



Washington Wrestling Weight Management Program

ASSESSOR CHECKLIST

Materials Checklist

- Data collection forms (coaches responsibility)
 - Receipt Book
 - Refractometer
 - Pipettes or Small Stir Straws (extracting urine sample for refractometer)
 - Digital Scale
 - Lange Calipers
 - Soft Tape measure (consistently locate proper skin fold sites)
 - Markers –
 - Water Soluble Markers– mark skin fold site)
 - Permanent Markers – Black (for cups) & Red (indicate failed hydration with Red marker)
 - Mailing Envelopes (8x11 - mail hardcopy of Alpha Master to WIAA office)
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Data

- Identification – Confirmed with ID
Name, Grade, School, Gender, Age, Birthday
 - Hydration – Pass / Fail (Indicate Fail in Red)
 - Weight – Record Weight to nearest tenth (Digital Scale Use Only)
 - Skin Fold Measurement – Record to nearest whole number.
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Collection Procedures

1. Check Identification and collect assessment fee (optional).
2. Make sure coaches are not in the testing area and nor involved in the assessment process or data collection/input process.
3. Make sure all athletes are in shorts (male) / shorts and sports bra or halter top (female). No one naked throughout the assessment process.

4. Hydration Test

Athlete fills cup partially (about ½” to 1” max in bottom of cup) mid stream.

1.025 = pass reading for refractometer (above 1.025 = failed hydration test)

Compare test strips to color chart on bottle (approximately 45 sec. after saturating (test strip)

Pass Hydration  continue test

Failed Hydration  collect data sheet and athlete is finished

5. Weight

Weight is recorded to nearest tenth with digital scale.

Athletes will be weighed in their: shorts (male) / shorts and sports bra or halter top (female).

6. Skin Fold

Triceps Skinfold –

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.

Abdominal Skinfold –

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 Skinfold –

Diagonal fold just below the inferior angle of scapula. Have the athlete place their arm behind there back to make the anatomical features more prominent.

All skin fold measurements are recorded to the nearest whole number

Assessment shall not be conducted by any active wrestling coach at any level or persons connected to the wrestling program, nor are coaches allowed in the assessment area.

If you have any questions, contact:

WIAA Office –
Western Washington –
Eastern Washington –
Lead Assessor –

Brian Smith
Stark Porter
Carl Wenham
Chris Franklin

(425) 282-5242
(206) 276-1446
(253) 946-2281
(360) 598-8419



Data Input

1. Login to the NWCA website: <http://www.nwcaonline.com/NWCAOnline/Default.aspx>

Assessor User name & password (case sensitive)

2. From the 'Assessors' pull down menu – choose 'Select/Change School'

Select the school that the athlete you are entering is affiliated with from the pull down menu of all schools in the state. Enter school PASSWORD (case sensitive)

You are now ready to begin entering in data for individual wrestlers.

3. From the 'Assessor' pull down menu – choose 'High School Initial Assessment'

Start entering in Data (if entering in FEMALE, choose 'CLICK TO ADD FEMALE WRESTLER')

MAKE SURE YOU 'TAB' BETWEEN ENTRIES

Enter Name, Grade, Date of Assessment (NOT data input date – if different)

4. Urine Specific Gravity - Select Pass or Fail from the Pull down menu.
5. Record the athlete's weight (record to the tenth of a pound)
6. Tab through the cells as you enter in the skin fold data, until you get down to the "calculate" button. **Click the "Calculate" button.**
7. Select "Save & Print" at the Bottom.

Bod Pod Initial Assessment Procedures

1. Check Identification and collect assessment fee (optional).
2. Make sure coaches are not in the testing area and nor involved in the assessment process or data collection/input process.
3. Make sure all athletes are in shorts (male) / shorts and sports bra or halter top (female).
4. Hydration Test (1.00 – 1.025 = pass reading above 1.025 = failed hydration test)
5. Use Lohman Formula for both male and female athletes to calculate body fat percentage.
6. Print out page 1 for hardcopy to be send to WIAA office.
7. Enter data (See Data Input above).