

## PREPARATION OF WRESTLERS FOR ASSESSMENT

1. No vigorous activities that cause excessive sweating on the evening before and the day of the testing.
2. Avoid foods and/or supplement that may contribute to water loss such as chocolate, soft drinks, coffee, and creatine for at least 24-48 hours.
3. Review and post the Tips for Passing the Wrestling Hydration Assessment with your wrestlers.
4. Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
5. Be awake three (3) hours prior to testing.
6. Do not eat two hours prior to testing.
7. Student data sheets on each wrestler are completed prior to the assessment including the parent or guardian signature.
8. Attire for males shall be shorts and t-shirt, females shall be shorts and a halter top or sports bra.