



NEW MEXICO ACTIVITIES ASSOCIATION

WRESTLING WEIGHT MANAGEMENT PROGRAM – 2011-12

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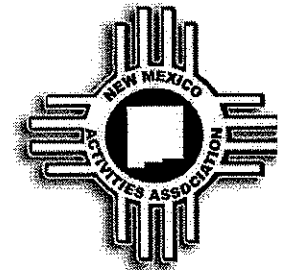
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Wrestling WWMP Committee

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NEW MEXICO ACTIVITIES ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM 2011-12



A. INTRODUCTION

1. Authority and Framework

- The authority for the NMAA WWMP is found in NMAA Rule 7.23.1.F
- The framework for the NMAA WWMP is found in NFHS Wrest. Rule 1.3.1 & 1.3.2

2. Program Objectives

- Insure the health and safety of all participants
- Encourage participation of schools and student-athletes
- Maintain a fair and equitable competitive environment
- Flexible enough to accommodate annual changes in standards, protocols, etc.

3. Cautions

- The wrestler's minimum weight/weight class is not necessarily their optimum weight/weight class either individually or as a team member; a variety of factors, with health/safety being primary, must be considered when determining the best competitive weight/weight class for each individual.
- The same behavioral standards (1.5% descent/week, proper nutrition and hydration, etc.) that apply to the post assessment period should be applied prior to assessment. This process of evaluation, planning, execution, and monitoring should be careful, progressive, and deliberate, especially in transitioning from football to wrestling.
- Since the WWMP does not have daily/weekly actual weight reporting requirements, it is the responsibility of school personnel to monitor and insure the consistency of actual body weights to prevent unhealthy and/or dangerous weight loss practices (dehydration, bouncing, short term cutting, etc.) throughout the season.

4. Requirements

- Each school must present a weight management and nutrition education program for student athletes and parents.
- Each athlete must complete an NMAA weight management program assessment to determine their lowest allowable weight class and maximum weekly descent plan.
- Failure to comply with these guidelines shall result in penalties such as but not limited to: forfeiture of individual matches, adjustments to overall records and event team points earned as well as other penalties and sanctions authorized under the provisions of the NMAA handbook.

B. GENERAL

1. Regulation Coverage. Weight management rules apply to all individuals who participate at any level (C, JV, V, etc.) in high school programs in-state or out-of-state.

2. Certified Scales. All scales used for minimum weight assessments or competition weigh-ins must have current New Mexico certification (after September 1st, same school year).

3. Weight Values. Mechanical scale measurements rounded up to the nearest quarter pound and digital scale measurements rounded up to the nearest 1/10th of a pound.

4. Monitoring NWCA OPC. It is the responsibility of each school/coach to monitor the current NWCA OPC alpha master reports and individual weight loss plans to insure compliance and accuracy.

5. Weigh-in Procedures. Weigh-ins shall be conducted in accordance with NFHS rules.

- Coaches must submit NWCA OPC generated weigh-in forms, unique to their school for that date. Only wrestlers eligible for that weight/date will be printed. Actual weights at the weigh-in must be recorded for each athlete.
- NWCA OPC weigh-in forms must be kept on file by each participating and host school. These records may be requested at any time by the NMAA.
- Opposing coaches and tournament directors must check entry and weigh-in status as per weigh-in and NWCA minimum weight class data information.
- Meet referees shall rule (NFHS 3.1.2) in any situation which is not resolved by coaches and/or tournament directors.

5. State Tournament Qualifying. Each wrestler is required to have at least one-half of weigh-ins during the season at the minimum weight class (or below) the wrestler will compete in at the district tournament.

6. Dehydration/Environmental Conditions Caution. In accordance with NFHS rule 4-4-3, schools and individuals must refrain from the use of clothing and conditions which artificially and unnecessarily raise body temperatures and the risk of dehydration. This caution applies to practices/workouts as well as the pre-meet/weigh-in period.

C. WEIGHT MANAGEMENT AND NUTRITION EDUCATION PROGRAM

1. WWMP & 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 education, etc.:

- Suggested Topics – WWMP policies and procedures, essential nutrients, meal planning, body composition and metabolism, hydration, supplements/ergogenic aids, weight control, eating disorders
- 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 agenda must be submitted by December 1st.

D. MINIMUM WEIGHT/WEIGHT CLASS ASSESSMENT

1. Minimum Weight/Weight Class. Athletes may not participate in a weight class lower than the one determined by a hydration and body composition analysis with a minimum 7% criterion for males, 12% for females and an individualized maximum descent plan. (Exception – see D.6. “Naturally Occurring less than 7%/12%).

2. Assessment Procedures and Personnel. NMAA Wrestling Sport Specific Committee and NMATA shall establish procedures and personnel based upon current national standards.

- NMAA/NMATA will certify assessors and only those certified will be authorized to perform assessments and enter data.

- Assessment data will be entered into the National Wrestling Coaches Association Optimal Performance Calculator, tiered access via passwords will be established for assessors, NMAA staff, coaches, and participants/parents.
- Hydration test criterion of 1.025 specific gravity urine sample must be passed immediately prior to body composition assessment (reagent strips or refractometer). Athletes failing hydration test must wait at least 24 hours before re-testing.
- Body composition will be determined based upon leg to leg bio-electric impedance as measured by the Tanita TBF-300WA (In the interest of consistency, reliability, and equity, this will be the only method used).
- A fee of \$5.00 per athlete assessment will be charged and invoiced to the school by the NMAA based upon assessor's reports. Assessment fees shall be paid to assessors by the NMAA based upon assessor's reports.
- Any travel fees for cluster and regional assessments must be approved in advance by the NMAA shall be paid to the assessor by the NMAA.
- Travel fees for on-site school assessments must be arranged in advance and paid directly to the assessor by the host school.

3. Fraudulent Behavior of Athletes. If an assessor deems an athlete to have cheated on the hydration, height, or weight assessments, he/she shall invalidate/delete that assessment and file an incident report to the NMAA (Scott Evans). Confirmed violations shall result in disciplinary action similar to a contest ejection. The athlete shall be suspended for the next contest, must comply with the *Pursuing Victory with Honor* program requirement (material review and essay), and will not be allowed to complete an assessment until the suspension and *PVWH* program requirements are met.

4. Assessment Schedule. Assessments must be completed (including entry into the NWCA database) prior to participation in any wrestling event, at any level, in-state or out-of – state.

- Assessments may occur on an appointment basis anytime after the beginning of regular season practice (for 2011-12, October 31st).
- Schools may request on-site assessments, but must pay applicable travel fees.
- Assessors should not, as a general rule, conduct assessments at their home school with only their own athletes in a single school, single assessor format.
- A cluster (see chart) location assessment shall be scheduled by certified assessors (with input from client schools) sometime during the 3rd week of regular season practice (for 2011-12, November 14-19). A second cluster/region assessment should be scheduled and advertised the first full week of the season following Thanksgiving. Additional assessments will be scheduled by assessors with input from client schools as needed, subject to availability of equipment and staff. Assessors are not “on call” 24/7.

5. Appeal Process. Student athletes may appeal by repeating the assessment process.

- Student-athletes are limited to one appeal and must pay applicable fees.
- Appeals must be completed between 1 and 14 days after the initial assessment
- Appeal weight shall not be less than 2% lower than original alpha weight (body weight from initial assessment). Appeal body weights lower than 2% will be adjusted upward by the assessor to meet the 2% restriction for NWCA OPC data entry.
- Pending an appeal, a student-athlete must compete in the weight class determined by the initial assessment and descent plan.

6. Criterion Variance. A variance of 1 lb. will be added to the 1 lb. clothing allowance (2.0 lbs. total) as part of the data entry into the Tanita TBF 300WA at the time of assessment.

7. Naturally Occuring less than 7% (M)/12% (F). Student athletes wishing to qualify for a lowest allowable weight class that is less than 7%/12% minimum weight because their “alpha” assessment was less than 7%/12% may qualify for a lower weight class not less than their “alpha” weight with a physician’s clearance. The physician’s clearance form must be submitted to NMAA (fax to 923.3114) immediately for adjustment of the NWCA OPC alpha master report. Please also note: a) The physician’s clearance form cannot be used to qualify an athlete for a minimum weight below their actual “alpha weight”, and b) The physician’s clearance form is not needed for an athlete whose body composition is less than 7%/12% but will wrestle at a weight class at or above their 7%/12% minimum wrestling weight. Coaches are reminded to check the actual minimum wrestling weight and weight class on their alpha master report before referring any athletes for Physician’s Clearance. Doing so will prevent unnecessary time and expense for forms that are not needed.

8. Data Management. NMAA will pay fees (currently \$30.00/school) enabling all certified assessors to enter weight management information into the NWCA OPC online system. Tiered access to data will allow NMAA staff, assessors, coaches, and participants/parents access to appropriate levels of weight calculation data as well as nutrition information.

E. MAXIMUM DESCENT PLANS

1. Maximum Descent Plan (Weight Loss Per Week). NWCA online calculations will include a daily descent plan based upon a 1.5% weight loss maximum per week and a target date for achievement of the lowest allowable weight/weight class. Athletes may not compete at a weight class prior to the date indicated in their individual descent plan.

2. Cut-off Date. All descent plans will end on January 7th, 2012, prior to the award of a two pound growth allowance. Upon appeal to the executive director, a descent plan cut-off date may be extended for a participant descending to the 285 lb. weight class.

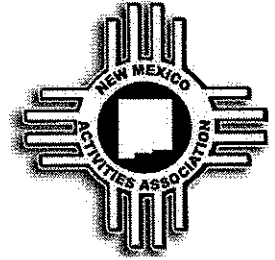
3. Late Assessments. Athletes with an initial assessment after the descent plan cut-off date will be limited to the minimum weight for which their actual body weight qualifies them without any growth allowance(s). An appeal is allowed, see D.4., above. Athletes will be limited to the minimum weight for which their actual appeal body weight qualifies them without any growth allowance(s), and is subject to the 2% maximum reduction in the alpha weight.

4. Growth Allowances. A two pound growth allowance will be awarded on January 8th, 2012. In no case will growth allowances be included in the calculation of the minimum wrestling weight.

5. 50% of Weigh-ins. Each wrestler is required to have at least one-half of weigh-ins during the season at the minimum weight class (or below) the wrestler will compete in at the district tournament.

6. Caution. It is the responsibility of the local school to insure that reasonable and healthy weight management practices are followed throughout the season. See section A.3.

NMAA WRESTLING WEIGHT MANAGEMENT PROGRAM



Weight Management and Nutrition Education Requirement – 2011-12

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, www.usda.gov, www.nfhs.org (other state sites) 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, 2011

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

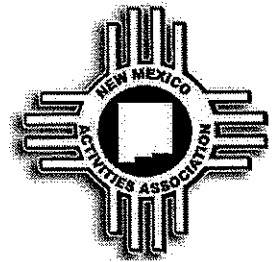
Date

DEADLINE: FORM AND AGENDA/OUTLINE DUE – DECEMBER 1, 2011

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

FAX TO: 505.923.3114

NMAA WRESTLING WEIGHT MANAGEMENT PROGRAM



PHYSICIAN'S CLEARANCE FORM (Sub 7%/12%) – 2011-12

To The Assessor: Athlete info, assessment data and weight class (PR section) to be entered by NMAA Assessor from Tanita tape and given to coach/athlete prior to departure from the assessment site.

To The Physician: The NMAA has adopted national standards for minimum wrestling weights which include an assessment of hydration (1.025 criterion, reagent strip or refractometer), body weight, and body composition (Tanita bio-electric impedance). From these calculations a minimum weight class is determined based upon a minimum 7% body fat for males and 12% for females. The standards allow for those athletes who may be "naturally below the criterion" to secure permission from a physician to compete in a weight class which is below the 7%/12% criterion, but not less than the athlete's actual hydrated body weight at the assessment. For additional NMAA WWMP information, go to www.nmact.org or contact Scott Evans at 505.923.3278, or sevans@nmact.org.

Weight Classes: 106 113 120 126 132 138 145 152 160 170 182 195 220 285

Assessment Data: (to be completed and initialed by the assessor)

Athlete _____ Grade _____

School _____ Gender: M F Assessor _____ Initials _____

Assessment Data:

Date _____ Actual Weight _____ %Body Fat _____

7%/12% Minimum Wrestling Weight _____ 7%/12% Minimum Weight Class _____

Physician's Release:

The above named wrestler is cleared for participation at the _____ weight class. This weight class is below their 7%/12% Minimum Wrestling Weight (above) and 7%/12% Minimum Weight Class (above) but not below their hydrated Actual Weight (above) at the time of assessment as reflected in the Assessment Data section above.

Physician (Print) _____ M.D. D.O. C.N.P. P.A.C.

Physician's Signature _____ Date: _____

Parent (Print) _____

Parent Signature _____ Date: _____

A copy of this completed form must be sent to Scott Evans, NMAA, FAX to 505.923.3114. The NMAA will arrange for adjustment to the school's NWCA OPC database.

NMAA WWMP – RECOMMENDED PROCEDURES – 2011-12



1. Scheduling

- Cluster and Regional schedules should be set ASAP, NLT 1st day of practice 10/31/11
- All dates/sites must be reported to the NMAA for posting on the master schedule
- Avoid assessments early in the day and after practice (hydration factors)

2. General Administration

- Equipment and supplies – TANITA 300WA, hydration test strips, specimen cups, height measurement device (to ½ inch), data cards, rubber gloves, alcohol/towel for cleaning TANITA contacts, computer/internet access
- Personnel – NMAA Certified Assessor, host supervisor for site set-up, registration assistant, height station assistant, 2 restroom attendants (appropriate gender), coaches for general supervision, custodian for clean up of any urine spills.
- Responsibility – If working alone, the assessor should complete all hydration assessments first, then height, then body composition/weight. If there are available, trained, responsible, adults (AD, assistant principal, trainer, nurse, etc.) available, tasks may be divided. Coaches should assist with general supervision only and should not be involved in the actual assessment process (hydration, height, TANITA procedure, data entry, etc.)

3. Hydration Testing

- **Directly** monitor specimen collection
- No Running Water
- Check hydration level with test strips
- Borderline evaluations should pass, be liberal with less than 106 and over 250
- If they fail, they must wait 24 hours before re-testing

4. Height Measurement

- A stadiometer or fixed measuring device with a square/level top
- Athletes should have shoes off, feet back, knees straight, **no slouching**
- Height is rounded to the nearest ½ inch

5. Weight and Body Composition

- Place a towel in front of the scale for athletes to wipe feet
- Clean metal contacts with alcohol before beginning and frequently during process
- Athletes **must** dress in gym shorts and t-shirt or singlet, no socks
- Set clothing/variance allowance for 2.0 lb (1 lb.-clothing, 1 lb.-variance)
- Select “athletic male” or “athletic female”
- Enter age in years
- Enter height to the nearest ½ inch
- Enter 07 (male) or 12 (female) as goal
- When scale indicates ready, have athlete wipe feet and step on scale
- After reading is complete, announce results
- Provide Physician’s Clearance (Sub 7%/12%) Forms where applicable

NMAA WWMP REGIONS, CLUSTERS, AND ASSESSORS 2011-12

#'s - 10-11 Assessments

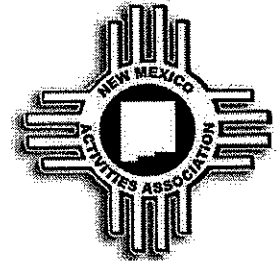
NORTHWEST	377	NORTHEAST	262	CENTRAL WEST	455
Aztec	35	Capital	24	Cleveland	39
Bloomfield	39	Espanola	21	Rio Rancho	59
Farmington	43	Los Alamos	17	Cibola	66
Kirtland	47	Pecos	20	(Cleveland Cluster)	164
Newcomb	12	Santa Fe	32		
Piedra Vista	65	St. Michael's	35	Foothill	20
Shiprock	21	(Santa Fe Cluster)	149	St. Pius	16
(Farmington Cluster)	262			Valley	44
		Mora	0	Volcano Vista	74
Gallup	36	Robertson	38	(Vol. Vista Cluster)	154
Grants	17	Taos	29		
Miyamura	41	Tucumcari	25	Belen	43
Wingate	21	W. Las Vegas	21	Los Lunas	40
(Gallup Cluster)	115	(Las Vegas Cluster)	113	Valencia	35
				(Los Lunas Cluster)	118
				Albuquerque	27
				Atrisco Heritage	47
				Rio Grande	36
				West Mesa	27
				(West Mesa Cluster)	137
CENTRAL EAST	330	SOUTHWEST	186	SOUTHEAST	167
Academy	25	Cobre	19	Carlsbad	46
Bataan Military	8	Deming	21	Hobbs	34
Bernalillo	22	Silver	34	(Carlsbad Cluster)	80
Del Norte	28	(Deming Cluster)	74		
La Cueva	30			Goddard	42
Sandia	36	Chaparral	39	Roswell	24
(La Cueva Cluster)	149	Gadsden	36	Ruidoso	21
		Santa Teresa	37	(Roswell Cluster)	87
Eldorado	49	(Santa Teresa Cluster)	112		
Highland	16				
Manzano	73	Las Cruces	42		
Moriarty	43	Mayfield	27		
(Eldorado Cluster)	181	Onate	40		
		(Las Cruces Cluster)	109		

Region	Cluster	Assessor	Affiliation
NW	Farmington	Aaron Stem	Piedra Vista
NW	Farmington	Jessica Stem	Ind./FMS
NW	Gallup	Rich Gerrells	Ind./APS
NE	Santa Fe	Bruce Atencio	Ind./APS
NE	Las Vegas	John Carpenter	Ind./NMHU
CW	Cleveland	Karen Casedy	Cleveland HS
CW	Volcano Vista	Mike St. John	Ind./APS
CW	West Mesa	Susan Hernandez	West Mesa HS
CW	Los Lunas	Brett Shram	Los Lunas HS
CE	La Cueva	Jeff Archuleta	La Cueva HS
CE	Eldorado	Missy Archibeck	Eldorado HS
SW	Deming	Yvonne Spencer	Deming HS
SW	Santa Teresa	Francisco Munoz	Santa Teresa HS
SW	Las Cruces	David Gallegos	Ind./LCPS
SE	Carlsbad/Hobbs	Ryan Blazer	Carlsbad HS
SE	Roswell	Jose Barron	NMMI

NMAA WRESTLING ASSESSORS 2011-12

Last	First	Organization	Address	City/State/Zip	Work	Cell	Fax	E-mail
Northwest - Aztec								
Stem	Jessica	Piedra Vista HS	5700 College Dr.	Farmington, NM 87402	505.599.8880	505.947.3531	505.334.7343	jstem@fms.k12.nm.us
Northwest - Farmington								
Stem	Aaron	Piedra Vista HS	5700 College Dr.	Farmington, NM 87402	505.599.8880	505.486.6412	505.599.8899	astem@fms.k12.nm.us
Northwest - Gallup								
Gerrells	Rich	Independent	4712 McKnight NE	Albuquerque, NM 87110	505.878.6163	505.220.4624	505.830.3383	gerrells@aps.edu
Northeast - Los Alamos								
Atencio	Bruce	Independent	9709 Bajada NW	Albuquerque, NM 87114	505.899.0359	505.573.8140	501.631.5083	b2t2atencio@gmail.com
Northeast - Las Vegas								
Carpenter	John	NMHU	Box 9000	Las Vegas, NM 87701	505.454.3355	505.250.3242	505.426.2016	jncarpenter@nmhu.edu
Central West - Volcano Vista								
St. John	Mike	Volcano Vista HS	8100 Rainbow Dr. NW	Albuquerque, NM 87114	505.897.0343x37026	505.550.3227	505.792.4250	sjohn@aps.edu
Central West - Cleveland								
Casedy	Karen	Cleveland HS	4800 Laban Rd. NE	Rio Rancho, NM 87144	505.938.0300x2417	505.353.0156	505.338.3474	kcasedy@rrps.net
Central West - West Mesa								
Hernandez	Susan	West Mesa HS	6701 Fortuna Rd. NW	Albuquerque, NM 87121	505.831.6993x133	505.859.5336	505.836.7756	call75@email.com
Central West - Los Lunas								
Schram	Brett	Los Lunas HS	PO Box 1300	Los Lunas, NM 87031	505.866.4837	505.659.3232	505.865.6022	bschram@lsschools.net
Central East - La Cueva								
Archuleta	Jeff	La Cueva HS	7801 Wishire NE	Albuquerque, NM 87122	505.823.2327	505.252.3133	505.857.0177	jarchuleta6@yahoo.com
Central East - Eldorado								
Archibeck	Missy	Eldorado HS	11300 Montgomery NE	Albuquerque, NM 87111	505.296-4871x1272	505.280.7062	505.291.6809	ArchibeckM@gmail.com
Southwest - Deming								
Spencer	Yvonne	Deming HS	1100 S. Nickel	Deming, NM 88030	575.546.2678	575.405.0051	575.544.0918	yvonne.spencer@demingps.org
Southwest - Las Cruces								
Gallegos	David	Independent	2404 S. Locust Ste 5	Las Cruces, NM 88001	575.521.4188	575.405.7198	575.521.3668	dagalleg@hotmail.com
Southwest - Santa Teresa								
Munoz	Francisco	Santa Teresa HS	100 Airport Rd.	Santa Teresa, NM 88008	575.589.5336	575.312.6637	575.589.5343	fmunoz@gisd.k12.nm.us
Southeast - Carlsbad								
Blazer	Ryan	Carlsbad HS	3000 W. Church	Carlsbad, NM 88220	575.234.3421	575.430.7862	575.234.3399	ryan.blazer@carlsbad.k12.nm.us
Southeast - Roswell								
Barron	Jose	NMMI	101 W. College	Roswell, NM 88201	575.624.8458	575.317.1106	575.624.8287	barron@nmmi.edu

NMAA WWMP – ASSESSOR GUIDELINES – 2011-12



The following guidelines and expectations are designed to provide program consistency, quality, integrity, and simplicity for the 2011-12 wrestling season:

Assessment Schedules

- Scheduling must be done within established windows where applicable
- Site priority shall be given to greatest number of athletes, willingness to provide assistance, proximity to assessor
- Cluster and regional assessments shall be scheduled with input from client schools
- Assessors should not conduct team assessments at their home school with only their own athletes in a single school, single assessor format
- It is the responsibility of the assessor to insure that all assessments are done in a manner which precludes even the appearance of any impropriety
- Physician's Clearance forms must be issued on-site following assessments
- Assessment data should be entered into the NWCA OPC within 24 hours

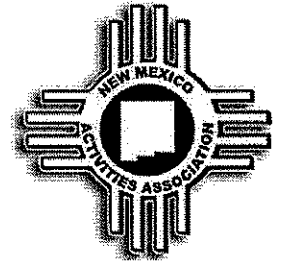
Equipment and Supplies

- Assessors must safeguard TANITA machines and supply inventories
- NMAA will provide TANITA machines (where otherwise N/A) and data cards
- Assessors will provide specimen cups, recording paper, hydration test strips, etc.

Finances

- Assessor shall submit to NMAA a payment voucher (see WWMP booklet for form) including the assessor's name/address as well as the site(s), date(s), location(s), team(s), and number of completed assessments by school/team.
- Assessor shall submit to NMAA a payment voucher (see WWMP booklet for form) including the assessor's name/address as well as the site, date, location, team and mileage claimed (either odometer readings or NM state map mileage) for mileage to any cluster or regional site **approved in advance** by the NMAA administrator
- Assessors shall submit to local schools invoices for mileage for site assessments arranged by individual schools.

NMAA WWMP – ASSESSOR PAYMENT VOUCHER – 2011-12



Assessor Name: _____

Assessor Address: _____

COMPLETE ASSESSMENTS*					
Date	School	Assessment Site	#Assessments	Fees	Sub-Total
				@\$5.00	
				@\$5.00	
				@\$5.00	
				@\$5.00	
				@\$5.00	
				@\$5.00	
				@\$5.00	
				@\$5.00	
				@\$5.00	
				@\$5.00	
				Sub-Total	
PRE-AUTHORIZED MILEAGE**					
Date	From-To-Return	Odometer Readings	or Map Mileage		
				@ .405	
				@ .405	
				Sub-Total	
				Grand Total	

*Complete Assessments – Hydration, body composition, data entry

**For cluster/regional travel approved/paid by NMAA, individual school site travel must be billed directly to the school by the assessor

I request payment for the above WWMP fees as per policy:

Name – Print

Signature

Date