STAYING HYDRATED FOR TOP PERFORMANCE (And Passing the Hydration Test for Assessments)

The purpose of the hydration test is to help assure that each wrestler's weight taken at the time of measurements is an accurate weight from which a minimum weight can be established. Below are some guidelines that can help you prepare for the hydration test. But staying hydrated means more than passing the hydration test. It is an important step in making sure you perform your best in your sport.

Water is second only to air in its importance to our survival. Our bodies are 60 to 65% water by weight. Much of this fluid weight comes from the muscles (70% water) and the blood – both of which are critical to optimal athletic and wrestling performance. Dehydration compromises muscular endurance and strength. Dehydration also decreases blood volume, which can decrease athletic performance and increase the risk for heat illness (heat cramps, heat exhaustion, or heat stroke).

The key to staying well hydrated is to drink plenty of non-caffeinated beverages throughout the day, and to replace fluid loss incurred while working out. On a daily basis, this will help you feel stronger and last longer at practice and matches. It will help you pass the hydration test before your measurements are taken.

Below are some guidelines:

* 2 hours before exercise or hydration test, drink 16 to 24 ounces of water or non-caffeinated beverage. The 2-hour time frame will allow the body to clear excess fluid from the body. Being dehydrated, then drinking immediately prior to an athletic contest or the hydration test will do little to help improve performance or pass the hydration test. Drink 8 glasses (8 ounces) of water, milk, juice, or non-caffeinated beverages daily.

* Drink another 4 cups for every hour you workout. If you have a 2-hour football practice, that means an additional 8 cups of fluids. Individuals who sweat heavily or are in a hot environment may need to drink 6 to 8 cups of non-caffeinated beverage for each hour they workout.

* These tips stress avoiding caffeine, because caffeine is a diuretic. That means it increases urine production. Increased urine production means you are losing extra fluids, essential for top performance and will likely become dehydrated. Caffeine is a common ingredient in some sodas, coffee beverages and some teas. Chocolate and some pain relievers may also contain caffeine. Additionally, carbonated beverages will also contribute to the sensation of "feeling full" or bloated. This sensation may be counter-productive, as it will likely diminish the thirst drive.

For more information visit: www.nwcaonline.com

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New Hampshire Interscholastic Athletic Association

PARENTAL PERMISSION/CONSENT FOR URINALYSIS AND BODY FAT ASSESSMENT

Beginning with the 2005-2006 wrestling season, NHIAA adopted a weight control program for New Hampshire high school wrestlers aimed at establishing a healthy minimum weight for each wrestler.

Measurements are used to predict (on a scientific basis) the lowest healthy weight for wrestlers. The program requires each male wrestler to maintain at least 7% body fat and females 12% body fat. The rule does not suggest or urge wrestlers to reduce to 7%, or 12% body fat, but sets a healthy limit as to how much they can safely reduce. The rule controls: 1) the rate of weight loss and 2) the amount of weight that can be lost.

The first step of the testing is a urinalysis, which is required to determine the athlete’s hydration level. Proper level of hydration is important to provide an accurate measurement of body fat percentage. Dehydration will concentrate urine and thereby increase the urine’s specific gravity. Accurate determination of minimum wrestling weight requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is over 1.025), measurements will not be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated. NO SOONER THAN 48 HOURS.

I hereby grant the NHIAA and its agents permission to perform a urinalysis on my self/son/daughter for the purpose of determining the hydration level to properly determine an accurate skin fold measurement. I understand that the NHIAA accepts my self/son/daughter on their willingness to participate.

In becoming a participant in the program I understand that my self/son/daughter will agree to the following:

1. A bathroom with a toilet or urinal will be used by the wrestler to allow the wrestler to provide a urine sample for testing.
2. Use of gloves by individuals when measuring the urine and proper disposal of said urine will be mandatory.
3. Personnel will be present (female to female, male to male) to ensure that the wrestler has provided a sample of his or her own urine.
4. Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
5. Urine collection cups will be properly disposed of following single use and will only be used for testing the hydration level of athletes.

I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the urine testing and body fat assessment procedures are required for a wrestler to participate.

DATE ___________________________ TIME ________________________________

NAME OF ATHLETE: ________________________________________________

SIGNATURE OF ATHLETE: ____________________________________________

(if over 18 years old)

NAME OF PARENT/GUARDIAN: _________________________________________

SIGNATURE OF PARENT/GUARDIAN: ___________________________________