



2015-2016

**WRESTLING
WEIGHT MANAGEMENT
PROGRAM**

COACH HANDBOOK

Georgia High School Association
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GEORGIA WRESTLING WEIGHT MANAGEMENT PROGRAM

This booklet contains the protocols to be used to assess all wrestlers in your program. Participation in the weight management program is mandatory and results are binding. All wrestling coaches, athletic administrators and/or principals should take time to review the adopted regulations and supporting forms. Failure of schools to comply with the guidelines of this program may result in sanctions and/or fines.

Note: The Georgia High School Association does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the lowest weight at which the athlete will be allowed to compete.

Georgia wrestlers will follow a weight control program which is based on the National Federation of State High School Associations (NFHS) Rule 1-5. This program includes:

- a) Establishment of a minimum weight class through hydration testing & body fat assessment
- b) a monitored weekly weight loss plan

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NEW/POINTS OF EMPHASIS

1. Prior to each weigh-in, coaches must present a properly dated weigh-in roster (created no more than 3 days prior to the event) to the head official. The head official will verify that the system-generated weigh in date matches the date of the competition. If the weigh in date does not match the date of the competition, the coach must go to www.trackwrestling.com and generate the correct form prior to athlete's weighing in. After the officials conduct skin checks, they must sign the weigh in form. A copy of the signed form shall be provided to the head official.
2. Schools must have all scales used for weigh-ins certified annually by the GA Dept. of Agriculture; Fuels & Measures; 404.656.3605.
3. Schools must enter weigh-in results in the OPC within 48 hours of each weigh-in or before the next scheduled contest (whichever comes first). The system will not allow the next weigh-in form to be printed (or an athlete to be listed on the weigh-in form) until all previous weigh-ins are entered into the system & committed.
4. Once a weigh-in is committed, it is locked and no further editing by the coach can be done.
5. Trackwrestling now allows coaches to view the weigh-ins of athletes from other schools. See **FAQ # 15** or the instructions at the end of this booklet for details on how to access.
6. The system will automatically adjust for the weight allowance given for a consecutive day of competition situation (the original weight descent plan may/may not change).
7. Schools which compete on the day prior to a post-season tournament do not receive a consecutive day weight allowance at the tournament.
8. Schools have until December 31, 2015 to enter their competition schedule; no entries can be made after this date without the written approval of the GHSA.
9. Use Form 4 when getting a simple "Medical Clearance" for wrestlers at or below 7% or 12% body fat. Form 4 does not need to be notarized and may be emailed/faxed to the GHSA.
10. Use Form 5 for a weight class Appeal for any wrestler. This form must be notarized and must be mailed, with payment, to the GHSA.
11. There have been changes made to forms; please **use current year forms only**.
12. Weight descent plan ending date: 1/30/16.
13. Initial Assessment period: October 17 through December 19.
14. Weight Management Online Seminar: October 5 through October 26.

GENERAL GUIDELINES

1. The GHSA has entered into a partnership with the National Wrestling Coaches Association (NWCA) and Trackwrestling and will utilize the Optimal Performance Calculator (OPC) as the mechanism for establishing the lowest allowable weight for each wrestler and as the data reporting and retrieval site for all member schools fielding wrestling teams. Schools will be assigned access codes by the NWCA/Trackwrestling in order to complete the reports and to view all athlete & school information.
2. All GHSA schools with wrestling programs MUST join the NWCA (see Form 6A & 6B or the memo on the wrestling page of the GHSA website).
3. Instructions for proper use of the NWCA/Trackwrestling OPC are available on the GHSA wrestling home page or at the back of this booklet (Attachment 2).
4. Each school accepts the responsibility of using the OPC correctly and must have at least one coach successfully complete the online Weight Management Training seminar. The school is subject to penalties and/or fines if the school does not follow the established guidelines.
5. All GHSA wrestlers who will wrestle varsity or junior varsity will be subject to a hydration test and a body fat analysis prior to the beginning of each competitive season. NO WRESTLER MAY COMPETE until they have successfully participated in an initial assessment and their name and data are included in the OPC. All wrestlers, including those coming out late, must have their minimum weight established prior to actual competition.

6. Schools will be assigned to “Regional Assessment Sites” where the evaluations will be conducted. Schools will not be allowed to switch sites or to use a site other than the facility designated by the GHSA office. Violation of this or any other component of the Weight Management Program may result in penalties and/or fines.
7. **Schools must schedule their assessment date(s) and time(s) through the assessment coordinator. Schedules are determined and controlled by the assessment site and unscheduled appearances by individuals or teams will result in the person(s) being denied assessment at that time.** The GHSA office will be notified of any variance from this procedure.
8. Fees for testing must be paid to the assessment site at the time of testing.
9. Initial assessment data will be entered by assessment site personnel. Schools will receive a calculation of the predicted 7% / 12% body fat based upon the measurements submitted. Additionally, the program will calculate a 1.5% weekly weight loss figure which will enable the coach and the wrestler to use a progressive weight loss plan for each athlete. The establishment of a lowest allowable wrestling weight based on 7% for males and 12% for females is REQUIRED for all high school wrestlers.
10. GHSA online seminars: Weight Management AND Rules Clinic: October 5 through October 26, 2015.

TESTING PROCEDURES

1. Prior to arrival at the testing site, complete (please print clearly) the top section of the Individual Profile Form (Form 1).
2. Athletes must be dressed in shorts and a t-shirt to participate in the assessment.
 - No sweat clothes or school clothes will be allowed.
 - It is improper for athletes to disrobe further than t-shirts and shorts.

STEP 1: HYDRATION

- It is essential that the importance of proper hydration be stressed to the wrestlers prior to your assessment date (see Attachment 1 for hydration tips).
- A urine specific gravity test will be conducted using a digital fiber optic refractometer. This is a pass/fail assessment and the sample must register a reading of less than or equal to 1.025 g/ml.
- If the athlete presents the assessor with a sample that is cool to the touch, the temperature will be measured. Urine samples must be between 91-99 degrees Fahrenheit to be considered valid. (Most pre-employment tests require the urine to be 96-99 degrees).
- Those athletes failing the hydration test will not be allowed further evaluations that day and must wait at least 48 hours before they can be re-tested. If an athlete fails the hydration test, the \$10 fee is owed and an additional \$10 will be charged for each and every re-test.
- NO DATA WILL BE ENTERED INTO THE WEIGHT MANAGEMENT DATABASE UNTIL THE ATHLETE PASSES ALL PORTIONS OF THE TEST.

STEP 2: MEASUREMENT OF HEIGHT

- Done in bare feet and rounded down to the nearest ½ inch.

STEP 3: BODY COMPOSITION

This assessment must be conducted by the test site. The GHSA will not accept any body fat evaluation presented by other personnel. Body fat percentage assessments will be conducted using bioelectric impedance (BIA) measurements using the “STANDARD” mode on the Tanita TBF-300WA body composition analyzer & scale. The Tanita TBF-300WA is the only approved instrumentation for the GHSA Weight Management Program.

In an attempt to insure reliability of the bio-electric impedance assessment:

- It is recommended that athletes follow the guidelines in Attachment 1.
- Females should not be tested during their menstrual cycle. Testing should be delayed for a period of 3-7 days afterward.

Notes:

1. If the Tanita scale gives an “Error” message on three (3) consecutive readings, skin fold measurements will be used to determine body fat percentage.
 - a. Only Lange calipers shall be used to measure skin fold thickness (Lohman sites: abdominal, triceps and subscapular)
 - b. Form 2 will be completed by the assessor and data will be sent to the GHSA for entry into the OPC.
2. Upon successful completion of all tests, the assessor will enter results into the NWCA/Trackwrestling OPC. The internet calculator will determine the wrestler’s minimum allowable weight and establish a daily weight descent plan including the allowed weight class for competitions. Per NFHS rule 1-5-2, wrestlers may lose a maximum of 1.5% of body weight per week.
3. After the initial entry of wrestlers, the coach may generate an “Alpha Master Roster” and the “Weight Loss Plan” for each wrestler on the team. These items will be used throughout the season for verification of compliance with Weight Management Program guidelines.

ASSESSMENT EXPECTATIONS / NOTES

1. ***It is the school’s responsibility to contact the assessment site and arrange for testing. Schools must cooperate with the test site and schedule assessments according to the sites’ work schedule.***
2. ***Any athlete appearing for assessment without a coach/school representative or without being properly scheduled will be turned away.***
3. A minimum of two (2) adults /coaches are to accompany the team. These persons are present to supervise the athletes and to assist the assessment site personnel with management tasks, if requested to do so.
4. School personnel shall not be involved in actual testing activities.
5. As stated earlier, athletes will be assessed wearing no more/no less than athletic shorts & t-shirts. It is improper for athletes to disrobe further than the shorts & t-shirt dress requirement. It is strongly recommended that athletes wear shower shoes or other footwear between testing stations.
6. Height and BIA measurements will be taken in bare feet.
7. Proper conduct and deportment of athletes is expected at all times. Assessors have been given authority by the GHSA to decline testing an individual or a school group if appropriate behavior is not adhered to throughout the testing process.
8. Athletes attempting to violate or circumvent the assessment process (in any manner) will be denied testing that day. All data collected on this particular athlete will be voided. The athlete may be rescheduled at the convenience of the assessment site. The school will be responsible for all re-testing fees.
9. Testing sites will be instructed to notify the GHSA office of problems in the assessment process. Total cooperation is expected from schools and school staff. Violations could result in penalties and/or fines.

INITIAL TEST PERIOD

1. **Assessments may begin on Saturday, October 17, 2015.** All sites will/may use the dates of October 17, 24 and 31; November 7, 14, 21 & 28 and/or December 5, 12 & 19. Sites using Saturday assessments only should offer at least four (4) of the ten (10) dates listed for team evaluations. Assessment sites may offer additional dates, if they are willing and able. Be sure you check with your assigned site for their schedule.
2. **The initial assessment period will end on Saturday, December 19, 2015.** After the start of the second semester, sites may “re-open” for a short period of time--January 4 to January 16, 2016. Saturday, January 16, 2016 is the deadline to establish a certified minimum wrestling weight. **No assessments will be conducted after Saturday, January 16, 2016.**

3. All wrestlers, including those coming out late, must have their minimum wrestling weight established before being allowed to compete.
4. Coaches may have ineligible athletes assessed but these athletes are not allowed to practice. By completing early assessment, even if ineligible at that time, coaches can have students ready to compete when they are eligible to return to the team.
5. GHSA schools may begin wrestling practice on Monday, October 26, 2015. The earliest competition date is Friday, November 13, 2015. Coaches must make every effort to get the bulk of team assessments completed by the first day of competition.
6. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school "Alpha Master Roster" generated by the OPC.

LATE TESTING

1. Assessment sites electing to allow schools to test during the late period (January 4-16, 2016), may do so at their facility or may choose to go to the school. This is at the discretion of the assessment site, not the school.
2. Some sites close after the initial testing period. If this happens, schools must arrange for their assessor to travel to the school or contact the GHSA for assignment to a different testing site. All assessments administered in the late period are subject to the following changes:
 - A flat fee of \$20 per athlete will be assessed.
 - If the assessor travels to the school, round trip mileage will be paid at a rate of \$0.50 per mile (arrangements for the payment of the travel fee must be agreed upon in advance).

COSTS

1. ALL schools MUST join the National Wrestling Coaches Association; annual dues are \$30.00 (Form 6A & 6B).
2. Charges for the initial assessment may not exceed \$10.00 per athlete. Students who fail the hydration test and who have to be re-scheduled must pay additional fees (\$10.00 each test) until the entire assessment process is complete.
3. All costs incurred for the initial assessment and/or re-testing are the responsibility of the school or parent.
4. There is an increased cost for having athletes tested during the late period. See details above.
5. Weight Appeal fees are sent to the GHSA (See Weight Appeal Process below).

MEDICAL CLEARANCE

1. All athletes assessed at or below 7% (male) or 12% (female) must obtain medical clearance before they can compete.
2. The physician clearance (from an MD or DO) is only valid for one season; it expires on March 1st of each year and allows the athlete to compete at a weight no lower than the weight class determined at the time of the assessment.
3. There is no GHSA fee for medical clearance.
4. Form 4 must be signed by the physician and a parent; Form 4 does not have to be notarized.
5. Completed forms may be sent to the GHSA via email, fax or standard mail.

WEIGHT APPEAL PROCESS (Any athlete)

1. The school may appeal the assessment of any athlete if approved by a licensed physician (MD or DO).
2. The maximum appeal is for one (1) weight class lower than determined by the initial assessment.
3. The Physician Appeal (Form 5) must be signed by a physician and at least one parent. The signature of the parent must be notarized.
4. The original Form 5 (no copies accepted) and a \$50.00 appeal fee must be mailed to the GHSA. The appeal fee must be paid with a money order, school check or booster club check (no personal checks accepted) made payable to the Georgia High School Association.

5. If a wrestler competes before an appeal is made or during the time an appeal is pending, the appeal is voided and the athlete must accept the results of the initial assessment.
6. Only one appeal per wrestler per season is allowed.

WEIGHT LOSS PER WEEK

1. Starting on the date of the initial assessment, a season-long weight loss plan with a maximum 1.5% loss per week will be established.
2. This weight loss plan will determine the weight class a wrestler is eligible for on a given day.
3. If a wrestler weighs in below his projected weight, the weight loss plan will not re-calculate and will not allow the wrestler to descend to his minimum weight class any sooner than pre-determined by the initial assessment. Losing weight faster than projected is not an advantage.
4. **Wrestlers' weight descent plans will end on Saturday January 30, 2016.**

Note: A wrestler who participates/competes at a weight class below the eligible weight class(es) defined by the weight loss plan or before the proper amount of time has passed to achieve the weight class will be disqualified and all bouts will be forfeited. The school is also subject to fines and/or penalties.

WEIGHT RECALCULATION

If a wrestler weighs in above their Projected Weight for a competition, the OPC will use that actual weight and **RECALCULATE** the individual Weight Loss plan.

Example: Wrestler A has an established minimum weight class of 113 pounds according to his assessment and he is descending down toward this weight. Wrestler A's projected weight for November 3rd is 118.0 but he weighs in at 119.0 and wrestles in the 120 pound class that day. The coach will record his actual weigh-in weight for November 3rd as 119.0 on the Weigh-in form. This is above the Projected Weight on the Individual Weight Loss Plan so wrestler A's Individual Weight Loss Plan will recalculate on November 3rd starting from 119.0 (his actual weigh-in weight) to allow him more time to descend to his Minimum Weight Class within the 1.5% guideline.

CONSECUTIVE DAYS OF COMPETITION

The OPC will adjust so that the consecutive day allowance is taken off the wrestlers' actual weight at weigh-in. The system will not change the original descent plan unless the wrestler weighs in greater than the weight allowance given.

Examples: Wrestler A has a weight loss plan for December 1 which reads 157.5 (eligible for 160) and he is given a one pound consecutive day allowance.

1. Wrestler A weighs in at 158.5; the system will start his descent plan from 157.5 the following day
2. Wrestler A weighs in at 159.2; the system will re-calculate from 158.2 the following day
3. Wrestler A weighs in at 158.0; the system will only take off 0.5 lb. and he will start at 157.5 the following day (you cannot speed up the original weight descent plan)

GROWTH ALLOWANCE

1. The growth allowance may not be used to achieve a lower certified minimum wrestling weight for an athlete.
2. The Georgia High School Association Weight Management Program grants a two (2) pound growth allowance on **December 25, 2015.**
3. An additional one (1) pound growth allowance will be added on **January 29, 2016.**
4. All other weight management/certification policies remain in effect and are detailed in the "GHSAA Constitution and By-Laws" at www.ghsa.net

COACHES' REQUIREMENTS

Posting Information on the OPC

1. Instructions for using the Optimal Performance Calculator (OPC) may be found by clicking on the “?” in the blue toolbar of the Trackwrestling website. If you cannot find the topic you are searching for under “FAQ’s”, submit a ticket under the “Contact Us” tab or call Trackwrestling at the number listed. Refer to Attachment 2 at the end of this booklet for other user directions.
2. School and wrestler information required to be posted on Trackwrestling:
 - a. Team roster: coaches may add or delete wrestlers as needed.
 - b. Team competition schedule: Each weigh-in form is tied to an event on the team schedule.
 - i. Any additions/changes to the schedule after 12/31/15 must be approved, in writing, by the GHSA.
 - c. All weigh-ins (if a wrestler steps on the scale, the actual weight must be recorded on the form by the official and entered into the OPC by the coach).

Note: The “Alpha Master Report” provides specific information for each wrestler: the alpha date weight, % body fat, minimum wrestling weight, minimum weight class and the first date each wrestler will be allowed to wrestle at the minimum weight class. The “Weigh-In Report” provides information day by day for the minimum weight and the weight class(es) allowed.

Pre-Match Weigh-In Protocol

1. Once the team schedule has been completed, a “Weigh-In Report” form (Attachment 3) may be created by following the instructions in the appendix or under the FAQ section on Trackwrestling.
2. The “Weigh-in Report” cannot be printed more than 3 days prior to the event. This report shows the eligible weight classes of each wrestler (if they are on target for that date) and it also contains an area where the wrestlers’ actual weight is to be written.
3. The OPC will not allow an individual’s name to be added to a Weigh-In Form, nor can you print the form until all previous weigh-ins are entered and committed.

Match Protocol

1. Coaches are required to provide copies of the “Weigh-In Report” (Form 3) to the head official or the authorized person responsible for conducting weigh-ins. This form shall list all wrestlers who are scheduled to compete. After weigh-ins and skin checks are completed, the host coach will make copies of the signed Weigh-in Report and provide one to each head coach in attendance. The head official will keep the originals.
2. If an athlete steps on the scale, his/her actual weight must be posted on the Trackwrestling site.
3. Only the initial weigh-in for multi-day events has to be entered into the database.
4. Weigh-in forms are to be entered in consecutive date order and must be posted within 48 hours of an event or before the next scheduled competition (whichever comes first).
5. Schools will be locked out and may not be able to place athletes on future rosters until previous weigh-ins are entered and committed.

Example:

A school has competitions scheduled for December 3rd and December 5th. The “Pre-Match Weigh-in” form must be created, printed and taken to the competition on December 3rd. Post-match, the wrestler’s actual weigh-in weights from December 3rd must be entered and committed before the weigh-in form for the December 5th match can be created.

6. Once weights are entered and committed, only the GHSA can authorize/make changes.
7. For tournaments, the documents must be submitted to the tournament director prior to the start of competition.
8. Schools violating “Match Protocols” are to be reported to the GHSA (706-647-7473 x 34). Penalties and/or fines may be assessed for these violations.

GEORGIA HIGH SCHOOL ASSOCIATION
151 South Bethel Street
Thomaston, GA 30286
706 647-7473

WRESTLING WEIGHT MANAGEMENT PROGRAM
INDIVIDUAL PROFILE FORM

Complete top section prior to arrival at assessment site ----- PLEASE PRINT

Wrestler's Name	_____	Grade	8	9	10	11	12
	First MI Last						
Gender	_____ Male _____ Female	Date of Birth	_____	Age	_____		
School	_____						
Assessment Site	_____	Assessment Date	_____				

STEP 1 Assessment of Hydration

(specific gravity: less than or equal to 1.025)

_____ Pass

_____ Fail

Assessor Initials _____

STEP 2 Assessment of Height (round down to the nearest 1/2")

_____ ft

_____ in

Assessor Initials _____

STEP 3 Body Fat (BIA) Assessment (Standard mode)

Record scratch weight to nearest 1/10 of a pound

_____ lbs

Calculated % Body Fat (from Tanita print out)

_____ %

Assessor Initials _____

STAPLE ASSESSMENT PRINT OUT TO BACK OF FORM

GHSA Assessor Signature _____

Date _____

**GEORGIA HIGH SCHOOL ASSOCIATION
151 South Bethel Street
Thomaston, GA 30286
706-647-7473**

**WRESTLING WEIGHT MANAGEMENT PROGRAM
SKIN FOLD ASSESSMENT DATA**

This form is to be used only if the BIA assessment on the Tanita scale is unsuccessful.

Wrestler Name _____	Grade	8	9	10	11	12
First MI Last						
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	Date of Birth	_____	Age	_____
School	_____					
Assessment Site	_____					
Assessment Date	_____					

Assessor
Initials

Step 1 – Assess hydration level of athlete

(Note: Specific gravity: less than or equal to 1.025)

_____ **PASS**

_____ **FAIL**

Step 2 – Assess height (in feet and inches) of athlete

(Note: round down to nearest 1/2")

Step 3 – Alpha Body Weight (to nearest 1/10 pound)

Step 4 – Skin Fold Assessment

(Note: Measurement to the nearest half millimeter)

	Test 1	Test 2	Test 3	Average	Assessor Initials
Triceps (T)	_____	_____	_____	_____	_____
Subscapular (S)	_____	_____	_____	_____	_____
Abdominal (A)	_____	_____	_____	_____	_____

GHSA Assessor Signature: _____ **Date** ____/____/____

****NWCA staff will enter this data into the OPC for determination of minimum Wrestling Weight and minimum weight class allowed****

Email or Fax this form to: Denis Tallini, dtallini@ghsa.net/706-647-2638

**Georgia High School Association
Weigh-In Report**

Date xx/xx/xxxx

School Name		Opponent:		Weigh In Date:		
Weight Class	Wrestler	Eligible Wt. Class	Wt. Loss Plan	Actual Weight	Last Official Weigh In	
113	AAA	113, 120	108.2	_____	01/01/xxxx	0.00
120	BBB	120, 126	118.0	_____	01/01/xxxx	0.00
126	CCC	126, 132	124.6	_____	01/01/xxxx	0.00
132	DDD	132, 138	131.0	_____	01/01/xxxx	0.00
138	EEE	138, 145	135.8	_____	01/01/xxxx	0.00
145	FFF	145, 152	143.6	_____	01/01/xxxx	0.00
152						
...						
...						
...						
...						
...						
...						
285	NNN	285	280.5	_____	01/01/xxxx	0.00

Coach Name (printed): _____

Opposing Coach or TD Name (printed): _____

Coach Signature: _____

Opposing Coach or TD Signature: _____

Head Official Name (printed): _____

Head Official Signature: _____

**This report is to be generated by each school for each wrestling competition. The head referee must verify the date of the competition and opposing coaches will exchange this report before each competition.

(Actual form must be generated from www.trackwrestling.com)



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P.O. Box 271
151 South Bethel Street
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Fax: 706-647-2638**

**WRESTLING WEIGHT MANAGEMENT PROGRAM
PHYSICIAN CLEARANCE**

WRESTLER AT/BELOW 7% or 12% BODY FAT

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analysis. The standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights. A minimum weight is then calculated at 7% body fat for males and 12% for females.

The pre-season assessment performed on your patient indicated he/she is currently at or below 7% body fat (males); 12% (females) and the athlete is requesting that he/she be allowed to wrestle. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally with a lower percentage of body fat. Because this athlete has less than the minimum body fat, GHSA guidelines require evaluation by and permission from the athlete's personal physician for this athlete to compete.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development and good health and indicate your assessment and recommendations on the next page.

Thank you,

The Georgia High School Association

****GHSA COACHES:** Both pages of this attachment are to be presented to the attending physician as a part of the clearance process.

GEORGIA HIGH SCHOOL ASSOCIATION
WRESTLING WEIGHT MANAGEMENT PROGRAM

PHYSICIAN CLEARANCE
WRESTLER AT/BELOW 7% or 12% BODY FAT

Any male wrestler whose body fat percentage at the time of their initial assessment is at or below 7% must obtain written clearance from a licensed physician (MD or DO) stating that the athlete is naturally at this low body fat level. In the case of a female wrestler, written physician clearance must be obtained for athletes who are at or below 12% body fat. This physician clearance is for one season duration and expires on March 1st of each school year.

****Coach: Complete this section prior to physician appointment****

WRESTLER NAME _____ GRADE 8 9 10 11 12

SCHOOL _____ AREA _____

INITIAL ASSESSMENT DATA (from OPC):

Date of initial assessment ____ / ____ / ____
Weight _____
% Body Fat _____
Minimum Weight Class _____

EXAMINING PHYSICIAN
Date seen in office ____ / ____ / ____ Today's Weight _____ lbs.

The wrestler named above, is at or below the minimum body fat allowed by GHSA Weight Management Program guidelines. This athlete has been granted clearance to wrestle at / above the minimum weight class determined at the initial assessment. **No weight loss.**

CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED

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

PHYSICIAN SIGNATURE _____ DATE _____

ADDRESS: _____

CITY: _____ ZIP: _____

PARENT SIGNATURE: _____ DATE: _____

NOTE: This form is the only document accepted by the GHSA for Physician Clearance.
No fees are required for this option.

Email, fax or mail this form to the GHSA: Attn. Denis Tallini, dtallini@ghsa.net; 706 647-2638 (fax) or
151 South Bethel Street, Thomaston, GA 30286



**Georgia High School Association
P.O. Box 271
151 South Bethel Street
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Telephone: 706-647-7473
Fax: 706-647-2638**

**WRESTLING WEIGHT MANAGEMENT PROGRAM
WEIGHT CLASS APPEAL**

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analysis (the standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights). A minimum weight is then calculated at 7% body fat for males and 12% for females.

Per GHSA policy, a standard correction factor of minus 2% is then deducted prior to the final calculation of the athletes' "lowest allowable weight".

Your patient is requesting that he/she be allowed to wrestle one (1) weight class lower than determined by the initial assessment. GHSA guidelines require evaluation by and permission from the athlete's personal physician for this appeal to be granted.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development and good health and indicate your assessment and recommendation on the next page.

Thank you,

The Georgia High School Association

****GHSA COACHES:** Both pages of this attachment are to be presented to the attending physician as a part of the weight class appeal.

GEORGIA HIGH SCHOOL ASSOCIATION
WRESTLING WEIGHT MANAGEMENT

WEIGHT CLASS APPEAL

Any wrestler whose body fat percentage at the time of the initial assessment is at, below or above 7% (male) or 12% (female) may certify one weight class lower than what is calculated at the initial assessment. The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it is safe for him/her to drop to a lighter weight.

This form must be completed in its entirety and the original form along with a \$50.00 appeal fee (payable by money order, school or booster club check ONLY) must be mailed to the GHSA at the address below.

****Coach: Complete this section prior to physician appointment****

WRESTLER NAME _____ GRADE 8 9 10 11 12

SCHOOL _____ AREA _____

INITIAL ASSESSMENT DATA (from OPC):

Date of initial assessment ____ / ____ / ____

Weight _____

% Body Fat _____

Minimum Weight Class _____

EXAMINING PHYSICIAN
Date seen in office ____ / ____ / ____ Today's Weight _____ lbs.

Circle A or B

- A. After an in-office evaluation, the wrestler named above has received approval to compete in a weight class that is one (1) weight class below his/her initial assessment. The athlete may engage in a weight loss plan to reach the GHSA weight class circled below. **This option requires a \$50 appeal fee.**
- B. The wrestler named above is advised to wrestle at a weight class at or above the initial assessment. The wrestler is **not approved** to participate in a weight class lower than that determined by the initial assessment. **No fee required for this option.**

***CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED ***

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

PHYSICIAN SIGNATURE _____ DATE _____

ADDRESS: _____

CITY: _____ ZIP: _____

PARENT SIGNATURE: _____ DATE: _____

NOTARY SIGNATURE & STAMP: _____ DATE: _____

Mail form and payment to the GHSA, Attn. Denis Tallini, 151 South Bethel Street, Thomaston, GA 30286

NWCA Membership Information / Notes

- Your school must join the National Wrestling Coaches Association each year. The membership application is available on Attachment 6B.
- The cost for OPC access is \$30.00 for the school year.
- Schools may also sign up for the optional statistics program for an additional fee.
- Make checks payable to the NWCA and mail (along with the form) to the address on the application.
- If paying by credit card, please use the online Scholastic Registration Link:
<https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp>
- If registering as an individual, be sure you indicate the GHSA school where you coach. Your school and /or personal membership will be credited to the school in compliance with the rules.
- If you have questions, you may call the NWCA at 717-653-8009.

Optimal Performance Calculator/Weight Management Membership Application

If you wish to receive access codes immediately, please use the following online Registration Link and use a credit card: <https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp>

If paying by check, money order or purchase order, please complete the following:

Circle one: AL FL GA NC ND NH NP (National Prep) PA SC

School Name: _____

Athletic Director Name: _____

School Address: _____

City: _____ State: _____ Zip: _____

School Phone: _____ AD Email: _____

Head Coach Name: _____

Email Address to be used to Receive OPC Access Codes _____

Please note: Access codes will not be provided to a coach over the phone.

Please circle the item(s) below that you will be purchasing

OPC Access Cost: \$30 per school includes a free NWCA Membership

Trackwrestling Statistics Program: \$50 per school (Optional)

Payment Method Check

Check # _____

Mail Checks to: NWCA, 330 Hostetter Road, PO Box 254, Manheim, PA 17545

Payment Questions Email: Amy DiCato adicato@nwca.cc

NWCA Phone Number: 717-653-8009

GEORGIA HIGH SCHOOL ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM

Hydration Tip Sheet

Athletes need to be properly hydrated in order to get the best results when they do their body composition testing. Make sure you are working with the coaches, athletes and parents to educate them about how the testing works and what the results will mean as the season gets underway. Dehydrating prior to testing will cause the athlete to fail the urine specific gravity test and will result in additional costs.

In the days Leading Up to Testing

- Continue drinking fluids at the recommended rate for sports participation
- Urine should be clear when athlete is adequately hydrated
- Limit high fat food intake
- Avoid foods high in sodium (salt)

Two days prior to test day:

- Drink plenty of fluids throughout the day (water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day.
- Increase intake of foods high in fiber – this will help with removal of excess waste from the body (salad, cereal with skim milk, vegetables, fruits, etc. are examples of foods high in fiber).
- Eat smaller, more frequent meals.
- AVOID foods high in fat (fried foods, meat, French fries, pizza, nuts, salad dressings, etc.).
- AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks and sports drinks).
- Be sure that you eat and drink, do not dehydrate!

One day before test:

- Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated. Drink 12 to 20 ounces of a sport drink along with water.
- Eat smaller, but more frequent meals. Continue eating fibrous foods to eliminate excessive waste from the body.
- Fatty foods / snacks will stay in your body – STAY AWAY!!!

The day of the assessment – for best results – the following factors should be controlled:

- No caffeine, no diuretics in past 12 hours
- No food or drink within past two hours
- No exercise within past four hours
- No alcohol within past 24 hours
- No thick heel calluses
- Eat small portions and eat a very light lunch if afternoon testing.
- Eat lighter foods such as fruit, grains, etc.
- Continue to drink water.
- DO NOT drink salty drinks such as sodas, Gatorade or PowerAde, etc...which will cause you to retain fluids.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.

- Use the bathroom (bowel movement) before the test.
- Please be ready to urinate when you arrive.

Eating immediately prior to testing can give a false result – lower than it really is because they have an increase in total body water from consuming the meal.

It is suggested that testing later in the day (late afternoon is given as the ideal time) prevents the likelihood of an athlete showing up moderately dehydrated.

Conditions that might cause skewed results or give an “ERROR” reading

- A very full bladder
- Severe calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
- Unclean footpads on the machine
- Subject wearing nylons (if it is absolutely necessary to wear nylons, add a drop of isopropyl (rubbing) alcohol to the metal plates to improve conduction.
- Pre-menstruation phase



2015-16 Optimal Performance Calculator Coach Instructions

Many of the following topics also have video instructions attached to them. Click on the “?” in the blue toolbar and then on the topic for more details.

- Season login:
 1. Go to <http://www.trackwrestling.com/seasons>
 2. Select your season and click the blue [Login] button
 3. Enter your username/password and click the > button or hit the 'Enter' key on your keyboard
 4. Update your account information if prompted Edit admin account info in a season

- Log into your account as an admin:
 1. Click on MY ACCOUNT in the blue top menu
 2. Click on EDIT ACCOUNT
 3. Update necessary information and then click the [Save] button at the bottom of the page
NOTE: Some account information is locked and can't be edited

- Add wrestlers to roster:
 - To import your roster from a previous season:
 1. Click on the 'Roster' link in the grey top menu
 2. Click on the [Import Roster] button
 3. Select the season and team you wish to import from and then click the [Next] button
 4. Place a check mark in the box next to any wrestlers you wish to import and then click the [Import] button
 5. The imported wrestlers will then appear on your roster
 6. To edit a wrestler's information you can click on the name of the wrestler
 - To add team members manually:
 1. Click on the 'Roster' link in the grey top menu
 2. Click on the [Add Wrestler] button
 3. Fill out the form with information about the wrestler you are adding
 4. Click the [Add] button
 5. The added wrestler will then appear on your roster
 6. To edit a wrestler's information you can click on the name of the wrestler

NOTE: The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

- Edit wrestlers on roster:
 1. Click the ROSTER link in the grey top menu from your team page to see your roster
 2. To edit a wrestler's information you can click on the blue name of the wrestler
 3. Make changes on the 'Edit Wrestler' page and select [Save Wrestler]
NOTE 1: Some information can't be changed because of ties to the weight management system.

NOTE 2: The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

- Add/edit user to season team:
 1. Click on USERS in the grey top menu
 2. Click ADMINS in the grey menu
 3. Click the [Add User] button
 4. Fill out the form that pops up and then click the [Add] button
 5. The admin will be added to the admin list
 6. To edit user permissions just toggle the Y or N flags in the Active, OPC or Stats columns. If you have permission to make these edits you will see them as blue links. If you do not have permission to change them they will be black and you won't be able to click them.

- Editing Team Info:
 1. Click on the EDIT TEAM link in the grey top menu
 2. Click on the fields to type changes or select from the drop-downs in areas you wish to change
 3. Click the [Save] button

NOTE: Some information can't be changed because of ties to the weight management system.

- Add media contacts for season team:
 1. Click the MEDIA link in the grey top menu

NOTE: You may need to click on MORE to find the MEDIA link depending on the device you are on

 2. Use the [Add Contact] button to add an email address of someone you would like to have your results sent to
 3. Enter the email address and click the [Add] button
 4. To edit a media contact you can click on the email address, make the change and then click [Save]
 5. To delete a media contact you can click on the red X next to the contact you wish to remove.
 6. Type 'delete' and then click the 'OK' button.

- View weight loss plan:
 1. Click on 'Roster' or 'Alpha Master' in the grey top menu
 2. Click on the scale icon next to the wrestler's name
 3. The weight loss plan will open in a new window

- View Alpha Master:
 1. Click on 'Weight Management' in the grey top menu
 2. Click 'Alpha Master' from the grey top menu
 3. Use the [Search] button to search the Alpha Master list
 4. Use the print icon in the grey bar to preview and print the Alpha Master

- Print roster documents:
 1. Log in with your username and password
 2. Find and click on the team you would like to print the document for.
 3. Click on the 'Roster' link in the grey menu
 4. Click the [Print Document] button
 5. Select the document you wish to print and then click [Preview]
 6. Select the wrestlers you wish to print this document for and then click [Preview]
 7. Click the print icon to print your documents

- Add event to season team schedule:

To add a dual meet:

 1. Click the 'Schedule' link in the grey top menu
 2. Click the [Add Event] button

3. Select 'Single Dual Meet' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the opponent from the list or use the 'New Team' to add a new team if it is not already listed and then click [Next]
6. Click on the blue link for a dual and then click 'Edit Dual' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch

NOTE 1: If the dual is a typical varsity-type event with one bout per weight class you should select 'Create one match per weight' for 'Match Creation'.

NOTE 2: If the event is a JV or exhibition dual and you are adding matches by pairing wrestlers up you should select 'Create matches as needed' for 'Match Creation'. This will allow you to skip weight classes, have multiple bouts per weight class and will not require you to have exactly one bout per weight class.

To add an individual tournament or individual matches:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Individual Tournament / Ind. Matches' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for an event and then click 'Edit Event' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the matches live and would like the dashboard available for viewers to watch. This is not necessary if the event is running on Trackwrestling and the host is using electronic bouts.

To add a multi-dual or dual tournament:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Dual Tournament / Multi Dual' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for this event and then click 'Edit Event' if changes are necessary.
7. To add participating teams just click on the blue link for this event and then click 'Teams'. Use the [Add Team] button, enter the team name, select the state and click [Next]. Select the correct team from the list or add a new team and then click [Next]
8. To add each of the duals to the event just click on the blue link for this event and then click 'Duals'. Click the [Add Dual] button, fill out the form and then click [Next].
9. Use the drop-down menu in the 'Levels' column to change the level of competition for the entire event or click on a dual to adjust the level for each dual individually.
10. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch.

▪ Remove event:

1. You can use the red trash can icon next to an event to remove it from your schedule. Results and stats from removed events will not be used in records or stats reports.
2. To restore a trashed event you can use the [Filter] button to search for only 'Trashed' status events. Click the blue arrow/restore icon next to an event to restore it back to your schedule.

- Restore hidden event:
 1. To restore a hidden event click the [Filter] button from your schedule page and select 'Trashed' for the status.
 2. You will see any hidden events now and can restore them with the arrow icon next to them.
 3. If you hover over the arrow icon you will see a bubble pop up with 'restore' in it. If this does not take care of this please let us know.

- Create weigh in form:

NOTE: Some of the steps in this process will vary slightly.

 1. Click on the event you wish to create a weigh in form for and then click 'Weigh-Ins' OR click the blue scale icon next to an event.
 2. Click the [Add Weigh In] button
 3. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click [Add]
Note: hold the CTRL or SHIFT button to select multiple wrestlers
 4. Use the drop-downs in the 'Weight' column to change the weight class if necessary and click [Save Form]
 5. Click the [Print] button to print the weigh in form to take to the weigh in ****Note**** - You can use CTRL + P to open a print dialogue

- Enter weights and commit weigh in form:
 1. Click on the event you wish to enter weights for
 2. Click 'Weigh-ins' in the top menu
 3. Enter weights in the column under the event date header. You can place a check in the box in the DNP column if a wrestler did not weigh in. Also note there *may be* other columns indicating eligible wrestling weight, eligible wrestling weight class and/or other information.
 4. Use the [Save Form] button if you have to leave the page prior to committing the form
 5. Click the [Commit] button to verify that all data is correct. You will no longer be able to edit the form after committing it.
 6. Click the [Print] button to print the weigh in form
Note: You can use CTRL + P to open a print dialogue

- Upload tournament roster for TW event:
 1. Click the SCHEDULE link from the grey top menu
 2. Click on the envelope next to the event you wish to upload your roster to ***NOTE*** - A new window will open and you will now be logged into the event
 3. Click the blue 'here' link to import your roster from TrackWrestling's dual program
 4. Use the check boxes to select the wrestlers to import and adjust the weight class or record if necessary
NOTE: Click the top check box to select all wrestlers
 5. Use the drag-down to indicate if you want to include your media contacts
 6. Select [Next]
 7. Select [Finish] to finalize
 8. Your roster is now entered in the event.
 9. Use the Team Members page to make any changes

- Enter results only:

NOTE 1: You can use these instructions whether you are entering results while online from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

NOTE 2: The process for entering results will be the same whether you are entering them as the matches take place or after the matches are done.

 1. Click on the event you want to score on your schedule page
 2. Select a starting weight for dual meets by using the drop-down menu for 'Starting Weight'
 3. Click on the weight class if scoring a dual meet. If you are scoring an individual tournament click the [Add Match] button to add a match.
 4. Verify the participants or use the drop-downs to select a new wrestler and other match information

5. Select the winner and win type from the drop-down menu.
 6. Enter the match score or fall/tech fall time.
 7. Edit match end time if needed and then click [Save].
- Enter results or stats after match is done:
Note: The process for entering results and stats will be the same whether you are entering them as the matches take place or after the matches are done.
 1. You can go to your schedule page and click on the event you want to enter for.
 2. Click on the weight class of the match you want to enter results for if you are only entering results. Or, click on 'Live Entry' and score your matches as you would do so live if you want to enter statistics as well.
 - Online entry from computer or mobile device
NOTE: You can use these instructions whether you are entering results while online from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.
 1. Click on the event you want to score on your schedule page
 2. Click on the LIVE ENTRY link in the grey top menu
 3. Select a starting weight for dual meets by using the drop-down menu for 'Starting Weight'
 4. Click on the weight class if scoring a dual meet. If you are scoring an individual tournament click the [Add Match] button to add a match.
 5. Verify the participants or use the drop-downs to select a new wrestler and other match information
 6. Click the [Save and Continue] button
 7. Use the buttons in the Live Scorebook to enter match details
 8. Click 'Result' in the left menu whenever a match is complete regardless of the win type
 9. Edit match details if needed and click [Save Result]
 - Offline results entry from computer or mobile device:
NOTE: You can use these instructions whether you are entering results while offline from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

You will first need to download the event you want to score while you are online

1. Log into your season and click SCHEDULE in the grey top menu
 2. Click on the event you want to download
 3. Click the OFFLINE ENTRY link at the top of the page
 4. Click 'OK' when prompted about transferring to the offline controller
 5. Adjust your style, touchscreen preference and set the display format to 'Normal'
 6. Select the [Save] button
 7. Bookmark this page so you can easily find the offline controller in the future (See below)
 8. Click on 'Events'
 9. Click on the [Download Event] button
 10. Click 'OK' when prompted about transferring to the online controller
 11. Select the [Download Event] button
 12. Select your season
 13. Type your team name, select your state and click [Search]
 14. Select your team from the list
 15. Select the event you want to download
 16. Your event is now downloaded and ready for you to score offline
- To create an Offline Controller bookmark :
 1. In Chrome: Hold the 'shift' key and click the controller version to open in a new tab/window. Click the star in the URL box to create the bookmark.
 2. In Firefox: Click CTRL+D to create a bookmark from the controller settings page.
 3. In Internet Explorer: Click CTRL+D to create a bookmark from the controller settings page.

- To enter results while offline:
 1. Go to your bookmarks and open the most recent offline controller
 2. Select 'Events'
 3. Choose the event you want to score from the list
 4. Score the matches just as you would using any other device
 5. Select 'Result' to enter final results when a match is done

- Syncing offline results from computer or mobile device:

NOTE: You can use these instructions whether you are syncing results from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

 1. Go to your most recent 'Offline Controller' bookmark
 2. Select 'Events'
 3. Choose the event you want to synch by clicking the blue link
 4. Select [Synch Dual]
 5. Click 'OK' when you see the prompt to transfer to the online controller
 6. Choose the event you want to synch by clicking the blue link
 7. Select [Synch Dual]
 8. Select your season, enter your username and password, and select [Login]
 9. Select the correct event
 10. Select [Continue]
 11. Select [Upload Selected]
 12. Select 'OK' when you see the prompt verifying the matches have been uploaded successfully
 13. The results are now on the live site

- Buy stats program:
 1. To purchase the Statistics Program you can log into your team's page and click on the STATISTICS link in the grey top menu
 2. Click the [Purchase] button on the page that opens to sign up
 3. Fill out and/or verify the information on the page that opens
 4. Click the [Pay with Credit Card] button to purchase the statistics program

- Who to Contact:
 1. If you have any questions or concerns please submit a ticket to Trackwrestling through the following link: <http://www.trackwrestling.com/tw/tickets/CreateTicket>
 2. Questions for the National Wrestling Coaches Association (NWCA) call 717-653-8009.
 3. GHSA contact: Denis Tallini, Associate Director 706-647-7473 x 34; dtallini@ghsa.net