

## NEW WEIGHT CLASSES

|        |        |        |        |        |        |
|--------|--------|--------|--------|--------|--------|
| 106lbs | 113lbs | 120lbs | 126lbs | 132lbs | 138lbs |
| 145lbs | 152lbs | 160lbs | 170lbs | 182lbs | 195lbs |
| 220lbs | 285lbs |        |        |        |        |

Our first hydration/weight test will be on Saturday, Nov. 19<sup>th</sup> at 9am. If a wrestler fails the hydration test, he can try again (the tentative next date will be Monday, Nov. 21<sup>st</sup> after school. (Please read the BIA Assessment Tip Sheet included on the back of this page for help passing the hydration testing—wrestlers need to be drinking water). The computer program creates a weight loss plan for each wrestler according to their body fat and tells wrestlers two weight classes that they can participate in each week. A wrestler may weigh in at the heavier of the two weights and still could be bumped up one more weight to wrestle. A wrestler does not have to drop any weight classes even if their plan goes lower than the weight they wish to wrestle. For example, if they want to wrestle 140lbs and their weight loss plan says either 130lbs or 135lbs, then they can choose to still wrestle 140lbs but are frozen at the 140lb weight class or higher for the rest of the year. The computer will only allow wrestlers to drop to a safe weight. Wrestlers may only have to make the weight they will wrestle at the district tournament one time at the end of the season depending on their plan. There will be a 2lb growth allowance this year starting January 8. This does apply to the minimum eligible weight class on the weight loss plan except for those wrestlers who had less than 7% body fat on their initial assessment. Confusing, I know. 😊

## TEAMS

|                    |  |
|--------------------|--|
| Varsity=           | Top wrestler in each weight class        |
| Junior Varsity=    | Second top wrestler in each weight class |
| Exhibition/Novice= | Remaining wrestlers in each weight class |
| Frosh=             | Freshman not on Varsity or JV            |

**These teams can change on a weekly basis due to challenge match results, injuries, sicknesses, and eligibility.**