

2009-2010

Nassau County Wrestling Coaches Meeting



Perseverance

Sportsmanship



Character

Discipline



October 7, 2009

Meeting Agenda

- Approval of May 20, 2009 minutes
- Introduction of New Coaches
- Section 8 State News
- Seeding Sheets/On Line Process
- Up Dates –
 - Coaching Directory
 - Coaches Website
 - 2009-10 Calendar
 - Weight Certification
 - Coaches Committees
 - Coaching Guide Book
- Officials Evaluation Sheets
- Dual Meet Playoffs
- Div. 2 – Long Island Championships
- Fundraising
- Pre-Season Social
- New Business / Announcements



NEW COACHES

- Carle Place - Tim Moran
- Mac Arthur - Rob Paletta
- Manhasset - Louis DiMaria
- Syosset - Mike Murtha
- West Hempstead - Rob Gewirtz
- Wheatley – Joe Cerulli



SECTION 8 – STATE NEWS

- BEDS NUMBERS- proposal to change existing cutoff from 600 to 575 (Exact Population Number to split NYS exactly in half) was rejected. Changing the numbers only affected approximately 4 schools. (NYS)
- Reminder waivers for wrestlers coming out late that are not medical will not be excepted. (Sec. 8)
- Proposal for Regional was approved. To do the economy NYSPHSAA has placed a moratorium on all new programs. The Regional will not occur until the moratorium is lifted. The Regional places 8 and 11 together. (NYS)
- NYS Championship Tournament Seeding Adjusted (NYS)
- Committee looking to either go with Federation weights (eliminates 96 lb.) or make 96 lb and 285 lb. mandatory for dual meets.
- Reminder that as of this year individuals are allowed 20 points...not 22 points as in past years.

National Coaches Association Online Win-Loss System

- 1. go to www.nwcaonline.com <<http://www.nwcaonline.com>>
- 2. click on the weight management tab
- 3. click on wrestling
- 4. log in using log in username and password below.
Once in coaches will be asked to come with a different password
- 5. Go to the coaches tab and down to competition data entry
- 6. Then click on Dual meet or Tournament Data entry

Coaches Directory

- Please see Doug Axman
- Need the following information:
 - Coaches Name, address, phone number and email.
 - Assistant coaches name, address, phone number and email.



Coaches Website

- <http://www.longislandwrestling.com/liwa/>
- Click on “High School”, the under Coaches Association, click on “Nassau Coaches Association”
- All updates, minutes and important information can be found here.

2009-10 Calendar

October 7 (Wednesday)	Coaches Meeting @ Baldwin 7:30PM
November 16 (Monday)	First Day of Practice
November 18 (Wednesday)	Rules Interpretation @ Baldwin 7:30PM
November 28 (Saturday)	Centralized Weight Certification Program
December 3 (Wednesday)	First Day of competition * snow days may effect this date
December 16 (Wednesday)	Coaches Meeting – 7:30 PM @ Baldwin
December 18 (Friday)	League Match (7 team Leagues)
December 22 (Tuesday)	League Match (First for all other leagues)
January 6 (Wednesday)	League Match
January 8 (Friday)	League Match
January 12 (Tuesday)	Coaches Meeting – Qualifying Tour. Ranking Committee
January 14 (Thursday)	DMP TRank/Sites, Officials Rating
January 13 (Wednesday)	League Match
January 15 (Friday)	League Match
January 23 (Saturday)	NCWCA Novice Tournament at TBA
January 19 (Tuesday)	NIT (Out Bracket Matches)
January 20 (Wednesday)	NIT (Prelim and Quarters)
January 22 (Friday)	NIT (Semis and Finals)
January 30 (Saturday)	DMP Class A and B at Clarke HS & Uniondale HS
February 4 (Thursday)	Seeding for Qualifiers at 7
February 5 (Friday)	Division I Qualifiers at 2 Sites TBA
February 6 (Saturday)	Division I Qualifiers at 4 Sites TBA
February 6 (Saturday)	Division 2 Long Island Dual Meet Championships
February 10 (Wednesday)	Drop off Qualifying Finalists Individual Records to Baldwin HS by 6pm and pick up 12copies at for individual verification
February 11 (Thursday)	Division I & 2 Nassau County Championship Seeding Meet at Baldwin HS at 6 PM
February 13 (Saturday)	Nassau County Championships
	Division I Hofstra University
	Division II Wheatley HS
February 14 (Sunday)	Division I & II County Championships at Hofstra University
February 26 (Friday)	New York State Championships- Albany
February 27 (Saturday)	New York State Championships- Albany



** ALL LEAGUE MATCHES **MUST** BE COMPLETED BY JANUARY 16th

Weight Certification

- Saturday, November 28th – Weight Certifications @ Clarke HS
- Sunday, November 29th – Appeals for Wrestlers from the Saturday Only
- Monday, November 30th – Appeals for Wrestlers from the Saturday Only
- Tuesday, December 1st, Certifications for wrestlers unable to attend on November 28th.
- Wednesday, December 2nd, Last Day for certification.

NOTE WRESTLERS MISSING SATURDAY CERTIFICATION WILL ONLY HAVE TWO DAYS TO CERTIFY.

Weight Certification

- In an appeal the actual weight of the wrestler on the appeal date will be used.
- Weight Certification Summary Sheet should be distributed to wrestlers and parents.
- Athletic Director must sign off as an approval prior to any Hydrostatic Testing. Athletic Director must have a conversation with parent in regard to Hydrostatic

Testing to ensure that parents are aware that results are final

Weight Certification

WRESTLING WEIGHT CERTIFICATION: ACHIEVING APPROPRIATE HYDRATION

- **Recommendations for wrestlers to pass the dehydration test (testing of the urine) during weight certification**
- **Do NOT** eat excessive protein or salty food the night before certification. (I.e. pizza, potato chips, etc.)
- Eat only a **light breakfast** such as **juice and a piece of toast.**
- **Early morning hydration: 2½ to 3 hours prior** to certification, drink at **least 3 eight ounces of water.** This will assure hydration and provide the body with sufficient time to excrete all excess water (often <1 hour). For the certification, athletes will be appropriately hydrated without any extra weight. **Caution:** an intake of excessive protein or salt the night before or for breakfast, will cause water retention and increased weight.

Coaches Committees and Chairpersons

- Executive Committee –
- Scholarship Committee – Cliff Forziat
- County Tournament - Ed Ramirez
- County Dinner Committee – Chris Critchley
- Coaches Handbook Committee – Cliff Forziat
- Fundraising Committee – Ken Garcia
- Seeding Committee – Russ Cellan



Officials Evaluation Process

- This year, two volunteers will represent the NCWCA and participate alongside members of the officials association in tabulating rankings.



“A” Dual Meet Playoffs Saturday, January 30th

- **One Day Format**
- **A Tournament @ Uniondale HS**
 - 1st Rounds – 9am & 11 am – 4 Mats
 - Quarters – 1 pm – 4 Mats
- **A Tournament @ Clarke HS**
 - Semis – 3:30 pm – 4 Mats (A & B)
 - Finals – 5:30 – 2 Mats

“B” Dual Meet Playoffs Saturday, January 30th

- One Day Format
- B Tournament @ Clarke HS
 - 1st Rounds – 9am & 11 am – 4 Mats
 - Quarters – 1 pm – 4 Mats
 - Semis – 3:30 pm – 4 Mats (A & B)
 - Finals – 5:30 – 2 Mats

Fundraising

- 2010-11 Preseason Social – Chris Critchley
- Raffles – Ken Garcia
- Programs – Mike Leonard

NYS CLINIC

NEW YORK STATE
PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION

COACHING CLINICS

- Bringing Professional Development to the Membership
- Promoting the Highest Quality of Coaching for NYS Schools
- Improving the Teaching of Fundamental Skills
- Promoting Safety for Student-Athletes
- Promoting Health & Nutrition for Student-Athletes
- Promoting Sportsmanship



Welcoming **ALL COACHES of WRESTLING**
Schools * Clubs * Associations

SCHEDULE

Friday, October 30, 2009

- 7:30-8:15 AM Registration (coffee, tea, juice, bagels)
- 8:15-8:30
Welcome.....Marty Sherman, NYSPHSAA Wrestling Coord.
Jack LaBombard, Clinic Chairperson

WORKSHOPS

- 8:30-9:20
Tops-Turns-Pins..... Chuck Barbee
- 9:30-10:20
Getting 3 Hours Worth of Work
into a 2 Hour Practice Gene Mills
- 10:30-11:20
Scramble on Mat..... Matt Azevedo
- 11:30-12:00
National Wrestling Coaches AssociationMike Moyer
- 12:00-1:00Lunch - Clark Gymnasium
- 1:00-1:50
Counter Offense..... Mitch Clark
- 2:00-2:50
Offense/Defense From Your Feet.....Scott Stever
- 2:50-3:00Closing Remarks

PLAN TO PARTICIPATE!

If you wish to be involved in demonstrations, please dress appropriately! (sweats/sneakers)

SHARE YOUR FAVORITE DRILL

Bring your favorite drill

(100 copies) to be shared.

You must bring one set to take a copy of all!

New York State
Public High School
Athletic Association, Inc.

**WRESTLING
COACHES CLINIC**

Make Plans to Attend!



Co-Sponsored by
DOLLAMURA
SPORT SURFACES
Official Mat Supplier for Wrestling Championships

FRIDAY, OCTOBER 30, 2009
CLARK GYMNASIUM
ROCHESTER INSTITUTE OF TECHNOLOGY
ROCHESTER, NY



1. Pres-Season Social

Chris Critchley

2. Coaches Handbook

Cliff Forziat

3. New Business/ Announcements