

GEORGIA HIGH SCHOOL ASSOCIATION



2011-12

WRESTLING

WEIGHT MANAGEMENT

PROGRAM



GHS Wrestling Weight Management Program

- ⊗ Goals of the program:
 - ⊗ Establish a minimum weight at which the wrestler may compete
 - ⊗ This does not mean this is the best weight
 - ⊗ It does set guidelines for a “safe” weight
 - ⊗ The lowest allowable weight is based on:
 - ⊗ 7% body fat for males
 - ⊗ 12% body fat for females

GHS Wrestling Weight Management Program

- ⊗ Year 5 of the program
 - ⊗ The program is **MANDATORY** & binding
 - ⊗ The program has been established in coordination with GHS, GWCA , and various coaches & officials from throughout the state.

GHS Wrestling Weight Management Program

- ⊗ To implement the program:
 - ⊗ The NWCA Optimal Performance Calculator (OPC) is used to establish the “lowest allowable weight”
 - ⊗ ALL schools are required to join the NWCA
 - ⊗ cost is \$30 per school
 - ⊗ This allows every school access to the NWCA’s website
 - ⊗ It also gives each school its own password which allows the coach to see the results of the OPC.
 - ⊗ This is “view only” by the coach
 - ⊗ Athletes may obtain a personal password to see the results.

Hydration Test / Body Fat Assessment

- ⊗ Each wrestler must submit to a hydration test & body fat assessment
 - ⊗ NO WRESTLER may compete until they have “successfully” participated in the assessment.
 - ⊗ Successful = establish a minimum weight according to the OPC.
 - ⊗ Even those coming out late must be assessed before competing.
- ⊗ Ineligible athletes may be assessed at the same time as other team members as long as they do not participate in practices until they gain eligibility.

Assessment Sites (continued)

- ⊗ Assessments begin Saturday, October 22, 2011. The initial assessment period runs through Saturday, December 17, 2011.
- ⊗ It is strongly recommended the schools use Saturdays as their assessments for the bulk of the team members.

Assessment Sites

- ⊗ All schools will be assigned a “Regional Assessment Site”
 - ⊗ Schools are NOT allowed to change their site.
 - ⊗ Schools may NOT use an unauthorized site.
 - ⊗ Schools must schedule their assessment dates through the regional sites
 - ⊗ Fees for the assessment are to be paid to the regional site
 - ⊗ Initial assessment: \$10 per wrestler


Additional costs

- Second Assessment period begins on Monday, January 2, 2012. No assessment will be conducted over the Christmas Holidays (12/17 to 1/2/2012).
- All assessments will end on Saturday, January 21, 2012. No further assessments are possible.
- Fees are:
 - \$20 per athlete
 - Travel Fee of 50 cents per mile both ways if assessor comes to your school.

Assessment Procedures

- ⊗ Arrive at regional site at agreed upon date and time.
- ⊗ Athlete **MUST** be dressed in shorts & t-shirt for the actual assessment.
 - ⊗ It is improper for athletes to disrobe further than the shorts / t-shirt requirement
- ⊗ All measurements are done in bare feet
- ⊗ Note: There is a built-in 2% variance in the computation of minimum weight
- ⊗ NOTE: The earliest competition date is Nov. 18.
 - ⊗ The majority of team assessments should be done before that date
 - ⊗ All others coming out late (for whatever the reason) **must be assessed before they are allowed to compete.**

Attachment 1



GEORGIA HIGH SCHOOL ASSOCIATION
P. O. Box 271
Thomaston, Georgia 30286-0004
706-647-7473

**WRESTLING MINIMUM WEIGHT CERTIFICATION
INDIVIDUAL PROFILE FORM**

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

Gender: Male _____ Female _____ Birthdate: _____

School: _____

Location of Assessment: _____

Date of Test: _____

STEP 1 -- Assess height (in feet and inches) of athlete _____
Note: Round down to nearest 1/2"

Assessor Initials: _____

STEP 2 -- Assess hydration level of athlete _____
Note: Specific gravity must be < 1.025

Assessor Initials: _____ PASS _____ FAIL _____

STEP 3 -- Bioelectrical Impedance Assessment
Note: Approved equipment: Tanita TBF-300WA (Standard Mode)

Record scratch weight at initial assessment _____ Lbs
Note: Record weight to nearest 1/10 of a pound

Calculated Body Fat (Fat% on Tanita print-out) _____ %

Assessor Initials: _____

STAPLE ASSESSMENT PRINT-OUT TO BACK OF FORM

GHSA Assessor Signature: _____

Date: _____

Assessment Procedures (contd.)

- ⊗ **Step 1**
 - ⊗ Measurement for height
- ⊗ **Step 2**
 - ⊗ Hydration test
 - ⊗ Athlete will submit a urine sample which will be loaded into a digital refractometer
 - ⊗ This is a pass / fail part of the assessment.
 - ⊗ Any failures must wait at least 48 hours before retesting
 - ⊗ Additional fees will be charged for retests
 - ⊗ THERE ARE TO BE NO DEVIATIONS FROM THIS REQUIREMENT
- ⊗ **Step 3**
 - ⊗ Using a Tanita TBF-300WA scale, the body fat of the athlete will be determined
 - ⊗ Tanita scale to be set on "**STANDARD MODE**" and not athletic mode

Weight Loss Plan

- ⊗ Results of the 3 steps will be entered into the NWCA-OPC on the "Initial Assessment Page" (www.nwcaonline.com)
 - ⊗ Minimum weight for the season is determined
 - ⊗ Establishes a weekly weight decent plan & allowed weight class for competitions that week
 - ⊗ Decent plan is based on a weight loss of 1.5% per week.
- ⊗ Coaches should always have an "Alpha Master List" available
 - ⊗ Coaches **MUST** complete & print the weigh-in form produced from the NWCA website for each event.

Miscellaneous Items

- ⊗ A minimum of 2 adults will accompany the team to assist and supervise.
- ⊗ Unscheduled or unsupervised athletes will be turned away
- ⊗ **Coaches are responsible for the proper conduct & discipline for all their athletes during the evaluation process. **
- ⊗ School personnel are not to be involved in assessment procedures
- ⊗ Any variation from assessment procedures will be reported to GHSA.

Wrestlers below minimum body fat

- ⊗ If a wrestler is assessed at/or below the 7% (or 12% for females),
 - ⊗ the wrestler must get a clearance (in writing) from a physician (M.D. or D.O.) stating that the wrestler is naturally at this body fat level & that it is a safe weight. (Attachment 2)
 - ⊗ This is a doctor's clearance – not part of the appeals process

Appeal Procedure

- ⊗ There is an appeals process in place
 - ⊗ A portion of this will be discussed later...
 - ⊗ But to see the full appeals process, refer to the COACHES HANDBOOK from GHSA that each school should have received.

Appeals Process

- ⊗ To go below the minimum weight:
 - ⊗ Limited to one appeal per wrestler.
 - ⊗ Wrestler may only appeal to one weight class below minimum weight (Attachment 3)
 - ⊗ ANY AND ALL APPEALS require the \$50 non-refundable fee.
 - ⊗ Wrestlers are bound by the results of the appeal
 - ⊗ May not compete in any weight class until an appeal has been verified. Go on the OPC to see changes.

ATTACHMENT 2

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****

DATA REVIEW: Date of initial assessment ____/____/____ Body Fat % _____ Initial assessment weight _____ lbs. Weight Class _____ (from OPC) EXAMINING PHYSICIAN - ENTER DATA BELOW AT TIME OF ATHLETE'S EVALUATION Date ____/____/____ Weight _____ lbs.
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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 ****

106 - 113 - 120 - 126 - 132 - 138 - 145 - 152 - 160 - 170 - 182 - 195 - 220 - 285

PHYSICIAN'S SIGNATURE _____ DATE _____
ADDRESS: _____
CITY: _____ ZIP: _____
PARENT SIGNATURE: _____ DATE: _____
PARENT SIGNATURE: _____ DATE: _____
NOTARY SIGNATURE/STAMP: _____ 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.

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Growth Allowance

- ⊠ Two pound weight allowance on Dec. 25, 2011
- ⊠ Additional one pound growth allowance on Feb. 1, 2012
- ⊠ ****The growth allowance cannot be used to achieve a lower certified minimum wrestling weight. ****

ATTACHMENT 3

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****

DATA REVIEW: Date of initial assessment ____/____/____ Body Fat % _____ Initial assessment weight _____ lbs. Weight Class _____ (from OPC) EXAMINING PHYSICIAN - ENTER DATA BELOW AT TIME OF ATHLETE'S EVALUATION Date ____/____/____ Weight _____ lbs.
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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 ggt lower than the assessment indicated.

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

106 - 113 - 120 - 126 - 132 - 138 - 145 - 152 - 160 - 170 - 182 - 195 - 220 - 285

PHYSICIAN'S SIGNATURE _____ DATE _____
ADDRESS: _____
CITY: _____ ZIP: _____
PARENT SIGNATURE: _____ DATE: _____
PARENT SIGNATURE: _____ DATE: _____
NOTARY SIGNATURE / STAMP _____ DATE: _____

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Reporting Data

- Coaches **MUST** record **ALL** weigh ins on the OPC
 - All coaches will be given access to all weigh in roster information for all schools.
 - This will be a "view only" option, as mentioned earlier.
 - Refer to handbook for the procedure for viewing other school's information.

Reporting (contd.)

- Coaches **MUST** enter their team competition schedule into the OPC. Entry instructions are included in the handbook.
- Weigh in forms will not be accessible if the schedule is not entered on the OPC.
- Weights may be hand written on the Pre-match Weigh In form
 - After the competition coaches are REQUIRED to enter actual weigh in weights. This requirement is to be done within 48 hours of the competition.
 - ***weigh in forms are to be completed in consecutive date order.
 - All dual meets, tournaments, etc are to be reported on the OPC.

Match Protocol

- Coaches should bring the weigh-in form
 - Before dual meets, coaches will exchange forms to insure wrestlers are competing in the proper weight class.
 - A copy of each schools weigh in roster **MUST** be given to the meet official as well.
 - For multi-school events (tournaments, dual tournaments, etc.):
 - All documents must be submitted to the tournament director prior to start of competition
 - Schools violating Match Protocols are to be reported to GHSA

Reporting (contd.)

- Actual weigh in weights WILL impact the wrestler's Individual Weight Loss Plan
 - Weight loss plans will recalculate according to the exact weight at the time of weigh in.
- This keeps wrestlers from losing no more than 1.5% of body weight per week.
 - Weighing in below projected weight will not result in recalculation of plan.
- Remember—no wrestler may wrestle below his projected weight class for that day.

Attachment 5 (SAMPLE)

**Georgia High School Association
2011-2012 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
106		106				
113		113				
120		120				
126		126				
132		132				
138		138				
145		145				
152		152				
160		160				
170		170				
182		182				
195		195				
220		220				
285		285				

Coach Name (PRINTED): _____ Opposing Coach or Tournament Director Name (PRINTED): _____

Coach Signature: _____ Opposing 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. Opposing coaches exchange this report before each competition.
(This form must be generated from the OPC.)

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Hydration Tips

- ⊗ Avoid eating or drinking 4 hours before assessment
 - ⊗ specifically coffee, tea, & colas
- ⊗ Avoid exercise 12 hours before assessment
- ⊗ Empty bladder 30 minutes before assessment.
- ⊗ Females should not be tested during their menstrual cycle.
- ⊗ Refer to coaches' handbook for further tips

GHSA Wrestling Advisory Committee

*GHSA Gary Phillips	*Officials Bud Hennebaul Stacey Davis Tim Gilbert	*Coaches Bill Pitt (A) Chris Davis (AA) Chris Thornbury (AAA) Craig Hargrove (AAAA) Travis Jarrard (AAAAA)
*At Large Dennis Stromie Cliff Ramos	*GWCA John Robbins	*Others John Kelly – AD Geoff Koteles Pete Fritts, Sr.

IMPORTANT NOTE:

- ⊗ This is an overview of the “Weight Management Program” for the state of Ga.
- ⊗ It is not intended to cover every detail nor answer every question.
- ⊗ Coaches are required to read the comprehensive plan sent to their school by GHSA.
- ⊗ **Coaches are responsible** to know & follow all requirements in the comprehensive plan.

***Thank You
for
Your Participation!***