were graduates of a Kansas college or university.

7. Kansas State University had the largest number of graduates participating in the field of physical education at the junior high school level.

8. Forty-five percent of the wrestling coaches and sixty-four percent of the physical education instructors had a Master's degree.

9. It was indicated by the questionnaire that over half of the coaches are teaching within their major field.

10. The majority of wrestling coaches and physical education instructors received their wrestling training by self-teaching efforts; following close behind was instruction in physical education classes.

11. The majority of head wrestling coaches or instructors were head coaches in other sports, namely, football and basketball.

12. The junior high school level of wrestling was normally taught in the physical education classes.

13. The survey indicated that wrestling was a fairly recent trend in the junior high school, although some schools have had wrestling for over twenty years.

14. The number of boys participating in the physical education program was considerably higher than the boys participating in the wrestling program.

15. Approximately one-fourth of the schools had varsity wrestling competition.

16. Survey indicated that the majority of the schools were below the minimum requirements of a wrestling mat size and have no separate room for wrestling practice.

17. The majority of the schools supplied the boys with varsity uniforms and wrestling headgear.

18. The problems stated most often were lack of equipment, facilities, and space.

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 their 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 and physical education teachers for their cooperation and assistance in making this report possible.

APPENDIX

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

1. Name of School _____ City _____
2. School Organization: 2 year _____ 3 year _____
3. Approximate number of boys enrolled in school _____
4. Name of School Principal _____
5. Name of Physical Education Instructor _____
6. Name of Wrestling Coach _____
7. Do you have a Physical Education major _____ minor _____
8. Did you graduate from a college of University in Kansas?
Yes _____ No _____ Name of School _____
9. Do you have a Master's degree? Yes _____ No _____
10. Did you wrestle in college? Yes _____ No _____
High School Yes _____ No _____
11. Was your wrestling training received in a physical education
class? Yes _____ No _____
12. Was your wrestling training developed on your own initiative?
Yes _____ No _____
13. Do you teach physical education? Yes _____ No _____
14. What other subjects do you teach?
15. Does your school have a wrestling program? Yes _____ No _____
16. In what level is the wrestling program?
 - a. Physical education instruction Yes _____ No _____
 - b. Intramural level Yes _____ No _____
 - c. Varsity Competitive level Yes _____ No _____

17. How many years have you had wrestling in the school program?
18. Are you the head coach in any other sports? Yes ___ No ___.
If yes, what sports?
19. Are you the assistant coach in any other sports? Yes ___ No ___
If yes, what sports?
20. Do you have an assistant wrestling coach? Yes ___ No ___
21. What is the size of the physical education and coaching staff? _____
22. What is the approximate number of boys participating in your wrestling program? _____
23. What is the approximate number of boys participating in your physical education program? _____
24. Approximately how many weeks are spent on wrestling in your school program? _____
25. Do you hold any varsity competition during a regular season?
Yes ___ No ___. If so, how many meets? _____
26. Do you participate in any tournaments? Yes ___ No ___
- a. Intramural Tournaments Yes ___ No ___
- b. League Tournaments Yes ___ No ___
27. Do you participate in the annual Kansas State University Junior Olympic tournament? Yes ___ No ___
28. Do you use a daily weight chart? Yes ___ No ___
29. Do you have a separate room for wrestling? Yes ___ No ___
30. What is the approximate size of your wrestling mats? _____
31. Do you have a new type of foam mat? Yes ___ No ___

32. What of the following equipment is supplied by the school?
- a. Varsity uniform Yes _____ No _____
 - b. Practice uniform Yes _____ No _____
 - c. Wrestling Shoes Yes _____ No _____
 - d. Knee pads Yes _____ No _____
 - e. Headgear Yes _____ No _____
33. Do you use organized weight training in your sports program?
Yes _____ No _____
34. What is your biggest problem concerning junior high school wrestling?
35. Additional comments:
36. Would you like to have a copy of the results of the survey?
Yes _____ No _____

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

by

JEROME CHEYNET

B. S., Kansas State University, 1966

AN ABSTRACT OF A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

KANSAS STATE UNIVERSITY
Manhattan, Kansas

1967

The purpose of this report was to determine the present status of wrestling in Kansas junior 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 current practices and status of wrestling in the Kansas junior high schools.

The initial step was to construct a short answer type of questionnaire. The questionnaire was designed to secure information pertaining to the school organization, enrollment of boys, the coaches' or instructor's duties, the coaches' or instructor's training, the wrestling program, the equipment and facilities available and the major problems related to wrestling.

A list of schools was obtained from the 1964-65 Kansas Educational Directory, issued by Adel F. Throckmorton, State Superintendent of Public Instruction.

A returned 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 for final analysis and interpretations.

One-hundred questionnaires were sent out, and 76 of the schools replied to the initial questionnaire. A follow-up letter resulted in receiving six more returns, leaving a total of eighteen schools which did not return the questionnaire. The percentage of returned questionnaire was 82 percent.

The number of schools offering a wrestling program in the junior high schools was 59 or 72 percent.

The majority, seventy-seven percent, of Kansas accredited junior high schools were organized on a three-year program of study. The schools with a three-year program of study made up the larger percentage of schools offering wrestling and they also had the largest enrollment of boys. The enrollment of boys in the schools ranged from a low of 50 boys to a high of 630 boys.

The majority of wrestling coaches and physical educators had majored in the field of physical education. It was indicated by the questionnaire that over half of the coaches are teaching within their major field.

Approximately three-fourths of the coaches or instructors were graduates of a Kansas College or University. Kansas State University had the largest number of graduates participating in the field of physical education at the junior high school level.

Fifty-five percent of the coaches and instructors had a Master's Degree.

The majority of wrestling coaches and physical education instructors received their wrestling training by self-taught efforts; following close behind was instruction in physical education classes.

The majority of head wrestling coaches or instructors were head coaches in other sports, namely football and basketball.

The survey indicated that wrestling was a fairly recent trend in the junior high school, although some schools have had wrestling for over twenty years. The junior high school level of wrestling was normally taught in the physical education classes.

Approximately one-fourth of the schools had varsity wrestling competition.

Survey indicated that the majority of the schools were below the minimum requirements of a wrestling mat size and have no separate room for wrestling practice. The majority of the schools supplied the boys with varsity uniforms and wrestling headgear.

The problem stated most often were lack of equipment, facilities, and space.