

## NSAA Wrestling Weight Management 2011-12 Initial Assessment to Determine Minimum Wrestling Weight

Name of Student-Athlete (first, initial, last): **Test Wrestler**

School Name: Nsaa, NE

Gender:

**Male**

Grade:

**11**

Alpha Date:

**11/7/2011****Please use this calendar or enter with the following format (mm/dd/yyyy)**

Urine Specific Gravity:

**Pass**

### CALCULATION OF MINIMUM WRESTLING WEIGHT

Alpha Body Weight (BW)

**BW = 134**

(Recorded to tenth of a pound, no rounding.)

Height: **5ft. 8.00 in.****BODY DENSITY (BD)** Calculate body density by using SKIN-FOLD measurements. (To the nearest half of a millimeter)

SKIN-FOLD MEASUREMENTS	Test 1	Test 2	Test 3	Median Value
Triceps (T)	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
Subscapular (S)	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
Abdominal (A)	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
Median(T) + Median(S) + Median(A) = Sum Skin-Folds (SUM SF) = <b>18</b>				

**BD = 1.0829**

Bod Pod Used:

**Use BodPod: No****Body Fat:****Body Fat = 7.81411****Minimum Wrestling Weight (MWW)**MWW =  **132.8****State Variance**State Variance = **2.00% Round Down****Minimum Wrestling Weight w/Variance (MWWV)**MWWV =  **130****Number of Days to Deadline Date**# Days to Deadline = **75****Minimum Wrestling Weight After Deadline**MWW After Deadline = **130****Minimum Weight Class (MWC)**MWC = **132**

THERE IS NO EVIDENCE, SCIENTIFIC OR OTHERWISE, THAT THE MINIMAL WRESTLING WEIGHT IS THE OPTIMAL WEIGHT FOR WRESTLING PERFORMANCE.

## CERTIFICATION

By signing this form you certify that you have reviewed and comprehend the NSAA Wrestling Weight Monitoring Program. You also certify that this assessment was performed in accordance with standard protocols outlined in the NSAA Wrestling Weight Monitoring Program and shall only be recalculated by following the appeal procedures as stated in the regulation.

Head Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This form must be completed no later than the first official competition. Medical Clearance forms must be completed and faxed to the NSAA state office prior to the first competition.