

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.
1661 Ramblewood Drive
East Lansing, Michigan 48823

PREPARING FOR THE ALPHA WEIGH-IN

Schools sponsoring wrestling teams will conduct an Alpha Weigh-In in compliance with the MHSAA Wrestling Weight Monitoring Program. The preparation for the Alpha Weigh-In is fairly routine and can be arranged with some pre-planning in anticipation of the day.

The MHSAA has prepared this scripted program in order to ensure all elements of the Alpha Weigh-In are considered. Feedback from school administrators or wrestling coaches will undoubtedly help to improve the procedure in the future.

Please take time to offer written comments about the procedure and your experience with it. All mail regarding Weight Monitoring shall utilize the envelope or labels provided by the MHSAA. Assessors should send all possible data forms in the first mailing because mail will be processed in order of receipt with priority given to "orange envelopes," second mailings, etc.

PREPARATION

1. Set a day/date between start and end date for the Alpha Weigh-In. (A.D., coach, principal and Skinfold Assessor - **communicate**)
2. Make arrangements for room(s) needed to conduct Alpha Weigh-In. (A.D., coach, principal - communicate)
3. Contact persons who will help conduct the Alpha Weigh-In.

VOLUNTEERS NEEDED:

A. Specific Gravity:

Reader/Recorder _____

Reader/Recorder _____

Recommend these persons be RN's, LPN's, medical technician or person with similar training.

B. Weight Measurement:

Weighmaster _____

Recorder _____

C. Skinfold Assessment:

Skinfold Assessor _____

(Must have current MHSAA registration; be listed in Assessor Directory)

Recorder -1 _____

Recorder -2 _____

4. Contact and contract a registered Skinfold Assessor listed in the **Assessor Directory** and arrange a date and time for your team's Alpha Weigh-In. The athletic director is advised to prepare an Officials Contract with all appropriate information completed to be signed by the Assessor and school representative. Only Skinfold Assessors who attended a current year Skinfold In-Service session or recertified by test shall be utilized.
5. Purchase sufficient multistix strips and Styrofoam cups to conduct the specific gravity urine test.
 - A. The AMES, Multistix 8SG Reagent Strips for Urinalysis (2304A) are suggested.
 - B. Price per 100 strips will be about \$75.

- C. You may contact a local physician's office for the name of a supplier in your area.
Some physicians may be willing to donate enough strips for your team's Alpha Weigh-In.
 - D. Multistix strips do have a shelf life, check the expiration date printed on the container.
 - E. Use the Multistix evaluation standard enclosed to determine specific gravity pass/fail status.
6. MHSAA will send Weight Monitoring Data Forms to your school in mid-October. If you need more you may request more using the order form provided.
 7. Three school days prior to the Alpha Weigh-In, make *copies* of the Weight Monitoring Data form to give to the wrestlers. Each wrestler will complete the practice form in preparation for the Alpha Weigh-in.

----- **DIRECTIONS for completing the Weight Monitoring Data Form** -----

- A. Wrestlers complete the practice form as a group.
 - B. Use a sharp number 2 pencil
 - C. Write on a hard surface; desk or table. **Do not** place paper under the form.
 - D. Print clearly all items requested on "**Side 1.**"
 - E. "Bubble" the letter box which matches the printed information.
 - F. Check the practice sheet, make corrections.
 - G. Have wrestlers transfer data from practice sheet to orange scan form.
 - H. Check orange Weight Monitoring Data Form and correct.
- NOTE: INCOMPLETE OR INCORRECT FORMS WILL BE RETURNED -- DON'T SLOW THE PROCESS.**
8. Announce to all wrestlers the time, date and location of the Alpha Weigh-In.
 9. Remind wrestlers to follow their normal eating practices. **Do not cut weight.** Do not reduce fluid intake because those who are not sufficiently hydrated will not be measured and cannot be rescheduled for measurement for 48 hours.
 10. Certify one set of scales on which all wrestlers can be weighed. Weigh to 1/4 pound. When using digital scales, round up to the nearest 1/4 pound.

PREPARING THE WRESTLER FOR THE ALPHA WEIGH-IN

1. Wrestlers should be dressed in undergarments with loose fitting shorts/pants and T-shirt.
2. When testing the urine specific gravity, candidates will be provided the appropriate collection cup, enter a secured private area, one at a time, to collect the urine sample and deliver the sample to the adult assigned to measure the urine specific gravity.
3. The wrestler will stand by until the Reagent Strip is evaluated and recorded.
4. The wrestler will depart with the urine sample and dispose of it in a designated lavatory under the observation of a monitor.
5. The empty cup will be disposed in a proper receptacle.
6. The wrestler will move to the scale to be weighed.

PROCEDURE

NOTE: EACH COLUMN REQUIRES AN ENTRY AND "BUBBLE". WHENEVER THERE IS NOT A NUMBER VALUE TO INSERT, RECORD A ZERO (0).

HYDRATION ASSESSMENT:

One or two trainers, nurses, or another health professionals will administer the specific gravity urine test. If one professional is used, it is recommended that two assistants be assigned to assist.

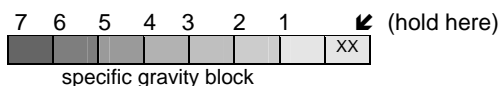
Provide a styrofoam cup for each wrestler immediately prior to the time he/she enters a private area to collect urine in the cup. The collected urine will be presented to a health professional who will insert the multistix and "read" the specific gravity portion of the strip while the student observes. The scan form will be marked "Pass" or "Fail" in STEP 1. The wrestler will dispose of his/her own urine and discard the cup before moving on to the weight measurement.

Place the Data Form on a smooth, **hard** surface when marking or bubbling.

The urine's "specific gravity" is used to determine/detect dehydration during the Alpha Weigh-In. If a student is dehydrated, the calculated acceptable weight range (based on height, weight and skinfold measurement) will not be valid. Therefore, if "Fail" is marked on the Data Collection Sheet (Step 1), the athlete will need to be assessed at a later date, but not earlier than 48 hours.

Directions for doing specific gravity test:

1. **DO NOT SEND FAILED URINE TESTS TO MHSAA.**
2. Read and follow all manufacturer directions carefully.
3. Mark "Pass" if color on test strip falls within the areas numbered three (3) to eight (8) on the comparison chart listed below.
4. Mark "Fail" if strip is as light as the two comparison color blocks numbered one (1) to two (2) on the comparison chart shown below. This athlete will need to wait the prescribed period of time before proceeding with the Alpha Weigh-In.



5. Weighing the wrestler requires he/she step onto the scale platform wearing only a suitable undergarment and remain motionless while the balance is moved to determine the reading or until the digital scale is stabilized. While one person reads the weight, a second person will record the weight to 1/4 pound and "bubble" the appropriate spaces. (Mark on a hard surface.)
6. The Assessor will measure the skinfold for the required locations (3-male and 2-female) using only right side locations of the wrestler. The Assessor will measure each location three times, rotating through the sites. The beginning measurement can be at any of the three sites, but must repeat the pattern for each of the three measurements. While the Assessor measures, a second person will record the information in the proper space on the Data Collection area of the Weight Monitoring Data Form. (Mark on a hard surface.)
7. The school will provide a person to proof the data forms for accuracy. The person who does this should give special attention that the printed entry agrees with the "bubbled" entry. **Forms which are incorrect or incomplete will be returned ... Don't slow the process.**
8. The Assessor will gather all Data Forms, making sure the Assessor's ID number and other Assessor information is correct and properly entered.
9. The Assessor will deliver the forms to the MHSAA using the best and least expensive method possible. UPS, U.S. Mail, R.P.S. or hand delivery. The MHSAA should receive the properly completed Data Forms within forty-eight hours following the Alpha Weigh-In. **AVOID SCHOOL MAIL.** MAIL ONLY ONE SCHOOL PER ENVELOPE.
10. No information required for "NOTES 1-5."
11. The MHSAA will return the Alpha Master by First Class Mail.
12. Consult "Michigan Wrestling Weight Monitoring Program" Part 2, VII Appeal Process for details regarding appeals. **Parent Permission forms have been eliminated from the program.**

THE RESPONSE

1. The MHSAA will process the Data Forms and return a printout for the team to the school as soon as possible.

