

WIAA Weight Management Program

COACHES TRAINING PRESENTATION

2018-19 SEASON

History of Weight Management

- 1997 three college wrestlers died while engaged in unsafe "weight loss" activities.
- The NCAA Medical Advisory Committee established and mandated a comprehensive weight certification program to safeguard wrestlers.
- The WIAA does not advocate that a wrestler's established minimum is the athlete's best weight at which they will be allowed to compete.

Components Weight Management Program

Preseason Assessments For:

- Weight
- Hydration
- Body Fat (Skinfold, BodPod)
- Re-Assessment

To Establish:

- Minimum Wrestling Weight
- Safe Weight Loss Plan
- Daily Nutrient Goals

Regulations

- The establishment of a minimum wrestling weight based on 7% body fat for males and 12% body fat for females.
- Hydration level of 1.000-1.025
- Weight loss no greater than 1.5% per week of the athlete's body weight.
- Nutrition education program for student-athletes.
- The initial testing can start on October 31, 2016, but must be completed (names must appear on the schools Team Master Report) prior to any matches being wrestled.
- No more than one assessment in a 24 hour period is allowed.
- All assessments must be completed one week prior to post-season competition

Regulations (cont')

- The lowest weight class a wrestler may compete at will be determined as follows:
- If the predicted weight, at 7% male/12% female is exactly that of one of the weight classes, that weight class shall be the wrestler's minimum weight class.
- If the weight class falls between two weight classes, he/she must wrestle at the higher weight class.
- Any male or female wrestler whose body fat percentage at the time of the measurement falls below 7%/12% the wrestler must wrestle at the weight class they are at with a physician's clearance. NO WEIGHT LOSS WILL BE ALLOWED.
- Physician's clearance forms must be cleared by the WIAA prior to the first competition.

Regulations (cont')

- Responsibilities of schools in the assessment process:
 - Contact an approved WIAA assessor. The list of approved assessors will be available on the WIAA website
 - The school must have available at the time of the assessment the following items: (Communicate with the assessor prior to assessment date)
 - Digital Scale “Certified Annually”
 - WIAA Assessment Form (provided on the OPC site in electronic form)
 - Lange skinfold calipers
 - Digital refractometer
 - Cups to collect urine
 - People to help supervise (no wrestling coaches or anyone associated with the wrestling program)
 - The school shall see that all charges are paid upon completion for the testing(WIAA assessors may charge up to \$5 per assessment.

Regulations

- Weight loss per week
 - Wrestlers are allowed a maximum weight loss of 1.5% of the total body weight each week until the minimum weight is achieved.
 - A wrestler will not be able to wrestle at the minimum weight until the date specified on the weight loss plan.

Coaches Responsibility on match or Tournament date

- Only wrestler who's name does appear on the weigh in sheet is eligible to compete on match day
- Coach is required to have a copy of weigh in sheet for each opposing coach at the time of weigh in.
- Each coach should have an up-to-date master report on file.

Using Weight Management in OPC

- Logging into NWCA OPC
- Updating Coaches Profile
- Updating your wrestling team roster
- Printing out your Master Report
- Printing out Weigh-In Roster Forms

Preparing your wrestlers for Weight Management Program Assessment Process

It is important to prepare your wrestlers for the Weight Management Program initial assessment.

Review the process with the team. A Weight Management Program meeting can occur prior to the start of the season.

- o Set the date and time for assessments with the Assessor.
- o Cover food and drink protocol for two days prior to assessment.
- o Explain assessments steps. Starting date and ending date.

Assessment Process

- **WIAA** ACCEPTS TWO METHODS OF BODY DENSITY AND BODY FAT PERCENTAGE MEASUREMENT.
 - Skinfold test using Lange Skinfold caliper with calibration block
 - Air Displacement Plethysmography (ADP) using the Bod Pod
- INITIAL ASSESSMENT MAY BEGIN ON OCTOBER 29, 2018, BUT MUST BE COMPLETED BY MONDAY JAN 21, 2019.
- RE-ASSESSMENT MAY BEGIN AFTER THE INITIAL ASSESSMENT AND MUST BE COMPLETED BY MONDAY, JAN 21, 2019.

Preparing for the Initial Assessment

- TWO DAYS PRIOR TO THE ASSESSMENT DAY, ATHLETES SHOULD:
 - Drink plenty of fluids throughout the day, Athletes should be drinking at least 8 - 10 glasses of water during the day.
 - Increase intake of foods high in fiber, this will assist with the removal of excess waste from the body. (Salads, cereal with skim milk, vegetables, 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, pretzel, pizza, tuna, crackers, soft drinks and sports drinks.
 - Be sure that you eat and drink, do not dehydrate.

Initial Assessment

- PREPARE PRE-PRINTED DATA COLLECTION FORM FROM YOUR WRESTLERS.
- REMIND WRESTLERS TO HAVE THEIR PHOTO ID AVAILABLE FOR THE ASSESSOR.
- ATHLETE TESTING ATTIRE:
 - Males: Gym shorts and in bare feet.
 - Females: Gym shorts and Sports Bra and in bare feet.
- HYDRATION TESTING
 - Athlete will be provided a marked cup to collect a mid-stream sample of urine while being monitored.
 - Urine will be tested with a digital refractometer.
 - A passing hydration test is any reading from 1.000 to 1.025.

Initial Assessment (cont')

- THE INITIAL ASSESSMENT WILL CONTINUE ONLY IF YOU HAVE PASSED YOUR HYDRATION TESTING. WRESTLER WILL NOT BE ABLE TO LEAVE THE ASSESSMENT AREA AFTER PASSING THE HYDRATION ASSESSMENT.
- BODY WEIGHT. YOUR WEIGHT WILL BE DISPLAYED ON A DIGITAL SCALE. PLEASE NOTE THE WEIGHT ON THE SCALE TO THE NEAREST ONE TENTH OF A POUND.
- YOU WILL BE ASKED TO INITIAL ON THE DATA COLLECTION FORM THAT YOUR WEIGHT WAS RECORDED CORRECTLY.
- WRESTLER WILL PROCEED TO THE NEXT STEP TO HAVE SKINFOLD MEASUREMENTS COMPLETED WITH A LANGE SKINFOLD CALIPERS.
 - Males will be measured on three locations: abdominal, triceps, and subscapular
 - Females will be measured on two locations: triceps and subscapular

Initial Assessment (cont')

- THIS IS YOUR INITIAL ASSESSMENT. A WRESTLER DOES NOT HAVE THE CHOICE OF ACCEPTING OR REJECTING THE ASSESSMENT.
- YOUR ASSESSOR WILL INPUT THE MEASUREMENTS FROM THE ASSESSMENT IN THE NWCA OPC WITHIN 48 HOURS OF YOUR ASSESSMENT.
- YOU CAN CONTACT YOUR COACH TO PROVIDE YOU WITH A PRINTED "WEIGHT LOSS PLAN".
- YOUR "WEIGHT LOSS PLAN" WILL SHOW YOU THE ELIGIBLE WEIGHT CLASSES THAT YOU CAN WRESTLE DURING THE 11 WEEKS OF THE WRESTLING SEASON.

Initial Assessment (cont')

- IF YOU FAILED YOUR HYDRATION TESTING YOU SHOULD REVIEW THE PREPARATION FOR INITIAL ASSESSMENT.
- YOU MAY MAKE ARRANGEMENTS TO COMPLETE ANOTHER HYDRATION TEST WITH YOUR ASSESSOR.
- IF YOUR INITIAL ASSESSMENT CALCULATED YOUR BODY FAT PERCENTAGE BELOW 7% FOR MALES AND 12% FOR FEMALES YOU ARE REQUIRED TO HAVE A **PHYSICIAN'S CLEARANCE FORM** COMPLETED BY YOUR PHYSICIAN AND SENT INTO THE **WIAA** OFFICE BEFORE YOU WILL BE ABLE TO COMPETE.
- YOU CAN HAVE YOUR COACH PRINT OUT A **PHYSICIAN'S CLEARANCE FORM** FOR YOU TO TAKE TO YOUR PHYSICIAN.

Re-Assessment

- ALL ATHLETES ARE ELIGIBLE FOR A RE-ASSESSMENT.
- RE-ASSESSMENT CAN BE CONDUCTED AFTER THE INITIAL ASSESSMENT UNTIL MONDAY, JAN 21, 2019.
- ONLY 3 (THREE) RE-ASSESSMENTS ARE ALLOWED PER ATHLETE IF NECESSARY.
- THE RE-ASSESSMENT CAN ONLY ALLOW YOUR WEIGHT LOSS PLAN TO LOWER 1 (ONE) WEIGHT CLASS.
- IF THE RE-ASSESSMENT CHANGES YOUR WEIGHT LOSS PLAN TO A HIGHER WEIGHT CLASS, YOU DO NOT HAVE THE ABILITY TO CHALLENGE IT.
- RE-ASSESSMENT FOLLOW THE SAME STEPS OF AN INITIAL ASSESSMENT AND CAN BE CONDUCTED AFTER THE INITIAL ASSESSMENT HAS BEEN ENTERED IN THE WEIGHT MANAGEMENT PROGRAM.

Initial Assessment & Re-Assessment Process

STEP 1: ID CHECK

STEP 2: HYDRATION TESTING

STEP 3: WEIGHT CHECK ON DIGITAL SCALE

STEP 4: SKINFOLD MEASUREMENTS

Step 1: Id Check



Check spelling of the first and last name.
Grade level.

Step 2: Hydration Testing



Collection should be mid-stream, 2 oz

Step 3: Weight Check on Digital Scale



Using a digital scale measure wrestler weight to the nearest tenth of a pound

Step 4: Skin Fold Measurements



Measure and mark the three point for taking measurements.

Weight Lock in for Wrestlers

- o A wrestler may weigh-in for only one of the two weight classes the wrestler's weekly descent plan allows. NFHS rules allow the wrestler to wrestle up one weight class above the weight class they have weighed-in.
- o If a wrestler weighs in one weight class below their lowest approved weight, they can only wrestle at the lowest weight of their current descent plan.
- o Weigh-in in any weight class and wrestling above the eligible weigh-in weight classes defined by the weekly weight loss descent plan will require the coach to complete a mandatory (**LOCK-IN**) immediately. Example: Eligible weight classes are 145, 152. The wrestler weighs in at 160 and wrestles, coach is required to lock-in at 152, 160 at this weight for the remainder of the season.

New this year is NWCA OPC

- o Once you log in there will be videos available to view to about using the new system.
- o Also, the question mark help link is a very good for answering questions.
- o If you have questions please email: wwwmp@wiaa.com for assistance.