NWCA Wrestling Weight Management

Optimal Performance Calculator
NWCA Background

- Headquarters located in Manheim, PA
- Established in 1928 to serve, protect, & promote amateur wrestling
- Primary goal is to help athletes reach their fullest human potential through participation in wrestling.
- Cornerstones of NWCA are coaching development, student-wrestler welfare, and advocacy
- Membership is approaching 10,000
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.

- Several State High School Athletic Associations adopted new regulations as early as 2000.
Role of NWCA in Weight Management

- 1999-2000 - Optimal Performance Calculator (OPC) is developed to administrate the program.
- OPC Benefits: standardized, paperless, customizable, central repository for data, nutrition program, compliance, tournament administration.
- In 2015-16, 38 State High School Athletic Associations and all collegiate governing bodies will use the OPC – 210,000 wrestlers.
- In 2014, the NWCA moved the OPC system to the Track Wrestling platform.
Components of the Weight Management Program:

Preseason Assessments For:
- Weight
- Hydration
- Body Fat

To Establish:
- Minimum Wrestling Weight
- Safe Weight Loss Plan
- Daily Nutrient Goals
2004 NATA Drafts a Cooperative Agreement with the NWCA

- In this agreement the NATA & NWCA develop co-branded educational content to help coaches, wrestlers, parents, and administrators use the Optimal Performance Calculator

- NATA Members in states with mandated programs receive free access to OPC
The NFHS has 50 states plus the District of Columbia (51). There are 50 of 51 members who offer state wrestling championships. (Mississippi does not offer.)

In April 2005, the NFHS Medical Advisory Committee & NFHS Wrestling Committee transformed its Wt. Mngt. recommendations into a mandated program effective 2006/07.
Regulations

- The establishment of a minimum wrestling weight based on 7% body fat for males and 12% body fat for females.

- Hydration level of 1.025 depending on state association rules.

- Weight loss no greater than 1.5% per week of the athlete’s body weight.

- Nutrition education program for student-athletes.
Establishing Minimum Weights

Assessments should be performed prior to the first practice, but most definitely before the first competition – check with your state office for specifics.
Preparation of Wrestlers for Assessments

1. No vigorous activity on the evening before and the day of the testing.

2. Avoid any caffeinated beverages on the day before and day of the testing.

3. On the day of testing, drink 500ml (17 oz.) of fluid. (A sports drink is an excellent choice).
4. Avoid any vitamin or mineral supplements two days before and the day of testing.

5. Be awake three hours prior to testing.

6. Do not eat two hours prior to testing.
Data Collection

- It is recommended that all assessment data for each wrestler is initially recorded on a data collection form or an index card so a “hard copy” backup system is available.

- A data collection form for both BIA measurements and skin fold measurements is available on the Optimal Performance Calculator website.
Skin Fold Data Collection Form

WRESTLING MINIMUM WEIGHT CERTIFICATION
INDIVIDUAL PROFILE FORM

Name: ____________________________ Grade: ____________
Last, First

School: _______________________________________________________________________

Gender: M/F Age: ____________ Birth date: __________________________

DATA COLLECTION

Urinalysis: Specific gravity of urine: ____________ Assessor: _______________________
Indicate pass or fail
Must be 1.025 or lower for testing to continue

Alpha Weight: _________________________ lbs.

Skin Fold Measurements (Take three measurements in each location):

Triceps: ______ ______ ______

Subscapular: ______ ______ ______

Abdominal: ______ ______ ______

Assessor Name: _______________________________________________________________

Date: __________________________
BIA Data Collection Form

WRESTLING MINIMUM WEIGHT CERTIFICATION
INDIVIDUAL PROFILE FORM

Name: ___________________________________________________________ Grade: _______________
    Last,                                   First
School: ___________________________________________________________________________________
Gender: M / F Age: _______________    Birth date: _______________________________

DATA COLLECTION

Urinalysis: Specific gravity of urine: ________________    Assessor: ______________________________
    Indicate pass or fail
    Must be 1.025 or lower for testing to continue

Height: ___________________________    Alpha Weight: ______________________ lbs.
    Nearest ½” (approximate)

Tanita TBF body fat percentage * ________

Assessor Name: ____________________________________________________________

Date: ____________________________
## Materials Needed for Testing Site

<table>
<thead>
<tr>
<th>Site</th>
<th>Data Forms (Labels)</th>
<th>Collection Cups</th>
<th>Refractometer Regent Strips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certified Scale</td>
<td>Body Composition Tool</td>
<td>On Line Computer</td>
<td>Additional Staff</td>
</tr>
</tbody>
</table>
Step 1

Assessment of Hydration Status
Step 1
Assessment of Hydration Status

- Completion of a hydration test should be required before any wrestler can undergo a body composition or weight assessment.
- Purpose is twofold.
  1. Dehydration can significantly affect a BIA body composition measure which will result in an invalid percent body fat.
  2. Dehydration or loss of water weight will directly affect minimal wrestling weight.
Step 1
Assessment of Hydration Status

- Two methods commonly used to assess urine specific gravity (Usg) are: 1) reagent test strips and 2) refractometer.
- Refractometry is considered the gold standard and reagent strips are an acceptable alternative in most state associations.
- The cost range of a refractometer is between $240.00-$550.00 and reagent strips average about $40.00 for a package of 100.
Step 1
Assessment of Hydration Status

Refractometer
Urine Test Strips
Step 1
Assessment of Hydration Status

- If a wrestler has a urine specific gravity above 1.025 (as set by the NFHS – might be 1.020 in some states), they should not be allowed to undergo the body composition assessment.
- If wrestler fails the hydration test they should not be assessed again for 24 hours (they are still bound to the weekly 1.5% rule when being retested).
- In preparation for the hydration test the athletes should be instructed to consume 2-4 cups of water in 1-2 hour period immediately preceding the test.
Step 1
Assessment of Hydration Status

1. Evaluator assistant wears rubber gloves during the assessment.

2. Subject is provided a cup (marked by name or identification number). Sample should never leave the possession of the subject.

3. Subject is then instructed to provide a 2-3 oz. urine sample (mid-stream) in the urinal/bathroom under supervision.
Step 1
Assessment of Hydration Status

4. Practice and enforce secure procedures during urine collection.

5. Urine specific gravity is then measured by reagent strips or a refractometer. (follow manufacturer's guidelines)

6. Upon successful completion of the hydration test the subject should dispose of sample and then proceed to the body weight and body composition assessment stations.
Step 2

Assessment of Height

Necessary when using Tanita B.I.A. to measure body fat
Step 3

Assessment of Body Composition

Skin calipers, bio-impedance, hydrostatic weighing, and BodPod are all currently approved by the NFHS medical advisory committee. The NCAA approves all measures except bio-impedance. Each state association has the autonomy to make the final decision.
Step 3
Assessment of Body Composition

Ideally, this measurement should be taken prior to the first practice, but must be performed prior to the first competition.
Step 3
Assessment of Body Composition

- Two methods commonly used to assess body fat with the critical masses are: 1) skin fold analysis and 2) bioelectrical impedance analysis (BIA).

- All personnel conducting the body composition assessment should have advanced training and education in whichever method is being employed.

- The average cost of skin fold calipers is around $200.00-$250.00.
Lange Skin Fold Calipers
As shown below, the goal is to measure a double fold of skin and subcutaneous tissue (with sides of skin fold approximately parallel). The thicker the fat layer, the wider the fold.
Basic Rules for Taking Skin Folds

- Take skin fold measurements on the right side of the body (most skin fold equations were developed from measurements on the right side).

- Do not take measurements when the subject's skin is moist (ensure that the skin is dry, and has no lotion). Also do not take measurements immediately after exercise.

- To reduce error during the learning phase, skin fold sites should be precisely determined, marked, and verified by a trained instructor. The largest source of error in skin fold testing is inaccurate site selection.
- Firmly grasp the skin fold with the thumb and index finger of the left hand, and pull away.

- Hold the caliper in the right hand, perpendicular to the skin fold and with the skin fold dial facing up and easily readable. Place the caliper heads ¼-½ inch away from the fingers holding the skin fold. Try to visualize where a true double-fold of skin thickness is, and place the caliper heads there.
Skin Fold Rules (continued)

- Read the caliper dial to the nearest 1 millimeter within 4 seconds. During the measurement, ensure that the left thumb and forefinger maintains the shape of the skin fold.

- Take a minimum of 3 measurements at each site (at least 15 seconds apart).
Triceps Skin Fold

Vertical fold on posterior aspect of arm, midway between lateral projection of acromion process and inferior margin of olecranon process. Flex the elbow to 90 degrees to identify the landmarks.
Abdomen Skin Fold Site

Vertical fold, one inch to the right side of and ½ inch below the navel.

The Jackson-Pollock procedure uses a vertical fold 2 cm to the right of the umbilicus.
Subscapular Skin Fold

Diagonal fold just below the inferior angle of scapula.
Assessment of Body Composition
Bioelectrical Impedance Analysis (BIA)

- A safe electrical signal is generated and passed through the wrestler being measured.

- BIA measures the impedance or resistance to the electrical signal as it travels throughout the body. Resistance to the electrical signal is greater in fat mass than muscle mass, simply because fat mass is not a good conductor of electricity due to its relatively low water content.

- The average cost of a BIA machine is around $1,700.
BIA
(InBody or Tanita Corporation)
Assessment of Body Composition

Bioelectrical Impedance Analysis (BIA)

- BIA does not require a high degree of technician skill and therefore is easy to use, and provides simultaneous measurements of body weight and body composition in a short time period.

- Wrestler simply stands on the scale after entering a few pieces of information (age, gender, height) and results are generated in less than 1 minute.

- Body fat results are then entered into the Initial Assessment page for calculation of minimal wrestling weight.
Step 4

Recording Weight
Step 5

Entering the Data
It has been highly recommended that assessment data not be entered by the wrestling coach.
Step 5
Entering the Data

- Results of the hydration, height (if using BIA) and body weight assessment will be entered into the NWCA Optimal Performance Calculator powered by Trackwrestling on the Initial Assessment page (located at www.trackwrestling.com)
Logging In

Assessor Login ID
Assessor Password
Login Page
Enter Login ID and Password
Login Page
Enter Login ID and Password
Assessor Dashboard

List of schools that you are able to assess will appear

<table>
<thead>
<tr>
<th>Season Team</th>
<th>Global Team</th>
<th>Abbr</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agua Fria, AZ</td>
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<td>AGFR</td>
</tr>
<tr>
<td>Alchesay, AZ</td>
<td>Alchesay, AZ</td>
<td>ALCH</td>
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<tr>
<td>Alhambra, AZ</td>
<td>Alhambra, AZ</td>
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<tr>
<td>Amphitheater, AZ</td>
<td>Amphitheater, AZ</td>
<td>AMPH</td>
</tr>
<tr>
<td>Antelope Union, AZ</td>
<td>Antelope Union, AZ</td>
<td>ANUN</td>
</tr>
<tr>
<td>Apache Junction, AZ</td>
<td>Apache Junction, AZ</td>
<td>APJU</td>
</tr>
<tr>
<td>Apollo, AZ</td>
<td>Apollo, AZ</td>
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<td>Arizona College Prep, AZ</td>
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<tr>
<td>Arizona Lutheran HS, AZ</td>
<td>Arizona Lutheran HS, AZ</td>
<td>ALH</td>
</tr>
<tr>
<td>AZ NWCA Test Team, AZ</td>
<td>AZ NWCA Test Team, AZ</td>
<td>AZN</td>
</tr>
</tbody>
</table>
Select / Search School
Select and Click on School

<table>
<thead>
<tr>
<th>Teams</th>
<th>Transactions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Team</td>
<td>Global Team</td>
</tr>
<tr>
<td>AZ NWCA Test Team, AZ</td>
<td>AZ NWCA Test Team, AZ</td>
</tr>
</tbody>
</table>
Entering the Data

- Name, Grade, Height
- Date of Assessment
- Urine specific gravity
- Alpha body weight
- Skinfold measurements
- Percent Body Fat (BIA)
Female Wrestlers

- Click on the Add female wrestler link of the initial assessment Step 1.

- Only the triceps and subscapular skinfolds will be entered.

- Minimal wrestling weight will be calculated at 12%.
Video Instruction

http://www.youtube.com/watch?v=7OaGLHPfful&list=UUAHHEP7u6dnKp65rPKw3nJg
# Entering Assessments

Click on Add Transaction

## AZ NWCA Test Team Transactions

<table>
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<tr>
<th>Transaction</th>
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<th>Created By</th>
<th>Assessor</th>
<th>Committed</th>
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<td>09/19/2014 @ 02:03 p.m.</td>
<td>Moyer, Mike</td>
<td>Moyer, Mike</td>
<td>09/19/2014 @ 01:06 p.m.</td>
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<tr>
<td>91860009</td>
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</tr>
<tr>
<td>260076</td>
<td>09/19/2014 @ 01:45 p.m.</td>
<td>Moyer, Mike</td>
<td>Moyer, Mike</td>
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</table>
Entering Assessments
Confirm if Practice or Live Transaction
Assessment Form – Step 1

Click on Add Assessment

<table>
<thead>
<tr>
<th>Status</th>
<th>Wrestler</th>
<th>Weight</th>
<th>Height</th>
<th>% Body Fat</th>
<th>MWW</th>
<th>M</th>
</tr>
</thead>
</table>

There are no wrestlers added to this transaction
Assessment Form – Step 2

Select Wrestler from the drop down menu
Assessment Form – Step 2
Add new wrestler if not in the drop down menu / assessor and coach can import roster from previous year. Refer to video.
Assessment Form – Step 3

Enter assessment date and if passed hydration test

Weight Certification

<table>
<thead>
<tr>
<th>Wrestler</th>
<th>Seven, Test</th>
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<tbody>
<tr>
<td>Assessment Date</td>
<td>11 / 20 / 2014</td>
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<tr>
<td>Passed Hydration</td>
<td>Yes</td>
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There are no wrestlers added to this transaction.

You cannot proceed with this assessment if the wrestler does not pass hydration.

Previous  Cancel
Assessment Form – Step 4

Enter body fat measurements if using skin folds

<table>
<thead>
<tr>
<th>Test One - Male</th>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Assessment Weight</td>
<td>135</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tricep</td>
<td>14</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Subscapula</td>
<td>16</td>
<td>16</td>
<td>18</td>
</tr>
<tr>
<td>Abdominal</td>
<td>19</td>
<td>22</td>
<td>17</td>
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</tbody>
</table>
Assessment Form – Step 4
Enter body fat measurements if using BIA, BodPod, Hydrostatic or DEXA

Test Seven - Male

Assessment Weight: 109
Height: 5 2
% Body Fat: 10
Comments: 

Previous  Next
Assessment Form – Step 5

**Calculations:** Final Calculations – Click next wrestler or finish

![Weight Certification Form]

- **Name:** Test One
- **Gender:** Male
- **Assessment Weight:** 135 lbs
- **% Body Fat:** 18.08%
- **7% MWW:** 118.92 lbs
- **Official MWW:** 118.92 lbs
- **Days to MWC:** 52

[Previous] [Next Wrestler] [Finish]
Assessment Form – Step 6A

Click on Finish when completing all assessments – Suggested to hit close to review assessments before committing.

By committing this transaction, you are verifying that all of the information provided is correct on each assessment. Once a transaction has been committed, you will no longer be able to add or make changes. If you are ready to commit this transaction, please click 'Commit', otherwise close this dialog, review the information entered, and then use the commit button to commit this transaction.
Assessment Form – Step 6B

Review assessments and then click on confirm – Red clock means pending – If there is an error, click on the wrestler’s name to edit the assessment prior to confirming.
Assessment Form – Error

Edit the assessment form – Click save and recalculate

<table>
<thead>
<tr>
<th>Wrestler</th>
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<td>Active</td>
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<td></td>
<td>15.00</td>
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<tr>
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<td></td>
<td>18.00</td>
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<tr>
<td>Abdominal</td>
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<tr>
<td></td>
<td>22.00</td>
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<tr>
<td></td>
<td>17.00</td>
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</tbody>
</table>
Assessment Form – Step 6C

Confirm ‘commit’ transaction

You are about to commit this transaction. Type 'commit' to continue.
## Assessment Form – Step 6D

Assessments are confirmed

---

This transaction was committed by Patrick Tocci

<table>
<thead>
<tr>
<th>Status</th>
<th>Wrestler</th>
<th>WLP</th>
<th>Weight</th>
<th>Tri</th>
<th>Sub</th>
<th>Abd</th>
<th>% Body Fat</th>
<th>MWW</th>
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<tbody>
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<td>135.00</td>
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<td>18.08%</td>
<td>118.92</td>
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<td>14.00</td>
<td>12.00</td>
<td>14.00</td>
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</table>
Icons

Click on the ? for the Icon Legend

<table>
<thead>
<tr>
<th>Status Icons</th>
<th>Description</th>
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<tbody>
<tr>
<td>🔄 Pending</td>
<td>Assessment has not been reviewed.</td>
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<tr>
<td>✅ Approved</td>
<td>Assessment has been approved.</td>
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<tr>
<td>🚫 Denied</td>
<td>Assessment has been denied.</td>
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<tr>
<td>⚠️ Error Reported</td>
<td>An error was reported. Approval still pending.</td>
</tr>
<tr>
<td>🚨 Expired</td>
<td>Assessment has expired.</td>
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<tr>
<td>❌ Failed</td>
<td>Assessment has failed and cannot be used.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Icons &amp; Abbreviations</th>
<th>Description</th>
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<tbody>
<tr>
<td>*</td>
<td>Indicates weight with consent.</td>
</tr>
<tr>
<td>MWW</td>
<td>Minimum Wrestling Weight</td>
</tr>
<tr>
<td>MWC</td>
<td>Minimum Weight Class</td>
</tr>
<tr>
<td>🤣</td>
<td>Wrestler weight loss plan.</td>
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</tbody>
</table>
Individual Weight Loss Plan

Access from roster or alpha master report – Click on Scale Icon

AZ NWCA Test Team Roster

<table>
<thead>
<tr>
<th>Order</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>▲ 1 ▼</td>
<td>Test Seven</td>
</tr>
<tr>
<td>▲ 2 ▼</td>
<td>Test Eight</td>
</tr>
<tr>
<td>▲ 3 ▼</td>
<td>Test Nine</td>
</tr>
<tr>
<td>▲ 4 ▼</td>
<td>Test Ten</td>
</tr>
</tbody>
</table>
## Individual Weight Loss Plan

**Weight Loss Plan**
NWCA Wrestling Weight Certification

- Initial weight: **123 lbs**
- Weight loss per week: **1.84 lbs**
- Final date: **02/14/2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Actual Eligible Weight</th>
<th>Eligible Weight Class</th>
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<tbody>
<tr>
<td>11/20/2014</td>
<td>Initial Assessment</td>
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<tr>
<td>11/21/2014</td>
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<td>Day 2</td>
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<td>Day 3</td>
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# Alpha Master Report

## Assessments

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<th>Weight</th>
<th>Height</th>
<th>% Body Fat</th>
<th>Status</th>
<th>MWW</th>
<th>MWC</th>
<th>Eligible Date</th>
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<td>Eight, Test Male</td>
<td>🚧</td>
<td>115.00</td>
<td>5' 3&quot;</td>
<td>11.20%</td>
<td>✔</td>
<td>109.81</td>
<td>113</td>
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<tr>
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<td>190.00</td>
<td>5' 11&quot;</td>
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<td>182</td>
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<tr>
<td>moyer, evan</td>
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Nutrition Education Program
Nutrition Program

The NWCA is proud to announce it has partnered with a company called My Sport Dietician to provide a nutrition program for each team. Coaches have the ability to sign-up for this service on the Track Wrestling website and begin using the nutrition program.
Healthy Training

- Emphasis should be placed on training-not weight loss.
- Emphasis on lifelong healthy living.
- Consequences of dehydration.
Training the Coach

- NWCA Basic Concepts of Weight Management and Nutritional Guidelines.

- Seminar to educate the coaches on healthy eating habits, safe weight loss techniques and dangers of improper weight loss.
Educating the Athlete and Parent

- Video
- Individual program presentations.
- NWCA Web based Nutrition/Weight Management program
Quiz

Please complete the assessor training quiz.

http://www.fhsaa.org/webform/florida-assessor-certification-survey
Thank You!

National Wrestling Coaches Association

717-653-8009 (office)