



## COACHING TIPS

# Line-up Pains

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It is painful to watch. Two of the best wrestlers in the room are battling it out to see who will start in the one available spot. On the face of it, it would seem like there would be better options. Are there? What are they? What are the implications?

Let's fill in the details in this scenario a bit. Both wrestlers had been competing at different weights for the first 3rd of the season. The wrestler at the higher weight decides that he can be more competitive at a lower weight and wants to prepare for the post-season. The state requires him to

compete in 50% of his matches at the lower weight to qualify to wrestle there at the end of the year. In addition, a 2-pound "growth allowance" (a misnomer if I ever heard one) has taken effect, making it easier to make weight. The wrestler already occupying that spot cannot physically move