Wrestling Weight Certification Issues

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Components of the Assessment

- Hydration Assessment
- Body Fat Composition
- Weight Assessment
- NWCA Optimal Performance Calculator
NWCA Optimal Performance Calculator

- Provides each wrestler with educational materials specific to nutrition, diet plans, and weight management.
- Develops a diet program that allows wrestlers/parents to build a customized diet that honors their weight loss, weight maintenance, or weight gain plan.
Does the new rule work?

• Between 1975/76 and 1997/98 when no wt. management reform was in place, high school participation in wrestling dropped by 125,000.
• Since 1999 (when wt. management reform was implemented... NY, WI, MI were first to implement programs in 2000), high school wrestling participation has increased by 28,000
In Pennsylvania

- No stoppage of matches for bloody noses
- Fewer matches stopped for breaks/injury timeouts
- Witnesses stated that the wrestling was some of the best they have seen in recent years
- Observable evidence but convincing with the medical community
- Positive comments from parents, wrestlers and coaches
Pennsylvania

• August 2007
  – 215/236 or 91% of AAA schools
  – 205/249 or 82% of AA schools
  – 420/485 or 87% of all schools that offer wrestling
2006-07

- Pennsylvania
  - 13,411 Total Assessments
    - 102 females
    - 13,309 males

- Nationwide
  - 193,356 total Assessments
    - 4,300 females
    - 189,056 males
Appeals

- Pennsylvania
  - 57 total
    - 56 accepted
    - 1 failed

- Nationwide
  - 2,643 total
    - 2,310 accepted
    - 333 failed
Pennsylvania Weight Class Breakdown

- 103-825
- 112-839
- 119-1072
- 125-1116
- 130-1097
- 135-1165
- 140-1039
- 145-1011
- 152-1230
- 160-1067
- 171-1020
- 189-897
- 215-574
- 285-245
Established lowest % body fat

- Pennsylvania
  - 7% for males- total of 58
  - 12% for females- total of 0

- Nationwide
  - 7% for males-12,255 total
  - 12% for females- 91 total
Dual Meets

• Types of wins
  – 45% of matches were won by fall
  – 21% of matches were won by decision
  – 19.9% of matches were won by forfeit
  – 7.9% of matches were won by major decision
What does the future hold?

• **Weight class distribution**
  – Should there be changes?

• **Alternative Testing**
  – Ultrasound testing-shows promise
    • Appears to work independently of hydration
  – Saliva- use of test strip to measure Na+ and K+
Problems that coaches have expressed

- Coaches don’t trust the assessors from other schools
- Coaches can’t juggle the line ups as much
- Too much computer time following matches and tournaments
What do Athletes know?

- Most athletes are poorly educated about proper nutrition\(^6\)
- Often turn to coaches, athletic trainers, parents, or teammates to provide direction
  - 61% of coaches had no formal nutrition training and 69% of college coaches rarely read nutrition information as applied to their profession\(^7\)
- Athletic trainers
  - found to rate the highest as an information source for athletes\(^7\)

Problems that have been encountered by Assessors

• Student athletes trying to beat the system
• Rule change information is slow to get distributed
• Coaches and parents aren’t educated about the entire process
• Coaches are not computer savvy
Conclusion

- Wrestling Weight Certification Program is based on research conducted at the collegiate level
- Program implemented to provide safeguards for interscholastic athletes
- Gives athletes direction for weight management, dietary guidelines, and caloric needs
- Program provides athlete’s with meal planning and a weight loss guideline to follow
Thank you

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