

There is a mandatory hydration test is Friday night November 22nd @ 9:20 pm. **We will meet at Pleasant Grove High School in the gym (South gym) at 9:10 pm.** Our actual test time is 9:20, but we will meet at 9:10. You will need a picture ID and a wrestling singlet (I will have the wrestling singlet for you if you don't have one). Please wear flip-flops or shoes that will come off very quickly. I feel that this test is a great tool (even with its flaws) to help us ensure that our wrestlers are wrestling at a safe body weight to fat percentage. **Every wrestler should have a picture ID with them at the Hydration Test Site.** I also want to encourage all wrestlers to remember the following:

- 1) In order to make sure you are hydrated on the 22nd of November (which is when the test will be taken) you need to be begin drinking 2 to 3 quarts of water a day **MINIMUM**. Begin now! Even if you are at the weight you want to wrestle, you must first pass the hydration test.
- 2) All wrestlers should be down to the weight they want to compete at for the season on **Friday November 22, 2019**. This is the date we will be testing our hydration and body fat to determine what weight each wrestler may compete for the rest of the season. Again, the wrestler should be down to weight as well as be hydrated.
- 3) Remember that this system is in place to help protect athletes from hurting themselves by cutting large amounts of weight. My suggestion to all AFHS Wrestlers is to compete at a weight where you feel comfortable, strong and competitive. This is what will really make the difference. Please feel free to contact me if you have questions or concerns.

Wrestlers

1. Wrestlers will be required to present a **picture I.D.** (driver's license, school activity card, state ID card, etc.) **Wrestlers without proper identification will NOT be tested.**
2. Wrestlers will present a completed BIA test card (provided by coaches) at the test site.
3. Wrestlers will be required to give a urine sample. The sample is to be offered at the test-site.
4. For the body fat test and weigh-in, wrestlers are to wear a high school competition legal, as defined in rule 4-1, singlet only.
5. In order to avoid late fees and individual appointment fees all wrestlers who could possibly wrestle during the year ought to test at the school's initial test appointment.

Tips for Passing the Hydration Test

1. Avoid any caffeinated beverages within 48 hours prior to testing.
2. On the day of the test, drink 17 oz. of fluid (water recommended)
3. Avoid supplements of any kind (including vitamins and minerals) for two days prior to the test.
4. Be awake 3 hours prior to testing. Urine sample should not be the first urine after waking up.
5. Do not eat within 2 hours prior to testing.