

MIDDLETON WRESTLING **WEIGHT LOSS POLICIES**

Fitting perfectly into a high school weight class is sometimes a difficult task. It should be determined by working out hard, keeping track of your diet and by monitoring your weight.

Your meals should include the four basic food groups and be 50% carbohydrate (mostly complex carbohydrate), 20% fat (mostly unsaturated vegetable fat) and 30% protein.

A mature wrestler dehydrates 3-5% of his body weight every day during practice. Although you should drink water throughout practice, if you try to stay fully hydrated, too much water will accumulate in your stomach and your workout will be cut short. Essentially, you are able to perspire much faster than you are able to assimilate water back into your system.

Losing water weight is an unavoidable result of hard work. To some extent, you can use this short-term cycle of dehydration and rehydration as a tool when "making weight." However, there are limits as to how much you can dehydrate before it becomes unhealthy and starts to affect your performance.

You should not lose more than 1-3% of your body weight on the day of a weigh-in. 3% is on the high side and would work for a weigh-in that occurs two hours before a competition (the first day of a tournament). For dual meets, you should not dehydrate more than what you normally lose in a good warm-up (1-2%).

To help you select the proper weight division, please weigh yourself before and after each practice and record it on the weight chart by our scale. Please note the "target weights" for each weight division on the flier above the scale and stay within the range indicated for your weight division.

Saunas, steam rooms and hot boxes may not be used during the season for any purpose. Practice rooms above 79 degrees are not allowed. Plastics or rubberized suits are also not allowed for any purpose during the season. In short, any weight loss technique other than hard work and proper diet is not allowed when attempting to "make weight."