

September 17, 2001

TO: Athletic Directors of Wrestling Schools
Wrestling Coaches

FR: Julian Tackett, Assistant Commissioner

RE: Weight Certification, Assessors, Clinic Dates,

As you recall, the National Federation rules mandate a weight management program in order to determine a minimum body weight for wrestling competitors. This requirement came about primarily as a result of the combination of techniques, supplements, additives, and methods that were being used to artificially manipulate the weight of an athlete to move him/her up or down in weight classes without regard (at times) to long term health consequences. After several years of study (20 or more in some states), a model plan was developed which has now been instituted throughout the interscholastic wrestling community and offers a safe, measurable and inexpensive method for making sure athletes are wrestling at or near the ideal weight.

The basics for the plan are contained in a document that is enclosed with this letter, as well as contained on the KHSAA web site at <http://www.khsaa.org/wrestling/weight/> at the link for the Approved Plan. Much more information will be forthcoming and will be distributed at the 2001-2002 rules Clinics, and more information will also be distributed at the wrestling assessor meetings.

**ASSESSOR TRAINING
PARTLY DUE TO A LACK OF RESPONSE ON THE PART OF THE MEMBERSHIP AND
PRIMARILY DUE TO THE FACT THAT COACHES REPORT THAT MOST OF THEIR
WRESTLING COVERAGE IS BEING DONE BY NURSE PRACTITIONERS, REGISTERED
NURSES, DOCTORS, PHYSICIANS ASSISTANTS, ATHLETIC TRAINERS AND OTHER
MEDICAL PROFESSIONALS, IT DOES NOT APPEAR NECESSARY TO HOLD THESE
TRAINING SEMINARS.**

A special thanks to Sherri McNew (UK Sports Medicine), Kevin Moser and J.W. Durst along with Dr. Pete Bowles (Foundation Sports Medicine, Trover Clinic, Madisonville), Dr. Mike Miller and Matt Williams, St. Elizabeth Sports Medicine and Dr. Greg Potts and Tom Steltenkamp of Dr. Rudy Ellis Sports Medicine in Louisville for attempting to hold these seminars.

Each wrestling school will be mailed a complete packet regarding the Assessment Requirement in the next few days and it will be further explained in the Rules Clinics. YOU NEED TO PLAN TO ATTEND A REGULAR CLINIC NOT THE MAKE-UP!!! Bottom line is that there is very little room for flexibility for an athlete to move down in weight class from his/her normal body weight, and therefore, this may need to factor into your pre-season plans.

SUPPLIES AND EQUIPMENT

There are only two basic supplies needed. Reagent Strips, which check instantly for the Specific Urine Gravity, are available through a variety of companies. Lange calipers are the industry standard for measuring body fat, along with Harpendon, a similar type. The

electronic measurement devices are not available to all and therefore they cannot be used for this purpose.

If your assessor does not have a supplier, they can be ordered through Medco Sports Medicine, 500 Fillmore Avenue, Tonawanda, NY, 14150 or by calling 1-800-55MEDCO. In the summer, 2001 catalog, a bottle of 100 strips cost 42.50 (item 87051 on page 84) for the Bayer Diagnostics Multisix 10SG or the Roche Boehringer Mannheim Chemstrip 10 with SG. The reagent strip used MUST be certified to measure specific gravity of urine.

Lange Calipers, the industry standard caliper, are available through a variety of companies. If your assessor does not have a supplier, they can be ordered through Medco Sports Medicine, 500 Fillmore Avenue, Tonawanda, NY, 14150 or by calling 1-800-55MEDCO. In the summer, 2001 catalog, a new set of Lange Skinfold calipers cost 253.10 (item 87890 on page 92), which includes instruction and carrying case.

CLINIC DATES

The wrestling rules clinics will be held this fall on Wednesdays and Sunday to try and accommodate all parties. One important note, the clinic scheduled for October 7 has been moved to 6:00 from its originally scheduled time. Please make this note in your schedules.

- 10/3 London, North Laurel HS, 7:00 p.m.
- 10/7 Princeton, Caldwell Co. HS, 6:00 p.m.
- 10/10 Louisville, Christian Academy, 7:00 p.m.
- 10/14 Lexington, KHSAA Office, 3:30 p.m.
- 10/17 Alexandria, Campbell Co. HS, 7:00 p.m.
- 12/5 Make-Up (\$50 Fine) Lexington, KHSAA, 1:30 p.m.