



# NEW MEXICO ACTIVITIES ASSOCIATION

## WRESTLING WEIGHT MANAGEMENT PROGRAM

### CONTENTS

Policies and Procedures .....	2-6
Nutrition Education Form.....	7
Physician’s Clearance Form .....	8
Testing – Recommended Procedures .....	9
Regions, Clusters, Assessors .....	10
Assessor Contact Information .....	11
Assessor Guidelines.....	12
Data Card Template for Assessors .....	13
Assessor Certification Form for Own School Assessments.....	14
Assessor Payment Voucher .....	15

### Wrestling WWMP Committee

Greg Haston – NMADA  
Johnny Curry – NMADA  
**TBD – NMOA**  
Javier Posa – NMHSCA  
Luis Alvarado – NMHSCA  
Joel Partridge – NMHSCA  
Emily Tew – NMHSCA  
Scott Owen – NMAA

Contact: Scott Owen, NMAA, 505.923.3273, [s.owen@nmact.org](mailto:s.owen@nmact.org)



# NEW MEXICO ACTIVITIES ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM

## A. INTRODUCTION

### 1. Authority and Framework

- The authority for the NMAA WWMP is found in NMAA Rule 7.24.1.F
- The framework for the NMAA WWMP is found in NFHS Wrestling Rule 1.5

### 2. Program Objectives

- Ensure 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 ensure 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 (Exhibition, 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 1<sup>st</sup>, 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 1/10<sup>th</sup> 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 ensure 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.

6. State Tournament Qualifying. Each wrestler is required to have at least one-half of weigh-ins during the season at, or below, the weight class the wrestler will compete at the regional tournament (Exception – see D.8 “Interstate Weight Classes”).

7. 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 1<sup>st</sup>**.

## **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. (Exceptions – see D.7. “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 powered by Trackwrestling. 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 or TBF-300WA Plus (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 Owen). Confirmed violations shall result in disciplinary action similar to a contest ejection. The athlete shall be suspended for the next contest, must complete the online NFHS "Sportsmanship" course (and submit verification to school A.D.), and will not be allowed to complete an assessment until the suspension and Sportsmanship program requirements are met. \*NOTE – Athletes should stay as still as possible during assessments to ensure that data collected is accurate.

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 any time after the beginning of regular season practice (for 2023-2024, November 6).
- Schools may request on-site assessments, but must pay applicable travel fees.
- A cluster (see chart) location assessment shall be scheduled by certified assessors (with input from client schools) sometime during the 3<sup>rd</sup> week of regular season practice (for 2023-2024, November 20-24). 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.
- Assessors conducting assessments at their home school with only their own athletes in a single school, single assessor format must submit the "Own Assessor/Own School Assessment" verification form prior to conducting assessments in this format.

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 at the time of assessment.

7. Naturally Occurring 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 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. Interstate Weight Classes. During interstate competition, athletes may count a weigh-in toward the 50% weigh-in rule for post-season eligibility if the weight class is an equivalent of the weight the athlete will enter at the regional tournament (see – B.6 “State Tournament Qualifying” and E.5 “50% of Weigh-Ins”). However, at no time shall an athlete be eligible to participate in a weight class that is below their certified minimum wrestling weight (MWW).

BOYS			
NM	Equivalent Weights		
107	106	108	
114	113	116	
121	120	124	
127	124	126	131
133	131	132	
139	138		
145	144	145	
152	150	152	157
160	157	165	
172	170	175	
189	190	195	
215	215	220	
285	285		

GIRLS				
NM	Equivalent Weights			
100	100			
107	105	106	110	
114	112	115	118	
120	118	120	124	
126	124	125	130	
132	130	135	136	
138	135	136	140	142
145	142	145	148	
152	148	155		
165	170			
185	190			
235	235			

9. Data Management. NMAA will pay fees 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. Consecutive-day weight allowance may not be used for minimum weight class eligibility.

2. Cut-off Date. All descent plans will lock on **January 14, 2024**. Upon appeal to the executive director, a descent plan cut-off date may be extended for participants descending to the heaviest weight class (235 – Girls, 285 – Boys).

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.5., 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 1, 2024** for all weight classifications. All individual descent plans must be at or below “scratch” weight to be eligible for a given weight. 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, or below, the weight class the wrestler will compete in at the regional tournament (Exception – see D.8 “Interstate Weight Classes”).

6. Caution. It is the responsibility of the local school to ensure 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**

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, 2023**

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, 2023**

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

**FAX TO: 505.923.3114**

**EMAIL TO: [s.owen@nmact.org](mailto:s.owen@nmact.org)**

# NMAA WRESTLING WEIGHT MANAGEMENT PROGRAM



## PHYSICIAN’S CLEARANCE FORM (Sub 7%/12%) – 2023-2024

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](http://www.nmact.org) or contact Scott Owen at 505.923.3273, or [s.owen@nmact.org](mailto:s.owen@nmact.org).

**Boys’ Weight Classes: 107 114 121 127 133 139 145 152 160 172 189 215 285**  
**Girls’ Weight Classes: 100 107 114 120 126 132 138 145 152 165 185 235**

---

### 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 Owen, NMAA, FAX to 505.923.3114. The NMAA will arrange for adjustment to the school’s NWCA OPC database.





## NMAA WWMP – RECOMMENDED PROCEDURES

### 1. Scheduling

- Cluster and Regional schedules should be set ASAP, NLT 1<sup>st</sup> day of practice **November 6, 2023**
- 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 or 300WA Plus, 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 cleanup 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 to 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 lightest and heaviest weight classes
- 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
- **TBF-300WA Instructions** (Old model)
  - Set clothing/variance allowance for 2.0 lb (1 lb.-clothing, 1 lb.-variance)
  - Select “standard male” or “standard 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
- **TBF-300WA Plus Instructions** (New Model)
  - Set clothing/variance allowance (PT) for 2.0 lb (1 lb.-clothing, 1 lb.-variance)
  - When scale indicates ready, have athlete wipe feet and step on scale and wait until body weight is locked
  - Enter Standard
  - Enter male or female
  - Enter age in years – push “Enter”
  - Enter height to the nearest ½ inch – push “Enter”
- After reading is complete, announce results
- Provide Physician’s Clearance (Sub 7%/12%) Forms where applicable

**NMAA WWMP REGIONS, CLUSTERS AND ASSESSORS 2023-2024**

**NORTHWEST**  
 Aztec  
 Bloomfield  
 Farmington  
 Kirtland Central  
 Newcomb  
 Northwest  
 Piedra Vista  
 Shiprock  
 (Farmington Cluster)  
  
 Gallup  
 Grants  
 Miyamura  
 Wingate  
 (Gallup Cluster)

**SOUTHWEST**  
 Cobre  
 Deming  
 Silver  
 (Silver Cluster)  
  
 Chaparral  
 Gadsden  
 Santa Teresa  
 (Gadsden Cluster)  
  
 Alamogordo  
 Centennial  
 Las Cruces  
 Mayfield  
 Organ Mountain  
 (Las Cruces Cluster)

**CENTRAL**  
**Central West**  
 Bernalillo  
 Cibola  
 Cleveland  
 Rio Rancho  
 Volcano Vista  
 (Rio Rancho Cluster)  
  
**Central East**  
 Academy  
 Del Norte  
 Eldorado  
 La Cueva  
 (Eldorado Cluster)  
  
 Highland  
 Manzano  
 Moriarty  
 Sandia  
 (Manzano Cluster)  
  
**Central South**  
 Albuquerque  
 Atrisco Heritage  
 Legacy Academy  
 Rio Grande  
 St. Pius  
 Valley  
 West Mesa  
 (Albuquerque Cluster)  
  
 Belen  
 Los Lunas  
 Socorro  
 Valencia  
 (Los Lunas Cluster)

**NORTHEAST**  
 Capital  
 Espanola Valley  
 Los Alamos  
 Pecos  
 Pojoaque Valley  
 Santa Fe  
 St. Mike's  
 Tierra Encantada  
 (Santa Fe Cluster)  
  
 Raton  
 Robertson  
 Taos  
 Tucumcari  
 W. Las Vegas  
 (Las Vegas Cluster)

**SOUTHEAST**  
 Artesia  
 Carlsbad  
 Hobbs  
 (Carlsbad Cluster)  
  
 Clovis  
 Goddard  
 Roswell  
 Ruidoso  
 (Roswell Cluster)

Region	Cluster	Assessor(s)	Affiliation
CE	Eldorado	Louis Mayer	Eldorado HS
CE	Manzano	Kellen Pino	Manzano HS
CS	Albuquerque	Chad Jones	Albuquerque HS
CS	Atrisco Heritage	Kiyun Lynch	Atrisco Heritage Academy HS
CS	Los Lunas	Josh Sears	Valencia HS
CW	Rio Rancho	Kaitlyn Archibeque	Cleveland HS
CW	Rio Rancho	T.J. Fails	Rio Rancho HS
CW	Rio Rancho	Julian Lucero	Bernalillo HS
NE	Las Vegas	Matthew Probst	Independent
NE	Las Vegas	Danyelle Romero	Independent
NE	Las Vegas	Dennis Romero	Independent
NE	Santa Fe	Dillon Alam	Capital HS
NE	Tucumcari	Ross Hastie	Independent
NW	Farmington	Justin Segotta	Aztec HS
NW	Farmington	Aaron Stem/Jessica Stem	Piedra Vista HS
NW	Gallup	Candice McClain	Miyamura HS
SE	Carlsbad/Hobbs	Derrick Merkey	Carlsbad HS
SE	Roswell	Andrew Aguilar	Goddard HS
SW	Silver	Shayna Murillo	Independent
SW	Las Cruces	David Gallegos	Ind./LCPS
SW	Gadsden	Joe Mora	Gadsden HS
SW	Gadsden	Alex Munoz	Chaparral HS

Wrestling Assessors 2023-2024

Last	First	Organization	Address	City/State/Zip	Phone	E-mail
<b>Central East</b>						
Mayer	Louis	Eldorado HS	11300 Montgomery NE	Albuquerque, NM 87111	813-451-6299	lmayeratc@gmail.com
Pino	Kellen	Manzano HS	12200 Lomas Blvd NE	Albuquerque, NM 87112	505.681.0748	pino_ke@aps.edu
<b>Central South</b>						
Jones	Chad	Albuquerque HS	800 Odelia Rd NE	Albuquerque, NM 87102	240-994-3610	chad.jones@aps.edu
Lynch	Kiy	Atrisco Heritage Academy HS	10800 Dennis Chavez Blvd	Albuquerque, NM 87121	505-459-5504	kiyun.lynch@aps.edu
Sears	Josh	Valencia HS	310 Bonita Vista Blvd	Los Lunas, NM 87031	505-306-1203	jdsears@ltschools.net
<b>Central West</b>						
Archibeque	Kaitlyn	Cleveland HS	4800 Laban Rd. NE	Rio Rancho, NM 87144	505-414-4565	Kaitlyn.Archibeque@rrps.net
Fails	TJ	Rio Rancho HS	301 Loma Colorado Blvd NE	Rio Rancho, NM 87144	505.715.8333	tjf_425_fails@hotmail.com
Lucero	Julian	Bernalillo HS	250 Isidro Sanchez Cicle	Bernalillo, NM 87004	505-350-0012	julianlucero51@yahoo.com
<b>Northeast</b>						
Alam	Dillion	Capital HS	4851 Paseo del Sol	Santa Fe, NM 87507	832-512-5120	palam@sfps.k12.nm.us
Hastie	Ross	Independent	1723 South 1st Street	Tucumcari, NM 88401	575.403.5267	rehastie@yahoo.com
Probst	Matthew	Independent	1235 8th St	Las Vegas, NM, 87701	505-652-8291	matthewprobst@msn.com
Romero	Danyelle	Independent	1235 8th St	Las Vegas, NM, 87701	505-426-5682	danyelle_romero@yahoo.com
Romero	Dennis	Independent	2513 Ridge Runner Road	Las Vegas, NM 87701	505-652-0782	DROMERO75@msn.com
<b>Northwest</b>						
McClain	Candice	Miyamura HS	80 Boardman Ave	Gallup, NM 87301	505-450-2043	cmclain@gmcs.k12.nm.us
Segotta	Justin	Aztec HS	500 E Chaco St	Aztec, NM 87410	505-716-7480	ahsegoju@aztecschools.com
Stem	Aaron	Piedra Vista HS	5700 College Dr.	Farmington, NM 87402	505.486.6412	astem@fms.k12.nm.us
Stem	Jessica	Piedra Vista HS	5700 College Dr.	Farmington, NM 87402	505.947.3531	jstem@fms.k12.nm.us
<b>Southeast</b>						
Aguilar	Andrew	Goddard HS	701 E Country Club Rd	Roswell, NM 88201	575-910-2258	andrewaguilar54@hotmail.com
Merkey	Derrick	Carlsbad HS	3000 W. Church	Carlsbad, NM 88220	505-917-6184	derrick.merkey@carlsbadschools.net
<b>Southwest</b>						
Gallegos	David	Independent	2404 S. Locust Ste 5	Las Cruces, NM 88001	575.405.7198	dagalleg@hotmail.com
Mora	Joe	Gadsden HS	6301 Highway 28	Anthony, NM 88021	575-649-1282	jimora@gisd.k12.nm.us
Munoz	Alex	Chaparral HS	800 S County Line Dr	Chaparral, NM 88081	575-644-9540	aimunoz@gisd.k12.nm.us
Murillo	Shaynna	Independent	3200 N Silver St.	Silver City, NM 88061	575-574-7262	shaynna.murillo@gmail.com

## NMAA WWMP – ASSESSOR GUIDELINES



The following guidelines and expectations are designed to provide program consistency, quality, integrity, and simplicity:

### 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 conducting assessments at their home school with only their own athletes in a single school, single assessor format must submit the “Own Assessor/Own School Assessment” verification form prior to conducting assessments in this format
- It is the responsibility of the assessor to ensure 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 WRESTLING WEIGHT MANAGEMENT INDIVIDUAL DATA CARD



Name: Last First (What you go by) Grade: Age:

School: Gender: M / F Date of Birth:

Type of Evaluation: Initial Appeal Date of Evaluation: ASSESSOR USE ONLY

Hydration Test: Pass Fail

Height: (nearest 1/2 inch) Weight: (digital - 1/10 lb.)

Tanita TBF Body Fat (1/10 of %)

Assessor: Print Signature

ATTACH TBF PRINT-OUT

Date and Time of Entry - NWCA OPC:



NMAA WRESTLING WEIGHT MANAGEMENT INDIVIDUAL DATA CARD



Name: Last First (What you go by) Grade: Age:

School: Gender: M / F Date of Birth:

Type of Evaluation: Initial Appeal Date of Evaluation: ASSESSOR USE ONLY

Hydration Test: Pass Fail

Height: (nearest 1/2 inch) Weight: (digital - 1/10 lb.)

Tanita TBF Body Fat (1/10 of %)

Assessor: Print Signature

ATTACH TBF PRINT-OUT

Date and Time of Entry - NWCA OPC:

# NMAA WRESTLING WEIGHT MANAGEMENT PROGRAM



## ADMINISTRATOR/ASSESSOR VERIFICATION OF OWN ASSESSOR/OWN SCHOOL ASSESSMENT

Assessors opting to conduct assessments at their home school with only their own athletes in a single school, single assessor format must seek approval from the NMAA prior to conducting their assessments while also providing verification of each assessment process to ensure proper procedures are followed.

**Athletic directors**, please check each box certifying that you are aware of the assessment process and that each step is followed correctly by your assessor:

- \*Urine specimens directly monitored**
- Urine specimens assessed for hydration
- Failed hydration tests not allowed to reassess for 24 hours
- \*Height recorded without shoes and without slouching**
- Height rounded to nearest ½ inch
- Athlete clothed in “shorts & shirt” or singlet
- TANITA scale parameters followed
- \*All complete assessments recorded into the Track Wrestling/NWCA Optimal Performance Calculator**

*\*Please pay special attention to these steps. They are critical components in the assessment process. Failing to record a completed assessment is providing that student-athlete an unfair opportunity to reassess.*

---

I certify that each assessment process is conducted accurately and with strict adherence to the NMAA Wrestling Weight Management Policy:

\_\_\_\_\_  
School

\_\_\_\_\_  
A.D. Name

\_\_\_\_\_  
A.D. Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Assessor Name

\_\_\_\_\_  
Assessor Signature

\_\_\_\_\_  
Date

**A copy of this completed form must be sent to Scott Owen, NMAA, FAX to 505.923.3114  
or  
Email to [s.owen@nmact.org](mailto:s.owen@nmact.org)**

**NMAA WWMP – ASSESSOR PAYMENT VOUCHER – 2023-2024**



Assessor Name: \_\_\_\_\_

Assessor Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

<b>COMPLETE ASSESSMENTS*</b>					
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	
				Sub-Total	
<b>PRE-AUTHORIZED MILEAGE**</b>					
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