

# Wrestler's Weight Assessment

WVHS Locker Room & Athletic Training Room

3:00pm - 6:00pm

Preparation of Wrestlers for Successful Weight Management Assessments

## Two (2) Days Prior to Wrestler Assessment/Test Day

Drink plenty of Fluids throughout the day; Athletes should be drinking at least 8-10 glasses of water during the day.

Increase intake of foods high in fiber, this will assist with the removal of excess waste from the body.

(Examples of food high in fiber: salads, cereal with skim milk, vegetables, fruits)

Avoid any vitamin or mineral supplements

AVOID foods high in Fat

AVOID salty foods

Be sure to eat and drink – DO NOT DEHYDRATE!

## One (1) Day Before Wrestler Assessment/Test

Continue drinking fluids. You should be urinating more frequently – and the urine will be 'clear' if you are hydrated.

Eat smaller but more frequent meals Continue eating fibrous foods to eliminate excessive waste from the body.

Fatty Foods/Snacks will stay in the body, AVOID them!

Avoid vigorous physical activities that cause excessive sweating.

Avoid any caffeinated beverages.

Avoid any vitamin or mineral supplements

## Day of Assessment / Test

Drink water throughout day and drink 500ml (1 Nalgene bottle) of water two hours prior to the test.

DO NOT drink sports drinks, carbonated beverages, or salty drinks

(NO POP, NO ENERGY DRINKS, NO GATORADE/POWERADE,)

No vigorous activity THAT CAUSES EXCESSIVE SWEATING.

Avoid any caffeinated beverages (NO COFFEE/TEA)

Avoid any vitamin or mineral supplements

Avoid eating a lot of protein

Eat lighter foods