
Week FAQ:

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Week FAQ:



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Competition Types: What to Expect

Duals:

This format is used for Varsity competition and features two teams competing in 14 weight classes. Results of individual matches are scored to get a team score. Anytime we participate as a dual it is a team competition. As such, the expectation is that athletes ride to and from the event on the bus with the team. Duals typically occur during the week and are shorter in duration than Tri-Meets or Quads. It is our philosophy that, when possible, we compete in duals separately from JV on school nights so that it does not impact

a student's performance in school.

Scrambles:

This format used for Junior Varsity competition. A scramble is composed of three or more schools meeting at one site. Having multiple teams increases the likelihood that kids can get multiple matches. For example, the few JV kids we had wrestle last week when we hosted Clear Springs were able to get just one match. However, during a scramble it is not usual for kids to get 2-3 matches.

Coaches often utilize a shared google doc, so we can estimate the number of matches each athlete could receive. It also allows us to identify kids that will not have a match so we can keep them and allow them to stay home and practice if they won't compete. It is best practice, when hosting a scramble, to agree on a "drop dead" time. For example tomorrow night, coaches have agree on a two-hour time limit. We plan to being at 5:30p so no matches will be permitted to start after 7:30p.

Because athletes are competing individually and no team score is kept, we consider this an individual event. It is permissible for athletes to ride home with parents. However, a parent must sign that they are transporting their child home.

Triangular Meet (Tri's):

This format is only used for Varsity competition. It involves three teams, meeting at one site, competing against one another in a round-robin pool. It requires three rounds to allow everyone to wrestle one another. In addition, during each round there will be one team sitting out.

Philosophically, our coaching staff is opposed to this format during the school week. However, there are times when the host school turns a dual into a tri-meet without informing participating schools. When this occurs, it is common practice for the team that travels furthest to get to wrestle the first two round.

Athletes are expected to ride to and from team competition on the bus.

Quadrangular Meet (Quad's):

This format is only used for Varsity competition. It involves four teams, meeting at one site, competing against one another in a round-robin pool. Like a triangular meet, it takes three rounds to complete, but the advantage is there is never a team just sitting out. It is not unusual to compete in a quad meeting during holiday break or on Saturdays to replace a tournament. Next week, we travel to Katy Seven Lakes and compete in a quad.

Athletes are expected to ride to and from team competition on the bus.

Individual Tournament:

The individual tournament format is utilized for both Varsity and Junior Varsity competitions. All participating teams converge at a single location,

where athletes compete individually within structured brackets. Athletes are permitted to attend eight tournaments per year.

Our Knight's Invitational followed this model, which included different divisions based on competitor skill and/or weight class. This weekend's event at Katy Paetow will be another individual tournament, though it may impose limitations on the number of athletes each team can register. Because we hosted the Knight's Invitational there were no limitations to how many athletes we could enter.

When an athlete reaches two losses they are likely to have been eliminated from the tournament. Because athletes are competing individually, it is permissible for athletes to ride home with parents. However, a parent must sign that they are transporting their child home.

Dual Tournament/Multi-Dual Event:

The dual tournament format is utilized only for Varsity competition. Any event larger than four teams (quad) is considered a multi-dual event and counts as one of the eight allowable tournaments.

These events can be formatted in different ways, such as a round-robin where every team wrestles every other team, or a pool-based tournament where teams first compete against others in their pool before advancing to further matches to determine final placement. A key feature is that they emphasize overall team performance and cumulative scoring across multiple individual matches and duals, rather than focusing on individual winners.

We compete in two events that follow this format. Conroe Duals and our Clash on the Coast. Athletes are expected to ride to and from team competition on the bus when we compete in Conroe. And all athletes are expected to remain on campus for the duration when we host the Clash.

**** The Clash will feature a JV scramble in conjunction with the duals. ****



Weigh-Ins Explained

We covered the process of weigh-ins at our Battle at the Castle. However, I wanted to clarify some differences depending on the type of event.

Each week we ask athletes to declare their intention to compete. Part of this process is the athlete chooses the weight they wish to enter. This is their verbal agreement to meet whatever weight they declare. Rarely does a member of our coaching staff tell an athlete what weight to choose.



When an athlete fails to make weight for duals, tri's, or quads, they technically are permitted to be "bumped up" to the next highest weight class. Their failure to make weight does not automatically disqualify them from competing. It is the coaches decision whether they are permitted to wrestle.

Individual tournaments function differently. Failure to make weight results in removal from the tournament. Construction of a tournament begins days in advance, therefore, when an athlete does not make weight they are simply removed.



Weight Loss: Baseline, Norms, and Best Practices

Weight Loss Baseline:

Wrestling is one of two sports that require weigh-ins prior to competition. (Power Lifting is the other) We take the topic of weight loss very seriously. As a father (now grandfather), I am always concerned about the potential for eating disorders, improper weight loss techniques, and the impact of body image on our teenage athletes.

The coaching staff has been conducting weekly weigh-ins since the first week of school. This permits us to have a baseline of what students weighed in pre-season when competition was not imminent. Conducting weigh-ins early also establishes a routine and best practice for our kids. We are also able to see trends that occur naturally. Student's needs will change as they grow, lift weights, have their menstrual cycle, etc.

Norms:

Our policies and expectations regarding weight management were discussed, in depth, at our parent meeting. Weight management is included in our handbook. For full details, I encourage you to visit our website and read the UIL policies regarding weight descension.

It is normal for student athletes to seek a competitive advantage or see that more opportunities exist by wrestling in a different weight class. However, it is not uncommon that parents work cooperatively with the coaching staff to assist the athlete in making a decision based on sound judgment and planning.

It is normal for our student athletes to fluctuate a few pounds over the course of several days. During the season, we change our weight checks to Monday's. This allows us to better monitor those fluctuations in conjunction with our competition weighins, we get a couple of data points.

Best Practices:

Please be hyper vigilant about improper weight loss methods and make the coaches aware if you suspect something. The best weight management practices involve a balanced diet of lean protein, fruits, vegetables, and whole grains. Athletes should be avoiding methods that could result in dehydration. Epsom salt baths, restricting water intake, use of sauna suits, etc.

Instead students should focus on smaller more frequent meals, including snacks, throughout the day which promotes their natural metabolism. They should be drinking plenty of water and staying hydrated throughout the day, which was the whole purpose of our gallon challenge activity in September. Students should consider the elimination of high-calorie, low-nutrient foods including soda, energy drinks, and those morning Starbucks runs.

On the day of competition, it is normal for wrestlers to pull water weight. However, as mentioned previously, this should not be done for an extended period of time. Kids are permitted to check weight before school. If they are a little over the permitted weight, it is normal for them to not consume water during the school day. This weight is easily replaced when they rehydrate after weigh-ins are completed.



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