

Lehigh University



LEHIGH WRESTLING

A Tradition of Excellence

- 28 EIWA Team Titles
- 174 EIWA Champions
- 24 NCAA Champions
- 107 NCAA All Americans

HEAD COACH

September 9, 2000

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SEP 15 2000

Jerry Diehl
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Dear Mr. Diehl,

Scott Hovan
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This letter is in total support of the new weigh in format that the NCAA has adopted. In the past I campaigned for the night before weigh in so that athletes could re-hydrate and re-fuel. Unfortunately this system lead to abuse.

Kerry McCoy
610-758-6912

The NCAA mandate of one hour before weigh ins for duals and a two hour before weigh in for tournaments had an unbelievable impact. Combine this with a certification system that requires athletes to make weight hydrated and athletes are wrestling close to their natural weight.

In the past we couldn't work out the day of weigh ins, guys were too busy "making weight". The weigh in room was like a hospital emergency ward. Athletes in sweats, working out, laying around overheated and exhausted.

Now we can have a real workout the day before matches. The weigh in scene is calm, cool, and relaxed. Athletes are not cutting huge amounts of weight, in fact, NCAA studies have shown very little weight gain after weigh ins. These rules have initiated a positive culture change in the wrestling world that is healthy and good for the athletes.

High Schools need to adopt these measures also. We are spending a lot of time re-educating our freshmen to the "way we do it in college". They need to learn how to maintain their natural weight instead of relying on "weight cutting".

Sincerely,

A handwritten signature in black ink, appearing to read "Greg Strobel".

Greg Strobel
Head Wrestling Coach
2000 Olympic Freestyle Coach