**Weight Assessment Process**

**Responsibilities of Schools in the measurement process.**

* Data Forms must be completed by coach prior to test w/ Name, Grade & School (See WIAA Website)
* Assessments shall not be conducted by any active wrestling coach at any level.
* The assessor will input all data into the NWCA Optimal Performance Calculator and will mail the data forms to the WIAA office within 48 hours of assessment.
* 2 adult observer assistant (teacher, AD or parent, etc…) or student trainers who will:
	+ Assist w/ urine specific gravity testing
	+ Assist w/ measuring body weight
	+ Assist w/ the recording of data

**Skinfold measurement sites for both Male & Female:**

* **Abdominal:** Vertical fold, 2cm to the right of the umbilicus.
* **Triceps:** Vertical fold, on the posterior midline of the upper arm, halfway between the acromion and olecranon processes, with the arm held freely to the side of the body.
* **Subscapular:** Diagonal fold (at a 45° angle) on (1) to (2) cm below the inferior angle of the scapula.

**Protocol for Standardized Assessment:**

In an attempt to insure valid and reliable assessment, the following general assessment protocol should be employed by the assessor and athletes:

* No Assessment may be taken after practice or workouts.
* Athletes will avoid eating and drinking (especially coffee, tea and colas) 2 hours before the assessment.
* **Athletes will avoid intense exercise 12 hours before assessment.**
* Assessments should be completed between 3pm and 6pm if testing is on a school day.
* (2) Certified digital scales will be used at for assessment whenever possible. An athlete can use either one of the scales to determine body weight at the time of assessment.
* Each school must provide the appropriate number of support personnel to assist in conducting the wrestling weight management assessment in a timely manner.
* Athletes will pass the hydration assessment (specific gravity equal to or less than 1.025) prior to body density/fat assessment. **Those failing the hydration component must wait a period of 48 hours before retest.**
* The Key to the success of the wrestling weight management program will be our ability to standardize the assessment procedures to determine minimal wrestling weight.

**Cost:** $5.00 per athlete for hydration test & I.D. Required

**Athlete Testing Attire:**

The following attire will be required for the entire testing process.

* **Males:** Gym Shorts and in bare feet
* **Females:** Gym Shorts and Sports Bra and in bare feet

**2 days prior to test day**, preparing for specific Gravity Test athletes should:

* Drink plenty of **water** throughout the day; Athletes should be drinking 8-10, glasses (10-ounce) of water during the day.
* Increase intake of foods high in fiber, this will assist with the removal of excess waste from body. (Salads, cereal w/ skim milk, vegetables, and fruits are examples of foods high in fiber).
* Eat smaller more frequent meals
* Avoid food 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 to eat and drink; do not dehydrate.
* No Vitamins or supplements.

**Day of test:**

* Eat small portions, eat a very light lunch if afternoon testing.
* Eat lighter foods such as fruit and grains
* Continue to drink water, 2 hours prior to testing, drink 24 ounces of water.
* Do not drink salty drinks such as sports drinks or carbonated beverages, caffeinated beverages. This may cause you to retain fluids
* Urinate as frequently as possible until one to two hours prior to test time.
* Avoid vigorous physical activities that cause excessive sweating