



2008-2009
WRESTLING
WEIGHT MANAGEMENT
PROGRAM

COACHES HANDBOOK

Georgia High School Association
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P.O. Box 271
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GEORGIA WRESTLING WEIGHT MANAGEMENT PROGRAM

Introduction

WELCOME to the second year of full implementation of the Georgia High School Association's Wrestling Weight Management Program. The National Federation of State High School Associations (NFHS) has adopted rules (Section 1-3-1,2,3) governing weight control programs. All wrestling coaches, athletic administrators and principals should take time to review the adopted regulations and supporting forms included in this program. This document contains the protocols to be used to assess all wrestlers in your program. Coaches and Administrators should be aware that the 2008-09 program is fully mandatory and binding.

If you have any questions you may call:
Gary Phillips, GHSA Assistant Executive Director
706-647-7473, ext. 6 or
Email at: garyphillips@ghsa.net



**GEORGIA HIGH SCHOOL ASSOCIATION
WRESTLING WEIGHT MANAGEMENT
MANDATED PROGRAM 2008-09**

PROGRAM PLAN

NATIONAL FEDERATION RULES

Beginning in 2005-06, each state association was required to develop and utilize a weight management program that includes:

- a) a urine specific gravity (hydration test) equal to or less than 1.025
- b) body fat assessment no lower than 7% males / 12% females
- c) a monitored weekly weight loss plan not to exceed 1.5% a week.

GEORGIA HIGH SCHOOL ASSOCIATION PLAN

2008-09 Mandatory, binding implementation in all wrestling programs (second year)

PROGRAM FOR 2008-09

Note: The Georgia High School Association does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

- The establishment of a lowest allowable wrestling weight based on 7% for males and 12% for females is **REQUIRED** for all high school wrestlers.
- The GHSAA will utilize the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) as the mechanism for establishing the lowest allowable weight for each wrestler and as the data reporting and retrieval site for all member schools fielding wrestling teams. All GHSAA schools with wrestling programs must join the NWCA. (see attachment 6)

- Using specifics as described in this document, all GHSA wrestlers will be subject to a hydration test and a body fat analysis prior to the beginning of each competitive season. **NO WRESTLER MAY COMPETE** until they have successfully participated in an initial assessment and their name and data are included in the NWCA Optimal Performance Calculator (OPC). All wrestlers, including those coming out late, must have their minimum weight established prior to actual competition.
- Schools will be assigned to “Regional Assessment Sites” where the evaluations will be conducted. Schools will not be allowed to switch sites or to use a site other than the facility designated by the GHSA office. Violation of this or any other component of the Weight Management Program may result in fines and/or other penalties.
- Schools must schedule their assessment date(s) and time(s) through the regional sites. Schedules will be controlled by the assessment sites and unscheduled appearances by individuals or teams will result in the person(s) being denied assessment at that time. The GHSA office will be notified of any incidences of this nature.
- Fees for the assessment are due to the regional sites at the time of the assessments.
- Specific windows of time for the assessments will be communicated to all schools and all regional sites. After notification from the GHSA offices, schools must schedule appointments through the assessment site coordinators.

ESTABLISHING MINIMUM WEIGHTS

- All wrestlers will be assessed for height, hydration and body fat percentage. (Attachment 1)
- Athletes will be dressed in shorts and a t-shirt (ONLY) to participate in the assessment. No Sweat clothes or school clothes.
- Measurements for height and body fat percentage will be done in bare feet.
- STEP 1 - A hydration test of urine will be determined using a digital fiberoptic refractometer. The wrestler should have a specific gravity reading of less than or equal to 1.025 g/ml. This is a pass/fail assessment. If the wrestler fails the specific gravity test he/she will not be allowed further evaluations that day. The athlete must rehydrate and cannot be retested in less than 48 hours. An additional fee will be charged for all retests.
 - There can be no deviations from this requirement
- STEP 2 - measurement for height; to the nearest ½ inch
- STEP 3 - Body fat percentage assessments will be conducted using bioelectrical impedance measurements (BIA) using the “STANDARD” mode. The Tanita TBF-300WA, a body composition analyzer / scale shall be used for this test.

NOTE

If the Tanita scale gives an “Error” message on three (3) consecutive readings, skin fold measurements will be used to determine body fat percentage. Lange calipers shall be used at three specific sites to measure skin fold (Lohman sites: abdominal, triceps and subscapularis). (Attachment 4)

- Upon successful completion of the three prior steps, results of the assessment will be entered into the NWCA-OPC on the “Initial Assessment Page” (www.nwcaonline.com). The internet calculator will determine the wrestler’s minimum allowable weight and establish a weekly weight descent plan and the allowed weight class for competitions that week. Wrestlers may lose 1.5% per week as prescribed by the NFHS rule.
 - * Individuals and / or schools may opt to invoke other body fat composition options including air displacement measurement or under water (hydrostatic) weighing. These options are available upon request, but schools should know the assessment fees are much more costly. Only a limited number of alternative sites have been established for these assessment processes. Contact the GHSA office if you wish to use this option.
- After initial entry of wrestlers, the coach may generate an “Alpha Master Weight Chart” and the “Weekly Weight Loss Plan” for each wrestler on his team. These items will be used throughout the season for verification of compliance to the Weight Management Program rules.

ASSESSMENT NOTES

- It is the school's responsibility to contact the regional site and arrange an appointment for the team assessment.
- A minimum of two (2) adults / coaches are to accompany the team. These persons are present to supervise their students and to assist the regional site personnel, in management tasks if requested to do so. It is strongly suggested that duties and responsibilities of coaches be arranged in advance through the assignment site.
- School personnel are not to be involved in the specific assessment activities.
- Proper conduct and deportment is expected at all times.
- Athletes arriving at regional sites without school / adult supervision **will not** be assessed. All athletes seeking assessments must have an appointment as arranged by the regional site. The regional sites will be instructed to notify the GHSA office of problems in the assessment process. Total cooperation is expected from the schools and school staff.

I Hydration

- 1 – Please pay particular attention to the hydration requirement. It is essential that the importance of proper hydration be stressed to the wrestlers prior to your assessment date. Those athletes failing the hydration component must wait at least 48 hours in order to be retested. This will add additional time, expense and possible frustration if not emphasized.
- 2 - Once a wrestler passes the hydration assessment, the measurement process has begun. If a wrestler does not complete the full assessment for any reason, the only option to complete the process is to return on another date and begin the process again. An additional retest fee will be required.

II Body Fat Assessment

- 1 - The Tanita TBF-300WA is the only approved instrumentation for the Georgia Weight Management Program.
- 2 - In an attempt to insure reliability in the bio electrical impedance assessment, the following general protocol should be employed:
 - athletes should avoid eating and drinking (especially coffee, tea and colas) 4 hours before the assessment.
 - athletes should avoid intense exercise 12 hours before assessment
 - athletes are to empty bladder 30 minutes before assessment.
 - females should not be tested during their menstrual cycle. Testing should be delayed for a period of 3-7 days.
- 3 - In the event skinfold measurements must be taken, the Lange caliper is to be used.

III Time Period For Assessment

- 1 - No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school "Alpha Master Form" generated by the NWCA-OPC.**
- 2 - A wrestler who competes at a weight class before or during an appeal (even if the weight class is allowed by his weight loss plan) has accepted his most recent assessment and voids all appeal options allowed within this document.**
- 3 - Assessments may begin on Saturday, October 4, 2008. All sites will use the dates of October 4, 11, 18, 25 – November 1, 8 and 15 for team evaluations. Assessment sites will offer at least four (4) dates of the seven (7) listed for team evaluations. If a site wishes to offer additional dates, this will be permissible.**
- 4 - After November 15, 2008, an alternate assessment plan will be offered to the member schools. Sites wishing to schedule dates after November 15 may do so at their discretion. Check with your Regional Site for their season plan. Coaches must contact their site for the exact schedule.**
- 5 - All wrestlers, including those coming out late, must have their minimum wrestling weight established before being allowed in competition.**
- 6 - The Monday prior to the Traditional Area Tournament (February 2, 2009) is the deadline to establish a certified minimum wrestling weight.**
- 7 - It is permissible for coaches to include ineligible athletes in the assessment schedule; so long as no actual practice activities are involved. By completing early assessment, even if ineligible at that time, coaches can have students ready to compete when they are eligible to return to the team.**

IV Assessment Schedule

- 1 - The earliest competition date is November 21, 2008. It is strongly recommended that the bulk of team assessments be completed by November 15, 2008. Athletes coming out as football season ends, who were injured earlier, late transfers or those gaining eligibility (January 2009) MUST be assessed BEFORE they are allowed to compete.**
- 2 - Schools must cooperate with Regional sites and schedule assessments according to the site's work schedule (as in item 3 & 4, above).**

V Alternate Plan

- A listing of independent, free-lance assessors will be developed to be used (ONLY) after the final assessment date(s).**
- The "traveling assessors" may be scheduled by the school in order to have late additions assessed and added to the OPC.**
- Schools using this alternative are responsible for all charges and fees; paid directly to the assessor.**
- Assessors will be assigned on a random basis without regard to school preferences.**

Payments are to be made directly to the independent assessor:

- \$100.00 service charge
- .50 per mile traveled (both ways)

- \$10.00 per athlete assessed
- The “Alternate Plan” will be used through the conclusion of the regular season.
- The listing of independent assessors will be housed / maintained in the GHSA office.

VI Reporting The Data

- 1 - The GHSA has entered into a partnership with the National Wrestling Coaches Association with regard to the recording of the data. Schools have/will be assigned access codes through the NWCA in order to complete the data reports and to view all athlete/school information.

- 2 - Initial assessment data will be entered from the Regional Assessment Site. Schools will receive a calculation of the predicted 7% / 12% body fat based upon the measurements submitted. Additionally, the program will calculate a 1.5% weekly weight loss figure which will enable the coach and the wrestler to use a progressive weight loss plan.

- 3 - School personnel are to report all weigh-ins (dual meets / tournaments, etc) through the NWCA-OPC. The results are to be posted within 48 hours of the scheduled competition. Schools may be fined if weigh-ins are not posted on the OPC.

- 4 - For 2008-09, all coaches will be given access to all “Weigh In Roster” information. This access was requested by the GWCA and has been granted. The exact procedures for “viewing only” are listed at the end of this handbook.

VII Weight Loss Per Week

- 1 - An average weight loss limit of 1.5% of body weight at the time of initial assessment per week has been set. A season long weight loss plan will guide the wrestlers weight loss during the season.

- 2 - The weight loss plan will determine which weight class(es) a wrestler may participate at each week.

- 3 - Weighing in at 2 or more weight classes above the lowest eligible weight class as defined by the weight loss plan will require the wrestler to re-certify at the next higher weight class. The wrestler is required to compete at this weight class, or any greater weight class for which they qualify, for the remainder of the season.

EXAMPLE 1: A wrestler has the following as part of his weight decent plan:

<u>Date</u>	<u>Allowed Wt. Class</u>	<u>Actual Weigh-In Weight</u>
December 7	119, 125	129 (does not make wt. for 125)

New minimum weight class: 125 (since he weighed in two weight classes up from 119)

EXAMPLE 2:

<u>Date</u>	<u>Allowed Wt. Class</u>	<u>Actual Weigh-In Weight</u>
December 7	119, 125	134 (does not make wt. for 130)

New minimum weight class: 130 (since he weighed in two weight classes up from 125)

EXAMPLE 3:

Weight at Initial Assessment = 163 lbs BF% = 16%	1.5% loss per week = 2.45 lbs Minimum Wrestling Weight = 147.23 lbs
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	Projected Weight with 1.5% loss per week	Eligible Weight Class(es)
Week 1	160.56	171, 189
Week 2	158.11	160, 171
Week 3	155.67	160, 171
Week 4	153.22	160, 171
Week 5	150.78	152, 160
Week 6	148.33	152, 160

NOTE 1: The wrestler in this example would not be allowed to compete below the 152 lbs weight class during the Year.

NOTE 2: In the above example, a wrestler who weighs-in at 151.80 lbs during Week 4 is only eligible to compete at 160 lbs – he/she would not be eligible to compete at 152 lbs even though the weigh-in qualifies him for that weight. (He was weighed in at a level below his weight loss chart).

4 - PENALTY: A wrestler who participates / competes at a weight class below the eligible weight class(es) defined by the weight loss plan before the proper amount of time has passed to achieve the weight class will be considered an ineligible wrestler. The school is also subject to fines and/or penalties.

VIII Wrestlers AT / or Below 7% or 12% Body Fat

1 -Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is at/or below 7% must obtain, in writing, a physician's (M.D. or D.O.) clearance stating that the athlete is naturally at this 7% body fat level. (Attachment 2) In the case of a female wrestler, a written physician's clearance must be obtained for an athlete who is at/or below 12% body fat. A physician's clearance is for one season duration and expires March 1 of each year. The sub 7% male or sub 12% female, who receives clearance, may not wrestle below the weight class designated by the physician whether by appeal or clearance.

- 2 – Coaches may appeal the assessment of any “7% / 12%” wrestler. The maximum appeal is one (1) weight class lower than indicated by the initial assessment.
- Use Attachment 2 for the clearance and / or appeal of the “7% / 12%” athlete.
 - The appeal **MUST** be accompanied by a \$50.00 fee, payable to the Georgia High School Association. (school check / booster club check **ONLY**). This procedure is similar to the appeals process used for athletes assessed above 7% / 12%.

IX Costs

- 1 - All costs incurred for initial assessment and appeal assessment are the responsibility of the school or parent.
- 2 - ALL schools **MUST** join the National Wrestling Coaches Association; annual dues are \$30.00. (See attachment 6)
- 3 - Charges for the initial assessment may not exceed \$10.00 per athlete. Students who fail the hydration testing and who have to be re-scheduled must pay additional fees (\$10.00 each test) until the entire assessment process is complete.
- 4 - appeal fees are forwarded to the GHSA. (See Appeals Procedures)

X Growth Allowance

- 1 - The Georgia High School Association Weight Management Program awards a two (2) pound growth allowance on December 25, 2008.
- 2 - An additional one (1) pound growth allowance will be added on February 2, 2009.
- 3 - The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight for an athlete.
- 4 - All other weight management / certification policies remain in effect and are detailed in the “GHSA Constitution and By-Laws”. (www.ghsa.net)

XI Appeal Process – (Athletes ABOVE 7% / 12% Body Fat)

- 1 - Each GHSA wrestler assessed at more than 7% / 12% body fat is allowed to participate in the weight class for which he qualifies.
- 2 - Parental permission is not a valid means to establish a lower minimum wrestling weight. Parental permission to a lower minimum wrestling weight has been eliminated from the GHSA Wrestling Weight Management Program.
- 3 - Any athlete may appeal his/her assessment results one (1) time only.
- 4 - In order to utilize the results of an appeal, the school must confirm approval through the GHSA office prior to allowing the appealing athlete to compete. All new information must be posted / changed on the OPC **BEFORE** the wrestler may compete.
- 5 - The athlete/school may appeal one (1) weight class lower if approved by a licensed physician (M.D. or D.O.).

- a) The requesting school must first submit an appeal request to the GHSA accompanied by a non- refundable \$50.00 fee. (School check / booster club check, ONLY).
 - b) In return the GHSA will verify receipt of the request and will establish a deadline date for completion of the appeal. This information will be faxed to the coach.
 - c) The requesting school will have ten (10) school days to complete the doctor's evaluation and return the approval form. The form must be notarized, signed by the parent and the physician.
 - d) The approval form may be faxed (706-647-2638) or mailed.
 - e) All costs in the appeal process are the responsibility of the parent or the school.
- 6 - The ten (10) day appeal period shall start on the day the GHSA receives the request for the Appeal Form. Day one (1) through day five (5) does not permit any loss of weight for an appeal to be valid. During the second week, day six (6) through ten (10), a wrestler may lose only 1.5% of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

IMPORTANT NOTE:

A wrestler who competes before or during an appeal has accepted his initial assessment and voids all appeal options.

- 7 - The appealing wrestler is bound by the results of the appeal.

XII Match Protocol

- 1 - a) Prior to each competition, coaches will be required to provide the "Wrestling Weight Certification Alpha Report" and copies of the "GHSA Weigh In Report" (Attachment 5) to the coach of the opposing school. Each coach is to have all wrestlers listed who are scheduled to compete. The coaches will exchange reports using this information during the competition. GHSA wrestling officials have been given an orientation to this procedure and are authorized to insure compliance to all elements of the weight management program. Coaches should expect the officials to ask to see required documents for verification of protocol compliance.
 - b) The "Alpha Master" report provides specific information for each wrestler: the alpha date weight, body fat, minimum wrestling weight, minimum weight class and the first date each wrestler will be allowed to wrestle at the minimum weight class. The "Weight In Report" provides information week by week for weigh-ins and for the weight classes allowed.
- 2 - For multi-school events, the documents must be submitted to the tournament director prior to the start of competition.
- 3 - Schools violating "Match Protocols" are to be reported to the GHSA (706-647-7473). Fines and/or penalties may be assessed for these violations.

**Georgia High School Association
P.O. Box 271
151 South Bethel Street
Thomaston, Georgia 30286
Telephone: 706-647-7473
Fax: 706-647-2638**

GHSA PHYSICIAN'S CLEARANCE – WRESTLER BELOW BODY FAT ALLOWANCE

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analyzation. The standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as at / or less than 7% body fat (at / or below 12% body fat for females). The athlete is requesting that he/she be allowed to wrestle. Because this weight is less than 7%(for males) or 12%(for females) body fat, GHSA guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percentage body fat.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth and development and good health and indicate your assessment on the next page.

Thank you,

The Georgia High School Association

GEORGIA HIGH SCHOOL ASSOCIATION
PHYSICIAN'S CLEARANCE
WRESTLER BELOW BODY FAT ALLOWANCE

Any male wrestler whose body fat percentage at the time of initial assessment is at/or below 7% must obtain in writing a licensed physician's (M.D. or D.O.) clearance, stating that the athlete is naturally at this sub-7% body fat level. In the case of a female wrestler, written physician's clearance must be obtained for athletes who are sub-12% body fat. A physician's clearance is for one season duration and expires March 1 of each school year.

****A \$50.00 appeal fee is required if the coach is seeking approval for a lower weight class than indicated in the assessment.** See Item C below**

WRESTLER'S NAME: _____ GRADE: 9 10 11 12

SCHOOL: _____ AREA: _____

****TO BE COMPLETED PRIOR TO PHYSICIAN'S APPOINTMENT****

<p>DATA REVIEW: Date of initial assessment ___/___/___ Body Fat % _____</p> <p>Initial assessment weight _____ lbs Weight Class _____ (from OPC)</p> <p align="center">EXAMINING PHYSICIAN – ENTER DATA BELOW AT TIME OF ATHLETE'S EVALUATION</p> <p align="center">Date ___/___/___ Weight _____ lbs</p>

Circle A, B or C

- A. The wrestler named has received clearance as provided by the Georgia High School Association Weight Management Program, which is at/or below the 7% (male) or 12% (female) minimum body fat allowance. No Weight Loss. **No fees are required for this option**
- B. The wrestler named is advised to wrestle in a weight class which exceeds the 7% (male) or 12% (female) minimum body fat requirement. **No fees are required for this option**
- C. **APPEAL:** The coach / athlete is requesting approval to wrestle one (1) weight class below his initial assessment. The approved weight class is circled below. **A \$50.00 fee is required for this option**

*****INDICATE APPROVED WEIGHT CLASS – FOR THE OPTION APPROVED*****

<p>103 – 112 – 119 – 125 – 130 – 135 – 140 – 145 – 152 – 160 – 171 – 189 – 215 - 285</p>

PHYSICIAN'S SIGNATURE _____ DATE _____

ADDRESS: _____

CITY: _____ ZIP: _____

PARENT SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____

NOTE: This form is the only document accepted as a Physician's clearance. The \$50.00 appeal fee must accompany this form when submitted to the GHSA office(Item B).

Mail form to the GHSA, Attn. Gary Phillips, P.O. Box 271, Thomaston, GA 30286.



**Georgia High School Association
P.O. Box 271
151 South Bethel Street
Thomaston, Georgia 30286
Telephone: 706-647-7473
Fax: 706-647-2638**

GHSA PHYSICIAN'S CLEARANCE – APPEAL OF INITIAL ASSESSMENT

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analyzation. A standard error factor of minus 2% has been calculated into the athlete's "lowest allowable weight", as per GHSA policy.

The athlete is requesting that he/she be allowed to wrestle at one (1) weight class lower than noted by the initial assessment. GHSA guidelines require evaluation and permission from the athlete's personal physician.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth and development and good health and indicate your assessment on the next page.

Thank you,

The Georgia High School Association

GEORGIA HIGH SCHOOL ASSOCIATION

**PHYSICIAN'S CLEARANCE
APPEAL OF MINIMUM WEIGHT CLASS / INITIAL ASSESSMENT**

WRESTLER'S NAME: _____ GRADE: 9 10 11 12

SCHOOL: _____ AREA _____

****The \$50.00 appeal fee must accompany this form when submitted to the GHSA office.
Mail to GHSA, Attention: Gary Phillips, P.O. Box 271, Thomaston, GA 30286.**

***TO BE COMPLETED PRIOR TO PHYSICIAN'S APPOINTMENT**

<p>DATA REVIEW: Date of initial assessment ___/___/___ Body Fat % _____</p> <p>Initial assessment weight _____ lbs Weight Class _____ (From OPC)</p> <p>EXAMINING PHYSICIAN – ENTER DATA BELOW AT TIME OF ATHLETE'S EVALUATION</p> <p>Date ___/___/___ Weight _____ lbs</p>

Circle A or B

APPEAL:

- A. After an in office evaluation, the wrestler named has received clearance to engage in a weight loss plan to reach the GHSA weight class circled below. The athlete is given approval to compete in a weight class lower than his initial Assessment. (Maximum One (1) Class Lower)
- B. The wrestler named is advised to wrestle at a weight class on or above his initial assessment. The wrestler is to participate in a weight class **not** lower than the assessment indicated.

****INDICATE APPROVED WEIGHT CLASS (Max One (1) Class Lower)****

<p>103 – 112 – 119 – 125 – 130 – 135 – 140 – 145 – 152 – 160 – 171 – 189 – 215 - 285</p>

PHYSICIAN'S SIGNATURE _____ DATE _____

ADDRESS: _____

CITY: _____ ZIP: _____

PARENT SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____

NOTARY SIGNATURE / STAMP _____ DATE: _____

GHSA: APPROVED / DENIED _____ DATE: _____

**GEORGIA HIGH SCHOOL ASSOCIATION
P.O. BOX 271
THOMASTON, GEORGIA 30286
706-647-7473**

SKIN FOLD ASSESSMENT DATA FORM

This form is to be used only if the bioimpedence assessment on the Tanita scale is unsuccessful.

Wrestler Name: _____ Grade: 9 10 11 12
First MI Last

Gender: _____ Male _____ Female

School: _____

Location of Assessment: _____ Date ____/____/____

Type of Assessment: _____
 _____ Initial Assessment _____ (Second Assessment)

Assessor
Initials

Step 1 – Assess hydration level of athlete

(Note: Specific gravity must be <1.025)

PASS	FAIL	
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Step 2 – Assess height (in feet and inches) of athlete

(Note: Scale will automatically round up or down to nearest _)

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Step 3 – Skin Fold Assessment

(Note: Measurement to the nearest half millimeter)

	Test 1	Test 2	Test 3	Assessor Initials
Triceps (T)				
Subscapular (S)				
Abdominal (A)				

Enter this data in to NWCA-OPC for determination of minimum Wrestling Weight and minimum weight class allowed.

STAPLE OTHER ASSESSMENT FORM TO BACK OF THIS FORM

GHS Assessor Signature: _____ **Date** ____/____/____

**** Fax this form to: Gary Phillips, Georgia High School Association, 706-647-2638****



GEORGIA HIGH SCHOOL ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM

Hydration Tip Sheet for Better Results

Athletes need to be hydrated properly in order to get the best results when they do their body composition testing. Make sure you are working with the coaches, athletes and parents to educate them about how the testing works and what the results will mean as the season gets underway. Past practices of dehydrating for weigh ins should be discouraged.

In the days Leading Up to Testing –

Continue drinking fluids at the recommended rate for sports participation.
Urine should be clear when athlete is adequately hydrated
Limit high fat foods
Avoid foods high in sodium

The day of the assessment – for best results – the following factors should be controlled:

- No caffeine, no diuretics in 12 hours
- No food or drink within past two hours
- No exercise within past four hours
- No alcohol within past 24 hours
- No thick heel calluses

If they exercise prior to testing, the dehydration could cause them to have a higher % body fat than if they are better hydrated and at rest. Eating immediately prior to testing can give a false result – lower than it really is because they have an increase in total body water from consuming the meal. It is suggested that testing later in the day (5-6 pm is given as the ideal time), as opposed to early in the morning and prevents the likelihood of an athlete showing up moderately dehydrated.

What Conditions Might Cause Skewed Results or Give an “ERROR” Reading

A very full bladder
Severe calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
Unclean footpads may interfere with conductivity
Subject is wearing nylons. Tanita suggests that if it is absolutely necessary to wear nylons, add a drop of isopropyl (rubbing) alcohol to act as a conductor.
Pre-menstruation phase



GHSA WEIGHT MANAGEMENT HYDRATION TIP SHEET

Wrestlers:

The following are tips that will help wrestlers report to body fat testing properly hydrated.

Two days prior to test day:

- **Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day**
- **Increase intake of foods high in fiber – this will help with removal of excess waste from body. (salad, cereal with skim milk, vegetables, fruits, etc are examples of foods high in fiber)**
- **Eat smaller, more frequent meals**
- **AVOID foods high in fat (fried foods, meat, french fries, pizza, nuts, salad dressings, etc.)**
- **AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)**
- **Be sure that you eat and drink, do not dehydrate!!!**

One day before test:

- **Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated, drink 12 to 20 ounces of a sport drink along with water**
- **Eat smaller, but more frequent meals. Continue eating fibrous foods, to eliminate excessive waste from body**
- **Fatty foods / snacks will stay in your body – STAY AWAY!!!**

Day of test:

- **Eat small portions, eat a very light lunch (if afternoon testing)**
- **Eat lighter foods such as fruit, grains, etc.**
- **Continue to drink water**
- **DO NOT drink salty drinks such as Sodas, Gatorade or Powerade, etc...**
This will cause you to retain fluids
- **Urinate as frequently as possible throughout the day until one-two hours prior to test time**
- **Use the bathroom (defecate) before the test**
- **Please be ready to urinate for hydration test**

Georgia High School Association
2008-2009 Weigh In Report

School: _____ Opponent: _____ Weigh In Date: _____

Weight Class	Wrestler	Eligible Wt. Class	Wt. Loss Plan	Actual Weight	Last Official Weigh In Date	Last Official Weigh In
103		103				
112		112				
119		119				
125		125				
130		130				
135		135				
140		140				
145		145				
152		152				
160		160				
171		171				
189		189				
215		215				
285		285				

Coach Name (**Printed**) _____ Oposing Coach or Tournament Director Name (**Printed**) _____

Coach Signature _____ Oposing Coach or Tournament Director Name (**Printed**) _____

Head Official (**Printed**) _____ Head Official Signature _____

* This report is to be generated by each school for each wrestling competition. Oposing coaches exchange this report before each competition, along with a copy of the "Alpha Master".

(This form must be generated from the OPC).

NWCA Membership Information / Notes

- As all GHSA coaches should be aware, your school must join the National Wrestling Coaches Association. The membership application is available here.
- The accompanying form is for schools paying by **check**. The fee is \$30.00 for the school year. The payment should be made payable to the NWCA and mailed to the address on the application.
- If registering as an individual be sure you indicate the GHSA school where you coach. Your school and /or personal membership will be credited to the school in compliance to the rules.
- Those paying by credit card must go to.... <http://www.nwcaonline.com/register/beginopcschoolreg.cfm>
- If you have questions, you may call the GHSA office (706-647-7473).