



## NMAA WRESTLING WEIGHT MANAGEMENT PROGRAM

### Weight Management and Nutrition Education Requirement – '09-'10

WWMP – Section C. - Nutrition Education. Each school must develop a weight management and nutrition education program for student-athletes **and parents** including information on the NMAA Wrestling Weight Management Program, and nutrition.

- Suggested Agenda/Topics
  - NMAA WWMP Policies and Procedures
  - body composition and metabolism
  - hydration, essential nutrients
  - meal planning and healthy snacks
  - pre-competition nutrition
  - supplements/ergogenic aids
  - eating disorders
- Sources – [www.nwcaonline.com](http://www.nwcaonline.com), [www.usda.gov](http://www.usda.gov), [www.nfhs.org](http://www.nfhs.org) (other state sites) [www.google.com](http://www.google.com), ask coaches to share outlines and resources.
- Include/promote NWCA online resources accessible to parents/athletes.
- Presenters might include coaches, athletic trainers, school nurses, health educators, dieticians, physiologists, etc.
- Documentation form and outline due to NMAA by December 1, 2009

SCHOOL: \_\_\_\_\_ YEAR: \_\_\_\_\_

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

LOCATION: \_\_\_\_\_ TIME: \_\_\_\_\_

PRESENTOR(S): \_\_\_\_\_

\*Please attach a copy of the program agenda or outline as presented.

Verification: \_\_\_\_\_

Coach – Print

Coach – Signature

Date

A.D. – Print

A.D. – Signature

Date

**DEADLINE: FORM AND AGENDA/OUTLINE DUE – DECEMBER 1, 2009**

**MAIL TO: NMAA, 6600 Palomas NE, Albuquerque, NM 87109, or**

**FAX TO: 505.923.3114**

