

MEMORANDUM

August 14, 2019

SUBJ: PROPOSAL TO DEFINE NORTHERN VIRGINIA WRESTLING FEDERATION AGE DIVISIONS

Ref: (a) NVWF Board Of Directors Meeting Scheduled for August 21, 2019

Encl: (1) Proposed Age Divisions for Season 2019-2020 Based on School Grades
(2) Potential Age Divisions for Season 2019-2020 Based on Last Year's Definitions
(3) Grade to Birth Date Cross Reference Benchmark

1. Enclosure (1) is provided as a proposal for presentation and adoption at the reference (a) meeting. The proposal is fundamentally provided to define the age divisions based on dates that correspond to school grades which start on September 1st of each year.
 - a. The resultant changes would not dramatically alter the age divisions. There would still be the same groups: Seniors, Intermediates, Juniors, Bantams/Midgets. Currently, the BAN/MID groups participate in the gym on competition days at the same time. Currently, the Senior group includes younger 9th graders which would now be defines as Elders and still combined with the Senior group due to their low numbers.
 - b. The overall advantages to this proposal are as follows.
 - i. Families may easily identify with grades.
 - ii. Coaches may conduct early planning activities to assign coaches to specific age divisions (and respective practice rooms) so they don't have to be in a gym for an unnecessary period of time. In short, coaches may attend competitions during the times upon which their assigned age divisions (based on grades) may be present.
 - c. Potential affects are as follows:
 - i. The new definition of the Bantam group begins with Kindergarten kids. Older pre-school kids would not be authorized for participation in the program except by waiver.
 - ii. Some age divisions (such as the popular Junior group) would have a greater number of attendees. Therefore, that particular group would remain in the gym for a greater period of time as compared to the other groups. On a positive note, that group may gain the benefit of having the ability to get more than three matches regularly.
 - d. Schools typically assign youth based on their birth dates between September 1st of a given year through August 31st of the subsequent calendar year.
2. Enclosure (2) is provided to show how the upcoming season most likely will appear based on last year's age division definitions and competition times.

- a. The principal disadvantage, to age definitions based on “histogram leveling” designed to create an equal number of kids in each group, is that the groups are not defined until after Thanksgiving. This delay in age definitions denies clubs the ability to plan how their practice rooms will be structured. Moreover, clubs are forced to re-assign kids to another practice room after Thanksgiving. Experience shows that parents like stability.
3. Enclosure (3) shows how NVWF age divisions were design in past years.
 - a. There were several disadvantages with this design that led to the “histogram leveling” approach used in season 2017-18 and season 2018-19. The main disadvantage was that eight months of the twenty four month spread for the Senior group were 9th graders thereby resulting in less participants in the competitions. Older wrestlers typically have a larger spread in weight variations additionally. These two observations resulted in an overall effect of having less opponents in round robin groupings which made the “parings” difficult.
4. Overall, the proposed change is designed to add stability, create an easy means for parents to know which group their kids belong, and enable early planning for club administrators and coaches.
5. The point of contact for this proposal is: William Marck, NVWF Secretary, bmarckwrestling@gmail.com, 571-338-5669 cell/evenings

ENCLOSURE (1)

Proposed Age Divisions for Season 2019-2020 Based on School Grades

Proposed Age Divisions for Season 2019-2020																	
Age Divisions	Grades	Birth date ranges aligned with school years		Spread	Number of months applied to each age division for a birth year										Subtotal		
		Start	End		2005	2006	2007	2008	2009	2010	2011	2012	2013	2014			
		Elders	Younger 9th		January 1, 2005	through August 31, 2005	8	8									
Seniors	8-7	September 1, 2005	through August 31, 2007	24	4	12	8										24
Intermediates	6-5	September 1, 2007	through August 31, 2009	24			4	12	8								24
Juniors	4-3	September 1, 2009	through August 31, 2011	24				4	12	8							24
Midgets	2-1	September 1, 2011	through August 31, 2013	24						4	12	8					24
Bantams	K	September 1, 2013	through August 31, 2014	12									4	8			12
				116	12	12	12	12	12	12	12	12	12	12	8		116

Notes:

(1) Kids born between Jan 1 and Aug 31 of 2005 are typically young 9th graders, but don't typically compete due to participation in high school events

(2) Kids born between Sep 1 and Dec 31 of 2014 are pre-schoolers, and typically are low in numbers as competed with Kindergarten kids

(3) NVWF may adjust dates for age divisions after Thanksgiving when registrations are complete and the volume of kids in each age group can be analyzed

Table (a)

COMPETITION START-STOP TIMES						
SEASON 2019-2020						
<i>(dates adjusted for the upcoming winter wrestling season)</i>						
Age Divisions (NVWF)	Age Division Start Date	Age Division End Date	Span Of Months	Weighin Times Advertised	Warmup Period	Wrestling Times Typical
Elders	1/1/2005	8/31/2005	8	2:30-3:00 PM	3:00-3:30	3:30-5:00 PM
Seniors	9/1/2005	8/31/2007	24	2:30-3:00 PM	3:00-3:30	3:30-5:00 PM
Intermediates	9/1/2007	8/31/2009	24	12:30-1:00 PM	1:00-1:30	1:30-3:00 PM
Juniors	9/1/2009	8/31/2011	24	10:00-10:30 AM	10:30-11:00	11:00-1:00 PM
Midgets	9/1/2011	8/31/2013	24	8:00-8:30 AM	8:00-9:00	9:00-10:30 AM
Bantams	9/1/2013	8/31/2014	12	8:00-8:30 AM	8:00-9:00	9:00-10:30 AM

Note: Kids born between Jan 1 and Aug 31 of 2005 are typically young 9th graders, however, they typically don't compete due to their participation in high school events

Note: Kids born between Sep 1 and Dec 31 of 2014 are pre-schoolers, and typically low numbers competed with Kindergarten kids

Note: Age divisions listed here are based on last year's definitions

Note: Age divisions are based on birth date ranges rather than birth years or grades

Note: Age divisions are typically set around the Thanksgiving period when NVWF registrations settle

Note: Kids are typically assigned to practice rooms based on their birth dates for specific age divisions

Note: Kids may be moved to an older or younger age division for practices if too light or too heavy

Note: Parents typically arrive in time to checkin during the weighin times to wrestle during the specified age division matches

Note: Kids may wrestle in their own age division plus enter the next older age division

Note: NVWF warmup periods can start as soon as mats become unoccupied from earlier age divisions

Note: Coaches are typically assigned to a particular age division

Note: Coaches are expected to stay during their assigned age division plus the next older division

Table (b)

ENCLOSURE (2)

Potential Age Divisions for Season 2019-2020 Based on Last Year's Definitions

Potential Age Divisions for Season 2019-20 (Based on Last Year's Birth Dates) <i>(subject to adjustment after Thanksgiving when NVWF early registrations are complete)</i>														
Age Divisions	Starting Birth Date	Ending Birth Date	Months Spread	Number of months applied to each age division for a birth year										Subtotal
				2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	
Seniors	January 1 , 2005 through	June 30 , 2007	30	12	12	6								30
Intermediates	July 1 , 2007 through	February 29 , 2009	20			6	12	2						20
Juniors	March 1 , 2009 through	August 31 , 2011	30					10	12	8				30
Midgets	September 1 , 2011 through	December 31 , 2012	16							4	12			16
Bantams	January 1 , 2013 through	December 31 , 2014	24									12	12	24
			120	12	12	12	12	12	12	12	12	12	12	120

Notes:

- (1) Kids born between Jan 1 and Aug 31 of 2005 are typically young 9th graders, however, they typically don't compete due to participation in high school events
- (2) Kids born between Sep 1 and Dec 31 of 2014 are pre-schoolers, and typically are low in numbers as competed with Kindergarten kids
- (3) NVWF may adjust start and stop dates for age divisions after Thanksgiving when registrations are complete and the volume of kids in each age group can be analyzed

Table (c)

ENCLOSURE (3)

Grade to Birth Date Cross Reference Benchmark

GRADE TO BIRTHDATE CROSS REFERENCE				
<i>(birth date ranges adjusted for season 2019-2020)</i>				
GRADES	AGE¹	Fall	Winter/Spring/ Summer	NVWF AGE DIVISIONS 2-YEAR GROUPS
		Sep 1st - Dec 31st	Jan 1st - Aug 31st	
10th	16	2003	2004	Prohibit Older 9th Graders
9th	15	2004	2005	Seniors
8th	14	2005	2006	
7th	13	2006	2007	Intermediates
6th	12	2007	2008	
5th	11	2008	2009	Juniors
4th	10	2009	2010	
3rd	9	2010	2011	Midgets
2nd	8	2011	2012	
1st	7	2012	2013	Bantams
K	6	2013	2014	
Pre	5	2014		Prohibit Younger Pre School

Notes:

- (1) "Age1" shows typical ages for kids for each grade during school years that start on or after Sep 1st each year
- (2) NVWF used 2-year groups by birth year as a benchmark (then adjusts to evenly distribute kids in each group)
- (3) USA Wrestling Age Divisions at: <http://content.themat.com/forms/Weights.pdf>

Table (d)