

October 29, 2010

TO: Tacoma School District Wrestlers and Parents/Guardians
FROM: Jennifer Kubista, Director, Athletics & Activities
RE: WIAA Wrestling Weight Management Program

We are in our third year of the Washington Interscholastic Activities Association (WIAA) Wrestling Weight Management Program (WWMP) for all wrestlers in the state of Washington. The purpose of this program is to insure the future of interscholastic wrestling programs in the State of Washington and protect the health of all student athletes. The WWMP has been developed to assist young wrestlers as they make decisions about diet, nutrition and weight control. The program is designed to assist in avoiding potentially harmful rapid weight reduction practices utilized to achieve specific weight class participation. It is the WIAA's philosophy that the basis for a sound and healthy weight control plan is best designed when the wrestler, his/her parents/guardians, his/her coach and the physician are included in the planning process.

The establishment of a minimum wrestling weight class based on 7% body fat for males and 12% for females is required for all high school wrestlers. The program will simply establish the **minimum weight class** at which the wrestler will be allowed to compete. The WIAA will utilize the National Wrestling Coaches Association (NWCA) Optimum Performance Calculator as the mechanism to calculate the minimum wrestling weight for each wrestler and use the minimum wrestling weight to assign a minimum weight class.

WIAA trained and approved assessors will do the testing and measurements and enter the data into the NWCA Optimal Performance Calculator. The assessment process is as followed:

1. **Specific Gravity Urine Testing**

All high school wrestlers enrolled in a WIAA member school, which the Tacoma School District schools are, must be tested for specific gravity urine density prior to being measured for body density and body fat percentages. The testing of the specific gravity in urine is simply to measure the hydration (water) levels of the athlete prior to being measured for body density. This is a pass/fail assessment based on a specific gravity level. Each wrestler will collect a urine sample in mid-stream in privacy of a urinal for males and a bathroom stall for females. The wrestler will handle all urine sampling and disposal. The wrestler will be provided a marked cup immediately before the sampling occurs. The wrestler will collect the urine sample. The test for the specific gravity shall be conducted immediately after the urine sample is provided. The test will be completed by the certified assessors. Once the test is complete, the urine sample is discarded in an acceptable waste receptacle.

To prepare for this test, we advise each wrestler to drink plenty of fluids (specifically water) throughout the days before the assessment. Wrestlers should be drinking at least 8-10 glasses of water during the day. Wrestlers should avoid food high in fat (such as fried foods, meat, French fries, pizza, nuts, etc) as well as salty foods (such as potato chips, pretzels, pizza, soft drinks, sports drinks). About one day before the test, wrestlers should continue drinking fluids. The wrestler's urine should be clear in color if he/she is fully hydrated. On the day of the test, wrestlers should continue to drink water. About two hours before the test wrestlers should drink 24 ounces of water. Wrestlers should also avoid all salty, fatty foods as well as caffeinated beverages and sports beverages the day of the test.

If the wrestler fails the gravity urine test, he/she cannot continue to the next measurements. The wrestler will need to wait 48 hours before re-testing again.

2. Body Density and Body Fat Percentage Measurements

A skinfold measurement will be established using a Lang Skinfold caliper with calibration block to assess body density and body fat percentage in each wrestler. All measurements will be taken on the right side of the body. To calculate body fat, the Lohman Equation for males using three site measurements (abdominal, triceps, subscapula) will be followed. For females, the Boileau Equation using two site measurements (triceps and subscapular) will be followed.

The assessor will use the Lang Skinfold caliper to assess either the three or two areas listed above. This will be done by pinching and measuring the skinfold in the areas listed above three times each. The assessor will then input all data into the NWCA Optimal Performance Calculator to establish the wrestler's minimum wrestling weight. A weight dissention plan will then be established showing how much weight a wrestler can lose each week during the wrestling season. Each wrestler will receive a username and password to review their weight dissention plan for the season.

The Tacoma School District will be contracting with several approved WIAA Wrestling Weight Management Assessors to perform these tests. The assessment of all Tacoma School District wrestlers will take place on Monday, November 8th from 3 p.m. to approximately 7 p.m. at Stadium High School.

I have also enclosed the "Authorization to Participate in Wrestling and Release Information" which must be completed by each wrestler before the season begins.

If you have any questions at all, please feel free to contact me at jkubist@tacoma.k12.wa.us or at (253) 571-1123. I look forward to a successful wrestling season!