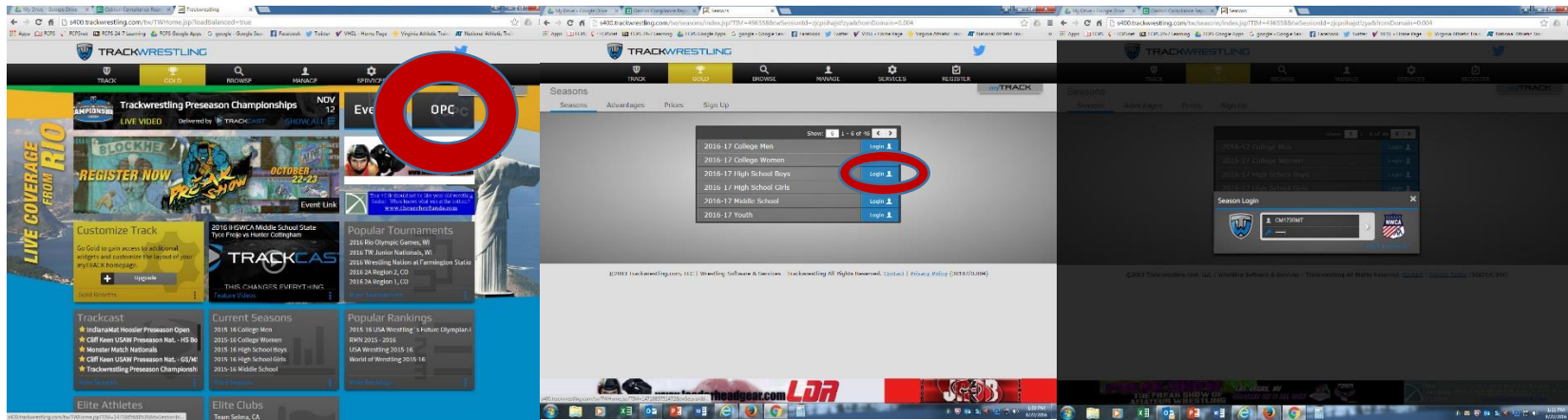


- [www.VHSL.org](http://www.VHSL.org) → Sports Medicine tab → Athletic Training → VHSL Weight Control Program OR [FFPC3.com/wcp.html](http://FFPC3.com/wcp.html)
- [www.TrackWrestling.com](http://www.TrackWrestling.com) → OPC



- Testing Window 10/31/16 – 11/19/16 – Data must be entered within 18 hours of an assessment. Appeals (only 2 are allowed, second is completed by Regional Assessor) must be completed within 4 days of previous test
  - Appeal should be done if a wrestler/coach feels the wrestler can go to the next lower weight class and is close enough not to lose the existing class, or if the wrestler/coach wants to get to a weight class sooner than the present test will allow.
- Talk with your coach and set up date and time for Assessments (athlete must be dry and resting heart rate), not during or after practice.
  - Testing facility should have good flow with the ability to test UsG, weight, and skin folds, pass out Hydration Tip Handout 3 days prior
  - Set up should encourage a valid hydration test, and privacy of all components of the assessment
  - Assessments include Urine Specific Gravity, Weight, and Skin Fold Measurements (3 Site, Triceps, Sub-Scap, and Abdominal rotate through the 3 sites 3 times)

