

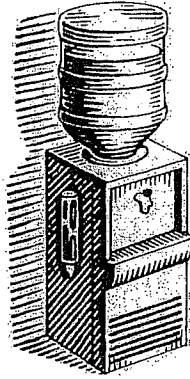
## Texas Minimum Weight Certification Program

All wrestlers who wish to participate at the varsity level must complete this test. Wrestlers may still compete in matches but only at the Junior Varsity level without the test. There is a five dollar fee for the test that the school will pay for but only one time and it must be on the date our school is scheduled for. The date of the test is November 8<sup>th</sup> 2009, at 3:00pm, at Centennial H.S. in Frisco. All participants need to be at the LHS field house by 1:00pm. The bus will leave at 1:30pm and should return by approximately 5:00pm. The first part of the test is a hydration test so **please** follow the guidelines on the back of this paper. If you have any questions or concerns, please contact me at 972-342-9483 or [hallek@lisd.net](mailto:hallek@lisd.net).

Kent Hall

Head Wrestling Coach

Lewisville High School



## Hydration Test Preparation Guidelines

1. Preparation starts **days before** the certification NOT on the day of the certification.
2. No vigorous activity on the evening before and the day of testing.
3. Avoid any caffeinated beverages on the day before and the day of testing.
4. Avoid any vitamin or mineral supplements TWO days prior to and the day of testing.
5. Be awake three hours prior to testing.
6. Do not eat two hours prior to testing.
7. ON THE DAY OF TESTING, consume 2 – 4 cups of water in a 1-2 hour period immediately preceding the test. ~~Do not drink any other beverages.~~

\*\*\*Note the color of the urine is a guide to hydration. The darker yellow the urine = less hydration for the athlete which means the athlete needs to drink more water. CLEAR or light colored urine means the athlete is hydrated. The athlete should drink enough fluid so that their urine is clear or light yellow.