OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION
P. O. Box 14590, Oklahoma City, OK 73113

TO: Wrestling Coaches
FROM: Wes Ruth, Assistant
DATE: 2026
SUBJECT: Information Regarding the OSSAA Weight Management Program

Enclosed you will find:

1. **Tips for Passing the Wrestling Hydration Assessment**: This information should be copied and given to each wrestler prior to the testing date and also posted in your locker room.

2. **Preparation of Wrestlers for Assessment**: This information should be shared with your wrestlers and also posted in your locker room.

3. **NWCA Optimal Performance Calculator Instructions for Coaches**: Please follow the instructions to log on to the Calculator Program and to update your personal information and school file. The instruction sheet should help you navigate to all areas in the program.

4. **List of OSSAA Certified Assessors**: **A list will be sent out by Mr. Ruth with names and contact information for your area.** These assessors have gone through the assessor training course or have been re-certified and are qualified to perform hydration and body fat testing on your wrestlers. It will be **YOUR** responsibility to contact one of them and set up an appointment to have your team tested.

5. **Student Data Information and Testing Form**

If you have not received your login and email for Trackwrestling, please contact Wes Ruth.

You will also need to read the Weight Management Program information on pages WR3-WR6 of the OSSAA Wrestling Manual and be responsible for that information.