



Mike Moyer

P.O. Box 254

Manheim, PA 17545

Dear Mr. Moyer,

I just wanted to thank you for all your help in getting the weight management regulations for wrestling at the high school level changed. Contrary to what some coaches might like you to think, I have long believed that there is a problem at the high school level. I have witnessed on several occasions both before and after Jeff's death the effects of drastic weight loss on high school wrestlers. Namely fainting, extreme fatigue and acute mood changes.

I realize there are many coaches who do not want change, but I feel change is the only way to change our sport. Making wrestling safer will undoubtedly allow more kids to participate. We must assure parents that wrestling is a safe sport. I personally know of two mothers who will not let their boys wrestle because of weight loss problems. I have heard coaches say that cutting weight makes you "tough" but I believe that it only makes you weak. I can't tell you how many times since the NCAA has changed its rules that a college wrestler has told me how nice it is to practice technique for 1 or 2 days and cutting weight for the rest of the week. How do you become a better wrestler by jumping rope, riding a stationary bike or sitting in a sauna with a rubber suit on?

The one thing that has really bothered me since Jeff died is that he was trying to get to 150lbs. and his opponent at Michigan State was doing the very same thing, only he didn't die. If Jeff would have lived, he would have wrestled the exact same opponent, but they both would have weighed 165lbs. What was the object of getting down to 150 if you wrestle at 165 the very next day? What advantage did either one of them get by sucking weight for four days? And, do you think Jeff was "tough" when he crawled on his hands and knees to the scales as his liver, his kidneys and his heart shut down? Not hardly.

I don't see how anyone could oppose making our sport safer. It's definitely a win-win situation. By adopting FHS recommendations, it will put everyone on the same playing field.

Now that the NCAA has changed their weight classes and weight loss procedures, there is no logical reason for high school wrestlers to continue to subject themselves to antiquated and extreme weigh loss measures.

Unfortunately, the new NCAA regulations came a year too late to save Billy Jack Saylor, Joe LaRosa and my son Jeff Reese. Let's not let the High School regulations come too late for some high school wrestler.

I wonder what a high school coach would tell the mother of a young wrestler who died sucking weight. He can't say "we didn't know," that excuse was used 7-1/2 years ago, when my wife and I buried our youngest son.

Intelligent men make intelligent decisions based on factual information. We have the facts. We have the information. Now let's make the intelligent decisions.

Thank you for helping spread the word and thank you for letting me input my feelings. Jeff's spirit is what pushes me to speak on his behalf. I know he is looking down on us with pride knowing that he, Billy Jack and Joe did not die in vain.

Sincerely,

Ed Reese