

## **HOW TO PASS THE WRESTLING HYDRATION ASSESSMENT**

Following these tips will help wrestlers pass the hydration assessment and give the most favorable body composition results.

### **Two days before hydration and body compositions assessing:**

- DRINK AT LEAST 8-10, 8 OUNCE GLASSES OF FLUIDS DURING THE DAY. (Remember, water has no calories.)
- Drink an additional 16 ounces of water for each pound you may have lost the day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop and coffee.
- Increase the intake of high fiber foods to help eliminate excess waste from the body.
- (Whole grain breads, muffins & cereals, fresh fruits, salad, vegetables)
- AVOID salty foods. (Potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks.)
- Discontinue the use of vitamins and other supplements, unless prescribed by your doctor, as they may cause the urine to be darker than normal.

### **One day before hydration and body composition assessing:**

- CONTINUE DRINKING PLENTY OF WATER. You should be urinating several times during the day and your urine should be clear.
- Drink an additional 16 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop and coffee.
- Avoid eating foods high in chocolate.
- Eat smaller meals, but eat more frequently, if necessary.
- Continue to eat foods high in fiber.
- AVOID FOODS HIGH IN FAT AND SALT!
- Urine should be clear to indicate you are fully hydrated.

### **The day of hydration and body composition assessing:**

#### **\*Early morning assessing:**

- DO NOT EXERCISE BEFORE THE ASSESSMENT.
- DRINK WATER WHEN YOU FIRST GET OUT OF BED.
- Do NOT urinate until you arrive at the assessment site and provide a urine sample.
- Do NOT eat until after the test.

#### **\*Late morning, or afternoon, assessing:**

- DO NOT EXERCISE FOR SEVERAL HOURS BEFORE THE ASSESSMENT.
- Continue to drink plenty of water throughout the day.
- Urinate several times during the day until 1-2 hours before the assessment.
- Eat small portions and eat lighter foods. (Fruits, cereals, juices)
- DO NOT EAT fatty or salty foods.
- DO NOT DRINK salty drinks, such as pop & sports drinks.
- DO NOT EAT within several hours of the assessment.