

THE CALIFORNIA PAGE
BY Lynn Dyche

WRESTLING WEIGHT CERTIFICATION: The ten CIF Sections in California will be conducting wrestling weight certifications from mid-October until January 15, 2023. During that time all high school wrestlers must participate in the program. The height & weight of each wrestler will be inputted into a computer program along with the WAND Measurements, which measures the wrestlers' body fat. As a result, the minimum weight that a wrestler can be in any given week will be set as well as the minimum weight for the season.

As one of the coordinators for my CIF Section, this weight certification program is a vast improvement over the past years when I was a coach seeing wrestlers trying to lose vast amounts of weight in a short period of time. No more purging, sweat boxes, or running with plastic suits inside of the athletes' sweats to lose weight. Coaches should check with their CIF Section for additional Weight Certification information such as the date, time and location of certifications.

CALIFORNIA STATE TOURNAMENT: The CIF California State Wrestling Tournament will be held February 23-25, 2023 at the Mechanics Bank Arena in Bakersfield. This tournament will be the 50th Anniversary. The first state tournament was held in 1973 at Cal State College, Hayward, CA. I had the pleasure in serving as the Tournament Director. A special March of Champions will take place prior to the championship finals featuring 2023 Hall of Fame Inductees and most of the 1973 State CIF Champions.

HALL OF FAME: The California Wrestling Hall of Fame slate of new officers will be headed by Duane Morgan-Director, Anthony Morales-President, Afsoon Johnston-Vice President, Dr. Marco Sanchez-Secretary and Clark Conover-Treasurer.

Duane Morgan has announced that the 2023 Hall of Fame Induction Banquet will be held in San Jose on Saturday, May 13th. At the banquet, ten individuals will be inducted and ten individuals will be presented with the Lifetime Service Award. Also, six individuals will be recognized posthumously.

Three women have been selected to serve on the 28 member Hall of Fame Board. They are Afsoon Johnston, Sandy Fakaosi and Shannon Yancey.