

KENNETT HIGH SCHOOL
ATHLETIC DEPARTMENT

100 EAST SOUTH STREET KENNETT SQUARE, PENNSYLVANIA 19348
Telephone (610) 444-6632 Fax (610) 444-6706

November, 2015

Dear Parent/Guardian of Wrestlers,

The National Wrestling Coaches Association (NWCA) will, once again, be using a weight management program by which all wrestlers must comply. The goals of this weight management program are as follows:

- The establishment of a lowest allowable weight class for each wrestler, at a minimum body fat of 7% for boys and 12% for girls.
- Inclusion of a hydration test (specific gravity of urine must be equal to or less than 1.025)
- The establishment of a safe weight loss descent plan (a wrestler can lose no more than 1.5% of his body weight per week).

The ultimate goal of the program is to eliminate weight control practices that potentially risk the health of wrestlers, making “cutting weight” safer and healthier!

The way the program will work is all wrestlers must have a body fat analysis and hydration test performed **before** he/she is allowed to compete in a match. A certified weight assessor will perform the initial test just one time and I am Kennett’s certified weight assessor. The numbers will then be computed into a “calculator.” The “calculator” will then calculate a certified *minimum* weight class that the wrestler is not allowed to compete under. Furthermore, the “calculator” will show how much weight each wrestler is allowed to lose on a daily basis, before reaching the certified minimum weight class.

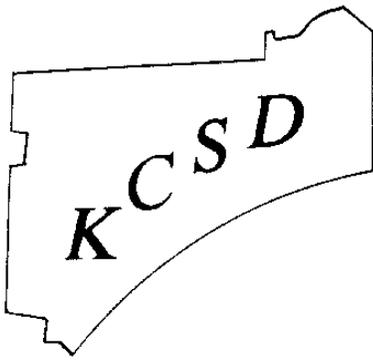
Upon testing, each wrestler must meet the above stated requirements. Boys must have a minimum body fat percentage of 7%, girls 12%. His/her urine must also indicate proper hydration, with a specific gravity of 1.025 or less. Below, find some guidelines to follow prior to test day, which will be given at a later time.

- No rigorous activity before testing
- No diuretics (that includes caffeine, i.e., no soda, coffee, energy drinks)
- Drink 17oz. of fluid on test day, prior to testing.
- Avoid vitamins and minerals 2 days before test day.
- Be awake for at least 3 hours.
- No eating 2 hours before testing

Please see the next page for the specific scheduling information and the parent/guardian permission signature page. If you have any questions, please feel free to contact Sean Harvey directly at sharvey@kcsd.org or 610-444-6632.

Yours in Sports,

Sean Harvey, CAA
Kennett HS



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WRESTLING WEIGHT ASSESSMENT PERMISSION PAGE

By signing below, you and your child give permission for NovaCare's Certified Athletic Trainer, to perform the required body fat analysis and hydration test for your child. Please note that the assessment should take approximately 5-10 minutes.

**** Please be advised that no one is allowed to compete in a wrestling match until they have had this testing performed.** Body fat analysis will be performed using a Lange Skinfold Caliper. Hydration will be tested using the Mannix Urine Protein Refractometer. Furthermore, please be advised that this is a urine test and that this test will **only be conducted for purposes of obtaining the body's hydration level. It will not yield any drug of supplement use.**

Student's Name (PLEASE PRINT): _____ Grade: _____

Parent's/Guardian's Signature: _____ Date: _____

Student's Signature: _____ Date: _____

**** REMINDER THAT NO ASSESSMENT CAN OR WILL BE PERFORMED UNTIL THIS PERMISSION SLIP IS TURNED INTO THE KHS ATHLETIC OFFICE (HIGH SCHOOL WRESTLERS) OR TYRONE JOHNSON (MIDDLE SCHOOL WRESTLERS) PRIOR TO THE ASSESSMENT DATE! PLEASE RETURN THIS FORM BY NOVEMBER 5th.**

HIGH SCHOOL WRESTLERS

The HIGH SCHOOL assessment date is **Thursday, November 5th**. Please report to the **High School Training Room (next to the Health Room G382) at 3:30 p.m.** If you cannot make this date, please contact Sean Harvey at 610-444-6632 or sharvey@kcsd.org to arrange for a make-up assessment.

MIDDLE SCHOOL WRESTLERS

All MIDDLE SCHOOL assessments will be performed on **Thursday, November 5th** at **Kennett Middle School**. If anyone has any questions regarding the middle school assessment, please contact Tyrone Johnson at KMS.